

ADRC Connections

Newsletter Date Spring 2024

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center of Racine County is the place to start when you need information and options. We are here to help older people and adults with disabilities – along with their families and caregivers – find services and resources to keep them living well and independently. The ADRC of Racine County continues to address the needs of the community.

The ADRC is happy to answer your questions/needs over the phone or in person. In addition, we provide resources addressing the ongoing changes during challenging times. Find the resources and support that you are looking for. Call us Monday- Friday 8:00am - 4:30pm at 262- 833-8777.

Check our website at <https://adrc.racinecounty.com/> or find us on Facebook at <https://www.facebook.com/RacineADRC>

Help With The Plan! Your Input is Needed

The Aging Unit within the ADRC is the focal point for planning and determining policy for services to the senior population of Racine County. Services provided under the Older Americans' Act are available to all persons over age 60, regardless of income. The mission is to

provide services that allow seniors to have quality of life, access and participation with other persons of all ages and races, opportunities to contribute to the welfare of others, and services to support them in their home and/or community for as long as possible.



Photo of Yellow Flower with purple violets.
Selma Biro

Every three years, the Aging Unit surveys the community on key issues affecting older adults and caregivers. Attention is focused on significant issues and needs such as person-centered services, community engagement, nutrition, evidenced based classes, caregiver support, social isolation and respite, advocacy and addressing barriers to equity. We will promote advocacy by involving seniors and caregivers in program development and planning.

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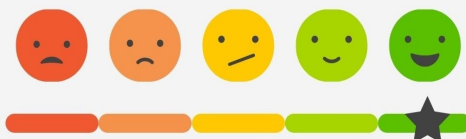
Photo Spring wildflower by Ryan Hagerty at Pixnio

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Information gathered from surveys through June of 2024 will be collected for the next aging plan which will be in the years of 2025-2027. Your input is valuable to us, and we want your opinion. Surveys will be available in several ways.

Please see the list below for up-and-coming ways you can take our survey:

1. ADRC Facebook and Instagram (add link) – Links to survey
2. ADRC Website - adrc.racinecounty.com – Links to survey
3. In person at the ADRC Office – 14200 Washington Avenue, Sturtevant
4. Call the ADRC and do a survey over the phone – 262-833-8777
5. Advertisements with a QR code in all local newspapers
6. Meals on Wheels participants will receive the survey
7. Congregate Dining sites will have the surveys available
8. ADRC Medicare Workshops
9. Use the QR code at the bottom.
10. Call/Email Katy Hansen if you'd like to discuss a presentation or a small group discussion on this survey. 262-833-8777 or email katy.hansen@racinecounty.com



WE WANT YOUR FEEDBACK



Give us your input for the 2025-2027 Racine County Aging Plan

World Elder Abuse Awareness Day June 15th



Five Things to Know about Elder Abuse

It happens mostly at home. Elder abuse instances happen mostly in the home where the senior lives.

One in every ten elderly adults experience some form of abuse in their lifetime.

Finances are at the highest risk. The most common form of abuse is financial exploitation and extortion.

Nine out of ten elder abusers are relatives. In about 90% of elder abuse and neglect incidents, the perpetrator is a family member.

Many incidents go unreported. Only one of every six instances of elder abuse is reported.

Resources

Call the ADRC for local resources 262-833-8777

Administration for Community Living National Center on Elder Abuse <https://ncea.acl.gov/home#gsc.tab=0>

USC Center for Elder Justice <https://eldermistreatment.usc.edu/>

Transition to Adulthood in Racine County

SPECIAL NEEDS RESOURCE FAIR

Tuesday May 7, 2024 4:30-6:30PM

FOX RIVER MIDDLE SCHOOL, 921 W MAIN ST,
DOOR 1, WATERFORD, WI

60+ AGENCIES W/RESOURCE INFO EMERGENCY VEHICLES (weather dependent)
FREE FOOD & POPCORN & TOTE BAG (while supplies last) K9 UNIT
CHANCE TO WIN A DOOR PRIZE THERAPY HORSE

Come learn about local and state disability services and resources available to you and your family, such as financial planning, mental health, autism support, respite, OT/PT/ST therapies, job training, education, living arrangements beyond the home, and more!



*Sponsored by Burlington,
Union Grove and Waterford
Schools and ADRC*

Made with PosterMyWall.com

Community Resources

Volunteers Combatting Loneliness

Founded in 1978, the Senior Companion Program (SCP) has enabled older adults to live out their later years with hope, meaning and dignity.

The SCP is a non-profit program so there are no costs to clients or to volunteers. They serve older adults who would benefit from a weekly visit. They know that we have many seniors in our community who are lonely and would love someone to talk with. Contact the Program if you want to be connected to a companion.

Consider Volunteering? Even if you are homebound yourself but would love to

talk with someone on the phone you could be a potential volunteer. This is a once-a-week commitment that has benefits for both the senior, and the companion. "It is amazing to see the connections made and the friendships formed through the simple gift of time!"

You can find information about the program on Facebook, Instagram, and LinkedIn as well as on the website at:

www.seniorcompanionprogram.org.

You can also call 262-898-1941 between 8 am and 2 pm Monday through Friday.



Please be aware
The ADRC
Website address
has changed
some with
current security
protocols. So if
you see
information that
says the website
is not safe, please
go to our correct
web address of:
[https://
adrc.racinecounty
.com](https://adrc.racinecounty.com)

**Spring
Cleaning?
Stay Safe:**

The next Drug Take Back Day will be held April 27, 2024. See:

<https://www.dhs.wisconsin.gov/opioids/drug-take-back-day.htm> You can also call the ADRC regarding locations. 262-833-8777

If you have a change of address to report, or would like to be removed from the ADRC Connections Newsletter mailing list, please contact the ADRC. Phone: 262-833-8777
Email: adrc@racinecounty.com
Mail: 14200 Washington Ave, Sturtevant, WI 53177

Active Adults

Looking for something fun to do? Check out the new Active Adults Website for Racine County.

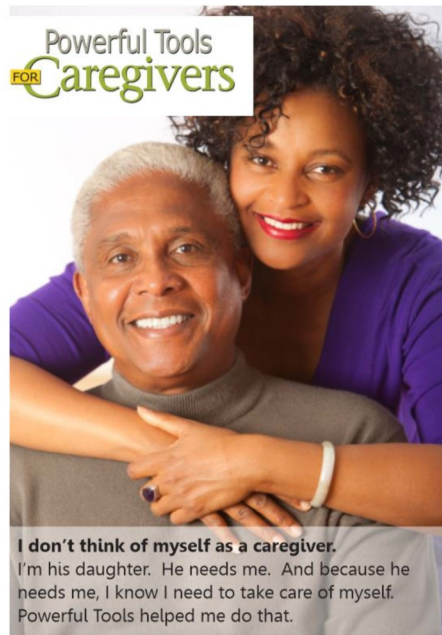
Find information on recreational activities, entertainment, educational activities, health & wellness and



creative activities in your community - and all in one place.

Go to:

www.racinecounty.com/activeadults



There's a Powerful Tools for Caregivers workshop starting soon near you!

Monday's

May 6th – June 17th

10:00 a.m. – 11:30 a.m.

Christ Church United Methodist
5109 Washington Ave.
Racine, WI 53406

Suggested Contribution for textbook
\$10.00

Register today by calling
262-833-8764 or email
ruth.stauersbol@racinecounty.com

Caregiving is rewarding. But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



Aging Well

The Wisconsin Institute for Healthy Aging (WIHA) is a one-stop-shop for evidence-based health promotion programs and practices that can bring the power of self-care to adults. Over 40,000 people in Wisconsin have participated in classes through a network of provider organizations. That means thousands of fewer trips to the emergency department or hospitalizations, fewer falls, better caregiving, and measurable

reductions in the progression of illnesses.

Sign up for the Aging Well Newsletter, take a healthy aging assessment, learn about the 8 dimensions of wellness, participate in online seminars, or view other information. You can also contact the ADRC regarding the evidence-based classes we offer as a part of this network.

Sign up at:

[https://
wihealthyaging.org/
about-wiha/](https://wihealthyaging.org/about-wiha/)

wiha

Wisconsin Institute
for Healthy Aging

Celebrating Older American Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness,

ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.

Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring. Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Join the conversation on social media using the hashtag



OLDER
AMERICANS
MONTH

POWERED BY CONNECTION: MAY 2024



Powered
by Connection

Your Benefits—Important Numbers



What Can Benefit Specialists Do?

- Provide accurate and current information on your benefits.
- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solution is required.
- Refer you to an appropriate attorney when necessary. Contact the ADRC for a referral at 262-833-8777.

Photo of Crocus: <https://pxhere.com/en/photo/1349097>



Social Security

Local: 866-270-8629
National: 800-772-1313
Web: <https://www.ssa.gov/>

Medicare

1-800-Medicare (800-633-4227)
Web: <https://www.medicare.gov/>

Wisconsin Medicaid

Member services:
800-362-3002
Web: <https://access.wisconsin.gov/access/>

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

Medicare Workshops

Medicare Workshops for 60+ have returned!

Workshop Features:

- The Basic Overview of Medicare
- Medicare Supplements –vs– Medicare Advantage
- Prescription Drug Coverage
- Medicare Plan Finder
- What is new with Medicare

Check the ADRC website under classes, or call to register 262-833-8777

Scheduled dates are:

- April 24th 9:30 am
- June 19th 9:30 am

Held in the auditorium at 14200 Washington Ave, Racine County Public Works Building.

Scammers are Hiding Harmful Links in QR Codes

So how can you protect yourself?

- If you see a QR code in an unexpected place, inspect the URL before you open it. If it looks like a URL you recognize, make sure it's not spoofed – look for misspellings or a switched letter.
- Don't scan a QR code in an email or text message you weren't expecting – especially if it urges you to act immediately. If you think the message is legitimate, use a phone

number or website you know is real to contact the company.

- Protect your phone and accounts. Update your phone's OS to protect against hackers and protect your online accounts with strong passwords and multi-factor authentication.

*By Alvaro Puig,
Consumer Education Specialist
Federal Trade Commission*

Make A Difference

Held in April every year, National Volunteer Month is a time to celebrate and recognize the contributions of volunteers. It is an opportunity to join the impact of volunteerism and encourage more people to get involved in their communities. This is a great month to reaffirm your commitment to giving back.

Once you've found an opportunity that resonates with you, lean into the fulfillment that comes with volunteerism. Remember, every contribution matters, your enthusiasm is contagious, and don't forget to embrace the opportunity to learn.

(Quote above from Volunteer.gov)

There are several types of volunteer opportunities at the ADRC, check on our website at: <https://adrc.racinecounty.com/site/448/>

[volunteer_guardian_program.aspx](https://adrc.racinecounty.com/site/448/volunteer_guardian_program.aspx)

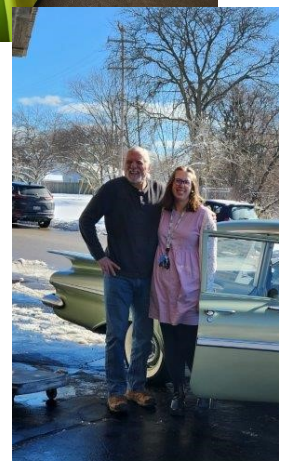
or contact Volunteer Coordinator Ryanne Jackson to get information on how to apply to help in your community today. Please call 262-638-6337 email at ryanne.jackson@racinecounty.com

You can also read about the importance of our wonderful Meals and Wheels volunteers on page 9.



Above: Image of logo for National Volunteer Month 2024.

Below: Images of Meals on Wheels Volunteers, program participant, and volunteer director.



National Healthcare Decisions Day is April 16th

National healthcare decision day is a reminder that it is important to plan for the future as best as you can.

In Wisconsin you can easily create documents like a power of attorney for health care, but did you know that it is also important to plan for how your finances, bills, and money would be handled if you were ill and not able to take care of this yourself?

By making these plans you have an opportunity to both protect yourself and ease the care decisions that would have to be made by others if you were unable. Where do you find this information? You can call the ADRC and we will send you a packet

of information, or check our website for many other resources at: https://adrc.racinecounty.com/site/477/advanced_directives.aspx

Another great resource is the Wisconsin Guardianship Support Center.

Contact:

Wisconsin Guardianship Support Center Attorney Polly Shoemaker

Toll-Free Helpline (855) 409-9410
guardian@gwaar.org

Or online at: <https://gwaar.org/guardianship-resources>

Menus:

You can find the menus for coming months in your local newspaper, or online at: <https://adrc.racinecounty.com>
Or call 262-833-8766

Racine County Senior Nutrition Program

Racine County offers a nutrition program to anyone 60 years or older, and their spouse (any age).

Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals, whether in the comfort of the home or at a community dining site, provides tailored nutrition, social connection, safety and more. Call us at: **262-833-8766**

toll free at: **1-866-219-1043**, or email RCNutrition@racinecounty.com

Dining Center Locations:

- ◇ Mount Pleasant Place
- ◇ Salvation Army
- ◇ Burlington Senior Center
- ◇ Bruno's –Restaurant Model location

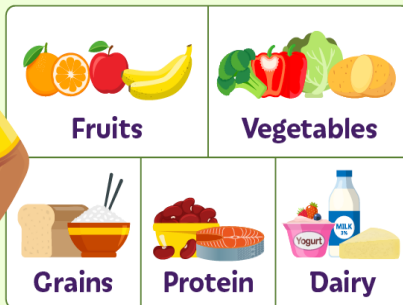
Contact the program for specifics about these sites.

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



We Love Our Volunteers

Did you know that the amount of time it takes to deliver a Meals on Wheels route is shorter than the time it takes to watch a few episodes of your favorite show, do a load of laundry start to finish, or to bake a pie. And at the end of the route, you have made meaningful connections with members of our community who need your help.

Volunteers are one of the most important parts of the Meals on Wheels program here in Racine County. They deliver most of our county's meals and play a key role in so many lives, from the participants who receive the meals, to the loved ones who count on the extra set of eyes and kind words the volunteers provide. The Meals on Wheels program's mission is to deliver "more than a meal" to our participants, and our volunteers make that mission a reality. We are so grateful to all our volunteers

who take the time out of their day to make a difference in so many lives. Our volunteers help by delivering an average of 300 meals per day Monday through Friday spread out over the county.

There are 14 volunteer routes in the City of Racine, one in Union Grove and 4 in Burlington. With the ever-increasing number of participants, the need to grow our volunteer pool is getting more desperate. You can volunteer as much or as little as you like. Some volunteer every day, and others give their time only once a month. No matter the number of days or times you can volunteer, your help would make a huge difference. Please reach out to Volunteer Coordinator Ryanne Jackson to get information on how to apply to help in your community today. Please call 262-638-6337 email at ryanne.jackson@racinecounty.com

Time For Spring Vegetables!



Photo Parsnips by Naotake Murayama Flickr

Did you Know...

Parsnips are carrot's sweeter cousin and can be used to sweeten cakes and jams.

Parsley can be used in a variety of dishes as an ingredient or garnish.

Time to be on the lookout for **Asparagus** too!

Roasted Parsnips with Parsley Garnish

Ingredients

Half a pound of fresh parsnips
1 tsp olive oil
1/2 tsp Italian seasoning
1/4 tsp salt (optional)
Parsley for garnish, chopped

Instructions 1. Heat oven to 400°F
2. Peel parsnips and cut into 1-inch chunks. Toss with oil and herb mixture in a large bowl. 3. Spread seasoned parsnips on a baking

sheet and roast for 25-35 minutes stirring once or twice. 4. Remove from oven and garnish with parsley

Notes • Parsnips are done when a fork slides in with little resistance • Roasted parsnips make a great side for roasted chicken or pork loin • For a sweet take, try tossing with maple syrup before roasting • Recipe adapted from <https://www.healthyseasonalrecipes.com/simple-roastedparsnips/>

Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

Second

Wednesday

1:00 - 2:30 pm

In Person

Christ Church

United Methodist
5109 Washington
Ave Racine

First Thursday

6:30 - 7:30 pm

Zoom/Call in

See contact below to connect

Third Thursday

6:00 – 7:30 PM

In Person

Christ Church

United Methodist
5109 Washington
Ave Racine

For in person registration, call in or virtual group information contact Ruth at 262-833-8764 or email

ruth.stauersbol@racinecounty.com

The Longest Day

After a long winter, we welcome the first day of summer on June 20th this year. It also celebrates the summer solstice and marks the longest day of the year, when more sunlight is abundant.

While this day often marks the longest, day of sunshine in the middle of brighter and warmer days; for some caregivers longer days can provide unique challenges for them and their loved ones living with Alzheimer's disease. When the sun sets later in the day, it can increase the symptoms of Alzheimer's disease. The transition from daylight to dark can increase confusion, agitation, and restlessness. For some caregivers, it becomes more difficult to manage these symptoms as the extended daylight prolongs the symptoms.

Once again, to honor the dedication and devotion of our caregivers, we celebrate the summer solstice for the commitment that you provide every day and especially on the longest day of the year. We would like to get through this day with you

and your loved one living with Alzheimer's disease or other related dementias.



The Longest Day Celebration

Please join the ADRC and SPARK! on Thursday, June 20th from 4-6 PM for a variety of activities and engagement. SPARK! provides a free art experience for people with memory loss and their care partners through the Racine Art Museum. The Longest Day Program will be held at the museum, Wustum Campus 2519 Northwestern Ave in Racine. Call the ADRC for more information, or contact SPARK directly to register 262-636-9573 .

Photo **Tyrrhenian Sea and Solstice Sky**
Credit & Copyright: [Danilo Pivato](https://apod.nasa.gov/apod/ap071222.html)
<https://apod.nasa.gov/apod/ap071222.html>



“Re-Connect Your Talent”



This program is focused on seniors/ retirees looking to re-enter the workforce. If you’re looking for a supplemental income to support your retirement hobbies, or you’re bored and looking to socialize with

people with similar interests, or just want to return to work on a part-time basis go to the Racine County website at www.racinecounty.com/reconnect



ADRC Spring Educational Series

Join the Aging & Disability Resource Center in support of Caregivers and Seniors at our Spring Educational Series. Ask the experts and get connected to local resources.

Please join us.
Attend one or attend them all!

April 11 - 10:30AM- Noon
Tip and Tricks to Stay in Your Home
By: ADRC & the Independent Living Center

April 18 - 9:00AM - Noon
Continium of Care
When it's Time to Consider a Move

With a
5-person
Caregiver
Panel

April 25 - 10:30AM - Noon
A Focus on Brain Health

May 2 - 10:30AM - Noon
My Loved One Has Been Diagnosed
with Dementia, Now What?

May 9- 10:30AM - Noon
Dementia Basics

May 16 - 10:30AM - Noon
Preventing Falls and Other Safety Tips



Call to register
262-833-8777

LOCATION:
ADRC of Racine County
Auditorium
14200 Washington Avenue
Sturtevant



FREE EDUCATIONAL INTERACTIVE

If you are looking for more information on **Healthy Eating**, the ADRC of Racine County is offering TWO free Online Wellness Initiatives. These are designed for Racine County residents, 60+ years of age. **Eat Smart, Move More, and Weigh Less** is a 15- week class held by a live instructor. **Eat Smart, Move More and Prevent Diabetes** is an online program that connects you with support from a live instructor and trained lifestyle coach. To learn more or register for these classes, please email taylor.scherer@racinecounty.com



14200 Washington Ave
Sturtevant, WI 53177

<https://adrc.racinecounty.com>

Caregiver Opportunities

Book Club for Caregivers

1st Friday Caregiver Book Club – Noon – 1pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

Support Groups—See page 10

Memory Cafés

Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm
Grace Church, 3626 Highway 31,
Racine, WI 53405
For information contact 262-833-8777.

2nd Tuesday of each month 1:00—2:30 pm
Racine Public Library, 75 7th St, Racine, WI 53403
English and Spanish
For information contact 262-636-9217.

3rd Friday of each month 10:00am– 11:00am
Burlington Aurora Wellness Center,
300 McCanna Pkwy, Burlington, WI 53105
For information contact Chad at 262-212-3596



Photo of Clematis wildflower <https://pxhere.com/en/photo/54660>