

ADRC Connections

Newsletter Date Winter 2022

Connecting You to Your Community's Resources

Aging In Place

What does aging in place mean for you? This may look different for each one of us. According to AARP's "2021 Home and Community Preferences Survey: A National Survey of Adults Age 18-Plus" 77 percent of adults 50 and older want to remain in their homes for the long term — a number that has been consistent for more than a decade. The ability of seniors to remain in their home include home modifications, transportation, household tasks and social connections. Whether you are looking at your own situation or options for a loved one, contact the Aging and Disability Resource Center (ADRC). ADRCs provide a central source of reliable and objective information about a broad range of programs and services, and helps people understand and evaluate the various options available to them. The ADRC provides the information to allow you to find resources in the community and make informed decisions about long-term care. The ADRC can help you conserve personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term care. To explore options that can meet your needs or the needs of your loved ones, contact the ADRC of Racine County at 262-833-8777.

Staying In Your Home

Information modified from LongTermCare.gov
See: <https://acl.gov/ltc>

Most people prefer to stay in their own home for as long as possible. When planning to receive long-term care in your home there are many things to consider including:

- The condition of your home - Whether it can be modified, if necessary, to accommodate a wheelchair or other devices/equipment
- The availability of long-term care services in your area, such as adult day care or nearby medical facilities



- How "aging-friendly" your community is—does it offer public transportation, home delivered meals and other needed services?

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Home Sweet Home

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- Tax and legal issues

It's wise to think now about how your current residence and community will support your needs as you age and require long-term care services.

Support Services

In-home and community services can help you live at home longer. The following are some of the services and supports that may be available in your area:

- Convenient and affordable public transportation
- Someone to drive you on errands and to appointments
- Help with housing and yard chores
- Help with personal care
- Home Delivered Meals
- Senior Centers where you can socialize and exercise
- Adult Day Care centers

Good to Know

You can contact your ADRC - 262-833-8777- to see what services are available in our community.

Typical Home Modifications

Modifications can make your home or apartment safer and allow you to stay there longer. An important component to staying at home is avoiding falls. One of the goals of home modification is to increase your chances of avoiding a fall, especially in the bathroom. Typical changes needed as you age include:

- Entryway ramps to accommodate wheelchairs or walkers
- Bathroom safety grip bars and walk-in or roll-in showers
- Medical alert system
- Lever style door and sink handles
- Improved lighting and night lighting
- Handrails

- Wider doorways for wheelchair access
- Stairway chair lifts

Costlier modifications

- Bathroom and bedroom on the first floor of a multi-story home to accommodate someone unable to climb stairs
- A separate apartment for a relative or renter in exchange for assistance when you need it

Do you qualify for financial help?

There may be state and local programs that provide low-interest loans or grants to help you pay for home modifications or home repairs. Contact your municipality or the ADRC. Sometimes the Independent Living Center (ILC) can be of assistance with this. In Racine County, contact the Independent Living Center through Society's Assets at 262-637-9128.

Modifying your rented residence

You may need to **talk with your landlord** about the types of modifications you can make and whether you, or your landlord, will be responsible for the costs. **Landlords are required to allow you to make reasonable modifications to accommodate your needs.** If you have questions, consult your local housing office, or ILC.

Assistive Technology

Assistive devices are tools, products, or equipment that can help you **perform daily tasks and activities independently in your home and community.** Some of the simplest assistive devices are **kitchen and self-care tools** such as a Reacher (a tool that helps you get objects that are out of your reach).

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Supportive Decision Making

Supported Decision-Making recognizes adults with disabilities and older adults as their own decision-maker. In a Supported Decision-Making agreement, the adult with a disability or older adult chooses who they want to be their Supporter to assist them in certain areas such as educational, medical, and/or housing. The adult with a disability or older adult remains in control of their own decision-making.

Role of Supporter

Supported Decision-Making upholds the values of autonomy, self-direction, empowerment and dignity of risk by supporting and accommodating an adult with a disability or older adult to make their own decisions. The adult with a disability or older adult chooses who they want to be their Supporter and in what areas they would like to be supported. In the process of assisting the adult in decision-making, a Supporter can:

- Help the adult understand options and alternatives
- Help access and obtain information relevant to a decision
- Help communicate the adult's decision
- Help read and explain complex documents
- Attend appointments and meetings to help express concerns and ask questions

A Supporter does not make decisions on behalf of the adult with disability or older adult.

Find more information on Supported Decision Making at: <https://gwaar.org/guardianship-resources>, and find the forms at: <https://www.dhs.wisconsin.gov/library/f-02377.htm> At BPDD: <https://wi-bpdd.org/index.php/toolkits/> You can also contact the ADRC.

Save The Date

The Western Racine County Special Needs Resource Fair will be held on May 2nd 2023

See the ADRC website for more information and future information regarding the spring transition fair:

https://adrc.racinecounty.com/site/476/youth_in_transition.aspx



Aging in Place *continued from page 2*

Other devices are designed to help you communicate, such as:

- Voice amplification tools
- Voice recognition tools
- Cueing and memory aids
- Software such as word prediction programs

Tools that help you move or walk are called mobility assistive devices and include walkers, wheelchairs, and scooters.

Start by discussing your needs with your doctor, and determine your insurance/Medicare coverage. The Independent Living Center can also be of assistance with all types of assistive technology and

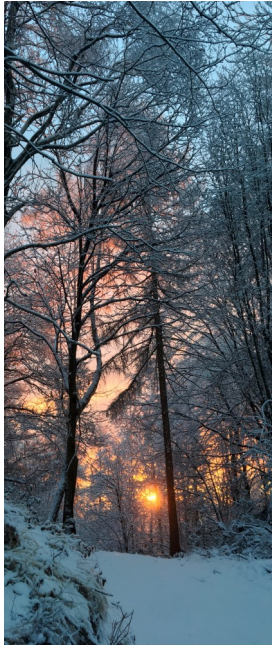
the funding for this (contact Society's Assets at 262-637-9128). You can also contact the ADRC.

This article was modified from information on the LongTermCare.gov website. See: <https://acl.gov/ltc> You can also research planning for long-term care at any age. It is a fact that most people will need some form of long-term care during their lifetime.

Another resource online is the Center for Aging in Place: <https://www.centerforaginginplace.org/>



Winter Safety Tips



Dress for warmth

Don't let indoor temperatures go too low and dress layers.

Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin.

Prevent Falls

Wear appropriate footwear and avoid slips on ice and snow

Fight wintertime depression

To help avoid feelings of loneliness, family members can check in on seniors as often as possible or; a short, daily phone call can also make a big difference.

Eat a varied diet

It's recommended to consume foods that are fortified with

Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent carbon monoxide poisoning.

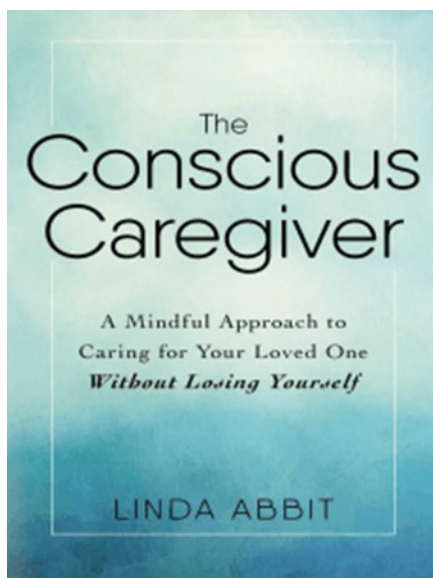
Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

Be a Winter Buddy

Check on family, friends and neighbors.

Most importantly - don't leave your senior loved one alone during the holidays! There are so many ways to share the holidays with them whether it be taking a trip downtown to see the Christmas lights or swapping holiday stories and traditions with them.

Caregiver Book Club



The ADRC of Racine County has a monthly caregiver book club that meets virtually via ZOOM on the 1st Friday of the month from Noon – 1:30pm. The next book we'll be reading is *The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself* by Linda Abbit.

Being a caregiver can be a difficult role. It requires patience, tenderness, selflessness, and hard work.

Linda Abbit, founder of Tender Loving Eldercare and a veteran of the caregiving industry, shares her advice on taking care of an older parent or loved one and how to handle everything that goes along with this dramatic life change.

If you would like to join our book club, please contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and the call-in/virtual group information.

Classes and programs for those 60+

New Program! "Eat Smart, Move More, Prevent Diabetes Online"

During the 12-Month
FREE ONLINE program you will:

- Attend live, interactive classes online from your computer or mobile device.
- Receive weekly support from your instructor, a trained lifestyle coach.
- Connect with others working on the same goals as you.
- Learn ways to manage stress.
- Overcome barriers to healthy eating and physical activity.

All participants must be Racine County residents and over 60+ years of age.

New series will begin in January-
For more information or to register,
please email Taylor Scherer
taylor.scherer@racinecounty.com

Please note: Please indicate if Internet service is a barrier. **FREE HotSpots** are available to Racine County Residents of any age.

If you do not qualify for the Diabetes program you may consider:

Get Healthy with "Eat Smart, Move More, Weigh Less Online"

Check it out!—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted

online by a live instructor, fostering interaction between the instructor and all participants. Participants can conveniently attend classes from home or office using a computer or mobile device.

All participants must be Racine County residents and over 60+ years of age.

New series begin frequently- [Flyer](#)
To find the next session and to register, please email Taylor Scherer
taylor.scherer@racinecounty.com

Note: the ADRC of Racine County is covering the full cost of these programs.

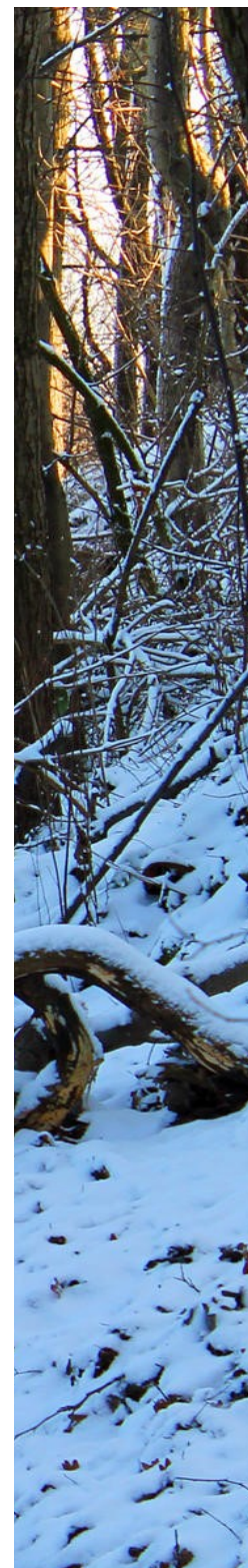
Don't Miss BadgerCare Plus and Medicaid changes coming in the new year.

Watch. Read. Act

If you are in these program be sure to keep your address, phone and email information updated. Log into <http://access.wi.gov> or call WKRP at 888-794-5820.

Watch your mail. It is very important to open and **read** your mail regarding these programs as there may be deadlines you do not want to miss. Take action by doing what any letters you receive tells you to do – **Act** by the deadline.

Photo: :PeterKmiecik.deviantart.com





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

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

Elder Benefit Specialist

An Elder Benefit Specialist (EBS) is trained to help persons over age 60 who are having a problem with their private or government benefits. They are often called “red tape cutters” because they are experts at helping older persons with the extensive and complicated paperwork that is often required in benefit programs. They help older persons figure out what benefits they are entitled to and tell them what they must do to receive them. The EBS receives ongoing training and is monitored by attorneys knowledgeable in elder

law. The attorneys are also available to assist older persons in need of legal representation on benefit matters, on a case by case basis.

What Can Benefit Specialists Do?

- Provide accurate and current information on your benefits.
- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solutions are required.
- Refer you to an appropriate attorney when necessary.

Disability Benefit Specialist

The Disability Benefit Specialist (DBS) program is a service of the Wisconsin's Aging & Disability Resource Centers. The DBS works closely with information and assistance, options counseling, and other resource center services.

The DBS provides services to

people age 18 to 59 with physical disabilities, developmental disabilities, mental illness and substance use disorder.

The Disability Benefit Specialists provide information and assistance with public and private benefit programs including application and appeal procedures.



Benefits in Brief

Do you need Extra Help paying for Medicare prescription drug coverage?

If you have limited income and resources, you may qualify for Extra Help to pay your prescription drug costs. Visit

<https://secure.ssa.gov/i1020/start> to apply online. Or, call Social Security at 800-772-1213 and ask for form SSA-i1020.

TTY users can call 800-325-0778.

Note: You must be enrolled in a Medicare Prescription Drug plan to get this extra help. If you need information about Medicare Prescription Drug plans or how to enroll in a plan, call 1-800-MEDICARE (TTY 1-877-486-2048) or visit www.medicare.gov.

You can also contact the ADRC and request a referral to the benefit specialist.

Medicare Premium Assistance

You can get help from your state with paying your Medicare premiums. In some cases, **Medicare Savings Programs** may also pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.

See the information at: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf> or you can call the ADRC and request a Paper copy of this information or a referral to the benefit specialist - 262-833-8777.

Another resource for assistance with these programs is the Medigap Helpline part of the Wisconsin SHIP program. They can be reached at 800-242-1060.

Applying for Disability?

Short term disability benefits typically come through an employer, or private insurance that you have purchased.

Long term disability can be applied for through the Social Security Administration.

See: <https://www.ssa.gov/> You can apply online, over the phone, in person at the local office or through a paper application. See the contact numbers on page 6 or contact the ADRC to discuss at 262-833-8777.

What you can do to stop scams?

Don't respond. If you have any doubts about a call, email or text message, follow your instincts. Hang up the phone on suspicious callers and ignore suspicious emails and texts.

Get it in writing – before making any commitments

Report it. Contact local authorities to report a theft or attempted theft. If you gave the scammers money, also reach out to your bank, credit card company or third-party digital payment app to try to stop your money from being transferred.

You can also contact the consumer hotline at: (800) 422-7128
Email: DATCPHotline@wi.gov



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

Or call
262-833-8766

Call: 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

Welcome Peggy!



Peggy Masick is our new Senior Nutrition Program Coordinator with the Racine County Senior Nutrition Program.

Peggy has over 30 years' experience working in the food and nutrition arena. She received her bachelor's degree in Restaurant, Hotel and Institutional

Management from Purdue University as well as an associate degree from Harper College earning further studies in Dietetics.

Peggy has worked in the environment of long-term care, retirement living, adults with disabilities, teaching and hospital settings. She brings to Racine County a good knowledge base of culinary, aging and nutrition with a spirited approach to service for the Racine community.

Eat Well, Age Well.

Happy Holidays!

December is the time of year when families get together to celebrate the holidays. It is a time of fun, laughter, and joy. During this time of being together families cook and bake all kinds of delicious festive foods. However, the festivities could quickly turn sour if your loved ones end up getting sick due to abused food

safety practices. That is why it is especially important during this time to be careful. Here are some quick and simple tips to keep you and your family healthy during your celebrations!

- Be sure to wash your hands thoroughly before, during, and after food preparation.
- Keep surfaces such as counters and cutting boards clean as well as utensils
- Keep hot foods at 140 degrees or

Its all a Balance!

It's okay to splurge and eat those great holiday desserts, but eat them in moderation and be sure to fill your plate with vegetables— not just mashed potatoes and pie...

Eat Well, Age Well continued from previous page

above and cold foods at 40 degrees or below

- Don't keep perishable foods out for more than 2 hours
- Defrost foods in the refrigerator or the microwave rather than on the counter
- Use a food thermometer to check the temperatures of your foods

GWAAR Nutrition Team in collaboration with UW Stout Dietetic Students by Katelyn Kruger 12/22

Winter Squash

The arrival of fall brings a beautiful variety of winter squash. Though they all are prepared similarly, they are all unique. Growing winter squash requires some patience, but this vibrant garden vegetable is worth the wait. Since winter squash requires a long growing season (about 75 to 100 frost-free days), the seeds are typically planted by late May in the Midwest. Winter squash is harvested in the fall after its fruits reach full maturity. Squash has a long shelf life, and some of them will last through winter, thus the name winter squash. Varieties of squash include acorn, butternut, Hubbard, pumpkin, and spaghetti.

Tip: Use canned pumpkin instead of butter or oil when cooking or baking .

Roasted Butternut Squash Soup

Ingredients:

1 Butternut Squash, cut in half and seeded (or you can peel and cut into cubes if preferred or purchase pre-cut squash cubes) Use 2 cups for recipe

1 cup cherry tomatoes

½ medium onion roughly chopped

2 cups Cauliflower roughly chopped

Sprinkle lightly with healthy oil and bake in a 425° oven for 40 minutes. Let cool

Put vegetables in a blender (or use a stick blender or even a masher if you do not have a blender) You can do this while the vegetables are hot but be very careful of the hot liquid add:

1 tsp Salt

½ tsp Pepper

½ Cup Coconut Cream - unsweetened (in a can) Dairy Cream or Milk can be substituted.

1 Cup Vegetable Broth

Blend until desired smoothness.

Heat as needed. Add fresh Thyme if you wish.

You may also wish to garnish with pumpkin seeds or similar. This soup can be frozen if you have leftovers.

Holiday Challenges:

- Incorporate fruits and veggies into your family gathering dishes!
- Remind yourself to wash your hands every time you go to the bathroom, cook, and eat food
- Keep your raw meats away from other foods



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)**

Safety Planning for Someone Living with Dementia

When caring for someone living with dementia, it is recommended that you prepare or consider a safety checklist. This will become very important as someone living with dementia begins to experience decreased judgment and a decline in cognitive abilities. It's helpful to have these conversations early while the person living with dementia can still be involved in the decision process.

Is the person living with dementia still driving? At some point, cognitive functioning may interfere with understanding the rules of the road or how to get to a familiar location. There may come a time when it is no longer safe for the person to operate a vehicle. Have a plan in place to remove the keys or agree to use alternative transportation when the time is necessary.

What about medications? Medications can become difficult to manage even early on in the diagnosis. Pill boxes and medication reminder systems are excellent tools to assist with managing a few or multiple medications, but as medications errors can be dangerous it is very important to monitor this carefully.

Are there concerns about safety in the home? Cooking can be a favorite pastime and very routine for many. Keep an eye out for mysterious burn marks or if the stove has been left on. Check for

spoiled foods in the cupboards and in the fridge. There are several adaptive devices available to help keep the kitchen safe. Check the smoke detector batteries and replace if necessary.

Does the person living with dementia wander or get lost in public? Wandering behaviors can occur at any stage of the disease; however, it usually occurs more frequently in the middle stage. Use door alarms, disguise exits with sheets, consider getting a personal emergency response system and file a Special Needs Alert form with Racine County so that you have help in locating a person lost.

Are there firearms in the home? If firearms are accessible in the home, have a conversation about removing any weapons and firearms or locking them in a secured gun safe. There are also options such as surrendering firearms to other family members or notifying the local sheriff department about the process.

Do they live alone? Living alone with dementia can pose unique challenges. Eating regularly, getting to appointments, the ability to shop and clean and social isolation become very critical factors in maintaining safety. Implement a routine for checking on the person and devise a plan to have neighbors or other friends assist with routine visits.

For additional safety resources or to connect with a Dementia Care Specialist, please contact the ADRC at 262-833-8777.

Are You a Family Caregiver?

We are providing Trualta to help you manage challenging care situations at home. Get access to an online library of short courses, skills training, useful local resources and support; all

accessible on your computer, tablet, or smartphone.

Go to: <https://wisconsincaregiver.org/> to sign up.



**Join a Free Sip & Swipe Café® class and get connected!
For adults 60+ Tablet and smart phone training program**

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!*

****Class is a self-guided, go at your own pace with a coach's assistance****

Racine Public Library– The Atrium

75 Seventh Street, Racine, WI 53403

Fridays March 3rd, 17th, 24th, and 31st

10 AM- 11AM



**For more
Information on
the Sip and
Swipe program
contact
the ADRC
262-833-8777
ask for Taylor S**

**For other class
information
check out our
classes page on
the website at:**

[https://
adrc.racinecounty.
com](https://adrc.racinecounty.com)

Coming This Spring

Look for sessions
of new classes in

•Stepping on
•Powerful Tools
for Caregivers
and others.



**For more Information or to
sign up, contact
the ADRC
262-833-8777
ask for Taylor S**



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Rewards

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. Do ask for support when you need it.

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

Happy Holidays!
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

