

ADRC Connections

Newsletter Date Winter 2021

Connecting You to Your Community's Resources

The Aging and Disability Resource Center (ADRC) of Racine County is the place to start when you need information and options. We are here to help older people and adults with disabilities – along with their families and caregivers – find services and resources to keep them living well and independently. The ADRC of Racine County continues to address the needs of the community. The ADRC is happy to answer your questions/needs over the phone or we can meet. In addition, we continue to provide resources addressing the ongoing changes during this challenging time. Find the resources and support that you are looking for. Call us Monday- Friday 8:00am - 4:30pm at 262-833-8777, Check our website at <https://www.adrc.racinecounty.com/> or find us on Facebook at <https://www.facebook.com/RacineADRC/>

Driving Retirement

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive.

Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC. Find details about how to utilize them.



Continued on page 2

Inside this issue:

Driving Retirement 1

Community Resources 3

Home for the Holidays 5

Benefit Information 6

Senior Nutrition 8

Support Groups for 11

Caregiver Opportunities 12

continued from front page

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options, they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving
- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine

the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at the ADRC, or check out online resources at: <https://gwaar.org/transportation3> or <https://www.adrc.racinecounty.com/site/471/transportation.aspx> to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources



Transition in Racine County

Turning 18 is a milestone for many people. For people living with a disability, it can also mean a time of other changes as well. The ADRC is a source of assistance to help young adults with disabilities and their families consider options as early as age 17.5 who are transitioning into adulthood.

Are you considering moving out on your own and may need assistance in your new home? Are you considering post-secondary education and want to know which schools have accommodations for people with disabilities? Or are you looking for assistance in knowing what benefits you 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 all topics that someone living with a disability may consider seeking knowledge about at some point in life.

The ADRC also has information and resources to assist adults with physical and intellectual disabilities who are not in the transition process.

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.



*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

Mail: 14200
Washington Ave,
Sturtevant, WI
53177

Community Resources

Driving and Transportation in Racine County

If you are looking for information about transportation in Racine County, you will find lists of providers in most of the ADRC Resource Directories.

Paper copies are available on request, or you can print or check out a version on our website at:

https://www.adrc.racinecounty.com/site/453/service_directory.aspx

You may prefer to speak with our information and assistance staff to discuss the options, differences and the costs.

On the website, you will also find

information about driving safety, driving retirement, driving courses, vehicle modifications and rehabilitation at:

<https://www.adrc.racinecounty.com/site/471/transportation.aspx>

A paper copy of any documents on this area of the website can be requested by calling us at 262-833-8777 weekdays between 8 am and 4:30 pm.



In Wisconsin, to report scams, get information about what to do about identity theft and more, contact DATCP (Department of Agriculture, Trade and Consumer Protection) by calling 800-442-7128

Email
DATCPHotline@wisconsin.gov

See their website at:
<https://datcp.wi.gov/Pages/Consumers.aspx>

Improve Your Mood

It's all about the small things in life. There are many ways you can improve your mood as the season moves on, and many are easy to do. The point is to do things that help you feel more content.

Examples of simple activities that can boost your mood include: work on your hobby or start a new one, listen to music, find something to laugh about, hang

out or speak with someone who is positive/optimistic, give thanks, exercise, take your vitamins (especially vitamin C), get outside when you can, say a prayer, snuggle your pet, meditate, journal, hand write a letter to a friend or do something nice for someone else.

Create your own list of things to do to put a smile on your face and lift your mood this winter.

Scams and Covid-19

Scammers quickly adapt their schemes to our changing world. As the number of people affected by the pandemic grows, so does the number of scams related to it. Some Tips: Medicare has not issue a COVID-19 Medicare card, and anyone contacting you about this is likely attempting to steal your information. Be suspicious of surveys that offer money or

gifts in exchange for personal, medical or financial information. It's probably a scam. Remember you should not be charged for the vaccine. As always keep your Medicare number and other personal information safe and treat your Medicare card like a credit card. Do not share your Medicare number or Social Security number in response to unsolicited calls, texts, emails, or home visits.

Older Drivers

As you age, changes in your health can affect your driving skills. Some changes that can affect your ability to drive safely may include:

- Stiff joints and muscles that make it difficult to turn your head to look back, turn the steering wheel quickly, or brake safely.
- Trouble seeing people, things,

and movement outside of your direct line of sight — especially at night.

- Trouble hearing horns, sirens, and even noises from your own car.
- Medications that make you feel drowsy, lightheaded, or less alert.

Read more about health changes that may impact your ability to drive and how to stay safe on the road. <https://www.nia.nih.gov/health/older-drivers>

Home for the Holidays?

Holidays can be meaningful and fun times for family and friends. As we gather with our loved ones during this time of the year, we reminisce and catch up with each other's changes in our lives.

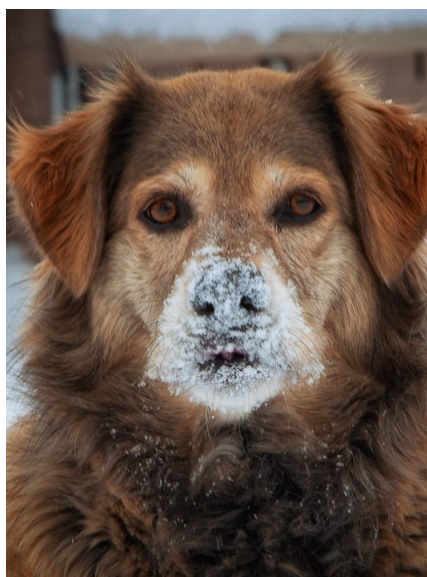
Sometimes these changes bring excitement and are joyous but other times these changes bring concern. Changes in our loved ones can also be the things that we observe. Changes that may be noticed can include ideas such as:

- Is there more clutter or throw rugs that pose as a fall hazard?
- Is there enough food in the home? Is the available food nutritious?
- Mistakes with medications- Have the prescriptions been filled in a timely manner?
- Additional confusion/altered states - Do they seem confused or unlike their normal self? Have they left the home and found themselves 'lost' or unsure?
- Changes with personal care or clothing - Is the person wearing weather appropriate clothing, is it clean? Have you noticed a change in self-care and hygiene?
- Inability to attend to housekeeping
- Mail stacking up or money problems
- Missed or unscheduled medical appointments
- Have friends or neighbors voiced

concerns about changes with your loved one?

When you notice signs that your parent, relative or loved one needs help, it is important to know what steps to take next. Some signs may require a simple fix, but other times, you may need to provide more help. Share what you see with the person's doctor. Talk with neighbors and friends about sharing what they see with you. If your loved one does not have advanced directives, it is time to start this conversation and complete needed documents. Local community resources are also available to assist with these needs.

The ADRC of Racine County provides free, unbiased information and resources around all these topics. Information is available online at www.adrc.racinecounty.com or call us at 262-833-8777.



Additional Resources

Trualta—
Caregiver
Programs
sign up for free:
[https://
wisconsincaregiv
er.trualta.com/
login](https://wisconsincaregiver.trualta.com/login)

Signs your aging
parent needs
help
[https://
www.nia.nih.gov/
health/what-are-
signs-aging-parent
-needs-help](https://www.nia.nih.gov/health/what-are-signs-aging-parent-needs-help)

Safety Tips
[https://
www.aarp.org/
caregiving/home-
care/info-2019/
safety-tips.html](https://www.aarp.org/caregiving/home-care/info-2019/safety-tips.html)



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

*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*

Benefit Specialists

The **Elder Benefit Specialist** serves those who are 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.

Advance Care Planning: A Gift You Give Yourself – and Your Loved Ones

Advance care planning involves making decisions on the care you would want if you are incapable of speaking for yourself. This is accomplished by documenting these decisions, sharing them with healthcare providers and choosing someone to advocate for your choices through using advance directive tools like the Power of Attorney for

Healthcare and a Power of Attorney for Finances. There are other options but these two can be filled out and shared at no cost to you. You can request a packet of material on advance directives from the ADRC and we will mail that out to you, or we can speak with you about the options. Call us at 262-833-8777.



Energy Assistance for 2021-2022

There are several ways to obtain assistance if you are unable to afford your heating bills this winter. Most power companies offer budgeting plans so consumers can spread out the high costs of winter heating throughout the year. Contact your energy provider for details.

Another source of help with winter heating bills is WHEAP, the Wisconsin Home Energy Assistance Program. Applicants must meet income eligibility limits which have been set at 60% of state median income levels. In response to the COVID-19 crisis, the Department of Administration (DOA) has adjusted the eligibility requirements for residents who are seeking heating and electric assistance through the Wisconsin Home Energy Assistance Program (WHEAP).

Eligibility is now based on the household's previous month of income, rather than the former requirement of the previous three months of income. This will allow those recently affected by the COVID-19 response to receive assistance quickly.

For the 2019-2020 heating season, the gross annual income limit for a single person is about \$31,103. The limit for a couple is \$40,673 per year. Applicants to the program must provide information including proof of household income, Social Security cards, a current energy bill, and if heat is included with rent, a rent statement or letter

from the landlord that confirms that heat is included in rent. There may be other factors that affect eligibility, but if your income falls within the above guidelines, and you need assistance, you should apply.

WHEAP will provide a one-time payment during the 2021-2022 heating season for either heat or non-heat electricity. The payment will only cover a part of the heating costs. The amount received will depend on household size, income, and heating costs. Assistance is available whether you heat your home with wood, propane, electricity, fuel oil, or natural gas. The payment is generally sent to the energy provider.

WHEAP may also be able to provide assistance if a furnace breaks down during heating season. Assistance with either repair or replacement costs is available in many counties. Another service offered by WHEAP is weatherization assistance for homes. The goal of this program is to reduce heating costs. Energy auditors are sent out to homes to determine what is needed. Assistance can come in the form of insulation, replacement of old, inefficient refrigerators or water heaters, and reduction of air leakage.

Contact your local WHEAP Agency for more information or to apply for assistance. The number for Racine County is 262-633-6000. You can also call 1-866-HEATWIS (432-8947) or information can be obtained at www.homeenergyplus.wi.gov.



Racine County Senior Nutrition Program



Deliver a Meal and a Smile

Volunteers make an immeasurable difference in people's lives and often serve with the intention of helping others. Did you know that volunteering can benefit your health, as well? When spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful.

The Senior Nutrition Program of Racine County is always looking for part-time drives, both volunteer and paid opportunities are available. This is a fun, rewarding job helping seniors in the community Monday through Friday. No weekends or holidays. Must have a valid drivers license and your own vehicle.

Call Elizabeth at **262-833-8766**.

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

Eating for the Season

The changing of the seasons doesn't automatically mean that all things must be rich in carbohydrates and/or sugar. Many cold weather foods make healthy options. Broth-based soups, squash, and roasted vegetables are all good ways to stay warm while still eating healthy. Don't feel like cooking? Take advantage of your crockpot and make comfort foods like chicken noodle soup or a roast with vegetables.

Fall and winter don't need to be a harvest of unhealthy food choices. Planning ahead and being prepared can help you stay on track with your health goals. It's

an important time to make sure you stay on top of your diet and keep yourself well nourished. Sticking to a healthy diet won't prevent you from picking up winter illnesses, but it can help maintain your immune system to better protect you. And should you fall ill, a nutritious diet can help speed up your recovery.

Meal planning is an important strategy in successful healthy eating

Here are a few tips to help you along the way:

- Decide on several healthy snacks you enjoy
- Once a week, cut up fresh produce and portion out snacks. Always have a

Eating for the Season *continued from page 8*

few options nearby

- Eat regularly to avoid last-minute unhealthy decisions
Schedule a small snack or meal every few hours

Eat Plenty of Fiber

Most US adults do not have enough fiber in their diets. Make it a goal to get 30 grams of fiber each day through various foods. Whole grains such as oatmeal, high fiber or bran cereal, brown rice, and whole wheat bread are excellent sources of fiber. Fruits, vegetables, beans and lentils also contain fiber. Fiber is known to keep bowel movements regular and maintain gut health. It can also lower cholesterol levels and help control blood sugar levels.

Here are some foods that you should try out this winter.

- Soup. This is one of the best food that will help you live through winter comfortably.
- Drink More Warm Milk for the calcium boost.
- Cauliflower and Broccoli because they are high in vit c – but more veggies in general is better
- Start Your Day with Porridge. (Porridge is basically any grain—be it oats, corn, even rice—that is cooked and boiled in water or milk until it has that creamy, thick consistency that

we all know as, well, porridge. It's also sometimes called "hot cereal." You know what it looks like when you see it: a gloppy bowl of something distinctly cream-colored.)

- Consume Root Vegetables to get more Vit A, C and beta-carotene. It is easy to swap sugary foods for sweet root veggies and soups
- Increase Your Intake of Cheese, Eggs, and Fish as they boost Vit B-12
- Look for sources of zinc, like spinach.
- Eat more iron-rich foods – or take a supplement.
- Up your intake of fish, eggs and cheese.

Eat smart this winter season for your good health!

For some recipes check the Cleveland Clinic winter recipes:
<https://health.clevelandclinic.org/6-perfect-recipes-for-winter-meals/>

Some information derived from:
<https://intermountainhealthcare.org/blogs/topics/live-well/2017/12/how-to-eat-healthy-when-its-cold/>
<https://www.marylandpainandwellnesscenter.com/blog/6-must-eat-healthy-foods-during-winter>

Super Easy Soup

Making soup is super easy - Start with a broth base (look for lower salt varieties), add left-over vegetables and lean protein like beans, chicken or turkey. Make as much or as little as you wish as you can freeze the leftovers to have another time.



Reducing Holiday Stress

When you're stressed and tired the last thing you feel like doing is exercising. But you'll feel better afterwards. Exercise is a powerful stress reliever and mood enhancer. Aim for a minimum of 30 minutes on most days— break it up into three 10 minute sessions if that's easier.

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards... and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

◆ **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.

◆ **Ask for help.** Involve other family members or friends in

your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.

◆ **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

◆ **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.

◆ **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

Continued next page



This and That

In-Home Vaccines

The Aging and Disability Resource Center of Racine County is partnering with Ascension, AML and Hometown Pharmacy to provide in-home vaccines and booster vaccine doses. If you are homebound in Racine County and would like to schedule an in-home vaccine, call us today!

262-262-636-3200

Appointments limited to people who live in Racine County.

Save the Date!

Connecting Community and Caregivers

June 8th 2022

3:00 to 6:00 pm

Racine Gateway Technical College

For information about community resources, respite, and caregiver support.



Reducing Holiday Stress—*continued from page 10*

♦ **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the

holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC at 262-833-8777. Happy Holidays!

Jane Mahoney
Older Americans Act Consultant
GWAAR

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

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

Christ Church
United Methodist,
5109 Washington
Ave Racine



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

Find information about ADRC sponsored Support Groups on page 11.

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*

