

ADRC Connections

Newsletter Date Summer 2020

Connecting You to Your Community's Resources

Do you or your loved one need assistance to remain as independent as possible? Have you wondered what community resources are available to help?

The ADRC of Racine County continues to support individuals with disabilities, older adults and caregivers. Like many businesses, COVID-19 has been a challenging time and brought on many changes. The ADRC is doing its part to keep the community safe and has adapted practices to do so. As always, our services are accessible by phone however we are not accepting unscheduled walk-ins to the ADRC. Information and Assistance Specialists continue to address needs over the phone. The ADRC's Options Counselors and the Benefits Specialists are completing appointments through phone or by video connections.

Other areas of the ADRC have adapted to the changing environment in additional ways to keep everyone safe. Caregiver Support Specialists are conducting support groups by offering both phone and video group connections. The Senior Nutrition Program is partnering with local restaurants to provide meals to seniors in the community. Specialized transportation is providing essential rides with safety efforts in place for each rider.

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.



U.S. Census Continues – Be Counted!

Our community's response to the 2020 Census is more important than ever!

Undercounted Census Tracts will directly impact the funding we will receive over the next decade as it relates to some of the most vulnerable populations served in Racine County.

As of June 29th: Current 2020 - Racine County 72.7% counted.

Take your Census survey today:
<https://2020Census.gov>

Check real time Census response rates here: <https://2020census.gov/en/response-rates.html>

Visit: www.RacineCountyCounts.org

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How Long Should I Keep This?

One challenge of caring for a loved one can be organizing their important documents. Keeping paperwork in order may seem overwhelming, especially if a system for sorting and organizing has not yet been put in place. However unpleasant this job might seem it is a good idea to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer. Keeping this paperwork organized will make life easier moving forward.

Below are general recommendations on how long certain documents should be stored.

Keep for **Less** than a Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for **More** than a Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for **7** Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

If you have any questions about organizing paperwork or other caregiving issues, please contact the ADRC at 262-833-8777

by the GWAAR Legal Services Team

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>

<https://bettermoneyhabits.bankofamerica.com/en/privacy-security/how-long-to-keep-documents-before-shredding>



Safety—Things to Consider

"May you live in interesting times" is an English expression that purports to be a translation of a traditional Chinese curse. While seemingly a blessing, the expression is normally used ironically; life is better in "uninteresting times" of peace and tranquility than in "interesting" ones, which are usually times of trouble.

-From Wikipedia

We are all hearing about and living with the concept of being safer at home, but from the perspective of the ADRC and those we serve, safe at home has always been a part of the things we consider in serving you. To be safe at home can have many meanings. This article is not going to address medical needs related to the current pandemic, but rather we would like to share resources about home safety.

When you look about your living spaces do you ever consider how safe it is to move about and access the items you need to use. If you look with a critical eye, do you notice any tripping hazards, places with bad lighting and so on. We have a great handout we can send to you or you can find it on our website at: https://www.adrc.racinecounty.com/site/445/prevention_and_wellness.aspx

There is also a dementia specific Safety booklet, which can also be mailed or found on this page under connect to local resources: https://www.adrc.racinecounty.com/site/445/prevention_and_wellness.aspx

Do you know how to properly use any Assistive devices and technology you may have, or do you think you might need something? The Independent Living Center is a good resource for trying things out or finding that just



right item. They can be reached at 262-637-9128.

You can also speak with your doctor about your needs in this area and they can perhaps prescribe an appointment with a physical or occupational therapist to help determine your safety needs.

Being safe at home should also take into consideration your need for connection to others, access to social opportunities, and having someone to talk with during this unusual time in history. Do you need helpers for tasks you need to accomplish? You are always able to contact the ADRC about programs and services available to address your specific needs, our goal is that you can remain safely at home for as long as possible.

Additional Resources

NIH- Aging In Place:

<https://www.nia.nih.gov/health/topics/aging-place>

Long Term Care Planning

<https://longtermcare.acl.gov/>

Public Service Commission of Wisconsin (PSC) Offers resources for consumers

<https://psc.wi.gov/Pages/Home.aspx>

There is information regarding the telephone “Lifeline” program, Internet services information including maps of free WiFi locations, and utilities information.

The PSC currently has special Covid-19 resources as well. Check out the consumers area of their website or call the Helpline for internet and phone services at 608-267-3595.

Specialized Transportation



A visitor from Holland was chatting with his American friend and was jokingly explaining about the red, white, and blue in the Netherlands flag.

“Our flag symbolizes our taxes,” he said.

“We get red when we talk about them, white when we get our tax bill, and blue after we pay them.”

“That’s the same with us,” the American said “only we see stars too!”

-Shared by the ADRC of St. Croix County

With some notable changes, due to the ongoing pandemic, Specialized transportation services in Racine County are starting to pick up. Racine County Specialized transportation is providing transportation services to older adults and people with disabilities.

Ktown Specialized Transportation

Ktown Specialized Transportation Services has been providing rides to people who receive dialysis treatments, employment and medical appointments (not related to Covid-19). They also continue to provide rides to the grocery store or the pharmacies. Safety precautions are still in place for each rider and their driver. Riders and drivers must wear a face covering.

During this time Ktown is not asking for co-pay from riders. For more information about transportation for seniors or someone that has a disability you may call 262-764-0377.

West End Express

In Burlington West End Express is providing transportation to grocery stores, pharmacies and to medical appointments within the City of Burlington. Face coverings are required. Co-pays are in effect. Please call 262-764-0377 for scheduling and rate information.

MyRide

MyRide offers free rides for seniors 55 or older, who no longer can drive and are living in Racine County. They also provide rides to those of any age who are legally blind. MyRide fosters a feeling of independence as they provide rides in private automobiles by a trained driver. Riders must wear a face covering and are required to sit in the back seat of the driver’s vehicle. MyRide volunteer drivers will also provide pickup and curbside delivery of groceries, prescriptions, and other essential items to those same consumers. Orders from grocery stores, pharmacies, and/or pet stores can be made over the phone or online and must be prepaid. MyRide volunteer drivers will deliver to consumers at a prearranged time. The number to call is 262-417-7544.

If you have any questions about transportation you may call the ADRC at 262-833-8777.

Exploring Senior Planet

Are you interested in joining or learning more about safe online communities, but not sure how to get involved? Senior Planet is a program created and sponsored by national nonprofit Older Adults Technology Services (OATS). As stated on their website, "Senior Planet harnesses technology to change the way we age. Our courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends... enabling older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age."

If you want to learn how to connect online, Senior Planet offers simple instructional videos that include, "How to Get Online," "Zoom Video Instructions," and "Device Recommendations (discussion about various tools such as smart phones, tablets, and laptops)." If you need phone support to get connected, you can also call the Senior Planet Hotline at 1-920-666-1959.

Once you are connected, Senior Planet offers a wide variety of free online events, hosted by members of Senior Planet's physical locations* nationwide, and are open to anyone 60 and older. You join by clicking on the event, then clicking on the link to join a live video presentation at the scheduled time. Recent events include, "Range of Motion," "Chair Yoga," "Virtual Museum Tours," "Intro to Social Media," "Ride Sharing Apps," and many more. If you have a

microphone and camera on your device or computer, you can interact with the event hosts and other participants. There is also an option to join some of these events by phone, without having to connect online.

Senior Planet also provides other forms of engagement, such as age relevant articles, encouragement to entrepreneurs who are 60 and older and virtual discussion groups, which connect people with similar interests, such as favorite movies, virtual book clubs and trivia groups. Whether you are just beginning to learn about technology or interested in practicing your skills within an age-friendly environment, Senior Planet may be helpful. Start exploring by going to this website: <https://www.seniorplanet.org> or by calling 1-920-666-1959.

**There are currently no physical locations in Wisconsin, but anyone 60 and older can participate online or by phone for free.*

**Written by Jessica Smith,
Elderly Benefit Specialist of
Eau Claire County**



Online Virtual Ideas

Google Arts & Culture <https://artsandculture.google.com/>

The Louvre <https://www.louvre.fr/en>

National Gallery of Art: <https://www.nga.gov/>

Smithsonian National Museum of Natural History <https://www.si.edu/Museums/natural-history-museum>

The Metropolitan Museum of Art: <https://www.metmuseum.org/>

Dali Theatre-Museum: <https://www.salvador-dali.org/en/>

NASA: <https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>

Vatican Museums: http://www.museivaticani.va/content/museivaticani/en.html#Inav_explore

**Continued on
page 11...**



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

**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@racine
county.com**

Medicare Questions? We're Still Here to Help!

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.

See: [https://
www.adrc.racinecounty.com/site/444/
benefits_specialists.aspx](https://www.adrc.racinecounty.com/site/444/benefits_specialists.aspx)

Helpful Agencies

Wisconsin Office of the Deaf and Hard of Hearing

See information about the Office at: [https://
www.dhs.wisconsin.gov/odhh/
index.htm](https://www.dhs.wisconsin.gov/odhh/index.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](https://www.dhs.wisconsin.gov/blind/index.htm) or Call **888-879-0017**

Advance Designation of Representative Payee

As part of the Strengthening Protections for Social Security Beneficiaries Act of 2018, Advance Designation allows you to choose an individual(s) you deem has genuine concern for your well-being to manage your benefits should the need arise. The law requires Social Security to select the designated individual with certain policy exemptions.

Adults and emancipated minors, who are beneficiaries or claimants and who do not have a representative payee may advance designate.

If you are receiving benefits, you may advance designate at any time. If you have filed a claim for benefits, you may advance designate with the initial claim or while the claim is pending at the initial, reconsideration, hearing, or Appeals Council levels. Choose anyone you believe has genuine concern for your well-being. You may not designate an organization to be an advance designee. Advance Designation is voluntary.

You may submit or change advance designations:

- Online using your personal **my_Social Security** account.
- By telephone at 1-800-772-1213 (**TTY** 1-800-325-0778).
- In person by going to your local field office. In Racine County- 4020 Durand Ave, Racine.

- By mail using Form SSA-4547 – *Advance Designation of Representative Payee*.

Advance Designation is NOT:

- An indication of your capability to manage or direct the management of your benefits.
- An indication of someone's suitability to serve as a payee. (If you need a representative payee to assist with the management of your benefits, we will first consider your advance designees, but we must still fully evaluate them and determine their suitability at that time.)
- An appointment of a representative payee.
- Power of attorney. In addition, a person named in a power of attorney cannot advance designate on behalf of an incapable or capable beneficiary or claimant.

For more information, please see **Advance Designation:**
<https://www.ssa.gov/payee/>

For information regarding other types of advance directives, contact the ADRC at 262-833-8777 Or check out the Advance Directives page at:
https://www.adrc.racinecounty.com/site/477/advanced_directives.aspx



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.



Here are a few websites that offer quick, healthy meal ideas:

<https://www.yummly.com/>
Search by 15 minutes or less

<http://www.eatingwell.com/>
Search by 15 minutes

<https://www.choosemyplate.gov/myplatekitchen>

Eat Well Care Well—Fast Healthy Meal Ideas

It's been one of those days...you realize that dinnertime is just 30 minutes away and you have nothing planned. Can you relate? I have been there and want to offer some suggestions.

- Parfait Lunch: 6 -8 oz. Greek yogurt cup, ¼ cup granola or trail mix, ¼ cup raisins/dried fruit, piece of fresh fruit.
- Everything on the Green: Leftover salad, shredded cheese, leftover chicken, beef, pork, tuna or beans, fresh veggies that you have on hand, dried cranberries, lemon or lime juice, salsa or salad

dressing. Add whole wheat bread or crackers and milk.

- Egg Yum: Bagel or wrap, fried egg, cheese, avocado or cream cheese if you wish, you can also add olives, fresh spinach, lettuce or tomato. Milk or juice of your choice.
- Vegetarian Lunch: Hummus, peanut or nut butter, 1 oz pretzels or tortilla chips, 2 stalks celery, high-fiber cereal bar or granola bar, piece of fruit.
- Quick Egg Salad: Eggs are a great quick meal. Make the egg salad as you like and eat with whole grain bread, crackers or on a bed of greens. Add milk and some fruit.

Eat Well Care Well—Pantry Cleanout Challenge

Is opening your pantry like going on a scavenger hunt? Summer is a great time to clean it out. First, check items for expiration dates, yes, canned foods do expire. I found a can of evaporated milk in mine from 2011; I promptly threw that away. Next, take inventory of what you have, writing it down is preferable then you can figure out some creative

meals to make.

Weekly Challenges:

- Clean out one pantry drawer or shelf this week
- Write down what you have in your pantry
- Make 3 meals each of the next two weeks from pantry ingredients.

June 2019 GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students By: Pam VanKampen, RDN, CD

Shopping for Food During the COVID-19 Pandemic

As grocery shopping remains a necessity during this pandemic, many people have questions about how to shop safely. There is currently no evidence of human or animal food or food packaging being associated with transmission of the coronavirus that causes COVID-19. This particular coronavirus is spread from person-to-person, unlike foodborne gastrointestinal or GI viruses, such as Norovirus and Hepatitis A that often make people ill through contaminated food.

Although your grocery store may be temporarily out of certain products, there are no nationwide shortages of food. Food production and manufacturing are spread throughout the United States. During this pandemic, consumers are getting most of their food from grocery stores, and many stores have modified their operating hours to allow for more time to restock shelves and clean. In addition, many stores are providing special hours for seniors or other high-risk individuals to shop and are offering pick-up and delivery services. Check the store's website or call the store to learn more.

To help protect yourself, grocery store workers, and other shoppers, it is important to keep a few things in mind:

1. Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and

temporary shortages.

2. Wear a face covering or mask while you are in the store. Some stores and localities may require it. Check your areas guidelines for any other requirements.

3. Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.

4. Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.

5. Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.

Again, there is no evidence of food packaging being associated with the transmission of COVID-19.

However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution. Always keep in mind the basic 4 food safety steps — **Clean, Separate, Cook, and Chill.** (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>)

Food is a source of comfort, as well as nourishment for you and your family – especially now – and we hope this advice will help you continue to buy groceries with care and confidence.

Condensed from FDA Article found at: <https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers/>

Not Sure If a Food is Safe to Eat? Check out

<https://www.stilltasty.com/>

How long will your favorite food or beverage stay safe and tasty? What's the **best way** to store it? Get the answers for thousands of items!



More Than Groceries

As we have been social distancing, know that it is still important to lay your eyes on your loved ones on a regular basis.

Please remember to keep a safe distance but also to see how they are really doing. Notable changes such as weight loss or increased confusion should be addressed.

The ADRC is available to help navigate through the community supports needed to keep everyone safe and healthy.



Support for Family Caregivers

You can speak with your friendly ADRC staff about community resources and information. If you need a referral to a caregiver support specialist, they will be happy to assist. If you have a medical condition that interferes with some of your activities of daily living, check out that disease/disability association to see if they are offering information and support regarding your condition during this time. You can find a list of these agencies in our Community Resource Directory. This can be found online at: https://www.adrc.racinecounty.com/site/453/service_directory.aspx or speak with the ADRC to get information.

Support Groups Telephone Support Groups - Now Available!

1st Friday - NOON -1:00 pm
2nd Wednesday-1:00 pm - 2:00 pm

There are also several **virtual support groups** in the works, and we are learning new ways to share all the time.

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

Memory Café has moved to a virtual format

Share your stories and socialize with others concerned about their memory. The first will be held on Monday July 6th at 10:30 am You are able to zoom in or call in. Please contact the Alzheimer's

Association to register at 800-272-3900.

Memory Cafés are places where persons with MCI (Mild Cognitive Impairment) early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. A Memory Café has no real agenda or stated purpose except to enjoy each other's company. Cafés provide a time where you do not need to focus on the diagnosis, while having a great time connecting with each other as a family or creating new friendships.

Café Partners are: ~ Home Instead Senior Care ~ St. Monica's Senior Living ~ Platinum Communities

Other Virtual Offerings

We have classes and workshop planning in process. We feel it is important to continue to offer opportunities for caregivers, family members and community members to be able to access information and resources to help with caregiving, future planning, benefit access and other topics. We will be sure to share things that are occurring through this newsletter, newspaper advertising, website and Facebook postings and other methods.

If you would like to be notified about upcoming offerings, please contact the ADRC and we will add you to a contact list and then notify you when the appropriate offering is available.

You can call us at 262-833-8777, or email adrc@racinecounty.com

World Elder Abuse Awareness Day

Every year on June 15th, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and around the world.

Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. WEAAD reminds us that, as in a just society, all of us have a critical role to play to focus attention on elder justice.

In Racine County, we put up pinwheels outside of the ADRC on that day to represent the 408 cases of elder abuse that occurred in our County in 2019.



NCEA
National Center on Elder Abuse

ACL
Advocate for Community Living

June 15th



Online Virtual Ideas *Continued from page 5*

National Women's History Museum: <https://www.womenshistory.org>

Hidden Worlds of the National Parks: <https://artsandculture.withgoogle.com/en-us/>

PBS Online Learning: <https://tpt.pbslearningmedia.org/collection/kenburnsclassroom/home/#XrGNZ6Z8DIV>

The States: https://www.youtube.com/watch?v=wjvBQVKA3II&list=PL7tw2Fn_tkyjiolKy_RFQyxqX9XIJFPE&index=2

<https://www.history.com/this-day-in-history/>

The History Channel: <https://www.history.com/this-day-in-history/>

There are many other virtual tours available, and likely something that matches your interests. See what you can find online from apples to zebras.

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



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. A virtual opportunity is in the works. (see page 11)
Please contact the Alzheimer's Association to register at 800-272-3900.

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