

ADRC Connections

Newsletter Date Summer 2016

Connecting You to Your Community's Resources

ADRC partners with Racine Police Department and the Volunteer Center: Autism/Alzheimer/Dementia Elopement Alert Form

Sometimes people that have autism, or problems with their memory can wander off (elope) and go missing. They may have difficulty in expressing themselves and will not ask for assistance or become lost and disoriented.

The Racine Police Department in partnership with the Aging & Disability Resource Center of Racine County, and The Volunteer Center of Racine, has developed an "Autism/Alzheimer/Dementia Elopement Alert Form". The form will permit the Care Provider of an individual with Autism, Alzheimer, or Dementia to inform the

Continued on page 8

Caregiver Support Program

One Step at a Time

Rachael is a mother, grandmother, homemaker, and caregiver to her husband Raymond, who has dementia and diabetes. She works very hard to provide Raymond with nutritious meals, keep the small, attractive house and yard in good shape,

run errands, and tend to the many other tasks that fall to her. She has high blood pressure and has had a small stroke six months ago. Fortunately it left no apparent damage, so Rachael has been able to keep doing things the best she can.

Raymond is a retired hardware store manager, who knows everyone in the neighborhood by the gadgets and tools they used to come in for. He enjoys telling stories of his days of helping people find just the right thingamajig to solve their problem. He is very fond of Rachael and usually shows his

Appreciation; however, he occasionally becomes grouchy and demanding.

Rachael sometimes goes to her room and cries, wondering how much longer she can keep doing this.

Rachael's daughter Elena worries about her mother. She knows that high blood pressure can be a "silent killer", and she's afraid her mother is forgetting to take care of herself. Elena reads an article about Harmony Club, a social model group respite program in Racine County that offers caregivers up to six



Inside this issue:

One Step at a Time 1

Community Resources 3

Transition to Adulthood 3

Senior Nutrition Program 4

Your Benefits 7

Support Groups for Family Caregivers 10

Caregiver Opportunities 12

continued from front page

hours of affordable time away. She tells Rachael and Raymond about this.



“I’m not going to any place that takes care of old codgers!”, yells Raymond. “I’m just fine right here. Rachael takes very good care of me.”

Rachael and Elena let the subject go for now.

A couple of days later, though, when Raymond is in a better mood, Rachael says, “Honey, I need you to visit Harmony Club with me, just to see what it’s like. I heard that people have a lot of fun there, and I need you to be safe and happy when I have to be away for awhile. I’m doing my best to take care of things around here, and I need you to help me by trying this out.”

It takes a few more such conversations, but finally the two of them visit Harmony Club for lunch one day. Raymond meets several people he remembers from many years ago when they were building their houses and raising their families. They stay for a couple of enjoyable hours. Rachael makes arrangements for Raymond to attend again next week. When they leave, someone calls out “You come back, now. After all... ‘Everybody loves Raymond!’”

....A month later, Rachael feels rested and “in touch” again. She has gone out to lunch with friends, attended a Caregiver Support Group, gone on outings with grandchildren, and begun exercising with a video. Raymond’s mood is more stable, and he has new stories to tell when he comes home from Harmony Club.

Not surprisingly, when Rachael goes for a belated medical checkup, she gets a very good report!!

....Later, when Raymond’s needs exceed what can be provided at Harmony Club, he attends an Adult Day Center. Since he has become accustomed to a social environment and time away from Rachael, the transition goes quite smoothly. Rachael continues to have some time for herself, which she now needs more than ever.

Surveys from family caregivers have shown that their number one need is respite care – time away from their constant responsibilities – time for rest, recreation, and participating in other relationships. Without time away, caregivers become overwhelmed, exhausted, cut off from friends and family and, too often, ill. Yet many caregivers are reluctant to arrange this time for themselves because their care partner may feel uncomfortable

It’s common for people to feel leery of new social situations, especially so for those with chronic conditions that involve memory problems, mobility issues, or sensory loss. Separation from their familiar environment and caregiver, disagreeable weather, fear of the unknown, and feelings of abandonment all can make time away from home a dreaded prospect. Also, the idea that the caregiver even needs time away can bring on the thought that “I am a burden.” Nevertheless, most people, even those with health problems, enjoy social interaction a lot more than they think they will.

Staff and volunteers at respite sites are accustomed to guests being hesitant or

Continued on page 10

Contact:
Marilyn Joyce
Caregiver
Support
Specialist
regarding this
article

Aging and
Disability
Resource
Center of
Racine
County

262- 833-8764
marilyn.joyce@goracine.org



Transition to Adulthood

The ADRC participated in Transition Resource Fairs this spring making contact with many students and their parents.

When a child with a disability begins to transition into adulthood it can be an overwhelming process for that person and their family. At this juncture, planning starts and it is also a time when transition services within school may continue or discontinue based upon a person's future goals. Having insight into what may be available in the community can be very helpful.

Keep in mind if a person is already 18 they have the legal authority to make their own decisions, and as such, this person should be the one to consult

about getting connected to services. They will need to give permission allowing parents or caregivers to assist them in this process and also be involved in these processes themselves.

The ADRC is available to facilitate connections to services and assist with transition needs. We can help with to answer "What now?" during this time. Because the ADRC assists people with this transition process, we can begin these conversations about planning as early as age 17.5. Please consider contacting your local ADRC to plan for your future.



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.racineco.com.

If you are a caregiver, you may need to take a break from your caregiving duties from time to time. **Respite care** has several forms including in-home respite (a caregiver comes in), short stays in assisted living facilities, emergency respite, sitter-companion services or adult day care/day programs.

You can contact individual assisted living facilities or nursing homes about short-term respite stays. Many are willing to accommodate this request if they have space available.

Some other options to consider:

Our Harmony Club, LLC **262-880-5301**

A social day program for older adults held at different community sites throughout Racine County. Provides a safe, environment for up to 6 hours – 9:30am to 3:30pm. Call for locations and further information.

www.facebook.com/ourharmonyclub

Respite Care Association of Wisconsin **608-222-2033**

<http://respitecarewi.org/>

Resource and referral information regarding respite services across the lifespan. Offers online and in person training programs to increase the quality of respite care available and to support anyone who provides care. Has developed a caregiver registry.

Care Teams

Is there anyone who has said to you, "If there is anything I can ever do for you, just let me know", then ask the ADRC about Care Teams. We can help you with the tools to get one of these set up and going. 262-833-8777.

Sometimes participating in a **recreational program** either with both care partners, or individually, can provide a short period of respite.



Contact Information

262-833-8777

Toll Free:

866-219-1043

711 for TTY

Email:

adrc@goRacine.org

Website:

www.adrc.racineco.com

Racine County Senior Nutrition Program



Call **833-8766** To make a reservation at one of our Dining Sites Please call before 3:00 p.m. a day in advance.

Monday - Friday at Noon
Lincoln Villas North Apartments
 3919 Ruby Ave Racine, WI
 Monday - Friday at 11:30 am

Lincoln Villas South Apartments
 5820 Lincoln Village Dr Racine, WI
 Monday - Friday at Noon

Dining Sites:

Living Faith (Atonement) Lutheran Church 2915 Wright Ave Racine, WI Monday - Friday at Noon

Salvation Army
 1901 Washington Ave Racine, WI
 Monday- Friday at Noon

Burlington Senior Center 201 N Main St Burlington, WI Monday - Friday at Noon

Union Grove Hometown Village
 1415 13th Avenue Union Grove, WI
 Monday - Friday at 11:30 am

Lake Oaks Apartments
 1916 S Wisconsin Ave Racine, WI

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

Senior Nutrition Program: Dining and Meals on Wheels

For information or to Reserve call **262-833-8766**

Tis the Season... to buy Fresh from your local Farmers Market

Top 10 Reasons to Shop at a Farmers Market

See: <https://www.nutrition.gov/farmers-markets>

- Freshly picked, in season produce is at its peak in flavor and nutrition.**



Check out local information to learn what fruits and vegetables are in season.

- Support your local farmers and economy.**

You can help new

and smaller farmers be successful and save farmland in your area.

- Fresh fruit and vegetables are full of antioxidants and phytonutrients.**

What are these? Why do we need them? Find more information at nutrition.gov

- It's a great way to get kids or grandkids involved.**

Let them pick out something new to try, then they can help prepare a meal or snack using a new recipe or share an old family recipe.

Continued on page 9

Water: How much is enough?

By Lori Howard RD CD

Eight glasses of water every day, right? Not necessarily. Fluid guidelines from the IOM (Institute of Medicine), recommend healthy adults let thirst be their guide. Older people, young children, and people who are ill should not trust thirst to guide how much they drink. Also, certain medications dull the thirst mechanism, or may cause higher fluid requirements. IOM guidelines recommend 91 ounces for women and 125 ounces for men every day.

Don't like water? The good news is daily water can come from food, caffeinated beverages, and other non-alcoholic drinks. Most adults get about 20% of their water from food and the other 80% from drinks.

Water is the best way to meet fluid needs; it is low calorie, sugar-free, easily available, and cheap. Filtering and chilling water can make it more enjoyable. Adding fruit, vegetables, or fresh herbs to water can make it taste better. Crush whatever is added to the water to release the flavor and chill for a couple hours to fully develop flavor. Some tasty choices include: cucumber, lemon, berries, or mint.

Other beverages are good for hydration. Juices contain vitamins, but also have calories and sugar. 100% juice or no sugar added does not mean sugar free. Soda or sports drinks in moderation provide water for the body. Coffee and tea are not

bad choices, but are easily turned into liquid desserts with added sugar, flavorings, and cream. Milk, coconut water, and smoothies are other good options.

Fruits and vegetables are good sources of water for the body. Melons, berries, citrus, and other fruits are great for hydrating the body and they come with a wealth of vitamins and other valuable compounds. Vegetables are also a good source of water, particularly, celery, bell peppers, cucumbers, and lettuce.

Water is essential for life, and as spring turns to summer it becomes more important to think about hydration. Make sure to drink and eat enough to meet fluid needs. Get a portable cup or bottle so drinks are easily available. Counting ounces is not necessary if you make healthy food and beverage choices throughout the day.

Deb's Zucchini

This simple dish can be used for a side or as a main dish by adding the protein of your choice.



-1 or 2 smallish zucchini or summer squash cut into slices

-Small Onion or scallions sliced as desired

-Tomato—1 whole or a handful of grape or cherry types (add these toward the end of cooking)

-Peppers—add slices of your favorite type(s)

-Salt and pepper as desired + Favorite Italian spices—garlic, oregano, basil etc.

-Mozzarella and Parmesan cheese to add at the end.

Sauté vegetables in olive oil or butter until tender adding spices. Add tomatoes and cheese at the end
Enjoy!





**Medicare
Workshops**
For Racine County
Residents over the age
of 60

Auditorium
Racine County Public
Works Building,
14200 Washington
Ave, Sturtevant

June 24th
9:00 to 11:00 am

July 21st
5:00 to 7:00 pm

August 19th
9:00 to 11:00 am
or
5:00 to 7:00 pm

September 16th
9:00 to 11:00 am
or
5:00 to 7:00 pm

October 14th
9:00 to 11:00 am
or
5:00 to 7:00 pm

All Dates Subject to
Change.

**Registration
Required—Call
262-833-8777**

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 (WKRK)**
888-794-5820

World Elder Abuse Awareness Day is June 15th

National Center on Elder Abuse and the
Administration on Aging

The goal of World Elder Abuse Awareness Day is to foster wider global recognition of the existence of all forms of abuse against senior citizens. The ultimate goal is to eliminate the abuse of our elderly citizens.

Elderly people can be very vulnerable to abuse, often at the hands of family members. There are several types of elder abuse. Some of the types of abuse are:

Physical abuse occurs when an elderly person is physically hurt or injured by another person.

Emotional abuse occurs when a person is treated in such a way that he or she feels anguish or emotional distress through either verbal or nonverbal acts. This can include humiliation, name-calling, intimidation, threats.

Sexual abuse means any non-consensual sexual contact.

Neglect is the failure to provide adequate food, shelter, or medical care to a senior for whom a person is responsible.

Self-neglect is the failure of an elderly person to adequately care for him/herself to the extent that the person's health or safety is threatened.

Financial abuse occurs when someone steals money, property, or assets from an elderly person.

Some signs of elder abuse can include:

- Bruising, burns, broken bones.
- Bedsoures, weight loss, poor hygiene.
- Frequent arguments with caregiver; threats, or verbal abuse from caregiver.
- Withdrawal from normal activities.

What can you do if you suspect Elder Abuse?

If you suspect that an elderly person is being abused, you should contact your local Adult Protective Services Unit 262-638-6752 or your local Police or Sheriff's Department.

Understanding Your Medicare Benefits: Some Things Medicare Doesn't Cover

Figuring out whether Medicare will pay your claims is often confusing. Payment of claims depends on many factors. However, there are certain things that Original Medicare will generally NOT cover, such as:

- Routine vision care and exams; glasses (unless related to cataract surgery.)
- Routine hearing exams, hearing aids, or the cost of fitting hearing aids (however, you will only pay 20% of the Medicare-approved amount for diagnostic hearing exams)
- Routine foot care (although there are a few exceptions under some circumstances for people with diabetes, for example.)
- Most dental care and dentures
- Virtual colonoscopies
- Acupuncture
- Holistic medicine
- Cosmetic surgery
- If you elect **hospice care**, Medicare will not pay for room and board charges. This can result in large and unexpected bills. Although there are advantages to choosing hospice care under some circumstances, it is important to be clear about what will not be covered when you or your spouse decide on hospice care. Ask for information when you are deciding.
- Charges for things such as television, telephone, a private room, private duty nursing, or personal care items (razors, slipper socks, etc.) while you are hospitalized.

- Deductibles, coinsurance, or copayments when you get health care services
- Custodial care (help with bathing, dressing, using the bathroom, and eating) at home or in a nursing home if that is the only kind of care that is received.
- Health care received while outside of the United States (except in limited circumstances.)

These are just a few of the things that are not covered by the Original Medicare Plan. There are other things that Medicare does not cover. If you are unsure about whether Medicare will pay for a certain service, call 1-800- MEDICARE for assistance. Medicare Advantage plans may include extra benefits, such as routine physical and vision exams, prescription drugs, and dental care. For specific questions on what Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) covers, or for more information about your Medicare health coverage choices, please call the Medicare at 1-800-MEDICARE (1-800-633-4227) for English or Spanish, or TTY 1-877-486-2048.

You always have the right to appeal claims denied by Medicare. Information about appeal rights and the appeal form are attached at the back of the Medicare Summary Notice. There is a deadline to appeal listed on the Medicare Summary Notice. Your appeal must be received before the deadline or you lose your right to appeal.



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ADRC partners ... continued from front page



Racine Police Department and other First Responders about the special needs related to the individuals that may wander or get lost. Completing and submitting this form

is voluntary. It can be found on the page at:

<http://cityofracine.org/Departments/Police/Printable-Complaint-Forms/Main/>

Please be sure to Follow the

Aging and Disability

Resource Center of Racine

County on Facebook!



Just press the “like” button.

We share information, resources, current events, and other items of interest.

Contact the ADRC if you would like a paper copy mailed to you. Note that this opportunity is spreading through law enforcement throughout Racine County. Check with your local agency if it is accepted.

The “**Autism/ Alzheimer/ Dementia Elopement Alert Form**” will be used for the care of individuals that are lost or found that cannot communicate or may not be able to fully care for themselves. The details provided by completing this form will speed up verification of data about the missing individual. It will also allow the Racine Police Department to disseminate the information to First Responders and Search Personnel sooner. A Photo should be included, as it will help us identify the individual more efficiently.

Once the information is submitted, responsibility to update the data falls on the Caregiver. An update can be done by resubmitting this form with the corrections. We recommend updating all data changes as soon as possible and recommend providing a photograph less than two years old which accurately resembles the individual’s current appearance. By filing this form with the Racine Police Department, the data is instantly available to communicators and responding officers.

If a Caregiver is not comfortable submitting this form to the Police Department, we would recommend filling out and printing the form. The completed form can be given to the First Responder at the time the individual is reported missing.

The Racine Police Department recommends you consider using a program like **Safe-Assured** to properly document your loved ones photo and identifying characteristics. Safe-Assured documents are more complete but will require more time before they can be disseminated to First Responders. Programs like Safe-Assured will provide wider dissemination of the information when the local attempts are not immediately successful. <http://www.volunteerracine.org/programs/safe-assured/> or 262-886-9612.

If you need more information on resources, contact the Aging & Disability Resource Center of Racine County at 262-833-8777 or see <http://www.adrc.racineco.com/>

Farmers Markets ...continued from page 4

5. Supporting your local farmers market strengthens your community.

Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods.

6. Farmers markets offer foods that align with MyPlate guidelines.

Buy foods and see how they fit with ChooseMyPlate.gov. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.

7. Farmers often have recommendations for preparing their products.

To see recipes that use fresh fruits and vegetables check at your local library, in magazines and newspapers or online at nutrition.gov.

8. You can try a new fruit or vegetable!

Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn how to select and store rare and common fruits and vegetables by asking the farmer or by using other resources.

9. FoodShare (SNAP) and WIC benefits are accepted at some farmers markets.

Find out which farmers markets accept FoodShare and WIC benefits by checking out the Farm Fresh Atlas. The website is listed below.

10. Farmers markets are easy to find.

Use the Wisconsin Farmers Markets website, or the Farm Fresh Atlas (websites listed below) to find one near you. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed. Learn more about how the USDA helps to expand healthy food access through the development of local food systems:

http://www.usda.gov/wps/portal/usda/knowyourfarmer?navid=KYF_COMPASS

Resources for Local Information:

Wisconsin Farmers Markets:
<http://www.wifarmersmarkets.org/>

Farm Fresh Atlas:
<http://www.farmfreshsewi.org/>

You can also contact the ADRC at 262-833-8777 if you are not able to access on- line information.



“Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. “



Continued from Page 2



resistant in a new situation. Caregivers are called if need be, but usually guests are soon engaged in

conversation, activities, and good food.

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

The result of allowing the care receiver to risk some discomfort pays off in the long run because caregivers lives are enhanced and they are able to offer better care.

SAVE THIS DATE!!

A Celebration of National Family Caregivers' Month—attend the annual caregiver appreciation event—A Special Day to Honor You!

Friday, November 4
10 am – 2 pm
Grace Church
3626 HWY 31
Racine



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 2 July 7 Aug 4

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

Call 262-833-8762 to pre-register

June 3 July 1 Aug 5

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)

June 21 July 19 Aug 16

Second Saturday 10:30 am-12 Noon

Living Faith (Atonement) Lutheran Church
2915 Wright Ave
Enter at back of building (on South side)

June 11 July 9 Aug 13

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room
209 N Main St

June 15 July 20 Aug 17

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 9 July 14 Aug 11

Powerful Tools for Caregivers

Powerful Tools for Caregivers coming up!

This series of six classes will be offered twice in Racine county later this summer: It's time to think about participating in a course that provides ways for caregivers to improved their lives and that of their care partner.

An evening class will begin on August 11th at the ADRC office building, 14200 Washington Ave 6-8 pm on

Thursdays. For this class call 262-833-8762 for flyer or further information.

An afternoon class will be offered beginning August 24th at Aurora Clinic, 8348 Washington Ave 2:00 – 3:30 pm on Wednesdays. Contact Elizabeth 262-833-8762.



**Class Information:
Call Elizabeth
at 262-
833-8762**

Caring for Someone with Dementia?

Check out the **Alzheimer's Family Caregiver Support Program** (AFCSP). Call the ADRC 262-833-8777 for more information about the program.

How About an E-VISIT?

An email check-in for caregiving families As the Monthly Family Caregiver Newsletter has grown into the quarterly ADRC Connections, we have decided to offer you a Caregiver Support visit by email about halfway between each issue of ADRC Connections. It will include information about support groups and other opportunities for caregiving families, words of encouragement, and news about issues affecting caregivers with reminders to take good care of yourself. Please provide us with your email address if you wish to receive the E-VISIT. To get signed up for E-VISIT you can send an email to: marilyn.joyce@goracine.com, -simply

using E-VISIT as a subject. The email you are sending from will be added to our list. Please include other comments in the body of the email. Thank you.

Alzheimer's Association - Area Programs:

Memory Café

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

Third Thursday of each month
1:30—3:00 pm
Old Settlers
Bowling Center
1500 15th Ave,
Union Grove
RSVP to Wendy
Betley at
414-479-8800



- Caregiving Relationships
- Healthy Living with Diabetes
- Living Well with Chronic Conditions
- Powerful Tools for Caregivers
- Stepping On



14200 Washington Ave
Sturtevant, WI 53177

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@goRacine.org

Caregiver Opportunities

How to Find Support Group Information

Please see page 10 for information on Caregiver Support Groups—there is a listing of support group dates for the 3 month newsletter period. You can find information about upcoming groups in other ways:

- Call the ADRC 262-833-8777
- Check the website at www.adrc.racineco.com under the calendar.
Mark your calendar and see you at the Support Group!

Caregiver Consultations:

Tasha Orr-Holmes of the Alzheimer's Association has openings for care consultations between 10:00 a.m. to 12:30 p.m. on one Thursday each month. We will schedule 2 one hour appointments during that time period. For upcoming dates, or to arrange an appointment with Tasha contact Felicia at 262-833-8761.

