

# ADRC Connections

Newsletter Date Fall 2022

## Connecting You to Your Community's Resources

### Your ADRC

ADRCs are the first place to go to get free, accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, or professionals working with issues related to aging or disabilities can go for information tailored to their situation. The ADRC provides information on a broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly funded long term care. These services can be provided by the ADRC via telephone, virtually or through a home visit, whichever is more convenient to the individual seeking help regardless of their income or asset levels and are available in all counties in Wisconsin.

### General and common scenarios we encounter:

- "I am getting older or living with a disability and want to know how to plan for the future."
- "I am caring for someone, and I need a break, is there assistance for this?"
- "My son/daughter is living with a

disability and is turning 18. What options do they have as an adult?"

Call the ADRC and we will be happy to speak with you about your concerns.



### ADRC and Wellness

Fall brings cooler weather and changing colors. It is also a time for harvesting and preparing for the winter months. In September, one of the focuses at the ADRC is on Falls Prevention. Falling is not a part of normal aging. Falls have a big impact on health, but even without an injury can also heavily impact quality of life. See the article on falls on page 5. You can also check our website for materials about preventing falls.

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*\*"Unfortunately, under-represented and underserved communities are disproportionately affect by dementia. Join our vision of a world in which access to diagnosis, treatment and supportive services, and research are readily available for all. Gdavis Productions is committed to bringing real life situations to the stage that will bring light to issues and concerns that effect our community in hopes of creating a change for a better quality of life for everyone."*

continued from front page

In October, we celebrate National Disability Employment Awareness Month. Did you know that there are programs available that can assist a disabled person from losing benefits while still maintaining or establishing employment? Give us a call if you need that information today. We have also had many questions and requests around advance directives lately. We are happy to talk about those and have resources available for you.

November brings colder temperatures, but it is also National Caregiver month. Many of us think of ourselves primarily as friends, sons and daughters, and spouses, but not really as the "caregivers" we are. If you assist someone with simple tasks, you are caring for them. Yes, you are a caregiver. At the ADRC we like to recognize the special role caregivers have in our community and our society.

## Dementia Has No Boundaries

From the creators of the award-winning stage play Forget Me Not comes **Unforgettable**, and story about one family's journey. The Davenport's, and how they deal with a dementia disease they know nothing about. The Davenport's are unprepared for the effects of caring for a loved one who seeps to be fading in front of their eyes. After coming to grips with the journey that they must face, life has a new meaning of truly understanding the importance of paying closer attention to early detection and the importance of taking part in clinical trials in an attempt to find a cure for dementia. The disease has forced the Davenport's to live in the

moment and make unforgettable moments that they can cherish forever.

The Kenosha County ADRC in conjunction with Gdavis Productions and films and the Alzheimer's Association, will be bringing the play "**Unforgettable**" to Kenosha Tremper High School on October 15, 2022 for two shows at 3:00 pm and 7:00 pm.

This **free** theatrical production and all-star cast will showcase the effects of caring for a loved one with Alzheimer's and help raise awareness of dementias in communities of color. (\*see quote at left)

Tickets are now available at [www.unforgettableplay.com](http://www.unforgettableplay.com) or you can register at <https://kenosha-wisconsin.ticketleap.com/unforgettable-play/>

After 26 years and over 20 productions written, directed and produced by Garrett Davis, Gdavis Productions is one of the leading theater companies in the country. This play will not only be entertaining but offer hope and inspire others to understand they are never alone in their struggle.



## What is so Important about Turning 18?

In Wisconsin, you are considered an adult after turning 18 except for criminal law purposes (age 17) and for purchasing alcohol (age 21).

As an adult you have certain rights associated with being completely independent, but also certain responsibilities and are held personally accountable for your actions.

Some of your rights include:

- Voting in national, state, and local elections
- Creating a will
- Marrying without the consent of parent or other guardian
- Obtaining medical treatment without parental permission (you have to give permission for the doctor to share information with anyone including parents)
- Applying for credit

- Serving in the armed forces
- Supporting yourself because parents are no longer required to support you financially
- Signing contracts and other legal documents (be very cautious with this)

### Steps to take at age 18

- Males must register with selective service
- If appropriate, you should obtain an adult disability determination through the Social Security Administration—apply for Supplemental Security Income (SSI) and Medical Assistance (MA)

At age 17 1/2 call to get information directly from the ADRC so you are prepared.



## Community Resources

Information on caregiving, access to classes and more formal support are available to you as a caregiver. Contact the ADRC for more information: 262-833-8777. Look for **“Rewards of Caregiving”** throughout this issue in various locations.

**November is National Caregiver Month**, a time to acknowledge and celebrate caregivers. You often hear about the challenges, frustrations, and stress of caring for someone, but caregiving isn't without rewards. Take some time to consider the ways your life has been enriched by your caregiving journey.

**Caregiving offers you a chance to “give back” to someone important in your life.** If you are caring for a

parent, the help you give them now is a way to “pay them back” for caring for you when you were a child. When caring for a spouse, it can be a thank-you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.

### Caregiving helps you recognize your own support systems.

You may be surprised to find neighbors, co-workers, relatives and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.

*Continued in several locations...*

*If you have a change of address to report or would like to be removed from the ADRC Connections Newsletter mailing list. Please contact the ADRC Phone: 262-833-8777 Email: [adrc@racinecounty.com](mailto:adrc@racinecounty.com) Mail: 14200 Washington Ave Sturtevant, WI 53177*



## Sip &Swipe Café

**Caregiving encourages you to spend more quality time with your loved one.** Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies or just being together become precious ways to enjoy time together. Slowing down enough to simply be together gives you the opportunity to get to know each other better, often resulting in newfound respect and understanding.

**Caregiving can get you in touch with your family history.** Spending time together listening to childhood stories opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish these stories.



**Join the Sip & Swipe class!**

**A program to get older adults connected.**

**No experience or tablet ownership required**

**Learn how to:**

**Navigate web pages - use email - and more!**

**Let us help you make your goals to using a tablet or a smart phone attainable!**

**Learn in our FREE Sip & Swipe Café® Tablet Training Program**

**Racine Public Library—The Atrium  
75 Seventh Street, Racine, WI 53403  
Fridays, Sept 30th, Oct 7th, 14th, and 21st**

**10:00am—11:00am**

**Space is limited!**

**Please call**

**Taylor at (262) 833-8777 to register**



**Underwritten by a generous grant from  
the Retirement Research Foundation**



### Looking for Computer Instruction?

In addition to the Sip N Swipe program, another resource is your public library.

**Generations Online** will also assist with online instruction.

With a friend or family member's support (even remotely) you can learn to use your technology. To get started, share the words in purple directly below with your helper. <https://generationsonline.org/index.php>

## Falls Prevention is a Team Effort!

It seems like common sense—everybody falls, no matter what age. However, for many older adults, an unexpected fall can result in a serious and costly injury. The good news is that most falls can be prevented. And one of the ways you can prevent a fall is by knowing who you can call on for help.

That's why falls prevention should be a team effort, where each member of the team offers expertise in their area of responsibility or field of work. Some members include health care professionals, like your primary care physician, an occupational therapist, physical therapist, pharmacists, and more. While health care professionals provide much of the expertise and experience to ensure you live independently and falls free, there are other resources in your community that contribute to falls prevention.

### Let's get to know your falls prevention team.

From medication and vision impairment to poor lighting and chronic conditions, the factors to watch for are numerous. That's why having a team to help spot and address fall risks is so helpful. Below are all of the resources that play a significant role in promoting safety and preventing falls for you.

### Your falls prevention team should include:

- ◆ Family and friends
- ◆ An occupational therapist (OT)
- ◆ Your primary care physician (PCP)

- ◆ A pharmacist
- ◆ A physical therapist (PT)
- ◆ Your local fire department
- ◆ Your senior center
- ◆ Your hardware store
- ◆ Your faith-based organization(s)
- ◆ Your library
- ◆ Your local sporting goods store

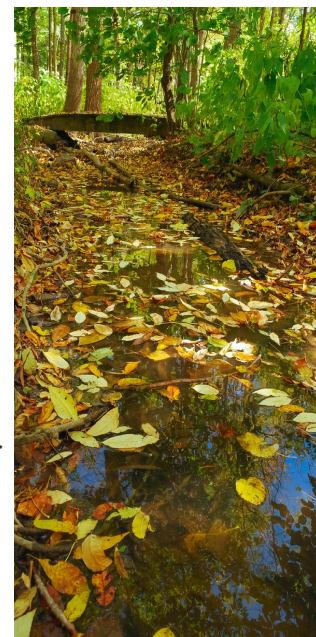
Each of them brings a unique mix of expertise and familiarity that can provide important protections against falling. (Note: team member sections have further information - go to the article listed at the end.)

As you start to pull together those who will help you protect your health and independence, you can always turn to organizations like NCOA (National Council on Aging), or the ADRC for information.

Falls Prevention Awareness Week only happens once a year, but the NCOA and other groups are constantly creating prevention materials at <https://ncoa.org/older-adults/health/prevention/falls-prevention> for older adults, caregivers, and professionals to use whenever needed.

Check out NCOA's <https://www.ncoa.org/age-well-planner/assessment/falls-free-checkup>, a quick 12-question screen to help you better understand your risk for falling.

Article excerpted, see more information at: <https://ncoa.org/article/falls-prevention-is-a-team-effort>



## Fall Prevention Bingo

A fun, engaging educational tool that can be used to improve knowledge of fall risks. Download the free Fall Prevention Bingo word sheets, bingo cards and the instruction sheet:

<https://starklab.wustl.edu/resources/fall-prevention-bingo/>



**Caregiving can help you become more compassionate and loving.**

You may not think you have the ability, patience or personality to be a caregiver, but you do. Rising to the challenges of caregiving helps you to recognize your own strengths and abilities, often strengthening your inner, spiritual self.

**Caregiving leads you to plan your own future.**

Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.

## 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

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## Welcome to Our New Elder Benefit Specialist



Hi, my name is Jamie Repa. I am very excited for my new role as Elder Benefits Specialist. I come to the ADRC with 18 years of experience in long term

care. My household consists of myself, my high school son and middle school daughter. We also have two dogs and two tortoises. In my free time I am currently an uber mom, shuttling my two kids to their activities and cheering on the sidelines for football, basketball, baseball, and theater. When we are not doing those activities, we enjoy attending pro games as a family. My favorite place to be is at the beach with my toes in the sand or camping in different state parks which I try to do a couple times a year. I look forward to meeting many of you and assisting with your benefit needs.



## Fall Open Enrollment

### What's the Scoop

*By Ingrid Kunder, SMP Project Manager  
Wisconsin Senior Medicare Patrol (adapted)*

Let's talk about postcards and infomercials on television that you may have already received or could receive at any time mentioning new Medicare plans and additional benefits. *"Important information for Medicare recipients! There are new Medicare plans available in your area with additional benefits that many fail to claim."*

In addition to plans with more benefits, they offer to also check your eligibility for:

- Adding a certain dollar amount back into your Social Security check
- Cost reduction savings from the Social Security Administration's Extra Help program
- Possible eligibility for Medicare plans with additional benefits for routine dental work

You are then invited to call a toll-free number to check your eligibility. I get it, extra money in your pocket sounds great! And additional expenses covered by a Medicare plan also sounds enticing. But here's the scoop ... if it sounds too good to be true, it probably is!

Please be careful. These postcards and ads are coming from an insurance company or broker, not directly from Medicare. The fine print indicates that the company is not connected or endorsed by any government entity. If you decide to call the toll-free number, just know that you will be talking to an

insurance agent who may pressure you into making a decision about a new Medicare plan before you have all of the information needed to make that decision.

The good news here is that you MAY be eligible for programs that can help you save money on medical and drug costs. Our recommendation is for you to contact your local Aging and Disability Resource Center (ADRC) and ask to talk to someone about your Medicare questions. They can provide you with unbiased information about your options for Medicare plans.

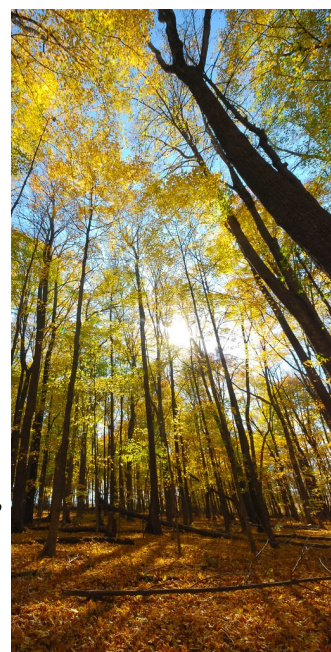
There are so many mailings and phone calls and television commercials about Medicare benefits that can be very confusing and misleading.

Remember, you should never feel pressured to decide immediately, so if that is happening, hang up the phone. It is very important to also remember to keep your personal information, including Medicare number, Social Security number, bank account information, etc. private. It is a best practice to never share that information over the phone with someone who calls you out of the blue. Similarly, we would not recommend sharing this information in response to a text or email message that you received. Delete those messages, without clicking on any links, to keep your information protected.

*If you have questions or would like to talk more about this with someone, please contact the ADRC or the **Senior Medicare Patrol** toll-free Helpline,*

**Here's the Scoop on how you can reach them:**

Call:  
(888) 818-2611  
E-mail: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
Website:  
[www.smpwi.org](http://www.smpwi.org)  
Facebook:  
[@Wisconsin SeniorMedicare Patrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)



## Racine County Senior Nutrition Program.

### 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)

Or call  
262-833-8766

**262-833-8766**

- ♦ Call us about Senior Dining Sites
- ♦ Call us about Meals on Wheels
- ♦ Call us and let us know if you or someone you know is interested in becoming a Meals on Wheels Volunteer driver. Deliver a Meal and a Smile

## All Muscle, No Milk Shake



A great high protein choice to add to your diet or to supplement a meal if needed.

### Ingredients:

- 2 Tbsp. Peanut butter (Feel free to substitute with a different nut butter)
- 2 Tbsp. Almonds
- 1 cup ice
- 1 cup Soy milk (feel free to adjust based on how thick you prefer your shakes, and you

can use a non-dairy milk of your choice)

- 1 frozen banana halved
- 2 tbsp. baking cocoa

**Directions:** 1. Add ice, banana, and soy milk to blender. 2. Combine the rest of the ingredients into the blender. 3. Blend, starting on a lower setting and increasing the power until the shake is smooth and consistent in color. 4. Pour and enjoy!

*From GWAAR Nutrition program information Eat Well Care Well Newsletter February 2018*

## Food Hero

Fun website with opportunities for older adults to get recipes for cooking for 1 or 2, see videos on a variety of nutrition topics, brain teasers and more.

Check it out at:

<https://www.foodhero.org/older-adults>

## September Nutrition Spotlight - Malnutrition

You may be at a greater risk for malnutrition if you suffer from a chronic health condition such as Diabetes, Cancer, heart disease, or dementia.

### Signs of Malnutrition

- Unplanned weight loss.
- Feeling weak or tired.
- Loss of appetite.
- Swelling or fluid accumulation

of ankles, legs, or belly.

- Frequent nausea, vomiting or diarrhea
- Slow healing wounds
- Weak Muscles
- Getting sick often

### Why does it matter?

Malnutrition is a serious issue that can have dangerous consequences on your well-being. Effects of malnutrition in



## Malnutrition *Continued...*

older adults include a higher risk of falls and broken bones, less independence, higher stress levels, higher risk of infections, longer and more frequent hospital stays, and a higher death risk. Malnutrition affects the function and recovery of every organ system:

### **Muscle function**

Weight loss due to depletion of fat and muscle mass, including organ mass, is often the most obvious sign of malnutrition.

### **Cardio-respiratory function**

Remember that your heart is a muscle too, and so are the muscles that help you breathe.

### **Gastrointestinal function**

### **Immunity and wound healing**

### **Psychosocial effects**

In addition to these physical consequences, malnutrition also results in psychosocial effects such as apathy, depression, anxiety and self-neglect.

### **How do I know if I'm malnourished?**

You could be malnourished if: **you unintentionally lose 5 to 10% of your body weight within 3 to 6 months.** your body mass index (BMI) is under 18.5 (although a person with a BMI under 20 could also be at risk). Clothes, belts and jewelry seem to become looser over time.

### **How do you fix malnutrition?**

#### **Some Tips:**

- Get easy to prepare foods that are rich in calories and protein. Some high protein foods include milk, beans, meat and eggs.
- Add herbs and spices to make your meals more interesting and tastier.
- Make your meals more social. Eat with family, friends or a neighbor.
- Eat 5 to 6 small meals a day rather than 3 large ones.
- Build muscles and strength by taking walks, lifting weights, using resistance bands, or joining an exercise group.
- Find an oral nutrition supplement that you like to add calories, protein and the essential nutrients that your body needs. Most people are familiar with protein powders or nutritional drinks. Look for something that provided at least 150 calories and 15 to 30 grams of protein per 8 ounces. You can also make your own. For example, use one cup of ice cream with ½ cup whole milk and add fruit of your choice. You could also add in protein powder or some nut butter.

If you have concerns, be sure to speak with your health care provider. Ask for a nutrition screening or other suggestions on how to get help if you need it.

Want to know more, see: <https://my.clevelandclinic.org/health/diseases/22987-malnutrition>

## **Eat the Season**

Be on the look out for the fall harvests and fresh good deals!

### **In season:**

Artichokes  
Brussel Sprouts  
Celery Root  
Corn  
Cucumbers  
Eggplant  
Green Beans  
Hot Peppers  
Parsnips  
Peas  
Pumpkins  
Butternut and other winter squash  
Sweet Onions  
Sweet Peppers  
Sweet Potatoes  
Tomatoes  
Zucchini and other summer squash



## Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

### Second Wednesday 1:00 - 2:30 pm In Person

Christ Church  
United Methodist  
5109 Washington  
Ave Racine

### First Thursday 6:30 - 7:30 pm Zoom/Call in Call 833-8764 for call-in Information

### Third Thursday 6:00 – 7:30 PM In Person

Christ Church  
United Methodist  
5109 Washington  
Ave Racine

**For in person registration, call in or virtual group information contact Ruth at 262-833-8764 or email [ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com)**

## Caregivers have Rights Too!

It happens gradually. She needs a little help balancing the checkbook. There are other bills on the counter not getting paid. The layer of ice on roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You may choose to do it and truly want to do it. )Or you may be forced to do this by the situation.) But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don’t dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

For all you caregivers out there, please read and follow these rights.

### You have the right to:

Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!

- ♦ Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- ♦ Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- ♦ Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- ♦ Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- ♦ Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality.

## Rights *Continued...*

You will need this life to return to when your days of being a caregiver ends.

If you need help finding resources for home care services, support groups or other caregiving issues, please call the ADRC at 262-833-8777

*This Archived article and Caregiver Rewards information written by  
Jane Mahoney  
Former  
Older American's Act Consultant  
Greater Wisconsin Agency on Aging Resources*



## Music and Memory

MUSIC AND MEMORY<sup>SM</sup> 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 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

Interested in Music & Memory?  
Call Taylor S. at the ADRC at  
**262-833-8777**

to inquire about the Music & Memory program.

**Caregiving gives you an opportunity to learn new skills**, such as multi-tasking and organization. You learn about the medical condition that affects your loved one and how to maneuver through the maze of health care providers. And you learn to be assertive, speaking up to advocate for your loved one.





14200 Washington Ave  
Sturtevant, WI 53177

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

## Caregiver Opportunities

### Caregiver Rewards

As you celebrate National Caregiver Month, be sure to recognize the rewards you have experienced on your journey. You may find that caregiving benefits not only your loved one, but also you.

### Memory Cafés

Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm  
Grace Church, 3626 Highway 31, Racine, WI 53405  
For information or to register contact Felicia at 262-833-8777.

3rd Friday of each month 9:30am– 11:00am  
Burlington Aurora Wellness Center,  
300 McCanna Pkwy, Burlington, WI 53105  
For information, or to register,  
contact Chad at 262-212-3596

*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)*

