

ADRC Connections

Newsletter Date Summer 2017

Connecting You to Your Community's Resources

Summer Safety Tips

The summertime is a time of fun and relaxation for most people. For adults with disabilities and seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips to use to make sure everyone has a fun, safe summer.

Stay Hydrated

Exposure to summer heat requires additional water. The body uses a great

Continued on page 7

Caregiver Support

Medication Management & Safety

Herb, is a retired carpenter. He's 84 and lives with his wife Ann. He has arthritis in his hips, knees, and spine, and difficulties with his hearing. Despite a lot of pain and poor mobility, Herb can care for himself and attend doctor appointments alone. His primary physician has sent him to a specialist, who prescribed a strong medication for the pain and inflammation.

Herb is in a lot of discomfort on the way home, so he goes to a pharmacy near the clinic instead of the one he usually uses. As soon as he gets home, he takes his new medicine as well as his next dose of Ibuprofen. Herb feels better at first, but as time goes on, he becomes weak and

lethargic and has abdominal pain. Ann also notices that he is very pale. She contacts the doctor. It turns out that Herb is anemic due to bleeding in his digestive tract. Herb was taking an over-the-counter anti-inflammatory drug with the same intended effects and side effects as his new prescription - digestive tract irritation and bleeding. Either Herb wasn't told to stop one drug before starting a new one, or perhaps he did not hear those instructions or remember them and act on them.

Medication management is an important aspect of being a Family



Caregiver, and it is often a signal that more caregiving may be necessary soon. It brings up several questions:

- What medications are prescribed and why?
- What over-the-counter remedies are being used?
- Are there any special instructions (e.g. with or without food, what to avoid, or how to store the medication)?
- What are symptoms of allergic reaction, side effects, and drug

Continued on page 2

Inside this issue:

Summer Safety 1

Community Resources 3

Senior Nutrition 4

Volunteer Highlight 6

Benefit Information 9

Support Groups for Family Caregivers 10

Caregiver Opportunities 12



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continued from front page

- interactions
- What are signs that the medication has its intended effect and how soon can improvement be expected?
- How and when should you take a hand in medication management?

That's a lot of responsibility! Some ideas:

Keep a complete, current list of medications and take it with you to appointments. Also, have it where it can be easily accessed by others caring for your loved one.

Be sure all doctors and other health care providers are aware of all medications a person is receiving (including over-the-counter and supplemental preparations).

Use only one pharmacy if possible. Pharmacists have specialized training in medications and drug interactions. They keep records and flag accounts as necessary for possible problems.

Watch for changes Is the desired effect being achieved? Is there a new problem? **Be alert for signs of an allergic reaction**, like rashes, itching, swelling, digestive disturbances e.g. pain, vomiting or diarrhea. Stop the drug and call the doctor. **NOTE: The most severe sign of allergy is Anaphylactic Shock, which brings swelling in the mouth, face, and neck and difficulty breathing. CALL 911 immediately if you notice any of these symptoms.**

Be aware of unwanted side effects: Some common ones are drowsiness, agitation, increased dementia or confusion, digestive disturbances, constipation, and headache. Read the side effects sheet provided by the pharmacy. Report changes in condition – dosages may need “tweaking”, especially as people

become older and more sensitive to medication

Ask the experts: Pharmacists have a wealth of knowledge and are usually available to address your questions and concerns or consult with the prescribing professional.

Help is Needed

There are two categories of assistance with medication: reminders and administration.

The person needing only “medication reminders” is able to access the needed dose, take it, and remember that it has been taken. This requires mobility, vision, planning, and memory. Having doses set up by a family member, health care worker, or the pharmacy makes taking that dose a simpler task. A reminder can be done by phone, in person, or even a device installed in the home.

Phone and medication administration systems require the care receiver to be able to reach the medication, see well enough to get the right dosage, complete the task of taking that dose, and then remember that it has been taken. In-person reminders ensure that the medicine is actually taken, and help can be provided if needed, e.g. assistance in opening bottles.

When the person helping actually gives the medication, that is called medication administration, and it requires more training and supervision. If you need to hire help with this, it will generally cost more than just the reminders. Not all home health agencies offer medication administration, and most have a minimum charge equal to 1-2 hours of service. This is often why many families take over this responsibility at least part of the time.

Transition to Adulthood

Recreation and Leisure Activities are things you participate in for fun, enjoyment and socialization. Development of recreation and leisure skills begins at a young age, but acquired skills extend into adulthood, and new skills can be added as the individuals mature and their interests expand. Involvement as an adult in community activities requires additional effort to become involved and to participate

Recreation and leisure skills are important to promote a healthy life style. In addition to being fun, these activities foster friendships, develop self-esteem, improve motor skills and contribute to physical fitness. They may also help develop job skills such as teamwork, punctuality and following through on a task.

The following list provides ideas for recreation and leisure activities that can take place in a variety of settings. Consider the list below as a starting place for ideas. Many of these activities can be done alone, with a friend or in a small group:

- Care/Play with a pet
- Cooking
- Doing a puzzle
- Gardening, indoors and outside
- Listening to music
- Painting, drawing
- Play cards or games
- Playing an instrument
- Playing basketball
- Playing Frisbee
- Reading
- Sewing



Continued on page 6

Community Resources

The ADRC has a variety of resource materials that you can request or get on our website. You may also want to consider speaking with one of our information and referral specialists who can help you navigate the resources and programs available in Racine County.

Our Directories (found at: http://www.adrc.racinecounty.com/site/453/service_directory.aspx)

Community Resource Directory—general information slanted toward the needs of Seniors.

Living Options in Racine County—from home to nursing home and everything in between.

Mini Resource Directory(Emergency, Behavioral Health and other)

Resources for **Adults Living with an Intellectual Disability**

Resources for **People Living with Physical Disabilities**

Racine County Transition Directory (Disabled ages 17 1/2 to 21)

Empower Your Life - Tips for emotional well-being - Booklet

Be The Voice -Tips for Advocacy Booklet

Emergency Resources—brochure regarding basic needs—food, clothing, and shelter.

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



Menus:

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

**Salmon**

is not only a wonderful source of protein, but also contains Omega-3's, Vitamin D, Vitamin A, Vitamin B-12, Selenium, Zinc, Phosphorus, Calcium, and Iron! (Organicfacts.net).

! If you have leftover, add it to a veggie filled lettuce salad with some dried, fresh or frozen fruit, a little cheese, some nuts or seeds and you have another quick, healthy meal.

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. one business day in advance.

Dining Sites:

Burlington Senior Center 201 N Main St Burlington, WI Weekdays at Noon

Lake Oaks Apts 1916 S Wisconsin Ave Racine, Weekdays at Noon

Lincoln Villas North Apartments 3919 Ruby Ave, Racine, Weekdays at 11:30 am

Mount Pleasant Place (former Lincoln Villas) 5820 Lincoln Village Dr, Racine, Weekdays at Noon

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

Quick and Easy Meals

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 4: 4-1-17 by Lauren Mickley

In our fast-paced world filled with obligations and opportunities, it can be easy to opt for dining out rather than fixing our own food. But, eating homemade meals can be beneficial and much simpler than you think! While it is equally possible to choose healthy meals at restaurants, and add harmful ingredients to meals at home, most professionals agree that eating at home gives the consumer the power to choose better ingredients. According to food and nutrition consultant Judy Barbe, MS, RDN, "Because you have more control over what you're eating when you choose to prepare it yourself, it's more likely that it will contain fewer calories than restaurant meals". Eating at home doesn't have to be a huge ordeal either! There are thousands of recipes that are

quick, easy, and most importantly; healthy. They are waiting for you to discover and try them!

Baked Herbed Salmon

Makes 4 servings in only 25 minutes! 6 steps and 45% of your daily protein needs. This recipe is brought to you from: <http://www.yummly.co/#recipe/Baked-Herbed-Salmon-1064708>

Ingredients: 4 salmon fillets, thawed per packaging 1 teaspoon dried dill weed 1 teaspoon dried rosemary 1/2 teaspoon dried parsley 1/2 teaspoon salt (optional) 1/4 teaspoon pepper lemon

Directions: 1. Preheat oven to 400 degrees. Prepare cookie sheet by lining with parchment paper or aluminum foil. 2. Mix dill weed, rosemary, parsley, salt and pepper together in a little bowl. 3. Place salmon on cookie sheet. 4. Sprinkle each salmon with herbs. 5. Bake for 20 minutes or until internal temperature of the salmon reaches 145 degrees. 6. Top with lemon juice and serve with favorite

Food Safety at the Farmers Market

Shopping at a farmer's market is a great way to get locally-grown, fresh fruit, vegetables, and other foods. Many markets have their own food safety rules, and vendors must comply with them, as well as any applicable government regulations. But, there are also basic guidelines that you should follow to ensure that the farm-fresh food is safe.

Produce

- Before and after preparing fresh produce, wash your hands for 20 seconds with warm water and soap.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting or cooking. We don't recommend washing fruits and vegetables with soap or detergent or using commercial produce washes.
- Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria present on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within two hours after preparation.

Juices and Cider

- Check to see whether the juice or cider has been treated (pasteurized) to kill harmful bacteria. Pregnant women, children, older adults, and people with weakened immune systems should drink only pasteurized or treated juice.

Milk and Cheeses

- Don't buy milk at a farmer's market unless you can confirm that it has

been pasteurized. Raw milk can harbor dangerous microorganisms, such as *Salmonella*, *E. coli*, and *Listeria*, that can pose serious health risks to you and your family.

- Pregnant women, older adults, and people with weakened immune systems are at higher risk for illness caused by *Listeria*. One source for this bacteria is soft cheese made from unpasteurized milk. If you buy soft cheese (including feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso fresco, and panela), check the label to make sure that it's made from pasteurized or treated milk.

Eggs

- Make sure that eggs are properly chilled at the market. FDA requires that untreated shell eggs must be stored and displayed at 45°F.
- Before buying eggs, open the carton and make sure that the eggs are clean and the shells are not cracked.

Meat

- Make sure that the meat is properly chilled at the market. Meat should be kept in closed coolers with adequate amounts of ice to maintain cool temperatures.
- Bring an insulated bag or cooler with you to the market to keep meat cool on the way home.
- Be sure to keep meat separate from your other purchases, so that the juices from raw meat (which may contain harmful bacteria) do not come in contact with produce and other foods.

Source: www.Foodsafety.gov



*Fresh, locally grown foods are important for a number of reasons. We encourage everyone to educate themselves on where their food comes from. Only then can they choose food items that have a positive impact on their bodies, their communities and their environment. See the **Farm Fresh Atlas** at: <http://www.farmfreshsewi.org/>*



Gene & Maryann Prudhom

Two years ago, Gene and Maryann saw an ad for Meals On Wheels Volunteers Needed in the Racine Journal Times and they thought they'd give it a try. Gene and Maryann called and set up a day to shadow a driver to see what Meals On Wheels was all about.

Once they decided to get started, they selected one of our open routes and have driven the same route once a week on Wednesday's. If their schedule allows, and we need a substitute driver on their route, they gladly fill in.

Gene and Maryann are a good team. Gene drives and Maryann gets the meal ready to deliver.

They have gotten to know the people on their route over the years and know who gets what type of beverage and what order the meals are delivered.

The Prudhom's say they have fun delivering Meals On Wheels and have encouraged people they talk to, to give it a try. Maryann shared it has gotten them out of the house and they know they bring pleasure to the people on their route.

If you would like more information about becoming a Meals On Wheels Volunteer, please call Ruth Stauersbol at 262-898-1370 or email her at

ruth.stauersbol@racinecounty.com

Meals On Wheels Senior Nutrition Program has an immediate need for Volunteer Drivers. Usually a volunteer will drive one day a week (M-F) with a time commitment of about 1 – 1.5 hours. Schedules are flexible. Meal pick up is between 10am – 11:45am at 2200 DeKoven Ave, on the East side of building. Mileage stipends are available.

For more information, please call Ruth Stauersbol, Volunteer Coordinator at 262-898-1370 or email her at ruth.stauersbol@racinecounty.com

Transition

- Star gazing with a telescope
- Talking on the phone
- Using the computer
- Watching TV or a movie
- Working on a hobby

Community-Based Activities

- Biking
- Bowling
- Church Groups
- Eating out
- Fishing
- Hiking
- Playing bingo
- Playing pool
- Running, indoor or outside
- Shopping

continued from page 3

- Singing in a choir
- Soccer
- Special Olympics
- Swimming
- Visiting museums
- Walking
- Working out at a health club

Information adapted from the Racine County Transition Directory. Call the ADRC to request a copy of this or any of our other directories. 262-833-8777.

See online at:
http://www.adrc.racinecounty.com/site/453/service_directory.aspx

Summer Safety Tips

deal of water through skin-cooling perspiration.

Talk to Your Doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home.

Keep Your Cool

Even small increases in temperature can shorten the life expectancy for those who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if your own home isn't air conditioned. Contact the ADRC of Racine County at **262-833-8777** to inquire about resources in your area.

Stay in Touch

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of others. Caregivers should check on the health and welfare of their loved ones at least twice a day.

Know Who to Call

Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

Dress for the Weather

Stock your summer wardrobe with natural fabrics (such as cotton), light-colored and loose-fitting

...continued from front page

clothes to help feel cooler and more comfortable.

Protect Your Eyes

Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision. Plus, they can be a fashionable way to keep your eyes safe.

Rub on Sunscreen and Wear Hats

Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

Apply Bug Spray

Use mosquito repellent to help reduce the risk of getting bit by mosquitoes and ticks. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.

Exercise Smart

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing, shoes and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

Be sure to follow these tips and have an enjoyable, safe, and fun-filled summer.



Ready to get involved?



Make a difference! Volunteers can reap satisfaction and benefits of volunteering by becoming involved in their communities. Not sure how volunteering can be a personal benefit to you? Here are four reasons to give a little time.

1. Growth

Volunteers see growth and change. This reinforces the volunteer's own sense of worthiness and vitality in the program.

2. Enrichment

There's nothing more fulfilling

than realizing how much of an impact a volunteer can make. Just a few hours of helping can turn into a lifetime of opportunity, which is one of the greatest benefits of volunteering.

3. Learning

Volunteer opportunities often allow people to try new activities or learn new skills.

4. Friendships

When like-minded people get together, friendships are formed. By giving just a few hours a week, lifetime friendships may be established.

Volunteer Guardians Needed

Do you have 3 – 6 hours a month to offer? Would you like to make a difference in the life of a vulnerable individual? Please consider becoming a Volunteer Guardian.

What is a Volunteer Guardian? He/she is a person appointed by the Probate Court to make

decisions for someone who is unable to do so for him or herself. People who may need guardians include: someone who is Elderly, developmentally disabled, Chronically

Mentally Ill, or has suffered a Brain Injury.

The role of the Volunteer Guardian is to monitor, visit with, speak for, and protect the dignity of a person in need.

A guardian must be a Wisconsin resident, at least 21 years of age, complete an application, and pass a background disclosure.

By becoming a Volunteer Guardian, you will experience one of life's greatest benefits: the satisfaction of helping someone in need.

Please call **262-898-1370** or email **ruth.stauersbol@racinecounty.com** today for more information.



Your Benefits

Important Numbers

(Toll Free):

Social Security

Local: 866-270-8629

USA: 800-772-1313

Medicare

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

Racine County Veterans Service Officer

Local: 262-638-6667

Wisconsin Medicaid—

Member services: 800-362-3002

Wisconsin Kenosha Racine Partners Consortium

Equitable Relief: Medicare and the Marketplace

The Center for Medicare and Medicaid Services (CMS) has announced an opportunity for Equitable Relief for some people who decided not to sign up for Medicare Part B while they were in a Marketplace plan. CMS has determined that some people may not have obtained sufficient information to make an informed choice regarding whether to enroll in Part B or not. Two Equitable Relief options are available. One option involves the opportunity to enroll in Part B; the other option is a Part B late enrollment penalty reduction. Requests for these two types of Equitable Relief must be received

by Social Security by September 30, 2017.

People who are still in their Initial Enrollment Period cannot request either type of Equitable Relief. If a person's Initial Enrollment Period started on or before March 1, 2013, they will not be eligible for this Equitable Relief offer. (This is because the Marketplace was not yet available.) Those requesting enrollment into Part B must be receiving Premium-free Part A. Those requesting that a Part B penalty be reduced must have enrolled during a General Enrollment Period in 2015, 2016, or 2017. Some other exclusions apply. If you think you might be eligible, you should apply for Equitable Relief; Social Security will determine eligibility.

To request Equitable Relief, you should go to your local Social Security office or call 1-800-772-1213. Tell Social Security that you want to enroll in Medicare Part B based on Equitable Relief and the Marketplace or that you think you are eligible for a decreased penalty. You will need to provide some proof that you were enrolled in a Marketplace plan. Examples of acceptable documentation include: a Marketplace eligibility determination notice, IRS Form 1095-A, or Marketplace premium invoices and proof of payment. Additional information about proof can be obtained from Social Security. The request for Equitable Relief must be received by September 30, 2017.

Call the ADRC if you need a referral to the Elderly Benefit Specialist (those over age 60), or the Disability Benefit Specialist (those under age 60) we can help!



ADRC Connections is published Quarterly.

If you have questions or issues you would like to see addressed in the ADRC Connections Newsletter please contact us at 262-833-8777 or email ADRC@racinecounty.com



*For information and guidance about forming a **Care Team**, or for more information about other care scheduling aids, call Elizabeth at **262-833-8762***



Continued from Page 2

Medication management is a caregiving chore that must be done over and over. Many families find it helpful to divide this duty among family members. This requires good communication and setting up a schedule of who gives which dose. A family can form a Care Team to coordinate these efforts. There are also websites which make scheduling and record-keeping easier. For information and guidance see the note on the left.

What about Herb and Ann?

Herb accidentally overdosed on anti-inflammatory medications, leading to a life-threatening situation. With treatment and medication control, his condition improved. From now on Ann will accompany Herb to his medical appointments and together they will make sure they understand all concerns and instructions.

Ann realizes that she is beginning to play the role of caregiver, and she plans to find out more about Caregiver Support through the ADRC.

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)

June 1 July 6 Aug 3

First Friday 12 Noon-1pm

"Caregiver Connection" Telephone Group

Call 262-833-8762 to pre-register

June 2 July 7 Aug 4

Second 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)

June 13 July 11 Aug 8

Second Saturday 10:30 am-12 Noon

Living Faith Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

June 10 July 8 Aug 12

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

June 21 July 19 Aug 16

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)

June 8 July 13 Aug 10

Stepping On—Building Confidence and Reducing Falls

Stepping On is a seven week, two-hour course about falls prevention, for adults 60 and better. During the course, participants learn exercises specific to balance and falls prevention, along with a multitude of other topics that relate to falls prevention, such as footwear, home hazards, and sleep. The facilitators schedule several guest speakers who are experts in their fields, such as medication and vision, who chat with the participants about how that topic relates to falls.

Participants who finish the course develop more confidence in themselves and their walking, as well as being much more informed about falls prevention. One former participant said, "This class has been

informative and enjoyable. The exercises, though simple were effective. Guest instructors were excellent and always informative. Instructors were thorough and enjoyable. Classes were never dull and I enjoyed each session."

Participants not only learn about falls prevention from the facilitators, but learn from each other as well, and can form friendships and help each other to reach their balance and mobility goals.

If you are interested in being notified as to when upcoming classes will be held in Racine County, please contact Elizabeth Trudeau at (262) 833-8762.



Caroline Ludka with the **Wisconsin Office of the Deaf and Hard of Hearing** will start having office hours at the ADRC the 2nd Friday of every month from 9:30-11:30 a.m.

You can meet with Caroline 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 to make an appointment.

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

Tips and Equipment

The Handybar is a simple device that helps the user to get in and out of their vehicle easily. The metal end of the Handybar sits in the U-shaped striker on the door frame of the vehicle, and can then be used as support when getting in and out. It can then simply be stored in the vehicle to be used when needed. The Handybar pictured here also has a window breaker and a seatbelt cutter, to be



used in an emergency. This Handybar is available at Walmart, Home Depot, and Walgreens, among other stores, and can be found online as well.

Ask us about the **File of Life**, a tool for tracking your health information that can help in an emergency situation as well.



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Consultations:

For upcoming dates, or to arrange an appointment with an Alzheimer's Association staff member, contact Felicia at 262-833-8761.

Memory Café

Share your stories and socialize with others who have worries about their memory.

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

Old Settlers Bowling Center
1500 15th Ave, Union Grove,
First time attendees please

RSVP to Wendy Betley at
800-272-3900

Ask us about:

- Free Memory Screens
 - Share the Care Program
- 262-833-8777**

Save the Date!

