

ADRC Connections

Newsletter Date Fall 2020

Inside this issue:

Communicate	1
Community Resources	3
Answers for Caregivers	5
Support Groups	7
Senior Nutrition Plus	8
Benefit Information	10
Caregiver Opportunities	12

Connecting You to Your Community's Resources

The Aging and Disability Resource Center of Racine County is the place to start when you are looking for information and options. We are here to help individuals with disabilities, older adults, families and caregivers, by assisting with finding services and resources to meet individual needs. We empower individuals to live with dignity, security, maximum independence and quality of life. During these challenging times, the ADRC is doing its part to keep the community safe and has adapted practices to do so. Information and assistance, caregiver support, benefit specialists and senior nutritional support is available.

To connect with the Aging and Disability Resource Center of Racine County, call us at 262-833-8777, Monday through Friday, 8:00 am – 4:30 pm, like our Facebook page or visit our webpage at www.adrc.racinecounty.com.

Communication is Key

Communication is the key to success in many things: marriage, parenting, at work and even planning fun activities. When there is a lack of communication, things inevitably go wrong. Relationships within a caregiving

situation are no exception.

Maintaining good communication with the person who is being cared for and other family members is the foundation of a healthy caregiver. There are three keys to good communication: speak clearly, listen carefully and respond accurately.

The first key is to **speak clearly**. First, when you are speaking it is important that you be specific with your request. Never assume the listener knows what you are thinking or feeling.



Second, try to stay focused and discuss only the issue at hand. We often get off track or bring up old issues, especially when strong emotions are involved. This can cause confusion and irritation.

Third, do your best to speak with tact.

Continued on page 2...

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Be sensitive to the feelings of those listening and be descriptive rather than critical. Starting sentences with “I feel” or “I am” is less threatening to the listener and prevents the blame game.

The second key is **listening carefully**. The first step is to listen without interrupting or giving advice. Eliminate all distractions and concentrate on what the speaker is saying. It is best to listen and support the person before offering advice.

Second, listen with empathy. You don’t have to agree with the other point of view to understand it. If you feel you are being criticized, receive it with an open mind and respond only to the facts, not the anger or fear behind it.



Third, listen to yourself and the tone with which you speak. Be aware of your body language, stay positive and speak calmly so you don’t put the listener on the defensive.

The final key to good communication is **responding accurately**. It is important to be certain that you have heard the message correctly. Ask for clarification if there is anything you don’t understand. Restate what you heard to be sure your interpretation is accurate. Pay attention to facial expressions, gestures and tone of voice to get a better understanding of the message. Even if you don’t agree with what the speaker is saying, it is important to acknowledge that you understand how they are feeling.

With social distancing, much of our communication is being done over the phone or by emailing or texting. This creates additional challenges as you are unable to watch for body language and facial expressions, making it even more important to speak clearly and listen carefully. Try not to read into things and make assumptions; instead, ask for clarification.

No matter what you are trying to accomplish, speaking clearly, listening carefully and responding accurately will help you achieve your goal. For caregivers, it is an essential step to a healthy caregiving environment.

*Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources*

**Putting a Face on the ADRC
Caregiver Support Team
See Page 6**

Back to School?

New Virtual Education Guide to Help Millions of Students with Disabilities

WisTech shared information about a new guide, entitled Virtual Education & Students With Disabilities- Supporting Student Success in the Time of COVID -19 and Beyond. This resource is available for free on RespectAbility's website. The guide covers critical topics such as virtual resources from a wide range of disability advocacy organizations, home-based programs for students of all ages, live synchronous learning opportunities, state-specific information for parents of students with disabilities, and mental health resources.

To download the guide see: <https://www.respectability.org/virtual-education/>

Community Resources

What is the Independent Living Center?

An independent living center (ILC) is a consumer-directed, non-profit organization that provides four core services: peer support, information and referral, independent living skills training, and person and systems advocacy. They exist statewide.

Some ILCs provide additional services, such as community education, training on the Americans with Disabilities Act, personal care, and service coordination. ILCs are also device loan and device demonstration centers as part of the WisTech Assistive Technology Program.

In Racine County the ILC is located at Society's Assets. Phone: 262-637-9128. Website: <https://societysassets.org/>

They can help with all kinds of assistive technology including loan and tryout

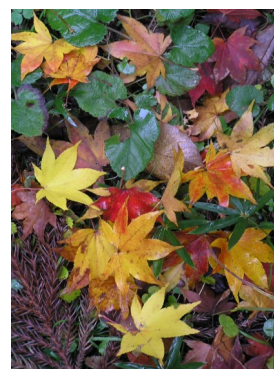
RespectAbility also has other various resources available. RespectAbility is a nonprofit organization that works collaboratively with employers, entertainment leaders, governors, policy makers, educators, self-advocates, non-profits, faith-based organizations, philanthropists and the media to fight stigmas and advance opportunities. Led by diverse people with disabilities and allies, RespectAbility knows that people with disabilities and their families have the same hopes and dreams as everyone else.

See also: **Youth in Partnership with Parents for Empowerment (YIPPE)**

<https://wspei.org/families/yippe.php>

programs.

A variety of devices can increase function for people with limited mobility, hearing, or vision. Adapted equipment includes telephones, memory aids, talking products, magnifiers, and mobility aids. Over 1,000 items are available for demonstration and loan from the **Try-Out Program**. Staff provide assistance with identifying the most effective technology and locating options to pay for it. Also, **Assists people with locating accessible, affordable housing**, And has **Information about home modifications**, low interest loans for accessibility projects, and the concept of "aging in place" are available. Transition services help individuals move from a nursing home to their own homes.



Other Resources for Youth with disabilities:

ARC of Racine
262-634-6303

<http://www.thearcofracine.org/>

Disability Rights Wisconsin
800-708-3034

<http://www.disabilityrightswi.org/>

Easterseals Southeast Wisconsin
414-449-4444
<http://www.easterseals.com/wi-se/>

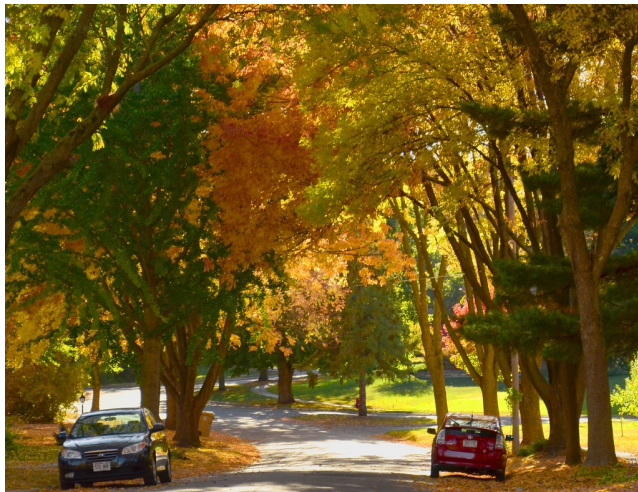
Wisconsin Board for People with Developmental Disabilities
888-332-1677 or 608-266-7826
<https://wi-bpdd.org/>

Wisconsin Facets
414-374-4645
<https://wifacets.org/>

September is Falls Prevention Awareness Month

Many falls can be prevented. By making some changes, you can lower your chances of falling.

If you would like further information on this topic contact the ADRC at 262-833-8777 or see: <https://www.cdc.gov/steady/>



Four Things YOU Can do to Prevent Falls

1 Talk openly with your healthcare provider about fall risks & prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

2 Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi. Lack of exercise leads to weakness and increases

your chances of falling.

Ask your doctor or healthcare provider about the best type of exercise program for you.

3 Have your eyes and feet checked once a year.

Check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear and ask whether seeing a foot specialist is advised.

4 Make your home safer.

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

Provided by, and For more information, contact Centers for Disease Control and Prevention 1-(800)-CDC-INFO (232-4636) or visit <https://www.cdc.gov/steady/>

Answers for Common Caregiver Concerns About Memory Loss

By *Nathalie King, PA-C and Michelle Braun, PhD, ABPP(CN)*
Ascension Healthcare

In our work with individuals with memory loss and their caregivers, the most common questions we are asked converge around how to optimize communication and quality of life for a loved one with memory loss. Here are two of the most common questions we receive:

Should I correct my loved one if they recall something incorrectly?

It is not uncommon that a loved one with memory loss will misremember information. Unless your loved one has requested to be corrected (which may be a preference in the earlier stages of memory decline), it is generally best to minimize correcting misremembered information.

Prioritizing the harmony of the interaction as opposed to correcting information can empower your loved one (who might otherwise feel bad if the error were called to their attention) and might encourage engagement in future conversations (which otherwise might be less likely to occur if errors are brought to their attention).

For example, if a loved one states, "I enjoyed the dinner we had last week" (let's say the dinner really occurred last night), try to keep the conversation moving forward with an opinion-related question ("What did you like about the dinner?") rather than correcting the mis-recalled information. In some cases - such as when a loved one with memory loss

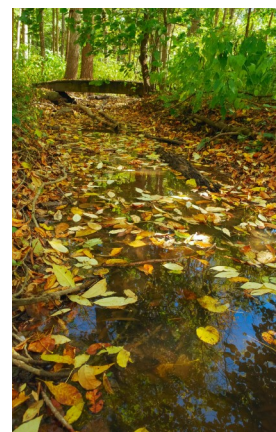
states that a deceased relative is still alive or mis-recalls another personally negative event - it could be unwittingly traumatizing to provide corrective information.

Although we don't want to reinforce false information (i.e. "Your mother is alive"), we can try instead to address the issue with a general statement that validates the concern and refocuses on a different topic ("I'll look into it and see. In the meantime, can you help me with this?"). Although such "therapeutic fibs" can be helpful to many individuals, they don't always work for everyone, so trust your instincts as a caregiver and focus on whatever maximizes positive emotional responses from your loved one.

What should I say if a loved one with dementia is getting agitated and asking to go home when we are already at home?

As dementia worsens, a person may not recognize familiar surroundings as frequently, and may feel uncomfortable even at home. There are a variety of techniques that can be helpful in making your loved one feel at ease. First, you might try to re-familiarize your loved one with the home environment by encouraging them to hold personal objects that have a positive association, such as a picture, pillow, or clothing. Maintaining a routine and keeping the furniture and floor layout the same can also be helpful.

continued on page 7...



**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)**

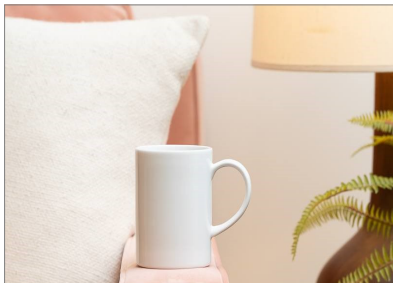
Putting a Face on the ADRC Caregiver Support Team

Coffee 'Stayins'

Looking for a way to stay connected when we cannot meet in person?

Join fellow caregivers for a time to relax, chat and enjoy a cup of coffee/tea from the comforts of home. All caregivers welcome! Available by video conferencing or phone.

*Facilitated by
Dementia Care
Specialists & Leads
from the ADRCs of
Kenosha, Racine and
Walworth County.
**Every 1st and 3rd
Wednesdays
9:30am-10:30am
Register by calling
Afton
262-741-3273 or
email akehl@
co.walworth.wi.us***



The Aging and Disability Resource Center has trained Caregiver Support Specialists to support those caring for someone over 60, caregivers who are over 60 years of age, and anyone caring for a person with dementia. We would like to take this opportunity to put a face with the name of the caregiver support specialist you may be connecting to.



My name is Felicia Elias. I am part of the Caregiver Support Team at the ADRC. My journey began many years ago

when I started my nursing career. It was always my dream to serve our senior population. Over the years I have learned so much...from the wisdom and life stories that were shared, to watching the struggles and strengths of those I have had the privilege of serving.

Being on this journey throughout the years has been one of the most rewarding experiences for me.

For my own self care and fun, I enjoy taking long walks with my friends, spending time with friends and family, and watching heartwarming movies. It is my hope that I can support you and your family as you move along in your journey with your loved ones.



Hello, my name is Cathy Mentink. I am a big Packers and Brewers fan, love to spend time on the lake fishing, like playing card games and board

games, especially enjoy a good game of sheepshead. I especially enjoy spending time with my family. I provide support for the team in very many ways. I am the person you talk to when you sign up for classes and other activities.



Hello, my name is Taylor Scherer and I have worked with the Caregiver Support team since fall of

2019 after working with the ADRC as an Information & Assistance specialist for 2 years. My journey working with seniors began when I worked as a recreational therapist at a local nursing home for a few years. In my free time, I love to garden, take my kayak out on the water, or do crafty little projects. I also love to get away to Door County any chance I get to admire the beauty of Wisconsin and eat lots of yummy food! It has been a pleasure working with you and I'm

Continued from page 6

looking forward to continuing as you journey through caregiving.



Hi my name is Ruth Stauersbol, and I'm a Caregiver Support Specialist. I'm married, and have three grown children and two adorable

Granddaughters

that live in Missouri. I'm a Racine Native, graduate of Lutheran High. I enjoy walking on the beach to look for glass. I have a pretty extensive collection of beach glass, but since I'm craft challenged, I just store it all in pretty jars. In July I invested in an electric bike. You might see me riding around the North Side of town on a mint green beach cruiser. I have worked in the senior care field for 35 years and I look forward to serving you on your caregiving journey.

Support Groups for Family Caregivers

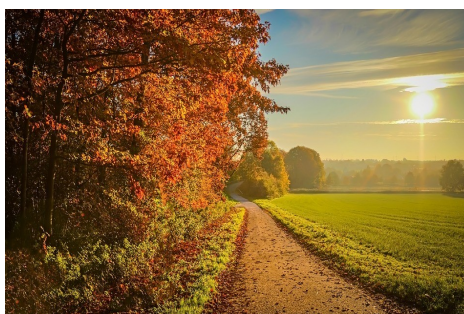
Support Groups Virtual/Telephone Support Groups - Now Available!

1st Friday - Noon - 1:00 pm

2nd Wednesday - 1:00 - 2:00 pm

For our support groups we have started using Zoom which also offers a call in option. We are learning new ways to share all the time!

Contact Ruth Stauersbol at 833-8764 to receive call-in information or virtual group information.



Alzheimer's has many horrible moments. But it does remind me to stay in the present moment. To cherish who my mom is today. I cannot let in the sadness about how I have already lost parts of her. I cannot fear what tomorrow may bring. I can only walk this very moment. That razor's edge of knowing the past and future have so much grief. It all makes the joy of the present sweeter. Today was a beautiful wind-blown morning. Mom told me she wanted to move into Lakeshore State Park (Milwaukee). When she is at the lakefront she tells me all kinds of stories about the Sydney Harbor, the Aussie ocean, and sharks. By the time we got back in the car she had forgotten where we had just been. But we both had 3 hours a fully present joy and for that I am blessed.

**-Anonymous
Caregiver-**

Continued from page 5... Answers for Common Caregiver Concerns

Distraction with a calming conversation, a break from the environment (a short drive in a car or a walk outside), or a tailored enjoyable activity (spending time with a pet, doll, or playing their favorite music) may also be calming. If the urge to leave one's home leads to attempted wandering, increased activity during the day may lead to greater fatigue and less

likelihood of wandering. In addition, safety measures (such as alarms or GPS monitoring), a medical alert bracelet, the Safe Return program at the Alzheimer's Association, and a consultation with the Aging and Disability Resource Center (262-833-8777) may provide tailored supports.

Part of what makes Meals on Wheel Special is that it is a time that someone is also checking on the well-being of the program participants.

It is important during this time of social distancing that we are not socially isolated...

Senior Nutrition Program

The dining sites continue to be closed at this time. The Meals on Wheels program in Racine County, continues to address the needs of the community. For more information call them at 262-833-8766.

Call the ADRC if you want to check if there is updated information about food resources as new information comes in all the time. 262-833-8777 Weekdays between 8 am and 4:30 pm.

Staying Connected

Since March 2020, COVID-19 has created a time where social distancing has become a new normal. This brings on new challenges for most of us. Social isolation and loneliness should not become the new normal. There is plenty of advice to 'stay connected'. What ideas have worked for you? Are you looking for more ideas? Here are a few to try:

Make Your Own Work of Art

Libraries, archives, and other cultural institutions around the world are sharing free coloring sheets and books based on materials in their collections. Download, print, and share your favorites!

<http://library.nyam.org/colorourcollections/>

Join a Sing Along

- ♦ https://www.youtube.com/channel/UCLXd_oaGk_U_pfwkvvxH2kA
- ♦ https://youtu.be/lq_wZUM6TKU

Visit Places That You Have Always Wanted to Go (Virtually)

Free Music and Theater Performances:

Berliner_Philharmoniker
<https://www.digitalconcerthall.com/en/home>

Metropolitan Opera's Nightly Met Opera Streams
<https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams>



Staying Connected *...continued from page 8*

Virtual Tours

Travel Videos

<https://www.travelandleisure.com/video>

Virtual Museum Tours

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Art Museum Virtual Tours

<https://artsandculture.google.com/>

National Parks Virtual Tours

<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

Learn to Meditate

Meditation may seem intimidating, but it does not have to be difficult. Apps, such as Headspace or Calm, have whole libraries of guided meditations, relaxing sounds, and daily bedtime exercises. And you can access all of them right from your phone.

<https://www.calm.com/>
<https://www.headspace.com/headspace-meditation-app>

Some other resources:

Staying busy and engaged while at home—Council on Aging <https://www.help4seniors.org/News-Events/Blog/News/Archives/2020/03/Staying-busy-and-engaged-while-at-home.aspx>

Coping with Isolation—SpringWell <https://springwell.com/blog/coping-with-isolation/>

Exercising with chronic conditions: <https://www.nia.nih.gov/health/exercising-chronic-conditions>

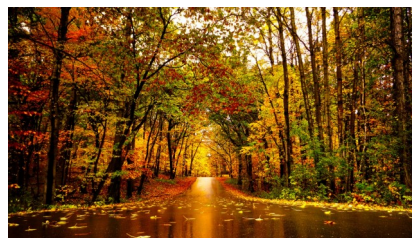
Reimagine your life - AARP <https://www.aarp.org/work/working-after-retirement/info-10-2013/reimagine-your-life.html#quest1>

Engage Virtually: Administration for Community Living <https://acl.gov/sites/default/files/oam/2020/EngageVirtually.pdf>

No computer or prefer not to be online?

- ♦ Connect with an old friend you have lost touch with. Or start a phone tree.
- ♦ See if your church group needs or offers help to shut-ins.
- ♦ Sit out on your porch and visit with neighbors in good weather.
- ♦ Start a journal.
- ♦ Call The Friendship Line at 800-971-0016 available 24/7.
- ♦ Call SAGE Connect (for LGBT elders) 929-484-4160

We would love to hear your ideas.



Virtual Classes this Fall

Powerful Tools for Caregivers

Thursdays
 October 1 –
 November 5
 1:30 pm – 3:00 pm
 Virtual Class
 Cost \$10.00 for textbook
 Register by calling
 262-833-8777
 or email
ruth.stauersbol@racinecounty.com
Register by September 23, 2020

Healthy Living with Chronic Pain

No Cost
 Class held every
 Tuesday from
 October 6 –
 November 10
 10:00 – 10:45 am
Each individual will need access to a CD player
 Please call to register today!
 800-499-5736 or
 767-7185
 Hosted by Advocate Aurora



Your Benefits

Important Numbers
(Toll Free)

Social Security

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

Medicare

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

Wisconsin Medicaid
Member services:
800-362-3002

**Wisconsin Kenosha Racine
Partners Consortium
(WKRPP)**
888-794-5820

Medicare
Open
Enrollment
begins
October 15th
this year.
Are you
Ready?

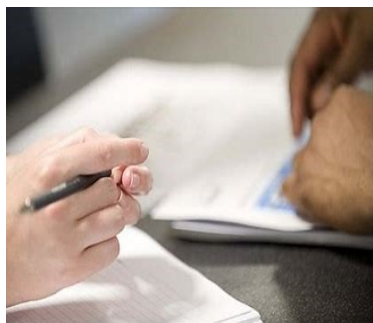
Medicare Questions?

When it comes to Medicare, all the choices can be confusing. It may seem overwhelming to learn enough about the different parts of Medicare to decide which coverage option will work best for you.

In addition to that challenge, many people with Medicare live on a fixed income and struggle to pay for their health care and prescription drugs. With the current *safer at home* practices, where can you go for help with these issues?

The good news is, we are still here to help!

If you need answers to your Medicare questions, or are looking for assistance with applications, renewals or appeals for a benefit program, contact the Benefit Specialists at 262-833-8777.



Help With Voting?

The Wisconsin Disability Vote Coalition is a non-partisan effort to help ensure full participation in the electoral process of voters with disabilities.

Check out resources at disabilityvote.org/

The November Election is rapidly approaching. The Wisconsin Disability Vote Coalition has new resources and trainings to support you!

Make Your Plan to Vote: Make your plan now to vote for the November 3rd Presidential Election. The Disability Vote Coalition has a new fact sheet to help you prepare your voting plan. See: <https://disabilityvote.org/2020/make-your-plan-to-vote-on-november-3rd/>

**You can also call the
Disability Rights Wisconsin
Voter Hotline
844-347-8683**

Medicare Open Enrollment—October 15th to December 7th

Due to the pandemic, Open Enrollment will look a little different! Assistance will be provided by mail, phone or email!

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. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021!

Your 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 through December 7th.**

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 2021.

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 that you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at <https://www.medicare.gov/> or Medicare beneficiaries in Racine

County can also receive free, unbiased assistance with plan comparisons from our Benefit Specialists at the ADRC of Racine County at 262-833-8777.

Assistance is also available through the following resources:

1-800-MEDICARE (800-633-4227) or www.medicare.gov

Medigap helpline 1-800-242-1060

Disability Drug Helpline 1-800-926-4862 (if under age 60)

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Extra Help for Part D, Medicare Part D Low Income Subsidy (LIS): <https://www.ssa.gov/benefits/medicare/prescriptionhelp/> Those with incomes under 150% of federal poverty level can apply for the LIS through the Social Security Administration.

The **Medicare Savings Program** can help pay the cost of your Medicare premiums, visit: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf>

Or <https://www.medicare.gov/Pubs/pdf/10126-Getting-Help-With-Your-Medicare-Costs.pdf>





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

Find information about ADRC sponsored Support Groups on page 7.

Caregiver Consultations

The Alzheimer's Association makes appointments for care consultations that can be held at a location convenient to you. To arrange an appointment, contact Felicia at 262-833-8777.

Memory Cafés

Share your stories and socialize with others concerned about their memory. A virtual opportunity is available. Please contact the Alzheimer's Association to register at 800-272-3900.

For a list of **upcoming classes—Powerful Tools for Caregivers and Healthy Living with Chronic Pain** see page 9

New

Virtual social opportunity—see *Coffee 'Stayins'* on page 6

