

ADRC Connections

Newsletter Date Fall 2016

Connecting You to Your Community's Resources

Preventing Falls

September 22, 2016 is National Fall Prevention Awareness Day

Falls are the leading cause of accidental injury or death for adults over 65 according to the National Council on Aging, and Wisconsin has more than twice the national rate of deaths due to falls. More than 95% of hip fractures are caused by a fall, and falls are the most common cause of traumatic brain injury. Falling once doubles your risk of falling again.

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dementia. As his cognitive abilities have waned, Nora has gradually taken over all the household responsibilities. Henry does, however, insist on driving everywhere they go. He feels it's that one thing he can still do for Nora. Nora is sometimes terrified when riding with him. He went through a stop sign without noticing it the other day and reacted angrily to the driver who slammed on her brakes and honked. Nora felt shaky for a long time after that, and she knows something must be done.



Caregiver Support Program

The Difficult Driver Dilemma

Nick is a business consultant who lives near his 82-year-old mother Alice. During the last five years or so, he has taken responsibility for more chores related to his mother's well-being. He does her outdoor work, sees to home maintenance, and helps her with financial matters. Nick saw Alice driving the other day, and she was going very slowly in traffic that was otherwise flowing smoothly. She pulled away from a stop sign hesitantly, and was honked at by the driver behind her. Now Nick has noticed a dent in her car.

Nora cares for her husband Henry who has

These caregiving families have reached a very common Difficult Driver Dilemma. Loss of driving privileges can be a huge blow to anyone. It may represent loss of freedom and the trust of family members. It can change a person's lifestyle and be a constant reminder of the slipping away of skills and life itself. So this issue is rarely easy to resolve. Difficult drivers need to know that they are still loved and needed. Yet they may be very angry.

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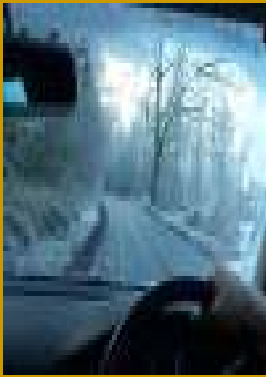
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Contact:
Marilyn Joyce
Caregiver
Support
Specialist
regarding this
article

Aging and
Disability
Resource Center
of Racine
County

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



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This will be an adjustment time for everyone. As you step onto this rocky ground, it's important to remember that the danger is real and must be addressed. It isn't just you being a busybody. It is a problem that could become a tragedy, involving your loved one and others as well. Addressing it may be difficult and heartbreaking. The consequences of ignoring it, though, could be unthinkable horrible!

Good communication techniques can be very helpful in broaching this topic. Using "I" messages, expressing concern for the person's safety, and reporting your observations matter-of-factly are all techniques that invite finding a resolution. Being accusatory or belittling may result in feeling like you've banged your head on a brick wall.

Some driving errors are related to correctable factors, such as vision and hearing, that can be addressed by medical providers. Seniors can also learn new habits that enhance their abilities. These are taught in classes such as Car Fit, AARP Driver Safety, or you can use assessments like AAA Senior Driving or Senior Driving Resource.

When the driver has dementia, however, and driving needs to stop! This may become one of the most difficult issues the family faces. This driver may be very angry with one or more people: you as the caregiver; the doctor; the favorite family member who is elected to be "the one" to carry out a "no-more-driving" plan; a neighbor, or perhaps a random person who he is convinced "turned him in." Families are called upon to love their difficult driver enough to let him or her be angry with them. It can hurt a lot. It helps if families support each other

at this time and remember the **DIS-EASE** is the villain. Finding the "right" family member to broach the subject is a good place to start. One gentleman had a trusted grandson, a police officer, who took responsibility for making sure his grandfather didn't drive anymore after an accident had occurred. He achieved his mission, but his grandpa was angry with him for the rest of his life. It was a tough blow, and he needed support as much as his grandpa.

Obtain a Driver Condition or Behavior Report (MV3141) from the DMV office or online at the Dept. of Transportation website. Anyone can complete this form by describing incidents they have observed. Although the name of the person completing the form is required, it can be kept confidential. The back of the form is for a medical professional to complete. It asks whether the person is able to drive safely, and a "No" answer results in license revocation.

Loss of a driver's license and/or a car to drive does not necessarily mean that a person will stop driving. Especially if there is dementia, a person may forget that the license has been revoked. Some families hide the car key and may replace it with another key on the person's key ring. Others disable the vehicle or remove it from the premises. If the difficult driver does manage to leave in a vehicle, authorities should be called right away. **TAKE NOTE:** Precautions for "wandering" behavior need to be in place. These include the Form for Autism/Alzheimer's/dementia, the Safe Assured ID Program, and/or other safeguards such as the Safe Return MedicAlert program or GPS tracker. (See Community Resources on page 3)

There are transportation options in our community that can help to minimize the effect of driving cessation, and socializing is a tremendous help to

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What is so Important about Turning 18?

In Wisconsin, you are considered an adult after turning 18 except for criminal law purposes (age 17) and for purchasing alcohol (age 21).

As an adult you have certain rights associated with being completely independent, but also certain responsibilities and are held personally accountable for your actions.

Some of your rights include:

- Vote in national, state, and local elections
- Create a will
- Marry without the consent of parent or other guardian
- Obtain medical treatment without parental permission (you have to give permission for the doctor to share information with anyone including parents)

- Apply for credit
- Serve in the armed forces
- Support yourself because parents are no longer required to support you financially
- Sign contracts and other legal documents (be very cautious with this)

Steps to take at age 18

- Males must register with selective service
- If appropriate, you should obtain an adult disability determination through the Social Security Administration—apply for Supplemental Security Income (SSI) and Medical Assistance (MA)

At age 17 1/2 call to get information directly from the ADRC so you are prepared.



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.

Driver Resources

Please request a “Driver Training, Evaluation and Modification Resources” handout from the ADRC by calling 262-833-8777 or find it on line on our website at: https://www.adrc.racinecounty.com/site/445/prevention_and_wellness.aspx

Wandering Precautions:

Most of these options are passive as a person with cognitive limitations may forget to use other types of personal emergency response items.

Monitoring options include: Form for Autism/Alzheimers/Dementia Elopement found at: <http://>

cityofracine.org/Departments/Police/Printable-Complaint-Forms/Main/

Safe Assured ID Program –contact the Volunteer Center at 262-886-9612.

Alzheimer’s Association Safe Return/MedicAlert program or GPS tracker.
Call 888-572-8566.

Have ongoing conversations about driving and be willing to assess your own driving skills on a regular basis.



Contact Information

262-833-8777

Toll Free:
866-219-1043
711 for TTY

Email:
adrc@racinecounty.com

Website:
www.adrc.racinecounty.com

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 (Atonement) Lutheran Church 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 Avenue 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

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



Fall Harvest Cooking Fun

Looking for an easy and fun way to dress up your end of the summer cooking? Edible flowers add beauty, flavor, and texture to everyday dishes. They work well in main dishes, salads, and desserts. Edible flowers can also be candied, added to butter, used to infuse syrups, or frozen into ice cubes. Flavors range from sweet to spicy. Eat only petals; inner parts can be bitter. Flowers will look and taste their best shortly after opening.

Not all flowers are safe to eat. Some flowers are poisonous or are contaminated with pesticides. It is important to know which flowers are safe. Safe sources include grocery stores and online

merchants. Growing your own without pesticides is another good option, as long as they are edible varieties. Check with your local extension office for help choosing safe flowers to use in cookery.

Here are a few common flowers that are edible:

Violet (viola species) and Pansy – sweet to mild minty
Rose – sweet
Lavender – herby and floral
Calendula – honey, good substitute for saffron
Begonia – citrusy and sour
Clover – sweet
Nasturtium – peppery

See a recipe on page 5

Eat your Garden Salad

Ingredients for 4 to 6 servings.
(For one serving use dressing as desired and store leftover in the refrigerator for later use.) As the days cool down consider a soup and salad meal to maximize your vegetable servings.

Dressing

2 1/2 tablespoons grapeseed, safflower, or canola oil
 1 tablespoon red wine vinegar
 1/2 teaspoon kosher salt
 1/4 teaspoon freshly ground black pepper
 Tarragon as desired

Salad

1/3 cucumber
 About 20 sugar snap peas
 1/4 cup lightly packed chervil sprigs (optional can also use fresh parsley or tarragon)
 6 cups mixed greens
 4 medium radishes, sliced in half lengthwise
 Your choice of: bachelor's buttons, calendula, carnation, Johnny-jump-ups, nasturtium, pansies

Preparation

In a small bowl, whisk together oil, vinegar, salt, pepper, and tarragon to make the dressing.
 Thinly slice cucumber. Split half of the fatter peapods and remove the peas; set aside. Gently rinse chervil and greens. Dry thoroughly.
 Put greens in a large bowl and toss gently with 3 tbsp. dressing (leaves should be barely coated), adding more dressing if necessary.
 Divide greens among plates. To each

salad, add a few slices of cucumber, some sugar snap peas (both whole pods and just the peas), and some radishes. Drizzle with any remaining dressing, if you like, and top with whole flowers and flower petals.



Nutrition Helpers:

Ideas for you, if you have difficulty preparing meals or don't like to cook:

- Have easy-to-prepare foods like fresh fruit, string cheese, frozen dinners, instant soup or cereal mixes, yogurt, and whole grain cereals on hand.
- Try other frozen or canned convenience foods that require minimal preparation.
- Peel, chop, or mix foods while sitting at the table.
- If you feel particularly good one day, make extra and freeze for leftovers.
- Have friends, family, or church members bring meals to your house.
- Check with your local Senior Dining Center or ask about Meals on Wheels.



Food Safety

Tip:

WHEN IN DOUBT, THROW IT OUT! The cost of a trip to the doctor's office is going to be much more than the cost of the food you discard!



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
(WGRP)
888-794-5820

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change"

(ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE (800-633-4227) or Medicare.gov.

In Wisconsin you can also contact the State Health Insurance & Assistance Program (SHIP) or the Medigap Helpline at: 800-242-1060.

It is to your advantage to review your insurance coverage every year as plans are continually changing.

Advance Directives

Have you made plans for what happens should you become incapacitated?

Assist your loved ones by doing this easy task. You can complete documents like the Durable Power of Attorney for Health Care (POA-HC) or for Finance (POA-Finance) to make your wishes known.

These documents are available from several sources; check with your health care provider, the Wisconsin Guardianship Support Center, the Wisconsin Department of Health Services at www.dhs.wisconsin.gov/ or request copies from the ADRC and we will mail them to you. They are free, easy to fill out, and you can do this without having to contact a lawyer.

Help With Medicare Prescription Drug Costs: The Low Income Subsidy

People on Medicare who have low income and assets may qualify for the Low Income Subsidy, also known as “Extra Help.” The Low Income Subsidy (LIS) provides a variety of benefits. People with the lowest incomes receive the most benefits. The benefits can include payment of Part D prescription drug premiums, deductibles, and co-pays, depending on the person’s income and assets.

People who are on Medicaid programs such as Elderly Blind or Disabled Medicaid, the Deductible program, the Medicare Savings Program, and Medical Assistance Purchase Plan (MAPP), for example, are automatically eligible for the Low Income Subsidy. People in this category receive full benefits, which includes premium payment, no deductible, and drug co-pays of just \$1.20 for generic drugs and \$3.60 for brand name drugs.

Some Other Eligibility Categories:

1. Income less than 100% of the Federal Poverty level (In 2016: \$990.00 per month for an individual or \$1,335.00 for a couple with assets less than \$8,780 for an individual and \$13,930 for a couple.) Benefits include: premium payment, no deductible, and drug co-pays of just \$1.20 for generic drugs and \$3.60 for brand name drugs.

2. Income between 100% and 135% of the Federal Poverty Level In 2016 this means monthly income between \$990.00 and \$1336.50 for an individual or \$1,335.00 and

\$1,802.25 for a couple; assets must be less than \$8,780 for an individual and \$13,930 for a couple. Benefits include: premium payment, no deductible, and drug co-pays of just \$2.95 for generic drugs and \$7.40 for brand name drugs. If income levels are in this range, but assets are less than \$13,640 for an individual or \$27,250 for a couple, a partial subsidy may be available.

3. Income between 135% and 150% of the Federal Poverty Level; In 2016 this means monthly income between \$1336.50 and \$1,485.00 for an individual or between \$1,802.25 and \$2,002.50 for a couple; Assets must be less than \$13,640 for an individual and \$27,250 for a couple. This level of income and assets qualifies for a Partial Subsidy; benefits include: premium payment, deductible of \$74, and a 15% coinsurance up to the Out of Pocket threshold.

This article is for general information. For further information about eligibility and benefits based on your particular circumstances, please contact your local ADRC at (262) 833-8777 or the Social Security Office at (866) 270-8629. If your income and assets are close to the amounts listed, it is still worth applying for the benefit.



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.



Preventing Falls *Continued from Front Page*

Most of the time falls happen at home where we spend much of our time. These falls at home most often happen while a person is doing normal daily activities. At your next check-up, talk with your doctor about your risk of falling and changes you might make. Also, let your doctor know if you've fallen or almost fallen.

Although the statistics sound alarming, many falls can be prevented with simple changes:

- Be physically active. Attend a balance and exercise program in your community. A good example is the high level evidence based program "Stepping On"

class offered by the ADRC or a community agency. It has been proven to reduce falls and build confidence in older people.

- Have your medicines reviewed.
- Get a vision and hearing check-up annually.
- Keep your home safe. Avoid uneven flooring, throw rugs or clutter. (You can request a home safety check-list from the ADRC)

Talk about your concerns with your family and/or healthcare professional. Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls. Your doctor or other health care providers can help you decide what changes will help.

Seminars:

All Fall Seminars will be held in the Auditorium adjacent to the ADRC offices 14200

Washington Ave in the Racine County Public Works building, from 10:00 am to noon.

Reservations are requested.

262-833-8777

ADRC Offering Fall Seminars

The following programs will be offered this fall.

September 12th—Let's Talk About Medicine. Presented by Wisconsin Health Literacy—understand how to more safely and effectively use medicine, leading to better health.

Sept 19th—Guardianship— Presented by Atty John Serketich Assistant Racine County Corporation Counsel.

September 26th—Living Options in Racine County learn about options that will help you in your home or help you choose a new living situation.

October 10th—Care In the Home Learn about different services that can assist you in your home.

October 17th—Share The Care Find out about a model program on how to create a unique caregiving family from friends, relatives, co-workers, neighbors and acquaintances.

Watch your local paper for notices about these and other programs.

Prepare for Your Disability Interview: Tips from Social Security

By Bob Trotter
Social Security Public Affairs Specialist
in Milwaukee, WI

When a person becomes disabled, it can be a very stressful time in their life. There are many questions and unknowns when you have to transition out of the workforce due to medical issues. While an employer may offer short or long-term disability, most people faced with a disability will file for benefits with Social Security.

If you're facing life with a disability and don't know where to start, we encourage you to visit our website at www.socialsecurity.gov/disabilityssi

You can apply for benefits on our website; it's the most convenient way. Additionally, you can contact us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local office if you wish to apply for disability benefits. When applying for benefits, you should be prepared to answer a number of questions including:

- When your conditions became disabling;
- Dates you last worked;
- The names, addresses, phone numbers, and dates of visits to your doctors;
- The names of medications that you take and medical tests you've had; and

- Marital information.

In addition, if you plan on applying for Supplemental Security Income (SSI) disability payments, for people with low income who haven't paid enough in Social Security taxes to be covered, we will ask you questions about:

- Your current living arrangement, including who lives there and household expenses;
- All sources of income for you and your spouse, if applicable;
- The amount of your resources, including bank account balances, vehicles, and other investments.

You can view our disability starter kit at:

www.socialsecurity.gov/disability/disability_starter_kits.htm

Remember, we are there when you might be faced with one of the hardest obstacles of your life. Social Security helps secure today and tomorrow with critical benefits for people with severe disabilities, not just during retirement. Learn more at www.socialsecurity.gov

You can also request information from the ADRC by calling **262-833-8777**.



FREE, one-on-one health insurance enrollment assistance is available

Call or email your local Navigator, Brenda, at (262) 637-8377 x114 or bdanculovich@rkcaa.org for free information and enrollment help with Badger Care or a Federal Marketplace plan





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those who have lost a measure of freedom.

Nick talks with his mother, who admits having trouble with her vision lately. It turns out that she needs surgery for cataracts. She also takes a driver “refresher” class and decides not to drive after dark and to limit her driving to familiar places nearby.

Alice tries her best to talk effectively to Henry, but rage is the only response he can express. She assigns the Difficult Driver project to her grandson. He obtains the Driver Condition or Behavior Report form and speaks with Henry’s doctor, who tells Henry his driving days are over. Henry has periods of anger about this for a long time. His family helps to arrange transportation, involve him in social opportunities, and do their best to support each other on this difficult journey.

*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)

Sept 1 Oct 6 Nov 3

First Friday 12 Noon-1pm “Caregiver Connection” Telephone Group

Call 262-833-8762 to pre-register

Sept 2 Oct 7 Nov 4

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)

Sept 20 Oct 18 Nov 15

Second Saturday 10:30 am-12 Noon

Atonement Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

Sept 10 Oct 8 Nov 12

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

Sept 21 Oct 19 Nov 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)

Sept 8 Oct 13 Nov 10

The Alzheimer's Family Caregiver Support Program

Are you caring for someone with Alzheimer's Disease or other irreversible dementia?

Racine County has a funding source available to those individuals who may qualify.

The Alzheimer's Family Caregiver Support Program (AFCSP) was created by the Wisconsin Legislature in 1985 in response to the stress and needs of families caring for someone with Alzheimer's Disease or other irreversible dementia. The purpose of AFCSP is to make an array of community services available to families in hopes of enhancing lives

and keeping people in their homes as long as possible.

The program is available in every county throughout the state. Funds for AFCSP are made available in each county to assist individuals to purchase goods and services related to the care of someone with an irreversible dementia. Allowable services are those which are necessary to maintain the person with irreversible dementia in the community.

To apply for the program, or for further information, please call Felicia at 262-833-8761



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

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

Caring for Someone with Dementia?

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.

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.

Early Stage Social Engagement Program at Blue Lotus Farm and Retreat Center. Friday Sept 16th 1:00 to 4:00 p.m. Call Sarah Prohuska at 262-993-7352 for more information.

E-Learning available 24/7

Courses that allow individuals to learn important information on their own schedule. Especially beneficial for working caregivers or family members. All courses are free of charge and can be accessed at:

<http://training.alz.org/>





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

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



Kudos for Caregivers' **A Day for Self Care and Renewal**

Save the date for a Celebration of You!
November 4 (Friday)
9 am – 2 pm
Grace Church 3626 HWY 31 Racine
Respite Care will be available
See the flyer included



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.