

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 or call us at 608-240-7400

As part of our celebration of people with Intellectual/Developmental Disabilities, we are including tips throughout this issue for better communication and understanding.

TIP: Be mindful that there are visible disabilities as well as non-visible disabilities, meaning not all disabilities are apparent or obvious.

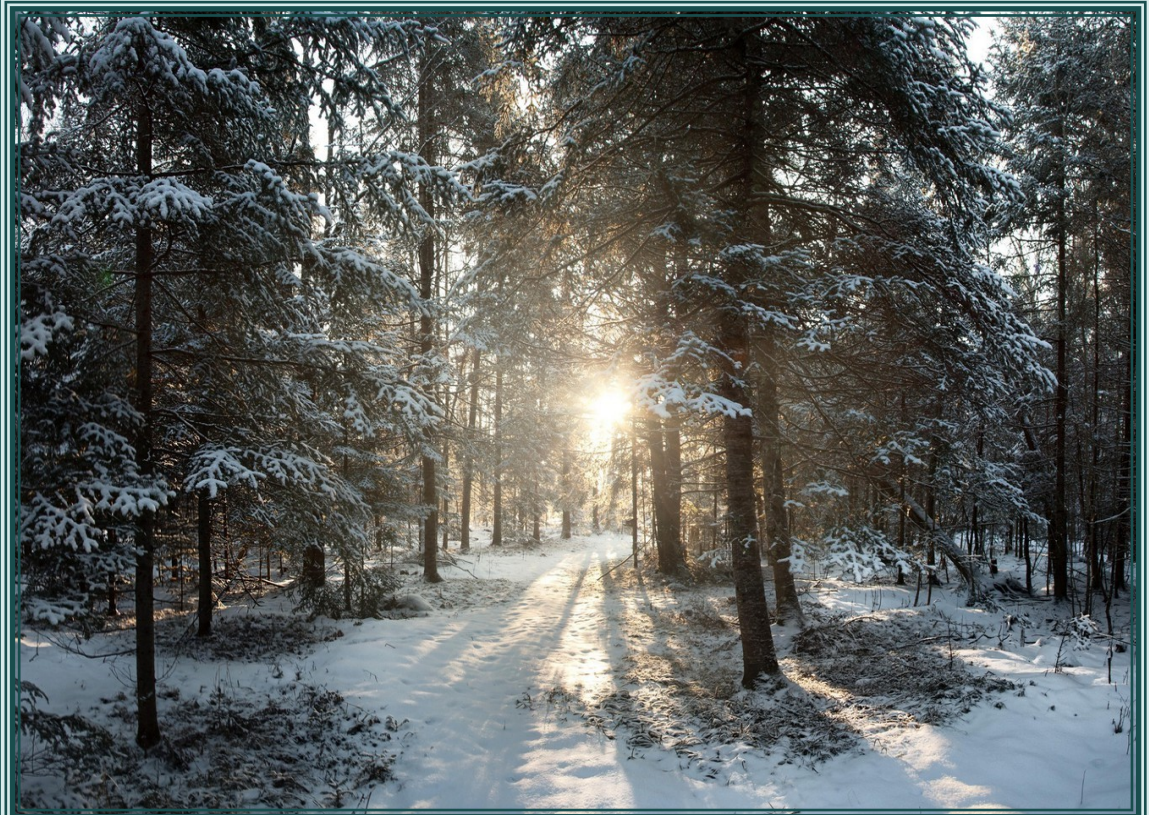
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Winter Reset

As we spend more time indoors throughout the winter, it might feel like we are losing touch with others. Our energy may be low and our activity level is down. Looking out the window, the world around us appears cold and barren.

Keep in mind there is a lot more going on beneath the surface than meets the eye. Low light and colder temperatures in winter allows life in the earth's soil to go deep, rest and replenish itself, enabling growth in the coming year. Winter is a time for repair and rest in the world around us, and also a time for rest and restoration within ourselves.

This winter, while we inch our way towards spring, it's good to consider that living in harmony with the seasons can bring more balance to the mind, body and the soul - opening up more possibilities in our lives. Life and growth can thrive no matter what time of year!



You are never too old to set another goal or to dream a new dream."
- C.S. Lewis

Best wishes in 2023 from the ADRC of Dane County!



Lingo Buster: Ticket to Work

Ticket to Work and Work Incentives Improvement Act of 1999 provides community based work incentives for SSI/SSDI beneficiaries. Let's focus on those on SSDI.

SSDI: Social Security Disability Insurance pays benefits to you if you worked long enough, recently enough and paid Social Security taxes on your earnings.

Ticket to Work: Is the program that provides a possibility to receive free employment services to help you come up with a plan designed to help you reach your work goals of finding a good job, a good career and a better self-supporting future. It helps you understand the employment supports that are available to you, how work will affect your benefits, and enables you to make informed choices about work.

While you are participating in the Ticket to Work program:

The Social Security Administration will not conduct regularly scheduled continuing medical disability reviews to see if your disabling condition has improved.

Even if you are working at or above the SGA level, you may be able to continue to receive cash payments.

Your benefits will not necessarily stop just because of work.

SGA: Substantial Gainful Activity describes a level of work activity and earnings that is both substantial and gainful.

Current monthly value for 2023 is \$1470 for non-blind individuals.

Current monthly value for 2023 is \$2460 for statutorily blind individuals.

SGA involves performance of significant physical or mental activities, or a combination of both. For your work activity to be substantial you do not need to work full time. What you earn will be considered in your TWP.

TWP: The Trial Work Period allows you to test your ability to work for at least nine months.

During your TWP, you will receive full Social Security Disability Insurance (SSDI) benefits regardless of how high your earnings might be as long as you report your work activity and you have a disabling impairment. Your TWP cannot begin until the first month you are entitled to SSDI benefits, or the month you file for benefits, whichever is later. Once you complete your TWP, you begin your EPE.

EPE: The Extended Period of Eligibility begins the month after the TWP ends, even if you are not working that month.

The first 36 months of the EPE is the re-entitlement period:

During the 36-month re-entitlement period, you get benefits for all months your earnings or work activities are below the (SGA) level as long as you continue to have a disabling impairment.

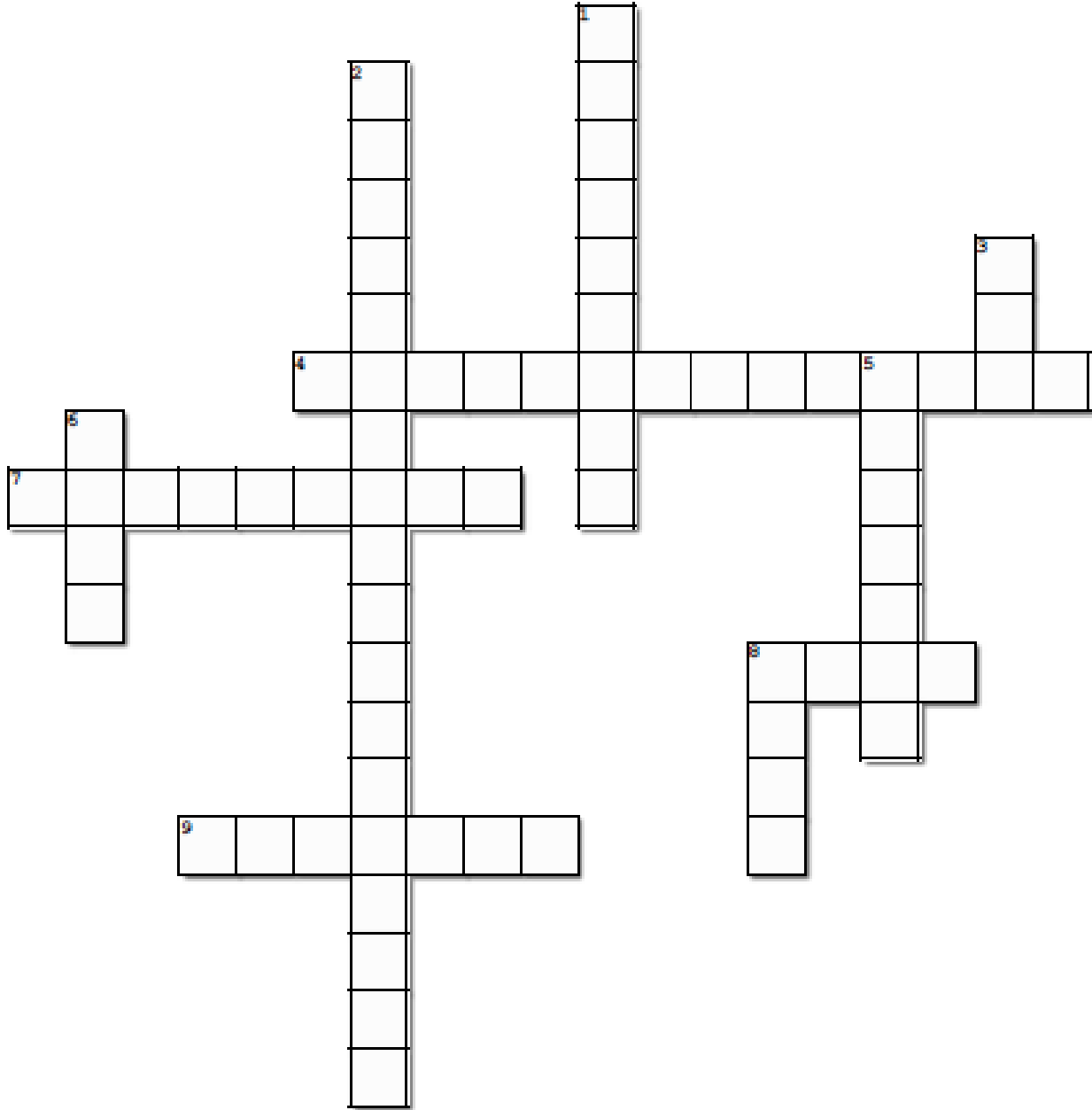
The Social Security Administration suspends cash benefits for months your earnings are over the SGA level.

If your earnings fall below the SGA level in the re-entitlement period, the Social Security Administration can start your benefits again.

If transitioning from SSDI back into the workforce interests you, contact the Social Security Administration to find out more.



The answers for this crossword can be found throughout this issue. Happy playing!

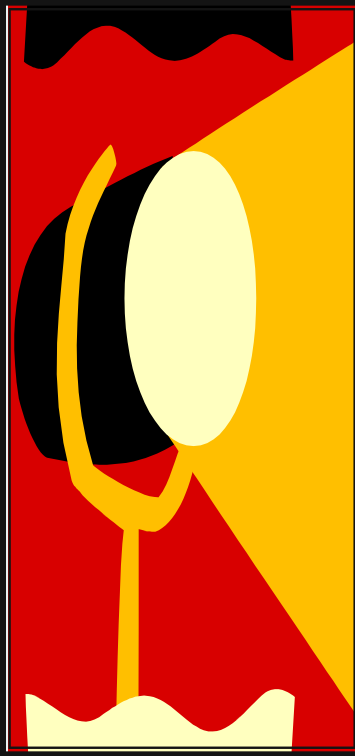


Across

- 4. A program that provides community based work incentives for SSI/SSDI beneficiaries
- 7. To freely offer to take part in a task
- 8. A fraud
- 9. A break from caregiving duties

Down

- 1. To remove unnecessary items from your home
- 2. Any tool, device, or machine that is used to help with any task associated with daily living
- 3. Agency that assists people with disabilities find a job
- 5. Center dedicated to research, education, training and outreach. Focusing on human development and those with disabilities
- 6. A pay increase to counteract the effects of rising prices
- 8. Atmospheric water vapor frozen into ice crystals -you either love it or hate it



DVR

Entering a new year may bring a New Years Resolution of looking at your employment goals. The Division of Vocational Rehabilitation (DVR) can be a great place to begin. DVR helps people with disabilities find a job, keep a job or get a better job. If you are eligible, a vocational counselor can help you with career guidance and counseling. The vocational counselor will work with you to develop an individualized employment plan. These employment plans are tailored to what you need and could include things like:

- Career Guidance and Counseling
- Job Search and Placement Assistance
- Transition to work services for students with disabilities in high school
- Supported Employment services for persons with severe disabilities; includes time-limited on-the job supports
- Rehabilitation Technology and Rehabilitation teaching services
- Vocational and other training
- Disability and Employment Assessment
- Occupational licenses, tools and other equipment
- Interpreter services

COMMUNITY SPOTLIGHT:



DWD
Department of Workforce Development
Division of Vocational Rehabilitation
dvr@dwd.wisconsin.gov
800-442-3477
(Toll Free)

National Developmental Disabilities Awareness Month

Observed throughout March, as a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers they face. This class of disabilities can refer to impairments in learning and behavior, such as autism or ADHD, and impairments in physical and/or intellectual functioning such as cerebral palsy, spina bifida, hearing loss or Down syndrome.

Over six million Americans are said to have intellectual/ developmental disabilities (I/DD). The Center for Disease Control and Prevention estimates that as many as one in six kids (17%) can have I/DD conditions. In order to qualify as a developmental disability, the condition must be present in childhood years (younger than 22 years) and be expected to be present for life. An I.Q. score of less than 70 also qualifies a person as intellectually disabled.

Individuals with I/DD each have unique needs and require different levels of support. But they also share some areas of concern including, advocacy, healthcare, independent living, employment, and public policy issues such as accessibility and disability benefits. A high percentage of people with developmental and intellectual disabilities live with a family caregiver. Finding affordable and accessible housing outside a family home, in a setting with adequate supports, remains a big challenge for people with I/DD.

It's been said the differences in our abilities make us unique, but they don't define our worth. National Developmental Disabilities Awareness Month can help us connect with members of this community in a way that affirms their dignity, independence, and individuality. Check out additional articles throughout this edition of *Resource Wise* for examples of how the ADRC of Dane County works with adults with developmental and intellectual disabilities.



[Graphic credit: St. Colletta of Wisconsin]



Who's Who at the ADRC?

Presenting:

Jenny Robl, Lead Information & Assistance Specialist and High School Transition Specialist



Where are you from?

I was born in Colorado Springs, Colorado.

What do you do at ADRC of Dane County?

An extensive part of my professional career is focused on helping clients with Intellectual or Developmental Disabilities. I am a Lead I&A Specialist and a High School Transition Team Specialist. Previously, I worked for the Washington County ADRC and I was a case manager in Milwaukee County and Portage County specializing in assisting clients with Intellectual and Developmental disabilities.



Tell us about your role on the ADRC High School Transition team:

On the Transition Team I get to work with young adults who are transitioning from youth services into the adult developmental/physical disability service world. There are complexities facing young adults with benefits and options. I find it rewarding to talk to students and their parents about these options. Some examples that the Transition Team helps families with are eligibility into adult development disability services, supported decision making vs guardianship, insurance benefits, public benefits, and so much more, it is a really involved process and it's a pleasure being part of it.

Tell us about your Lead role at the ADRC:

As a lead worker, I maintain the Information & Assistance case load and have additional responsibilities to new staff for training, learning groups and shadowing. At the ADRC we have so many concepts, which to new staff can be challenging. I like training new staff, being a mentor and helping to teach many topics related to aging and disability.

Tell us about yourself!

I love sports! I was born in CO so I have to support the Broncos and of course I back the Packers! My husband and I adore traveling whenever we get the chance. I just visited Colorado in October. My favorite places traveled to are a tie between Ireland and Germany! In Ireland I took a gorgeous bike tour on the west coast. In Germany we went to a dear friend's wedding and had a blast hiking through the Bavarian Alps.

Favorite quote/saying/inspirational words?

"The way I see it, if you want the rainbow, you gotta put up with the rain."

– Dolly Parton



Check it Out!



Need to access the same information we use here at the ADRC? Head to the Dane County ADRC website at www.daneadrc.org to check out some of these great resources. From setting up advanced directives to finding information about veterans benefits, we have it all at your fingertips on our website.

We also have a page for students turning 17 ½ years old who are transitioning to adult services. You can request to meet with someone from the High School transition team online, view transition planning resources, review community organizations, and see upcoming community events .



Cost-of-Living Adjustment (COLA) Information for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase by 8.7 percent in 2023. The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

Increased payments to more than 7 million SSI beneficiaries began on December 30, 2022. Some people receive both Social Security and SSI benefits. Supplemental Security Income (SSI) is a needs-based cash benefit for individuals who have been determined disabled and/or who are age 65 or older and have low resources and income.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out your new benefit amount is to access your personal My Social Security account to view the COLA notice online. My Social Security account is a secure, easy, and fast way to get information before the mail arrives. People can also opt to receive text message or email alerts when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail.

People may create or access their **my Social Security** account online at www.ssa.gov/myaccount.

Avoid FoodShare “Recoupment” of Benefits

Over the past two years of the Public Health Emergency, most FoodShare recipients have been receiving the maximum allotments for their household sizes. As a result, some people have found that they have not been able to spend all of this money each month. Money does carry over from month to month. However, it is important for members to know that they need to use their QUEST cards during the year, within a 365 day period, or WI FoodShare will begin to recoup— or take back— benefits.



This does not mean members need to spend all of their benefits in one year. Rather, if a person has not used their QUEST card for at least 365 days, any monthly benefits that are older than 365 days will be expunged (taken back or recouped). The expungement occurs only for benefits that were issued more than 365 days in the past.

For example:

Luis is a household of one and has received the maximum allotment since August, 2021. He has not used his QUEST card since September, 2021. He now has nearly \$3,000 in his FoodShare account balance. Luis finally uses his QUEST card to make a small purchase in November, 2022. Because it has been more than 365 days since he used his QUEST card, \$454 is expunged. These are his benefits from September, 2021 (\$204) and October, 2021 (\$250).

Members should remember that excess benefits can be used to stock up on non-perishable items or items to freeze for when the Public Health Emergency ends and benefits return to levels based on income.

Members can check the balance of their QUEST card at any time by calling QUEST Card Service at 1-877-415-5164 or through the ebtEDGE website: <https://www.ebtedge.com/gov/portal/PortalHome.do>

You can also download the ebtEDGE mobile app.



Respite Care



Respite Care: a short break from primary caregiving duties. It allows the caregiver an opportunity to rest, refresh, and recharge. Respite is planned or emergency care provided to a child or adult with special needs to provide temporary relief to their family caregivers.

The Respite Care Association of Wisconsin, Inc. (RCAW) is a non-profit charitable organization established in 1987 and contracted by the State of Wisconsin to coordinate respite care services across local and state levels. RCAW serves all 72 counties and 11 federally recognized tribes in Wisconsin. They administer the Lifespan Respite Care program.

The Lifespan Respite program has several features:

Trainings: Offers a variety of free, online training courses - for both caregivers and respite care workers. Trainings can aid in personal growth, as well as, allow some participants to register as respite care professionals.

Grants: Helping caregivers maintain their health and well-being and provide opportunities for education and professional growth, there are grants for family caregivers, agencies and organizations. These allow individual caregivers to hire a person of their choosing to provide cares for their loved one and agencies and organizations to let their staff grow as professionals and increase direct respite care services to existing and start-up programs that provide services to underserved populations.

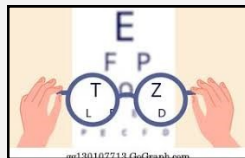
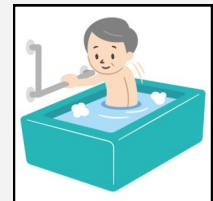
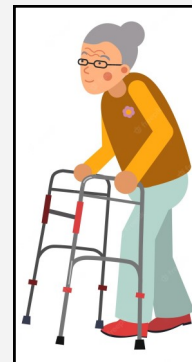
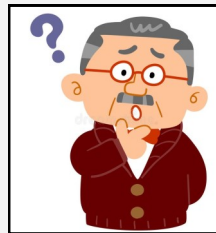
Respite Care Registry: Maintaining and updating listings of individuals and coordinating respite care programs across age groups and disabilities throughout Wisconsin.

How the Respite Care Registry works: The free registry connects those needing respite care with respite care providers. Direct care professionals or providers can sign up to be found as a respite care provider and find meaningful caregiver jobs, and primary caregivers can search this database for in-home or agency-based respite care providers that most closely meets their needs. Just visit RCAW’s webpage: www.respitecarewi.org/registry/

Getting quality respite help is only a click away!

What is the top “difficulty in functioning” among Americans age 65+ ?

- A. Hearing
- B. Vision
- C. Cognitive
- D. Ambulatory
- E. Self-care
- F. Communication



Answer: D – 39% ambulatory /29% hearing /28% cognitive /21% vision /18% any difficulty / 8% self-care /8% communication.

If you’re experiencing any of these types of difficulties, please contact the ADRC of Dane County for more information and resources.



What & Why: For over twenty years, Night Owl Support Systems (NOSS) has been helping people in Dane County with intellectual and developmental disabilities achieve greater independence through the use of remote support and technology-based services. NOSS installs technology in an individual's home, and provides remote support professionals (RSPs) who can deliver care remotely and respond in real time to sensor alerts such as motion, door, and bed sensors. This allows the staff to interact with the

individual when appropriate, but doesn't require them to be physically present to do so. The remote care can be provided 24 hours a day, 7 days a week, 365 days a year. If in-person assistance is needed while an individual is using remote supports, RSPs can dispatch a responder to the home to help.

The History: NOSS actually began as “Sound Response” in 2002 in Dane County at the Waisman Center, as a new way of providing care through technology. It became Night Owl Support Systems in 2007, and expanded beyond Wisconsin in 2009. Today NOSS provides services in 17 states, to over 1200 customers, and have provided more than 10,923,000 hours of support!

For Example: Although Night Owl implies overnight care, many people also use the tech for daytime needs. NOSS creates plans with “personal protocols” to meet the safety and abilities of the individual. They consider the overall goals of the person, but also plan for the day-to-day details. They also know that people don't stay the same, so protocol plans are frequently updated. It's also a solution for caregiver staffing shortages and hard-to-fill shifts. The Wisconsin Long Term Care Programs – Family Care, IRIS and Partnership may be able to cover this service.

The Situation: An individual with a genetic intellectual disability, Prader-Willi Syndrome, was living in a group home, but wanted to live more independently in his own apartment.

How NOSS Helped: NOSS installed a remote support system, tailoring the technology to his specific needs. Family members were able to receive alerts to ensure he left for work on time and to respond if he needed assistance.

The Outcome: NOSS services have allowed him to live safely and independently without paid 24-hour staff.

Additionally, this scenario has provided an annual cost savings of \$13,252.

The Tech!

Most of the equipment is small, wireless and discrete. It is also safe, portable and adaptable – it can move if the customer moves. Every device is used depending on the needs of the individual.



The **NOSS panel** is the key piece of technology in the individual's home. All the other sensors send information to it, and it sends the information to the RSPs at NOSS' central monitoring station. It's also equipped with 2-way audio (hands free) capabilities, allowing RSPs and individuals to chat in real time.



a Call Button



a Smoke Alarm



a Smart Med Dispenser



This temperature/water sensor is a versatile device that can be placed over a stove to detect prolonged heat (like if the individual forgot to turn off the stove) or by the floor of the bathroom to detect flooding. In any case, it allows NOSS RSPs to take appropriate steps or dispatch a responder to remedy the situation.



These plunger door sensors can be placed in the doorjamb of a door when regular door break sensors can't be used. The plunger is compressed when the door is closed, and extended when it's open.



NOSS' motion sensors use the same technology trusted by the security industry. They send a signal if motion is detected in a room. But based on protocols, that signal may mean a person is up when they're supposed to be in bed; for another, it could mean they're up for the day!



Door break sensors (for indoors and outside) are placed on doors, gates, or windows, and send sensor information when the thing it's attached to is opened or closed. Information is interpreted differently based on an individual's protocols -for one person, it may mean they've gone to work for the day, but for another, it may just mean they're out to smoke.



Tilt sensors are typically placed on garage doors to send an alert when the door tilts, indicating that it has been opened or closed.



Bed sensors can be used to detect whether an individual is in bed or not. For people receiving overnight support, this is helpful as it enables RSPs to know they're up and about in the home.

More Information: Contact NOSS to learn more about their services and discuss options that may be right for someone you know! You don't need to have all the details to reach out. Email info@nosllc.com, call 877-559-1642, or visit their website at www.nosllc.com

Although this article focuses on Night Owl Support Systems as a Dane County provider, there are similar services, some that offer monitoring for older adults, such as www.restassured.com and www.safeinhome.com or www.grandcare.com Contact the ADRC for more information.

Many Names, One Product

Personal safety monitors are referred to by many different names which can cause confusion. These include Lifeline, Assistance Call Systems, Medical Emergency Response Systems, Personal Emergency Response Services (PERS), Fall Monitoring, Wander Management, Life Alert, Remote Monitoring, Medical Alert, Telemonitoring, Medical Call and other specific product names chosen by the companies that sell them.

But whatever you call it, these devices are excellent security in the event of a fall or other emergencies. If you've been thinking about a Lifeline or PERS, the ADRC has a guide with options, questions to ask and price estimates.



Book Club Kits!

How about starting a book club with your friends or neighbors this year? It's free, fun and a great way to socialize and increase your brain power. And Madison Public Library makes it very easy!

Madison Public Library has collected copies of discussible books for book clubs, even putting all the copies in a canvas bag. They also include discussion questions and information about each author in a folder for each collection. There are at least 8 copies of the book in each kit. They have over 400 kits for you to choose from!

To get a kit, call the Madison Public Library at 608-266-6300 and they will help you check out a kit.

The kit will be checked out on the library card of the person picking them up. You can keep the books for up to 3 months.

Kits can be shipped to any library in Madison as well as any public library in the South Central Library System.



Identity Theft: It's not a new phenomenon!

In 1938, wallet manufacturer E.E. Ferree Company decided to promote its product by showing how a Social Security Card would fit into wallets by inserting a sample card. The SSN used belonged to a secretary at the company. The wallet was sold by Woolworth stores all over the country and many purchasers adopted the SSN as their own. By 1942, over 5,750 people were using the number. SSA eventually voided the number and issued Mrs. Whitcher a new number. In all, over 40,000 people reported this as their SSN.

An interesting reminder to keep your personal data private!

Here are some scams to look out for this year!

LOCAL TAX IMPOSTERS

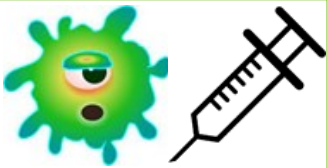
- Scammers are impersonating state, county and municipal tax collection agencies to get you to share sensitive personal information. The scammers may call email or mail letters threatening to revoke your driver's license or passport if you don't "send money to settle your tax debt."
- **REMEMBER:** Real tax agencies from the IRIS to your local tax municipality do business by mail and won't ask for passwords or bank account information.

FAKE AMAZON EMPLOYEES

- According to Federal Trade Commission one-third of business-imposter fraud complaints involve scammers claiming they're from Amazon. Older adults are more likely to lose money than younger adults in these scams.
- **REMEMBER:** Ignore calls, text messages, emails and social media messages about suspicious account activity. If you think you have a real problem with orders through Amazon, call their customer support line directly.

RENTAL ASSISTANCE CONS

- Scammers have impersonated government and nonprofit employees to request personal info and money up front for rental applicants.
- **REMEMBER:** Only apply to rental assistance programs run by the government or nonprofit agencies. If you did not apply for rental assistance be wary of a caller asking for application money directly.



It's not too late. Get your Flu Shot and Covid Booster!

Check with your doctor or pharmacy - protect yourself, your family and your community!



McCabe's at the Movies Top Ten movies about opportunities, possibilities and the incredible potential of the human spirit.

- | | |
|----------------------|-------------------|
| 10. Rocky | 5. Ip Man |
| 9. The Book Thief | 4. Big Fish |
| 8. Legally Blonde | 3. Frozen 2 |
| 7. Captain Fantastic | 2. Hidden figures |
| 6. Good Will Hunting | 1. Black Panther |



BE PREPARED



full tank of gas



ice scraper/snow brush



sand/shovel



jumper cables



flashlight



first aid kit
don't forget your medications



cellphone charger



boots, gloves
blankets, warm clothes



water/snacks

FOR WINTER DRIVING

Because you never know when you will encounter winter weather or emergency road closures

- **Safety First** – Avoid driving when roads are treacherous!
- **Clear it Before You Go**
– Remove ice and snow from windows, lights and mirrors
- **Go Slow in Ice and Snow**
– Relax and take it easy
- **Stay Focused**
– Distractions can wait
- **You Cruise, You Lose**
– Avoid cruise control in winter conditions
- **Keep Your Distance**
– Stay 200 feet behind snowplows
– Stop safely



Call 511 or visit 511wi.gov for real-time traveler information, including winter road conditions



DRIVE SAFELY

With a few snowfalls already under our belt, and likely more to come, make sure you and your vehicle are prepared for winter driving.

Prepare your car:

- Test your battery—battery power drops when the temperature drops.
- Check the tread on your tires and replace if less than 2/32 of an inch.
- Check your tire pressure—tire pressure drops when the temperature drops.
- Check your wiper blades and add fluid.
- Keep your gas tank at least half full to avoid frozen gas lines.

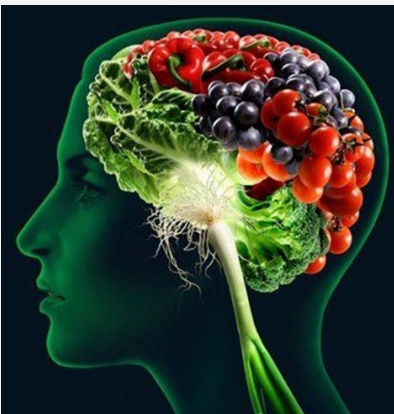
Prepare yourself:

- Add an emergency preparedness kit to your car. Some items could include: jumper cables, flashlight, extra clothing, blankets, water, phone charger, cat litter for traction.

Be safe while driving:

- Avoid using cruise control in wintry conditions.
- Steer in the direction of a skid so when you regain traction you don't have to overcorrect.
- Accelerate and decelerate slowly.
- Keep plenty of space between you and the person in front of you.
- Try not to stop if going uphill during wintry conditions.

Better Nutrition = Better Brain Health



Eligible older adults who used Supplemental Nutrition Assistance Program (SNAP) benefits to help cover food costs had an estimated two fewer years of memory decline than those who did not use the benefits, according to a study published in the journal *Neurology*. "Improving one's nutritional intake, general food security, all of these have been linked to better cognitive functioning," said researcher Adina Zeki Al Hazzouri. The study included 3,555 people ages 50 and older who had memory function tests every couple of years from 1996 to 2016.

Source: CNN (11/9/22)

As Temperatures Decrease, Slips and Falls Increase!

Take These Steps To Stay Safe:

- Point your feet out; slightly bend your knees and walk flat footed
- Extend your arms to maintain balance
- Take short steps and shuffle for stability
- Wear non-slip footwear during snow/ice conditions
- Be careful when exiting your car; keep your hands free of objects
- Walk around snow and ice whenever possible
- Walk S-L-O-W-L-Y



HOW TO WALK ON ICE



1 Normally, when we walk, our legs' ability to support our weight is split mid-stride.

2 Walking this way on ice forces each leg to support the weight of the body at an angle that is not perpendicular to the surface of the ice, resulting in a nasty fall.

oblique angle=nasty fall

1 To walk on ice, keep your center of gravity over your front leg.

2 One animal that has figured this out is a penguin. Think of yourself as a penguin and you'll be all right.

WRONG WAY **RIGHT WAY**



BALLROOM BASICS for BALANCE™

Offering a fun way to improve balance and prevent falls through the basics of dance!

10 February – 31 March 2023 FRIDAYS – 1:00 – 2:30p

Location: [Monona Senior Center](#) – Upper Level Lounge
1011 Nichols Road, Monona, WI

608-222-3415

\$40 for this 10-week class.

Class is limited to the first 12 registered participants.

To register call 608-222-3415 or pay online at www.mymonona.com



Sponsored
by the [Monona Senior Center](#)

Snow Shoveling Tips

Snow shoveling is a physical activity. Please check with your doctor if you have medical conditions. If you do not exercise regularly, consider hiring someone to remove the snow. ADRC of Dane County has resources for snow removal if shoveling is not safe or recommended for you.

- Before you begin shoveling take a few minutes to warm up your muscles with light exercise.
- Dress appropriately for shoveling by wearing layers, and don't forget to wear your hat and gloves. Try using a scarf to cover your mouth to help prevent breathing cold air.
- Avoid falls by wearing boots with slip-resistant soles or using "YAK TRAX".
- Clear snow early and often. Take breaks!
- Walk like a penguin, until you are sure that the surface where you are shoveling is not icy.
- Use a shovel that is comfortable, not too hefty or too lengthy. Think through buying a shovel that is designed to prevent hunching over.
- When possible, push the snow instead of lifting it. If you must lift snow, try picking up small amounts while lifting with your legs, and squatted. Do not twist and throw the snow over your shoulder because this motion can injure the back.



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 experts in benefit programs.

To Register, email aaa@countyofdane.com

March 18, 2023 In-person, Location TBD
Email AAA@countyofdane.com
to register by 3/10/23

May 13, 2023 Virtual Seminar (register by 5/5/23)

July 15, 2023 In-person, Location TBD (register by 7/7/23)



Extra FoodShare benefits Ending February 2023

FoodShare members have been getting extra benefits each month because of a federal program during the COVID-19 pandemic.

Those extra benefits have been provided separately from members' regular monthly benefits. The federal government is ending that program.

Starting March 1, 2023, members will only get their regular FoodShare benefits on their Quest card.

FoodShare

WISCONSIN
A Recipe for Good Health



Dementia Friendly Community

Consider joining your local Dementia Friendly Community to participate in community organizing, outreach, education, and other opportunities!

YOU CAN HELP

RAISE AWARENESS OF DEMENTIA AND REDUCE STIGMA	IMPROVE COMMUNICATION
INCREASE ACCEPTANCE AND COMPASSION	PROMOTE INCLUSIVITY AND ACCESSIBILITY

For more information, contact the **Dementia Care Specialist** at the **Aging & Disability Resource Center** at (608) 240-7400.



Facebook: ADRC Dane Co
Website: www.daneadrc.org

FREE LEGAL SERVICES:

Will & Power of Attorney Documents

Dane County Basic Estate Planning Clinic is a program to help low-income individuals prepare basic estate planning documents.

Program participants will fill out a questionnaire in advance and then meet with a volunteer attorney and paralegal who will help them draft a basic will, power of attorney for finances and power of attorney for health care.

DATES: 2/11/2023 (Truax), and 4/15/2023 (Goodman)

TIME: Required Appointments: 8:30, 9:30 or 10:30 AM

Each appointment is about 1 1/2 hours

LOCATIONS: Madison College Goodman South Campus
2429 South Perry Street, Madison

Madison College Truax Campus

Protective Services Building, 1701 Pearson Street

CONTACT: Call 608 204-9642 for information and to make an appointment

Sponsored by

State Bar of Wisconsin
Dane County Bar Association
Madison College Paralegal Program
Greater WI Agency on Aging Resources' Elder Law & Advocacy Center (GWAAR)
Community Justice Inc.



DAIS

Help, education and support is only a text away!

Dais – Domestic Abuse Intervention Services – has a new 24/7 Text Line: (608) 420-4638.

This new service will complement their existing Help Line and provide another way for those living with abuse to connect with a DAIS advocate.

24-Hour Help Line: (608) 251-4445

TIP: Listen attentively when you are talking with a person who has difficulty speaking. Be patient and wait for the person to finish, rather than correcting or speaking for the person. If necessary, ask short or close-ended questions that require short answers, a nod or shake of the head. Never pretend to understand if you are having difficulty doing so. Instead, repeat what you have understood and allow the person to respond. The response will clue you in and guide your understanding.



The Sampler! Interesting Events Happening in our Community:

What: **Madison Build, Remodel & Landscape Show**

When: February 17-19, 2023

Where: the Monona Terrace Convention Center

Cost: Free!

Why: Connect you to the area's leading remodelers, builders, and design professionals. Thinking of remodeling to help you "age in place"? Need a mother-in-law suite? Thinking about solar energy to cut costs? Meet and interact with hundreds of exhibitors, and discover thousands of new ideas.

What: **2023 Alzheimer's Association Wisconsin Advocacy Day!**

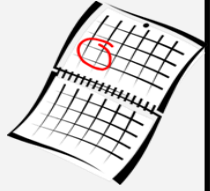
When: Tuesday March 7, 09:00 am to 3:00 pm

Where: Best Western Premier Park Hotel, 22 S Carroll St, Madison

Cost: Free!

Why: Join Alzheimer's advocates from across Wisconsin as we make sure that Alzheimer's and all related dementias remain a legislative priority in 2023 and beyond!

Register: <https://p2a.co/wdgttaf>



TIP: Some people with I/DD can be very curious, ask a lot of questions, or be very blunt.

Give them space to be themselves. But if the questions get too invasive, it's okay to say, "I'm not comfortable with answering that." It's okay to have boundaries; you also don't have to accept bad behavior, just as you wouldn't from someone without disabilities.

TIP: Ask before assisting.

When offering help to an individual with I/DD, always ask their permission before jumping in. Except in emergencies, it's common courtesy to allow other people a say in whether or not they want our assistance. If they are receptive to your help, look for ways to work together to accomplish a goal rather than taking over.

Medicare: New in 2023!

- Adult vaccines for **Shingles** and **Tetanus-Diphtheria-Whooping Cough (Tdap)** are available with no deductible and no cost-sharing to people with Medicare Part D prescription drug coverage.
- In 2023, out-of-pocket costs for all **insulin** drugs is now capped at \$35 per 30-day prescription under all Medicare Part D drug plans. Starting July 1, 2023 similar caps on costs will apply for insulin used in traditional insulin pumps (covered by Medicare Part B). Also notable: *If individuals using insulin choose the wrong plan during the recent Open Enrollment Period, they will be granted a Special Enrollment Period (SEP) to switch plans in 2023*



The **Medicare & You 2023** booklet provides a great summary of Medicare benefits, rights, and protections; lists of available health and drug plans; and answers to frequently asked questions about Medicare

To order online: go to **Medicare.gov**, It's quick and easy. All that's needed is a name and address. A Medicare number is NOT required.

To order by phone: It's also possible to order by calling 1-800-MEDICARE (keep saying "AGENT" to get through the prompts). Versions are also available in audio, Braille, large print, Spanish and other languages.

**Medicare
& You**
2023

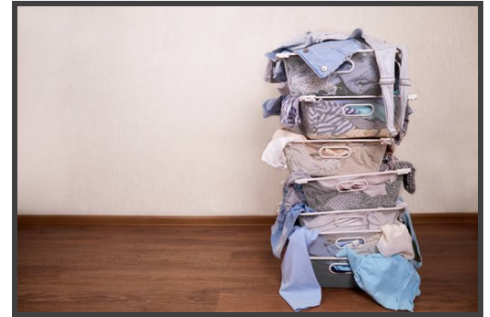
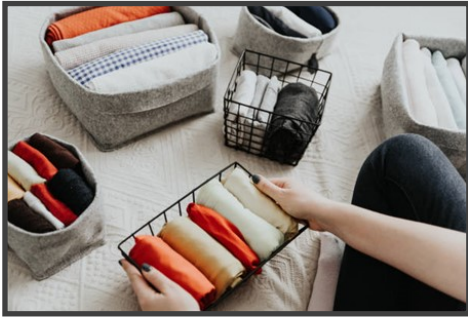


Resolve to clear your clutter!

Is clutter becoming troublesome for you? The average American spends 2.5 days a year looking for lost items. If your treasures are being hidden by clutter, it may be time to consider decluttering. You certainly don't need to wait for spring cleaning to begin organizing.

Tips to declutter:

- Make a plan! If you're feeling really overwhelmed, take one section of your room at a time. Prioritize what is really important to you. Do you want to organize your kitchen drawer so the kitchen utensils you use the most are easier to find? Do you have a bookshelf that has become a catch-all for books, magazines, mail, and everything else? Take on one part of the space that is most important to you. Take on one shelf or cabinet at a time to clean and organize.
- Mindfully shop! Try to make a rule that before you shop, you'll get rid of one item prior to buying an item. Make sure any items you purchase you really want and can use.
- Organize! Some clutter is unavoidable. To hide the mess - organize it in a basket, a drawer, or cabinet.



Community
Outreach
Wisconsin



WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON
University Center for Excellence in Developmental Disabilities



Day with the Experts: Down Syndrome 2023

Learn about advances in research and clinical services and hear from a panel of experts—individuals with Down syndrome and family members who will share insights and information.

Beginning in 2010, this collaboration with the Down Syndrome Association of Wisconsin-South Central (DSAW) and GiGi's Playhouse Madison, focuses on sharing knowledge about Down syndrome across the life course, from research using stem cells to the latest standards of care.

To learn more about the series visit: [Waisman Center Day with the Experts Outreach Page](#).

For additional details call **608-263-5837** or email to palumbo@waisman.wisc.edu

WHEN: Saturday, March 11, 2023 9:00 am—10:30 am

WHERE: Live Online via Zoom—Register to obtain Zoom code. In-person meets at the Friends of the Waisman Center Auditorium

ABOUT: Learn about advances in research and clinical services and hear from a panel of experts

REGISTRATION: <https://www.waisman.wisc.edu/event/experts-down-syndrome-2023/>

**WE
THE
PEOPLE**



Spring Elections, Coming Soon to a Polling place near you!

There are some very important elections coming up: A regularly-scheduled Wisconsin Supreme Court election will be held on April 4, 2023. The incumbent judge, Patience D. Roggensack, is retiring after 20 years on the court. Declared candidates so far include: former Wisconsin Supreme Court justice Daniel Kelly and current Wisconsin circuit court judges Everett Mitchell of Dane County, Janet Protasiewicz of Milwaukee County, and Jennifer Dorow of Waukesha County. Kelly and Dorow are considered conservatives, while Mitchell and Protasiewicz are considered liberals. This election will decide the balance of power on the court for the next two years, until the next scheduled Supreme Court election in 2025.

State Court of Appeals In District IV, incumbent Michael R. Fitzpatrick will not run for re-election. Dane County circuit judge Chris Taylor has announced her candidacy for the office.

Many local School Boards And Municipal governments have elections scheduled for the spring election as well. A regularly scheduled mayoral election is to be held in Madison. Incumbent mayor Satya Rhodes-Conway has indicated she will run for a second four-year term. Former deputy mayor and Madison Metropolitan School District School Board President Gloria Reyes announced she will also be a candidate for mayor.

There are likely to be several Statewide ballot measures on your ballot as well. Find your polling place, learn more about hours and get directions, see what is on your ballot and learn about absentee voting visit <https://myvote.wi.gov/en-us/> or call My Vote Wisconsin at 608 266-8005 or toll free at 1-866-868-3947.



Upcoming Wisconsin Statewide Election dates:

February 21, 2023: Spring Primary
April 4, 2023 : Spring General Election



- Find your polling place
- See what's on your ballot
- Register to vote
- Nonpartisan resource

Medicare General Enrollment Period (GEP) January 1 – March 31

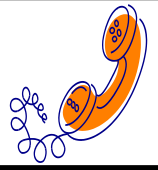
If you did not enroll in Medicare during your initial eligibility period (when you first became eligible, at age 65 or based on your disability), you can still sign up for Part B from January 1 to March 31. Signing up through the GEP usually means you will have to pay a Part B premium penalty. However, if you had Medicaid coverage extended due to the Public Health Emergency, you might be eligible for a Special Enrollment Period. Also, based on your income and assets, you might be eligible for Medicare Savings Program for help with the Part B premium.

Medicare Advantage Open Enrollment Period (MA-OEP) January 1 – March 31

During the MA OEP you can make changes to a Medicare Advantage Plan. You can switch to a different Medicare Advantage Plan or change back to Original Medicare, with or without drug coverage. The MA OEP is only for changes if you currently have a Medicare Advantage plan.



I Called the ADRC!



A customer called the ADRC for help with her Social Security Disability Insurance (SSDI) benefits. Due to the complexity of the issue she was referred to our Disability Benefits Specialists. The customer had a medical review but Social Security Administration (SSA) decided she no longer qualified for SSDI benefits. The customer and the Disability Benefit Specialist (DBS) Amy, worked quickly together in order to file an appeal within the SSA 10 day deadline. Unfortunately, Social Security did not process her appeal on time and her SSDI payments and her Medicare health insurance were suspended. DBS Amy worked with Social Security to continue the client's SSA payments and Medicare during the appeal. Amy also helped the customer appeal her denial by gathering and submitting evidence of her disabilities from her doctors and family members. After many months of working and waiting, the appeal was approved!

Jill called ADRC and spoke to Information & Assistance Specialist Anna, explaining she is 75 years old and recently lost her job. Jill expressed to I&A Anna that although she is 75 and collecting Social Security Retirement benefits, she would still like to work. Jill said she already contacted a temporary staffing agency but wondered if there are any other job resources. I&A Anna provided Jill info from the *Tips for Older Job Seekers* booklet and mailed it to her. I&A Anna described to Jill the employment assistance program called Wisconsin Senior Employment (WISE) and the eligibility criteria. Anna also provided information about the Job Center at 1819 Aberg Avenue in Madison and the Job Shop for help with computers, internet support and resume assistance. Jill thanked Anna for the additional employment options for older job seekers.

ADRC frequently collaborates with community partners who call to problem solve with the Information & Assistance Specialists. A call came in to I&A Susie from a UW Hospital Social Worker as part of a joint conference call including a patient who needed help getting insurance coverage. The hospital Social Worker stated that their billing office had directed them to call the ADRC for help. I&A Susie listened to the problem and since the social worker called together with the patient, I&A Susie was able to use the Wisconsin Forward Health portal to verify their benefits. She determined this patient is already receiving a fantastic, full benefit insurance program called the Medicaid Purchase Plan (MAPP). They will also be able to get rides to their medical appointments through the Medicaid non-emergency medical transportation service Veyo. Susie advised they will need to update the billing department at the UW with this Medicaid information and resubmit any bills to this existing insurance coverage. Both caller and Social Worker were very pleased with this outcome.

TIP: Ease of speech isn't an indicator of intelligence.

Many individuals who have disabilities that make it difficult to process language and respond to questions are very bright. Be patient and courteous in conversation, and don't change your normal way of speaking unless you're asked to do so.

TIP: Speak to differently abled people like peers.

Talk to individuals with developmental disabilities just like you would anyone else. If you're meeting for the first time, introduce yourself as you normally would. Look for common ground and shared interests to build on in a conversation. Be age appropriate – remember adults with disabilities are adults. And speak to the person directly rather than speaking to others on their behalf.

The Richard Dilley Tax Center:

Have your taxes (including Homestead) prepared for FREE at the Richard Dilley Tax Center. This volunteer coordinated site is targeted to low-income, elderly and/or people with disabilities.

2023 Richard Dilley Tax Center Information:

WHO:

Low-income individuals and families, seniors and/or people with disabilities

WHEN:

January 30th – April 15th, 2023

Mondays: 9 am – 3 pm

Fridays: 1 pm – 5 pm

Saturdays 9 am – 3 pm

By APPOINTMENT ONLY

WHERE:

The Village on Park

UW Madison South Partnership Office

2238 South Park Street

Madison, WI 53713

QUESTIONS?

Call (608) 224-3700

ITEMS NEEDED:

- Photo ID
- Paper copy of all documents
- Social Security Card
- Face Mask

We strongly encourage online sign up: <https://www.signupgenius.com/go/rdtc2023/>



2023 Tax Assistance at Madison Public Libraries

Free assistance from AARP Foundation Tax-Aide volunteers and Volunteer Income Tax Assistance (VITA) volunteers are available at Madison Public Libraries to help you fill out and file your Federal and Wisconsin personal income taxes.

Appointment days/times vary. Please contact the library directly to schedule

Sequoia: 608-266-6385

Lakeview: 608-246-4547

Central: 608-266-6350

Goodwill to offer VITA with valet tax drop off at 4 Madison-area locations:



Goodwill South Central WI Home Office

1302 Mendota Street Madison

Wednesdays 3-7pm **Feb** 1,8,15,22

March 1,8,15,22,29

April 5 (Pick up only)

Saturdays 10:00am-3:30pm **Feb** 4,11,18,25 **March** 4,11,18,25

Goodwill Fitchburg 6291 McKee Rd, Fitchburg

Thursdays 10:00am-4:00pm **Feb** 2,16

March 2,9,16,30 **April** 6 (Pick up only)

Latino Chamber of Commerce 5262 Anton Drive Madison

Thursdays 10:00am-4:00pm **Feb** 2,9,16,23

March 2,9,16,23,30 **April** 6

Goodwill Northside 2901 N. Sherman Avenue Madison

Thursdays 10:00am-3:00pm **Feb** 9,23 **March** 23

Saturdays 10:00am-3:00pm **Feb** 11,25 **March** 18

Other tax assistance options:

Contact your local Focal Point or Senior Center regarding tax appointments!



**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

Email: 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