

**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**

## LOCAL SCAM ALERT!

Dane County Department of Human Services (DCDHS) will **NEVER** contact you through Facebook Messenger. Scammers have been targeting people on Facebook claiming to be Dane County workers. **This is not legitimate.**

**REMINDER:** If you have questions about information you receive, **NEVER** reply to the message and **NEVER** call a number provided by a suspicious caller. To confirm if a mailing is legitimate call the agency’s actual number provided by the business’s actual website/contact information/ listing in phone book.

## Advocacy & Action = Help & Hope!

Have you ever received help from someone else in a situation where you were feeling overwhelmed? That person may have been acting as your **advocate**. We usually think of advocacy today as the act or process of supporting a cause. A person or group that helps you out when times are tough is called an advocate. We are very fortunate here in Dane County to have access to many different types of advocacy.

In this issue of *Resource Wise* we will focus on various community advocates, from Ombudsman to insurance navigators. The ADRC hopes to empower our customers with information about the accessibility of local advocates, and to match our customers with the right advocate for support. We know that understanding your rights and navigating resources like healthcare or insurance can be both confusing and frustrating.

Finding the support you need leads to action, which leads to solutions. You are not alone—help is just a phone call or e-mail away.



## Help the ADRC Help Others: Join the ADRC Advisory Board!

Did you know that the Aging and Disability Resource Center of Dane County has an 11 member advisory board? ADRC board members are ambassadors of the ADRC! They promote awareness of the ADRC to others. They represent the interests of the customers the ADRC serves—older adults, people with intellectual/developmental disabilities, and people with physical disabilities.

The board also helps with such things as assuring the ADRC provides quality services and raising awareness of unmet needs in our community. Our board meets the second Monday of every month at 2:30pm. ADRC board members are appointed by the Dane County Executive and confirmed by the Dane County Board. Please note the ADRC has a conflict of interest policy that board members cannot be an employee of an agency to which the ADRC may refer customers. If you have an interest in being an ADRC board member please apply here: <https://exec.countyofdane.com/boards-and-commissions> and click the box “Start the Application Process”.

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## Lingo Buster: What the heck is a LTC Ombudsman? An Advocate or Voice of the People!



Most of us probably know someone who lives in a nursing home, assisted living, or who participates in a Long Term Care Program, such as Family Care, Partnership or IRIS. But these places and programs can seem sort of mysterious. There are a lot of rules and regulations associated with Long Term Care, and it's expensive, but much of the care takes place "behind the scenes". We hope our loved ones are getting the best care possible, but in reality, mistakes, miscommunication, fraud and accidents happen. Staffing shortages persist. We know Long Term Care is for-profit. So, who is looking out for residents in these facilities and for the participants in Family Care and IRIS? That's where the Long Term Care (LTC) Ombudsman comes in!

The term Ombudsman is usually a head scratcher. Ombudsman (Om-budz-man) is Scandinavian, but in America it's come to mean "helper," advocate or "voice of the people."

Federal law requires each state to have a Long Term Care Ombudsman Program headed by a State Long Term Care Ombudsman. As defined by the Older Americans Act, ***the mission of the Long Term Care Ombudsman Program is to seek resolution of problems and advocate for the rights of clients with the goal of enhancing quality of life and quality of care.***

An unbiased LTC ombudsman works with individual's age 60+ and their families, at no charge, regarding:

- Resident or enrollee rights violations.
- Quality of life and quality of care.
- Privacy in care and visits.
- Choice over care or treatment.
- Freedom from abuse and neglect.
- Freedom from physical or chemical restraints.
- Offering referrals and consultations.
- Appeals and grievances.
- Starting a resident or family council.
- Denial of long-term care supports and services.
- Problems with a guardian or power of attorney agent.
- Issues related to transfer or discharge.
- Ensuring that all rights are protected throughout the complaint process without fear of retaliation.
- Improve quality of care in long-term facilities and programs. This happens by working with providers, regulators, adult protective services, and ADRCs.

**Exceptions:** An ombudsman does not have authority to advocate for persons receiving services in residential or acute mental health treatment settings, or persons receiving services in a hospital.

### Contact an Ombudsman in Wisconsin:

Anyone with a concern or complaint about Long Term Care services described above may call an ombudsman. It is important to note, however, the Ombudsman Program is not an emergency response organization. Complaints can be made anonymously by or on behalf of a resident or managed care enrollee. For those over 60, the Long Term Care Ombudsman Program is administered by the Wisconsin Board on Aging & Long term Care. This is an independent Board of the State of Wisconsin. Their Website is: <https://longtermcare.wi.gov/>. They are located at 1402 Pankratz Street, Suite 111 Madison, WI 53704-4001. Call them at: 800 815-0015.

For those 18-59, there's an Ombudsman program through Disability Rights Wisconsin. Call them at: 608 267-0214.

Their Website is <https://disabilityrightswi.org/program/family-care-and-iris-ombudsman-program/>.

Find a Long Term Care Ombudsman in any state: [https://theconsumervoice.org/get\\_help](https://theconsumervoice.org/get_help).

### Managed Care Organization My Choice Wisconsin became part of Molina Healthcare

My Choice Wisconsin (MCW) recently announce that on September 1st, 2023, MCW joined Molina Healthcare, Inc. Located in Long Beach, CA Molina is a FORTUNE 500 company that provides managed healthcare services under Medicaid and Medicare programs, serving approximately 5.2 million members. The organization stated "This will give [MCW members] a wider choice of services and a larger network of providers. MCW offers Family Care, Family Care Partnership, SSI Managed Care, Medicare Dual Advantage, and BadgerCare+ in 68 counties in Wisconsin [including Dane]. MCW and Molina both have strong histories and we are very excited to begin this new chapter together. As a part of the Molina Healthcare family, MCW will continue to focus on members first. We do not plan to make any changes to your care team, providers, or caregivers. We will strive to continue providing the best care and services possible for you. We will continue to build positive relationships with our providers and community partners." If you have questions, please feel free to contact Olivia Schmidt, MCW Member Experience Supervisor at (414) 837-8571. For information about Molina Healthcare, visit [www.molinahealthcare.com](http://www.molinahealthcare.com)



# Winter Word Search Puzzle

F S K A T I N G H O C K E Y V  
 V U S B J T M P W O L P T D W  
 P T N P B O O T S F Y S A L T  
 S N O W M A N Y C C S T O R M  
 E F W T Z L S E I R R U L F S  
 S F M L E E L Y E O Y Y D N E  
 E O O M E M I A U M A V O I R  
 K G B S W O P S B L F W G H U  
 A N I H V B P A P W B M N S T  
 L I L O B B E N N L O L I K P  
 F D E V D U R D O Q U N H I L  
 X I N E D B Y W W X J P S I U  
 Z L K L N I E L D T L D I N C  
 F S V V L R K T F I R D F G S  
 T S C R A P E R J W W H I T E

BOOTS SKATING  
 DRIFT SKIING  
 FISHING SLIDING  
 FLAKES SLIPPERY  
 FLURRIES SNOWBALL  
 FUN SNOWBLOWER  
 HOCKEY SNOWMAN  
 ICY SNOWMOBILE  
 PLAY STORM  
 PLOW WHITE  
 SALT  
 SAND  
 SCRAPER  
 SCULPTURE  
 SHOVEL



How do Mountains stay warm in winter?  
 They put on their Snowcaps.

Just for fun! Print this free coloring sheet: [Unleash Your Inner Strength](#)

This coloring sheet was designed as a self-care activity for people of all ages with the message that people are stronger than people know. The power to recover from setbacks, adapt to change, and overcome life's challenges is within you.

Source: WI DHS



## 2024 Medicare Part B Premium for most people will be \$174.70 monthly.

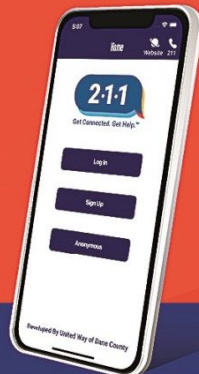
Have you looked into the Medicare Savings Programs? Call the ADRC to see if you are eligible based on your income and assets.

2-1-1

The new 211 Wisconsin App, developed by United Way of Dane County, makes it even easier to access the resources you need, right from your mobile device. [Download it Today](#)

Get Connected. Get Help.™

GET HELP NOW!  
 DOWNLOAD THE 211 APP.



DOWNLOAD THE 211 WISCONSIN APP TODAY!

211 Wisconsin

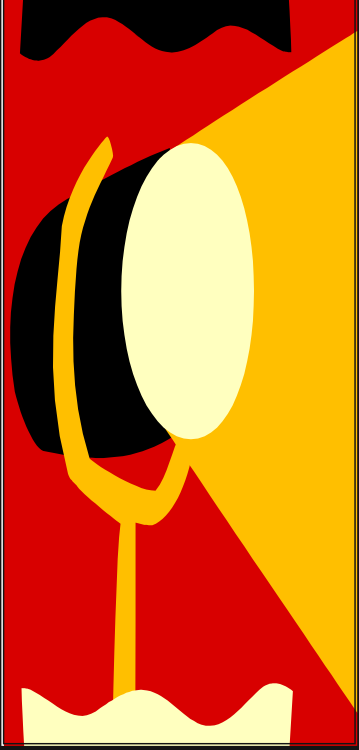


The Power of Many. Working for All.

## 25 Years of Assistance!



The Wisconsin Department of Health Services (DHS) is celebrating the 25th anniversary of Aging and Disability Resource Centers (ADRCs) helping older adults and people with disabilities in our state to thrive. ADRCs were first piloted in 1998 in nine counties and have since expanded to cover all 72 Wisconsin counties and 11 federally recognized Tribal Nations in the state, providing connections to resources like adaptive equipment, dementia care services, meal delivery, and more. Every year, ADRCs and Tribal Aging and Disability Resource Specialist (ADRS) programs log hundreds of thousands of contacts with customers around the state. The ADRC of Dane County was one of the last counties to open its doors, in November, 2012.



**COMMUNITY SPOTLIGHT:**

Website: [www.wi-bpdd.org](http://www.wi-bpdd.org)  
Phone: 608-266-7826  
Address: 101 E. Wilson St.  
Rm. 219 Madison, WI 53703  
[Jeremy.Gundlach@wisconsin.gov](mailto:Jeremy.Gundlach@wisconsin.gov)  
Subscribe to the WIBPDD  
Newsletter: <https://wi-bpdd.org/index.php/join/>

**Mission:** To unite ALL of Wisconsin in supporting our residents with developmental disabilities to lead their most independent lives. BPDD is Wisconsin’s state developmental disabilities council, authorized under the federal Developmental Disabilities Assistance and Bill of Rights Act (DD Act). Every state and territory have a state Developmental Disabilities Council.

**What does WI-BPDD do?**  
WI-BPDD is a small state agency with only 7 full-time positions and 1.6 project positions. But they make a major impact.

**They Lead:** taking bold steps to improve the lives of people with developmental disabilities, leading the way with new ideas.

**They Partner:** bringing together people with developmental disabilities, their family members, organizations, and others. Together they find solutions to problems and take action to bring about change.

**They Advise:** as a trusted advisor to leaders in state government and the state legislature, they work with them to improve laws, policies, programs, and services.

**They Advocate:** for and with people with developmental disabilities to have the same opportunities in life that other members of the community have. They advocate for people to be included and supported so they are successful.

**They Inform:** providing information and resources so people with disabilities and their family members can understand their rights, increase their independence, and find the services and supports they need.

**They Strengthen:** funding advocacy and leadership training, educating people with developmental disabilities and their family members how to effectively advocate for themselves and others.

**They Innovate:** funding grants focused on developmental disabilities. Grantees develop and test new ideas. WI BPDD uses what they learn to bring about change throughout Wisconsin.

**They Connect:** facilitating community based organizations to bridge people to accurate and timely resources.

While it would take this whole newsletter to list all the great things that WI BPDD does, here a few examples:

- They hold an annual **Self-Determination Conference** in the Dells every October. 2023 highlights: <https://www.2023sdc.com/>
- They host **WI BPDD YouTube** Channel: [Self-Determination Channel - YouTube](#)
- BPDD testified on 3 bills before the Wisconsin legislature in 2023
- They’ve graduated 300+ new leaders with their **“Partners in Policymaking” training**, who go on to sit on councils and boards and advocate for policies and initiatives that support full participation and inclusion of people with I/DD’s.
- BPDD is part of the **Wisconsin Disability Vote Coalition** (WDVC) a non-partisan effort to get members of Wisconsin’s disability community to the polls
- Provide grant funds and technical assistance to businesses to support them in hiring people with I/DD.
- Each month they feature a different leader in Wisconsin living with a disability. **“What’s the Word?”** is an opportunity to hear directly from self-advocates about what’s important to them. [What’s the Word? | Wisconsin Board for People with Developmental Disabilities \(wi-bpdd.org\)](#)
- They put out some really great “Tool Kits” – <https://wi-bpdd.org/index.php/toolkits/>
  - \*Supported Decision-Making
  - \*Let's Get To Work
  - \*Take Charge of Your Health Care
  - \*Wisconsin's Living Well Healthy, Safe, and Connected Toolkit
  - \*Supported Decision-Making and Guardianship Alternatives

**SELF-DIRECTED HEALTH CARE KIT**







# Who's Who at the ADRC?

Presenting:

**Resource Specialist Brianne Kraimer**

**Your position is new! What is your role at the ADRC?**

I am the new Resource Specialist and I have many roles. I develop, maintain, and provide reliable and accurate resources for Information & Assistance Specialists and other staff to share with customers and the community. I work with our internal resources committee to ensure that ADRC resources remain free, unbiased and up to date. Another aspect of my job is to follow up and provide outreach with ADRC community partners, to foster collaboration as well as advocating for current resources and how to best serve customer needs.



**Can you tell us a little about what did you did before you came to the ADRC?**

I worked for an agency where I helped with skill development, with a specific focus on housing. My skill development role included accessing what is available, one-on-one assistance, how to apply for housing and following up. My role included helping my customers with financial practices and how to sustain their housing. I specialized on building skills, making goals, and getting it done!

**What made you pick this career?**

I am curious and I enjoy learning about community resources. I welcome the challenge of finding new information and figuring it out. I possess the skills to create comprehensive and health-literate documents for everyone to utilize. I am keen to provide context and make sure anyone who picks up our resources can understand and utilize the resources.

**Tell us about yourself:**

I am one of three girls, and I grew up with active parents who volunteered and exposed us to the bigger world. I learned how much I enjoy contributing to my community and making someone's day better by traveling to Ecuador. In Ecuador, I helped to build playgrounds and community centers, and we got to make a designated space for play! It was so cool to help, and was an adventure for sure!

I got married in May. My husband and I met at the Memorial Union Terrace brat stand, *the most Wisconsin way to meet each other!* I have a dog, a basset hound and short hair pointer mix, who almost always acts just like a puppy!

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

I love music and going to concerts. I really love the band The Shins, and go see them anytime they tour. I like music that makes you feel good! I like board games; my favorite game is Settlers of Catan. I enjoy reading, and traveling – I'd love to go back to Italy. I also coach a Special Olympics Team of east side Madison athletes.

**Fun Fact?**

I am a twin! Also, I coach Miracle League baseball in the summer. We play on an inclusive baseball field for children with physical and/or cognitive disabilities. The field has rubberized turf so children with wheelchairs, walkers, or difficulty walking can experience the game with the help of "buddies" (volunteers who help each child hit, throw, field, and score a run). We even have a jumbo-tron!

**How Wonderful! Thanks Brianne for all you do!**



## Estate Planning: Steps for the Future

Too often we assume that if nothing is going wrong, all is well. But unfortunately, we can always be blind-sided by adversity.

To counter the unexpected, planning is the key. Estate planning is an important step for your future health and financial status. Generally speaking, Estate Planning is the set of documents that addresses life's contingencies and protects you, your family and your property if you are ever incapacitated and eventually, at end of life.

Estate planning creates the foundation upon which you can ensure you have clearly defined beneficiaries, your assets are distributed according to your wishes, and there is a named decision-maker if you are no longer able to make your own decisions. An estate plan usually consists of the following documents: will, living will, Power of Attorney for Finance (often referred to as a durable power of attorney), and Health Care Power of Attorney.

The state of Wisconsin provides, with the exception of the will document, the forms for completing a living will and power of attorney forms, free of charge at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm> The Wisconsin Guardianship Support Center also has Do-It-Yourself Guides to completing POA forms: <https://gwaar.org/guardianship-resources>

You may also complete your own will. The National Council on Aging provides helpful guidance at this link: <https://www.ncoa.org/adviser/estate-planning/how-to-make-a-will-without-a-lawyer/> And the website "Free Will", which is funded by multiple non-profit agencies, offers a 100% legal, specifically tailored to your jurisdiction, step-by-step process to create and print your will: <https://www.freewill.com/our-products>.

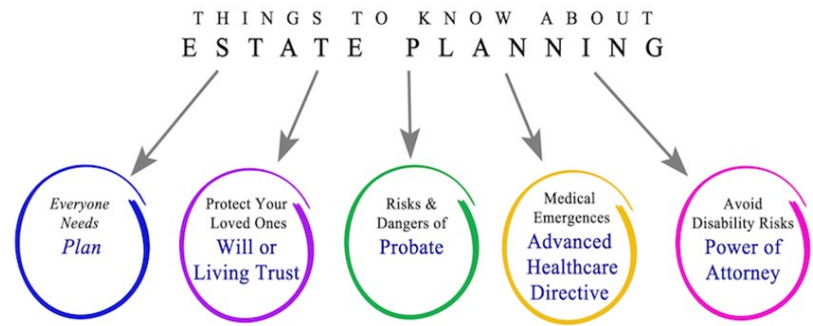
For low-income residents of Dane County, help in creating a simple estate plan can also be found through the Dane County Basic Estate Planning Clinics, offered several times a year by the Dane County Bar and Madison College.

However, there are many situations when it may be best to seek the services of an Elder Law or Estate Planning Attorney to help you with these documents. Large or complex estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning may need the expertise of a lawyer. Additionally, if there are difficult family dynamics, it may help to have an attorney involved.

Before starting on estate planning, you should take an inventory of all your asset types. You should also determine the decision-makers that have your best interests in mind, and who are expected to understand the duties and be available to execute decisions.

It can be hard to talk about these issues. Making your wishes known involves talking about end of life, loss, responsibilities, and money —always a touchy subject. The Conversation Project has helpful hints on how to bring up these emotionally-laden issues: <https://theconversationproject.org/>. Other resources can be found online, such as agingcare.com <https://www.agingcare.com/articles/having-conversations-with-elderly-about-end-of-life-issues-136220.htm> or, as mentioned above, by contacting an experienced attorney.

The ADRC has compiled a listing of local Elder Law/Estate Planning Attorneys for our customers. We also have Power of Attorney packets. Contact us to have information mailed or e-mailed, and start planning today!



### Help Getting Your Estate in Order: Dane County Basic Estate Planning Clinic

The 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.

Please be aware that the clinic is not designed for: people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning.

Appointments are required - 8:30, 9:30 or 10:30am. Each appointment is about 1-1/2 hours.

**2/24/24** held at St. Luke's Episcopal Church, 4011 Major Ave., Madison, WI 53716

**4/27/24** held at Madison College-Goodman South Campus, 2429 Perry St., Madison, WI 53713

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



# Caregiver Crisis



A caregiver is anyone who provides care for another person, paid or unpaid. Currently the need for more caregivers has reached a crisis point. It's been reported that Wisconsin's caregiver crisis far exceeds the national average. Despite the many rewards caregiving carries, it also has a personal and financial cost. The current U.S. system of long term care services could not continue to function without the contributions of family caregivers. In 2017, the annual contribution of unpaid care to older adults from their family members has an estimated value of **\$470 billion**.

## Suggested Solutions At Every Level:

To combat the caregiver shortage, actions have been identified at local, state and federal levels. Many ideas related to the caregiver crisis have been suggested including:

- ◇ Increase funding to state, territorial, tribal, and local health departments to place caregiving into the public health infrastructure.
- ◇ Encourage state Medicaid programs, the VA, and federal Medicare to expand community-based care options, fund services at rates that attract and retain skilled direct care workers, expand Medicaid self-directed options to allow for the hiring of family caregivers.
- ◇ Redesign the Medicaid eligibility process so the care recipient does not have to deplete most of their assets to qualify for services and support.
- ◇ Authorize specific benefit expansions in the Medicare program to enable individuals to safely age in place or remain in their homes. Recommendations include respite, adult day services, home modifications, home delivered meals and other long term services and supports.
- ◇ Create incentives for health care systems to incorporate caregivers into health care decision making for the person receiving care.
- ◇ Increase funding for caregiver support services under the National Family Caregiver Support Program (NFCSP), the Lifespan Respite Program, and the Alzheimer's Disease Program Initiative (ADPI).
- ◇ Financially support caregiving initiatives through federal funding, including expansion of the Older Americans Act and the Elder Justice Act.
- ◇ Pass federal paid family leave; expand the FMLA to include small employers.

## What can You Do? Making community connections and telling your story!

Patti Jo Becker, Director of Program Operations at Community Living Alliance and the Co-chair of Survival Coalition of Wisconsin, suggests caregivers make connections. Patti discussed how important it is for caregivers to connect with the community, neighbors, schools staff, doctors and church staff. Caregivers can impact change by sharing their experiences and needs with others, including employers. Wisconsin Family Caregiver and Support Alliance has worked with WI Department of Health Services to create a great toolkit to help employers support their caregiving employees: [Wisconsin Family and Caregiver Support Alliance | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#)

There are formal organizations to get involved with and join -including the Greater Wisconsin Area Agency on Aging, AARP, Wisconsin Personal Care Services Association, Respite Care Association of Wisconsin - who all make great efforts to advocate for changes needed to help caregivers and the people they support.

Other actions that caregivers or care recipients can take is to connect with Wisconsin Survival Coalition for their annual Disability Advocacy Day in March at the Wisconsin State Capitol. The event coordinators arrange and support meeting directly with legislators, who can impact Wisconsin's response to the caregiver crisis and more. Volunteers are always needed to support the event and to meet with policy makers. More information can be found at:


[Survival Coalition: Survival Coalition of Wisconsin \(survivalcoalitionwi.org\)](#).

Many other groups have similar advocacy days focusing on issues that matter to caregivers in Wisconsin. AARP, GWAAR, WCILC, and Family Voices all have events you might want to learn more about.

Don't be afraid to speak up! If you can't, ask someone to share on your behalf. This includes advocating directly with legislators and local leaders. Find your Dane County Legislators in this this newsletters "Clip and Keep" section, or use the online search tool, "Who Are My Legislators" <https://legis.wisconsin.gov/>

**WHO ARE MY LEGISLATORS?**

Find Your Legislator



Citations:

<https://legis.wisconsin.gov/>

[https://acl.gov/sites/default/files/RAISE\\_SGRG/NatlStrategyToSupportFamilyCaregivers.pdf](https://acl.gov/sites/default/files/RAISE_SGRG/NatlStrategyToSupportFamilyCaregivers.pdf)

National Academies of Sciences, Engineering, and Medicine, 2016

Reinhard, Feinberg, Houser, Choula, & Evans, 2019



## New Online, On-demand Caregiver Courses Available Now

The WI Department of Health Services, Division of Quality Assurance (DQA), and the University of Wisconsin (UW) Oshkosh Center for Community Development, Engagement and Training (CCDET) are pleased to offer new online, on-demand caregiver courses as part of the Caregiver Training Project.

Register now for on-demand courses with anytime online access. The courses below are available for six months upon registration and may be completed in one visit or as time allows.

More information and registration details for the following workshops can be found at <https://uwosh.edu/ccdet/caregiver-demand/>:

- Addressing Substance Use Disorder and Medication Diversion: *Know the signs & symptoms*
- Caregivers are Key to Preventing Misconduct: *Knowledge, Empathy & Your Awareness are Key*
- Compassion Fatigue in Caregiving: *Take care of yourself to take care of others*
- Increasing Safety by Preventing Violence: *Ensuring a safer living and working environment*

If you have any questions about these new courses, contact [caregiver@uwosh.edu](mailto:caregiver@uwosh.edu).



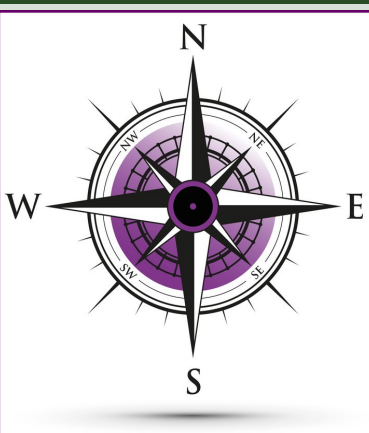
### Check Out Caregiver Chronicles!

The Area Agency on Aging publishes a month 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/Area-Agency-on-Aging>

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



DANE COUNTY



### Caregiver GPS: Learn How to Navigate the Journey of Caregiving

Join us in 2024 for a monthly webinar series:

Thursdays beginning 1/18/2024 Noon-1PM

Topics Include: dementia information; communication & caregiving skills; legal, financial & crisis planning; home safety; difficult conversations; asking for and getting help; traveling and enjoying the holidays.

\*Expert Speakers\* Useful Tools\*

If you have questions or would like the link to join us, please contact Karen at 608 741-3615 or Ellen & Kayla at [danedcs@countyofdane.com](mailto:danedcs@countyofdane.com).

Facilitated by the ADRCs of Dane & Rock Counties



Call 534-202-5438 to reach Uplift WI

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. The line is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences.

This line is fully anonymous and confidential.

(Please note that the line is not directly connected to crisis services. They will not call emergency services unless you specifically request that, and that process will be led by you.)

This warmline was created by Mental Health America of Wisconsin under a grant from Wisconsin Dept. of Health Services.

For more information go to: <https://www.mhawisconsin.org/upliftwi>

The warmline is available to call **12pm-12am daily** and will be available **24/7 in early 2024**.



## Physical Health & Winter Weather

The elderly and people with disabilities can be more susceptible to health problems in cold weather, including hypothermia, frostbite, flu and pneumonia. It's important to keep close tabs on your physical health during winter.

The 3 most important items to prepare for severe winter weather:

1. Food
2. Medications
3. Heat/light

Dehydration can make you cold and dry out your skin, so be sure to drink lots of water and avoid alcohol.

Get your flu, RSV and pneumonia shots!

Put petroleum jelly on exposed skin when you go outside; it's insulating to protect from the cold and wind, and prevents chapping.

Sources: Easter Seals/United Disabilities Services Foundation

Be aware of your friends, relatives or neighbors during these cold weather months. For example, mobility limitations may make it difficult for people to dress warmly, or dementia may cause someone to go outside without proper clothing.

Set your thermostat for at least 68 degrees to avoid developing hypothermia.

Many health conditions and medications can impact your ability to stay warm, such as Diabetes or Thyroid disease. Talk to your doctor about your risks.

Wear sunscreen outside to avoid sunburn from the sun's reflection off of snow.

## Legal Help at Legal Action

If you can't afford a lawyer, you often can't afford justice. This lack of justice threatens the most basic human needs of many low-income people: food, shelter, health care and personal safety. Legal Action of Wisconsin provides free legal services to low-income people who would be denied justice without their help.

- **Consumer Law** — debt collection, foreclosure, payday and auto title loans, garnishment, and bankruptcy
- **Reentry Legal Services Program** — helping get disability benefits and health insurance to people who are disabled when they are coming out of prison
- **Driver's Licenses, Professional Licenses, Criminal Records and Employment** — helping people get a clean slate
- **Elder Rights Project** — legal aid for elder abuse victims
- **Eviction Defense Project** — defending against evictions in Dane County
- **Family Law** — protective restraining orders, divorce, custody, child support, and other family law problems for domestic violence victims
- **Farmworkers** — employment laws, housing conditions, public benefits, unemployment compensation, and other issues affecting Wisconsin's farmworkers
- **Government/Public Benefits (Welfare) and Health Law** — Wisconsin Works (W-2), Child Care Assistance, BadgerCare, Food Stamps, Title 19 or Medicaid, Kinship Care, Unemployment Compensation and other government benefit programs
- **Housing Law** — help with subsidized housing, lockouts, security deposits, eviction, promises to repair, and earnest money
- **Human Trafficking Project** — legal aid for victims of human trafficking
- **Low Income Tax Clinic (LITC)** — resolving tax disputes with the IRS
- **Social Security Disability (SSDI)** — denials and other problems with Social Security Disability benefits
- **Veterans** — helping veterans and their families when they face a civil legal problem
- **Victims' Rights** — protecting privacy and other rights of people who are victims of sexual assault
- **Student Legal Aid** — provides free civil legal aid to eligible technical college students

Phone 855-947-2529 Intake is open 9am – 5pm FAX: 608-256-0510

Office Location: 744 Williamson Street, Suite 200, Madison, WI 53703

**LEGAL ACTION  
OF WISCONSIN**



**NAME CHANGE!** The DeForest Area Senior Center recently changed their name to Cornerstone Community Center. Cornerstone Community Center continues to support seniors in DeForest, Windsor & Vienna. Cornerstone Community Center is still located at 505 North Main Street, DeForest, WI 53532 with the same contact phone: (608) 846-9469.



## Scams: Our Start of a Series

The ADRC Newsletter, *Resource Wise*, will be featuring a series related to different types of scams, including those done by computer, mailings and phones. This introductory article will reveal some startling statistics, help generate self-awareness of behaviors that let scammers into your life, and provide resources for your review. Our goal is to create a foundation which you can build upon to protect yourself.

According to the Federal Trade Commission, consumers age 60+ filed 467,340 fraud reports in 2021, reporting total losses of more than \$1 billion. Overall, consumers age 60 and older are less likely to report losing money to fraud than those age 18-59. But when they do report a monetary loss, it tends to be for large sums of money — especially among those age 80 and older.

While these numbers are staggering, the number of victims and the amount of money lost is still imprecise, as many do not report their experiences, due to feelings of shame for being scammed.

It's our hope that you will not experience a scam or encounter scammers, but they are prolific and devious. We suggest applying the old adage "too good to be true" to your everyday thinking, as scammers thrive when it is ignored. Trustfully sending up-front payments, investment deposits, or winner's fees (or tax fees) plays upon one's hope for a big reward. Scammers know this and take advantage of our dreams of a better life. But most often the victim's only reward is financial hardship once they follow the scammer's instructions.

Another way scammers bend us to their will is to use our emotions against us. Who doesn't want to help out family and friends who are in trouble? Or provide support for a noble cause or get into their employer's good graces? Scammers also know this and attempt to get us to make quick decisions. However, before making a snap judgement and agreeing to a scammer's claims: slow down, breathe and think. First do some research – check in with your loved one, verify a charity's legitimacy, or call your boss.

The above plays upon our kindness and concern for others. But scammers also cultivate and prey upon our fears. Often they present themselves as a public worker from Dane County, Social Security, the IRS, or law enforcement. They disguise themselves as health care providers or representatives of financial institutions. These scammers may present themselves as friendly, concerned, and thoughtful, but also confrontational, aggressive, and threatening. Whatever persona they project, a key to overcoming your fear is to recognize that the request doesn't make sense – the banks, medical clinics, IRS, Social Security - already have the personal information the scammers are requesting.

If you believe you have been scammed it is best to report it. By reporting, you'll be helping to prevent others from being scammed. To report a scam: [Where to report scams | USA Gov](https://www.usa.gov/where-report-scams) <https://www.usa.gov/where-report-scams>

Next issue: Types of scams. Keep reading and stay tuned!

### Additional Resources:

- Link for reporting to the Federal Trade Commission: <https://reportfraud.ftc.gov/#/>
- Link for WI DATCP reporting: [https://datcp.wi.gov/Pages/Programs\\_Services/FileConsumerComplaint.aspx](https://datcp.wi.gov/Pages/Programs_Services/FileConsumerComplaint.aspx)
- Includes telemarketing No Call List. You can also call the Consumer Protection Hotline at (800) 422-7128
- Links for resources to expand your knowledge of scams:
- NCOA: [Tips for Protecting Older Adults From Online Scams \(ncoa.org\)](https://www.ncoa.org/article/avoiding-online-scams-how-to-guide-older-adults) <https://www.ncoa.org/article/avoiding-online-scams-how-to-guide-older-adults>
- Consumer Action: [Consumer Action - consumer education, advocacy, financial literacy, and consumer protection \(consumer-action.org\)](https://www.consumer-action.org/news/scam-gram) <https://www.consumer-action.org/news/scam-gram>



As of January 8<sup>th</sup>, The Tenant Resource Center will be in their new office located at 2510 Winnebago St. Madison 53704. Save the date for a grand opening celebration on February 2nd, 2024.

**TRC Rental Rights Hotline:** Dane County: 608-257-0006 Toll-Free: 877-238-RENT (7368)

## Medicare Scams:

Why do we keep writing articles about Medicare scams?! Well... Because they keep happening!

Be aware of the following popular Medicare scams:

- **Unsolicited phone calls from “Medicare”**

If someone calls you out of the blue claiming to be from Medicare, hang up. Medicare does not call people unexpectedly and will not ask for your Medicare number or banking information.

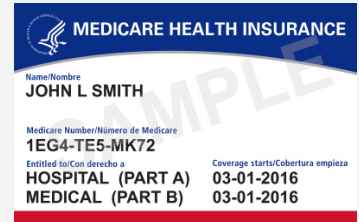
- **Medicare card replacements**

Scammers are calling individuals asking if they have received their new Medicare chip card and request to verify the number with the person. Do not share your Medicare number over the phone to someone claiming Medicare is using new chip cards.

- **Medicare Advantage scams**

Sometimes people selling Medicare Advantage plans use illegal tactics in order to get people to sign up for a new plan. The plan may not cover healthcare expenses in the county or region where the person lives, leaving the person with out of pocket medical costs and no coverage.

If you believe you have been a victim of a Medicare scam, please call 1-800 MEDICARE (1-800-633-4227).



### Go Play in the Snow!

The Wisconsin DNR is committed to providing universal access opportunities for all Wisconsinites, even in winter. Their cross-country sit skis are a fantastic opportunity for people of all abilities to get out into the peace and solitude of winter.



Photo credit: Travel Wisconsin

The sit skis are available for free use at the locations listed below. All of the locations below have flat groomed trails that allow for easier maneuverability.

- \* [Buckhorn State Park](#)
- \* [Kettle Moraine State Forest - Lapham Peak Unit](#)
- \* [Mirror Lake State Park](#)

### Winter Safety Tips:

- Stay home and use delivery services! Don't risk the trip when you can avoid the roads, snow, cold and ice. You can use delivery services for groceries, restaurants, Meals on Wheels, drug stores, medication delivery, even Kwik Trip if that's your jam!
- Make sure your wheelchair is ready for winter. Consider putting on snow or all-terrain tires, which are knobby, softer and grip snow better to avoid getting stuck. Take a backpack or bag with supplies you might need in an emergency.
- Don't use rollator walkers on the snow! Their slick wheels can slip easily.
- Wear warm gloves, but not so thick they impair your grip on your walker or cane, or if you need your sense of touch due to low vision. If opening your fingers is difficult, go with a pair of mittens instead.
- Put ice cleats or grippers over your boots or shoes to prevent slipping – a low cost investment at \$25 or less.
- Add an “ice tip” to you cane – available under \$10 at a wide variety of stores.



### Mom was Right - Wear a Hat!

We lose most of our body heat through our heads, making hats one of your most important winter accessories. It's also a good idea to wear a scarf to cover your mouth and nose and protect your lungs from freezing air. A coat with a good hood is another option – it can be easier to flip on & off – if you need to listen at intersections.





## Brain Health – Supports and Encouragements

For an organ that resides in all vertebrate and most invertebrate animals (and possibly plants), the brain is viewed as the command center through which information is received, processed and acted upon. We need our brains to think, move, recognize emotions and experience the world around us.

While there are many ranging descriptions of the brain, we liken it to a finely-tuned machine like a computer. Our brains require action before, during and after plugging it into its power source.

### Supports:

Setting up your computer comes with lots of considerations – you need the right voltage, surge protectors, and operating systems.

For the brain, these supports are:

#### Nutrition

- ⇒ Eat healthy foods such as fruits, vegetables, nuts, whole grains, healthy fats, fish and lean meats/plant-based proteins
- ⇒ Avoid highly processed foods
- ⇒ Reduce foods that will increase your blood sugar
- ⇒ Eliminate tobacco
- ⇒ Moderate alcohol consumption

#### Physical Activity

- ⇒ Exercise regularly
- ⇒ Sleep well
- ⇒ Protect your head
- ⇒ Manage your stress

#### Cognition

- ⇒ Engage in activities to challenge your brain – puzzles/games, read, try new things/hobbies
- ⇒ Seek out cultural activities
- ⇒ Participate in social activities
- ⇒ Avoid unnecessary risks

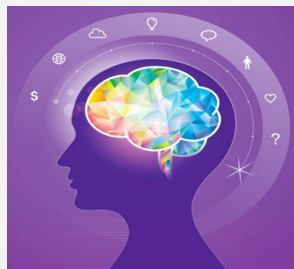


**Be Well**



### Encouragements:

Realize that even with supports, over time, we may need to enhance our efforts to keep the computer running smoothly, efficiently and to avoid systemic disruptions: remove unwanted cookies, install new security programs and change Wi-Fi networks.



For the brain, these encouragements may include:

- ⇒ Use of supplements after checking with your health care professional
- ⇒ See a therapist to help with stress and uncomfortable emotions
- ⇒ Explore Cognitive Stimulation Therapy
- ⇒ A calm, relaxing space such as a Snoezelen Room
- ⇒ Join a support group
- ⇒ Volunteer your time

While accidents, aging and life events can negatively affect our brains and cognitive capacities, we can be proactive by ensuring a nurturing environment for our brains and addressing the wear and tear happening to our grey matter. By recognizing the cognitive, nutritional, physical and social inputs upon brain health, we can better navigate choices that help keep our eyes on the prize for as long as we can.

This axiom from the United Negro College Fund, is still pertinent: “A mind is a terrible thing to waste”.



### Protect yourself and others from COVID-19, Flu, and RSV!

Get your vaccinations. Check with your doctor, or call the ADRC or Public Health Madison & Dane County if you need more information. 608 266-4821

Reduce your Risk! [Click here](#) to view PHMDC's respiratory illness data dashboard.

## The Center for Patient Partnerships: Health for Each and All

Through the University of Wisconsin-Madison, the Center for Patient Partnerships offers patient advocacy services to individuals looking for support, assistance in communicating with healthcare professionals and assistance making tough important calls. Graduate and professional students from UW Madison are the backbone of the agency, as such, all advocacy services at the Center are offered free of charge.

The Center helps clients with serious illnesses:

- ◆ Clarifies diagnosis and treatment options
- ◆ Helps make decisions based on those options
- ◆ Negotiates coverage with insurance providers
- ◆ Clarifies financing options for treatments
- ◆ Builds their own self-advocacy skills as needed

If you are interested in working with a student advocate, please call the Advocacy line at 608-890-0321

or email [advocacy@patientpartnerships.org](mailto:advocacy@patientpartnerships.org)



## ABC for Health: Advocacy & Benefits Counseling for Health, Inc.

ABC for Health is a Wisconsin-based, nonprofit public interest law firm dedicated to linking children and families, particularly those with special needs, to health care benefits and services.



Contact ABC for Health if you live in Wisconsin and you:

- Are having trouble paying medical bills
- Have lost or will lose health coverage
- Need help determining which health coverage is right for you
- Need help determining your eligibility for health benefits
- Have a pre-existing condition and can't find health care coverage
- Are interested in applying for coverage programs such as BadgerCare Plus
- Received a claims denial or are in a dispute with your private insurer
- Received a notice from BadgerCare saying they won't cover a service
- Have questions about having BadgerCare and private insurance at the same time
- Have questions about using your benefits
- Would like to know how health care reform will affect your coverage
- Are part of an intact family and facing a birth cost recovery judgment

**Email:** Email them at [info@safetyweb.org](mailto:info@safetyweb.org) with your name, phone number, and a short summary in the **body of the email**.

**Phone:** Call (608) 261-6939. Please leave a message with your name and phone number.

## Disability Advocacy Day: Save the Date 3/20/2024

Save the date for the 2024 Disability Advocacy Day on **Wednesday March 20th**. (It's on a Wednesday this year instead of the usual Tuesday.)

Disability Advocacy Day is a day-long event focused on connecting Self-Advocates with their legislators to talk about issues that matter to them. It is hosted by Survival Coalition of Wisconsin Disability Organizations, a cross-disability coalition of more than 20 state and local organizations and groups.

For more than 20 years, Survival has been focused on changing and improving policies and practices that support people with disabilities of all ages to be full participants in community life.

For more information and to register: <http://www.survivalcoalitionwi.org/>



## 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.

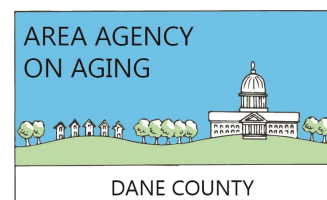
Email [AAA@countyofdane.com](mailto:AAA@countyofdane.com) to register

March 16, 2024: In-Person Location TBD register by 3/8/2024

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

July 13, 2024: In-Person Location TBD register by 7/3/2024

September 14 2024: Virtual Seminar, register by 9/6/2024



## Action for the Future: Imagine the World in 2030, fully inclusive of persons with disabilities.

The [2030 Agenda for Sustainable Development](#), adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests. Building on the principle of “leaving no one behind”, the new Agenda emphasizes a holistic approach to achieving sustainable development for all, explicitly including disability and persons with disabilities. The goals holds a deep promise for persons with disabilities everywhere, to ensure inclusion and development.

**1 NO POVERTY**



**2 ZERO HUNGER**



**3 GOOD HEALTH AND WELL-BEING**



**4 QUALITY EDUCATION**



**5 GENDER EQUALITY**



**6 CLEAN WATER AND SANITATION**



**7 AFFORDABLE AND CLEAN ENERGY**



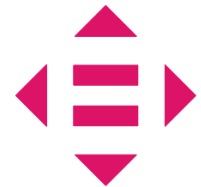
**8 DECENT WORK AND ECONOMIC GROWTH**



**9 INDUSTRY, INNOVATION AND INFRASTRUCTURE**



**10 REDUCED INEQUALITIES**



**11 SUSTAINABLE CITIES AND COMMUNITIES**



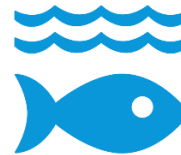
**12 RESPONSIBLE CONSUMPTION AND PRODUCTION**



**13 CLIMATE ACTION**



**14 LIFE BELOW WATER**



**15 LIFE ON LAND**



**16 PEACE, JUSTICE AND STRONG INSTITUTIONS**



**17 PARTNERSHIPS FOR THE GOALS**



### Property Tax Blues? Property Tax Deferral May Help!

Although property taxes help fund essential public services like schools, roads, police and fire departments, the annual payment can be a hardship for some elderly and veteran families. If you're age 65+ or a qualified veteran, you may be eligible for Property Tax Deferral Program, which allows people to convert home equity into cash to pay property taxes.

**City of Madison homeowners:** Must be age 65+. Eligibility is based on income of less than \$66,300 for a household of 1, with assets less than \$30,000. Contact Madison Community Development Dept. at (608) 266-6520.

**Dane County Homeowners:** Must be age 65+ or qualifying veteran. Eligibility is based on Income of \$20,000 or less. Contact Wisconsin Housing & Economic Development Authority (WHEDA) at 608-266-3528 or 800-755-7835.





# The Sampler! Interesting Events Happening in our Community:

**What:** Visit the Wisconsin State Capitol

**When:** Tours start at the Information Desk, Monday through Saturday at 9:00, 10:00, 11:00 am and 1:00, 2:00, 3:00 pm; and Sundays at 1:00, 2:00, 3:00 p.m. A 4:00 p.m. tour is offered only weekdays (Monday - Friday), excluding holidays.

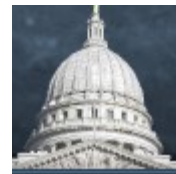
**Where:** Wisconsin's Capitol building, 2 East Main Street, Madison

**Cost:** FREE!

**Why:** To experience the beauty and grandeur of Wisconsin's Capitol!

**How:** Tours are offered daily, except on the following holidays: New Year's Day, Easter, Thanksgiving, Christmas Eve and Christmas.

Call: (608)266-0382 or visit <https://tours.wisconsin.gov/> The Capitol building has wheelchair-accessible entrances and elevators.



**What:** Chazen Museum of Art

**When:** Monday–Friday, 10 a.m.–7 p.m. and Saturday–Sunday 11 a.m.–5 p.m

**Where:** Chazen Museum of Art, University of Wisconsin, 750 University Avenue, Madison (608)263-2246

**Cost:** Free!

**Why:** Visit a place of beauty, respite, inspiration and learning for as little as 15 minutes or spend a few hours viewing works of art, visiting the café and the unique gift shop.



**What:** Cold weather sports with Outdoor UW Winter rentals

**When:** Throughout the winter season

**Where:** Outdoor UW Office, Memorial Union Lower Level, 800 Langdon St. Madison

**Cost:** \$8-\$15

**Why:** Have an outdoor experience with snow shoes or ice skate rental!

**How:** First come, first serve. For questions, please call (608) 262-1630 or email [outdooruw@union.wisc.edu](mailto:outdooruw@union.wisc.edu)

website: <https://union.wisc.edu/events-and-activities/outdoor-uw/outdoor-rentals/winter-rentals/>



**What:** "Moonshine" A celebration of Black History Month, with live music, contemporary theater and dance performances that include West African, Afro-Caribbean Dancehall, and Hip Hop dance forms.

**When:** February 23, 2024 at 3:30 p.m.

**Where:** H'Doubler Performance Space, Lathrop Hall 1050 University Avenue, Madison

**Cost:** FREE & open to the public

**Why:** To celebrate African Americans and the Arts, and show support for the UW-Madison Dance Department!

**What:** LOV @ the Movies

**When:** March 16, 2024 @ 12:00 pm – 5:00 pm

**Where:** Marcus Point Cinema 7825 Big Sky Dr. Madison

**Cost:** Discounted group tickets will be \$8 each

**How:** Email Kevin McPherson at [kevinjmcpherson@gmail.com](mailto:kevinjmcpherson@gmail.com) for details

**Why:** It is a monthly social opportunity for adults with developmental disabilities, their friends, parents, and caregivers.

Living  
Our Visions

**What:** Winter Fun Extravaganza

**When:** January 21<sup>st</sup> 10:00 a.m. - 1:00 p.m. This event is weather dependent; check Dane County Parks social media pages for cancellations.

**Where:** Indian Lake County Park, 8183 State Highway 19, Cross Plains

**Cost:** Free! Snowshoe rentals will be \$5 a pair to use during the event on a first come, first serve basis. Meet at the shelter to purchase. S'mores and hot chocolate with a donation.

**Why:** A great opportunity to shake off the winter blues and get outside this winter! The organizers are looking to be as accessible and inclusive for all needs. For more info on accommodations, contact: call Angela with questions (608) 622-8320 or email [Heritagecenter@countyofdane.com](mailto:Heritagecenter@countyofdane.com)



**What:** Orchid Escape 2024

**When:** Daily, January 20<sup>th</sup> – March 3<sup>rd</sup> from 10:00 am – 4:00 pm

**Where:** Olbrich Botanical Gardens 3330 Atwood Avenue, Madison WI

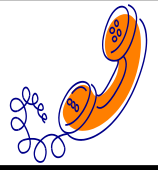
**Cost:** General admission \$8.00

**Why:** Marvel at eye-popping color around every turn and bathe your senses in botanical bliss. Orchid Escape features roughly 1,000 blooming orchids artfully displaced for your enjoyment, including new orchids special ordered from vendors as well as specimens from our own permanent collections.





# I Called the ADRC!



Bradly called the ADRC and spoke to Information & Assistance Specialist (I&A) Anna. Bradly was looking for a medical bed. It just so happened that I&A Melana just received a phone call from Denise. Denise wanted to donate a lightly used medical bed to someone who could use it. Melana emailed this tip about a medical bed for donation out to the entire ADRC team, in case anyone knew of a customer in need. Anna immediately informed Bradly, and he jumped on it! Bradly called Denise directly, and she explained that not only did she have a medical bed, but also a lift chair! Denise delivered the items to Bradly's home. In addition, Denise was able to help with a few home chores during her visit as well. This partnership of two community members that began as strangers was immensely beneficial. Denise was appreciative that these items were able to have a new purpose to make a difference for Bradly and he was grateful for the help!



Sharon called the ADRC because her mother, Dorothy, had a recent fall and broke a vertebra in her back. I&A Nicole discussed care needs for Dorothy's recovery, and Sharon confirmed Dorothy would need some short-term care with meals and light housekeeping. Nicole provided information about home health services that are prescribed by the doctor, home delivered meals, case management services through Dorothy's local senior center, and transportation assistance. Sharon shared that her mother had heard of the local senior center, but thought it was just for social activities. With this new information, Sharon called the senior center to discuss Dorothy's care needs.

I&A Nicole followed up with Sharon regarding Dorothy's progress after a few weeks. Sharon stated Dorothy is actively working with her senior center case manager, who helped Dorothy set up various services. Sharon confirmed they were able to talk with Dorothy's doctor, who ordered physical therapy through home health. Sharon said that Dorothy is getting back to herself and they are very happy with her improvement!

## Meet the Intern: Mariah!

The ADRC is lucky to have interns to assist with various projects throughout the year. Mariah started interning with the ADRC in September. Here is a little more about what Mariah is helping with and where she sees her degree taking her in the future:

"At the ADRC, I am currently working with the team on the Independent Living Support Pilot program. I am working on contacting consumers, gathering information and resources, and other tasks to assist the coordinators. I am also working with DCS Kayla to reintroduce the Music and Memory program to libraries around Dane County. I think Music and Memory is such an important and beneficial program, especially for people with dementia, so this is very exciting to work on.

I started becoming interested in working in human services when I worked as a dietary aid at a nursing facility. As I became close with the residents, I noticed a need for advocacy for aging adults. Through that job I became an activity aid and a resident aid, which allowed me to work closer with residents. In the future, I plan on returning to UW-Madison for my master's degree in social work. I want to keep working with aging adults, specifically with people with memory care concerns, as I find true meaning in that work and have fallen in love with it."

Thank you, Mariah!

## Free Streaming!

As popular streaming services raise their prices and crack down on password sharing, there are some alternative streaming services that are free. Here are some of our favorites:

### Tubi

Pros: Offers tons of content, don't need to create an account to access. Sort movies by theme, 100's to choose from.

Cons: There are commercials throughout show.

### Kanopy Library Service

Pros: Lots of content and no commercials!

### YouTube

Pros: Many different shows and movies.

Cons: Lots of commercials and be careful not to create a subscription.

### Peacock

Pros: Viewing limited content without a subscription.

Cons: Commercials and be careful about creating a subscription.

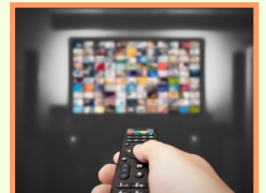
### Pluto TV

Pros: Access to live TV and access to limited streaming TV shows/movies. No need to create an account to access.

Cons: Commercials and only a few seasons of TV shows are available, so content is more limited.



## McCabe's at the Movies





## Better Daily Living through ATI!

Access to Independence (ATI) is a non-profit, customer-controlled Independent Living Center (ILC) that provides resources, services, and advocacy to people of all ages with all types of disabilities in Dane County. Created under the Rehabilitation Act of 1973, Wisconsin has eight ILC's statewide.

One of ATI's areas of expertise, is Assistive Technology (AT) that helps folks do daily living tasks more independently. Assistive Tech can be large or small, complex or simple but regardless of shape, AT is geared to the needs of the individual.

Through the *Wistech Device Loan and Demonstration Program*, ATI provides over 1,000 devices for demonstration. ATI staff are trained and able to match customers with equipment, explain how items may help improve everyday life, assist with setting up devices, and help customers

learn to use it. Many of the items are available for short-term loan of up to three weeks. ATI even offers catalogs and vendor information to help you make the best AT choices.

For more information, contact **Access to Independence 3810 Milwaukee St. Madison, WI 53714**. Call them at **608-242-8484**.

<https://www.accesstoind.org/>



The ADRC of Dane County serves adults, however we wanted to share this exciting new resource for children: Wisconsin Wayfinder: Children's Resource Network includes a user-friendly website and helpline that connects families with live people who will help navigate through the needed services and supports that will enable their children to succeed.

Contact [dhs.wi.gov/wiscway](https://dhs.wi.gov/wiscway) or 877-WiscWay (877-947-2929) for convenient, direct access to compassionate and knowledgeable children's resource guides.



## Advocacy through CAP: Client Assistance Program

The Client Assistance Program (CAP) assists people with disabilities who are having questions or concerns about services through DVR -Division of Vocational Rehabilitation, or who have concerns about services received through Access to Independence, Dane County's Independent Living Center (ILC). CAP was established by Congress for assistance with services that are funded under the Rehabilitation Act.

CAP services are provided through Disability Rights Wisconsin. If you need help with a DVR or Access to Independence related issue please call CAP at [800-362-1290](tel:800-362-1290) or contact them at [Client Assistance Program \(CAP\) - Disability Rights Wisconsin](#).

### How CAP Helps

There is no cost for CAP services. CAP provides assistance to individuals with all types of disabilities. They will cover the cost of interpreters or translators for meetings with CAP staff. The CAP program can provide you with information about your rights under the Rehabilitation Act including your rights to Vocational Rehabilitation Services from the Division of Vocational Rehabilitation. CAP can explain the DVR processes and procedures. We can also advocate for you with DVR and in limited circumstances help with appeals of denials made by DVR. We can also provide you with information and technical assistance regarding your rights under Title I of the Americans with Disabilities Act.

## Home Sweet Home!

The housing counselors at non-profit Movin' Out have helped 27 households so far this year to become first time home buyers! They help at every step of the home buying process, from discussing plans and strategies for budgeting, to connecting households with down payment assistance funds. Over the years, Movin' Out has compiled an impressive record of success in helping people with permanent disabilities, and their families, to find and maintain housing of their choice in communities throughout Wisconsin.

Those interested in connecting with a Movin' Out team member can fill out the [online interest form](#) or call (608) 251-4446. Use ext. # 7 to request more information about their down payment assistance programs.





WE  
THE  
PEOPLE



## Know Your Voting Rights

The Wisconsin Disability Vote Coalition said it best, "As a person with a disability, it is your right to have a full and equal opportunity to register to vote, cast a ballot, and access disability related accommodations." Check out their Voting Rights Fact Sheet and more information:

[Voting Rights Toolkit - Wisconsin Disability Vote Coalition](#)

Their website is full of important information: [Disabilityvote.org](http://Disabilityvote.org)

The Wisconsin Disability Vote Coalition is a project of Disability Rights Wisconsin and the Wisconsin Board for People with Developmental Disabilities, two active local organizations featured elsewhere in this issue for other advocacy projects they administer.

As 2024 is a Presidential Election Year, we are already bombarded with news about politics and ads to an almost invasive degree. It is easy to become frustrated. Let's try to shut out the noise and be very playful about making sure our vote counts. We have all witnessed the importance of every elected office and its impact on each of our daily lives. It is imperative to exercise your right to vote. The Disability Vote Coalition has the tools and information to support you. Questions? There is a Disability Rights Voter hotline. Dial **844-347-8683 (844-DIS-VOTE)** or email [info@disabilityvote.org](mailto:info@disabilityvote.org)



disabilityrights | WISCONSIN



## Aging Advocacy Day Wisconsin Aging Advocacy Network

**Save the Date!** Tuesday, May 14, 2024—More details coming soon!

You are invited! Join aging advocates from across the state to share your story and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2024 and beyond.

**Morning Training** at the Best Western Premier Park Hotel, 22 S Carroll St. Madison; and **Afternoon Visits** with your legislators/key staff members at the Wisconsin State Capitol.

**Contact:** Janet Zander 1414 MacArthur Rd., Madison, WI 53714 (608) 228-7253  
[janet.zander@gwaar.org](mailto:janet.zander@gwaar.org) (No experience necessary training provided.)

**Make a difference, Let your voice be heard.**



## #WinterReady!

- ◇ Know what to do before, during, and after a winter storm.
- ◇ Listen to local officials.
- ◇ Have emergency supplies in place at home, at work, and in the car.
- ◇ Stay off the road during and after a winter storm.
- ◇ Use a carbon monoxide alarm, especially if using alternative heating devices.
- ◇ Use heating devices safely.

## Wisconsin Addiction Recovery Helpline



Call 211

or 833-944-4673

Text Zip Code to 898211

Offering Hope: The Wisconsin Addiction Recovery Helpline marks 5 years of service, answering more than 31,000 calls, texts, and chats for support since 2018.

The Wisconsin Addiction Recovery Helpline is a statewide resource for finding substance use treatment and recovery services. The helpline is free, confidential, and available 24/7. Their trained resource specialists will help you understand your treatment and support options.

What bites but doesn't have teeth?

Frost.



Act now if you need 2024 health insurance coverage through the Federal Marketplace.

Open enrollment ends January 15, 2024.

[www.healthcare.gov](http://www.healthcare.gov) or call 1-800-318-2596



Five Tips for Exercising Safely During Cold Weather

**Don't let falling temperatures stop your outdoor exercise plans. You can walk, ski, ice skate, shovel snow, and more.**

Take a few extra steps to stay safe:

1. **Warm up and cool down**, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.
2. **Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
3. **Be extra careful** around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.
4. **Learn about the signs of hypothermia**, a drop in body temperature that can cause serious health problems.
5. **Check the forecast.** If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.

## Who are my elected officials?

Voting is a form of advocating for yourself and your community. Even if your vote doesn't always get the results you want, it's still your opportunity for change.

Take action for your interests by contacting your elected officials when needed, and making sure you vote for candidates at Federal, State and Local levels.

**FEDERAL:** At the Federal level, Wisconsin is represented through President Joseph R. Biden Jr., and Vice President Kamala Harris. Wisconsin has 2 elected Senators: Tammy Baldwin and Ron Johnson. Wisconsin also has 8 congressional districts, with Dane County served by 2<sup>nd</sup> Congressional District Representative, Mark Pocan.

**STATE:** At the State level, Wisconsin government is led by Governor Tony Evers, plus 99 State Assembly Districts and 33 State Senate seats, as well as an elected Wisconsin Supreme Court. Dane County is currently part of thirteen assembly districts and six senate districts, so as Dane County residents, our officials depend on where we live (although new district boundary lines may be drawn for 2024). There are also state level elections for Attorney General, Lieutenant Governor, State Treasurer, Secretary of State and Superintendent of Public Instruction.

**LOCAL:** Local politics may arguably have the most impact on your daily life. Dane County is governed by an elected county executive and a county board of supervisors. The current county executive is Joe Parisi (although he's stepping down in May 2024). The board of supervisors consists of 37 members, each elected from districts, representing all parts of Dane County, from Madison to our more rural communities. The board of supervisors enacts county ordinances, levies taxes, and appropriates money for services. Other officials elected at a county level include Sheriff, Treasurer, Register of Deeds, District Attorney, County Clerk, Comptroller, and Clerk of Court. Also at a local level, communities hold elections for Mayor and Alders, or President and Board of Trustees, or Town Boards. The City of Madison, for example, has a Common Council with elected alders from 20 districts representing all areas of the city. Municipalities generally take responsibility for parks and recreation services, libraries, police and fire departments, housing services, municipal courts, transportation and public works (streets, water & sewers, snow removal, signage) etc. There are also specific local elections for things such as Board of Education and municipal clerk.

These officials, serving at all of these levels of government, can be reached during office hours, over the phone, by post or over email. Tell your elected representatives how you feel about certain issues, ask them for help with problems, share how their policies are impacting your life, or challenge them on how they are representing Wisconsin.

To find your specific list of elected officials—from the president on down, including school board and judges- just enter your address at this link: <https://myvote.wi.gov/en-us/My-Elected-Officials>

You can also search for here for State and Federal reps: <https://maps.legis.wisconsin.gov/results.aspx?Address=&single>

Not online? Call the **WI Legislative Hotline**, 8:15 am to 4:45 pm, Monday through Friday:

Local Madison Number: 608-266-9960

Statewide Toll-Free: 800-362-9472

Hearing Impaired: 800-228-2115

**My Vote Wisconsin** (brought to you by the State of Wisconsin Elections Commission)

Local: (608) 266-8005

Toll-Free: (866) VOTE-WIS

Fax: (608) 267-0500 Email: [Elections@wi.gov](mailto:Elections@wi.gov)

**Governor Tony Evers:**

P.O. Box 7863

Madison, WI 53707

(608) 266-1212

<https://evers.wi.gov/Pages/Home.aspx>

**Senator Tammy Baldwin**

30 West Mifflin Street, Suite 700

Madison, WI 53703

Phone: (608) 264-5338

[www.baldwin.senate.gov/help/resources](http://www.baldwin.senate.gov/help/resources)

**Senator Ron Johnson**

5315 Wall Street, Suite 110

Madison, WI 53718

Phone: (608) 240-9629

<https://www.ronjohnson.senate.gov/contact>

**U.S. Representative Mark Pocan**

10 East Doty Street, Suite 405

Madison, WI 53703

Phone: (608) 258-9800

<https://pocan.house.gov/>

**President:**

Comments: 202-456-1111

TTY - Comments: 202-456-6213

The White House

1600 Pennsylvania Avenue, N.W.

Washington, DC 20500

<https://www.whitehouse.gov/contact/>



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)