

Make Your 2022 Happy with Hygge!

One of our I&A’s at the ADRC recently read a book that left her so enthusiastic she wanted to share the topic with our readers and customers: the concept of *hygge*.

Huh?

Hygge (pronounced “hoo-ga”) is a Danish word for “a mood of coziness and comfortable warmth, with feelings of wellness and contentment”. Hygge is an important part of the culture of Denmark and Scandinavia, where people are always found to be some of the world’s happiest. Over time, hygge has gained popularity in America and globally.

Especially as so much of our day-to-day feels stressful or hopeless and we’re bombarded by negative news, there is huge appeal to the idea of practicing a hygge lifestyle: Being comfortable, relaxed, enjoying the simple pleasures that bring you comfort.

Anyone can practice hygge. It takes only a small effort and you don’t need anything fancy or expensive. It’s appreciating the little things and experiencing them as often as possible. Hygge is setting a mood and feeling that mood: maybe lighting candles, or hanging a string of twinkling lights; wearing your favorite, most comfy pants; putting on your warmest socks; wrapping up in your softest blanket; having your loved ones close; savoring a hot cup of tea or coffee or eating something a little indulgent.

What makes you feel cozy? What makes you feel calm?

The key is to remind yourself daily to practice hygge! Make the most of the moment and also plan for those moments. Find time to pick a cozy spot and read. Knit or do a craft. Cuddle with your sweetheart under a blanket and watch a movie. Play a board game with your family. Sip a hot drink and talk on the phone with a friend. Take a warm shower or bubble bath. Walk in nature and breathe in some fresh air.



Of course we still have our responsibilities and worries, but hygge can be the self-care we need and strengthen our bonds with family and community.

Happiness is known to improve your physical and mental health. Hygge adds moments of joy to your life, and the more these moments are multiplied, the greater your happiness!

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



It is with deep sadness that we share news of the passing of I&A Specialist Joy Wiggert. Joy was the epitome of her name—warm, cheerful, witty genuinely kind, thoughtful and committed to helping others. Joy is dearly missed, and will remain in the hearts and thoughts of all of us at the ADRC.

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Lingo Buster: Assisted Living

The term “Assisted Living” is a catch-all phrase for several types of facilities that provide on-site care. The ADRC receives many questions about Assisted Living. Below, we are going to “bust” this lingo for the different types of assisted facilities found in Dane County and throughout Wisconsin:

RCAC = Residential Care Apartment Complex

- RCACs offer an apartment—generally a studio, 1 or 2 bedroom—with a private lockable entrance, that includes a small kitchen and private bathroom.
- RCAC complexes can have between 5-100+ individual apartments and may be part of a larger continuum of care.
- Supportive services usually include meals, personal care, chores, medication management and social activities. Some services are often included with the rent.
- RCACs cannot provide more than 28 hours of supportive services for the resident each week.
- Per the Wisconsin Department of Health Services, RCACs are not an appropriate living environment for those with Alzheimer’s or related dementias, nor for those who have an Activated Power of Attorney for Healthcare.
- RCACs are not licensed, but are either certified or registered by the Wisconsin Department of Health Services Division of Quality Assurance.

CBRF = Community Based Residential Facility

- CBRFs usually offer a private room or studio, although some have 1 bedroom units. Residents typically have their own private bathroom, but share a common dining area and social space.
- CBRF services may include meals, personal care, chore services, medication management, health monitoring, social and recreational activities.
- CBRFs operate with staff on-site 24 hours a day. A CBRF facility can provide more hours of supportive services than an RCAC, but a CBRF cannot provide more than 3 hours per week of licensed nursing care (LPN or RN).
- CBRFs are licensed and regularly inspected by the Wisconsin Department of Health Services Division of Quality Assurance.

AFH = Adult Family Home

- An AFH offers a small, homelike setting. Residents usually have a private room in the house, a shared or private bathroom, as well as shared dining and social space.
- AFHs are houses in community neighborhoods that can serve between 1 to 4 individuals. They will not be found as part of a larger continuum of care.
- Services offered are similar to a CBRF and may include meals, personal care, chores, medication management and recreational activities.
- A 3-4 bed AFH cannot provide more than 7 hours of licensed (LPN or RN) nursing care per week.
- AFHs with 3-4 bedrooms are licensed and regularly inspected by the Wisconsin Department of Health Services Division of Quality Assurance. AFHs with 1-2 bedrooms are not licensed by the Wisconsin Department of Health Services, but are regulated by the individual county human services department or the long term care Medicaid programs serving that county. (continued on next page ...)

Memory Care

- Memory care facilities serve patients with Alzheimer’s disease, dementia, or other significant memory or behavioral problems.
- Memory care may be offered in facilities that are licensed as an AFH, CBRF, or SNF. These types of facilities may offer memory care specific building design and safety measures, services, programming and staff training.
- Memory Care facilities must adhere to the rules and regulations for their type of facility (i.e. CBRF, AFH, SNF). There are no separate oversight or licensing for these types of facilities.

CCRC = Continuum of Care Retirement Community

- CCRCs provide multiple living settings and levels of care that are part of a larger retirement community. Allowing a person to “age in place”, CCRCs may include independent apartments, assisted living (RCAC or CBRF) and Skilled Nursing Care. A person can spend the rest of their life in a CCRC by moving between care levels as needed, from independent to skilled care.
- Continuum of care facilities are usually larger campuses, with multiple buildings or wings within a building to accommodate the range of living settings they offer.

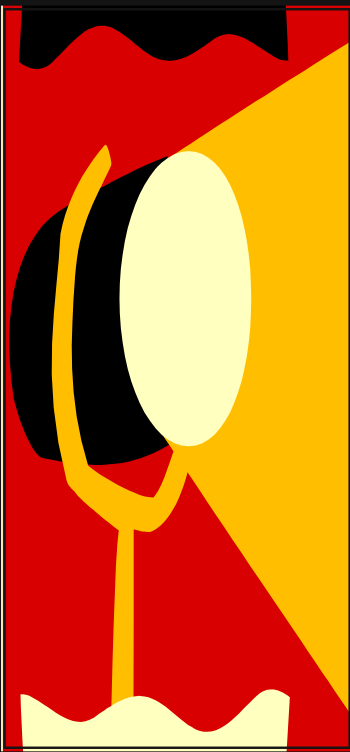
For many people, thinking about assisted living can be a scary scenario! It represents change and brings with it concerns about freedom and independence, the comforts of home, and of course finances.

It helps to be a well-educated consumer. The more you know, the easier the transition.

The ADRC is here to help – please contact us to have a discussion about your assisted living options.

Increasing levels of care as needs progress





COMMUNITY SPOTLIGHT:

VEYO

VEYO

Starting back in November 2021, Wisconsin BadgerCare+ and other Medicaid members began working with a new vendor, Veyo, to get transportation to their covered health care appointments. This benefit, referred to as non-emergency medical transportation or NEMT, connects you with free rides on public buses, specialized medical vehicles, or other types of vehicles depending on your needs. Veyo replaces MTM.

Founded in 2015, Veyo is already providing transportation services managing trips for thousands of Medicaid and Medicare members in seven states. They are offering new features to improve the experience of using medical transportation services, including:

- ◆ A mobile-friendly online portal where members can manage and schedule rides from their cell phones and other mobile devices.
- ◆ Members will be able to sign up to receive text messages containing important trip information.

To schedule a routine ride with at least 2 business days advance notice:

Call Veyo at **866-907-1493** between 7 a.m. and 6 p.m. CT, Monday through Friday

Or Use the Veyo Member Portal at <https://member.veyo.com/member-landing>



SHARE STORIES. SHARE DATA. CHANGE SYSTEMS. CHANGE LIVES.

Check it Out!



MY DOG IS MY HOME

Animals make a difference, and human-animal families deserve to stay together when seeking shelter.

HEAR OUR STORIES. JOIN THE MOVEMENT.

mydogismyhome.org

My Dog Is My Home is a national nonprofit dedicated to increasing access to shelter and housing for people experiencing homelessness and their companion animals. They work to assist service providers like homeless shelters to allow humans and animals to remain together. By securing the ability to maintain their most important relationships *and* find adequate shelter, My Dog Is My Home ensures every family's right to build a *home*.

Its work includes innovative first-person storytelling; collaboratively working on the implementation of co-sheltering; and an annual Co-Sheltering Conference focusing on advancing low-barrier animal policies in shelter and housing.



Who's Who at the ADRC?

Presenting:

**Information and Assistance Specialist
Nicole Degner**

Welcome Nicole! Can you tell us a little about what did you did before you came to the ADRC?

I've held several professional positions, including a 4K teacher in Stoughton, a career counselor at Herzing University online, a case manager for the Division of Vocational Rehabilitation, and as a Disability Determination Specialist at the Wisconsin Disability Determination Bureau. However, I really found my career "cup of tea" at the Dane County Job Center as an Economic Support Specialist helping with healthcare, Food Share, childcare, W-2 and housing assistance applications. I did that for just over 6 years before starting at the ADRC of Dane County.

What made you choose a career in the human services field?

Since the second grade, I had always wanted to be a teacher. That was truly my career goal until the recession hit in 2007. While continuing for my Master's Degree, I accepted a teaching job but realized it wasn't the right path for me. I completed a Master's Degree in Counseling and I found another calling! Although it was not teaching, I am still working with people, providing guidance, information and help.



Outside of work, what would we find you doing?

I have two young children so I base a lot of activities around them! I love to spend as much time as possible outside and do a lot of hiking. We hiked 10 of the Wisconsin State Parks & Forests within the last 18 months. I enjoy swimming, camping, taking my dog on walks, going to the park, basically all the outdoor opportunities available here in Wisconsin! I am also part of a book club.

Family highlights?

I've been married to my husband for 10 years and have two beautiful children – a daughter who is 8 and a son who is 4. We also have a puppy named Penny, who turned two in September. Fun family fact is that I have 45 first cousins!

What's one of your favorite things about Dane County?

One of my favorite things about Dane County is the diversity and culture that goes along with it.



Congratulations Cheryl Batterman!



Cheryl Batterman, long-time director of the Dane County Area Agency on Aging, recently retired in February, 2022. From the North East Senior Coalition to the Colonial Club to countless boards, committees and work groups, Cheryl accomplished great things for so many older adults and their families.

Although we know she'll remain active in the community and aging network, all of us at the ADRC wish her the happiest of retirements!

Plan for Your Tax Prep!

Throughout Dane County there are qualified volunteers who can help you file taxes. Tax assistance is available for older adults, individuals with disabilities, low-to-moderate income individuals, non-English speaking taxpayers, military personnel, and individuals who qualify for the homestead credit or the earned income credit.

Even if you think you don't need to file, it might be beneficial to speak with a tax preparer to see if you are owed any credits. Remember to bring along ID and related financial information (such as W2's, income statements, etc.)

Appointments are required and fill quickly, reserve yours today!

Dane County Tax Prep Sites include:

Richard Dilley Tax Center: 2206 S. Park St. Madison, WI (608) 261-5077

To schedule an appointment online please visit: <https://www.signupgenius.com/go/RDTC>

Certain Participating Libraries:

Central Library 1 West Mifflin St. Madison, WI 53703 (608) 266-6300

Sequoia Library 4340 Tokay Blvd. Madison, WI 53711 (608) 266-6385

For the most current scheduling: <https://www.madisonpubliclibrary.org/resources/guides/tax-assistance>

Goodwill:

Goodwill's Home Office 1302 Mendota St, Madison, WI 53714 608-852-8355

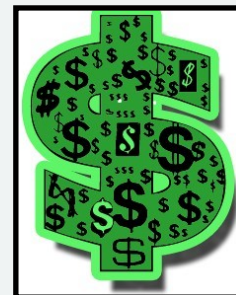
Goodwill Career Center 6291 McKee Rd, Suite C Fitchburg, WI 53719 608-852-8355

For the most current updates and to schedule: <https://goodwillscwi.org/services/vita/>

Senior Centers: Adults age 60+ may also check with their local community/senior center for dates and times of tax preparation assistance.

Other Options: If other sites are full, try calling 1-800-906-9887 for additional VITA sites or 1-888-227-7669 for AARP tax help sites. You can also contact 2-1-1 or the ADRC for more information 608-240-7400.

Or check online at www.irs.gov or www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action



Wisconsin Homestead Tax Credit =



The Homestead Credit is a state of Wisconsin tax benefit for renters and homeowners with low or moderate incomes. It is designed to lessen the impact of rent and property taxes. Even people who do not file Wisconsin state income taxes may still be eligible to claim the Homestead Credit.

You may be eligible for the homestead credit if: you are a legal Wisconsin resident, age 18+, owned a home or paid rent, and your household income was less than \$24,680. Also, you must be either: disabled, or over age 62, or you/your spouse had some earned income during 2021.

To file: complete a Wisconsin Homestead Credit Claim, Schedule H or Schedule H-EZ The filing deadline for a 2021 claim is April 15, 2026.

New Answers for Caregivers: Introducing “Agefully”

The Center for Aging Research and Education at the UW-Madison School of Nursing has created an evidence-based online tool for family caregivers called Agefully. Agefully is completely free and available to the public. Agefully is based on the latest research and advice from medical, legal, financial and social work professionals and designed with feedback from real families.

Caregiver Village



Agefully provides information on a variety of different caregiver topics, including: driving, home safety, health, finances, family dynamics and caregiving skills. Assessments are available to assist caregivers in asking questions relating to concerns like “Is it safe for Mom to drive?” Along with the assessment tool, there are plans that you can choose from to work towards a goal, like: “Help Dad age safely in place.”

Lastly, Agefully offers a variety of articles to help you learn about aging issues.

If you are a new caregiver or are a veteran caregiver, this tool may help you on your caregiving journey.

Visit: <https://agefully.me/#/>

Source: <https://care.nursing.wisc.edu/products/agefully/>



Generation Gap! Things that young people don't know how to use or can't name:



Give up?
See page
14 for
answers.

Okay, Boomer -But can you define this Gen Z slang?!

1. Cheugy
2. I'm Baby
3. Dank
4. Smol
5. Guap



[1. means the opposite of trendy; 2. feeling helpless or not capable in a certain area of your life; 3. something that is excellent and very high quality; 4. something that is small and exceptionally adorable; 5. money, and lots of it!]

How do I decide on a Nursing Home? Medicare can help!

When comparing nursing homes www.Medicare.Gov has information about:

- Check out their overall star ratings. The overall rating is based on a nursing home's performance on 3 sources: health inspections, staffing, and quality of resident care.
- View detailed staffing data, including the staffing hours of different types of staff and staff turnover rates.
- See COVID-19 vaccination rates for residents and staff at nursing homes in your area.
- Find nursing home contact information and directions.



Visit Medicare.gov for more information about nursing homes, and what Medicare does and does not cover.

Are you struggling to pay for rent and other housing costs?



The Dane CORE 2.0 Program may be able to provide emergency assistance for many housing costs for eligible households, such as rent, utilities and internet.

To see if you meet the 5 eligibility requirements visit: www.danecore.org

On the Record! Wisconsin Immunization Registry

Have you heard of the Wisconsin Immunization Registry (WIR)? The WIR is an internet database that tracks vaccine records for Wisconsin children and adults. WIR allows for public access, meaning it lets people look up their child's or their own vaccine history. Many people receive vaccines from more than one doctor, pharmacy or other health care providers, so the public access allows people to find their vaccine record quickly and efficiently, no matter where they are in the state.



To find your vaccine records, follow the link below. You'll need to input your name, date of birth and social security number. In just a few seconds you can see what vaccines you've had and also what you may need.

<https://www.dhfs.wisconsin.gov/pr/clientSearch.do?language=en>

Be Well



Brighter Days: Light Therapy Helps!

Even for seasoned Wisconsinites, winter can be tough. It's cold, gray and long. It can sap our energy, productivity and creativity. We tend to overeat, oversleep and withdraw. More seriously, it can lead to Seasonal Affective Disorder or SAD, which is a type of depression that occurs specifically in the fall and winter. One relief for SAD—or even for those experiencing trouble with sleep or low energy—is Light Therapy.

Light therapy has been a popular treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light. Look for a light that provides 10,000 lux of cool-white fluorescent light, is UV-Free, and preferably has a surface area of at least 12 by 15 inches. A good light can be bought for around \$50.

While results will vary, ADRC I&A Specialist Amy reports that although she was initially *very* skeptical of her light making any difference, it actually helped greatly with her mood and fatigue. It's always best to check with your doctor first (there are a few medical conditions and medications that aren't compatible with a SAD lamp) but hopefully a light box can help boost your mood and give you energy for spring.

Source: www.nimh.nih.gov

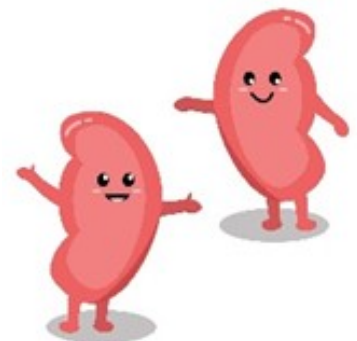


Please speak with a doctor if your distress is ongoing and causing significant changes in your mood and behavior; if you are thinking of hurting yourself, please call the **National Suicide Prevention Lifeline** 1-800-273-TALK (8255) or Dane County Crisis Helpline at 608-280-2600 or 9-1-1.

Be good to your kidneys!

Are you keeping your kidneys healthy?

Aim for a lower intake of sodium and sugars, more whole grains and low-fat dairy, drink plenty of fluids, don't smoke, and enjoy regular exercise to reduce your risk of kidney disease, high blood pressure, diabetes, and other diseases.



March is Cerebral Palsy Awareness Month

Go Green to educate & raise awareness of CP!

Cerebral palsy is the most common childhood motor disability, impacting 18 million people globally.



Here are some things to know:

- Cerebral palsy is a brain injury caused by a variety of factors.
- Cerebral palsy isn't contagious.
- Cerebral palsy impacts the way muscles move and respond to messages from the brain.
- Cerebral palsy doesn't necessarily mean learning disabilities. People with CP often have an equal or better IQ than everyone else.
- Cerebral palsy doesn't mean never walking. Many can, many will.
- CP can impair communication, but we find ways.
- There's no cure for cerebral palsy yet. But nobody is giving up.
- People with cerebral palsy can lead completely independent lives. (Facts courtesy of themighty.com)

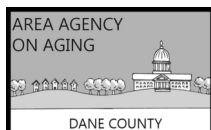
Free Virtual Welcome to Medicare Seminars

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. Seminars will be offered via Zoom. To Register, email aaa@countyofdane.com

March 19, 2022 9-11:30 AM

Additional Dates: May 21, 2022; July 16, 2022; September 17, 2022; November 12, 2022.



Give Blood Now.

The situation is dire.

The Red Cross is issuing a plea for all eligible donors to make an appointment to give now.



American Red Cross

March is Red Cross Month -

A celebration that has been an annual tradition since 1943, when President Franklin D. Roosevelt issued the first Red Cross Month proclamation.

The American Red Cross provides a beacon of hope, with a presence in nearly every community in the United States and around the world.

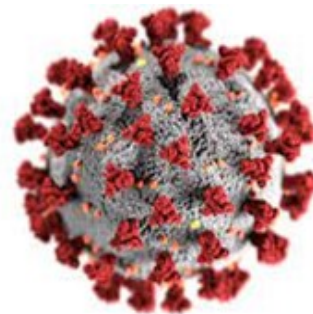
From helping during disasters and ensuring access to lifesaving blood, to providing training to save lives and supporting military communities, the Red Cross is there when help can't wait.

To find out how you can support the local chapter of the American Red Cross call (877) 618-6628

<https://www.redcross.org/local/wisconsin>

Stay Healthy!

The ADRC encourages you to check the Wisconsin Department of Health Services Website for the most up-to-date information and recommendations about COVID-19:



<https://www.dhs.wisconsin.gov/covid-19/index.htm>

It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives.

And sometimes it can be a lifesaver."

-Betty White

Consumer Protection – A Free Resource for Seniors

The Wisconsin Department of Agriculture, Trade and Consumer Protection has created a “Senior Guide” that is a wealth of information on consumer issues facing our state’s elderly residents. The Senior Guide addresses some of the more common scams targeting seniors – such as the “grandparents scam” –as well as topic such as identity theft, lottery fraud and phishing scams. The guide also includes general information on consumer protection topics, like how to file a complaint with DATCP, landlord/tenant laws, how to register for the No Call List.

To view a copy of this Senior Guide follow the link here: <https://datcp.wi.gov/Documents/SeniorGuide170.pdf> or call the Consumer Protection Hotline at 800-422-7128 to request a printed copy. The guide is also available in Spanish.



How to Set a Strong Password & Remember It!

How many times have you set up a password only to forget it because it needed to include so many uppercase letters and numbers and “special characters”? If you’re like me, the ‘I forgot my password’ reset button has become a well-known friend!

Why do passwords need to be so long? And why can’t I reuse one of my old passwords that I actually do remember? Well, recycling passwords isn’t the best idea according to CNET, a leading technology website. “If someone uncovers your reused password for one account, they have the key to every other account you use that password for.”

A strong password is one that can’t be guessed. Hackers have computer tools to crack short passwords in only a matter of moments. Creating and remembering a strong password is critical to keeping your personal information safe.

Here are a few tips on how to create solid passwords and ways to remember them:

1. A good secure password is anywhere from 8-12 characters in length. The longer the password, the better.
2. Use a combination of uppercase and lowercase letters, numbers and symbols. The more mixed characters, the harder it is to crack.
3. Don’t use personal information for a password. Avoid family names, birthdates, pet names, addresses etc.
4. Create a password that is unique and different for every account you have.
5. Use an online “password manager” app to keep track of your personal login information. (Although you will need to remember the password for the password app manager!)
6. Write down your password information if you need to. Just be sure to keep it safe - in a locked cabinet or drawer. Keep it out of eyesight and don’t share it.



IF YOU
RECEIVE A
SUSPICIOUS
CALL

HANG UP!

DON'T GIVE THEM
PERSONAL
INFORMATION

DON'T TRUST YOUR
CALLER ID



DON'T GIVE
THEM MONEY

REPORT THE SCAM
AT OIG.SSA.GOV

DON'T BELIEVE
THEM

OIG.SSA.GOV

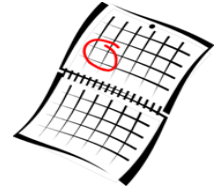


Do NOT use a gift card to pay: the IRS, to keep your utilities on, tech support, a family member in trouble, Social Security, ransom, to avoid arrest or deportation, or a member of the military.



The Sampler! Interesting Events Happening in our Community:

Dane County Farmers' Market Late Winter Market *When:* Saturdays 8:00 AM – 12:00 PM, Thru-April 9 *Where:* Garver Feed Mill 3241 Garver Green, Madison *What:* fruits, vegetables, cheeses, hyper-local meats, honey, bakery items, and many specialty items. More information: <https://dcfm.org/markets/late-winter-market> Phone: (608) 455-1999 Email: info@dcfm.org



Souvenirs of Service: The Things They Kept *When:* Re-occurring daily until January 1, 2023 *Where:* Wisconsin Veterans Museum 30 W. Mifflin St. Madison *What:* A collection of Wisconsin service members souvenirs from the civil war to today. **Cost:** FREE

For more information: <https://wisvetsmuseum.com/exhibits/souvenirs-of-service/>

Phone: (608) 267-1799 Email: visitor.curator@dva.wisconsin.gov

UW Madison Arboretum Walk: Winter Nature Hikes *When:* March 20. *Where:* 1207 Seminole Hwy. Madison, WI 53711 *What:* Learn about the land, plants, animals, and ecology. These walks may cover some sloping terrain be sure to wear sturdy closed-toe shoes. Come prepared for the weather! Walks take place rain or shine, except in unsafe weather.

Cost: FREE, no registration is required. For more information visit their on-line website at <https://arboretum.wisc.edu/visit/events/> Phone: (608) 263-7888 Email: info@arboretum.wisc.edu

Black Arts Matter Festival *When:* March 23-26 *Where:* Memorial Union 800 Langdon St. Madison *What:* Concert Series up-lifting and promoting Black artistry. The Black Arts Matter Festival is an interdisciplinary arts festival celebrating and promoting Black art. Full artist line-up still to be announced. Phone: (608) 265-300 For more information visit their website at <https://union.wisc.edu/visit/wisconsin-union-theater/seasonevents/black-arts-matter-festival/>



LOV Inc. Offering "Moving On" Workshop Series

Is your young adult with I/DD ready to spread their wings? Now is the perfect time to start making concrete plans to support your loved one find their own place to live.

LOV Inc.'s "Moving On" workshops are here for you! It's understandable if you're nervous, but Moving On workshops focus on concrete and practical steps to move your loved one to the next phase of their life. Over five sessions, you'll create an individualized plan, find out about housing and other opportunities, meet other families and put together a timeline for the move.

To learn more about the Moving On virtual workshop series, including cost, contact Lauren at lauren@lovinc.org or 608-843-7906.

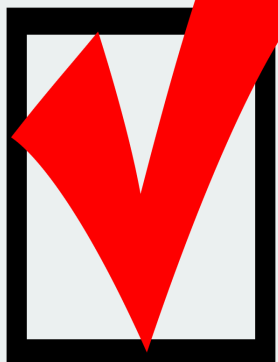
What's After High School?

If you are a young adult with a disability or family member of a young adult and are interested in learning about options after high school, our ADRC high school transition team can help. Our specialists identify resources and services that can help you as school services end and the transition to life as an adult occurs.

At age 17 ½ or older feel free to contact the Aging and Disability Resource Center High School Transition Helpline at (608) 240-7476 to request information on applying for Dane County Adult Services.



*WE
THE
PEOPLE*



It's Time to Vote!

We have an upcoming election for judges, school board members, local officials, and non-partisan county officers.

Statewide Spring Election: April 5, 2022

To find your polling place and learn who's on the ballot, go to [Find My Polling Place \(wi.gov\)](https://www.wisconsin.gov/elections/polling-places) or call your Municipal Clerk's office. If you are a registered Wisconsin voter, you may also request an absentee ballot to vote by mail. <https://myvote.wi.gov/en-us/Vote-Absentee-By-Mail>

- Are you looking for information about voting registration?
- Are you wondering about your rights to vote?
- Are you concerned about your access to vote?
- Are you interested in helping with the voting process?

DRW Voter Hotline:

1-844-347-8683

The Wisconsin Disability Vote Coalition (WDVC) is a non-partisan effort to help ensure full participation in the entire electoral process of voters with disabilities, including registering to vote, casting a vote, and accessing polling places.

Call or email the Wisconsin Disability Vote Coalition at info@disabilityvote.org or call DRW at 414-773-4646 to request information for a number of topics. Don't forget to check out their website: <https://disabilityvote.org/>



Volunteer for a Happier and Healthier Life

Why Volunteer?

- Make friends
- Inspire others
- Better physical health
- Improve mental health
- Be a positive force
- Sense of purpose
- Learn new skills
- Explore
- Gain work experience
- Be happier
- Be active
- Give back

Deciding to Volunteer:

- Who do you wish to work with – adults, children, animals?
- Do you prefer teamwork or solo opportunities?
- Do you like the limelight or prefer to be behind the scenes?
- How much time can you commit?
- What skills can you offer?
- Do the needs and goals of the organization fit yours?

Where to Look: If you are aware of local groups with whom you would like to volunteer, give them a call. Check with community centers, senior centers, libraries, places of worship, museums and educational facilities.

A great local resource is the United Way of Dane County

Volunteer Connection <https://www.unitedwaydanecounty.org/get-involved-with-uwdc/volunteer/>



Where to Look Online


VolunteerMatch
<https://www.volunteermatch.org/>

 **AmeriCorps**
<https://americorps.gov/serve>


FEEDING AMERICA
<https://www.feedingamerica.org/take-action/volunteer>

 **American Red Cross**
<https://www.redcross.org/local/wisconsin/volunteer.html>


<https://www.volunteer.gov/s/>



Keep Your Coverage!



WISCONSIN DEPARTMENT
of HEALTH SERVICES

BadgerCare Plus and Medicaid have special rules during the COVID-19 emergency. The Wisconsin Department of Health Services wants to work with you so you'll still have health insurance benefits when the emergency ends. Here are the next steps.

- **Update your contact info** Make sure they have your **current address, phone, and email** so they can send you important changes about your coverage. Log in at access.wi.gov or call your local agency.
- **Open your Mail** Read any letters you get from the Wisconsin Department of Health Services to **find out how changes will affect you.**
- **Take action** Don't miss key deadlines! The letters will tell you **what you need to do** to get continued benefits.

Questions? Contact your local agency or Member Services at **800-362-3002** and they will help you figure out your next steps.

How to get help from Social Security:

Go Online to SSA.gov. Their website is the best way for most people to get help.



If you cannot use the website call the National 800 Number (1-800-772-1213) or your local Social Security office (1-866-770-2262) for help.



If necessary, they will schedule an appointment for you, either by phone or in person.



What to Know if you Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees regardless of vaccination status.
- **Visitor capacity is limited.** You may need to wait outside, so plan for the weather.
- **Please go alone.** If you require help with your visit, one person may accompany you.



March is Developmental Disabilities Awareness Month!

Each March, the National Association of Councils on Developmental Disabilities (NACDD), and their partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities.

The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

Drive Safely!

With Wisconsin “wintery mix” weather, your best planned trips or even a quick run to the store can be eventful. However, we all can take steps to reduce the stress of driving and make sure everyone gets home safely. Consider these factors of travel in icy/snowy conditions:

Is my car safe?

- Make sure the battery has been tested and fully charged.
- Make sure antifreeze is at correct level/strength.
- Make sure windshield wipers work and add washer repellent.
- Have weather-appropriate tires at correct pressure with good treads.

Am I safe?

- Buckle up!
- Don't drink/drug and drive.
- Rest well before driving and take breaks as needed.
- Have an emergency kit on hand.
- Leave plenty of time for your trip.
- If going a longer distance, leave a detailed travel plan.

Are others safe?

- Go slow.
- Don't use cruise control.
- Increase following distance.
- Be aware of Black Ice.
- Use your low beam headlights.
- Give snowplows lots of space.
- Don't Panic!
- Stay home if conditions are too bad.



McCabe's at the Movies

In keeping with our Hygge focus, Anna and Susie have come up with movies that leave viewers with a quality of happiness and well-being. Here are some of their favorite hygge movies they like to watch together.

What are your favorites?

- 1.) My Neighbor Totoro
- 2.) Sister Act 2
- 3.) Matilda
- 4.) Girls Trip
- 5.) Spiderman Into the Spider-Verse
- 6.) Pirates of the Caribbean
- 7.) Encanto
- 8.) The Sound of Music
- 9.) The Wedding Singer
- 10.) The Goonies



Answers to Generation Gap:

- ⇒ Flash cubes for cameras
- ⇒ Typewriter eraser
- ⇒ Hand drill
- ⇒ Cassette recorder
- ⇒ 45rpm record adapter
- ⇒ Rotary dial phone

Safety First! Do you have the stuff for all-season travel?

We've seen some recent examples of everyday travel that has turned disastrous. People in Wisconsin, Washington & Virginia have been stranded for hours in their cars due to weather, leaving travelers without food, water or heat. Don't think it couldn't happen to you and your family! Keep a simple emergency kit in your vehicle – good for every season:

- ✓ Stuff to combat the elements – ice scrapper, snow brush, shovel.
- ✓ Stuff to help your car — jumper cables, multi-tool, sand/kitty litter, cord/rope, duct tape.
- ✓ Stuff to illuminate – flashlight (hand-crank or batteries), road flares, lighter, candles.
- ✓ Stuff to sustain you – water, non-perishable high-energy foods, first-aid kit.
- ✓ Stuff to find direction – compass, paper maps, cell phone power bank.
- ✓ Stuff to keep you warm — blankets, hand warmers, hats, mittens, rain poncho, socks



THE TIME IS RIGHT
FOR SOCIAL WORK

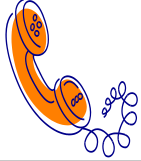
Thank you social workers!

March is National Social Worker Month!

For decades the social work profession has been dedicated to improving human well-being and enhancing the basic needs of all people — especially the most vulnerable among us, particularly during this global pandemic.

Take some time this month to say “thank-you” to a social worker— at your medical clinic, school, mental health program, your senior center, school, community center, nursing home, rehab center, hospital, on your Family Care or Partnership Team and even at the ADRC!

I Called the ADRC!



Normally in this feature of *I Called the ADRC*, we share a customer’s story- the reason they called us and how we offered help and resources. However, this edition we’re sharing a resource that might help with a common problem we hear from many of our callers.

Frequently, customers tell us that they’ve also talked with other organizations and agencies, and that they feel overwhelmed by the many phone calls they’ve made. So many people tells us they can’t keep track of those other calls, even if they have scribbled some notes.

Our friends at the Wisconsin Board for People with Developmental Disabilities have created a handy tool to keep track of those details: a Call Log. Consider making copies of this log and use it to record & remember important information. Use it when you call your doctor, your landlord, the Capital Consortium, or you can even use it when you call the ADRC again!



My Call Log

(Make copies of this page if you need to more places to write down your calls)



Who did I call?



When did I call?

- What Day? (Month/Day/Year) (__/__/__)
- What time?



Did I speak to someone or leave a message?

- I talked to someone. Who did I speak to? (Name, job title, location)
- I left a message. Who did I leave a message with? (Name, job title, location)
- What did they say?.

Tip: If you left a message, plan to call back the next day.



What’s Next? (Will they call you back? What is the next step?)



**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- 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 | ◆ Energy Assistance |
| ◆ Caregiver Supports | ◆ Legal Resources |
| ◆ Housing Options | ◆ Respite Care |
| ◆ In-Home Personal Care | ◆ Social Security, Medicare, Medicaid |
| ◆ Meals & Nutrition Programs | ◆ 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