

ADRC Connections

Newsletter Date Fall 2018

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center 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. We empower individuals to live with dignity and security, and achieve maximum independence and quality of life. Information and assistance is available at no charge to you. Elder and Disability Benefit Specialists are also available upon request for benefit needs. Call us Monday- Friday 8:00am- 4:30pm

What Caregiving Looks Like

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

What do you think of when you hear the word Caregiver? Many think of the person who provides hands on, daily care for a frail adult; usually involving help with dressing, feeding, bathing and mobility. While this person certainly is a caregiver, I'd like to challenge you to think about other possibilities of what caregiving looks like. There is the middle-aged son who stops for groceries on the way home from work for his mother, the daughter who takes her dad to his many doctor

appointments, the man in charge of cooking and cleaning since his wife is no longer able, and the woman who must take her husband with her to her hair appointment for fear his confusion would endanger him if left home alone.

To sum it up, you don't have to be providing 24/7 care to be considered a caregiver. Anyone who helps someone with something they used to do by themselves is a caregiver.



Let me give you a few examples:

- If you feel it is necessary to regularly check on your elderly neighbor and help with little jobs, then you are a caregiver.
- If you find yourself spending time making appointments for your mother and stopping at the pharmacy or grocery store for her amidst running your own errands, you are a caregiver.
- If you have stopped going to your weekly card club because you don't

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feel you can leave your spouse at home alone, you are a caregiver.

- If you spend time making phone calls to help your sister find an assisted living facility or to set up home care services you are a caregiver.

It is important to recognize yourself as a caregiver for several reasons. First, caregiving is often a role you do not anticipate and one that brings new challenges and responsibilities. Identifying yourself as a caregiver is the first step to handling the extra stress you may be feeling. Attending a caregiver support group, reading information on caregiver health, or talking to a trusted friend or professional about your situation are all good ways to gain support.

Second, identifying yourself as a caregiver can help you connect with community resources. Getting help from a home care agency, respite day program, home delivered meals, or a volunteer driver are some ways to reduce your stress as a caregiver. Information about these services is available at the Aging & Disability Resource Center (ADRC).

And finally, seeing yourself as a caregiver helps you understand the importance of the things you do and may result in involving others to help! Sharing tasks with family members, friends, or neighbors will take some of the responsibility off of you and provide even more support for the person receiving help.

No matter what your caregiving looks like, the assistance you provide is vitally important to the life of the person you are helping. It is often the difference between the person living in their own home and living in a care facility. If you are a caregiver, call the ADRC at 262-833-8777 and see how we can help!

A Hard Look at Caregiving

By Marilyn Joyce
Caregiver Support Specialist - ADRC

Dorothy took this afternoon off work to take her father to a medical appointment, pick up his new prescription, and make sure he has something to eat for supper. Now she's on her way home for after-work chores and children's homework needs. Paperwork for her Dad's medical and financial matters will be saved for after kids are in bed. Dorothy had planned to go back to school this year and gain more expertise and to hopefully improve her income. Instead, she has many days like this. Week after week, her check is short. Dorothy loves her dad and would do anything for him, but she worries a lot.

Richard helps Sharon, his 45-year-old daughter, into his car and folds her walker into the trunk. Sharon has been attending her once-a-week day program. She was hit by a car when she was just nine years old. She suffered a brain injury and will always require help with her daily needs. Since his wife passed away, that has been Richard's responsibility. He loves this girl who has grown up with many struggles. The tears come when he remembers milestones like teaching her to ride a bike. He feels refreshed now, from his time at the golf course. He also feels some jabbing guilt when he thinks about the multitude of chores he ignored today. Tonight, he may find it hard to sleep, as he thinks about what will happen to Sharon after he is gone. Someone has told him to call the ADRC for assistance with support and future planning.

Shirley is driving home from the walk-in clinic where she was treated for a back injury. Last night her husband William fell on the floor. Shirley tried to help him up. She heard a crack, and today she has great pain and can't stand up straight. She was given medication for pain and told to "take it easy for a few days and then follow up

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Transition to Adulthood

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. Whether you are considering moving out on your own and may need assistance in your new home, or are considering post-secondary education and want to know which schools have accommodations for people with disabilities or if you are 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 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.

See other Transition information at: https://www.adrc.racineco.com/site/446/transition_to_adulthood.aspx

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



Preparing for graduation and thinking about the future beyond high school is a very exciting time in anyone's life. The possibilities are endless.

Community Resources

This column highlights some of the many resources in our community. For more, see the [Community Resource Directory](#) available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racinecounty.com.

Everybody needs a little time away now and again. With the fall season, many times our schedules change, and while we are planning and preparing, there is often little thought given to self-care. The word respite conjures up different things to different people, but at the bottom it means taking some time off and taking a break from the everyday routine.

There are many possibilities for respite. Check out any of the ADRC directories (see: https://www.adrc.racinecounty.com/site/453/service_directory.aspx) to find information about respite, leisure

activities, and other programs and services that can help with that "little bit of time away." You can also call the ADRC weekdays between 8 am and 4:30 pm to talk to an information and resource specialist about your current situation, or to make plans for the long term. You can also request paper copies of any of our resource materials.



Call the ADRC at 262-833-8777



Meals on Wheels Needs Volunteer Drivers!



Provide seniors with a nutritious lunch and a friendly visit.

Volunteer drivers drive one day a week Monday – Friday with a time commitment of about 1.5 hours.

If you are interested in learning more about joining our excellent volunteer team, please call Ruth Stauersbol, Volunteer Coordinator 262-833-8766 or email ruth.stauersbol@racinecounty.com

Volunteer schedules are flexible. So, if driving one day a week does not work for you, volunteers can pick up open routes when it fits into their schedules.

We welcome teams of drivers from companies, churches, or other organizations to “Adopt” a route on a specific day each week.

***There is currently a critical need for drivers in the Waterford/Wind Lake area.**



Continued from page 2 ... **A Hard Look at Caregiving**

with your doctor.” “Fat chance,” she thinks. “I hope William’s not on the floor again when I get home.” She loves this stubborn man, who will not hear of anyone coming in to help her. It’s going to take courage to tell him she can’t do it all anymore. She remembers another person from her Caregiver Support Group who was in a similar situation a few months ago. Things are better for him since then. This gives Shirley hope.

Almost all long-term care in our country is provided by unpaid caregivers, usually family members. These brave and generous people usually have no preparation for their roles which may last for a decade or more. Here are a few facts that would be beneficial to know and act on early:

It Takes a Team

Caregiving is not an individual sport. It’s more like a relay event where people take turns and have time for rest and sustenance. This event could be years long and will likely involve a crisis or two. So, energy must be conserved! What’s more, the training for this event is mostly up to you. Oh, and you become a coach...for yourself, your team, the public, and sometimes medical providers!!

It is a Health Risk

Studies have shown that caregivers are more likely to have serious illnesses and even die prematurely than non-caregivers their age.

It has Financial Consequences

Caregivers often miss out on wages

or career opportunities, have out-of-pocket expenses such as travel or added childcare, or even give up jobs or careers.

It has Relationship Consequences

Friendships may change. You may become less connected with extended family, social engagements drop off, grandchildren grow and change, marriages and parenting may be strained. Each family is unique. We see estrangement and peacemaking occur in caregiving families.

It has Lifetime Consequences

Caregiving may change (in both positive and negative ways) how you planned to spend part of your life.

Its Effects Creep in Unnoticed

Burnout sneaks up insidiously, and you may not notice that you are living with exhaustion until it shouts at you through chest pain, digestive trouble, chronic anger, or depression.

Self-Care is the #1 Duty of a Good Family Caregiver!

Kindness, gentleness, and care for yourself are requirements **now**, not luxuries to keep in a box until you catch up with other things. Self-care is not selfish. Remember that there is caregiver support available through the ADRC.

Most former caregivers report feeling glad they filled this role

They say there were benefits they



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Your Benefits

Important Numbers
(Toll Free)

Social Security

Local: 866-270-8629
USA: 800-772-1313

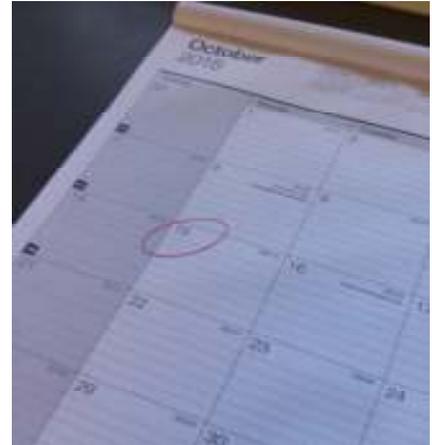
Medicare

1-800- Medicare
(800-633-4227)

Wisconsin Medicaid

Member services:
800-362-3002

**Wisconsin Kenosha Racine
Partners Consortium (WKRP)**
888-794-5820



**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](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.*

Medicare Open Enrollment is drawing near October 15th – November 7th

The Medicare Open Enrollment period is from October 15 until December 7 each year. For 2018 Medicare coverage, open enrollment ended on December 7, 2017. For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to

another.

- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exceptions apply).

For more information and assistance please contact: Aging & Disability Resource Center at 262-833-8777

Remember, Medicare plans can change each year

Information from: <https://www.medicare.gov/pubs/pdf/11220-Medicare-Yearly-Review.pdf>

Is my plan right for me?

It is always a good idea to look through all the available plans each year to determine if you are in the best possible plan for your needs.

The Medicare program can show you plans in your area that may:
Cost less; Cover your drugs; Let you go to the providers you want, like your doctor or pharmacy.

You can also get: An estimate of your out-of-pocket costs; and quality and customer service ratings from current plan members.

Important Medicare dates

September & October— Review & compare

Review: Your plan may change. Review any notices from your plan about changes for next year.
Compare: Starting in October, use Medicare's Plan Finder to find a plan that meets your needs. Visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan).

October 15—Open Enrollment begins

This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

Decide: October 15 is the first day you can change your Medicare

coverage for next year.

December 7—Open Enrollment ends

In most cases, December 7 is the last day you can change your Medicare coverage for next year. The plan has to get your enrollment request (application) by December 7.

January 1—Coverage begins

Your new coverage begins January 1 if you switch to a new plan. If you stay with the same plan, any changes to coverage, benefits, or costs for the new year will begin on January 1.

Making changes to your coverage after January 1

Between January 1–February 14, if you're in a Medicare Advantage Plan (like an HMO or PPO), you can leave your plan and switch to Original Medicare. If you switch to Original Medicare, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form. In certain cases, you may be able to make other changes if you qualify for a Special Enrollment Period. Visit [Medicare.gov](https://www.Medicare.gov), or call 1-800-MEDICARE (1-800-633-4227) to learn more. TTY users can call 1-877-486-2048.



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 call the ADRC

Menus:
You can find the menus for coming months in your local newspaper, or online at: www.adrc.racinecounty.com

Racine County Senior Nutrition Program

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 Apartments
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

“If you don’t vote, you don’t count” *Justin Dart, Disability Advocate*

Information provided by The Wisconsin Disability Vote Coalition which is a project of Disability Rights Wisconsin and the Wisconsin Board for People with Developmental Disabilities.

November 6, 2018 election:

- You can register to vote online at <https://myvote.wi.gov/en-us/>
- Or you can register to vote before the election by mail, at your municipal clerk’s office, or at your polling place on election day
- Don’t forget your Proof of Residence document.

You must have an acceptable Photo ID to vote. Find out about the ID you can use at <https://www.bringitwisconsin.com/>



- A free state ID is available from the Department of Motor Vehicles: 608-266-3491.
- If you need help getting an ID or getting to the DMV call the ACLU voter helpline at 608-285-2141.

Can’t make it to the polls? Vote absentee: <https://myvote.wi.gov/en-us/VoteAbsentee>

Questions? Call Wisconsin Election Commission at 1-866-VOTE-WIS (866-868-3947), see website <https://elections.wi.gov/> or email elections@wi.gov

For help with disability related voting questions or help filing a complaint, call Disability Rights Wisconsin Voter Hotline: 844-347-8683

The Best Fruits and Veggies to Eat This Fall

The list begins with:

Apples - These sweet, crunchy fall favorites are packed with antioxidants. Choose from over 7,500 different types.

Beets – Available year-round, but beets are at their best in the Fall. Besides the familiar reddish-purple color, you can also find golden, white, and even multicolored beets. When shopping, look for firm, smooth bulbs and (if attached) bright, crisp greens.

Brussels Sprouts and Cabbage – Packed with vitamins A and C, cabbage and its mini-me, Brussels sprouts, boast high concentrations of cancer-fighting glucosinolates (which also lend these veggies their distinct flavor).

Cranberries – Between the size of a blueberry and a grape, cranberries taste their best October through November. Only 5 % actually make it to the fresh produce section (the other 95 % are dried, canned, or turned into juice).

Rutabagas and Turnips – These root veggies aren't winning any beauty pageants with their bulbous shape, but what they lack in looks they make up for in nutrition. The turnip greens are a source of calcium, and one cup of raw rutabaga offers a respectable three grams of fiber.

Recipe for You

Healthy and Delicious Southern Turnip Greens

Ingredients:

1 (14 oz.) can chicken broth
 ¼ teaspoon ground black pepper
 1 ½ cups water
 1 pound turnip greens, chopped
 3 tablespoons extra-virgin olive oil
 ½ teaspoon white sugar
 ½ teaspoon salt

Bring chicken broth, water, oil, salt and pepper to a boil in a stockpot. Add turnip greens and sugar and return to a boil; reduce heat to medium-low and simmer, stirring every 15 minutes, until greens are tender, at least 30 minutes or up to 2 hours.

Of course: Traditional seasonings for southern greens are bacon grease or ham. This healthier version is a delicious alternative. Serve as-is or with sautéed bell peppers, onion, and garlic.



ADRC

Connections is published

Quarterly. If you have questions or concerns you would like to see

addressed in the ADRC News please call us at 262-833-8777 or

email:

adrc@racine county.com



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would not have gained any other way including:
Sense of purpose;
Chance to “give back” to a loved one;
Opportunity to understand life more deeply;
Education in many ways you never expected.

Do you meet the needs of a parent or parents who can no longer do so for themselves? Do you have an adult son or daughter who needs your assistance because of a birth condition or an illness or accident any time in life? Has your spouse lost the ability to make decisions for him- or herself and participate in household responsibilities? Do you feel swamped in paperwork related to a relative’s financial and medical affairs? You are a family caregiver.

November is Family Caregiver Month. Join us as we celebrate and show appreciation for all you do, but truly, do remember to celebrate and care for yourself as well, all year long.

*May I have...
Serenity to accept
the things I cannot
change,
Courage to change
the things I can,
and
Wisdom to know
the difference.*



Support Groups for Family Caregivers

First Thursday 10:30 am-12 Noon Alzheimer’s Association Group

For Families Dealing with Alzheimer’s and other Dementias
Bethania Lutheran Church
4120 Wright Ave (enter at back of bldg)

Sept 6 Oct 4 Nov 1

First Friday 12 Noon-1 pm “Caregiver Connection” Telephone Group Call 262-833-8762 to pre-register

Sept 7 Oct 5 Nov 2

Third Tuesday 1:30-3:00 pm Yorkville United Methodist Church 17645 Old Yorkville Rd. (3 Miles West of I-94, Just north of Highway 20)

Sept 18 Oct 16 Nov 20

Second Saturday 10:30 am–12 Noon Living Faith Lutheran Church 2915 Wright Ave Enter at back of building (on South side)

Sept 8 Oct 13 Nov 10

Third Wednesday 1:30-3:00 pm Cross Lutheran Church 126 Chapel Ter, Burlington

Sept 19 Oct 17 Nov 21

Second Thursday 6:00-7:30 pm Alzheimer’s Association Group *For Families Dealing with Alzheimer’s and other Dementias* Bethania Lutheran Church 4120 Wright Ave (enter at back of bldg)

Sept 23 Oct 11 Nov 8

What is a Sip & Swipe Café®?

...It's a place where older adults can get free self-paced lessons on how to use a tablet.

The program covers: Basics of a tablet — Searching the Internet — Email — And more.

Learners read on-screen instructions and learn at their own pace. Coaches are there to encourage learners and answer questions. **And we are looking for coaches!**

Volunteer Coaches are needed for our Sip & Swipe Café® Tablet Training Program! Call about

potential cafés scheduled, and know that with more volunteers, we can offer more classes! If you are familiar with a tablet and would like to help older adults learn about this neat technology, then volunteering as a Sip & Swipe coach is for you!



*For more information on **Sip & Swipe** and how to become a volunteer coach, or for information on **Music and Memory**, please call Elizabeth at the Aging and Disability Resource Center of Racine County, at 262-833-8762. elizabeth.trudeau@racinecounty.com*

What is Music and Memory?

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers. The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists, using iPods. We provide training on use of the iPod and ongoing technical and musical support.

There are several wonderful things that personalized music can do! Beloved music can help to reduce depression and anxiety and can also moderate pain.

Musical favorites can tap deep memories and can improve quality of life.

Participants are happier, more social, and more receptive to care.

Personalized music can help reduce

reliance on anti-psychotic, anti-depressant, and pain medications.

This program does not utilize music therapy. As per the American Music Therapy Association website, "Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program." The Music and Memory program uses personalized music to enhance quality of life.



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 openings 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 Has Moved!

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



Join us on November 2, 2018 for our Annual Caregiver Appreciation Day
“A Recipe for Healthy Caregiving.” to be held at Grace Church in Racine. A flyer for
the program has been inserted in this edition of ADRC Connections.