

ADRC Connections

Newsletter Date Winter 2018

Connecting You to Your Community's Resources

Aging In Place

What does it mean to age in place? This may look different for each one of us. A 2018 AARP survey indicated that 76% desire to stay in their forever home and only 59% expect that they will. Things that could affect the ability of seniors to remain in their home include: home modifications, transportation, household tasks and social isolation.

Whether you are looking at your own situation or options for a loved one, contact the Aging and Disability Resource Center (ADRC).

ADRCs provide a central source of reliable and objective information about a broad range of programs and services, and helps people understand and evaluate the various options available to them. By enabling people to find resources in their community and make informed decisions about long-term care, ADRCs help people conserve their personal resources, maintain self-sufficiency and delay or prevent the need for potentially expensive long-term care.

Staying In Your Home

Information by LongTermCare.gov
See: <https://longtermcare.acl.gov/index.html>

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

consider including:

- The condition of your home - Whether it can be modified, if necessary, to accommodate a wheelchair or other devices/equipment



- The availability of long-term care services in your area, such as adult day care or nearby medical facilities
- How “aging-friendly” your community is—does it offer public transportation, home delivered meals and other needed services?
- Tax and legal issues

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

Support Services

In-home and community services can
Continued next page

Inside this issue:

Aging In Place 1

Community Resources 3

Volunteer Highlight 4

Benefit Information 6

Senior Nutrition 8

Support Groups for 10

Caregiver Opportunities 12



Staying in Your Home

...Continued from front page

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

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

Good to Know

Contact your **ADRC -262-833-8777-** to see what services are available in your community.

Typical Home Modifications

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

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

- Handrails
- Wider doorways for wheelchair access
- Stairway chair lifts

Costlier modifications

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

Do you qualify for financial help?

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

Modifying your rented residence

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

Assistive Technology

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

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

Continued on page 10

Something New—Supported Decision Making

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

Role of Supporter

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

Supporter can:

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

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

Find more information on Supported Decision Making at: <https://gwaar.org/guardianship-resources> , and find the forms at: <https://www.dhs.wisconsin.gov/library/f-02377.htm>

You can also contact the ADRC.



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@racinecounty.com

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

Considering moving to a different living option? There are resources to help you downsize, to organize, and more. See “Moving Assistance” on page 72 of the Community Resource Directory. You can request a copy by calling the ADRC or find it online at:

https://www.adrc.racinecounty.com/site/453/service_directory.aspx

Another useful tool—“Considering a Move? The Cost Calculator Can Help” is a publication that helps you consider the costs of staying in your home or moving to another type of housing

option like assisted living. It can be found online at: <https://www.dhs.wisconsin.gov/publications/p0/p00546.pdf> , or you can also request a copy from the ADRC.



Volunteer Highlight—Ernest Dinda



Ernie Dinda began volunteering for Meals On Wheels (MOW's) in June of 2017. When asked why he became a MOW's volunteer he said, "I wanted to give back to the community and help others."

Ernie started off delivering meals one day a week. Once he became familiar with the MOW's delivery routine, he began picking up extra days to drive. Some weeks Ernie drives as many as

four days a week. He said he enjoys seeing the "many happy faces of the folks we deliver to. The one gent Mr. K will joke with me about the A team vs. the B team."

If you've ever thought about becoming a MOW's volunteer, Ernie says "Do it, giving back is it's own best reward." Please call Ruth Stauersbol at 262-833-8766 or email her at ruth.stauersbol@racinecounty.com to learn more about becoming a volunteer driver.

A Tale of Two Decisions

By Marilyn Joyce RN

Power of Attorney

Ken and Joy, who are both 69 and have been married for forty years, attended the Memorial Service of one of their best friends a few days ago. Hearing the story of their friend's end of life and decisions that had to be made by his wife, they have begun to discuss their own mortality. Coming to the point of talking about these things can be uncomfortable, or from another point of view, it can be seen as an important part of their life together. They've heard about the details their friend's family went through trying to come to agreements on topics they didn't want to think about during a crisis. There were disagreements and hurt feelings piled onto this very sad event. "If only we had prepared for this. We never got any farther than 'joking about croaking," the wife confided to Joy.

So, Ken and Joy have decided to make preparations, they've called the ADRC and found that Power of Attorney for Health Care (POA-HC) is a document that they can complete in their own home. They get a copy of the form and instructions and begin..... Ken has chosen Joy as his Agent, she has agreed to act as such, and they will find two appropriate witnesses to sign their names to a statement that Ken is "of sound mind" at the time he makes the document. Likewise, Joy makes her document, naming Ken as her agent. If they become care partners and a situation arises that one needs to make medical decisions for the other, they do understand the importance of understanding and acting on each other's wishes as those wishes were expressed with a sound mind. They can have a friend or family member as a secondary choice if they both become incapacitated.

Continued next page

**See The
Advance
Directives
Graphic on
page 7**

They cannot legally make those medical decisions for each other until a Declaration of Incapacity has been signed by two physicians or a physician and a psychologist. This means that the POA-HC is activated. Incapacity is the inability to receive and comprehend information about one's medical condition and treatment decisions to be made, and the ability to express one's own choices related to these matters.

The main concept behind a POA-HC is that the Agent and the Principal person know each other well enough to understand what the Principal would want if they could understand the situation and communicate his/her own wishes. The agent should understand what living well near the end of life means to this person.

There are other types of advance directives available in Wisconsin, and all of them allow you to create them without having to use an attorney. These include Power of Attorney for Finance, and the Living Will- which is about specific instructions addressed to the attending physician of what treatment plan to consider if you are in one of several specific situations. The only exception is a Do Not Resuscitate order which is created by the person and their physician.

Guardianship

Sarah is 80 years old and lives at home. She has been diagnosed with

moderate stage dementia, probably caused by Alzheimer's Disease. She has had short-term memory problems for several years, however, she is not aware of her deficits, and has been unwilling to make any kind of advance directive. When her family tries to pose this question to her, she sometimes yells: "You just want to a stick me in a nursing home!" Other times she'll seem to understand, but before the document can be brought to her, she has forgotten the agreement and becomes angry again.

Sarah is not capable of seeing "the big picture" of the hazards she faces, the consequences of a mishap, or the worry and anguish her family is experiencing. Due to the POA-HC not being completed, Sarah will need a guardian to make decisions in her best interests. The family contacts probate court to start the process.

Considerations that families face may include:

- Determining who will be named guardian, and what is the decision-making process going forward.
- Legal aspects and fees
- Emotional strain of letting your loved one be angry with you and knowing that person will never understand or be able to offer you what you once had.

Getting help can include:

Caregiver Support, support groups, individual and family meetings, clergy and other spiritual leaders, respite and self-care.

Continued on page 11





Important Numbers

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 (WKRPP)

888-794-5820

Help with Prescription Drug Costs

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

If you have limited income and resources, you may qualify for Extra Help to pay your prescription drug costs. Visit <https://secure.ssa.gov/i1020/start> to apply online. Or, call Social Security at 800-772-1213 and ask for form SSA-i1020. TTY users

can call 800-325-0778.

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



Medicare Premium Assistance

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

See the information at: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf> or you can call the ADRC and request a referral to the benefit specialist.

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



Power of Attorney for Healthcare

The Power of Attorney for Health Care (POA-HC) form makes it possible for adults in Wisconsin to authorize other individuals to make health care decisions on their behalf should they become incapacitated.

You need two adult witnesses and not related to you by blood, marriage, domestic partnership or adoption and not directly financially responsible for your healthcare. *

Form available at:
<https://www.dhs.wisconsin.gov/guide/end-life-planning.htm>

POA-HC starts when 2 physicians (or one physician and one psychologist) have personally examined and **sign a statement** of determined incapacity *

Power of Attorney 101

Power of Attorney for Finance and Property

The Power of Attorney for Finance and Property (POA-F) form makes it possible for adults in Wisconsin to authorize other individuals to make decisions about your property (including your money) whether or not you are able to act for yourself.

POA-F does not require a notary however it is highly recommended. *

Form available at:
<https://www.dhs.wisconsin.gov/guide/end-life-planning.htm>

POA-F starts IMMEDIATELY unless otherwise stated in the special instructions*

For additional resource information, visit:
<https://gwaar.org/guardianship-resources>

*Additional information and definitions are available on the Power of Attorney Forms.

*If you have questions about the Power of Attorney or the authority you are granting to your agent, you should seek legal advice before signing the form.

Menus:

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

Senior Nutrition Program—Meals on Wheels**Home Delivered Meals****Qualifications:**

A person aged 60 or older who is essentially homebound by reason of illness, disability, or isolation.

Determination of need is based on the following:

- The individual is unable to leave his or her home under normal circumstances. Flexibility is allowed for medical appointments and occasional

personal reasons such as hair care or church services that are important to the individual's quality of life.

- The person is unable to participate in the congregate meals program because of physical or emotional problems.
- There is no spouse, domestic partner, or other adult living in the same house or building who is both willing and able to prepare all meals. The individual is unable, either physically or emotionally, to obtain food and prepare adequate meals. Call **262-833-8766**

What's Your Holiday Made of?

Around the holidays eating healthy tends to take a backseat to good meals and good times with friends and family. But the nutrition community would like people to focus on the good and not so much on the bad. With that said, it's time to discuss all the good things that are in our holiday meals. For example, let's look at the obligatory Holiday Ham. Being meat, it of course is high in protein, but, ham contains almost twice as much mono-unsaturated fat as it does saturated, and it's a good source of B Vitamins.

Can't keep your fork out of the pumpkin pie? Well, you're helping yourself to heaping portions of dietary fiber, Vitamin A and potassium.

If mashed potatoes are more your style, you're consuming a

good amount of potassium, which is great for the heart, and you're helping absorb minerals like calcium and iron because of the Vitamin C in potatoes. Not to mention the calcium you're receiving from the milk mixed in to make them smooth and creamy.

If your family is more the Hors d'oeuvre type, shrimp cocktail provides protein that's low in fat. Cheese and crackers are good for calcium, B vitamins, possibly fiber, and phosphorus, which is an essential component in cell membranes. Olives are filled with healthy fats, and also contain some iron and Vitamin A.

Even the traditional fruit cake has its merits- all those fruits and nuts provide fiber and loads of vitamins and minerals. Happy Holidays!



Senior Nutrition Program—Dining Sites

Call **262-833-8766** 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

Five Simple Steps to Mindful Eating

Choose to eat food that is pleasing to you and nourishing to your body by using all of your senses to explore, taste, smell, and savor food. It involves taking control of your meals and giving all your attention to what you are eating. Eating mindfully will help you to stop eating when you are full. Some benefits of eating mindfully include: eating less due to the feeling of fullness, weight loss and more satisfaction from food.

Step 1) Remember to take a step back and reflect. Check in with your feelings to help you decide when, what, and how to eat. Ask yourself, "Am I really hungry or am I stressed or bored? Will eating change what is bothering me?"

Step 2) If you determine you are not hungry, instead of eating, do something else that you enjoy, or do something physical, go for a walk, do jumping jacks, etc. Journal your feelings. Writing your stressors will calm your spirit and curb your hunger.

Step 3) Sit down while eating. Minimize distractions: don't eat while driving, watching tv, etc.

Step 4) Eat regularly, every 4 hours, to avoid becoming over-hungry.

Step 5) Stop eating 2-3 times during a meal and ask yourself if you are still hungry or just eating? You don't need to clean your plate. Leftovers can save time the next day.



Its all a Balance!

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

Articles on these two pages adapted from materials by the Greater Wisconsin Agency on Aging Resources Inc.
<https://gwaar.org>



Continued from Page 2

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

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

Start by discussing your needs with your doctor, and determine your insurance/Medicare coverage. The Independent Living Center can also be of assistance with all types of assistive technology and the funding for this (contact Society's Assets at 262-637-9128). You can also contact the ADRC.

This article was modified from information on the LongTermCare.gov website. See: <https://longtermcare.acl.gov/index.html>

You can also research planning for long-term care at any age. It is a fact that most people will need some form of long term care during their lifetime.

*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)

Dec 6 Jan 3 Feb 7

First Friday 12 Noon-1pm "Caregiver Connection" Telephone Group

Call 262-833-8762 to pre-register

Dec 7 Jan 4 Feb 1

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)

Dec 18 Jan 15 Feb 19

Second Saturday 10:30 am-12 Noon

Living Faith Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

Dec 8 Jan 12 Feb 9

Third Wednesday 1:30-3:00 pm

Cross Lutheran Church

126 Chapel Ter, Burlington

Dec 19 Jan 16 Feb 20

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)

Dec 13 Jan 10 Feb 14

Take a Class at the ADRC

The Caregiver Support team facilitates several classes for older adults and caregivers throughout the year. This page is a very basic understanding of the classes offered.

***Stepping On** is a seven week, two-hour per week course for older adults about falls prevention. During the course, participants learn exercises specific to balance and falls prevention, along with discussing a multitude of other topics.

***Living Well** is a six week, two-and-a-half-hour per week course for older adults that is designed to help people with various long-term ailments manage those conditions. Participants learn many different tools to help themselves manage different aspects of their chronic conditions.

***Healthy Living with Diabetes** is a six week, two-and-a-half-hour per week course designed for older adults who are pre-diabetic, have

type 2 diabetes, or are caregivers for someone with diabetes.

Participants learn many different tools to help themselves or their loved one manage their diabetes.

***Powerful Tools for Caregivers** is a six week, two-hour per week course. Caregivers learn many different tools to work with their loved one and others during their caregiving journey.

All of the classes are informative not only because of content, but also because each person who comes to the class has wisdom and experiences that they bring to the table—participants and co-leaders all learn from each other. Each class is a rich experience that can be remembered long after the class is over, and each class has information that can be used all throughout your life.

**Evidence-based class through the Wisconsin Institute for Healthy Aging*

If you are interested in learning more about any of these classes, registering for a scheduled class, or being added to a waitlist, please contact Elizabeth Trudeau, the ADRC's class coordinator. She can be reached by phone at 262-833-8762, or by email at Elizabeth.Trudeau@racinecounty.com.



Continued from page 5

A Tale of Two Decisions

Resources that help

- Contact the ADRC for general advance directives information and copies of forms needed.
- Contact the Guardianship Support Center for information on any type of advance directive. See: <https://gwaar.org/guardianship-resources>, call the Toll-Free Helpline (855) 409-9410 or email guardian@gwaar.org

- Find forms also at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

- Probate Court in Racine County call 262-636-3137

Your local hospital and/or medical provider will often provide information about advance directives as well.



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

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

