

ADRC Connections

Newsletter Date Summer 2019

Inside this issue:

Physical Activities	1
Community Resources	3
Volunteer Highlight	4
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) provides older adults, people with physical or developmental/intellectual disabilities and their caregivers the resources needed to live with dignity and security and achieve maximum independence and quality of life. The goal of the ADRC is to give individuals information to make informed choices and streamline access to the right and appropriate services and supports. The ADRC provides free, accurate and unbiased information to people regardless of their income or asset levels. Elder and Disability Benefit Specialists are also available to answer questions about your benefit needs.

Information and assistance can be provided over the phone or in person. For more information, please contact us at 262-833-8777, Monday – Friday 8:00 am to 4:30 pm.

Physical Activities for People with Disabilities

Article by Centers for Disease Control and Prevention. See: <https://www.cdc.gov/features/fitness-disabilities/>

Everybody needs physical activity for good health. Most adults with disabilities are able to participate in physical activity, yet nearly half of them do not get any aerobic physical activity.

Physical activity plays an important role in maintaining health, well-being, and quality of life. Physical activity can help control weight, improve mental health, and lower the risk for early death, heart disease, type 2 diabetes, and some cancers. For people with disabilities,

physical activity also can help support daily living activities and independence.

All adults, with and without disabilities, need at least 2.5 hours per

week of aerobic physical activity, at a moderate-intensity level, to gain many of these benefits.

People with Disabilities

One in four U.S. adults is living with a disability, including:

- Serious difficulty walking or climbing stairs
- Deafness or serious difficulty hearing
- Blindness or serious difficulty seeing
- Serious difficulty concentrating, remembering, or making decisions
- Difficulty doing errands alone
- Difficulty dressing or bathing



Continued next page...

Physical Activity General Guidelines:

continued from front page

Adults with disabilities are more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities. Physical activity can help reduce the impact of these chronic diseases. Disability does not have to equal poor health. Most adults with disabilities are able to participate in regular physical activity; however, nearly [half of all adults with disabilities do not get any aerobic physical activity](#).

If you have a disability and want to make physical activity part of your daily routine, here are some steps that you can follow:

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least **150 minutes** a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days** a week

Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least **75 minutes** a week.

Find Your Own Path to Physical Activity

1. Visit your doctor

- In consultation with a health care professional or physical activity specialist, people with chronic conditions or disabilities should understand how their disease or disability affects their ability to do physical activity.
- Talk to your doctor about how much and what kind of physical activity is right for you.
- Discuss your barriers to physical activity.

Ask your doctor to put you in contact with resources and programs to help you begin or maintain your physical

activity.

Find out how much activity you need from the Physical Activity Guidelines for Adults. <https://health.gov/paguidelines/second-edition/pdf/>

[PAG_ExecutiveSummary.pdf](#)

2. Be active your way

Some people with disabilities may be capable of doing a substantial amount of physical activity; if so, they should essentially follow the Guidelines for adults.

- Decide how much physical activity is right for you and your fitness level.
- Decide what kind of physical activity you enjoy, for example, general gardening, doing chores around the house, wheeling yourself around in your wheelchair, walking briskly, dancing, and playing wheelchair basketball, tennis, or soccer.
- Find ways to include your favorite physical activity into your everyday life.

3. Start slowly

When adults with chronic conditions or disabilities are not able to meet these [Guidelines](#), they should engage in regular physical activity according to their ability.

- Start slowly based on your ability and fitness level. For example, be active for a few minutes at a time, and then slowly increase the time you are active over several weeks, if necessary.
- Do what you can to get active! Some activity is better than none!

4. Have fun with family and friends

- It is easier to stay active with the support of family and friends.
- Invite your loved ones to be active with you. For example, together you can dance, play outside with a ball, or walk or wheel around the neighborhood.

Request a full reprint of this article by the Centers for Disease Control and Prevention, or see online link at the beginning of the article.

Are you Living with a Physical Disability?

Sometimes as we age, or perhaps if we experience an accident, we can have physical limitations as a result. In those cases, you generally get on with everyday activities following healing or by making adaptations. Greater than a simple limitation, a physical disability can be a condition, including an anatomical loss, or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder and which significantly interferes with or significantly limits 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.

Some examples of physical disability include but are not be limited to persons with: amputations, cancer, diabetes, stroke, heart disease, lung disease, multiple sclerosis, arthritis, muscular dystrophy, polio, spina-bifida, spinal cord injury and disease.

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



Community Resources

Wisconsin Office of the Deaf and Hard of Hearing has office hours at the ADRC the 2nd Friday of every month from 9:30- 11:30 a.m.

You can meet with **Caroline Ludka** to discuss a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents. She will meet with those who walk in, or you can contact her at:

262-565-6349 for an appointment.

See information about the Office at: <https://www.dhs.wisconsin.gov/odhh/index.htm>



Promoting Equal Communication Access and Accommodations

Office for the Blind and Visually Impaired

Rehabilitation services are provided by OBVI to help individuals who are blind or visually impaired to achieve their own goals of independent living. These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible.

**Call: Kathleen Connell
414-227-4207**

Information see: <https://www.dhs.wisconsin.gov/blind/index.htm>



If you have a topic of interest you would like covered or a comment on the content of this newsletter please let us know your opinions.

Email—ADRC@
racinecounty.com

Call—
262-833-8777

or write— ADRC
14200
Washington Ave
Sturtevant, WI
53177

Volunteer Highlight—Harry Gall



Harry has been driving for Meals On Wheels since Jan of 2004. Last year, Harry delivered close to 600 meals to home-bound seniors on his route. In addition, the weekly wellness checks Harry provides are an important service to our community's seniors and their families. Harry's friendly smile and conversation has brightened many a lonely day for the people on his route over the last 15 years. Harry, in his humble, quiet dedication to

service, epitomizes, "creating tomorrow's legacy today".

We are proud to announce that Harry was selected to receive the Outstanding Volunteer Senior Award, sponsored by the Styberg Foundation at the Volunteer Center of Racine County's Recognition Luncheon on April 26th.

If you would like to learn more about becoming a Meals On Wheels Volunteer, please contact Ruth Stauersbol, Volunteer Coordinator at 262-833-8766 or email at ruth.stauersbol@racinecounty.com

Congratulations!

Kudo's to Volunteer Director Ruth

Ruth received the 2019 Corporate Award! She has been a member of the Corporate Volunteer Council of Racine for 15 years, and the Volunteer Coordinator for the Meals on Wheels Program since 2015. "My grandmother and mother instilled in me the value of volunteering. I don't remember a time when I was growing up that they weren't volunteering for some worthy project. They showed me how working hard and serving others can enrich our lives as well as those we serve." Congratulations Ruth!



On May 16th, Racine County Executive Johnathan Delagrave spoke to more than 75 Meals on Wheels volunteers at our annual Volunteer Recognition Luncheon thanking them for their work to help seniors live as well as they can. Those attending represent about half of the approximate 150 volunteers that serve the program. Thank you to all our volunteers!

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



June 15th

critical role to play to focus attention on elder justice.

In Racine County, we will be putting up pinwheels outside of the ADRC on that day to represent the 510 cases of elder abuse that occurred in our County in 2018. Look for the display on Spring Street and Greenmonte Drive, in mid-June.



We Can Be Stones

My grandmother had vascular dementia. Once it began, the signs and symptoms of her dementia progressed so slowly that at first we as a family couldn't be sure of just what was happening - maybe it was just normal aging or forgetfulness. I know that finding excuses for the changes in behavior and memory is the case with many illnesses that cause dementia. I also know that the granddaughter part of me had a case of denial, rock solid denial.

Sometimes denial is okay. It gives you a space of time between normal and a new normal. It is not okay when it continues at the expense of health and well being. Unfortunately, many have found that it takes a real crisis to cause change in a family system or pattern. Knowing where

to find assistance and support at those times can be a life saver, because planning really does save you time, resources, and some heartache.

My grandma gave me many gifts, this one without really knowing it. At one point during our family "denial time" Grandma and I were discussing forgetfulness. She told me that after 92 years, so many of her days looked the same - who could remember what was for lunch yesterday after years of lunches! But mind you, she wasn't complaining about a lack of variety, she told me that she had always liked the pattern of her life, and how it all, "seems to unfold slowly if you take the time to look and appreciate." *continued page 10...*





Medicare Workshops

The ADRC is offering Medicare Workshops for those over age 60 on the following dates/times (subject to change)

June 21st

10am – 12 noon

July 19th

2pm – 4pm

August 16th

10 am-12 noon

September 20th

2 pm – 4 pm

Featuring:

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

These workshops are held at the ADRC offices. \$5 donation

Your Benefits

Important Numbers
(Toll Free)

Social Security

Local: 866-270-8629
National: 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

Benefits for People with Disabilities

Information from Social Security (SSA)
See: <https://www.ssa.gov/disability/>

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.

Jerry's Story

Jerry is a 53-year-old father of four children. He's independent, has a house, raised a family and his adult kids still look to him for support. Jerry retired as a computer programmer in 2009 and competes and coaches in several sports. This "healthy, everyday Joe, living a normal life" has even participated in the Boston Marathon.

Jerry also has had a disability for over 35 years. In 1976 on December 3 (the same day that International Persons with Disabilities Day is recognized) Jerry was hit by a drunk driver. The accident left him as a partial paraplegic.

Jerry's life is not defined by his disability. He lives life just like anyone else without a disability would live their life. "There's lots I can do, and there are some things that I can't do," said Jerry. "I drive, I invest money. I'm not rich, but I'm not poor. I enjoy being healthy and being independent."

As a person with a disability, however, Jerry has experienced many barriers. Recovering from recent rotator cuff surgery, his rehabilitation specialists "couldn't see past his disability", administering tests and delivering additional rehabilitation visits that a person without a disability wouldn't receive. He once was being prepared for surgery when a nurse proclaimed, "he doesn't need an epidural, he's a paraplegic." Jerry had to inform the nurse that he

was only a partial paraplegic and that he would indeed need an epidural.

Once, Jerry was in line at the courthouse to renew his

parking permit and also renew his son's registration. He watched a worker walk down the line and ask people "what do you need?" When she got to Jerry and saw his wheelchair, he was asked "who are you here with?" And Jerry finds it difficult to go to concerts and baseball games with a large family or friends gathering, because rarely are handicap-accessible tickets available for more than two people.

Jerry has seen a lot in over 35 years as someone living with a disability. He's seen many of the barriers and attitudes towards people with disabilities persist. But he's also seen many positive changes to get people with disabilities physically active through recreational opportunities such as golf, fishing and even snow-skiing. There are now organizations that provide recreational opportunities in his area, where Jerry can work part-time coaching youth basketball and track.

Jerry states: "I don't expect the world to revolve around us. I will adapt – just make it so I can adapt."



Jerry's Story is from the real stories from People Living with Disabilities series by the Center for Disease Control and Prevention. See the website at:

<https://www.cdc.gov/ncbddd/disabilityandhealth/stories.html>

***The Olympian
Wisconsin Senior
Olympics
welcomes the
general public to
run or walk on
the beautiful
Lake Michigan
pathway in
downtown
Racine***

**Saturday
August 10th
See:**

**[https://
www.wiseniorolympics.com/page/The-Olympian-5K-10K-x-7730-41-15551.html](https://www.wiseniorolympics.com/page/The-Olympian-5K-10K-x-7730-41-15551.html)**

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

Call **833-8766** to make a reservation at one of our Dining Sites. Please call before 9:00 a.m. at least one business day in advance.

Dining Sites:

Burlington Senior Center

587 E State St, Burlington
 Weekdays at Noon

Lake Oaks Apartments

1916 S Wisconsin Ave, Racine
 Weekdays at Noon

Lincoln Villas North Apts

3919 Ruby Ave, Racine
 Weekdays at 11:30 am

Mount Pleasant Place

5820 Lincoln Village Dr. Racine
 Weekdays at 11:30 am

Living Faith Lutheran Church

2915 Wright Ave, Racine
 Weekdays at Noon

Salvation Army

1901 Washington Ave, Racine
 Weekdays at Noon

Union Grove Hometown Village

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

Spotlight on Mount Pleasant Place Dining Site



Mount Pleasant Place Senior Apartments, formerly Lincoln Villas South, is a beautiful Dining Site to share lunch with others.

Rose is the site manager at the site and takes joy in decorating the room, especially the tables to match the seasons and holidays. If you come around a holiday time, check and see when Rose is planning on holding a holiday celebration - she has treats and games and everyone has a great time.

There is parking in the rear of the apartment building. Enter off

16th Street and take the driveway that used to be the turn-in for the old Becker-Shoop Nursing Home. Take that driveway all the way to the back of Mount Pleasant Place-you will see a garage door with a sign for "Racine County Senior Dining". There are plenty of parking spaces available. Enter and go through the next door into the hallway. Turn left and go past 3 single doors on your left. The next is a set of double doors-enter there and sign-in at the table straight ahead. They'll be waiting for you.

Call the office if you have any questions or want to make a reservation to eat at any of our Dining Sites.

You can come alone, but you'll never eat alone.

Call to reserve your spot!
262-833-8766

Healthy Eating on a Budget



Create a Grocery Game Plan

Making a plan before heading to the store can help you get organized, save money, and choose healthy options.

- [Plan Your Weekly Meals](#)
- [Make a Grocery List](#)
- [Save More at the Store](#)



Shop Smart to Fill Your Cart

To get the most for your dollar, follow the tips in this section as you shop at your favorite food store.

- [Tips for Every Aisle](#)
- [Understand the Price Tag](#)
- [Read the Food Label](#)



Prepare Healthy Meals

Whether you're cooking for your family or making a quick snack for yourself, it's easy to make it healthy.

- [Kitchen Timesavers](#)
- [Cooking for Your Family](#)
- [Tasty and Low-cost Recipes](#)

Information from

<https://www.ChooseMyPlate.com>

Healthy Eating on a Budget—categories underlined contain further information on the website.

What foods are in the Protein Foods Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Generally adults need to eat 5 to 6 oz of protein per day.

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.

High Protein Snack:
From GWAAR

Chickpea Poppers

INGREDIENTS:

- 1 can (15 oz.) chickpeas, rinsed and drained
- Cinnamon
- Pepper
- Nutmeg

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Dry chickpeas on a towel to remove any excess moisture.
3. On a foil lined baking tray, evenly spread chickpeas, it may be necessary to re-dry them with a towel.
4. Season to taste with cinnamon, nutmeg, and pepper (try switching up seasonings for different flavors! Use zestier spices to make a spicy variety).
5. Roast for 40 minutes or until crunchy, stirring about every 10 minutes to ensure even baking.



Continued from Page 5

Her words led me to think of life's pattern.

Sometimes the sameness of days is labeled a rut, but I was thinking that it may be more like the smoothly rounded stones and "sea glass" which I love to find on the beach. Stones or broken glass start out with rough edges, then the waves go to work gently rocking or throwing about that rough pebble or bit of broken glass against its neighbors or perhaps against other elements like wind and sun, heat and cold, darkness and light. One day we find a smooth stone in the place of the rough. Through the action of our daily lives we, too, become polished.

My grandma was a very polished lady. When we visited, our best talks were of times past, and I learned things about grandma that I am sure I would not have had the chance to know if we had only shared current news and tasks of "normal life." She is gone, but her picture, from younger days, is often in front of me reminding me that I can still learn from her, and that I am still a work in progress in a "slowly unfolding sort of way." I also learned that sometimes you must look ahead and make plans for those rough patches and storms.

By Debra Mickelsen
Resource Specialist, ADRC

Support Groups for Family Caregivers

First Friday

12 Noon-1:00 pm

Caregiver Connection

Telephone Group

Call 833-8762 for call-in Information

June 7 July 5 August 1

Second Saturday

10:30 am- 12:00 Noon

Living Faith Lutheran Church

2915 Wright Ave, Racine

June 8 July 13 August 10

First Tuesday

1:30-3:00 pm

Yorkville United Methodist Church

17645 Old Yorkville Rd

(Just off of Highway 20, 3 miles W of I-94)

June 4 July 2 August 6

Third Wednesday

1:30-3:00 pm

Cross Lutheran Church

126 Chapel Terrace, Burlington

June 19 July 17 August 21

Alzheimer's Association Support Groups
(For Families dealing with any type of dementia)

First Thursday

10:30 am -12 Noon

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of the building)

June 6 July (will be held 7/11, same time, due to Holiday) August 1

Second Thursday

6:00 – 7:30 PM

Bethania Lutheran Church

4120 Wright Ave, Racine

(Park and enter in the back of building)

June 13 July 11 August 8

Living Well With Chronic Conditions

Maybe it's arthritis, or high blood pressure, or even cancer, depression or COPD. Your doctor told you what to call your condition - but it's been up to you to figure out how to live with it - everyday. Over 80% of older adults in the U.S. have at least one on-going health condition. That's a lot of people with the same questions you have.

What if you could feel better and do more?

Sounds like a big goal - but Living Well with Chronic Conditions workshops help make it possible. Decades of research - and thousands of people - have found that Living Well lives up to its promise. With the simple skills and the new habits you build, you can take better control of your health - and get back to doing what matters most.

Living Well is...

A proven program to improve health and well-being for people with long-

term (chronic) health conditions. Designed especially for older adult learners like you, you'll learn and share with others.

Living Well with Chronic Conditions (LW) is an evidence-based workshop that meets for 2½ hours, once a week, for six weeks in a community setting.

You will be provided with tools to better navigate life's "ups and downs" and increase their health knowledge. Research confirms that participants experience significant, measurable health improvements and quality of life. The small group (10-12 people) is highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Next Class of Living Well begins August 30th
Registration opens in June
Call Today!
262-833-8777

You can find the flyer on the ADRC

Website at:

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

For an online option see: <https://wihealthyaging.org/better-choices-better-health>

Ocean Walking

The ocean speaks in heart echoes and soul songs without words. Only feelings and senses and energy and dreams that fill any open spaces with laughter and love. I dance down the shore adding a few tears to the salty surf and feel renewed and often reborn. My body relaxes and heals while my spirit expands. All that exists is the present moment, and it is wonderful.

We all have a place that sings to us. Where do you go to heal your soul? Do you walk in the woods or curl up in a library? Meditate in a field or run

trails? Perhaps you have a hidden garden that calls to you or a rocky outcrop embraces you. Find that place that soothes your bruises, where you feel understood and accepted, where your heart opens and sings, and spend time there. Remember that you are a pure soul having a sensual physical experience that will mend your broken places.

Dr Elisa Robin

<https://elisarobyn.com/>

Blog Post 4/5/19

Reprinted with permission





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 has opportunities for care consultations that can be held at a location convenient to you. To arrange an appointment, contact Felicia at 262-833-8761.

Memory Café

Share your stories and socialize with others concerned about their memory.

Third Thursday of each month 1:30—3:00 pm

Join us at: Parkside Café,

1400 Highway 11, Union Grove.

New attendees RSVP to 800-272-3900

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

