

# ADRC Connections

Newsletter Date Fall 2019

## Connecting You to Your Community's Resources

### Call Us Today and Maximize What the ADRC Can Do for You

The ADRC's role is to provide a central source of reliable and objective information about a broad range of services. The ADRC helps individuals plan and make informed decisions through an interactive decision support process. This includes a discussion of the individual's wishes, needs and goals in order to help the individual identify and evaluate options available.

ADRC information and assistance is free, confidential, and available to older adults, adults with disabilities, their families, friends, caregivers and others who work with or care about you, regardless of income.

The ADRC's options counseling is designed to be person centered, and to assist individuals to make informed decisions about their current and future long term care choices. Long term care funding may also be discussed.



PC:<https://www.flickr.com/photos/trekkyandy/1765644583>

### Programs for Caregivers

As a Caregiver Support Specialist, I connected a family to the National Family Caregiver Support Program (NFCSP) for much needed respite. I met with "Sharon", who is the primary caregiver for her husband, "John". Unfortunately, John's dementia is advanced – he no longer can talk much or communicate in other ways. His ability for details such as reasoning and hygiene is poor and requires assistance with basic daily tasks.



Sharon has been helping John with his needs. Of course, Sharon is also doing those things for herself, along with taking care of the house. Though supportive, their children live far away and can't help with these tasks.

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### **Important Medicaid Information**

Effective September 1, 2019 there is a change in the Medicaid program for Medically Needy. The income limit has been raised to 100% of the Federal Poverty Limit for the relevant group size. For a single person, the change is from the previous limit of \$591.67 up to \$1040.83, and \$1409.17 for a group of two. If you have applied in the past and have been denied, it is possible to re-apply. If you have questions about your current or previous status, you may wish to contact our area consortium WKRP (Wisconsin Kenosha Racine Partners) at 888-794-5820.

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On top of John's health issues, Sharon has her own – she has cancer. Sharon found it increasingly difficult to do all of her caregiving tasks. She had been upset that she could not care for John the way she wanted – and he needed.

After meeting with Sharon and John, the NFCSP program was able to assist with their needs. Sharon was able to find a supportive homecare agency to come in and provide cares for John. Starting with a couple days a week, the caregiver came into the home and helped John get up, shower and get ready for the day. They also prepared light meals for the next couple days and assisted with the laundry.

Over the following year, the family has experienced the benefits of using in-home care and has increased the amount of time the caregiver is in the home. The help from this company is indispensable and Sharon realized that having someone come in is a great help and relief to her and John in this time of need.

The positive impact of the National Family Caregiver Support Program is tremendous. There are so many families who need respite, like this one – whether they are caring for their parents, spouse, partner, friend, child, or anyone else – the NFCSP funding can provide respite which is a fantastic help to these families! It is important for a caregiver to take care of themselves, and not get lost in the caregiving. In Sharon's case, the respite allowed her to rest and maintain her health. For some caregivers, it allows them to get out of the house and do something for themselves – golf, lunch with a friend, attend a support group, or go to a movie. The self-care and replenishment that can happen from being away and knowing that your

loved one is safe and cared for while you're away, is an amazing thing to a caregiver.

*By Elizabeth Trudeau*

***For information on eligibility and accessing funding programs like the National Family Caregiver Support Program contact the ADRC at 262-833-8777***

### **Respite Care**

Everybody needs a little time away now and again. With the fall season, many times our schedules change, and while we are planning and preparing, there is often little thought given to self-care. The word respite conjures up different things to different people, but at its most basic level, it means taking some time off and taking a break from the everyday routine.

There are many possibilities for respite. Check out any of the ADRC directories (see: [https://www.adrc.racinecounty.com/site/453/service\\_directory.aspx](https://www.adrc.racinecounty.com/site/453/service_directory.aspx)) to find information about respite, leisure activities, and other programs and services that can help with that "little bit of time away." You can also call the ADRC weekdays between 8 am and 4:30 pm to talk to an Information and Resource specialist about your current situation, or to make plans for the long term. You can also request paper copies of any of our resource materials.

Call the ADRC at 262-833-8777

## Transition in Racine County

Are you the Caregiver for a young adult, age 17.5 to 21 years of age?

If you are looking for assistance in knowing what benefits your child may be entitled to as an adult with a disability, the ADRC can help you understand your options.

Guardianship, vocational skills, education, health insurance, social security, recreational activities, transportation and in-home assistance are some topics of interest. The ADRC is a free and unbiased source of this information tailored to suit your individual needs. Consider contacting the ADRC to begin your relationship with a friendly ADRC specialist today.

The ADRC of Racine County has updated our information regarding the transition process including a checklist, and information on insurance, income and benefits. We have also updated our advance directives information. This includes the new “Supported Decision Making” option. Call the ADRC at 262-833-8777 if you would like this information or to schedule an appointment.



The ADRC also has information and resources to assist adults with physical and intellectual disabilities who are not in the transition process.

See more  
**Transition  
information**  
at:

[https://www.adrc.racinecounty.com/site/476/youth\\_in\\_transition.aspx](https://www.adrc.racinecounty.com/site/476/youth_in_transition.aspx)

## Community Resources

### Stay Up To Date

Did you know that the ADRC has a Facebook page? It is a place where we share upcoming events, programs, workshops, support group information and other interesting items related to the people we serve. We do not accept “friend” requests as we wish to protect the privacy of our consumers, but you can **like or follow** the page to receive the information. The greater the number of people who like us means that the information we post gets shared with a larger audience. We know the work we do is important for our community and appreciate your help in getting the word out.

You can access the Facebook page through a link on our ADRC website at [www.adrc.racinecounty.com](http://www.adrc.racinecounty.com), or go

directly to: <http://www.facebook.com/pages/Aging-and-Disability-Resource-Center-of-Racine-County/182368485167077>

The ADRC always welcomes your feedback and ideas on how we can best serve you. Call, write, or email ([adrc@racinecounty.com](mailto:adrc@racinecounty.com)) with your comments and ideas.



## Be Creative

*Carol lives with her three young grandchildren. Carol has given each of the children all the love and care and emotional support she can muster. They are the treasures of her life. Still, she feels her energy waning and sometimes wonders how she'll be able to accomplish this task that she considers sacred.*

*Taking care of herself is something she hasn't thought about until now. Her doctor told her the other day "you need to take better care of yourself" and gave her a pamphlet about stress. She feels worried, and sad, and full of love for the children.*

*Carol took the advice of her doctor and found a creative way to reduce stress and remain connected to her grandchildren. Carol sits with the children, while waiting for dinner to come out of the oven, and journals while the children write or color.*

*Together they can share some quiet time or the stories of their day. There is the added benefit of sharing the 'art' that the children and Carol create.*

### Another creative idea...

Are you looking to get out of the house?

Consider spending 1-1 ½ hours a week delivering Meals on Wheels.

Can't commit to a weekly schedule, think about being a 'fill-in'.

Contact Ruth at 262-833-8766 for more information.



One healthy practice suggested for stress management is journaling – keeping a record of your day, your feelings, your problems, your blessings, or anything that comes to your

mind at the moment. You can write on a napkin, a stray piece of paper, a beautiful booklet, a computer or other device...whatever is handy. You can record your entry on a cell phone "selfie" or other digital gadget. There are even pens that will write and record audio! You don't have to use words, either! Doodles make can be great journal entries. Where and when you journal also needs to remain flexible for a lot of caregivers. Some have reported that on some days the bathroom is their oasis. If you have some respite time away from your duties, a coffee shop, the local park or the library would be a good setting.

Some beneficial effects from journaling include:

- You sometimes write yourself into a solution for a challenge you're portraying.
- You feel like you've gotten something "off your chest", as though you've talked to your best friend.
- You have better health. Research has indicated it can improve: pain abatement, resistance to minor illnesses, healthier immune systems, lower blood pressure and heart rate (stress indicators), and general feeling of well-being

So, what's not to like about starting the practice of journaling? If it's not a good option for you, you can find a stress management technique that works. Be creative and pick something that you will use - but do pick something. It's all part of **Taking Good Care of Yourself!**

## Providing Purposeful Activities

When your loved one is no longer able to do the hobbies or activities he or she once enjoyed, it can be hard to know how to spend meaningful time with them. The person may no longer be able to complete puzzles, play bridge, build a birdhouse or tend a garden. He or she may spend much of their time staring off, pacing or dozing. How can a caregiver provide meaning and purpose in their loved ones' life?

When you explore a person's life story you discover the things that once were meaningful and important to them. Look at what the person's occupation and hobbies were, then consider their current ability level and skills to creatively adapt or simplify the activities to match their abilities. For example, a retired farmer may no longer drive tractor, but may enjoy visiting the implement lot or looking at farming magazines. Think about the tools that he once used. Let the person hold and "use" a wrench, pliers, twine, etc. and talk about all the work that needed to be done on the farm. There may even be a favorite cap, overalls or work gloves that may refresh the person's memory and bring a smile to their face. And getting their hands in fresh soil may spark memories about years of drought or flooding and simply connect them to the earth.

What about a plumber? Try giving him different sections of PVC pipes and connectors. For the housewife who raised a family, give her some canning jars with lids and screw tops or baby clothes and diapers to hold and sort. The person who was

always building things may enjoy a box of different kinds of wood blocks to feel, sand, or even smell.

A once avid card player might enjoy playing a simple card game or feel honored to be an "advisor" to a newer player. Or perhaps simply holding the cards in her hands can bring back even some vague memories. A past gardener could help plant seeds or use gardening tools to dig in the soil. Looking at a variety of seed packets and helping choose what will be planted can give him a sense of control and productivity.

Be creative and try a variety of things. Remember, the goal is to help the person feel important and productive and to give their life purpose and meaning. Connecting the person with past memories and meaningful activities will give the person feelings of accomplishment, value and purpose.

The Alzheimer's Association suggests that successful activities should focus on past interests and skills, recall a person's work related past, stimulate all 5 senses and be adult in nature. If possible, find ways for the person to "help" with household duties and their personal cares. Keep in mind that the process is more important than the final product.

When you find activities that help your loved one feel good, both of you will enjoy your time together much more.

Jane Mahoney  
Caregiver Support Specialist GWAAR



*If you have a topic of interest you would like covered or a comment on the content of this newsletter please let us know your opinions.*

*Email—  
ADRC@  
racinecounty.com*

*Call—  
262-833-8777*

*or write— ADRC  
14200  
Washington Ave  
Sturtevant, WI  
53177*



## Your Benefits

### Important Numbers (Toll Free)

#### Social Security

Local: 866-270-8629  
National: 800-772-1313

#### Medicare

1-800-Medicare  
(800-633-4227)

#### Wisconsin Medicaid

Member services:  
800-362-3002

#### Wisconsin Kenosha Racine Partners Consortium

#### (WKRP)

888-794-5820

#### Other Insurance Helpers:

**Disability Drug  
Benefit Helpline**  
(Medicare Part D)  
800-926-4862

**Medicare Hotline**  
800-633-4227 [http://  
www.medicare.gov/](http://www.medicare.gov/)

**Medigap Helpline**  
800-242-1060 [http://  
longtermcare.wi.gov/](http://longtermcare.wi.gov/)  
State Health Insurance  
Assistance Program.

**Wisconsin Medigap  
Prescription Drug  
Helpline**  
855-677-2783

**Medicare Rights  
Center**  
800-333-4114 [http://  
www.medicarerights.  
org](http://www.medicarerights.org)

**Office of the  
Commissioner of  
Insurance**  
608-266-3585 or  
800-236-8517 [https://  
oci.wi.gov/Pages/  
Homepage.aspx](https://oci.wi.gov/Pages/Homepage.aspx)

## Time to Review Your Medicare Plan!

### *Medicare's Annual Open Enrollment Period Provides an Important Opportunity*

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover, known as the plan formulary. That means even if you are taking the same medications, the amount you pay for your medications may change in 2020! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual Open Enrollment Period which runs **October 15<sup>th</sup> through December 7<sup>th</sup>**. This is the time of year to find out if your current

plan will cost you more, or less than other Part D plans in 2020. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate coverage for your medications in the new year. Medicare beneficiaries in Racine County can receive free, unbiased assistance with plan comparisons from the Benefit Specialist. Don't let this opportunity pass you by! The Benefit Specialists can also check to see if there are any other programs or benefits that you may be eligible for.

For further information, assistance or to set up an appointment call the **ADRC of Racine County at (262) 833-8777**.

## Retire from Driving?

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means you, or your loved one, is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some of the anxiety.

Just like people plan for retirement when they leave the workforce, Driving Retirement is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away the keys. Discussing driving retirement while the person still drives will make the transition from driver to rider easier. Consider the following points:

- ◆ Start by learning what transportation options are available by talking to friends, health care providers and the ADRC of Racine County.
  - Get details about how things work.
  - Make a list of the options available and consider some other ways to do things. For example, some things can be mailed, or a delivery service can be used.

- Besides public transportation you can walk, bike or ask family or friends for rides.
- Include family members and friends in the conversation as you develop the plan and don't forget to include social activities!

- ◆ Once a plan is in place, try out some of the options right away. Take a friend or family member along until you get comfortable. This can increase confidence.
- ◆ The next step is to determine when it is time to stop driving. The ADRC has further information about this and you can access the Driving Retirement Brochure & Workbook as well as other resources on our website at: <https://www.adrc.racinecounty.com/site/471/transportation.aspx> or call us at 262-833-8777 and we can mail the information.

When it is time to put the driving retirement plan into action be positive and optimistic. Even when change is unwanted, people have the ability to adapt and thrive. Get the conversation started to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

*Adapted from an article by Jane Mahoney, Caregiver Support Specialist GWAAR.*



### Find Assistance:

Rehabilitation services are provided by OBVI to help individuals who are blind or visually impaired to achieve their own goals of independent living.  
**Call: Kathleen Connell**  
**414-227-4207**



You can meet with **Caroline Ludka** at the **ADRC** (2nd Friday of Month 9:30 to 11:30 am) to discuss a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents. She will meet with those who walk in, or you can contact her at: **262-565-6349** for an appointment.

**Menus:**  
**You can find  
 the menus for  
 coming months  
 in your local  
 newspaper or  
 online at:**

**[www.adrc.  
 racinecounty.  
 com](http://www.adrc.racinecounty.com)**

## Racine County Senior Nutrition Program

Call **833-8766** to make a reservation at one of our Dining Sites. Please call before 9:00 a.m. at least one business day in advance.

### Dining Sites:

#### **Burlington Senior Center**

587 E State St, Burlington  
 Weekdays at Noon

#### **Lake Oaks Apartments**

1916 S Wisconsin Ave, Racine  
 Weekdays at Noon

#### **Lincoln Villas North Apts**

3919 Ruby Ave, Racine  
 Weekdays at 11:30 am

#### **Mount Pleasant Place**

5820 Lincoln Village Dr, Racine  
 Weekdays at 11:30 am

#### **Living Faith Lutheran Church**

2915 Wright Ave, Racine  
 Weekdays at Noon

#### **Salvation Army**

1901 Washington Ave, Racine  
 Weekdays at Noon

#### **Union Grove Hometown Village**

1415 13th Ave, Union Grove  
 Weekdays at 11:30 am



## Welcome to Our New Senior Nutrition Program Director!

Hello Everyone,

I would like to introduce myself! My name is Elizabeth Trudeau, and I am the new Nutrition Director for the Racine County Senior Nutrition Program. I'm very excited to be here, and I'm looking forward to helping the nutrition program grow and thrive.

Prior to this position, I was with the Aging and Disability Resource Center of Racine County as a Caregiver Support Specialist, working with families to provide them with resources and support during their caregiving journey. And prior to that, I was a Meals

on Wheels driver and dispatch worker for the Milwaukee County Meals on Wheels program. Being involved with Racine County's Nutrition program is a little like coming home.

Racine County also has great volunteers who are kind and caring. That is shared with the Meals on Wheels and dining site participants. I'm very happy to be a part of this team. I look forward to meeting and working with everyone involved with the nutrition program!

Warm regards,  
*Elizabeth Trudeau, Nutrition Director  
 Racine County Senior Nutrition Program  
 262-638-6336*



# NUTRITION FOR ARTHRITIS



No diet can cure arthritis, but certain eating patterns and lifestyle choices can relieve some symptoms of arthritis and reduce inflammation. Following a Mediterranean-style diet is ideal for low inflammation and overall healthy living.

## FRUITS AND VEGETABLES

- Focus on fruits and vegetables at every meal and snack (aim for 8-9 servings daily or 2-3 servings each meal)
- Eat a variety of colors and textures to ensure proper vitamins, minerals, antioxidants, fiber, and other anti-inflammatory agents



## WHOLE GRAINS

- Whole grains are high in fiber and low in processed sugars
- Replace white breads, tortillas, and buns with whole grain options, as well as incorporating brown rice, oats, oatmeal, and quinoa

## BEANS & LEGUMES

- Beans and legumes are high in fiber, antioxidants, and have strong anti-inflammatory and overall health benefits when regularly incorporated into a diet
- Beans & Legumes are an excellent and affordable source of protein
- Aim for 1 cup, twice or more per week



## NUTS & SEEDS

- Nuts and seeds are high in healthy fats, especially Omega-3s, which are helpful for reducing inflammation

## HEALTHY FATS

- Choose more unsaturated fats such as extra virgin olive oil, grapeseed oil, walnut oil, canola oil, and avocado oil to aid in relieving inflammation
- Limit to 2-3 TBSP per day

## PROTEIN

- Choose lean protein sources like chicken, turkey, lean ground beef, and fish to avoid too much saturated fat that can increase inflammation
- Choose fatty cold-water fish such as salmon, tuna, sardines, mackerel, and trout for healthy fats and lean protein (at least 3-4oz twice a week)

## MODERATION

- All foods fit in a healthy diet, but some foods should be eaten in moderation
- Eat in moderation foods high in saturated fat such as full-fat dairy products and red meats
- Foods high in sodium and sugar should be eaten in moderation
- Alcohol should be consumed in moderation (maximum 2 drinks/day)



GREATER WISCONSIN AGENCY ON AGING RESOURCES, INC.

WWW.GWAAR.ORG

CREATED BY LYDIA SCHOOF, DIETETIC INTERN 2019

See Meal Ideas on next page (10)

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### Sample Menus for Arthritis Nutrition (Mediterranean Diet)

- ◆ Whole grain sandwich bread, grilled chicken breast seasoned with salt-free seasoning blend seasoning, sliced tomatoes, onions, olives, spinach, and spicy mustard
- ◆ Salmon with pesto, roasted sweet potatoes, and asparagus
- ◆ Oatmeal with blueberries, nuts, and Greek yogurt
- ◆ Scrambled eggs with onion, tomato, spinach, and cottage cheese or feta cheese
- ◆ Chicken with red beans and rice and a side salad
- ◆ Whole grain pasta with spinach and tomatoes, tossed with olive oil and lemon juice with grilled chicken, fish, or shrimp
- ◆ Whole grain spaghetti with ground turkey, tomato sauce and a side salad
- ◆ Bell peppers stuffed with taco-seasoned ground turkey, beans, rice, onion, tomato, low-moisture shredded cheese, and a side of fruit
- ◆ Whole grain tortilla with low-moisture mozzarella cheese, shredded chicken, tomatoes, olives, onion, and spinach
- ◆ Tenderloin, potatoes, and carrots in the slow cooker with a side salad
- ◆ Tuna and low-moisture cheese melt on whole grain bread with a side of berries and green beans

## Support Groups for Family Caregivers

### First Friday

**12 Noon-1:00 pm**

Caregiver Connection

Telephone Group

Call 833-8762 for call-in Information

**September 6 October 4 November 1**

### Second Saturday

**10:30 am-12:00 Noon**

Living Faith Lutheran Church

2915 Wright Ave, Racine

**September 14 October 12 November 9**

### First Tuesday

**1:30-3:00 pm**

Yorkville United Methodist Church

17645 Old Yorkville Rd

(Just off of Highway 20, 3 miles W of I-94)

**September 3 October 1 November 5**

### Third Wednesday

**1:30-3:00 pm**

Cross Lutheran Church

126 Chapel Terrace, Burlington

**September 18 October 16 November 20**

### Alzheimer's Association Support Groups

*(For Families dealing with any type of dementia)*

### First Thursday

**10:30 am-12 Noon**

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of the building)

**September 5 October 3 November 7**

### Second Thursday

**6:00-7:30 PM**

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of building)

**September 12 October 10 November 14**

## Fall Seminars at the ADRC

All Seminars are held at the Racine County Public Works Building Auditorium at the Aging and Disability Resource Center, 14200 Washington Avenue, Sturtevant. **Call to reserve your spot today 262-833-8777.**

### Guardianship and Power of Attorney event

Beginning at age 18, people should consider drafting power of attorney paperwork for health care and finances.

This free seminar is being offered to help answer questions and give guidance when making these important decisions.

The ADRC will be offering this free, informational seminar on:

**Wednesday, September 11th**  
4:00 - 6:00 pm

### Displaying Telephones, Listening Devices, Signaling Systems

Would you like to hear better on the phone? Do you miss the long

conversations with family and friends? Would you like to be able to make and receive calls more easily?

Wisconsin has a program that assists people with disabilities to select and purchase the right phone. Come find out how to make telephone conversation more enjoyable!

Two Sessions are offered:

**Thursday, September 17<sup>th</sup>**

10 am to Noon

**Thursday, October 3<sup>rd</sup>**

1 pm to 3 pm

### Care in the Home

Find out about the different types of resources that can help you remain in your home.

**Tuesday October 22<sup>nd</sup>**

1:30 to 3:00 pm



*May I have...  
Serenity to accept  
the things I cannot  
change,  
Courage to change  
the things I can,  
and  
Wisdom to know  
the difference.*

## New Memory Café

On the first Monday of each month, join us from 1:30 to 3:00 pm at The Dish Restaurant, 1220 N Ohio Street in Racine.

Memory Cafés are places where persons with MCI (Mild Cognitive Impairment) early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. A Memory Café

has no real agenda or stated purpose except to enjoy each other's company. Cafés provide a time where you do not need to focus on the diagnosis, while having a great time connecting with each other as a family or creating new friendships.

New attendees RSVP to  
800-272-3900





14200 Washington Ave  
Sturtevant, WI 53177

[www.adrc.racinecounty.com](http://www.adrc.racinecounty.com)

## Caregiver Opportunities

### Support Groups

Find information about ADRC sponsored Support Groups on page 10.

### Caregiver Consultations

The Alzheimer's Association has opportunities for care consultations that can be held at a location convenient to you. To arrange an appointment, contact Felicia at 262-833-8761.

### Memory Cafés

Share your stories and socialize with others concerned about their memory.

- ◆ **NEW-First Monday** of each month 1:30-3:00 pm

Join us at: The Dish Restaurant, 1220 N Ohio St, Racine

- ◆ **Third Thursday** of each month 1:30-3:00 pm

Join us at: Parkside Café,

1400 Highway 11, Union Grove

New attendees RSVP to 800-272-3900

*ADRC Connections is published Quarterly. If you have questions you would like to see addressed in the ADRC News please call us at 262-833-8777 or email: [adrc@racinecounty.com](mailto:adrc@racinecounty.com)*

