

ADRC Connections

Newsletter Date Winter 2016

Connecting You to Your Community's Resources

Home for the Holidays

Many of us live far away from our families. The holidays are times when many of us reconnect with our loved ones. Holidays are an opportunity to take an objective look at how our families are coping. Take time to notice if things have changed. Your visit may reveal that your frequent phone calls are not giving you a complete picture of your loved ones daily life. In most cases you have some time to begin making changes and provide resources to your loved one and the caregivers involved.

When your family's observations lead to concerns, make one of your first contacts the Aging and Disability Resource Center (ADRC).

continued on back cover...

Think about what themes best express the season's meaning for you and the person you care for. Common themes include peace, goodwill, family, spirituality, pleasant sensory experiences, remembering times past, celebrating with children, and many more.



Inside this issue:

Home for the Holidays	1
Community Resources	3
Senior Nutrition	4
Benefit Information	6
Volunteer Highlight	8
Adult Disability and Medicaid	8
Support Group Information	10

Caregiver Support

Sacred Simplicity for the Winter Holidays

That time of year for overeating, overspending, over decorating and over-the-top stress is on the heels of our November heat wave! It's time for caregiving families to plan some moments of simple sanity. A few suggestions that come to mind:

Provide opportunities for your loved one to be around **small** groups of people he or she cares about. Avoid large or loud crowds. Restaurants can be especially challenging with choices to be made, multiple conversations taking place, and an overload of music and decorations.

A small get-together with loved ones and simple refreshments can be much more meaningful (and bring an opportunity to celebrate your values)

Consider your guests as part of your care team. Make anything held at your house a potluck or order out.

continued from front page

Keep your decorations simple and important (A good definition of “elegant!”) Leave plenty of space free of fall hazards Assign someone to keep floors free of clutter during your gathering. Gifts, eating items, toys pets, and other sundries can easily cause a fall.

Share some compassionate communication techniques with your guests. For instance, avoiding asking your loved one to remember someone’s name as if there is a memory challenge (better to say, “Dad, this is Jason” than “Who is this, Dad?”) Capitalize on long-term memories which usually stay intact longer. Really enjoy old stories (perhaps over and over).

Some tips if your care partner or another guest has hearing loss: Look directly at the person at eye level if possible. Maintain this space and speak slowly and with a lower-than-usual tone in your voice. Use gestures. Practice patience. Smile. Do not yell.

May your holiday season be simply satisfying and worthwhile.

December Stress Soother: Light in the Darkness

This time of year is difficult for many people. Like it or not, we are diurnal animals, who crave daylight. We may feel vaguely uneasy, deprived, sad, and downright grouchy, especially when darkness comes early. Human beings from ancient times have exhibited this tendency, and for good reason. The sun dipping lower on the horizon, caused legitimate concern for the next growing season.

Many traditions have grown around practices used by people to coax the sun to return again (and perhaps so that people would be cheerier!).

Today we know that the sun will return, but increased darkness still triggers chemical changes. We aren’t always able to pinpoint why we feel anxious or irritable, especially if we’re stressed out or if we have dementia. Letting available daylight into your living space can be helpful. Try standing by a sunny window, as you breathe deeply and practice gratitude. A few seconds can brighten your day. It helps to be aware of your care partner’s need for natural light as well. Limiting the time we are focused on TV and other devices can be helpful for anyone.

We are richly blessed with choices of artificial lighting. It can be helpful to turn on plenty of lamps during the evening hours. Full-spectrum lamps can be helpful. They mimic the light waves of the sun and can be therapeutic. And there is always the color, glitter and glitz of decorative seasonal lighting around us. This is attractive to some and can be too much of a bright, blinking thing to others. You may find a moderately decorated setting with just the right music to be a great comfort in the midst of seasonal tumult. Remember, everything in moderation!

Interested in Classes?

The Caregiver Support Team/Senior Services at the Aging and Disability Resource Center of Racine County, along with providing ongoing support for caregivers, facilitates several classes for older adults and caregivers throughout the year. These classes are Powerful Tools for Caregivers, Caregiving Relationships, Stepping On, and Living Well with Chronic Conditions.

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

continued on page 10...

Questions about
this article—
contact:

**Marilyn Joyce
Caregiver
Support
Specialist**

**Aging and
Disability
Resource Center
of Racine
County**

262- 833-8764
marilyn.joyce@racinecounty.com



Transition to Adulthood

Why Should You Apply for Adult Disability at Age 18?

To access some programs for disabled adults you would need to have a disability determination through Social Security. By applying for adult disability at age 18 you are an adult, and it is no longer assumed that your parents are supporting you so the household income is not taken into consideration.

What does this mean for you?

- You need to be determined eligible for supports and can work with a team to develop an individual plan.
- You can find your own adult service providers and determine if their services are right for you.
- This means you have to understand adult rights and responsibilities.
- You need to use self-advocacy and self-determination skills.

Defining Disability

Definitions used by the world of adult services are very specific and different from those that are used by educators in the high school setting. An understanding of these definitions is helpful when navigating the adult system. For more information see the publication below.

This information is in part adapted from the publication **Living My Dream** which can be requested from the ADRC or found on line at: <https://www.dhs.wisconsin.gov/publication/p00413a.pdf>

Also see the article about Adult Disability and Medicaid Benefits beginning on page 8.



**Please Note
that
the ADRC
Website
address has
changed**

**Please change
your bookmark
or Favorite and
connect to:**

www.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

New Driving Resource

By Kevin Damask, staff writer with the Wisconsin Council of the Blind & Visually Impaired

Talking to a friend or loved one about no longer driving can be tense and uncomfortable. When discussing driving cessation, the best options are to collect information, develop a plan of action, and follow through on the plan, according to the National Highway Traffic Safety Administration.

The Wisconsin Council of the Blind & Visually Impaired recently addressed this topic in our webinar “When to Stop Driving and How to Talk to Your Loved Ones About It.”

During this one-hour presentation, tips on how to respectfully discuss no longer driving with loved ones were presented, along with several resources for evaluating the ability to drive, and ways to find safe and alternative modes of transportation. To access this webinar, go to: <http://tinyurl.com/h2q5zwn>.

You can request the handout “**Driver Training, Evaluation and Modifications**” by contacting the ADRC at 262-833-8777





Reservation and Cancellation times have changed for the Senior Nutrition Program If you have questions please call 262-833-8766

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.** a business day in advance.

Dining Sites:

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

Lake Oaks Apartments 1916 S Wisconsin Ave, Racine, WI
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

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

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

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

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

Focus on the Big Picture to Enjoy Your Holiday Season

Enjoy the holiday parties and family meals. These only come around once a year and yes, eating is a part of the social event, but it's not the main event! Don't let the party eating habits follow you back to your regular schedule.

Try sneaking in extra fruits, vegetables and whole grains when you are not at holiday events. It's also a good time to remember that most people are trying to watch what and how much they eat. Some may even be trying hard! Keep the temptations to a minimum because everyone's health depends on it.



Enjoy your family and friends more than the buffet! For many, this time of the year is the only time we see certain loved ones. Remember to take advantage of this and get engaged in conversations, card games or other activities away from the snacks and sweets.

If you overeat at parties or large meals, don't despair! It is important not to be too hard on yourself when trying to eat healthy throughout the holiday season. For some, the guilt of overeating often leads to more overeating.

Everyone is going to over-indulge once in a while. What is **MOST** important is not allowing this to turn into a habit. Focus on making the next meal or day a healthier one!

Healthy Baking and Cooking Substitutions

Original Ingredient	Healthy Substitution
Bacon	Canadian bacon, turkey bacon, smoked turkey or prosciutto (Italian ham)
Bread-White	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the butter, margarine, etc.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-&-half, evaporated skim milk
Cream cheese	Fat-free or 1/3 reduced fat cream cheese
Eggs	Two egg whites, or ¼ cup egg substitute for each egg
Flour	Whole-wheat flour for half of the called for amount
Ground Beef	Extra-lean or lean ground beef, ground chicken or turkey
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach, watercress
Mayonnaise	Reduced-calorie or reduced-fat mayonnaise
Meat as a main ingredient	3 x as many vegetables as meat on pizzas, in casseroles or in soups and stews
Milk-Evaporated	Evaporated skim milk
Milk-Whole	1% or skim milk
Oil based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta or Rice	Whole-wheat pasta, brown rice, barley, wild rice
Salad dressing	Reduced calorie dressings or vinaigrettes
Seasoning salts (garlic, celery or onion)	Herb only seasonings (garlic powder, celery seed or onion flakes), fresh chopped herbs and garlic
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Sugar	Reduce the amount by 1/3 to 1/2 and intensify sweetness with vanilla, nutmeg or cinnamon

Food Safety

If you need the answer to a food safety question, the USDA Meat and Poultry Hotline can get it to you: toll free over the phone at

888-674-6854,

from 10:00 a.m. to 4:00 p.m. Eastern time on weekdays year round; on the Internet

(AskKaren.gov and in Spanish PregunteleaKaren.gov); via email MPHotline@fsis.usda.gov; or via your portable electronic device (m.askkaren.gov).





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

IRS Warns of a New Tax Bill Scam

by Seena Gressin, Attorney, Division of Consumer & Business Education, FTC

We certainly understand if the latest IRS imposter scam makes you queasy: it involves a fake IRS tax notice that claims you owe money as a result of the Affordable Care Act (ACA).

The IRS says the fake notices are designed to look like real IRS CP2000 notices, which the agency sends if information it receives about your income doesn't match the information reported on your tax return. The IRS says many people have gotten the bogus notices, which usually claim you owe money for the previous tax year under the ACA.

It's one of many IRS imposter scams that have popped up. As tax season nears, we'll see more. The good news? There are red-flag warnings that can help you avoid becoming a

victim. For example, the IRS will never:

- Initiate contact with you by email or through social media.
- Ask you to pay using a gift card, pre-paid debit card, or wire transfer.
- Request personal or financial information by email, texts, or social media.
- Threaten to immediately have you arrested or deported for not paying.

In the new scam, the fake CP2000 notices often arrive as an attachment to an email — a red-flag — or by U.S. mail. Other telltale signs of this fraud:

- There may be a “payment” link within the email. Scam emails can link you to sites that steal your personal information, take your money, or infect your computer with malware. Don't click on the link.
- The notices request that a check be made out to “I.R.S.” Real CP2000s ask taxpayers to make their checks out to “United States Treasury” if they agree they owe taxes.

Information from Social Security

Social Security offers two other programs to expedite disability claims filed by veterans.

Wounded Warriors and veterans with a VA disability compensation rating of 100% Permanent & Total have their Social Security disability claims treated as high priority and receive expedited decisions. For more information about these programs, please visit www.socialsecurity.gov/people/veterans.

my Social Security is a secure online hub for doing business with Social Security, and more than 26 million people have

created an account. In addition to Wisconsin residents replacing their SSN card through the portal, current Social Security beneficiaries can manage their account—change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement SSA-1099. Medicare beneficiaries can request a replacement Medicare card without waiting for a replacement form in the mail. Account holders still in the workforce can verify their earnings and obtain estimates of future benefits.

For more information about online services, visit www.socialsecurity.gov/ssnumber.

Fight Fraud by Guarding Your Medicare Number

Health care fraud drives up costs for everyone in the health care system. One way to protect against such fraud is to **guard your Medicare number**. Fraud schemes often depend on identity thieves getting hold of people's Medicare numbers, so treat your number as you would a credit card.

Follow these important steps to protect yourself from fraud:

Don't share your Medicare number or other personal information with anyone who contacts you by telephone, email, or by approaching you in person, unless you've given them permission in advance. Medicare will NEVER contact you for your Medicare number or other personal information.

Tell your friends and neighbors to guard their Medicare number.

Don't ever let anyone borrow or pay to use your Medicare number.

Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual services.

Be wary of salespeople who knock on your door or call you uninvited and try to sell you a product or service.

Don't accept items received through the mail that you didn't order. You should refuse the delivery and/or return it to the sender. Keep a record of the sender's name

and the date you returned the items.

And if you're looking to enroll in a Medicare plan:

Be suspicious of anyone who contacts you about Medicare plans unless you gave them permission.

There are no "early bird discounts" or "limited time offers."

Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."

Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true" – especially if you need to hand over your Medicare number in order to receive these items or deals. Decline politely but firmly.

By law, any promotional items you're offered to enroll in a plan must be worth no more than \$15, and these items can't be given on the condition that you enroll in a plan.

Call 1-800-MEDICARE to report suspected fraud. Learn more about protecting yourself from health care fraud by visiting www.Medicare.gov/fraud or by contacting your local Senior Medicare Patrol (SMP). To find the SMP in your state, go to the SMP Locator at www.smpresource.org.

This information prepared by the U.S. Department of Health and Human Services.

The Benefit Specialist Programs:

Assists seniors and disabled adults who have been denied such benefits as Medicare, Medicaid, FoodShare, SSI and Social Security. Provides advocacy and counseling on a selected basis for other non-legal issues. Contact the ADRC and request a referral.





Volunteer Highlight Jane Hardy

Jane Hardy began volunteering for Meals On Wheels (MOW) in February 2012. When asked why she became a MOW Volunteer she said “I have always been very blessed in my life and wanted to give back in some way.”

We asked Jane if she could share one of her favorite memories about being a MOW driver and she said “I’ve had the pleasure to visit with so many wonderful people. One special guy was Tony who waited for me to come every week so we could catch up on what was going on with each other.”

Jane’s word of wisdom if you are thinking about becoming a MOW driver- “Don’t hesitate to do this as you will find this is one of the most rewarding volunteer opportunities you will ever experience.”

If you would like more information about our Meals On Wheels Volunteer Program, please call Ruth Stauersbol at 262-898-1370 or email at ruth.stauersbol@racinecounty.com

Adult Disability and Medicaid Benefits

**Our Website
address has
changed
Please connect to
[www.adrc.racine
county.com](http://www.adrc.racinecounty.com)**



Disabled Adult Children Thomas E. Bush

*Excerpted article for full article see
citation below*

Payment of Social Security benefits to children is well known. When a wage earner receives Social Security disability or retirement benefits' and has paid more than a minimum amount of Social Security taxes, the Social Security Administration (**SSA**) will also pay benefits to the wage earner's minor children. In addition, when an insured wage earner dies, a child receives survivor benefits. Whether the parent is retired, disabled, or deceased, a minor child, whom **SSA** calls an auxiliary, receives benefits until age eighteen or until

age nineteen if the child is a full-time elementary or secondary school student.

Less well known is that a disabled *adult* child of a retired, disabled, or deceased wage earner may also receive benefits on the account of a parent. It comes as a complete surprise to many people that it is possible for an adult disabled claimant of *any* age, who has never paid any Social Security tax, to receive disabled adult child benefits on a parent's account beginning when that parent retires, becomes disabled, or dies.

Social Security Regulations

Social Security regulations treat disabled adult children as one category of children entitled to benefits on the

Adult Disability and Medicaid Benefits continued....

earnings record of a wage earner parent. Childhood disability benefits (CDB), also known as disabled adult child benefits **(DAC)**,³ is a type of auxiliary benefit subject to all the same rules applicable to other auxiliaries. The insured parent must be entitled to benefits or deceased. The child must be "dependent" but, as we shall see, in most situations, proof of dependency does not present a problem, because the child is "deemed" to be dependent if determined to be disabled. There must be an application, but sometimes an application for other benefits may be treated by SSA as an application for childhood disability benefits. A claimant must be unmarried at the time of application, and the claimant's disability must have begun before age twenty-two.

A Public Education Problem

The biggest problem with receipt of adult child disability benefits is that potential claimants do not apply because they do not know the program exists.

Repository Citation

Bush, Thomas E. (2005) "Disabled Adult Children," *Marquette Elder's Advisor*: Vol. 6: Iss. 2, Article 4. Available at: <http://scholarship.law.marquette.edu/elders/vol6/iss2/4>

Medicaid and Disabled Adult Children

SSA- See section of Program Operations Manual at: <https://secure.ssa.gov/poms.nsf/lnx/0501715015>

Special Groups of Former SSI Recipients

Categorical Medicaid eligibility for the aged, blind and disabled is directly related to receipt of SSI in most States. Loss of SSI payments can result in loss of

Medicaid coverage. To preserve Medicaid coverage for certain groups of individuals who lose SSI payments, Congress enacted special Medicaid continuation provisions. These provisions require the State Medicaid agencies to continue to consider specified groups of former SSI beneficiaries as SSI beneficiaries for Medicaid purposes, as long as they would otherwise be eligible for SSI payments. In addition, Medicaid agencies are required to determine if the individual would be eligible for Medicaid under any other group.

Disabled Adult Children (Childhood Disability Beneficiaries)

Section 1634(c) of the Act requires States to consider title II childhood disability beneficiaries (also known as disabled adult children, **DACs**, or childhood disability beneficiaries, **CDBs**) who lose SSI eligibility as if they were still SSI recipients for Medicaid purposes so long as they would have remained otherwise eligible for SSI benefits but for their entitlement to (or increase in) title II benefits on or after July 1, 1987.



Continued from Page 2

communication techniques, relaxation options, and many other things that are very helpful along any caregiving journey.

Caregiving Relationships is a 3-session workshop designed to help participants realize the importance of self-care; identify their needs and use community resources; discover and stay in touch with available caregiver support; and use effective coping strategies and communication techniques.

Stepping On is a seven week, two hour course for older adults about falls prevention. 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, medication, and vision.

Living Well with Chronic Conditions is a six week, two hour course that is designed to help people with long-term ailments manage those conditions.

continued next page...

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 1 Jan 5 Feb 2

First Friday 12 Noon-1pm

"Caregiver Connection" Telephone Group

Call 262-833-8762 to pre-register

Dec 2 Jan 6 Feb 3

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) **(Change to 2nd Tuesday in January)**

Dec 20 Jan 10 Feb 14

Second Saturday 10:30 am-12 Noon

Atonement Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

Dec 10 Jan 14 Feb 11

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

Dec 21 Jan 18 Feb 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)

Dec 8 Jan 12 Feb 9

Classes continued from pg 10

Participants learn many different tools to help themselves manage different aspects of their chronic conditions, such as communicating with health professionals and lifestyle changes to help cope with challenges.

All of the classes are informative, not only because of the facilitation by the leaders, but also because each person who comes to the class has their own wisdom and experiences that they bring to the table. In this way, the 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.

We are also looking for input from you, the people whom these classes are for! We are in the process of solidifying several classes for 2017, but any information you would like to provide about what days of the week, times of day, and seasons of the year that these classes would be most convenient would be appreciated.

We would also be interested in what area of Racine County would be most convenient for you. Classes are sometimes held at the ADRC, which is central to the county, but classes can be held at other locations around the county as well. Any input would be welcome, for 2017 and beyond!

The class list for 2017 will be published soon, both in our newsletter and on the ADRC website. If you are interested in learning more about any of these classes, signing up for a scheduled class, being added to a waitlist, or letting us know your preferences for time or place, please contact Elizabeth Trudeau, the ADRC's class coordinator. She can be reached by phone at 262-833-8777, or by email at Elizabeth.Trudeau@racinecounty.com.



Consider an E-Visit

Monthly email check in with our Caregiver Support Specialist. Call 262-833-8764 or Email: marilyn.joyce@racinecounty.com for information or to sign up.

A Note About the Caregiver Support Group in Yorkville:

We are planning to hold the Yorkville Support group on the Second Tuesday each month beginning in January 2017. (Currently held on the third Tuesday) The group will continue to meet from 1:30-3 PM at the Yorkville United

Methodist Church.
17645 Old Yorkville Rd
(Just off of Highway 20,
3 miles West of I-94).
Upcoming dates are
December 20th, and
then January 10th.





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

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.



ADRC Connections is published Quarterly. If you have questions or topics you would like to see addressed in the ADRC newsletter please call us at **262-833-8777** or email: adrc@racinecounty.com

Home for the Holidays

continued from front cover...

The ADRC provides older adults, people with physical or developmental/intellectual disabilities and their caregivers the resources needed to live with dignity, security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and streamline access to the right and appropriate services and supports. The ADRC provides free, accurate and unbiased information to people regardless of their income or asset levels and are available in all counties in Wisconsin.

Information and assistance can be provided over the phone or in person. Contact the ADRC of Racine County at **262-833-8777**, Monday – Friday 8:00 am to 4:30 pm.