

**We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to [ADRC@countyofdane.com](mailto:ADRC@countyofdane.com) or call us at 608-240-7400**

The 2023 Dane County Dementia Friendly Community Impact Report is now available!

Treat yourself and take a look at the wonderful accomplishments of our Dementia Care Specialists and the volunteers and community members that make up the Dementia Friendly Communities of Dane County:

<https://www.daneadrc.org/documents/pdf/Dementia-Support/Dementia-Friendly-Program/Dane-County--Dementia-Friendly-Community-Impact-Report-2023.pdf>

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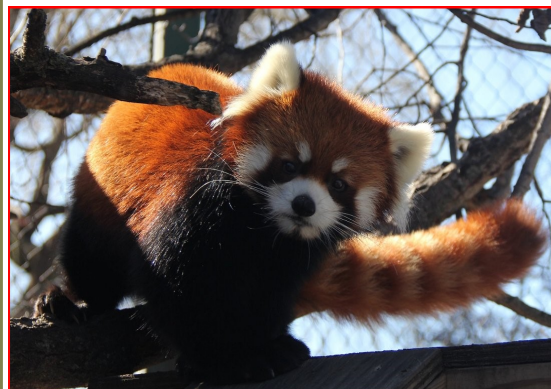
## **June is National Zoo and Aquarium Month! Celebrate at Henry Vilas Zoo!**

Celebrated annually in June, National Zoo and Aquarium Month honors the roles zoos and aquariums play in conservation, research and education about animals and their habitats. It promotes and encourages humans to visit and learn.

Henry Vilas Zoo is a 28-acre public zoo in Madison that is accredited by the Association of Zoos and Aquariums. It was created in 1911 when William and Anna Vilas donated the land that makes up both the zoo and Vilas Park with the stipulation that the zoo remain admission-free. It is one of only 9 free zoos in the country, thanks in part to generous donations from the Dane County community. The zoo receives over 750,000 visitors annually. It is dedicated to exceptional animal care and conserving wildlife through local engagement and global partnerships.

The outside zoo exhibits are open daily from 9:30 am – 5 pm all year, with the exception of a 12pm closing time during Thanksgiving, Christmas Eve/Day and New Year's Eve/Day. The indoor exhibits (Herpetarium, Aviary, Discovery Center and Primate Building) and Children's Zoo are open from 10:00 am – 4:00 pm.

At the zoo all are welcome! Push wheelchair rentals are available during spring, summer and fall for those with special mobility needs. Additionally, staff have received training from the ADRC of Dane County to become a “dementia-friendly” organization. And for those with sensory issues, the zoo partners with Kulture City to provide Sensory Bags containing items like fidgets and ear plugs to help promote a more peaceful visit.



Some events during this Zoo Month are the annual “Drag Me to the Zoo” – a 21+ Pride Celebration evening and fundraiser for the LGBTQ community in Dane County on June 14<sup>th</sup>, and “Feast With The Beasts” happening on Saturday, June 22<sup>nd</sup>, which will allow guests to sample various tasty treats and see resident carnivores throughout the zoo enjoy a special meal.

So “take a light and tumble journey for a fine and fancy ramble” through Villas Park as it's all happening at the Zoo!





# Lingo Buster: Dual Eligible Special Needs Plans



## If It's On TV, It Must Be True: What's a *Dual Eligible Special Needs Plan*?

If you watch much TV, you've likely seen the commercials for these health insurance plans. The ads promise a lot of "extras" – such as help for groceries or utility bills. If you're on a tight budget, this can sound very tempting!

**What is a D-SNP?** A Dual Eligible Special Needs Plan, also called a D-SNP, is a kind of Medicare Advantage plan *for people who have both Medicare and Medicaid*. With a D-SNP, you get hospital, medical, and prescription drug coverage—all in one plan. D-SNPs have no or low costs to join.

The Centers for Medicare & Medicaid Services [CMS] has encouraged development of these dual-eligible special needs plans to as way to coordinate Medicare and Medicaid benefits.

### What are the benefits of a Dual Eligible Special Needs Plan?

When you're enrolled in a D-SNP, you can get help coordinating between Medicare and Medicaid. You'll have no or limited copays. You may also be able to access extra benefits that other Medicare Advantage plans may not have. Some of those benefits *may* include:

- Dental coverage
- Vision coverage
- Hearing devices
- Over-the-counter drugs and products
- Acupuncture
- Meal benefit (after hospitalization or rehab)
- Fitness benefit
- Care Coordinator
- Healthy Options Allowance: can be put toward rent, food, pet supplies, utility bills, non-medical transportation, internet, toilet paper, an air conditioner, etc.

### Why might a Dual Eligible Special Needs Plan NOT be right for me?

You may experience narrower provider networks and more instances where requested services will be subject to review and prior authorization. You need to check if your specific prescriptions and pharmacy are covered. Not all benefits are available to every participant. Early research is finding D-SNP's are not resulting in better patient satisfaction.

### How can I enroll in a Dual Eligible Special Needs Plan?

You can enroll in a D-SNP if you have Medicare & Medicaid. It is your decision and your choice! There are different ways you can enroll: call the plan you want to enroll in; call Medicare at 800-633-4227; use the Plan Finder tool on the Medicare website at [www.medicare.gov](http://www.medicare.gov).

**For help choosing a plan:** Call the Wisconsin State Health Insurance Assistance Program (SHIP) 1- 800-242-1060.

### 2024 D-SNP plans available in Dane County:

- Anthem Dual Advantage
- iCare
- Molina Medicare Complete Care
- My Choice Wisconsin Medicare Dual Advantage
- United Healthcare Dual Complete
- UW Health Quartz
- WellCare Dual Access by Managed Health Services

\*If you're enrolled with an SSI Medicaid HMO and getting Medicare for the first time, you may be enrolled with a Medicare D-SNP offered by the same HMO you currently have for your SSI Medicaid. This is called "default enrollment."

Source: WI DHS

## Life Insurance Locator:

Every year, millions of dollars in life insurance benefits remain unclaimed. Sometimes beneficiaries can't find their deceased relative's policies, or in some cases, may not even know the policies exist. To help solve this issue, the National Association of Insurance Commissioners created the **Life Insurance Policy Locator** online tool that helps consumers find their deceased loved one's life insurance policies and annuity contracts. Find the link to the Locator at the Wisconsin Office of the Commissioner of Insurance website: [OCI Consumers \(wi.gov\)](http://OCIConsumers.wi.gov)

You will need to submit information about the deceased, including entering the deceased's information from the death certificate: legal name, social security number, birthdate, date of death, veteran status, and your relationship to the deceased. If a policy is found and you are the beneficiary, the life insurance or annuity company will contact you directly. If no policy is found or you are not the beneficiary, you will not be contacted.



## The Science of Happiness: Becoming More Joyful!

Ah, spring! Longer days, warmer temps, blooming flowers and sprouting trees, chirping birds! These spring vibes are known to bring a positive boost to our mood and energy. Wouldn't it be great to feel this way all year round?

There is a lot of neurological and psychological research being done into the science of happiness and a meaningful life – a life with mindfulness, happiness, compassionate and altruistic behavior, and strong social bonds. Scientists at UC Berkeley, UC San Francisco and Harvard have been collaborating on a project called “Big Joy” that shows us ways to boost your joy over the long term.

Follow these 4 simple Micro-Acts of Joy, scientifically proven to help you feel more joy:

- ◆ **KINDNESS:** Do a small thing to help someone else, or the world. Even a “micro-kindness” that may be tiny and takes only a few seconds gives successful results of joy. Be a force of good.
- ◆ **GRATITUDE:** List 8 things you're grateful for, or write 3 gratitude notes once a week. Studies have shown these exact dosages of gratitude to be optimal for helping us feel more joyful. Be in awe!
- ◆ **REFRAMING:** List 3 potential ‘bright sides’ to a problem you're facing, or ask yourself, “in 5 years from now, will the thing that is bothering you still matter?” Looking for ‘silver linings’ actually does help us feel better, studies show. And when we notice one silver lining, we're more likely to notice others!
- ◆ **CONNECTION:** So many options to build connections! Send a friend a quick message that will make them smile; tell a family member or friend about something small or large that you're struggling with; celebrate another's joy; join a group. The science is clear: the single most significant predictor of mental and physical health is the amount and quality of human connections we have.

The Big Joy study so far has included 70,000 participants, and the results have shown micro-acts make a difference: participant's emotional well-being jumped 26%. Positive feelings, such as hope, optimism, wonder, amazement, amusement, and silliness - rose by 23% after a week of Big Joy. They felt more empowered to become happier. 30% felt relationships had improved after only a week of Big JOY. And finally, people reported a 12% increase in overall sleep quality. Practicing micro-acts can also help in times we feel anxious or stressed.

Of course, joyful micro-acts cannot replace treatment for serious mental health conditions; neither can micro-acts solve the struggles of someone whose basic needs are not met. But done regularly, perhaps these happiness-boosting activities show us that humans can change for the better!

For more information, resources and more joy, check out: [The BIG JOY Project | Greater Good in Action \(berkeley.edu\)](#) and [Greater Good: The Science of a Meaningful Life \(berkeley.edu\)](#)

Source: UC Berkeley

## Record Number of Wisconsinites Enroll in Health Coverage!

Wisconsin's Office of the Commissioner of Insurance (OCI) and Governor Tony Evers announced that 266,327 Wisconsinites signed up for health insurance on HealthCare.gov during the 2024 Open Enrollment Period. The record high final figure of new enrollees marks a 20 % increase from the previous period.

Governor Evers stated, “The health and well-being of our state and our economy depend on the health and well-being of our communities. We've been steadfast in encouraging folks to explore all the available plans and take advantage of the Open Enrollment period”.

Wisconsin's Open Enrollment Period is currently closed but will open again for 2025 MarketPlace health insurance on November 1, 2024, to January 15, 2025.

However, some individuals may still qualify for special enrollment periods (SEP) at anytime throughout the year due to their personal circumstances. Call ADRC of Dane County at 608-240-7400 for more info about SEP.

# Urban Triage: More Than Just Help with Housing

The community non-profit Urban Triage is an active participant in the goal of reducing the relentless challenges of homelessness and housing insecurity in Madison and Dane County. Their innovative housing programs focus on:

- Unhoused Neighbors
- Unhoused Youth
- Emerging Adults
- Rapid Rehousing
- Rapid Rehousing - Domestic Violence
- Housing Navigation Services - currently accessible only for those unhoused (i.e. in the shelter system or outdoors) and who are not currently enrolled in

Within this programming Urban Triage assists participants by providing housing services including:

- Assisting individuals in securing the necessary paperwork and records required for housing applications and government programs.
- Guiding clients through the complexities of finding and securing sustainable housing.
- Reaching out to those in need where they are, offering support and connection to essential services.
- Providing immediate assistance to help homeless individuals and families quickly transition into their own homes.
- Offering a temporary residence for those in the process of securing permanent housing.

However, with their systemic approach to provide compassionate, caring, and culturally conscious services to individuals and families, they are addressing root concerns which pervade the community's ability to grow, prosper and provide safety and stability.

They address the need for:

**Cultivating Healthy Youth:** As a partner of schools and other institutions, they assess youth needs and provide wraparound support to them and their families. Youth are provided with career development, trauma recovery, financial survival education, and advocacy services. They help unhoused youth find and secure housing.

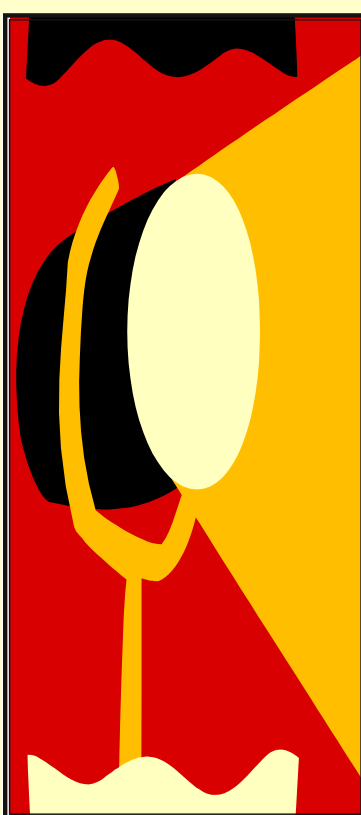
**Cultivating Healthy Communities:** As part of their Supporting Healthy Black Families workgroups, they assess housing needs, offer housing support services, and deliver transformative educational programming. Their services support clients with trauma recovery, career development, and financial stability. Additionally, they provide advocacy and system navigation assistance to vulnerable populations, including the elderly.

**Cultivating Healthy Co-Conspirators:** Co-Conspirator Workgroups and consulting services bring about positive, permanent shifts in how people define and understand the depth and breadth of racism in the fight for Black lives. Through transformative education, their consulting services enhance the social impact of businesses and organizations.

Using these concepts, Urban Triage addresses:

- [Transformative Education, Equity, and Social Justice Consulting](#)
- [Supporting Healthy Black Youth](#)
- [Supporting Healthy Black Employment](#)
- [Co-Conspirator Workgroup](#)
- [Supporting Healthy Black Families](#)
- [Supporting Healthy Black Agriculture](#)
- [Farm Business Development](#)

If you are interested in getting help or helping out, Urban Triage can be contacted at: (608) 299-4128, email: [info@urbantriage.org](mailto:info@urbantriage.org) or by dropping by their office: 2312 S Park St., Madison.



## COMMUNITY SPOTLIGHT:

### Urban Triage

2312 S. Park Street  
Madison WI 53713

608 520-0741

[info@urbantriage.org](mailto:info@urbantriage.org)



DANE COUNTY  
COLLABORATION  
OF BLACK  
SERVICE PROVIDERS





# Who's Who at the ADRC?

Presenting:

## Our Clerical Staff: Tiffany, Brenda & Jana



If you've been to the ADRC of Dane County recently, you've likely been greeted by one of our fabulous clerical staff! Brenda, Jana and Tiffany are the friendly faces who will start you on your path to getting the help you need. They also ensure the backend of our office operations run smoothly. They may have faxed a few documents for you, but they do so much more, including answering our office phone, managing our meetings spaces, helping with our paper and digital resources, and supporting the fifty-plus persons staff of I&A Specialists, Disability Benefit Specialists and Supervisors, who are always asking them for help with something!

### Jana

#### **What is your role at the ADRC?**

I am the Lead Clerk III at the ADRC. I work on keeping the ADRC organized and running smoothly. I accomplish this by supporting the ADRC staff and providing support to the manager and supervisors.

#### **What did you do before you came to the ADRC?**

I have been working for Dane County Human Services for 32 years. I have held various clerical positions within that time.

#### **What do you like best about your job?**

Interacting with the staff and helping out wherever I am needed.

#### **Tell us about yourself.**

I live outside the Village of Rio. I am married with three children, two step-children and ten step-grandchildren.

#### **What do you like to do for fun?**

I enjoy meeting friends for lunch. I spend Sunday afternoons visiting my Dad. And I like to read, bake and spend time with family.

### Brenda

#### **What is your role at the ADRC?**

I am a Clerk I-II, primarily operating the ADRC's reception desk.

#### **What did you do before you came to the ADRC?**

Before I came to the ADRC, I worked a wide variety of different jobs. I did daycare for over 25 years in my home. I worked in health care (hands-on and in the clinics) for 15 years, and I worked in the building trades for approximately 4 years.

#### **What do you like best about your job?**

I enjoy being around people and helping out the customers with anything I can. The wealth of knowledge that I have gained since starting here is amazing!

#### **Tell us about yourself.**

I have been married for almost 36 years and have 4 adult children and 6 grandchildren. Their ages range from 3 to 15. (Whew, makes me feel old!) I also have 2 dogs -who think they are lap dogs at 80lbs a piece! Diesel is a shepherd/boxer mix at 11 years old and Duke is a 9 year-old pit/terrier mix.

#### **What do you like to do for fun?**

I love to go camping with my husband and two dogs. I enjoy traveling while we can.

### Tiffany

#### **What is your role at the ADRC?**

Clerk I-II. I have a variety of duties including helping manage our resources and covering the front desk when needed.

#### **What did you do before you came to the ADRC?**

Before coming to the ADRC I was a CNA at Badger Prairie Health Care Center.

#### **What do you like best about your job?**

I really enjoy being involved with the resource committee.

#### **Tell us about yourself.**

I was born and raised in Madison. I currently live on the eastside with my boyfriend and our daughter.

#### **What do you like to do for fun?**

I love spending time with my family, making/trying new foods, and spending time outdoors (but only when it's warm out). I also enjoy listening to music and going to comedy shows.

**Thanks for sharing a little bit about yourselves! The ADRC could not function without these wonderful clerical professionals.**

## Senior Farmers' Market Voucher Program

June 1 – October 31, 2024



The Area Agency on Aging (AAA) of Dane County distributes farmers' market vouchers to older adults to purchase Wisconsin grown fruit, vegetables and herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come, first serve basis to those **age 60+ or Native Americans age 55+**, who live in Dane County, and have gross incomes under \$27,861 per year (or \$2,321/month) for a one person household or \$37,814 per year (or \$3,151/month) for a two person household. One set of vouchers is available per person.

Individuals who received vouchers last year will automatically receive an application by mail this year. Applications will be mailed out in early May. Once the application is received and approved by AAA, vouchers will be mailed starting on June 1<sup>st</sup>.

If you wish to apply to the program or need to update your mailing address, please contact: AAA Dietitian Shannon Gabriel at 608-261-5678 or [Gabriel.Shannon@countyofdane.com](mailto:Gabriel.Shannon@countyofdane.com)

## Affordable Connectivity Program Wind-Down: Internet Assistance Ending

The Affordable Connectivity Program (ACP) is a bipartisan program using Infrastructure Law to make internet more affordable for Americans, however without congressional intervention the program is estimated to exhaust funding by April 2024. The Federal Communications Commission (FCC) is now taking steps to wind-down ACP. ACP funds are expected to end April 2024 and households participating in the ACP will no longer receive their ACP discounts.

During the ACP wind-down period:

- ⇒ ACP households will receive notices from their internet company about the benefit ending and how that affects the household's bills. The notices will have information that ACP is ending, the impact on their bill and services, the date of the last bill they will receive that includes the ACP benefit; and that they may change internet service or opt-out of continuing service after the end of the ACP.
- ⇒ Approved households receiving the monthly internet discount before February 8, 2024 will continue to receive the benefit until ACP funds run out, as long as the household remains enrolled in the program.
- ⇒ Lastly, if ACP has impacted you or someone you know, contact your legislators to tell them your story

For more information visit: <http://www.AffordableConnectivity.gov> or <https://www.fcc.gov/acp>  
or call ACP Support Center at 877-384-2575.



**WISCONSIN DEPARTMENT**  
*of HEALTH SERVICES*

### MAPP - Medicaid Purchase Plan: Premiums and More

The MAPP Medicaid program, Wisconsin's health insurance program for adults with a disability determination, will likely have monthly premiums returning in August, 2024. Premium amounts are based on income. The minimum premium starts at \$25. Premiums can be paid by check, money order, wage withholding or credit card.

Members can also create an electronic fund transfer.

Contact the Capital Consortium at 1-888-794-5556 for more information.

Also, the Wisconsin Bureau of Aging and Disability Resources (BADR) is excited to announce the release of four videos explaining basic aspects of the Medicaid Purchase Plan (MAPP) program. The Wisconsin MAPP series is free on YouTube:

[What is MAPP?](#)  
[Am I Eligible for MAPP?](#)  
[How Do I Enroll in MAPP?](#)  
[MAPP Premiums](#)

<https://www.youtube.com/@dhswi/videos>



## Check Out Caregiver Chronicles!



The Area Agency on Aging of Dane County publishes a quarterly newsletter, *Caregiver Chronicles*, to provide Dane County caregivers with useful information and resources. Please click the link to find the most recent editions:

<https://www.dcdhs.com/Disability-and-Aging/Senior-Services/Family-Caregiver-Support>

To subscribe to the newsletter, email [debroux.jane@countyofdane.com](mailto:debroux.jane@countyofdane.com) or call 608-261-5679.

Caregiver Village



## AFCSP: Alzheimer's Family and Caregiver Support Program Grant

The AFCSP grant can assist Dane County families providing at-home care for a loved one with irreversible dementia. AFCSP covers services needed to keep a person with Alzheimer's living in the community. Funding is still available for this year.

**Who is eligible?** To join AFCSP, a person must:

1. Have Alzheimer's disease or another type of irreversible dementia. A doctor's statement to confirm the diagnosis is required.
2. Have an annual income of \$48,000 or less.

-Note: If you have a partner or spouse, you must make less than \$48,000 combined.

-If you make more than \$48,000, you can subtract some costs for Alzheimer's care when determining income.

This means you may be eligible even if your net income is more than \$48,000.

**What services are covered?** Services can include:

- ◆ Adult day care
- ◆ In-home help
- ◆ Respite care
- ◆ Support groups
- ◆ Special clothes
- ◆ Transportation
- ◆ Chair lifts
- ◆ Hobby supplies
- ◆ Meals
- ◆ Nutrition supplements
- ◆ Security systems
- ◆ Other

**Who do I contact?**

To learn more about AFSCP please contact Kayla Olson, AFSCP Coordinator and Dementia Care Specialist for the ADRC of Dane County 608-240-7464 or [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com).

## Support Groups: Alzheimer's and Dementia

Being a caregiver for someone with dementia can pose special challenges, and quite frankly can be overwhelming and stressful. Caring for a person with dementia often requires collaborative effort from a team of people. If you provide daily caregiving, participate in decision making, or simply care about the well-being of a loved one with the disease—there are resources to help. As a caregiver, you likely have multiple responsibilities, but it's important to have a support network to take care of your own well-being.

There are many caregiver support groups offered in person and virtually throughout Dane County. Take a look at the link below for all the caregiver support group offerings:

<https://daneadrc.org/documents/pdf/Dementia-Support/Caregiver-Support-Groups-List.pdf>

## Keeping Everyone on the Job!

The U.S. Dept. of Labor defines a [job accommodation](#) as an adjustment to a job or work environment that makes it possible for an individual with a disability to perform their job duties.

**Question:** Are there situations in which an employer must ask an employee whether an accommodation is needed?

**Answer:** Under the ADA, it is generally the employee's duty to inform their employer that an accommodation will be needed to perform essential job functions. However, an employer has an obligation to initiate a discussion about the need for a reasonable accommodation if the employer:

Knows that the employee has a disability,

Knows, or has reason to know, that the employee is experiencing workplace difficulties because of the disability,

Knows, or has reason to know, that the disability prevents the employee from requesting a reasonable accommodation



# McCabe's Music at the Movies!



Want to get your feet tapping while getting to know your favorite singers better? Take our advice with musical movies, concerts and biopics which are based on real singers and transverse an expanse of styles that dramatizes lives and journeys to fame. There are just too many to name but check out some of our favorite musical movies with incredible hit songs.

**Whitney Houston: I Wanna Dance With Somebody** (2022) Netflix – the story of “The Voice” from early 1980s to becoming one of the greatest singers of her generation

**Pink Floyd The Wall** (1982) YouTube - live action/adult animated surrealist musical drama about their 1979 album

**What's Love Got to Do with It** (1993) Tubi – the life of the fabulous Tina Turner

**Selena** (1997) Amazon Prime - chronicles the star's rise to fame and tragic death

**Elvis** (2022) HBO – the life of the musical icon, the King

**Ray** (2004) Tubi -30 years in the life of soul musician Ray Charles

**The Temptations** (1998) Pluto TV - the history of one of Motown's longest and successful acts

**Get On Up** (2014) Amazon Prime- film about the life of the Godfather of Soul, James Brown

**La Bamba** (1987) Amazon Prime - the story of Ritchie Valens

**Rocketman** (2019) Amazon Prime-the life, music and career of Rock and Roll Hall of Fame musician Elton John

**Walk the Line** (2005) HBO – the life of country music legend Johnny Cash

**Bohemian Rhapsody** (2018) Hulu - musical drama about Freddie Mercury and the British rock band Queen

**Straight Outta Compton** (2015) Netflix - the rise and fall of the hip hop group N.W.A

**Biggie: I got a story to tell** (2021) Netflix - the life of The Notorious B.I.G. on his journey to rap royalty

**Purple Rain** (1984) Amazon Prime- semi-autobiographical story of Prince’s rise to superstardom

**The Doors** (1991) Amazon Prime - story of the influential 1960s rock band The Doors and singer Jim Morrison

**Bob Marley: One Love** (2024) Apple TV - the journey behind the reggae icon and his revolutionary music

**Weird: The Al Yankovic Story** (2022) – musical parody with a goofy plot loosely based on Weird Al’s life

**Taylor Swift: The Eras Tour** (2023) Disney–the cultural phenomenon T Swift on her history making concert tour



## Mark Your Calendar! Thursday May 16<sup>th</sup> is “Do Something Nice for Your Neighbor Day”

As Gandhi said, “Be the change you wish to see in the world.” Make a difference in your community by doing something nice for your neighbor! May 16<sup>th</sup> is a day to take a moment to better your neighborhood.

Take this Thursday to do one kind act – be it helping your neighbor with their garbage, helping a neighbor carry in groceries, or just have a friendly conversation. Show your neighbors some kindness – it’s simple to do!





## Social Security is backlogged!

Locally and nationally the Social Security Administration (SSA) is backlogged. According to AARP, "In the late 2010s, it typically took the Social Security Administration 110 to 120 days to process an initial application for disability benefits, according to agency data. In December 2023, the *average* wait was 228 days, or more than seven months". Even people calling the SSA's national help line are waiting on hold for nearly 36 minutes, on average, to get answers to routine questions.

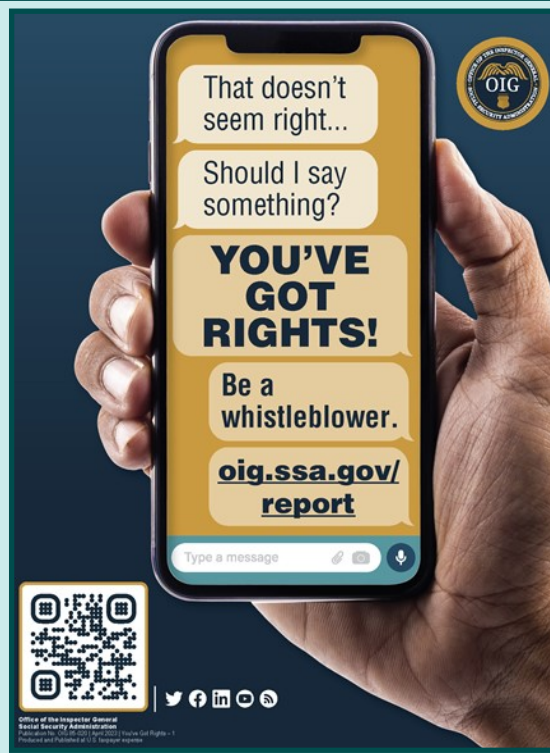
If you're experiencing problems, you can file complaints directly with Social Security Administration. Be clear, accurate, and specific about your concerns.

**Report to Social Security:** You can provide feedback on your Social Security Administration experience by going to: <https://www.ssa.gov/feedback/>

**Reach out to Senators:** You can reach out your Senator to request an inquiry. Asking for a congressional inquiry cannot negatively impact your case and might help.

Ron Johnson: <https://www.ronjohnson.senate.gov/>

Tammy Baldwin: <https://www.baldwin.senate.gov/>



**Social Security Administration Office of the Inspector General:** You can submit a report concerning wrongdoing by SSA employees or within SSA programs by filing a complaint with the Office of Inspector General <https://oig.ssa.gov/whistleblower-protection/>

## The Lakeshore Preserve: An Easy Stroll to Enjoy Nature

The University of Wisconsin-Madison Lakeshore Nature Preserve is a 300-acre natural area situated on the south shore of Lake Mendota on UW campus. This beautiful area offers options for accessible visiting, with paved or crushed packed limestone surfaces. Enjoy wildlife, birding and lake views.

The accessible **Howard Temin Path (in yellow on the map)** extends from North Park St. (east) to Oxford Rd. (west). The Howard Temin Path was given this name in 1998 as a tribute to the late UW-Madison professor of oncology and Nobel Prize winner. Howard Temin often walked and bicycled along the path, finding opportunities for quiet reflection and contemplation along the shoreline.

For more info: <https://lakeshorepreserve.wisc.edu/visit/places/the-lakeshore-path/>  
[608-265-9275](tel:608-265-9275) Open 4 AM – 10 PM daily. Parking lots are open from 4 AM – 10 PM.

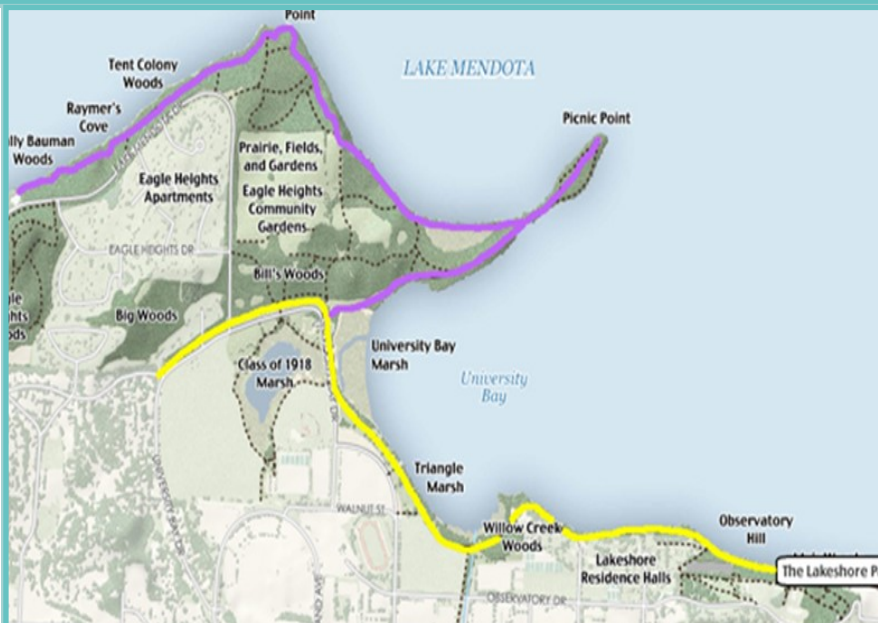
### July 13<sup>th</sup>, 2024: Fishing Has No Boundaries Event. Sign Up Now!

Fishing is fun for all abilities! The Madison Chapter of Fishing Has No Boundaries will hold this year's event for people with disabilities on Saturday July 13, 2024. Fishing takes place at Governor Nelson State Park on the North shore of Lake Mendota. Limited space is available each year (100 people), so **sign up early!**

Volunteers are needed too!

Register here: [Sign Up To Fish – Fishing Has No Boundaries, Madison \(fhnbmadison.com\)](https://www.fhnbmadison.com)

Phone: 1-608-417-3474





## Report Misleading Medicare Ads!

During a TV commercial break you've probably seen Medicare ads featuring famous celebrities bringing you "important information about Medicare" or telling you to "act now to take advantage of all sorts of benefits that you are entitled to". The Centers for Medicare and Medicaid Services (CMS) are asking for your help to identify and report misleading Medicare sales from TV ads.

New marketing rules require sales representatives to explain how any plan being offered differs from your current plan before suggesting to making a switch. These rules also force insurers and third-party marketing companies to give their ads to CMS for review before going public.

However, because there are so many companies advertising, it is unlikely CMS will be able to catch every misleading sales pitch. CMS is asking consumers to report potentially misleading marketing efforts to 1-800-MEDICARE. Wisconsin residents can also report potential marketing violations to the Senior Medicare Patrol at 1-888-818-2611.

CMS is asking you to watch for and report marketing efforts that:

- ◆ Suggest benefits are available to anybody who joins the plan.
- ◆ Commercials that are not available in the service area where they are advertised.
- ◆ Claims the plan advertised will provide the "most" or "best" benefits or coverage.
- ◆ Promise unrealistic savings that most consumers "did not realize".
- ◆ Do not give the name of the plan being advertised.
- ◆ Uses the Medicare name or the Medicare image, or logo without approval of CMS.
- ◆ Contact Advantage or drug plan members who have already told a plan or issuer not to contact them.
- ◆ Pretend to be representative of the government-run Medicare program.

## Someone Can Steal Your House?! Property Fraud is Real!

### Protect your home and property: Sign up for the Dane County Register of Deeds "Property Fraud Alert"

Property fraud or home title theft is an uncommon but highly impactful scam. The scammer starts by using public records regarding property to choose a victim. Often the victims are older, with a lot of equity in their home, or someone who has a vacant property awaiting rental or sale, or a vacation home. Once targeting your property, the thief then can "phish" online for more of your personal information to help them complete the process of stealing your home or your equity in it.

Having done their "scam-work", the criminal uses your personal data to file a fake deed transfer into the public records system – complete with a forgery of your signature – and thus, illegally takes ownership of your property. With the fake deed officially filed with the County Register of Deeds, the scammer will then try to take out loans or mortgages based upon your equity, or try to sell the house to an unsuspecting buyer.

Home title theft is a fast growing white-collar crime, which is easier to do than ever given our increasing use of electronic communications and property transactions. As the homeowner, you may not even know this has happened. The theft often goes undetected until mortgage holders, financial institutions or the scammed buyers communicate with the defrauded owners. The scam works because government officials who process official records don't judge the accuracy or validity of documents; as long as it's properly filed and the appropriate fees are paid, the false claim stands as the legal transaction. Further obfuscating the fraud, is that the scammer will change the address where you receive documents from local government, tax collectors or utility providers.

We are fortunate in Dane County, that our Register of Deeds office offers a **Property Fraud Alert**, a free on-line service that allows Dane County citizens the ability to have their name monitored within the Register of Deeds office in order to track possible fraudulent activity. It's an early warning system for property owners to take appropriate actions should they determine possible fraudulent activity has taken place. It's very easy to sign up online at <https://www.propertyfraudalert.com/select> or call : (800) 728-3858. You can register in English and Spanish.

In addition to signing up for Fraud Alerts, take these extra steps to protect your house and property:

- \* Check the official records for any deeds, liens or mortgages on your property and make sure they are accurate.
- \* Ensure there are no visible signs of unoccupancy or neglect to the property, such as mail piling up, overgrown yard.
- \* Make sure local government appraisers and tax collectors have the correct mailing address for your property.
- \* Be pro-active and keep your property safe – it's a valuable asset!

## Medicare Coverage of Seat Elevation Technology in Power Wheelchairs

The Centers for Medicare & Medicaid Services (CMS) announced it will cover **seat elevation technology** in Medicare-covered power wheelchairs (PWC). It will consider seat elevation technology as durable medical equipment (DME). A power seat elevation system is a part of a wheelchair that raises and lowers a person while they remain in the seated position. Power seat elevation safely increases independence and can potentially reduce the needs for a caregiver.



Power seat elevation equipment will be considered medically necessary and reasonable for individuals using PWCs when:

1. The individual has undergone a specialty evaluation which checks the person's ability to safely operate the seat elevation equipment in the home.
2. At least one of the following apply:
  - ◆ The individual performs weight-bearing transfers to and from the PWC while in the home, using either the arms during an uneven sitting transfer or the legs during a sit-to-stand transfer.
  - ◆ The individual requires a non-weight-bearing transfer to and from the power wheelchair in the home.
  - ◆ The individual performs reaching from the power wheelchair to complete one or more mobility-related activities of daily living (MRADLs) in the home, such as toileting, feeding, dressing, grooming, and bathing.



\*The Durable Medical Equipment Medicare Administrative Contractor (DME MAC), who processes claims for people enrolled in original Medicare, has the decision-to-decide if coverage of power seat elevation equipment is medically necessary. Coverage decisions will be made on a case-by-case basis. If you would like to know whether Medicare or your Medicare Advantage plan will cover seat elevation equipment for your PWC, please speak with your healthcare provider.

For more information see the CMS Decision Summary here: <https://www.cms.gov/medicare-coverage-database/view/ncacal-decision-memo.aspx?proposed=N&ncid=309&doctype=all&ti meframe=30&sortBy=updated&bc=20>

## The Wisconsin Talking Book and Braille Library

The Wisconsin Talking Book and Braille Library (WTBBL) provides Braille and audio recorded books to people who cannot read standard print. This includes those who have a visual disability, legal blindness, a reading disability, or a physical disability that causes you to be unable read or unable to use standard printed material (for example - paralysis, missing arms or hands, multiple sclerosis, cerebral palsy, spina bifida, etc.) Audio books, brailled materials, playback equipment, and audio-described videotapes and DVDs are available, and are delivered to your home. WTBBL patrons receive and return books and equipment, postage-free through the U.S. Postal Service.

The service is coordinated through the Milwaukee Public Library's Central Library and is offered to all Wisconsin residents who qualify. An application is required and disability must be verified.

If you're interested contact the Wisconsin Talking Book and Braille Library: phone (800) 242-8822 or e-mail [wtbbl@milwaukee.gov](mailto:wtbbl@milwaukee.gov)  
Additional information and applications are available at <https://dpi.wi.gov/talkingbooks>

## Safe Travel for Everyone:

The U.S. Department of Transportation is proposing new rules to improve safety for passengers with wheelchairs under the Air Carrier Access Act (ACAA). Similar to the ADA, the ACAA is the federal law that protects passengers with disabilities during air travel. The proposed rule would require enhanced training for airline employees and contractors who physically assist passengers with disabilities and handle passengers' wheelchairs. The rule will also outline actions airlines must take to protect passengers when a wheelchair is damaged during transport. The proposed rule also clarifies that damaging or delaying the return of a wheelchair is an automatic violation of the ACAA.

Source: Great Lakes AD A Center

A person with autism is not misbehaving or choosing to be difficult. They just react to certain things differently. Be patient & kind always.



## Dr. Temple Grandin:

“In the old days, the diagnosis was GIFTED not disabled. Attitudes strongly influence how we perceive spectrum kids today.”



## May is Mental Health Awareness Month

May is Mental Health Awareness Month. Please know that in Dane County, there are many resources if you need help with your mental health and/or help with substance use. You are not alone.

**9-8-8: Suicide and Crisis Lifeline.** Call, text or chat. 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. <https://988lifeline.org/>

**9-1-1:** In case of emergency. Request a CIT/Crisis Intervention Team trained officer. Mental health officers are here to help.

**Dane County Crisis Line: 608-280-2600** 24-Hour Crisis Intervention is provided through the Emergency Services Unit at [Journey Mental Health Center](#). The above number is also the one to call if psychiatric inpatient treatment is being explored on a voluntary or involuntary basis.

**Behavioral Health Resource Center:** <https://danebhrc.org/> The Dane County Behavioral Health Resource Center is there to help you connect to local mental health and substance use support. If you want information about more resources and supports, please call 608-267-2244 or check their web page.

**Chrysalis:** <https://workwithchrysalis.org/> Chrysalis's mission statement is "Chrysalis promotes mental health and substance use recovery in our community by supporting work opportunities that encourage hope, healing and wellness." Chrysalis helps people reach job goals and recovery through person centered planning.

**Comprehensive Community Services (CCS):** <https://www.danecountyhumanservices.org/Behavioral-Health/Comprehensive-Community-Services> Dane County Comprehensive Community Services (CCS) is a voluntary program that can provide services and support to help you achieve your recovery goals. To be eligible you must have Medicaid and a Mental Health or Substance Use diagnosis. Check their website or call their Intake at 608-242-6415.

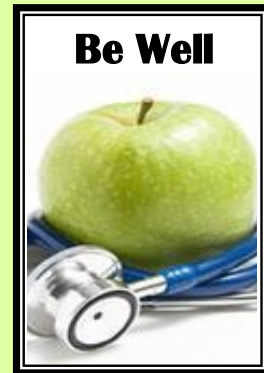
**Cornucopia:** <https://copiarts.org>

Cornucopia is an arts and wellness center, run by and for adults in mental health and substance use recovery. They offer many different activities, wellness classes, and art classes. Check their website out for more information.

**NAMI:** <https://www.namidaneconomy.org/> The history of NAMI began here at home in Madison with two women, Harriet Shetler and Beverly Young. Both women were mothers of sons who had Schizophrenia. These two women worked together as a two-person force to find other families and people with mental illness to create NAMI. On April 12, 1977 Harriet Shetler, Beverly Young and five other families created the name Alliance for Mentally Ill, with the acronym AMI. They liked AMI because the acronym AMI means "friend" in French. In 2023, this grass roots advocacy has grown into National Alliance on Mental Illness (NAMI). Today, NAMI offers advocacy, education and support groups. Check out their website for more information!

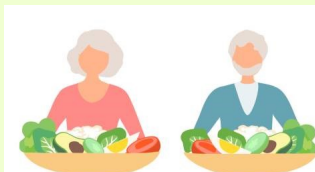
**Solstice House Peer Run Support:** <https://soarcms.org/programs/solstice-house> The Solstice House is a warm-line meant for individuals in crisis who need emotional support with someone who has similar life experience on the phone. 608-244-5077.

**UpliftWI: 534-202-5438** <https://www.mhawisconsin.org/upliftwi> Call this line if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with. You do not need to be in crisis to call this line. This line is fully anonymous and confidential. They are open from noon - midnight daily and live answer the line. You can reach them by calling 534-202-5438 – statewide.



**Eating Well**—Why do we have to watch what we eat? It's so easy to indulge - in sweets, fried foods, junk food, alcohol - sometimes it seems the better something tastes, the worse it is for you! But eating well is very important for healthy aging for many reasons:

- **Chronic Disease Prevention:** As we age, we become more susceptible to chronic diseases like heart disease, stroke, type 2 diabetes, and some cancers. A healthy diet rich in fruits, vegetables, and whole grains can help reduce the risk of these conditions.
- **Maintaining Strength and Independence:** A balanced diet with sufficient protein helps preserve muscle mass, which is essential for mobility and daily activities. This can help older adults stay independent for longer.
- **Bone Health:** Calcium and vitamin D are vital for maintaining strong bones and preventing osteoporosis, a condition that weakens bones and increases fracture risk. These nutrients are abundant in dairy products, leafy greens, and fatty fish.
- **Improved Immunity:** A healthy diet rich in vitamins, minerals, and antioxidants bolsters the immune system, making older adults less prone to infections and illnesses.
- **Mental Sharpness:** Studies suggest a link between good nutrition and cognitive function. A diet rich in brain-healthy fats, fruits, and vegetables may help with memory, focus, and overall mental well-being.



## May is Stroke Awareness Month!

How can you reduce your chances of stroke? Make healthy life changes:

- **Manage Blood Pressure**

Find out what your current blood pressure is, and do your best to keep it in the normal range - less than 120/80 mmHg (per the CDC). Speak with your doctor for advice if it's outside the normal range.

- **Quit Smoking**

Help is available! Call the 1-800-QUIT-NOW line (1-800-784-8669). The UW also offers support groups. For more information:

<https://ctri.wisc.edu/smokers/clinic/uw-ctri-support-groups-for-current-or-former-tobacco-users/> or call 608-263-0573.

- **Manage Blood Sugars (Blood Glucose)**

If you have diabetes, you don't have to deal with it alone! Speak with your doctor to get a diabetes educator, or join a "Healthy Living with Diabetes" class. Find a Healthy Living Class at [www.wihealthyaging.org](http://www.wihealthyaging.org). (click programs & workshops option).

- **Manage Heart Disease**

If you have heart disease, speak with your doctor on what strategies are best for you. Most health providers have many options to help.

- **Manage Cholesterol**

Find out what your cholesterol levels are, and aim to keep your numbers in the normal range - less than 200 mg/dL.

- **Stay at a healthy weight**

Speak with your doctor if you need a referral to a dietician. If you are 60 or older, and would like advice from a Registered Dietician, please call the ADRC for more info.

- **Get active**

Move your body! Need ideas? Find a friend/neighbor for a walk or other activity. Try something new like Tai Chi at the Goodman Center, or Ballroom Basics for Balance (<https://ballroombasicsforbalance.org/start-dancing/>). Check out your Senior Center's Activity Calendar or MSCR's upcoming classes. We hear Pickleball is all the rage! <https://www.caporeapb.com/>

- **Eat healthy**

Try to "eat the rainbow" throughout the day. Eating the rainbow means to basically eat fruits and vegetables of different colors every day! Reduce sodium and sugar intake.

## May is Stroke Awareness Month



A stroke is treatable if you act F.A.S.T.



### Wisconsin Implements 12-Month Continuous Health Insurance Coverage for Children

Many minors using Wisconsin's BadgerCare Plus and other Medicaid programs, who are under age 19, can keep their health insurance benefits for at least 12 months, even if their family's income increases or they no longer meet program rules. Continuous coverage was a temporary policy during the COVID-19 pandemic and its success was a key factor leading to this new permanent policy. Mandated by federal legislation, this Medicaid change stabilizes health insurance for those under age 19 in BadgerCare Plus and other Medicaid programs.

- Children enrolled in a qualifying program as of January 1, 2024, will be covered for 12 months, starting at their last application or renewal.
- New recipients under age 19 who enroll in a qualifying program on or after January 1, 2024, will also keep benefits for a full 12 months.
- Once the 12 months are over, they would complete a renewal process to see if they are still eligible.

For more information: <https://www.dhs.wisconsin.gov/news/releases/010424.htm>

If you need more information about resources for children with delays, disabilities, special health care needs, or mental health conditions, connect with a specialist from Wisconsin Wayfinder: 877-947-2929 or online at <https://www.dhs.wisconsin.gov/wiscway/index.htm>

### Free In-Person Welcome to Medicare Seminars

**Sponsored by Area Agency on Aging of Dane County's Elder Benefit Specialist Program**

If you are turning age 64 this year, you can get help making informed choices about your Medicare options. You'll receive accurate and detailed info from unbiased benefit experts.

May 11, 2024: Virtual Seminar (register by 5/3/2024)

July 13, 2024: In-Person UW Extension 5201 Fen Oak Drive #138 Madison, WI 53718 (register by 7/3/2024)

September 14 2024: Virtual Seminar (register by 9/6/2024)

November 16, 2024: In-Person Location TBD (register by 11/8/2024)

Email [AAA@countyofdane.com](mailto:AAA@countyofdane.com) to register



## New DHS Website to Report Suspected Illnesses from Food or Water



**REPORT IT QUICK!**

The Wisconsin Department of Health Services (DHS) launched a new online tool to help Wisconsinites report food or water related illnesses. “We're asking people, when you're feeling sick, report it quick” stated DHS State Health Officer Paula Tran. The quick online questionnaire helps health departments identify sources of contamination to prevent others from getting sick.

If additional information is needed, public health specialists will contact Wisconsinites who report their illness. All follow-up will remain strictly confidential. Certain bacteria, viruses, even parasites can contaminate food or water from a variety of sources -including grocery stores, restaurants, water in pools, lakes, or rivers - causing vomiting and diarrhea. Please be aware that this is a reporting tool is not a substitute for health care; if you are feeling sick please contact your health care provider.

More information about food and waterborne illness is available at: <https://sr.wi.gov/#/form/p/foodborne>

## Like the Universe, the Tenant Resource Center is Expanding!

Earlier the year, The Tenant Resource Center moved to their much larger 5,000-square-foot new office, located at 2510 Winnebago Street in Madison.



These new digs have allowed the TRC to expand from 9 to 30 staff members, increasing their ability to provide:

- More privacy for community members who come into the office to discuss personal rental concerns.
- A dedicated space for eviction court-involved tenants to attend initial court hearings virtually.
- A larger waiting area which will accommodate families seeking services.
- Easier access to public parking, including accessible parking stalls.
- A large conference room for meetings and trainings.

Their mission remains the same - to help tenants, landlords, and service providers with questions and concerns about rental rights and responsibilities. The TRC phone number remains the same: (608) 257-0006

Public walk-in times for the new office location: Monday-Thursday from 9:00 a.m. to 6:00 p.m.

Additional walk-in hours at the TRC satellite locations:

- ◆ UW-Madison Campus Office, 333 East Campus Mall (Student Activity Center) Conference Room 4001, Madison, WI 53715 (608)292-5608 Tuesday & Thursday 10:00am-4pm
- ◆ Madison College South, 2429 Perry Street, Madison, WI, 53713 Saturday 10am - 2pm
- ◆ Sun Prairie, 1632 W Main St #170, Sun Prairie, WI 53590 (608)708-6008 - adjacent to Sunshine Place  
Monday (bilingual staff present) 8:30am-3pm and 3-5 p.m. virtual appointments  
Wednesday 8:30am -5pm
- ◆ Sun Prairie – at The Sunshine Place, 18 Rickel Rd Thursday (bilingual staff present) 8:30am - 5pm

# The Sampler! Interesting Events Happening in our Community:

**What:** Foundation For Black Women's Wellness weekly walk in beautiful downtown Madison

**When:** May 1<sup>st</sup>, 12:15 PM (and every Monday)

**Where:** The Capitol, 2 E. Main St., Madison

**Cost:** Free!

**Why:** The [Foundation for Black Women's Wellness](#) encourages walking as a safe, simple, affordable and accessible way for women and their families to maintain health and wellness and to prevent the onset of chronic disease.

**How:** Register at [ffbw.org/walkingcollective](http://ffbw.org/walkingcollective) to join the FFBWW Walking Collective and receive regular updates. Or call 608-709-8840 for more info.

**What:** Access Ability outdoors Access 4 All

**When:** June 1<sup>st</sup>, 1-5 pm

**Where:** William B. Lunney Lake, Shelter 2, 4330 Libby Rd, Madison

**Cost:** Free!

**Why:** Nature is for everybody to get outside and enjoy!

**How:** RSVP at [www.accessabilitywi.org](http://www.accessabilitywi.org) or call 608-886-9388

**What:** Annual Bring Your Pop to Pop's Knoll Father's Day Picnic

**When:** June 16<sup>th</sup>, 11:00 a.m. - 2:00 p.m.

**Where:** Donald County Park, Pop's Knoll Picnic Area, Pop's Knoll entrance 1945 Hwy 92 Mt. Horeb

**Cost:** Free!

**Why:** Annual "Bring your Pop to Pop's Knoll" Father's Day picnic. Bring a picnic lunch and celebrate dad on his special day! Entertainment will include easy listening blue grass music by "Squirrel Gravy", and scavenger hunt for the kids with prizes.

Hot dogs and root beer floats available for a donation.

**How:** No registration required. For questions contact [contact@donaldpark.org](mailto:contact@donaldpark.org)

**What:** New Beginnings Club for Adults with Disabilities

**When:** Morning Social (Wednesdays & Fridays) 10 am – 12 pm or

Evening Social (Every 2<sup>nd</sup> Wednesday of the Month) 6:30 pm – 8 pm

**Where:** Neighborhood House, 29 S. Mills St, Madison

**Cost:** Free!

**Why:** New Beginnings is a social program designed for people with cognitive disabilities in mind. Make art, watch movies, play games, have snacks, socialize, make new friends, and have fun! Accessible entrance and parking lot at the back of the building. We welcome you to try it out and see if it's for you!

**How:** RSVP at [laura@neighborhoodhousemadison.org](mailto:laura@neighborhoodhousemadison.org) if you'd like to let us know you're coming, but feel free to stop in and bring a friend!

**What:** Senior Connections

**When:** Wednesdays 10am – 2pm & Thursdays 10am – 1pm

**Where:** Neighborhood House 29 S. Mills St, Madison

**Cost:** Free!

**Why:** Drop-in program for anyone over the age of 50. Social hour from 10am-12pm with coffee, conversation, and games/puzzles/newspapers; hot lunch served from 12-1pm; and rotating activities from 1-2pm on Wednesdays.

**How:** contact [info@neighborhoodhousemadison.org](mailto:info@neighborhoodhousemadison.org) or call 608-255-5337 with any questions.



The Administration for Community Living launched The Link Center online. This new website works to improve supports available to children and adults with intellectual and developmental disabilities

(I/DD), brain injuries, and other cognitive disabilities with co-occurring mental health conditions. The Link Center was created to serve as a national hub of the most relevant and timely resources including information about best practices, promising strategies, upcoming events, webinars and technical assistance opportunities. Check it out here:

<https://acl.gov/TheLinkCenter>

## **Getting Help in a Mental Health Crisis/Emergency: What to do and What to say**

May is Mental Health Awareness Month and the following important tool may help in the event of a mental health emergency. If you need to call for help, you can ask for a Crisis Intervention Team, or CIT. According to NAMI, CIT training is a community initiative designed to improve the outcomes of police interactions with people living with mental illnesses. CIT programs are local partnerships between law enforcement, mental health providers, local NAMI chapters, and other community stakeholders. CIT programs provide 40 hours of training for law enforcement on how to better respond to people experiencing a mental health crisis.

### **How Can I Request A CIT Officer If My Loved One Is Experiencing A Mental Health Crisis?**

#### **1. Call 911**

State the situation is a mental health crisis to the dispatcher. State your name and location, and describe in detail what is happening. Advise police if there is information on file with law enforcement about the person in crisis. Ask if it is possible to arrive without lights or sirens if this would help de-escalate the situation.

***“I am calling because my loved one is having a mental health crisis. My goal is for them to get help, not to be arrested or harmed. My name is \_\_\_\_\_, and I am calling from [your location] because [myself/ family member/ friend + the name] is \_\_\_\_\_.”***

Request a Crisis Intervention Team (CIT) or Mental Health officer respond to the situation. They may or may not be available, but it is beneficial to ask if they can respond.

***“If possible, I’d like an officer with CIT training to respond.”***

If applicable, tell the officer if you know that your loved one has access to weapons, particularly firearms.

***“My loved one has access to \_\_\_ weapons”***

If applicable, tell the officer if your loved one has made direct threats toward themselves (suicide), you, or others.

***“My loved one has made direct threats of violence.”***

If there is time, briefly point out triggers that you believe could escalate the situation (speaking loudly, standing over the person experiencing the crisis, getting too close.)

***“I want to make you aware of triggers that I believe will escalate this situation.”***

If there is time, briefly point out things that may prevent escalation, such as speaking softly, addressing concerns directly, and having a trusted person nearby.

***“I want to make you aware of a few ideas for preventing escalation.”***

If there is time, let the dispatcher know what the person’s mental health diagnosis is, who their mental healthcare provider is, if the person is intoxicated or has overdosed, any current medications, and if the person is unable to care for themselves.

#### **2. When the officer arrives, state again this is “ a mental health crisis”.**

Be *calm and cooperative* with both the 911 dispatcher and law enforcement officers. Answer all questions completely and honestly. Give a written statement if requested.

While you are waiting for help to arrive, try to reduce the intensity of the situation as much as possible by speaking calmly, being genuine, asking simple questions, and offering options for ways to make them feel safe.

For more information, check out NAMI’s Resource Guide: [namiwisconsin.org/resource-guide/](https://namiwisconsin.org/resource-guide/)

**Source: NAMI:** the National Alliance on Mental Illness



**WE  
THE  
PEOPLE**



## Thank you Executive Parisi!

Dane County Executive Joe Parisi is retiring this May. A Dane County native, Joe Parisi worked for decades in public service.

Over the past 13 years during his tenure as County Executive, he consistently advocated for meeting the needs older adults and people with disabilities in our community.

The ADRC of Dane County is grateful for the support from County Executive Parisi, starting before we opened our doors in 2012 up to the present day.

We wish him well in the next chapter of his life.  
Thank you Executive Parisi!



## Bonus LINGO BUSTER: A Guide to Healthcare Providers



As our healthcare system constantly changes and evolves, you may run into various providers while being treated in your clinic. Your clinical care team is made up of a variety of professionals, who all have different letters behind their names. The following is a basic review of who's who:

**PCP:** A primary care provider (PCP) is a person you may consult or see first for checkups and health issues, as well as for continuing medical conditions. PCPs can help you manage your overall health. A PCP may be a MD, DO, NP or PA.

**MD:** Medical Doctor (MD) with a MD designation attends a traditional medical school.

**DO:** Doctor of Osteopathy (DO) is granted to physicians who graduate from an osteopathic medical school. [The osteopathic philosophy of medicine sees an interrelated unity in all systems of the body, each working with the other to heal in times of illness.]

**PA:** A Physician Assistant (PA) or PA-C (PA-Certified) is trained to work as a part of a team with physicians. PA's complete a four-year college program and another two to three years of postgraduate education, which generally follows a medical school model. A PA examines, diagnoses and treats patients.

**NP:** Nurse Practitioner (NP) or Advanced Practice RN (APRN) is a registered nurse who has completed a Master of Science or doctoral degree and advanced clinical training. Their advanced certification lets them diagnose illnesses, order lab tests or equipment, and prescribe medications.

**RN:** A Registered Nurse (RN) is a nurse who has graduated from a college's nursing program and has passed a national licensing exam. A RN may have a two-year Associate Degree or earn a bachelor's degree, BSN.

**LPN:** A Licensed Practical Nurse (LPN) typically provides basic nursing care, like collecting medical histories, checking vital signs, wound care, giving shots, preparing patients for procedures. A LPN degree takes one year to 18 months of training from an accredited school and passing a licensing exam.

**CMA:** A Certified Medical Assistant (CMA) assists patients with tasks such as recording their health histories and recording vital signs. Education is usually a one-year technical diploma through a technical college.

**CNA:** A Certified Nursing Assistant (CNA) provides important support to patients, nurses, and physicians. CNA's are an entry-level role who prepare exam rooms, check vitals of patients, and record medical information. CNA's usually train at a technical college, completing a semester of coursework.

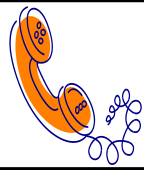
**SW:** A Social Worker (SW) holds either a bachelor's (BSW) or master's degree (MSW). Social workers help patients find solutions to their problems, educate patients about diagnoses, and help with resources available to patients to cope with the emotional, financial, and social needs that arise with a diagnoses.

**SAVE THE DATE!**  
2024 Adult Protective Services Conference  
October 1-3, 2024  
Wisconsin Dells

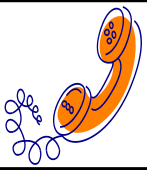
Sponsored by:



**WISCONSIN DEPARTMENT  
of HEALTH SERVICES**



# I Called the ADRC!



Information & Assistance Specialist Amy E. had a phone call from a community member who initially told Amy that it was her first time calling, and she didn't really know what the ADRC did. But by the end of the conversation, the caller was extremely happy with the information and resources that Amy provided. The caller concluded by saying "I'm so proud of our state for having this!" (We may be a little partial, but we think so too!)



I&A Melana spoke with Theo, who called the ADRC in effort to explore his insurance coverage. Discussing his situation, I&A Melana and Theo discovered that he was actually over-insured and he was paying nearly \$1500 per month in health insurance premiums. The next step was to connect Theo with the experts at the State's Medigap Helpline to explore other policies. Theo was able to make changes to his coverage that will save him almost \$10,000 in 2024. Theo told Melana he called the ADRC after reading his daily horoscope, which told him to stop procrastinating and putting off important tasks. We are so glad the stars aligned for him!



I&A Katarina answered a call from retired couple John and Mindy, who live in their own home and are experiencing increasing care needs as they age. During the discussion, I&A Katarina learned the spouses have annual income around \$100,000 and own over \$1 million in assets. This is a great example that ADRCs can help to screen customers for public, Veteran and private pay options in the community. Privately paying for services really puts the person in the driver seat for making choices. The I&A helped the couple review many different options for help at home. Katarina assisted the couple to find, sort and understand services for in-home agencies, adaptive aids, home modification agencies, meal delivery, medication packaging, response alarms, senior centers, and transportation options. John and Mindy were so thankful to learn about so many options for staying in their home!

Your Disabled Joy

## Celebrate Disabled Joy!

This podcast [Welcome To Your Disabled Joy \(youtube.com\)](https://www.youtube.com/watch?v=...) focuses on raising awareness of the joyful experiences in living with a disability. It can be streamed on YouTube. Created and hosted by Nico Meyering.



The Aging and Disability Resource Centers of Rock, Jefferson & Walworth Counties Present



State of the State of Dementia in Wisconsin  
A Conference for Professional Caregivers



Wednesday June 5th



9am-3:30pm



University of Whitewater Campus area



Register: Return completed registration & check to:  
Seniors in the Park  
PO Box 178,  
Whitewater, WI 53190



Registration due 5/28/24.  
\$25 registration fee includes full conference day, lunch & CE



CEs available via UWW sponsorship

If you have questions, please contact  
Jake @262/741-3273 or jsawyers@co.walworth.wi.us  
Tonya@920/675-4035 or tonyar@jeffersoncountywi.gov  
Karen @608/741-3615 or karen.tennyson@rock.co.wi.us



### SPEAKERS



Department of Health Services  
"Overview: 2024-2028 State Dementia Plan"



Laurie Kohler  
APS Program & Policy Specialist, Dept of Health Services  
"Adult Protective Services Dementia & Crisis"



Jacob Dunn, LCSW  
Social Worker, Stoughton Hospital, Geriatric-Psychiatry  
"Stabilization, in-patient psychiatric units & the law"



Bonnie Nuttkinson, MS  
Research Program Coordinator  
Dementia Care & Caregiver Research  
"Caregiver Concerns and Community Education"

Family Caregiver and People Living with a Diagnosis Discussion Panel



# Save the DATE

## BRINGING HOPE & LIGHT TO THE DEMENTIA JOURNEY

Tuesday, August 6th, 2024  
at UW Stevens Point

A full day educational Conference, with individual tracks for Caregivers, Professionals and People Living with Dementia or Mild Cognitive Impairment (MCI)

# Homelessness and Housing Assistance Agencies:

## Tenant Resource Center

Services: Eviction Prevention; Landlord and Tenant Mediation:

Main Office: 2510 Winnebago Street Madison, WI 53704

Phone: (608) 257-0006

Saturday Office: 2429 Perry Street Madison, WI, 53713

Satellite Office: 1632 W. Main St, Unit 170, Sun Prairie, WI 53590 Phone: (608)708-6008

Website: <https://www.tenantresourcecenter.org/>

## Urban Triage

Services: Housing Navigation Services for those currently unsheltered/using a homeless shelter;  
Rapid Rehousing programs; publishes Housing Resource lists

Urban Triage Coordinated Entry Program: (608) 826-8019

Phone: (608) 299-4128 – same for all offices

Main Office: 2312 S Park St. Madison WI 53713

Downtown Office: 147 S. Butler St. Madison WI 53703

Beacon Office: 615 E Washington Ave. Madison, WI 53703

Website: <https://urbantriage.org/> Vacancy List: <https://urbantriage.org/housing-navigation-services>

## Fair Housing Center of Greater Madison

Services: Promoting fair housing; intake and investigation of housing discrimination complaints

Office: 1574 W Broadway #200, Madison, WI 53713

Phone: (608) 257-0853

Statewide toll-free complaint intake line: 1-877-647-3247

Website: <https://www.fairhousingwisconsin.com/>

## U.S. Department of Housing and Urban Development (HUD) Midwest Office: Chicago

Services: Public Housing complaints

Phone: (312) 353-7776 or 1-800-765-9372

E-mail: [Complaints\\_office\\_05@hud.gov](mailto:Complaints_office_05@hud.gov)

Website: <https://www.hud.gov/states/illinois/offices>

## Homeless Services Consortium

Services: Coordinated Entry - a process to ensure that people experiencing a housing crisis have fair & equal access to housing services and assistance

Web: <https://www.danecountyhomeless.org/>

Directory: <https://www.danecountyhomeless.org/members>

Coordinated Entry Phone: (608) 826-8019

## The Beacon

Services: a day resource center for those experiencing homelessness

Location: 615 E Washington Ave, Madison WI 53703 8am – 5pm

Phone: 608-826-8040

Website: <https://catholiccharitiesofmadison.org/the-beacon/>



Clip and Keep





**2865 North Sherman Avenue  
Madison, WI 53704**



**The Mission of the ADRC**

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

**CALL— EMAIL—STOP IN—REQUEST A ZOOM VISIT**

**HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.**

**OTHER HOURS BY APPOINTMENT**

**BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST**

Web: [www.daneadrc.org](http://www.daneadrc.org)

Email: [adrc@countyofdane.com](mailto:adrc@countyofdane.com)

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

**Our Experts can help you with information about:**

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Energy Assistance
- ◆ Legal Resources
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

**Our Services are Free & Confidential !**

If you would like to receive our newsletter by email, please contact us at [adrc@countyofdane.com](mailto:adrc@countyofdane.com)