AGING AND DISABILITY RESOURCE CENTER OF RACINE COUNTY

ADRC Connections

Newsletter Date Winter 2020

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center (ADRC) 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. In response to the COVID-19 pandemic, the ADRC of Racine County continues to address the needs of the community. The ADRC is happy to address your questions/needs over the phone. In addition, we continue to provide resources addressing the ongoing changes during this challenging time. 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://www.adrc.racinecounty.com/ or find us on Facebook at https://www.facebook.com/RacineADRC/

Tips for Healthy Aging – For Everyone!

The Wisconsin Institute for Healthy Aging (WIHA) created these sharable tips to spread healthy aging and healthy living practices. We hope that encouraging practices that support good health leads to engaging in evidence-based health promotion programs when in-person programs become available again. Below are abbreviated versions of these healthy tips.

- **Stand Up** – Sitting all day is bad for your health.
- **Caregiving? Take Care of Yourself Too!**
- **Stay Connected** – Loneliness can sneak up on you when you're isolated.
- **Exercise Your Brain** – Take steps to keep your mind active.
- **Get Moving! -** At least 30 minutes most days. Walk. Bike. Dance.
- **Stay Hydrated** – Drink water and other healthy fluids.
- **Be Active** – Simple tasks around the house will do.

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- **Aging- Think Positive** – Research shows that people with positive ideas of aging live longer.
- **Eat Well** – A well balanced diet is important
- **Sleep Well** – Good sleep is important for good health
- **Love Your Pets** – They are good for your health
- **Think Prevention** – You play the biggest part in your own health, so practice good habits.
- **Eliminate Fall Hazards at Home** Falls are not a normal part of aging you can reduce the risk.
- **Protect Your Vision** – Get regular screenings.
- **Manage Stress** – Chronic stress is bad for you. Take time everyday to breath deeply.
- **Make an Action Plan** – Write down what you want to accomplish.
- **Get Outside** – It is healthy for you to do so.
- **Track Your Activity** – This helps you keep up with healthy habits.
- **Practice Meditation** – Take a few minutes every day to just be.
- **Schedule Activity** – Having a schedule makes it more likely you will be active.
- **Caregiving? Accept Help** – Hard to do, but don't go it alone.
- **Mask Up**- An important step to protect others and yourself.
- **Hearing & Your Health** – Hearing loss can make you feel isolated.
- **Protect Your Immune System** – Healthy Habits will help.
- **Give Yourself a Break** – Stay informed but step back at times to avoid overwhelm.
- **Don't Put Yourself at Risk** – It is tempting at times to resume old bad habits – Don't!
- **Eat Mindfully** – Pay attention and do not rush.
- **Laugh, Laugh, Laugh!** – Laughing can reduce stress hormone levels and boost immunity.
- **Volunteer** – There are ways to do this safely, and the benefits are many.
- **Tend to Your Spiritual Health** – Connect with what is meaningful to you.

For further thoughts on these topics see: https://wihealthyaging.org/tips or contact the ADRC at 262-833-8777.

Got a Tablet or smartphone but don't know how to use it?

With a friend or family member's support (even remotely) you can learn to use your technology.

To get started, share the words in blue directly below with your helper.

http://generationsonline.org/index.php

Transition to Adulthood in Racine County

Turning 18 is a milestone for many people. For people living with a disability, it can also mean a time of other changes as well. The ADRC is a source of assistance to help young adults with disabilities and their families consider options as early as age 17.5 who are transitioning into adulthood.

Are you are considering moving out on your own and may need assistance in your new home? Are you considering post-secondary education and want to know which schools have accommodations for people with disabilities? Or are you are looking for assistance in knowing what benefits you may be entitled to as an adult with a disability? The ADRC can help you understand your options.

Guardianship, vocational skills, education, health insurance, social security, recreational activities, transportation and in-home assistance are all topics that someone living with a disability may consider seeking knowledge about at some point in life.

The ADRC also has information and resources to assist adults with physical and intellectual disabilities who are not in the transition process.

The ADRC is a free and unbiased source of this information tailored to suit your individual needs. Consider contacting the ADRC to begin your relationship with a friendly ADRC specialist today.

Community Resources

Did you know that the ADRC has information and knowledge of resources that are not contained in any of our directories or on our website? Talk to us about your issue or what you are looking for and we may be able to help. Weekdays between 8 am and 4:30 pm at 262-833-8777.

We have various directories available on our website at: https://www.adrc.racinecounty.com/site/453/service_directory.aspx We are able to send paper copies to those who wish.

Racine County ADRC Directories:

Community Resource Directory

Living Options in Racine County

"Choosing An Assisted Living Facility"

Additional Helpful Resource Directories & Guides:

Dementia Care Resources

Mini Resource Directory (Emergency, Behavioral Health and other)

Resources for Adults Living with an Intellectual Disability

Resources for People Living with Physical Disabilities

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

Be The Voice -Tips for Advocacy Booklet

Veterans and the ADRC Brochure

Emergency and Planning Resources: - Brochure

*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*

ADRC
Aging & Disability Resource Center of Racine County

Music is a piece of art that goes in the ears and straight to the heart

A note from Taylor;

I recently dropped off Bill's iPod! They were so cute and waved to me through their porch window. Bill ran to the door as I was leaving and thanked me. As soon as I returned to the office, his wife called me and told me Bill was sobbing, listening to his music...
Happy tears.
Love to hear that!
This is a great program for him!

Music and Memory

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers. The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists through conversation with the listener and their caregiver about their life history and musical interests. The tailored playlists are downloaded onto an iPod that is then loaned out for the listener to use.

Dan Cohen, the founder of the program, had the idea for Music & Memory in 2006 when he realized if he ended up in a nursing home someday, he'd want to take along his favorite '60s music. With iPods gaining popularity, he thought about bringing new or gently used iPods to nursing homes and introducing personalized playlists. A social worker and experienced community organizer with a background in high tech, Dan launched a pilot program at a Long Island nursing home. The program was a hit with residents, staff, and families, and became the prototype for a bigger effort. With funding from the Shelley & Donald Rubin Foundation in 2008, Dan tested the program on a larger scale. Successful outcomes spurred the creation of Music & Memory as a 501c3 non-profit. Today, there are iPods in nursing facilities all over the nation as well as in-home programs.

Why Music & Memory?
Music & Memory started with the understanding that music is deeply rooted in our conscious and unconscious brains. As powerful as that idea is, it becomes even more important if the functioning of the brain is deteriorating, as occurs in dementia, Alzheimer's, and other types of cognitive loss. But music can awaken the brain and with it, the rich trove of memories that are associated with familiar songs or beloved pieces.

- Beloved music helps to reduce depression and anxiety and can also moderate pain.
- Musical favorites tap deep memories and can improve quality of life.
- Participants are happier, more social, and more receptive to care.
- Personalized music can help reduce reliance on anti-psychotic, anti-depressant, and pain medications.
- Music can be used to help with difficult behaviors or be a form of respite.

Interested in Music & Memory?
Call the ADRC at 262-833-8777 to inquire about the Music & Memory program. The intake of the listener's musical preferences will be done via phone or Zoom as well as the teaching of how to use the equipment once you receive it and we then are able to arrange iPod drop offs in a safe and socially distanced way.

Info: https://musicandmemory.org/

Resilience: A Helpful Tool for Caregivers

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

1.) **Solve the right problems.** Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took. But you can find ways to add meaning to each day and add safety measures to prevent falls in the future.

2.) **Find meaningful activities.** As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.

3.) **Get connected.** It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation which can help you feel more positive about your situation.

"Believe in Your Ability to Cope"

4.) **Remain hopeful.** You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.

5.) **Learn from experience.** Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake – like losing your temper – don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.

6.) **Believe in your ability to cope.** It is easy to get over-whelmed with the

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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 (WKRP)
888-794-5820

Elder Benefit Specialist

An Elder Benefit Specialist (EBS) is trained to help older persons over age 60 who are having a problem with their private or government benefits. They are often called "red tape cutters" because they are experts at helping older persons with the extensive and complicated paperwork that is often required in benefit programs. They help older persons figure out what benefits they are entitled to and tell them what they must do to receive them. The EBS receives ongoing training and is monitored by attorneys knowledgeable in elder law. The attorneys are also available to assist older persons in need of legal representation on benefit matters, on a case by case basis.

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 solutions are required.
- Refer you to an appropriate attorney when necessary.

If you have questions you would like to see addressed in the ADRC News please call us at 262-833-8777 or email: adrc@racinecounty.com

Disability Benefit Specialist

The Disability Benefit Specialist (DBS) program is a service of the Wisconsin's Aging & Disability Resource Centers. The DBS works closely with information and assistance, options counseling, and other resource center services.

The DBS provides services to people age 18 to 59 with physical disabilities, developmental disabilities, mental illness and substance use disorder.

The Disability Benefit Specialists provide information and assistance with public and private benefit programs including application and appeal procedures.

Cost-Saving Programs for People with Medicare

The Holiday Season brings thoughts of family, friends, gifts and good cheer. But for some, it can also be a stressful time filled with worries about the ongoing costs of their monthly bills on top of all the extras this month. For people with Medicare, there may be a program that can help.

There are several Medicare related programs for beneficiaries who have limited income and assets. "Medicare Savings Programs" can help qualified individuals by paying their Part B premium for them. That alone can save them $144 per month. Some also have their co-pays and deductibles paid, based on their income and assets. If your monthly income is $1,435 or less for an individual, or $1,939 for a couple, and your resources are under $7,860 for an individual or $11,800 for a couple, you may already be eligible for one of these programs.

Another program, known as "Extra Help", assists qualified individuals with their prescription drug costs, like premiums, deductibles and copays. Enrollment in a Medicare Savings Program will automatically qualify you for Extra Help.
If you don't automatically qualify for Extra Help, you may still be eligible if your monthly income is $1,595 or less for an individual, or $2,155 for a couple, and your resources are under $13,110 for an individual and $26,160 for a couple.

You can apply online for Extra Help with Social Security Administration at https://www.ssa.gov/
or by calling:
1-800-772-1213
TTY **1-800-325-0778**

This year, remember those who may be struggling to make ends meet—and when you are out spreading holiday cheer, take a moment to spread the word about the money-saving Medicare programs. That will surely be a gift that keeps on giving!
For more information about these benefit programs or for assistance with Medicare questions, contact : Aging & Disability Resource Center at 262-833-8777

Applying for Disability?

Short term disability benefits typically come through an employer, or private insurance that you have purchased.

Long term disability can be applied for through the Social Security Administration. You can apply online, over the phone, in person at the local office or through a paper application. See the contact numbers on page 6 or contact the ADRC to discuss at 262-833-8777.

Call the ADRC if you want to check if there is updated information about food resources as new information comes in all the time. 262-833-8777 Weekdays between 8 am and 4:30 pm.

Senior Nutrition Program

The dining sites continue to be closed at this time. The Meals on Wheels program in Racine County, continues to address the needs of the community. For more information call them at 262-833-8766.

Part of what makes Meals on Wheel Special is that it is a time that someone is also checking on the well-being of the program participants.

It is important during this time of social distancing that we are not socially isolated.

Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.

Eating healthy has benefits that can help older adults:

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B_{12}, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

See more at: https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults

One-Dish Italian Chicken and Veggie Bake

Ingredients:

- 1/2 pound Chicken breast, halved
- 6 small red potatoes, quartered
- 6 oz. green beans
- 1 Tablespoon olive oil
- 1 Tablespoon garlic
- 1 Tablespoon Italian Seasoning

Directions:

1. Preheat oven to 350F
2. Place chicken, potatoes, and green beans in rows in 13x9 –inch baking dish, with chicken in the middle
3. Drizzle with olive oil, season with garlic and Italian seasoning
4. Bake 50 mins, or until chicken reaches an internal temp of 165 and potatoes are tender

*Recipe makes 2 servings. Use one pound Chicken and additional veggies if meal prepping or for 2 people!

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.

2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.

6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

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responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.

7.) **Take pride in your accomplishments.** When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

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

Winter Safety Tips

Dress for warmth
Don't let indoor temperatures go too low and dress in layers. Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin.

Fight wintertime depression
To help avoid feelings of loneliness, family members can check in on neighbors and loved ones as often as possible; a short, daily phone call can also make a big difference. If it is possible to get outside for a time this helps to increase feelings of wellness. Invest in a full spectrum light fixture or bulb(s).

Eat a varied diet
It's recommended to consume foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent carbon monoxide poisoning.
Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

Most importantly - don't leave your loved one alone during the holidays! Even if you will connect by telephone, or virtually, do make that connection. It is more important than ever! There are so many ways to share the holidays with them whether it be taking a trip downtown to see the Christmas lights or discussing past excursions. You can still swap holiday stories and traditions with them. You can also create something new for this year which can be shared in the future.

Trualta Supports Families Managing Care for Loved Ones

The Wisconsin Department of Health Services (DHS) and the Greater Wisconsin Agency on Aging Resources (GWAAR) announced a partnership with Trualta, a new free online educational tool for family caregivers across the state. Trualta helps caregivers learn about health issues, care techniques, and managing care for loved ones during flu season and the COVID-19 pandemic.

Family caregivers can visit http://wisconsincaregiver.org/ and click on the "Trualta" banner on the main page to sign up for access to Trualta's library of online resources. The modules teach caregivers how to safely provide hands-on care, connect families with reliable support agencies, and offer information and video training from experienced professionals in a quick and easy format. For low-vision users or for caregivers who prefer audio instructions, Trualta also offers a "read to me" function.

"Caregiving is 24 hours a day, seven days a week, so making time for in-person training and education can be difficult, even during normal times," said Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources. "Our partnership with Trualta provides an alternative for education and training that people can access whenever it works for them."

"Our goal is to equip family caregivers earlier so that they are better prepared. Most people find

themselves responsible for the care of another person with little warning. In the midst of a global pandemic, we realize that caregivers need easy access to innovative resources that complement the training, emotional support and respite services provided by Aging and Disability Resource Centers (ADRCs) and health care providers," said Lynn Gall, Family Caregiver Support Programs Manager, Wisconsin Department of Health Services.

Anyone caring for an older adult can benefit from Trualta's support, whether they are seeking personal care training, safety and fall prevention tips, help caring for a person with dementia, caregiver wellness ideas, or other support.

Support Groups

Virtual or Telephone Support Groups - Now Available!

1st Friday
Noon -1:00 pm

2nd Wednesday
1:00 - 2:00 pm

3rd Thursday
6:30 —7:30 pm

For our support groups we have started using Zoom which also offers a call-in option. We are learning new ways to share all the time!

Contact Ruth Stauersbol at 833-8764 to receive call-in information or virtual group information.

14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

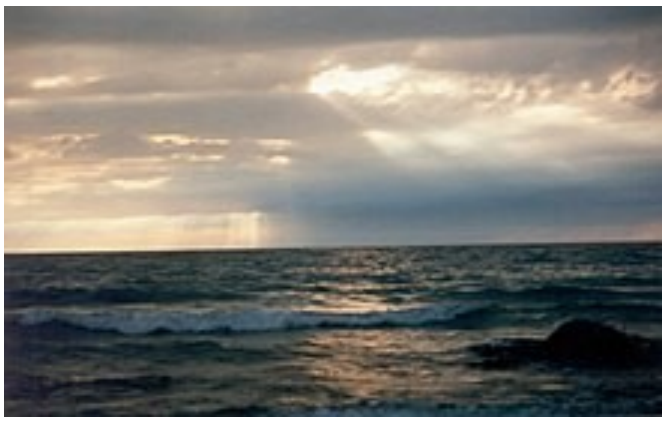
Find information about ADRC sponsored Support Groups on page 11.

Caregiver Consultations

The Alzheimer's Association makes appointments for care consultations that can be held virtually or via phone as convenient for you. To arrange an appointment, contact Felicia at 262-833-8777.

Memory Cafés

Share your stories and socialize with others concerned about their memory. A virtual opportunity is available. Please contact the Alzheimer's Association to register at 800-272-3900.



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@racinecounty.com.