

# ADRC Connections

Newsletter Date Summer 2023

## Inside this issue:

Disability and Health	1
Community Resources	3
Fun In the Summertime	5
Benefit Information	6
Senior Nutrition	8
Support Groups for	10
Caregiver Opportunities	12

## 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 help older people and adults with disabilities, along with their families and caregivers, find services and resources to keep them living well and independently. We provide the information and resources needed based on their needs.

Our goal is to empower individuals to live with dignity and security and achieve maximum independence and quality of life. The ADRC provides Information & Assistance, Options Counseling, Caregiver Support, Benefit Specialists and more at no charge to you.

Call us Monday- Friday, 8:00 am to 4:30 pm at 262-833-8777.

## Disability and Health - Healthy Living

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community. Having a disability does not mean a person is not healthy or that he or she cannot be healthy. Being healthy means the same thing for all of us—getting and

staying well so we can lead full, active lives. That means having the tools and information to make healthy choices and knowing how to prevent illness. To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. Most people with or without disabilities can stay healthy by learning about and living healthy lifestyles.



## Leading a Long and Healthy Life

Although people with disabilities sometimes have a harder time getting and staying healthy than people without disabilities, there are things we can all do to get and stay healthy.

Tips for leading a long and healthy life:

- ◆ Be physically active every day.
- ◆ Eat healthy foods in healthy portions.
- ◆ Don't get too much sun.
- ◆ Get regular checkups.

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- ◆ Don't smoke.
  - ◆ Use medicines wisely.
  - ◆ If you drink alcoholic beverages, drink in moderation.
  - ◆ Get help for substance abuse.
  - ◆ Stay in touch with family and friends.
- If you need help, talk with your health care professional.

### Getting the Best Possible Health Care

People with disabilities must get the care and services they need to help them be healthy.

If you have a disability, there are many things you can do to make sure you are getting the best possible health care:

- Know your body, how you feel when you are well and when you're not.
- Talk openly with your health care professional about your concerns.
- Find health care professionals that you are comfortable with in your area.
- Check to be sure you can physically get into your health care professional's office, such as having access to ramps or elevators if you use an assistive device like a wheelchair or scooter.
- Check to see if your health care professional's office has the equipment you need, such as an accessible scale or examining table.
- Ask for help from your health care professional's office staff if you need it.
- Think about your questions and health concerns before you visit your health care professional so that you're prepared.
- Bring your health records with you.
- Take a friend with you if you are concerned you might not remember all your questions or what is said by the health care professional.

Get it in writing. Write down, or have someone write down for you, what is

said by the health care professional.

### Physical Activity

Adults of all shapes, sizes, and abilities can benefit from being physically active, including those with disabilities. For important health benefits, all adults should do both aerobic and muscle-strengthening physical activities. Regular aerobic physical activity increases heart and lung functions, improves daily living activities and independence; decreases chances of developing chronic diseases; and improves mental health.

Tips for getting fit:

- Talk to your doctor about how much and what kind of physical activity is right for you.
- Find opportunities to increase physical activity regularly in ways that meet your needs and abilities.
- Start slowly, based on your abilities and fitness level (e.g. be active for at least 10 minutes at a time, slowly increase activity over several weeks, if necessary).

Avoid inactivity. Some activity is better than none!

Adapted from: <https://www.cdc.gov/ncbddd/disabilityandhealth/healthyliving.html>

Other Resources:

DHS information: [https://](https://www.dhs.wisconsin.gov/disabilities/physical/index.htm)

[www.dhs.wisconsin.gov/disabilities/physical/index.htm](https://www.dhs.wisconsin.gov/disabilities/physical/index.htm)

<https://www.usa.gov/disability-services>



## Are You Living With a Physical Disability?

Sometimes as we age, or perhaps if we experienced an accident, we can have physical limitations as a result. In those cases, you generally get back to everyday activities following healing or by making adaptations.

Greater than a simple limitation, a physical disability can be a condition. This could include an anatomical loss, or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder. It can significantly interfere with or significantly limit at least one major life activity of a person.

Major life activities are sometimes known as ADLs (activities of daily

living) or IADLs (Instrumental activities of daily living). These include; self-care, performance of manual tasks unrelated to gainful employment, walking, receptive and expressive language, breathing, working, participating in educational programs, mobility other than walking, and capacity for independent living.

If you need Information and assistance about programs, services and benefits, to help those living with a physical disability, contact the ADRC at 262-833-8777.



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

## Community Resources

Agencies that Advocate for those with Disabilities include:

ODHH – Office for the Deaf and Hard of Hearing  
<https://www.dhs.wisconsin.gov/odhh/index.htm>  
 262-565-6349

OBVI - Office for the Blind and Visually Impaired  
<https://www.dhs.wisconsin.gov/obvi/index.htm>  
 888-879-0017

ADA Information Line  
 800-514-0301

Disability Rights Wisconsin  
<https://disabilityrightswi.org/>  
 800-928-8778

Easter Seals Southeast WI  
<https://www.easterseals.com/wi-se/>  
 414-449-4444

Independent Living Center (Societys Assets)  
<https://societysassets.org/independent-living-services>  
 262-637-9128

EEOC – 800-669-4000

Wisconsin Facets  
<https://wifacets.org/>  
 877-374-0511

Veterans Service Office  
<https://www.racinecounty.com/departments/veterans-services>  
 262-638-6702

Contact the ADRC for other ideas relating to your need.  
 262-833-8777



### Do you use a Cane or Walker?

Be sure that you are using your assistive device correctly. You can check with your doctor, physical or occupational therapist to be sure you have the correct item, as well as its fit and usage. When used properly a cane or walker can help you stay upright. However, they can increase your risk of falling if not used correctly. Be sure and be safe.

## Special Enrollment—Is your Medicaid Coverage Ending?

**Medicaid Members:** Are you an older adult or an adult with a disability? Since March 2020, Medicaid has been keeping everyone enrolled. Normal enrollment rules will start again soon. When that happens, you will get a letter from the Wisconsin Department of Health Services asking you to update your information and complete a renewal. Your health insurance could end if you no longer meet the rules for Medicaid.

If your Medicaid benefits end, you may be able to get Medicare if you:

- Are age 65 or older
- Have a qualifying disability
- Have been getting disability benefits for two years

### Special Enrollment Timing

After Medicaid ends, you have six months to enroll in Medicare. To get started, call Social Security at 800-772-1213 (TTY 800-325-0778) or [ssa.gov/medicare/sign-up](https://ssa.gov/medicare/sign-up).

If you already have Medicare and your Medicaid benefits end, you

will have a limited time to change your Medicare plan:

- Three months for a Medicare Advantage health plan (Part C)
- Three months for a Medicare Part D drug plan
- Two months for Medicare Supplemental Insurance (Medigap), during which you cannot be denied coverage based on your health

Are you worried about Medicare late enrollment fees? You won't have late enrollment fees if you enroll in Medicare within six months after your Medicaid ends. You may have late enrollment fees in the future if you miss this enrollment opportunity or go without drug coverage.

Free, expert help is available. If you have questions about Medicare, including how to pay for it, a benefits counselor can help. Contact the State Health Insurance Assistance Program (SHIP) by calling:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862
- Your local ADRC 262-833-8777



## Older Americans Act—Changes Proposed

The Administration for Community Living (ACL) is proposing changes to the Older Americans Act. The OAA authorizes a wide range of programs and services, most of which focus on helping older adults age in place. These services include home-delivered and congregate meals, support for family

caregivers, preventive health services, personal and home care services, transportation, legal assistance, elder abuse prevention, and so much more. In addition, the OAA provides ombudsman services for people who live in long-term care facilities. Give input on these changes—your voice is important. See: <https://acl.gov/OAArule>



## Fun in the Summertime

### Museums for All

Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. The website <https://Museums4All.org> has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

*By the GWAAR Legal Services Team (for reprint)*

### Wheelchairs on the beach?

Check out the ADA accessible - wheelchair accessible mat that extends to the shoreline at North Beach. This is just one example of things you can access in our area.

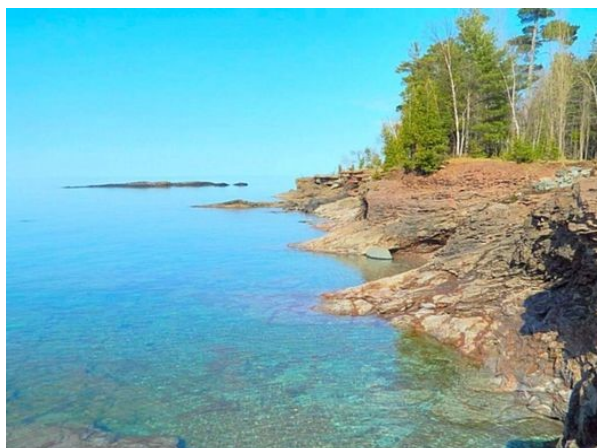
There are a variety of activities available to all in Racine County. Find out about clubs, activities, and special events in your community by checking with your municipality, your local park and rec department, and at County parks and centers. You can also check out "Visit Racine County," and the ADRC has some information about recreational activities as well.

Looking for more ways to enjoy the summer? Consider accessing this link that provides a map of accessible outdoor recreational opportunities such as parks, trails, waterfalls and many other activities throughout Wisconsin. <https://www.travelwisconsin.com/article/state-parks-forests/unexpectedly-accessible-6-spots-for-barrier-free-fun-in-wisconsin>



#### Did you know?

Racine County does offer several transportation options for Seniors and Disabled Adult residents? Need a Ride? Call the ADRC for more information at 262-833-8777





## Your Benefits

### Important Numbers

#### Social Security

Local: 866-270-8629

National: 800-772-1313

Web: <https://www.ssa.gov/>

#### Medicare

1-800-Medicare

(800-633-4227)

Web: <https://www.medicare.gov/>

#### Wisconsin Medicaid

Member services:

800-362-3002

Web: <https://access.wisconsin.gov/access/>

#### Wisconsin Kenosha Racine Partners Consortium (WKRK)

888-794-5820

### Information from Social Security (SSA)

See: [https://  
www.ssa.gov/  
disability/](https://www.ssa.gov/disability/)

### Need assistance with your benefits?

*You can call and speak with ADRC information and assistance and if your issue is more complicated a referral to a Benefit Specialist can be made. 262-833-8777.*

## Benefits for People with Disabilities

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration (SSA) and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

[Social Security Disability Insurance](#) pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

[Supplemental Security Income](#) pays benefits based on financial need.

When you apply for either program, SSA will collect medical and other information from you and make a decision about

whether or not you meet [Social Security's definition of disability](#).

Use the [Benefits Eligibility Screening Tool](#) to find out which programs may be able to pay you benefits.

If your application has recently been denied, the [Internet Appeal](#) is a starting point to request a review of SSA's decision about your eligibility for disability benefits. If your application is denied for:

- Medical reasons, you can complete and submit the required [Appeal Request and Appeal Disability Report](#) online. The disability report asks you for updated information about your medical condition and any treatment, tests or doctor visits since SSA made a decision.
- For Non-medical reasons, you should [contact your local Social Security Office](#) to request the review. You also may call our toll-free number, 1-800-772-1213, to request an appeal. People who are deaf or hard of hearing can call the toll-free TTY number, 1-800-325-0778.

## Going on Vacation? Check Your Health Coverage Before You Leave!

*By the GWAAR Legal Services Team*

If you are planning a vacation, there is a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands.

However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare.

That means that if you are traveling within the U.S. and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S.

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered.

Out-of-network emergency care will generally be covered. Some

Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to figure out your health care coverage before you travel will help you to have a relaxing trip. Enjoy your travels!

### Fall

The first day of Fall comes all too quickly. On that day we are called to remind all that falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Follow the ADRC on Facebook for more information in September. You can also contact the ADRC for resources and other information, consider taking a Stepping On class, or check out this online resource <https://ncoa.org/older-adults/health/prevention/falls-prevention>.





**Menus:**

You can find the menus for coming months in your local newspaper, or online at:

<https://adrc.racinecounty.com>

Or call  
262-833-8766

**Racine Now Has the Senior Farmer's Market Nutrition Program.**

Contact The Racine/Kenosha Community Action Program at **262-637-8377** for details

Senior FMNP checks can be used from June 1st through October 31st at any participating farmers market of roadside stand in Wisconsin. For seniors 60+ or Native Americans 55+

**Senior Nutrition Program**

The Meals on Wheels Program of Racine County would like to say thank you to our Adopt-A-Route volunteers! We appreciate the time you give to help feed our community's seniors.

Achievements by James delivers meals to our Union Grove seniors.

The Racine County Opportunity Center (RCOC) and Careers Industries delivers meals to our Burlington seniors.

Professional Services Group and Careers Industries delivers meals to our City of Racine area seniors.

There are many benefits of our Adopt-a-Route program! We still have openings for companies to join us in making a difference in Racine County! Add your business, club or other groups to our list of proud supporters. We offer flexible schedules to meet your needs.

Contact the Racine County Senior Nutrition Program at 262-833-8766 for more information.

**Meals on Wheels Celebrates our Adopt-A-Route Volunteers!**



Achievements By James Volunteers



Careers Industries Burlington Volunteers







Careers Industries  
Racine Volunteers



### Strawberry Shortcake Muffins

Beneficial Bites from GWAAR

- Ingredients:**  
 2 1/2 cups old fashioned rolled oats  
 1 cup plain low fat Greek yogurt  
 2 eggs  
 1/2 cup baking Stevia or 1 Cup sweetener of choice  
 1 1/2 tsp baking soda  
 2 cups diced fresh strawberries, wash and pat dry  
 Optional – 1 tsp lemon juice

- Directions**  
 Preheat oven to 400 degrees.  
 Line 12 muffin cups with foil liners  
 Place all ingredients except strawberries in a blender, blend until smooth.  
 Stir in 1 1/2 cups of strawberries.  
 Divide batter among cupcake liners.  
 Divide remaining strawberries over the top of each muffin.  
 Bake 20-25 minutes.



RCOC  
Hands of Opportunity  
Volunteers



Professional Service Group—  
volunteers Not Pictured



## 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)**

## Opportunities in the Community

### Tips and Tricks from the Dementia Care Specialist

A dementia friendly community is where people living with dementia are understood and supported. The ADRC provides several different education and training opportunities that help improve the lives of those impacted by dementia.

- ◆ Brain Health Awareness discusses the benefits of healthy living and potential ways to reduce risk.
- ◆ Dementia Basics is an overview of the disease and resources that are available to the community.
- ◆ Dementia-friendly Business Training enables businesses to better understand how to support customers with dementia. Your business will receive a Purple Angel decal for your window identifying that you are a “dementia friendly” business.

During these trainings, we share tips and tricks such as how to approach someone living with dementia, how to effectively communicate and things to do and not to do.

If you are part of a business or group that would benefit from these trainings, please contact Kim Meitner at the ADRC.

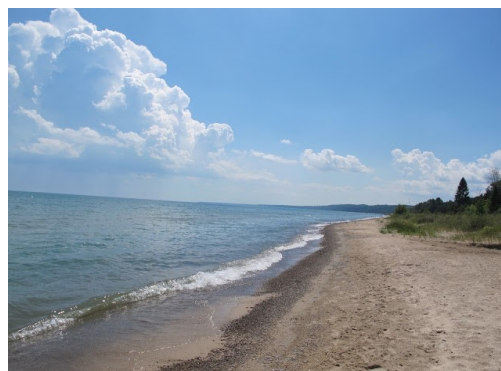
### New! Memory Cafe

There's a new Memory Café in Racine. The Racine Public Library and other local partners welcome people with memory concerns and their care partners.

A Memory Café is a comfortable social gathering that allows people experiencing memory loss, along with their loved ones, to socialize, enjoy activities and make connections with others.

Café de la Memoria es una reunión cómoda, donde personas impactadas con pérdida de memoria junto a sus familiares o seres queridos, pueden establecer conexiones, disfrutar y participar de actividades y también pueden socializarse con más personas.

This Memory Café is held on the second Tuesday of each month from 1-2:30 pm. Call the Racine Public Library for additional information at 262-636-9217. The Memory Café will be Bi-lingual in English and Spanish.



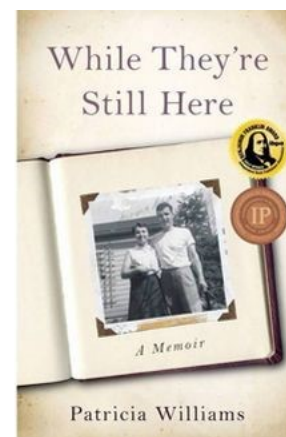
## A Novel Idea—New Title for September

The ADRC of Racine County has a monthly caregiver book club that meets virtually via Zoom on the first Friday of the month from 12 - 1 pm. The next book we'll be reading is "While They're Still Here by Patricia Williams.

After a lifetime of strained bonds with her aging parents, Patricia Williams finds herself in the unexpected position of being their caregiver and neighbor. Williams answers the call of duty with trepidation at first, confronting the lines between service and servant, guardian and warden, while her parents alternately resist her help and wear her out. But by facing each

new struggle with determination, grace, and courage, they ultimately emerge into a dynamic of greater transparency, mutual support, and teachable moments for all. Honest and humorous, graceful and grumbling, *While They're Still Here* is a poignant story about a family that waves the white flag and begins to heal old wounds as they guide each other through the most vulnerable chapter of their lives.

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 call-in/ virtual group information.



## Classes (for those age 60+)

Coming soon to a location or computer near you!

### Stepping On

#### Norway Lutheran Church

6321 Heg Park Rd. Wind Lake, WI 53185

Tuesday's, Sept 12th - Oct 24th  
10:00am -Noon

#### Marian Housing Center

4105 Spring St. Racine, WI 53405

Tuesday's, Oct 31st - Dec 12th  
10:00am -Noon

### Powerful Tools for Caregivers

Thursday's

Oct 5<sup>th</sup> – Nov 9<sup>th</sup>

1:00 p.m. – 2:30 p.m.

Virtual

### Eat Smart, Move More, Prevent Diabetes Online &

### Eat Smart, Move More, Weigh Less Online

Both of these programs have classes starting every month

Questions contact Ruth Stauersbol  
262-833-8764 or

Email

[Ruth.Stauersbol](mailto:Ruth.Stauersbol@racine.county.com)

[@racine.county.com](mailto:Ruth.Stauersbol@racine.county.com)

*Respite care refers to time off from both giving and receiving care, but it can also mean time away from your normal schedule. Activities that you do for enjoyment, taking a vacation, or just pausing in a daily routine for a moment to be in that moment, and other leisure activities all provide a bit of respite.*





14200 Washington Ave  
Sturtevant, WI 53177

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

## Caregiver Opportunities

### Book Club for Caregivers

1<sup>st</sup> Friday Caregiver Book Club – Noon – 1pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

**Support Groups**—See page 10

### 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 contact 262-833-8777.

**2nd Tuesday of each month** 1:00—2:30 pm  
Racine Public Library, 75 7th St, Racine, WI 53403  
English and Spanish  
For information contact 262-636-9217.

**3rd Friday of each month** 9:30am– 10:30am  
Burlington Aurora Wellness Center,  
300 McCanna Pkwy, Burlington, WI 53105  
For information contact Chad at 262-212-3596

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If you have questions you would like to see addressed  
in the ADRC News please call us at  
262-833-8777 or  
email: [adrc@racinecounty.com](mailto:adrc@racinecounty.com)

