

ADRC Connections

Newsletter Date Fall 2021

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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. 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.

Annual National Falls Prevention Awareness Week Begins the First Day of Fall

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To

promote greater awareness and understanding here are 10 common myths - and the reality - about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.



Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will

Other Helpful Articles:

Falls Free checkup
<https://www.ncoa.org/article/falls-free-checkup>

Get the Facts on Falls Prevention
<https://www.ncoa.org/article/get-the-facts-on-falls-prevention>

6 Falls Prevention Steps to help your Older Loved-ones
<https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>



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actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury.

People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in how to use it safely.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Debunking the Myths of Older Adult Falls: 10 Myths About Older Adults and Falls For more information: www.ncoa.org/FallsPrevention

Transition to Adulthood 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 information regarding the transition process including a checklist, and information on insurance, income and benefits. 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.



Community Resources

This column highlights some of the many resources in our community. For more, see the Community Resource Directory available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racinecounty.com.

What is Caregiver Support at the ADRC?

Through classes, support groups, written materials, and individual consultations, the Racine ADRC Caregiver Support Team provides ongoing support to family caregivers. If you are either the caregiver or care receiver and over age 60, or anyone caring for an individual with dementia, you are eligible for Caregiver Support Services.

Caregiver support includes:

1. Information on community resources
2. Encouragement to invest in one's own health and well-being
3. Facilitation of establishing effective communication skills
4. Moral support through tough situations and decision-making.

Call the ADRC of Racine County at 262-833-8777 for more information or for a referral to Caregiver Support. For information about area support groups, upcoming classes and more see pages 10 - 11.

Racine County Independent Living Center

In Racine County the Independent Living Center 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 programs. Staff provide assistance with identifying the most effective technology and locating options to pay for it.

**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)**

Caring for the Caregiver

Recognize Caregiver

Burnout

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stressors can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental

exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn

interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Ask others for help. You don't have to do everything. It's okay to ask for help.

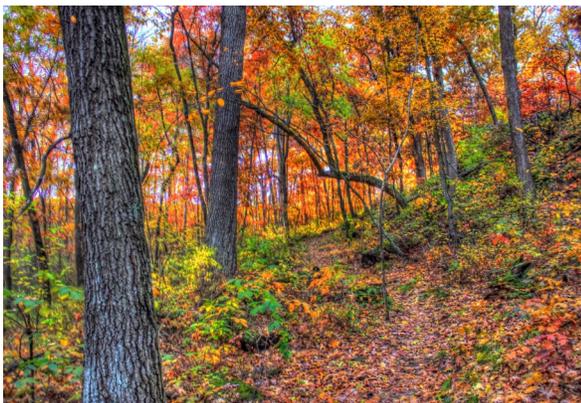
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Compassionate Communication With People Who Have Memory Impairment

What to Avoid:

- Don't reason.
- Don't argue.
- Don't remind them that they forget.
- Don't question recent memory.
- Don't take it personally!

Request a copy of the full handout.



In The Garden

by Matthew Widman, *The MemoryCare Plays Anthology*
a one act play about memory loss



Arthur Monsetin's adult children have come together to decide a course of action for their beloved father who is struggling with Alzheimer's disease. Long ingrained familial tensions come to the surface as Peter, Karen and Jamie wrestle with how best to treasure their father as they also come to terms with his limitations.

JOIN US!
VIRTUAL OR IN-PERSON
SCREENING EVENTS!

Tuesday, September 28, 2021
1-3pm or 6-8pm

reservations required, attendance is limited

Reserve tickets at:
<https://krw-garden2021.eventbrite.com>

Presented by 
Aging & Disability Resource Center

The ADRC's of Southeastern Wisconsin
Kenosha • Racine • Walworth



A Program of TRELIS™
RememberProject.org



The **Elder Benefit Specialist** serves those age 60 and older.

The **Disability Benefit Specialist** provides services to individuals 17.5 to 59 years old who have physical disabilities, developmental disabilities, and mental illness.

A **Benefit Specialist** can provide information and assistance with public and private benefit programs including application and appeal procedures.

Contact the ADRC for a referral to a **Benefit Specialist**.

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
(WKRP)**
888-794-5820

Recognize Caregiver Burnout

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- Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask

family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

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

Be sure to check the ADRC Website for upcoming events and classes. You can always request to be contacted about classes you are interested that are not currently available but will be offered in the future.

Medicare Open Enrollment—October 15th to December 7th

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

Programs That Help With Costs

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>

You can also speak with the ADRC or request a referral to the Benefit Specialist regarding these programs.



Menus:
You can find the menus for coming months in your local newspaper, or online at: www.adrc.racinecounty.com
Or call
262-833-8766

Racine County Senior Nutrition Program

*Several dining sites have opened up for in person or carry out meals. Call **833-8766** with questions or 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

Lincoln Villas North Apartments
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

Meals on Wheels

If you, or someone you know is interested in the Meals on Wheels program contact the program at the above phone number.



Paid Drivers and Volunteers Needed!

Meals on Wheels in Racine County is hiring part-time drivers.

Are you looking for a fun, rewarding part time job helping seniors in the community?

Mon – Fri, 9:30 am – 1:00 pm.

No weekends or holidays!

\$10.00/hour and mileage reimbursement.

Must have a valid drivers license and your own vehicle.

If interested, please call Elizabeth at 262-638-6336.

Meal Sites:

We are also looking for volunteers that are interested in

helping to serve meals at the Senior Dining sites around Racine County. Volunteer time is in general based on the individual site, however, most volunteers give their time once or twice a week for 2-3 hours, though our program is more than happy to work within someone's schedule.

Volunteer opportunities are available at the following dining sites – Burlington Senior Center, Living Faith Lutheran Church, Lincoln Villas North, Mount Pleasant Place, and Salvation Army.

If you or someone you know is interested in being a Volunteer, please call the Volunteer Coordinator, RYANNE, at 262-833-8766.

Tips for Lowering Sodium

Tips for Lowering Sodium When Cooking

- ◆ Don't add salt when cooking rice, pasta, and hot cereals.
- ◆ Flavor your foods with salt free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice.
- ◆ Rinse canned foods or foods soaked in brine before using to remove the sodium.
- ◆ Use less table salt to flavor food.

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

Spicy Roasted Broccoli

(substitute a seasonal vegetable of your choice)

Ingredients:

- ◆ Broccoli, large stems trimmed and cut into 2-inch pieces (about 4 cups)
- ◆ 2 tablespoons olive oil divided
- ◆ ¼ teaspoon salt-free seasoning blend
- ◆ 1/8 teaspoon freshly ground black pepper
- ◆ 2 cloves garlic peeled and minced
- ◆ 1/8 teaspoon crushed red pepper flakes

Instructions 1. Preheat the oven to 450 F. 2. In a bowl, toss together the broccoli and 1 tablespoon olive oil. 3. Sprinkle with salt-free seasoning and pepper. 4. Transfer to a rimmed baking sheet and bake for 15 minutes. 5. While that roasts, mix together 1 tablespoon olive oil,

the garlic, and the red pepper flakes, if desired. 6. After the broccoli has cooked 15 minutes, drizzle the garlic oil over the broccoli and stir to coat. Return to the oven and bake until the broccoli starts to brown, about 8 to 10 more minutes. Serve hot.

Recipe adapted from webmd.com

DASH = Dietary approaches to stop hypertension



Stay on Track When Eating Out

- ✓ Ask that foods be prepared without added salt or MSG.
- ✓ Avoid choosing menu items that have salty ingredients such as bacon, pickles, olives, and cheese.
- ✓ Avoid choosing menu items that include foods that are pickled, cured, smoked, or made with soy sauce or broth.
- ✓ Choose fruit or vegetables as a side dish, instead of chips or fries.

Information provided by GWAAR

If you have high blood pressure, or even, borderline high blood pressure, the DASH diet has been shown to lower blood pressure by 8 to 14 points. Food can have powerful effects on your body. The DASH diet is rich in delicious fruits, vegetables, low-fat dairy foods, whole grains, fish, poultry, beans, seeds and nuts. Many of these foods are high in fiber or excellent sources of the mineral's potassium, magnesium, and calcium, and low in sodium. The National Institute of Health has several free educational materials to help you follow the DASH Diet. <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

There are several healthy diet options available. Speak to your doctor about a referral to a dietician.

Support Groups for Caregivers

May be subject to change due to current and changing circumstances.

**First Friday
Noon-1:00 pm**

Caregiver

Connection

Zoom/Call in.

Call 833-8764 for call-in Information

**Second
Wednesday
1:00 - 2:00 pm**

The Dish
Restaurant
1220 N Ohio St.
Racine, 53405

**First Thursday
6:30 - 7:30 pm**

Zoom/Call in.
Call 833-8764 for call-in Information

**Third Thursday
6:30 - 7:30 PM**

The Dish
Restaurant
1220 N Ohio St.
Racine, 53405

Planning Ahead for the Holidays

It's sometime a struggle to buy meaningful gifts for a person who's having a challenging time getting dressed so a typical shirt or pants aren't a good option. Or what do you buy for a person who used to love reading and doesn't even pick up a book anymore. Or that person who seems to be restless a lot and has a hard time focusing?

As we're approaching the holiday season, it might be helpful to start thinking about some gift ideas, so when people start asking what do you think Mom/Dad would like, you have some ideas in mind. There are plenty of gift ideas that might be fun and useful. When you internet search for gifts for people with physical or cognitive challenges, or for adaptive clothing some good links come up.

Many useful items came up on Alzstore.com. Some gift items included, Activity muffs, stuffed animal therapy pets, life like dolls, fidget and sensory activities, weighted body and lap blankets as well as music and memory photo frames onto which you can download your family photos and

favorite songs. A useful online link lifezest.co which brings up an article with 53 places to buy adaptive clothing. For example, one link featured adaptive footwear. Some caregivers find it difficult to assist a person with putting on their shoes. Billy footwear has a nice line of shoes that zip along the side of the shoe and along the front of the toe line. This allows the top of the shoe to fold back so the foot can be placed directly into the shoe. They come in many styles and colors. Other clothing options include shirts that have magnetic tabs rather than having to button the buttons. While the buttons are still on the shirt and it looked like a "normal" shirt the person doesn't have to struggle with the buttons, the magnets do the work. There are also shirts and blouses that open down the back so the arms can just be slide into the sleeves. This makes for less struggle and a more dignified way of dressing when dressing becomes a challenge.

Some items that are available can make you think of your own adaptations, and there are many online sites you can choose from. There are also retailers who offer adaptive clothing. You can also check with the Independent Living Center for ideas. 262-637-9128.

While these are just sampling of suggestions, hopefully, they will give you a few ideas of where to start looking. You're welcome to call a Caregiver Support Specialist for more ideas 262-833-8777.



Music is Life. That's Why Our Hearts Have Beats

MUSIC AND MEMORYSM at the Aging and Disability Resource Center of Racine County- *What is it?*

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers. The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists through conversation with the listener and their caregiver about their life history and musical interests. The tailored playlists are downloaded onto an iPod that is then loaned out for the listener to use.

Why Music & Memory?

- ◆ Beloved music helps to reduce depression and anxiety
- ◆ Music can also moderate pain as well as reduce reliance on pain and anti-psychotic medications
- ◆ Musical favorites tap deep memories and can improve quality of life

- ◆ Participants are happier, more social, and more receptive to care
- ◆ Music can be used to help with difficult behaviors or be a form of respite

This last year, we were able to connect with 6 families and provide moments of joy for the care receivers by creating personal playlists while also providing some respite to the caregivers! There is such an appreciation for this program from both the caregiver and the care receiver and we have received great feedback!

Interested in Music & Memory?
Call Taylor S. at the ADRC at 262-833-8777 to inquire about the Music & Memory program.



Sip & Swipe Café[®]?

FREE tablet training for older adults
It is a place where older adults can get free self-paced lessons on how to use a tablet. What better time than now to learn how to use technology to stay connected to friends and family.

The Program Teaches:

- *The basics
- *Internet Safety and Searching

- *Communicating
- *More - How to use YouTube, the camera, attaching photo to email, apps

Call Taylor S. for more information at 262-833-8777





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

Find information about ADRC sponsored Support Groups on page 10.

Caregiver Consultations

The Alzheimer's Association makes appointments for care consultations that can be held virtually, via phone, or at a location convenient to you. To arrange an appointment, contact them at 1-800-272-3900. Call or check their website for classes and Alzheimer's specific support groups: <https://www.alz.org/wi>

Memory Cafés

Share your stories and socialize with others concerned about their memory. For information or to register contact Felicia at 262-833-8777.

*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)*

