

ADRC Connections

Newsletter Date Spring 2018

Connecting You to Your Community's Resources

Maximize what the ADRC can do for you – Call Us Today!

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 services are FREE 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:

A vast 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:

- 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

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

Racine County Transition Fairs

Find Your Superpower

Saturday March 24th
9:00 am to Noon
Gateway Technical College, Racine Building—Racine

Racine County Special Needs Resource Fair

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

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still have a guardian after you turn 18? What kind of benefits do you qualify for?

Once you turn 17 ½, your local ADRC can provide comprehensive, unbiased information to help you make these decisions.

Spring into Action

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 17 ½, the ADRC can provide individuals with Options Counseling for decision support to meet current and potential future needs. The ADRC can also assist in 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.



Transition to Adulthood in Racine County

Plan Ahead with The Arc's Center for Future Planning®

Do you know an adult with an intellectual and/or developmental disability (I/DD) who needs help planning for the future? The Arc is here to help!

The Arc's Center for Future Planning® supports and encourages adults with I/DD and their families to plan for the future. This is important in creating a guide for a person with I/DD to lead a good life as independently as possible. A plan is important through all stages of life, but especially for the future when a parent or caregiver is no longer able to provide support.

The Center offers a website that provides information and assistance to families and individuals with I/DD on areas such as person-centered planning, decision-making, housing options, financial planning, employment and daily

activities, and making social connections. The website also includes the [Build Your Plan® tool](#) that allows families to create accounts and begin to develop their plans online.

The Center has also released new videos, plain language content, and detailed resources to help people with disabilities plan for the future. These resources describe the importance of future planning and discuss how to create a plan. Using stories and tips from people with disabilities, the materials help people learn how to build a career, find a next home, pay for the future, grow a social network, and build good relationships.

Visit the Center for Future Planning at: <https://futureplanning.thearc.org/landing> or call Diane Rogstad at the ADRC 262-833-8777.



It is important to consider that siblings of the person with a disability should be included in the future planning process.

See the resources at:

Wisconsibs

<http://wisconsibs.org/>

Community Resources

This column highlights some of the many resources in our community. For more, see the Community Resource Directory or one of several specialized directories available from the Aging and Disability Resource Center (262-833-8777)

Racine County offers transportation assistance for seniors and individuals with disabilities who might not have other available or accessible means of transportation.

If you are over the age of 65 or have a disability (if rider is under 65 a doctor's signature is required) you may qualify for reduced fare rides through **Ktown**. Rides can be provided for medical purposes or recreational. Hours of service are Monday - Friday 5:30 a.m. to 6:00 p.m. The contact number for

Ktown is 262-764-0377. Be sure to request the Racine County Subsidized Transportation program.

Passengers must pay \$3 one way for a standard trip within Racine county, across the interstate to the opposite end of the county the cost is \$5 one way. Out of the county rides are available for medical purposes only, the cost to the passenger is \$8 one way. Riders must have exact change. Reservations are made by

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Be sure to fill out and return the enclosed survey regarding planning for Positive Aging in Racine County



“Please Do It” states MOW Volunteer

While reading the Racine Journal Times one morning Stuart Wood saw that the Meals On Wheels Program (MOW’s) needed Volunteer Drivers. Stuart had some time available and thought helping to feed those whom might be in need of a meal was a very good thing.

Stuart began volunteering with MOW’s in December of 2017. He has been an active volunteer most of his life. Recently, increasing the number of hours volunteering because he has more time on his hands, Stuart splits his time

volunteering between MOW’s and the American Cancer Society.

He shares that he enjoys delivering meals because most people are gracious and appreciative. “People are thankful and it makes me feel good.”

When asked, “what would you say to someone who might be thinking about becoming a MOW’s Volunteer?” Stuart replied “Please, do it. The time commitment is negligible and the reward of being a part of such a cool program is well worth the effort.”

When Paperwork and Decisions Overwhelm us...

“I can’t come to the Caregiver Support Group this week. I’m having a paperwork meltdown,” says Susan tearfully. “Since last month, my life has fallen apart!”

Susan has newly become a caregiver to her husband Rick, who was diagnosed with Mild Cognitive Impairment, often a precursor to more serious dementia. She attended a Support group last month and was glad to meet other caregivers and get useful information. I asked her to tell me what has happened since then. Here’s her story:

She and Rick had a barbecue for their whole family just before school started. “Rick did the grilling, and everyone was feeling energetic and carefree,” she said with tears in her voice. “The next day Rick was talking to me from

across the room, and suddenly I couldn’t understand him. He looked terrified! I tried to get to him, but he fell on the floor, unconscious. I called 9-1-1, we went to the hospital, and the doctors said he had suffered a “major stroke.”

Rick stayed in the hospital for several days. He couldn’t walk, talk, or feed himself. He was transferred to the Rehabilitation Unit for intensive Physical, Occupational, and Speech Therapies. At first, he seemed to gain back some of what the stroke had robbed from him. Susan was with him every day, and she was hopeful for his recovery—until the message came that Rick was no longer making satisfactory progress and would be discharged from the Rehab Unit in a few days.

Susan was told that it would be best if

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Paperwork ...

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she found an assisted living facility for Rick to move to. Medicare does not cover such a facility, so she would also need to find a way to pay for that care. After looking at the cost of such services, Susan realized she could not afford to pay for what Rick needed. This was a situation she had never anticipated!

At a Social Worker's suggestion, Susan called the Aging and Disability Resource Center. She met with ADRC staff for Options Counseling and received useful information and guidance pertaining to living options, in-home services, funding options and more. Susan learned about the Wisconsin Medicaid Long Term Care programs (i.e., Family Care, Partnership, IRIS and/or PACE).

Since Susan felt they were unable to afford Rick's care independently, she requested that the ADRC staff screen Rick for the Medicaid Waiver Long Term Care Programs. She knew that to be eligible, Rick would need to pass the long-term care functional screen and he would need to be Medicaid eligible. He passed the functional screen and now Susan needed to apply for Medicaid. There was so much information she was not prepared to provide. She needed to find and copy all asset documents - bank statements, annuities, life insurance cash values, burial trusts, pensions and more. She wished she and Rick had been more organized with their information. With so many decisions to be made. Susan said things seemed to just float in and out of

her mind, day and night. The ADRC continued to provide the guidance and support she needed.

Susan missed Rick being at home. She missed his companionship, his sense of humor, his technical know-how, in short, she missed their life together. Now other realities began to dawn on her. She worried that Rick's income would not all be available for house expenses and maintenance. How could she maintain their household without his financial help? Would she still be able to help the grandchildren through college as they had hoped? She felt like they were losing the life they had built together and the legacy they had planned.

Susan tossed and turned at night, she canceled all social plans to work on all the details that floated in her dreams like dragons. She hid most of her difficulties from her children. "After all, their families are so busy, what with school starting and sports, and jobs and whatnot."

Whenever she wasn't visiting Rick or having meetings with medical people and care facilities, Susan plowed ahead on her paperwork. After many attempts, she was able to find all the documents that were needed and the application was complete. She learned about "Spousal Impoverishment Protection" from the ADRC, a special financial provision in Medicaid for the Elderly, Blind or

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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 (WGRP)

888-794-5820

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*

Elder Benefit Specialist

An elder benefit specialist 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 elders figure out what benefits they are entitled to and tell them what they must do to receive them. Elder benefit specialists receive ongoing training and are 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 solution is required.
- Refer you to an appropriate attorney when necessary.

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 Disability Benefit Specialists provide services to people ages

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.

Community Resources

phone 24 hours in advance; riders can schedule reoccurring rides for the entire year. Approved riders must live outside of the RYDE Racine Transit area (if you live within that area, contact DART at 262-619-2438), and not be enrolled in any Long-Term Care publicly funded program, or Medicaid. Note; Medicaid recipients can still be approved for non-medical rides.

SPARC A Fixed route serving Burlington, can be contacted at 262-417-8641. The SPARC shuttle is not equipped to accommodate mobility devices; therefore, riders must be able to get on and off the shuttle. The general public is also welcome to ride the SPARC shuttle. The cost to ride SPARC is \$2 per one-way

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trip \$3 for a round trip or \$5 for an unlimited day pass.

MyRide can be contacted at 262-417-7544. MyRide is a senior transportation program. Volunteers use their own cars to provide rides to seniors. Currently the primary service area is Racine and Mt. Pleasant. Ride requests are made by phone. The rider is then matched with an available driver. Riders are eligible if they are Racine County resident are 55 years or older or are visually impaired. Donations are welcome.

Contact the ADRC at 262-833-8777 for information about other private pay options for transportation.



Future Planning

We often talk about advanced directives in this newsletter and the ADRC can provide this information and the documents as well, but there are other considerations in advance planning.

Be sure to keep your records regarding your finances and insurance in an easy to find location. You can never know when you might need assistance and will be required to provide this type of information.

Here are some on line resources for other types of planning:

<https://www.dhs.wisconsin.gov/medicaid/index.htm>

<https://longtermcare.acl.gov/index.html>

https://www.americanbar.org/content/dam/aba/administrative/law_aging/2011/2011_aging_hcdec_art_advplaresources.authcheckdam.pdf

Some things to consider: <https://www.aarp.org/money/investing/info-2015/achieve-retirement-planning-financial-goals.html>

<https://www.dol.gov/agencies/ebsa/workers-and-families/preparing-for-retirement> Look under Retirement and Publications for good basic resource items

Private resource—provides basic concepts in understandable form; <http://www.estateplanning.com/>

The ADRC website is under construction but still available for Racine resources
www.adrc.racinecounty.com
Please share your thoughts on the ongoing improvements.

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. 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

Salvation Army

1901 Washington Ave, Racine,
Weekdays at Noon

Union Grove Hometown

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

Menus:

You can find the menus for coming months in your local newspaper, or online at:

online at:
www.adrc.racinecounty.com

Important Notice:

Beginning in April, the Racine county Dining Sites will have deli-meals every Tuesday and Thursday. The Deli Meals will consist of soups, salads, and sandwiches. Check out

our New menu items on the ADRC website starting in April. Hope you will join us at one of our dining sites. This menu change does not apply to Meals on Wheels participants.

Good Nutrition

Nutrition is a very important part of life. You need to get enough calories, protein, vitamins, and minerals that your body needs to give you energy and keep you healthy.

Here are some tips to get you started:

If you get full easily or have a small appetite:

- Eat smaller meals and snacks throughout the day.
- Place only small servings of food on your plate so eating doesn't seem

so overwhelming.

- Choose foods rich in calories and nutrients.
- Choose nutrient dense drinks like milk, milkshakes, or juice.
- Keep snacks on hand so you can nibble on them throughout the day. Try things like nuts, granola, dried fruit, and cheese and crackers.
- Eat your favorite foods when you don't feel very hungry.
- Make meal times enjoyable and relaxing. Stress can make you feel anxious and not as hungry.

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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.

Making eating alone more enjoyable:

- Use nice dishes, place mats, or a tablecloth to make the meal more special.
- Play your favorite music or TV show to remind yourself that eating can be pleasurable.
- If you don't feel like cooking, make sure you have plenty of healthful snacks on hand.
- If you do go out to eat or have a pot-luck dinner, save some leftovers for the next day.

**Have concerns
about Food
Safety issues
see :
[https://
www.foodsafety
.gov/](https://www.foodsafety.gov/)**

**Or by phone
9 am to 5 pm
weekdays
888-674-6854**

How Healthy is your salad?

Salads are generally thought of as healthy however it is not always the case. It's all about the ingredients you add to your salad that makes the difference.

There are so many choices in what to put on your salads. Bacon bits, cheese, and fried chicken are full of fat and calories. Other flavorful options may include:

- Chick peas
- Avocado
- Broccoli
- Any dried fruit variety
- Grilled chicken
- Steak
- Egg
- Any fresh fruit, especially oranges or strawberries

These are some of the best salad toppings that benefit cardiovascular health, cholesterol and your skin. It is important to stay mindful of what we put on top of our salads.

What about the dressing?

Mayonnaise based dressing is the number #1 for salad (rated by helpwithcooking.com) Just one tablespoon of mayonnaise contains between 50-100 calories.

Mayonnaise in moderation is suggested. Better choices for salad dressings are low fat dressings, any kind of vinaigrette such as pomegranate vinaigrette is tasty and nutritious. Olive oil on salad is good for the heart and rids the body of bad cholesterol.

A picture of good health

Did you know salads contain up to 90% water? Eating a salad before a main meal helps curve the appetite and allows for healthy nutrients to jump kick your metabolism in the right direction.



For further information or questions about this article contact: Marilyn Joyce Caregiver Support Specialist

Aging and Disability Resource Center of Racine County

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



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

Paperwork ... Continued from pg 5

Disabled (EBD) that helps protect income and assets for a spouse when the other spouse is in a nursing home or Long-Term Care Waiver Program.

During this stressful time, Susan's Caregiver Support Specialist with the ADRC listened compassionately, validated Susan's feelings, and gave her a verbal hug. Then they talked about some needed changes.

They did some deep breathing together over the phone and consciously brought thoughts and feelings back to the present moment. (It felt good to remember that Susan was not presently responsible for the past or the future – just this moment!)

Susan agreed to confide in her children and accept any help they offered - Her family brought her nutritious meals, stayed with her at night until she felt better and saw to it that she had a medical checkup. Some volunteered to help her with ongoing record-keeping and paperwork that would be required from now on.

Susan realizes that self-care is a necessity. She has resumed participating in events with her friends and

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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 1 Apr 5 May 3

First Friday 12 Noon-1pm "Caregiver Connection" Telephone Group Call 262-833-8762 to pre-register

Mar 2 Apr 6 May 4

Second Tuesday - (3rd Tuesday beginning 4/17) 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 13 Apr 17 May 15

Second Saturday 10:30 am-12 Noon Living Faith Lutheran Church 2915 Wright Ave Enter at back of building (on South side)

Mar 10 Apr 14 May 12

Third Wednesday 1:30-3:00 pm Cross Lutheran Church 126 Chapel Ter, Burlington ***New Location**

Mar 21 Apr 18 May 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

Mar 8 Apr 12 May 10

Spring Class Offerings

Welcome spring by joining other caregivers in the very popular class called Powerful Tools for Caregivers.

Powerful Tools for Caregivers is a class designed to help you form the habit of taking care of yourself! Participants learn to reduce stress, improve self-confidence, locate helpful resources, effectively communicate feelings, and increase their ability to make decisions.

Dates: April 19th – May 31st
(No class on May 10th).

Time: 6:00 to 8:00 p.m.

Location: Aging and Disability
Resource Center

14200 Washington Ave., Sturtevant,
WI (just west of I-94.)

Cost: \$10 for snacks and textbook
(Scholarships available.)

For more information and
to register-
call Marilyn at 262-833-8764.



Living Well with Chronic Conditions

This class is scheduled to be held for 6 weeks beginning June 8th. For more information, contact Elizabeth at 262-833-8762.

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.

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family, and faith community. She says she feels healthier and has more meaningful visits with Rick now that she feels “part of the world” again.

Susan attends Caregiver Groups as often as possible, and uses her experiences to help other caregivers. Problems and losses have not been taken away, but the burdens they impose have been lightened and there are new friends who understand.



Senior Olympics

The Wisconsin Senior Olympics and Real Racine present *The Olympian* 5K Run/Walk and 10K Run on Saturday, August 11, 2018. Held at General John J. Pershing Park, the Race starts at 9:00 am.

Open for all ages, *The Olympian* offers a great intergenerational event on the beautiful Racine Lakefront. Funds raised will support the Wisconsin Senior Olympics mission to provide opportunities for those 50 and older to maintain and improve overall fitness and wellness through recreational, social and competitive events.

Call Cari at 262-898-3323 or see:
<http://www.wiseniorolympics.com>

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/ind
ex.htm](https://www.dhs.wisconsin.gov/odhh/ind ex.htm)



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Consultations

The Alzheimer's Association has openings for care consultations that can be held at the ADRC offices. To arrange an appointment contact Felicia at 262-833-8761.

How to Find Support Group Information

Please see page 10 for information on Caregiver Support Groups—there is a listing of support group dates for the 3-month newsletter period. You can also find information about upcoming groups in other ways:

- Call the ADRC 262-833-8777
- Check the website at www.adrc.racinecounty.com under the calendar.

Mark your calendar and see you at the Support Group!

Memory Café

Share your stories and socialize with others concerned about their memory. Third Thursday of each month 1:30—3:00 pm
Old Settlers Bowling Center 1500 15th Ave, Union Grove
New attendees RSVP to Wendy Betley at 414-479-8800

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