

ADRC Connections

Newsletter Date Spring 2017

Connecting You to Your Community's Resources

Spring Cleaning Tips

Spring is the season of renewal. Get caught up in the fever, throw out the junk and re-organize your space! These five spring cleaning tips put safety first.

Check the Medicine Cabinet

Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed. Watch for flyers regarding Racine County's Medication Disposal Day coming in April.

Remember to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight

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When the medicine she was given seemed ineffective, her doctor insisted that she find alternate care for her mother, "or you won't be able to help either one of you."

After many tears and much research, Erin selected a facility and helped Colleen move there.



Now that Erin is getting more sleep, her back is less bothersome. The doctor says the medicine is taking effect. Nevertheless, Erin finds herself feeling profoundly sad, vaguely guilty, and downright angry. When she sees her mother waiting endlessly for someone to answer her call light, she wants to yell at staff and take her mother home no matter what. She has begun seeing a counselor.

One night after Erin left, Colleen had her call-light on for very long time. She heard a commotion down the hall, and a staff member passing by called out, "Just go in your diaper, and we'll change it when we get around to it. We're busy." Colleen

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Caregiver Support

The Advocate Caregiver

Erin is a 63-year-old retiree. Three years ago, she took early retirement so she could care for her mother, Colleen, who has struggled with Rheumatoid Arthritis (RA) for as long as Erin can remember.

The disease has progressed over the years and now affects Colleen's heart and lungs, as well as joint mobility. Her care needs include transfers, and nighttime wakefulness. Erin herself was recently diagnosed with RA and has issues with her back. (The tendency to have RA can be hereditary, triggered by stress.)



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was mortified and still tearful when Erin returned in the morning. Now Erin feels like yelling, throwing things, and shaking all the gum and candy and cell phones out of the pockets of every young, rainbow-haired, so-and-so employee she sees!!! She decides instead to talk with her counselor and together, they made the following plan - When Colleen has complaints about the facility, Erin will:

- **Offer** her mother **empathy** and reassure her that she has an advocate in her daughter and regulatory resources to act on her behalf if necessary.
- **Document** the information she has about the situation.
- **Report facts** as she heard them to the nurse in charge and the facility manager.
- **Call the ombudsman** if there's no satisfactory response.
- **Treat facility staff** with respect and appreciation.
- **Decide** when to consider a different facility.
- **Stay in touch** with a Caregiver Support Specialist and join a Support Group.

Erin spoke with a nurse and the facility administrator. She said that her mother had always been a fastidious, sophisticated, sensitive woman who values privacy, and this incident had added to her deep depression related to having a debilitating disease.

The administrator found that at that time all available staff had been assisting someone who fell. He apologized to Erin and Colleen for the aide's off-hand remark. He also spoke with the aide about Colleen's hurt feelings and about better ways to speak with a resident.

Here are some tips from one caregiver who has had both good times and challenges at the facility where her husband resides:

- Go in peacefully and observe fairly. Look equally for good and not-so-good signs.
- Make friends with staff Find connections like holidays, weather, seasons, children.
- Give compliments. Say "Thank you" a lot!!
- Make requests, not demands "Would you please...."
- Be aware of your tone of voice as well as your wording.
- State what you need firmly and politely. "I expect mom to be...." "Dad's Parkinson pill must be given at...Otherwise the doctor will need to be called."

(NOTE: If you are your loved one's guardian or activated Power of Attorney for Health Care, remember that you have a leadership role on the health care team. Use that role to advocate for good care without losing consideration for staff who are doing their best under pressure.)

Remember: You want the people taking care of your loved one to like their job.

Another caregiver, whose husband has lived at a facility for several months, says that mixed feelings are the best we can hope for in this situation: "I visit him several times a week. Sometimes we hold hands or play a game, and that's fun. Sometimes he wonders why I'm there and that hurts. Sometimes we watch TV and laugh together. And sometimes it's just profoundly sad."

Managing someone's care is sometimes like carrying your care partner safely across a high wire. ...Continued page 10

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



Transition to Adulthood in Racine County

Supported Decision Making

The Wisconsin Guardianship Support Center found at: <http://www.gwaar.org/wi-guardianship-support-center.html> has information not only on guardianship, but also alternatives to guardianship like advance directives. There is a fact sheet regarding this: http://www.gwaar.org/images/stories/GSC/WINGS_alternatives_to_guardianship_w_disclaimer.pdf

The fact sheet states: "Supported Decision Making Supported Decision-Making is a recognized alternative to guardianship through which older adults and people with disabilities use friends, family members, and professionals to help them understand the situation and choices they face, so they may make their own decisions..." Supported decision-making uses the skills, abilities and strengths of the individual to make decisions, as the

person is able. "Most of us seek expert or trusted advice on decisions we don't feel comfortable making on our own. Supported Decision-Making can assist older adults and people with disabilities to have more control over their lives and be more self-determined. People who experience more self-determination may also experience improved quality of life."

Another fact sheet referred to created by Family Voices of Wisconsin, found at: <http://www.familyvoicesofwisconsin.com/wp-content/uploads/2015/04/Assisted-Decision-Making-Fact-Sheet-New.pdf> states:

"Guardianship for young adults is not something to enter into lightly. Many parents may find it difficult to decide whether or not their child needs a guardian. Continued page 6



Community Resources

This column highlights some of the many resources in our community. For more, see our various Resource Directories available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racinecounty.com

For paper copies of the fact sheet mentioned in the article above regarding supported decision making please contact the ADRC at 262-833-8777 and we can send those to you. Please know that the information can also apply to adults of any age.

Transition Day

March 4th begins at 9:30 am
Gateway Technical College
Meet agencies, service provider, community resources and organizations.

Free information, breakfast and admission.

Racine County Special Needs Resource Fair

May 5th, 2017 4:00 to 7:00 pm
Waterford Union High School
Connect with a wide range of agencies offering services and connect with families who are experiencing the same concerns or issues.
Check with your school for more information.

**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

Racine County Senior Nutrition Program

Menus:

You can find the menus for coming months in your local newspaper, or online at: www.adrc.racinecounty.com

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
Weekdays at Noon

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

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

Mount Pleasant Place (former Lincoln Villas) 5820 Lincoln Village Dr, Racine, Weekdays at Noon

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



Apple Corn Chili

Prep time: 45 min

Makes: 4 Servings

This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know it's low in fat and sodium. We feature it with chicken, but it can be made vegetarian by omitting the chicken and bouillon and substituting water or vegetable stock.

Ingredients

2 tablespoons olive oil (divided)

8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)

1 medium onion (chopped)

2 cloves garlic (minced)

1 15.2 oz can yellow corn (no-salt-added, drained)

2 red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)

1/2 tablespoon ground cumin

1/8 teaspoon cayenne pepper (if desired)

1 can 15 oz. can black beans (no-salt-added, drained and rinsed)

4 1/2 ounces can diced green chilies (drained)

2 teaspoons chicken bouillon (sodium-free)

2 cups water

For the topping:

1/4 cup sour cream (reduced-fat)

1/4 cup fresh, chopped cilantro (if desired)

Directions

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.

2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.

3. Add corn and sauté

until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.

4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.

5. Add browned chicken, black bean, chilies, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.

6. To serve, ladle soup in bowls and top with non-puréeed portion of apple corn mixture.

Notes

Serving Suggestions: Serve with a whole-grain tortilla and an 8 oz glass of fat-free (skim) milk.

Source: [Produce for Better Health Foundation](#)

For nutrition information and reviews of the Apple Corn Chili and other recipes go to: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-corn-chili>



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



Your Benefits



Important Numbers
(Toll Free):

Social Security
Local: 866-270-8629
USA: 800-772-1313

Medicare
1-800– Medicare
(800-633-4227)

Racine County Veterans Service Officer

Local: 262-638-6667

Wisconsin Medicaid—

Member services:
800-362-3002
Wisconsin Kenosha Racine Partners Consortium

Supported Decision Making

IF you have questions or issues you would like to see addressed in the ADRC Connections Newsletter please contact us at 262-833-8777 or email ADRC@racinecounty.com

With changes in Wisconsin statutes, there are now more options for limited guardianships so a guardian can elect to have the adult child (the ward) retain certain rights. Examples include having the right to marry, vote and applying for certain licenses such as driving, hunting or fishing. Families are encouraged to talk to a knowledgeable attorney and/or the Guardianship Support Center (GSC) at 1-855-409-9410 or email guardian@gwaar.org before moving forward with a Guardianship decision. Maren Beermann, former Project Director of the GSC, stated, “Remember your duty

(as the guardian) is to place the least restriction on your adult child’s personal liberty. Your child is now a legal adult and as such, guardianship decisions impacting choices such as your child’s sexual expression, procreation, choice of associates, and personal privacy must be considered with the following factors in mind: their health and safety; the level of risk involved; their need for wider experiences; and the value of the opportunity for them to develop independent decision-making skills.” Guardianship may simplify some of the steps of transitioning to adulthood, such as applying for SSI and

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Long Term Supports. However, it is not required! A responsible adult can be named as the representative payee for SSI (if appointed by the person with a disability). When applying for Long Term Supports (e.g., Family Care or IRIS), the person with a disability may invite support people to their intake/assessment. Support people can also be invited to long term support planning meetings to help the young adult make decisions and assist with finances.”

The goal is always to protect the individuals rights and ensure choices.

Help with Social Security Appeals

If you applied for Social Security disability benefits and your claim was denied, you can file an appeal of your decision by visiting www.socialsecurity.gov/disability/appeal.

You will have 60 days from the time you receive the denial letter to submit an appeal. You can upload documents online to support your appeal, which will help decrease the time it takes to receive a decision from Social Security.

<https://www.ssa.gov/pubs/EN-05-10041.pdf>

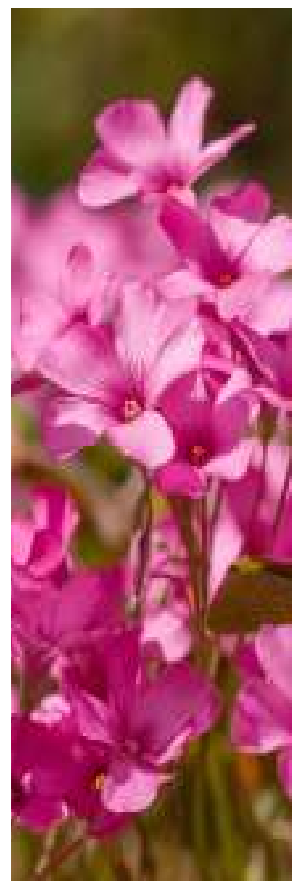
The Aging and Disability Resource Center (ADRC) has additional information about Social Security benefits. The ADRC has a Disability Benefit Specialist that can assist with answering questions and solving problems related to health insurance, Medicare, social security and other

public and private benefits for people with disabilities.

Below is an example of a case that the Disability Benefit Specialist can assist with.

Henry contacted the ADRC because he received a letter from Social Security stating that he was denied for Social Security Disability Income:

- A referral was made to the Disability Benefit Specialist.
- The disability benefit specialist contacted Henry and set up an appointment to assist him with the appeal.
- While meeting with the benefit specialist the appeal was completed, as well as a benefit checkup.
- 3-6 months later Henry heard back from Social security and his case was concluded.



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.



Ruth and Tina share the love. The volunteer center youth program sent over 300 valentines to deliver to our Meals on Wheels participants and Congregate sites.



Volunteer Highlight—John Lee

John Lee began volunteering for Meals On Wheels when he retired from CNH Industrial in April of 2008. John felt the need to give back to his community. He mentioned this to Curt Perry, a friend from church who was a Meals On Wheels volunteer driver. Curt suggested he ride along with him to see what

Meals On Wheels was all about. John liked what he saw and began driving one day a week. As he got more familiar with the program he began filling in on additional days if there was an open route that needed to be filled.

It's easy to see that John willingly gives back to his community. John understands that Meals On Wheels is more than a meal, it's a friendly visit and a wellness check. He goes above and beyond to make

sure no senior in our community goes hungry. In 2016 John served over a 1,000 meals, drove 125 routes and gave 187.5 hours of his time.

Not only does John bring smiles to the Meals On Wheels recipients, he keeps his fellow volunteers laughing. Prior to delivering his route, John comes in and sits with his peers, sharing coffee and cookies catching up on what everyone is doing. Volunteer friendships have grown over the years and they look forward to their weekly fellowship.

The success of our program is centered on extraordinary volunteers like John.

If you would like more information about our Meals On Wheels Volunteer Program, please call Ruth Stauersbol at 262-898-1370 or email her at

ruth.stauersbol@racinecounty.com

**To Volunteer
with the Aging
and Disability
Resource
Center of
Racine County
in a variety of
positions
contact Ruth at
262-898-1370**

Protecting Vulnerable Adults

If someone is in immediate, life-threatening danger, call the police or 9-1-1 immediately.

If you suspect an elder adult or adult at risk has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation, your first step should be to contact the appropriate agency. For residents of Racine County, you would call the Adult Protective Services (APS) Unit at **262-638-6752**.

Your identity is kept confidential by law and cannot be disclosed pursuant to a court order. When you call, you will be asked what happened, when and where it occurred, and the name of the elder or adult at risk. Here are several questions you are likely to be asked. Remember, you are not required to know all the answers:

- .the name/address of the adult at risk
 - .the person's age
 - .the type of abuse (what happened that led to your suspicions?)
- continued right

Receiving Housing Benefits? A trip to Social Security may not be necessary

**By Rhonda Whitenack and
Jim Czechowicz**
*Social Security public affairs office in
Bloomington and St Paul*

Social Security is constantly evolving to make your life easier. If you are currently receiving benefits from the U.S. Department of Housing and Urban Development (HUD), and are reapplying for benefits, or are assisting someone with their application, a trip to the Social Security office is probably not necessary even if verification of Social Security benefits is needed.

Because of a data exchange established between Social Security and HUD, most people do not need to contact Social Security for a benefit verification letter. HUD administrators processing a Recertification Application for Housing Assistance can use their Enterprise Income Verification (EIV) System to verify Social Security and Supplemental Security Income benefits. Public housing agencies, private owners, and management agents administering HUD rental assistance programs may get registration information about EIV by logging onto the following websites: go.usa.gov/x97mH or go.usa.gov/x97m6

If you are a new applicant for housing assistance, you can provide your HUD administrator with your Social Security award letter, Cost of Living Adjustment (COLA) notice, SSA-1099, or other SSA benefit document you should have received

at the beginning of the calendar year or when you began receiving benefits, whichever is later.

We created these data exchange agreements to help you get the support you need at the first point of contact, even if that's not with Social Security. If you do need to provide proof of Social Security benefits yourself, we have another way to save you a trip to Social Security. You can get an instant benefit verification letter with a personal my Social Security account at www.socialsecurity.gov/myaccount.

Protecting ..continued from page 8

- .the name of the caregiver or guardian, if any
- .the name and relationship of the suspected abuser, if any
- .anything else you think it is important to report

If you are unsure a situation warrants an investigation, contact 262-638-6741 with questions.

If the alleged abuser is a paid caregiver employed by a long-term

care facility, contact:

The Department of Health Services
Office of Caregiver Quality

Email: DHSCaregiverIntake@wisconsin.gov (link sends e-mail)

Phone: (608) 261-8319

What Will Happen Next?

After you contact your county agency or elder agency, a caseworker will review the report and determine what response is necessary.





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



Continued from page 2

You have to practice balance and get to the other side yourself! Remember to balance that tough job with taking good care of YOU, too!

Thoughts and resources:

Effective techniques for advocating include reporting instead of railing; using I messages; Providing background info about the care receiver that helps to create common ground and understanding so all are working for the benefit of the care receiver.

Know that any choice you make will have both positive and negative consequences.

Contact the Ombudsman in your area by calling 800-815-0015. See information about this program at: http://longtermcare.wi.gov/section_detail.asp?linkcatid=1953&linkid=1014&locid=123

Managers of facilities need feedback. So, do policy-makers and State regulators. As citizens, we need to be vigilant about elder care. Request a booklet about Advocacy from the ADRC.

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 2 Apr 6 May 4

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

Mar 3 Apr 7 May 5

Second 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 14 Apr 11 May 9

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

Mar 11 Apr 8 May 13

Third Wednesday 1:30-3:00 pm Burlington Senior Center, Eppers Room 209 N Main St

Mar 15 Apr 19 May 17

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 9 Apr 13 May 11

Classes

Classes to be held this spring include:

Powerful Tools for

Caregivers - **Flyer**

Held Wednesdays April 26- May 31st, 5:30 to

7:30 pm

ADRC Conference

A, Sturtevant, WI

Powerful Tools for

Caregivers is an

educational program

designed to help family

caregivers take care of

themselves while caring

for a relative or friend.

You will benefit from

this class whether you

are helping a parent,

spouse, or friend.

Stepping on - Building Confidence and Reducing Falls -

Flyer

Held Wednesdays

March 1—April 12,

1:00 to 3:00 pm

Aurora Wellness

Center Burlington,

Fee \$10

Simple and fun balance

and strength training. •

How your vision plays

a role in keeping your

balance. • How

medication can

contribute to falls. •

Ways to stay safe when

out and about in your

community. • What to

look for in safe

footwear. • How to

check your home for

safety.

Caregiving Relationships -

Three non-consecutive

Saturdays. Will be held

this spring in March/

April 2017. 10:30 am to

12:30 pm, Rochester

Village Municipal Hall.

to sign up or if you

have questions contact

Marilyn at

262-833-8764,

Designed to prepare

participants to: •

Practice self-care •

Communicate

effectively • Manage

complex emotions •

Deal with losses • Solve

problems creatively •

Use community

resources wisely ...and

much more.

Class

**Information or
to request a**

flyer:

Call Elizabeth

At

262- 833-8762

•Caregiving

Relationships

•Healthy Living

with Diabetes

•Living Well

with Chronic

Conditions

•Powerful Tools

for Caregivers

•Stepping On

Dementia Resources

Understanding Dementia 3 day

Tuesday, 5/16, 23 & 30

10:00 am - 12:00 pm

If you have a family

member or friend that

is experiencing

memory-related issues

or a recent diagnosis of

Alzheimer's disease/

dementia, this free

presentation series is

for you. Join us for this

2-session workshop

and learn more about

Alzheimer's disease and

related dementia and

ways we can better

communicate and

manage challenging

behaviors. Racine

Gateway Technical

College, 901 Pershing

Drive, Racine.

For more information

or to register for any

Alzheimer's

Association community

education events, call

Tasha Orr-Holmes at

800-272-3900.





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Consultations: For upcoming dates, or to arrange an appointment with Tasha Orr-Holmes of the Alzheimer's Association contact Felicia at 262-833-8761.

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, WI

RSVP to Wendy Betley at
414-479-8800

Ask us about:

- Free Memory Screens
- Share the Care Program

262-833-8777

Spring Cleaning Tips...continued from front page.

plastic container on a shelf in your closet.

Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much “stuff.” Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. Tape carpet or throw rug edges to the floor or get rid of them entirely. Some moving companies are willing to spend a few hours to help you move those big furniture pieces within your home. Contact the ADRC for a list.

Don't Forget the Kitchen

Clear out the refrigerator and pantry of outdated food. Expired food should be tossed and any dates soon to expire can be moved to the front for sooner use. Check kitchen appliances, cooking utensils and pans to make sure they are in good working order.

Have an Emergency Plan in Place

Know who to call in an emergency and keep the contact numbers in one location or programmed into your phone. Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional. Replace batteries twice a year in home smoke detectors.

*For additional information, contact the Racine Aging and Disability Resource Center at **262-833-8777**. A copy of our Home Safety Checklist is also available on our website on the Prevention and Wellness page.*