

ADRC Connections

Newsletter Date Spring 2020



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Connecting You to Your Community's Resources

The mission of the ADRC is to provide older adults and people with physical or intellectual/developmental disabilities the resources needed to live with dignity, security and achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center (ADRC) is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Spring Cleaning Tips

Spring is the season of renewal. Get caught up in the fever, throw out the junk and re-organize your space! These spring cleaning tips put safety first.

Check the Medicine Cabinet

Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed. Some pharmacies and your local law enforcement station will have drop off boxes. Remember to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in your closet.

Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much "stuff." Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular

walking path. Make maintaining a clear walkway in every room of the house or apartment a top priority. Tape carpet or throw rug edges to the floor or get rid of them entirely. Some moving companies are willing to spend a few hours to help you move those big furniture pieces within your home. Contact the ADRC for a list.

Don't Forget the Kitchen

Clear out the refrigerator and pantry of outdated food. Expired food should be tossed and any dates soon to expire can be moved to the front for sooner use. Check kitchen appliances, cooking utensils, and pans to make sure they are in good working order.

Have an Emergency Plan

Know who to call in an emergency and keep the contact numbers in one location or programmed into your phone. Periodically check your smoke alarm system and carbon monoxide detectors. Run a test to ensure batteries for detectors are functional. Replace batteries twice a year in home smoke detectors.

For additional information, contact the Racine Aging and Disability Resource Center at 262-833-8777. A copy of our Home Safety Checklist is also available on our website on the Wellness page.

Transition to Adulthood in Racine County

Being a teen with an intellectual/developmental disability is already tough and the transition to becoming an adult can come with questions and many more decisions. The ADRC is here to provide the information, knowledge and resources to make this transition easier.

At age 17 years and 6 months, contact the ADRC for information such as:

- Services that may be available through Long Term Supports.
- Explore need for Supportive Decision Making, Powers of Attorney (Healthcare and/or Finance) or Guardianships.
- Housing
- Employment
- Benefit Specialist Assistance
- Assistive Technology
- Transportation
- Daily Living Skills
- Respite
- Determine need/ability for Special Needs trust

The ADRC will speak with you on the phone, at an appointment, or at a local resource and health fair. Check out some of our written resource materials on our website at: https://www.adrc.racinecounty.com/site/453/service_directory.aspx

An important set of resources to consider are those that provide respite for the caregiver. The directories for Living with a Physical Disability or Intellectual disability offer information on community and surrounding area activities that can be used to provide respite and engagement.

One such unique opportunity is provided by our local Independent Living Center located at Society's Assets. **GameAble**—is a fun, free game night for young adults with any disability or mental health condition. They have a PlayStation 3 set up with

multiplayer games, and tables with Uno, Jenga, and other card and party games. Light snacks and beverages are provided. GameAble is only open to youth aged 14-25 years old. A couple of Independent Living staff hang out with the young adults to provide guidance or comic relief. It's always a good time!

Adaptive equipment and technology tools are available, and our game night can accommodate any skill level, ability, or level of participation. They welcome the presence of personal care workers or aides as needed. If you have any questions, concerns, or accommodation requests, please call 262-637-9128.

Parent Lounge is our companion program. It is held at the same time and place as GameAble, in an adjacent room. Parents and supportive family members can get information, resources, and support. Each month, one of the Independent Living Coordinators will present on a different topic and be available to answer questions. You do not need to have a young adult in GameAble to attend Parent Lounge – all are welcome, and bring your friends! <https://societysassets.org/independent-living-services-0>

Upcoming Racine County Transition Fairs

RUSD resource fair for families of students with special needs. All middle and high school students and their families are invited to attend the event.

Saturday, March 7th 9:00 am to Noon
Gateway Technical College,
Racine Building— 1001 Main St, Racine

Racine Co Special Needs Resource Fair
Friday, May 1st 4:00 pm to 6:30 pm
Waterford Union HS

100 Field Dr – Door #1 Waterford
Learn more about a wide variety of agencies that serve children and young adults from birth to age 21 and beyond, or connect with families that are experiencing similar issues or concerns.



Respite for Every Caregiver

Respite care is all about taking a short break from caregiving duties. This break can be planned, or it might be needed on an emergency basis.

Whether it's for a couple of hours, a day, several days or weeks, seeking respite care can help ease the burden of caregiving. Respite care can benefit both the caregiver as well as the person they are caring for. It can provide both with some variety, stimulation and a welcome change of routine. It will allow the caregiver to rest, refresh, focus on other matters, and recharge.

There are many forms of respite care. In-home respite care can be provided by volunteers or paid help. Volunteer companionship programs can provide a familiar face for the care receiver to

spend some time with. Supportive home care providers assist with tasks such as shopping, meal preparation, and housekeeping. Personal care providers can assist with daily living skills such as bathing, dressing, or feeding. Skilled health care is also available for specialized medical needs.

Out-of-home respite care also has a range of options to meet your loved one's needs. Adult day centers, residential programs and sometimes respite camps are available.

To learn about the Racine County resources for respite care, contact the Aging and Disability Resource Center at 262-833-8777.



Community Resources

Transportation Change

In the Burlington Area a new transportation option has replaced the SPARC bus. It is called the **Burlington West End Express**. The hours of operation are from 8:00am to 4:00pm every Monday through Saturday.

The **West End Express** is an affordable and fun transportation service designed primarily for active Racine County seniors, making it convenient to get to appointments, needed services, volunteer opportunities, and special events in the community, or just to go shopping or visiting with family and friends. The general public is welcome to ride on a space available basis.

The costs and routes remain similar to SPARC, but it would be best to contact

the provider, **K-Town at 262-764-0377** to ask for specific information about routes and times. For other options for seniors and adults with disabilities contact the ADRC at 262-833-8777.

Helpful Agencies:

Wisconsin Office of the Deaf and Hard of Hearing

See information about the Office at: https://www.dhs.wisconsin.gov/odhh/ind_ex.htm or you can reach local contact Caroline Ludka at: **262-565-6349**.

The Wisconsin Office for the Blind and Visually Impaired

See information about the office at <https://www.dhs.wisconsin.gov/blind/index.htm> or Call **888-879-0017**



Meet Our New Volunteer Coordinator

The Senior Nutrition Program would like to introduce our new Volunteer Coordinator (VC) – Ryanne Jansen! She comes to the program from the Aging and Disability Resource Center of Racine County. The VC is vital to our program, as we couldn't deliver all of the meals that we do without our wonderful volunteers!

As VC, Ryanne makes sure that our volunteer routes are covered. She is in the Meals on Wheels dock daily to greet volunteers and get them ready for that day's deliveries. She also trains new Meals on Wheels drivers!

She also works with people who are interested in volunteering at the Senior Dining Centers, and connects them to the dining site that works best for the volunteer.

"I have loved my time with the ADRC," Ryanne said, "and I'm so happy to have moved into this role! I look forward to cultivating relationships and engaging with all of our volunteers and those interested in volunteering!"

If you would like to volunteer to be a Meals on Wheels delivery driver or to help at one of the Senior Dining Program Centers, please call the Nutrition line at 262-833-8766.



Caregivers Have Rights Too!

If you are a caregiver, please know that **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.

*Adapted from an article by:
Jane Mahoney
Older American's Act Consultant –Caregiver
Support Specialist
Greater Wisconsin Agency on Aging Resources*

2020 Census

The 2020 Census counts every person living in the 50 states, District of Columbia and five United States territories. It occurs every ten years and participating in the census is required by law. A complete and accurate count is so important for you and your community, because the 2020 Census will affect community funding, congressional representation, and more for the next 10 years.

Over the next decade (up until the next Census in 2030), lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. Results will impact where communities need services for individuals, families, older adults, and children - like new schools, new clinics, roads, and other infrastructure. The census information informs the allocation of more than \$675 billion in federal funds for states and communities each year.

In 2020, the U.S. Census will implement new technology to make it easier than ever to respond. For the first time, you will be able to respond online, by phone, as well as by mail, all while keeping your information confidential and safe. **The Census laws do not allow your answers to be shared for any other reason. The census does not ask if you are a citizen of the United States, the goal is to simply count how many people are living here.**

How will the 2020 CENSUS work?

Between March 12-20, the majority of households will receive a postcard invitation to respond online to the 2020 census. You can use a computer, laptop, smartphone, tablet or other internet capable device. Those who don't

answer online will then receive the traditional paper form in the mail, or a number will be provided for you to call. If a household still does not respond, the bureau will send a census taker to knock on that door to collect the household's data. Throughout May, June and July, census takers will begin visiting homes that haven't responded to the 2020 Census.

What questions does the CENSUS ask?

The census asks two kinds of questions. First, it asks questions about your home.

These are the questions about your home:

- How many people live in your home?
- Do you own or rent the home?
- What is your telephone number?

The census will also ask questions about each person who lives in your home. Only one person needs to respond to the census in each home. If you live with other people, you should talk to them about who will fill it out.

The CENSUS WILL NOT:

- Ask for your Social Security number
- Send people to jail for not answering questions
- Ask for money or your bank account information

Official census takers will have identification and will only ask the questions in the sections above.

Please be sure to answer the Census. Your community is counting on you.



census facts

The 2020 Census is required by the Constitution, and the United States has counted its population every 10 years since 1790.



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 (WKRK)

888-794-5820

For a list of
upcoming
**Medicare
Workshops**
see page 11



Medicare Special Enrollment Periods

What is a special enrollment period?

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life, for example: if you move to a different area that is not covered by your plan, or you lose other insurance coverage because of retirement or job loss. These chances to make changes are called Special Enrollment Periods (SEPs). Rules about when you can make changes and the type of changes you can make are different for each SEP.

Who in particular should pay special attention to a special enrollment period?

- Older adults that move to a new address.
- Someone moving back to the US from another country.
- Someone who involuntarily loses

drug plan coverage from an employer or union (this includes COBRA coverage).

- Someone who has access to other drug coverage as good as Medicare such as TRICARE or VA coverage.

Why is it important for individuals to pay attention to a special enrollment period?

- If they do not take action, they will no longer be insured or the insurance they have will not serve them as needed.
- It is very important for individuals to pay close attention to SEP if they lose coverage from a former employer.
- No longer have a Special Needs Plan.
- It was not properly explained that you were losing private coverage (that was not as good as Medicare drug coverage).
- Just moved to the area.

How Can a Disability Benefit Specialist Help You?

The Disability Benefit Specialist (DBS) can assist you with knowing what benefits you may be eligible for as an adult with a disability. The Disability Benefit Specialist can assist you with looking into Guardianship, vocational skills, health insurance and social security.

The Benefit Specialist will provide you accurate information on your benefits, suggest alternative actions that you can take in order to secure benefits and advocate for you on your behalf with other agencies.

The disability Benefit Specialist provides services to individuals 17.5 to 59 year old who have physical disabilities, developmental disabilities, and mental illness. A Disability Benefit Specialist can provide information and assistance with public and private benefit programs including application and appeal procedures.

As a transitioning student from high school to adulthood there are a lot of questions that you might have in regard to what is next. Just like your classmates you will face many questions about your life after high school graduation.

It is important to know that accessing adult services are based on eligibility criteria. The DBS can help you navigate the various benefits that you may be eligible for. As you prepare to look into adult programs, it is important to have school records (recent psychological evaluation found in the IEP, and

physician's statement of diagnoses, psychologist case notes). The DBS can answer questions in regard to Medicaid and the process of becoming eligible for Medicaid.

There can also be assistance with applying for Social Security and the process that takes place when you are applying. Applying for Social Security as an adult is important, when trying to access additional support services and Supplemental Security Income. The Social Security Administration requires a new adult disability medical determination when a person turns 18 years of age, even if they were previously determined disabled as a child. You can apply for Social Security online at: www.ssa.gov or contact the Social Security office at 866-270-8629 (local) or 800-772-1213 (national).

If you need a referral to the Disability Benefit Specialist contact the ADRC at 262-833-8777.

By Olivia McClellan Disability Benefit Specialist—ADRC Racine County



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





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

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 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

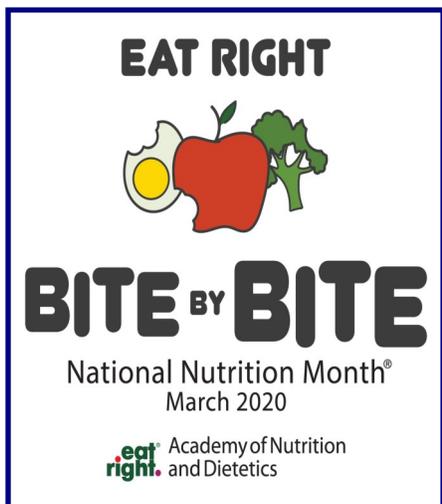
Salvation Army

1901 Washington Ave, Racine,
Weekdays at Noon

Union Grove Hometown Village

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

Eating Right For Older Adults



Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Consider the following tips to help you get started on your way to eating right.

Fill half your plate with fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables.

Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains "whole."

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Eating Right For Older Adults *continued...*

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

Limit sodium, solid fats and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Limit major sources of saturated fats, such as pizza, baked goods, full-fat cheese, sausage and hot dogs. Switch from solid fats to oils when preparing foods.

Drink water instead of sugar-sweetened beverages. Select fruit for dessert more often in place of desserts with added sugars.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses. Write down what you eat to keep

track of how much you eat.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, check with your doctor concerning increased physical activity.

Consult a registered dietitian nutritionist if you have special dietary needs.

A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services, Academy of Nutrition and Dietetics, Complete Food & Nutrition Guide. ©2019 Academy of Nutrition and Dietetics

Healthy Snack Idea:

Chickpea Poppers

A higher protein Snack choice

INGREDIENTS:

- 1 can (15 oz.) chickpeas, rinsed and drained
- Spices of your choosing. One suggestion – Cinnamon, Pepper, and Nutmeg, but if you like it spicy try some of your favorites.



DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Dry chickpeas on a towel to remove any excess moisture.
3. On a foil or parchment lined baking tray, evenly spread chickpeas.
4. Season to taste
5. Roast for 40 minutes or until crunchy, stirring about every 10 minutes to ensure even baking.

Ascension Medical Mission*

May 9, 2020

8:00 a.m. - 2:00 p.m.

Park High School

1901 12th Street, Racine

Bus Route 4 to Washington Ave. & Valley Dr.

This is a day of free medical, dental and social services to serve all those in need of care.

Free Healthcare, Dental, Social and Support Services includes:

- Medical Evaluations
- Laboratory Testing
- X-Ray/Mammography
- Foot Care
- Dental Care (First Come, First Served)
- Pharmacy/Medications
- Specialty Services
- Respiratory Services
- Spiritual Services
- Community Resources

Interpreter Services available.

No insurance needed.

Everyone is welcome.

**The term “medical mission” often refers to volunteer caregivers who travel to other countries to provide medical services. Ascension Wisconsin’s Medical Mission in Racine does the same thing for neighbors in need, right here in our own community.*



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

Support Groups for Family Caregivers

General Caregiver Support Groups

Second Saturday 10:30AM- 12:00 Noon

Living Faith Lutheran Church

2915 Wright Ave., Racine

Second Monday TBD 1:30-3:00 PM

More information coming soon. Check the ADRC Website or call 262-833-8777

Third Wednesday 1:30-3:00 PM

Cross Lutheran Church

126 Chapel Terrace, Burlington

Call the ADRC with questions or if you are interested in Caregiver Support.
 262-833-8777

In Support of Support Groups

Research has shown that participating in caregiver support groups results in very real benefits that can significantly improve your quality of life.

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills
- Reducing distress, depression or anxiety and having lower rates of clinical depression
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Improving your caregiving ability and giving better quality of life for the older adult

Upcoming Classes

Stepping On

(Two Classes are being offered)

Wednesdays
May 6-June 10
1:00 pm - 3:00 pm
Aurora Wellness Center
Burlington

Wednesdays
July 8-August 19
1:00 pm - 3:00 pm
Aurora Wellness Center
Burlington



Mind Over Matter

Tuesdays
April 7, April 21 and May 5
4:00 pm - 6:00 pm
Aurora Wellness Center
Burlington

Powerful Tools For Caregivers

Mondays
April 13 – May 18
2:00 pm – 3:30 pm
Aurora Healthcare Community
Education Room
Mount Pleasant

To register, or if you have questions contact the ADRC at 262-833-8777 and ask for Cathy.

Class Descriptions

see:

https://www.adrc.racinecounty.com/site/470/classes_and_seminars.aspx

Check our Calendar:

<https://www.adrc.racinecounty.com/site/460/calendar.aspx>

Medicare Workshops

New to Medicare, or just want to know more?

Call the ADRC for more information or to register
262-833-8777

Featuring:

- The Basic Overview of Medicare
- Medicare Supplements –vs– Medicare Advantage
- Prescription Drug Coverage
- Medicare Plan Finder
- What is new with Medicare

These workshops are held at:
Aging & Disability Resource Center of Racine County Auditorium

14200 Washington Ave

(Dates and times are subject to change)

March 13th, 10 am to Noon
Open for Registration

April 17th, 2 to 4 pm
Registration Opens March 16th

May 8th, 10 am to Noon
Registration Opens April 20th

June 19th, 2 to 4 pm
Registration Opens May 11th

July 10th, 10 am to Noon
Registration Opens June 22nd

August 21st, 2 to 4 pm
Registration Opens July 13th

September 4th, 10 am to Noon
Registration Opens August 24th





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 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.

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

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

- ◆ **Third Friday** of each month 9:30-11:00 am

Join us at: Aurora Wellness Center, 300 McCanna Pkwy
Burlington

New attendees RSVP to 800-272-3900

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