

ADRC Connections

Newsletter Date Spring 2019

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Connecting You to Your Community's Resources

Call Us Today and Maximize What the ADRC Can Do for You

The ADRC's role is to provide a central source of reliable and objective information about a broad range of services. The ADRC helps individuals plan and make informed decisions through an interactive decision support process. This includes a discussion of the individual's wishes, needs and goals in order to help the individual identify and evaluate options available.

ADRC information and assistance is FREE, confidential, and available to older adults, people with disabilities, their families, friends, caregivers and others who work with or care about you, regardless of income.

Options counseling includes information about the following:

The range of community resources and service options available to the individual, including but not limited to; home care, housing, nutritional resources, community services, residential care, nursing home care, and case management services.

Factors to consider when you are planning for current or future needs:

- Types of services, cost, quality, compatibility with individual preference, goals and outcomes.

- Opportunities and methods for maximizing independence and self-reliance, including the utilization of supports from family, friends and community and the self-determination approach.

- The sources and methods of both public and private payment for long-term care services, including information about the long-term care programs available in the area, such as Family Care, IRIS, Partnership, and other programs for which the person may be eligible.



Graduating from High School to a New Life

Just like your classmates, as a student with a disability, you face many questions about your life after high school graduation. What is your dream job? How can you get that job? Will I need more schooling? Will you still have a guardian after you turn 18? What kind of benefits do you qualify for?

Continued on next page...

Planning for the transition into adulthood for disabled youth ages 17 ½ to 21? The ADRC is here to assist.

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Once you turn 17½, your local ADRC can provide comprehensive, unbiased information to help you make these decisions.

Transition Checklist

Organize Documentation

To access adult services outside of the primary education experience, most community services are based on eligibility criteria; meaning an adult must *qualify* for services. It is ideal to have school records (i.e. recent psychological evaluation found in IEP), and/or physician's statement of diagnoses.

Apply for Social Security as an Adult

To access additional support services and Supplemental Security Income, the Social Security Administration requires a new adult disability medical determination when a person turns 18 years old even if they were previously determined disabled as a child.

Apply online at: www.ssa.gov or contact the Social Security office at 866-270-8629 (local) or 800-772-1213 (national). There is information from Social Security Administration on **What Happens When Your Child Turns Age 18** – see <https://www.ssa.gov/pubs/EN-05-10026.pdf>

Determine if there is a need for any Protective Supports or Guardianship

See information at the Wisconsin Guardianship Support Center: <https://gwaar.org/guardianship-resources>, or contact the ADRC for basic information and/or speak to an attorney to weigh this option.

Work with your school's Individualized Educational Planning (IEP) team to plan for post-secondary outcomes

The school's IEP team can assist in planning to achieve your goals after high school. This planning process typically begins in 10th grade and continues throughout high school.

Call Aging Disability Resource Center (ADRC) 262-833-8777 or 1-866-219-1043 or use 711

At age 17½, the ADRC can provide individuals with Options Counseling for decision support to help plan for potential future needs. The ADRC can also begin the eligibility process for Long Term Care Medicaid programs.

The transition from a children's waiver program like Katie Beckett takes some careful planning. It is better to contact the ADRC sooner (at 17 ½) than later.

Upcoming Racine County Transition Fairs

Life Under Construction

Saturday, March 23rd
9:00 am to Noon
Gateway Technical College , Racine Building—
1001 Main St, Racine

Racine County Special Needs Resource Fair

Friday, April 12th
4:30 to 6:30 pm
Waterford Union HS
100 Field Dr –
Door #1
Waterford

Transition to Adulthood in Racine County

Respite Options

We all have moments when we think “if I just had a few minutes (or hours) to myself, I would feel better, more energized, more organized”—fill in the blank for yourself. That is where “respite” comes in. It simply means getting a break from the day-to-day routine.

When you are a caregiver you also want the person you are caring for to have the same opportunity. You can often overlook leisure activities that can turn out to be refreshing and respite for both care partners.

The ADRC offers information on leisure and recreational activities in our directories, especially those for people with physical or intellectual/

developmental disabilities. You can request a copy by contacting the ADRC or going online to our website.

Other resources to consider would be to contact the Independent Living Center at Society’s Assets where they offer a variety of activities and programs including a GameAble night and the Bookworm Club on a monthly basis. Contact them at 262-637-9128 or check their website at:

<https://societysassets.org/> .

You can also check out the Respite Care Association of WI at: <https://respitecarewi.org/live/> .



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

Caroline Ludka with the **Wisconsin Office of the Deaf and Hard of Hearing** has office hours at the ADRC the 2nd Friday of every month from 9:30—11:30 a.m.

You can meet with Caroline to discuss a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents. She will meet with those who walk in, or you can contact her at:

262-565-6349 for an appointment.

See information about the Office at: <https://www.dhs.wisconsin.gov/odhh/index.htm>

The Wisconsin Office for the Blind and Visually Impaired

Rehabilitation services are provided by OBVI to help individuals to achieve their own goals of independent living. OBVI staff visit individuals in their homes, conduct group trainings, and teach techniques and technologies for use in daily living. These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible.

Call **888-879-0017** or find online at <https://www.dhs.wisconsin.gov/blind/index.htm>

Volunteer Corner



We would like to give a big shout out to our groups of special needs high school and transition students.

These groups consist of students from Park, Case, and Union Grove high schools. They are helpful, friendly and work hard while gaining work experience.

These students get a variety of job experiences to determine where they thrive and help with

setting vocational goals.

At the ADRC, students assist with assembling materials for distribution. These materials are used for outreach and for assisting consumers with information and resources.

We appreciate all the hard work that these students do for us!

Thank You !

Simple Healthy Snacking



With a little planning, you can have simple healthy snacks available for those times after an activity, when you are hungry ahead of a meal, or if you need to boost your food intake.

Protein Popcorn – You can come up with your own version but consider these two options – to a finished batch of popcorn, add a sprinkle of parmesan cheese and some Italian spices, or make up a batch of peanut butter seasoning and add an amount to your taste.

Combine 4 tablespoons of peanut butter powder, 2 Tablespoons of powdered sugar and 1 teaspoon salt (if you are using salted popcorn you may want to omit this). Store in an airtight container until use on popcorn that has some butter or oil on it.



Berry Compote – can be used on things like oatmeal, waffles, and yogurt, but it could also be used as a mini crustless pie – just add a bit of granola. To make, use 3 cups of fresh or frozen berries, add 3 Tablespoons of orange juice and cook until fruit is softened. You can wait for it to naturally thicken or add a teaspoon or so of corn starch if you prefer it to be thicker. Store in the refrigerator for a week or freeze in ice cube trays for a month.

Frozen Yogurt Berry Bark— Use Greek yogurt with a touch of added honey. Sprinkle with your favorite small berries and freeze for 6 to 8 hours or overnight on a sheet pan covered with parchment. Break into pieces and enjoy quickly (before it melts).

Recognizing Caregiver Burnout

Melissa is a 55-year old wife, mother, and grandma. Her youngest child, Travis, is 19 years old and has had a neurological condition since birth. He needs a lot of care and support, much of it done by Melissa.... She also has adult children and grandchildren all of whom she adores and often cares for. This winter Travis has needed more care, and Melissa has noticed that she's not having fun with the children these days. She's impatient with them and sometimes with Travis. Then she feels terrible. She has little appetite and has been losing weight and notices that she tires easily.

Harry is a retired accountant who cares devotedly for his wife Elaine, who has Parkinson's Disease with dementia. Elaine is often angry with Harry for something she imagines. Harry finds it more and more difficult to avoid arguments. Since Elaine can no longer participate in household chores, Harry has taken on many responsibilities that are far from anything his career has taught him, such as cooking and helping Elaine bathing and grooming. He often lies awake at night. Lately he's been having a couple of cocktails to help him sleep. As he drinks more, he feels depressed and often thinks of death – his own or Elaine's.

Providing care for an aging or disabled loved one may be the hardest job you'll ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose independence is emotionally difficult. And the changes in your personal, social and work life as a result

of caregiving may leave you feeling confused, unhappy and frustrated. These stressors can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called **caregiver burnout**. It can also be called fatigue (physical and emotional), perhaps depression, and it often manifests as a physical illness. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable. You may even experience moments of joy!

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in things that once brought you joy
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with your care recipient frequently
- Increasing thoughts of death

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Overheard at a recent Caregiver Support Group:

"In the time I've been attending this group, I have gotten extensive information, support, encouragement, and enjoyable times with other people. I highly recommend this to other caregivers!"



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 (WKRPP)

888-794-5820

*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@racine
county.com*

Medicare Special Enrollment Periods

What is a special enrollment period?

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life, for example: if you move to a different area that is not covered by your plan, or you lose other insurance coverage because of retirement or job loss. These chances to make changes are called Special Enrollment Periods (SEPs). Rules about when you can make changes and the type of changes you can make are different for each SEP.

Who in particular should pay special attention to a special enrollment period?

- Older Adults that move to a new address.
- You move back to the US from another country.
- You involuntarily lose drug plan

coverage from my employer or union (this includes COBRA coverage).

- You have access to other drug coverage as good as Medicare such as TRICARE or VA coverage.

Why is it important for individuals to pay attention to a special enrollment period?

- If they do not take action, they will no longer be insured or the insurance they have will not serve them as needed.
- It is very important for individuals to pay close attention to SEP if they lose coverage from a former employer.
- No longer have Special Needs Plan.
- It was not properly explained that you were losing private coverage (that was not as good as Medicare drug coverage).
- Just moved to the area.

Continued next page...

Medicare SEP's *continued from page 6...*

Sample scenarios regarding someone who has a Special Enrollment Period:

From the Elder Benefit Specialist:

A consumer with chronic disease (beat cancer three times) was losing his insurance plan due to retirement. An appointment was scheduled for him to meet with the Elder Benefit Specialist (EBS) to do a benefit checkup.

The Medicare Savings Program* was not an option (due to a high monthly income). They looked at the Medicare Plan finder for different options in regard to his drug coverage (Part D). He chose a plan that was comfortable for him. Since this was his first time and he would be new to Medicare, he needed to know the difference between standard Medicare with a Medigap policy (Part B), and Medicare Advantage Plans (Part C).

After talking about the difference between advantage plans and Medigap policies he stated that he was leaning toward a Medigap policy because he didn't know when his cancer might come back, and he was more comfortable with that choice. As he had decided to go with a Medigap policy he was given the Medigap policy hotline. He thanked the EBS repeatedly, "I didn't know these options existed." "You are a life saver."

From the Disability Benefit Specialist:

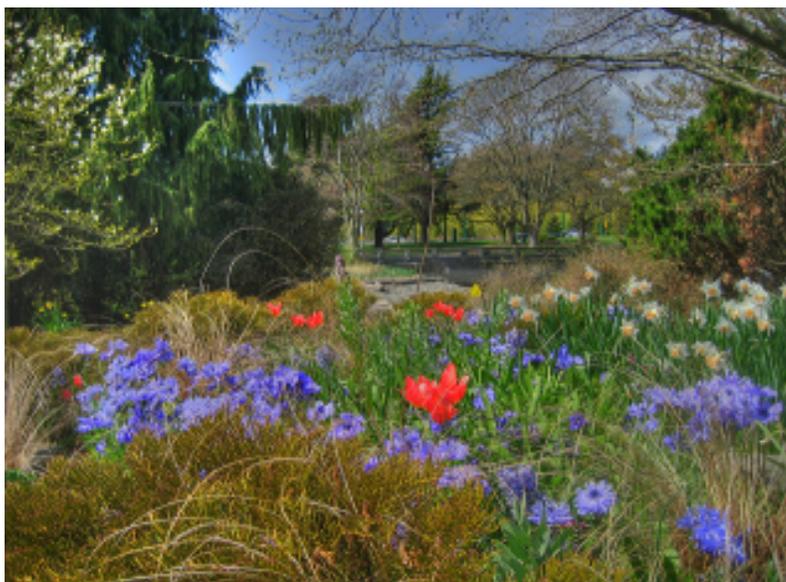
I was helping a client who was paying too much for his prescriptions under

his current plan and was not sure why. When I met with the client, we entered all his prescriptions in the plan finder. When looking through the plan finder I noticed that one of the prescriptions he was on was not part of the formulary in his current plan, which explains his high monthly cost.

After comparing all the plans available, he picked a plan where all his prescriptions were on formulary, which saved him money monthly. I explained the importance of looking at his coverage annually during open enrollment to make sure he is enrolled in the plan that best meets his needs.

**In some cases, Medicare Savings Programs may pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.*

See the information at: <https://www.dhs.wisconsin.gov/publications/p11/p10062.pdf> or you can call the ADRC and request a referral to the benefit specialist, or the Medigap Helpline part of the Wisconsin SHIP program at 800-242-1060.





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



Dining Site Spotlight—Burlington

The Racine County Senior Nutrition Program has 7 sites in the County where Seniors can join others for lunch. Each Site has the same menu, but each is unique. This quarter, we would like to highlight the Dining Site that is located at the **Burlington Senior Activity Center**.

The Dining Site moved with the Burlington Senior Activity Center last year to their new location at 587 E State Street in Burlington. We serve lunch Monday through Friday at 12 noon, but the Center has activities happening at all other times during the day. You can meet with friends, play card games, attend a jam session and so much more. You can check out the activity schedule for the center at <http://burlingtonseniorcenter.com>

Denise Sawicki is the site manager at the dining site in Burlington, she welcomes anyone to stop by and check out the dining program. There is plenty of parking in the back of the building, enter the door, and the kitchen is directly to the right. Denise keeps the food hot and ready for the noon serving time. Coffee is always available with lunch or after you eat.

Of course, you can be there early for card playing and stay for lunch or come for lunch at noon and see what activities may be happening after. Whatever you decide, we hope that you will check out the Nutritious lunch offered at the dining site.

Call us or stop by for information on the Dining Program provided by Racine County. You will need to make a reservation one business day in advance so we can make sure to have plenty of food. A \$3.50 donation is suggested, but no one is turned away if unable to donate.

To see our menu online visit the website:

www.adrc.racinecounty.com or call between 7am-3:30pm and we will send you a menu - **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. at least one business day in advance.

Dining Sites:

Burlington Senior Center
587 E State St, Burlington, Weekdays at Noon

Lake Oaks Apartments
1916 S Wisconsin Ave, Racine, Weekdays at Noon

Lincoln Villas North Apartments
3919 Ruby Ave, Racine, Weekdays at 11:30 am

Mount Pleasant Place
5820 Lincoln Village Dr. Racine, Weekdays at 11:30 am

Living Faith Lutheran Church
2915 Wright Ave, Racine, Weekdays at Noon

continued...

Racine County Senior Nutrition Program—Continued

Salvation Army

1901 Washington Ave, Racine,
Weekdays at Noon

Union Grove Hometown Village

1415 13th Ave, Union Grove,
Weekdays at 11:30 am

Low-Calorie Sweeteners: American Diabetes Association

Foods and drinks that use artificial sweeteners are another option that may help curb your cravings for something sweet. Sometimes low-calorie sweeteners are also called artificial sweeteners, sugar substitutes or non-nutritive sweeteners. They can be used to sweeten food and drinks for less calories and carbohydrates when they replace sugar.

The sweetening power of most low-calories sweeteners is at least 100 times more intense than regular sugar, so only a small amount is needed when you use these sugar substitutes. Also, with the exception of aspartame, all of the sweeteners listed below cannot be broken down by the body. They pass through our systems without being digested so they provide no extra calories.

Still, many foods containing low-calorie sweeteners will provide some calories and carbohydrates from other ingredients. That means food that carry claims like “sugar-free,” “reduced sugar” or “no sugar added” are not necessarily carbohydrate-free or lower in carbohydrate than the original version of the food. Always check the nutrition facts panel, even for foods that carry these claims.

There are six artificial sweeteners that have been tested and approved by the U.S. Food and Drug Administration (FDA):

Acesulfame potassium (also called acesulfame K)

Aspartame

Saccharin

Sucralose

Neotame

Advantame



These sweeteners are used by food companies to make diet drinks, baked goods, frozen desserts, candy, light yogurt and chewing gum. You can buy them to use as table top sweeteners. Add them to coffee, tea, or sprinkle them on top of fruit. Some are also available in “granular” versions which can be used in cooking and baking.

What’s the Deal with Stevia?

For more information, visit www.fda.gov

Stevia is also referred to as

Rebaudioside A, Reb-A, or rebiana.

Technically, Reb-A is a highly purified product that comes from the stevia plant and is several hundred times sweeter than sugar. According to the U.S. FDA, Reb-A is generally recognized as safe as a food additive and table top sweetener. When something is generally recognized as safe by the FDA, it means that experts have agreed that it is safe for use by the public in appropriate amounts.



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You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the signs and ask them to help you counteract it.

Here are a few suggestions:

- Speak with a Caregiver Support Specialist
- Make an appointment with your medical provider
- See a professional counselor, if needed.
- Attend a Caregiver Support group (see at right). You will meet others in similar circumstances, receive positive feedback, and hear ideas for coping strategies, and learn about available resources in your community.
- Maintain good health by exercising regularly, eat healthfully, get enough rest.
- Take regular time out, even if it's just a few minutes at a stretch. Meditate, pray, read, journal – or whatever feeds and soothes you. Just taking several deep, slow “belly breaths” can bring a feeling of renewal.
- Stay involved in hobbies, activities, and relationships with family and friends.
- LAUGH whenever possible!!

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious, you are better able to protect yourself against caregiver burnout. The best thing you can do to prevent burnout and be an effective caregiver, is to **Take Good Care of Yourself!**

If you would like to attend one of the ADRC's Caregiver Support Groups but have no one to stay with the person you are caring for, we may be able to help. Call **262-833-8764 for details.**

*Adapted from an article by Jane Mahoney
Caregiver Specialist—GWAAR*

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

Mar 7 Apr 4 May 2

First Friday 12 Noon-1pm

“Caregiver Connection” Telephone Group

Call 262-833-8762 to pre-register

Mar 1 Apr 2 May 3

First 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)

Mar 5 Apr 2 May 7

Second Saturday 10:30 am–12 Noon

Living Faith Lutheran Church
2915 Wright Ave

Enter at back of building (on South side)

Mar 9 Apr 13 May 11

Third Wednesday 1:30-3:00 pm

Cross Lutheran Church
126 Chapel Ter, Burlington

Mar 20 Apr 17 May 15

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

Mar 14 Apr 11 May 9



I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

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

**Wednesdays
May 1 – June 5, 2019
5:30pm to 7:30pm**



Aging and Disability Resource
Center of Racine County –
Conference Room A
14200 Washington Avenue,
Sturtevant, WI

Cost: \$10 for textbook and snacks

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

Contact Elizabeth with questions or to sign up. 262-833-8762



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Support Groups

Find information about ADRC sponsored Support Groups on page 10.

Caregiver Consultations

The Alzheimer's Association has openings for care consultations that can be held at a location convenient to you. To arrange an appointment, contact Felicia at 262-833-8761.



Memory Café

Share your stories and socialize with others concerned about their memory.
Third Thursday of each month 1:30—3:00 pm
Join us at: Parkside Café, 1400 Highway 11,
Union Grove.
New attendees RSVP to 800-272-3900