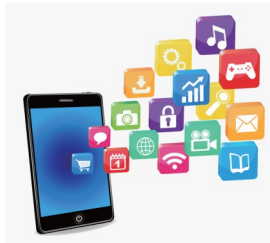




Lingo Buster: Technology Edition

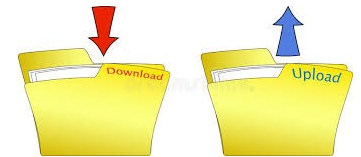


Using the internet can expand our ability to learn and connect with others. In this time of quarantines and social distancing, going online is more useful than ever. Here are some terms to know:



“App” is short for application. It’s essentially a program that lets you do things. There are mobile apps which you can download onto your smart phone or your tablet. There are computer apps that you can use like your web browser or word processors. There are even apps you can download onto your smart TV. YouTube is an example of an application which you can use on your mobile device, computer or smart TV. There’s gaming apps, social media apps, music apps... There is literally an app for everything!

“Download” means your device is receiving information from the internet. For instance, you can download the Madison library’s Overdrive app.



“Upload” means your device is sending information from your mobile device to the internet. For instance, you can upload photos to an e-mail.



“Tablet” is a mobile device that is essentially a portable computer. It has a touchscreen, is smaller than a laptop or a personal computer but bigger than a smart phone, and is very lightweight.

“Streaming” means receiving audio or video files in a continuous flow over wired or wireless internet connection. It is NOT downloading because it is NOT stored on your device. You are only accessing the information through the internet. You can stream TV using an app or stream music using an app.



“Blog” is short for web log. It is a regular record of someone’s ideas, opinions, topics or experiences that is put on the internet for other people to read. You can read food blogs, fashion blogs, music review blogs, anything and everything under the sun.

“Vlog” is short for video log. It’s similar to a blog but instead of written, it’s a video.



“Podcast” is a voice recording on topics, events, opinions, or experiences.

“Malware” is software that is specifically designed to disrupt, damage or gain unauthorized access to a computer system. There are different malware types which include viruses, and ransomware, spyware, adware.

Always be careful of everything you click on or download because you may unintentionally download malware.



“Social Media” is a general term for websites and applications which users create and share content or engage in social networking. Examples of Social Media are: Facebook, TikTok, SnapChat, Instagram, YouTube, Pinterest, Twitter, and Tumblr.

Always be careful what you post, share and who you follow.

“Virtual Meetings” are basically video calls or chats 1:1 or with groups. They’re offered on different apps like Zoom, GoToMeeting, Skype, FaceTime (for iPhones/Apple devices), Duo Google (on android phones/devices), or FaceBook Messenger.




Caregiver Support in a Pandemic? You bet!

Are you a caregiver needing comfort, advice or support? Support groups are still a great resource, most are just meeting virtually. Here are a few options to connect with others online:

- The American Parkinson Disease Association offers free online support services for those diagnosed or their caregivers. Please contact Theresa Fishler 920-397-5328.
<https://www.apdaparkinson.org/Wisconsin>
- Gilda's Club of Madison offers online support groups, information and resources to people undergoing cancer treatment, survivors and their caregivers.
<https://www.gildasclubmadison.org/get-support/virtual-programs/>
- The Alzheimer's & Dementia Alliance has many online options for caregivers. They provide online support groups and educational programs. <https://www.alzisc.org/learn-more/onlineprograms-resources/>
- The Alzheimer's Association has online tools, virtual support groups and educational programs. Click the link to find their monthly offerings. The Alzheimer's Association also has a helpline that is staffed 24/7 by trained professionals.
<https://www.alz.org/media/wi/documents/WI-Flyer-and-Door-Sign-V2.pdf>
- NAMI Dane County family support programs are led by family members of individuals with mental illness and follow a structured format. Programs are provided at no cost to participants.
<https://www.namidanecounty.org/family-support>
- Contact NewBridge 608-512-0000 or your local Senior Center to check if a virtual support group is available in your community.



 **Healthy Aging Online!** The Wisconsin Institute for Healthy Aging now offers online workshops!
Go to <https://wihealthyaging.org/workshops> and click on "Statewide Online Workshops" to see the opportunities.

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy. —Dr. Martin Luther King Jr.



ARTS for ALL Wisconsin Winner:

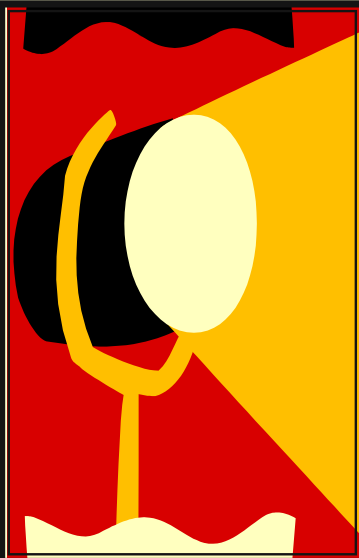
Adult Creative Power Award Winner Bob Hanneman of Madison with his piece "Tiny Flowers"



I & A Amanda is grateful for friendship and morning coffee!



I & A Andrea is grateful for family and...coffee!



COMMUNITY SPOTLIGHT:

PUBLIC HEALTH MADISON AND DANE COUNTY

THANK YOU PUBLIC HEALTH MADISON & DANE COUNTY!



In these unprecedented times, we are fortunate to have Public Health Madison & Dane County keeping us informed and educated about the Coronavirus. PHMDC has been working diligently to keep our communities safe in the pandemic, serving over 500,000 people in more than 60 cities, villages, and towns across Dane County.

Just as many organizations and agencies have had change the way they do business because of coronavirus, Public Health Madison & Dane County also had to shift staff to other duties and bring on new employees to do their very necessary work.

For example:

- ◇ 4 staff members are dedicated to answer calls and emails from the general public
- ◇ 10 staff members are dedicated to working specifically with sectors – parks, schools, churches and healthcare systems.
- ◇ 50 staff members have been hired for contact tracing and testing support.

Shout out to Public Health Madison & Dane County for all of your efforts during this time!



Nature! Art! Space! And Kittens? Explore for Free and at your Fingertips!

Would you like to relax and watch the beautiful beaches of Waikiki or feel the thrill of pipeline surfing in Ohau? Or giggle over cats and kittens playing? Experience brown bears fishing in Alaska, or livestream elephants at a water hole in Africa? The world is at your fingertips at [explore.org](https://www.explore.org)

An Explore.Org app is also free to download.

Bring more art info your life! Google Arts & Culture teamed up with 2,500 museums and galleries around the globe for virtual tours including, the Smithsonian, National Gallery of Art in Washington D.C, Musee d’Orsay in Paris, and Pergamon Museum in Berlin. The **Google Arts & Culture app** is also free to download.

Check it Out!

Interested in space? Explore behind the scenes with a tour of the NASA Langley Research Center <https://oh.larc.nasa.gov/oh/>



Closer to home, check out All things Milwaukee virtually! Visit MKE online for fabulous museums, walks, parks and the Zoo: <https://www.visitmilwaukee.org/articles/things-to-do/virtual-mke/?NCK=8557326229&ContactID=47313409004>



Connecting You to the Web



The Public Service Commission of Wisconsin offers assistance in locating an internet provider. Contact these resources to learn more:

Internet and Phone Helpline 608-267-3595 Monday through Friday from 7:45 am – 4:30 pm. This helpline is for people who need help locating phone or internet service. A Consumer Affairs staff person will walk through internet and phone service options, share any discount information, and provide information about Lifeline eligibility and enrollment.

Emergency Internet Resources Website: Many internet service providers are offering low-cost, discounted, and free access options in response to the COVID-19 health emergency. The geography served, eligibility for offers, type of discount, and length of time varies. <https://psc.wi.gov/Pages/Programs/BroadbandEmergencyInternetResources.aspx>



Wi-Fi Tool for Drive-Up Internet: An online tool that can help you find free-to-use public broadband locations in your area. These are emergency internet locations for residents who do not have access to the internet at home. You go to a location- for example, the Sun Prairie Public Library - where the building is closed, but the Wi-Fi connections remains accessible. <https://maps.psc.wi.gov/apps/PublicWiFiLocations/>

ARTS for ALL Wisconsin Winner:

Child Creative Power Award Winner
“Off and On” by Lauralee Riley of Madison, Wisconsin

Enjoy the Season!

The days are getting a bit cooler but Fall is a great time to get outside.

We’re lucky to have so many options close to home that allow for social distancing. Explore more at: <https://www.visitmadison.com/explore-outdoor-madison/>

Here’s a recommendation from our own I & A Susie:

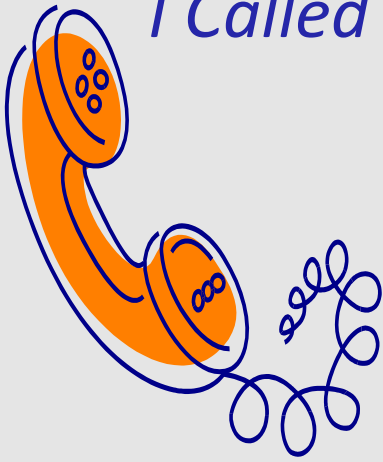
“My family and I enjoyed an easy, paved walk at the Lower Yahara River Trail. These are paved paths or rather flat trails to walk on. Parking was convenient and close to the trails. It was easy to share the paved space with folks on bikes. Pushing two strollers and finding an easy spot to park can be a bit of a challenge but this was an easy trip that was close to home.”



Logic will get you from A to Z; Imagination will get you everywhere. - Albert Einstein



I Called the ADRC!



The ADRC is open for business! We're just doing business a little bit differently these days.

The biggest change we've made is limiting in-person contacts. Unfortunately, we are not able to make home visits or meet at the ADRC office at this time. This is for the well-being of our consumers and staff.

However, our phone lines are ready for your calls with an Information & Assistance Specialist waiting to help! Our hours remain the same, Monday-Friday 7:45am-4:30pm.

People are facing many challenges during this pandemic: being separated from loved ones, worrying about getting groceries, financial hardships, wearing a mask and staying safe. It's okay to need support navigating the "new normal".

Carol was worried about her son Adam, who has Autism. Adam's daily life had changed so much – his work hours were reduced and he wasn't able to see friends or attend his normal activities. Adam was bored and upset at the loss of his routine. I&A McCabe shared info about special online groups and virtual activities designed for folks with Intellectual or Developmental disabilities.

Having health conditions that put her at high risk for the Covid-19 virus, Peg couldn't go to the grocery store. After speaking with I&A Hunt, Peg was relieved to know she had several options for grocery delivery, some without a fee. Additionally, I&A Hunt was able to tell Peg about some Food Pantry help. As a bonus, we were able to mail her a cloth facemask for her safety.

Rick called the ADRC worried about health care insurance after losing his job due to the Coronavirus. I&A Russell and Rick did a "benefit review" discussing his financial situation, household, disability and other details. Until Rick can get back on his feet, I&A Russell helped him apply for a type of Medicaid and the FoodShare Program—much needed relief for this difficult time.

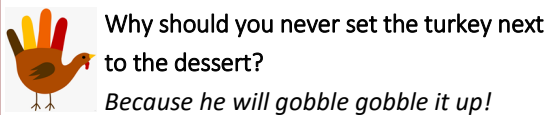
A son called the ADRC about his elderly mother, who was struggling with taking a shower, making meals & laundry. Long story short- I&A Elske was able to counsel the family, complete a Screening over the phone, do a Medicaid application by email and enroll the customer into a Long Term Care Program for in-home support. Pandemics don't stop the ADRC!

If you're nervous about using video technology, take inspiration from Kurt's 88 year-old customer. They had a great conversation over Skype! I&A Specialists can video chat over several media platforms!

How may we help you? Give us a call! 608 240-7400



I & A Michelle is grateful for her dog, Macchi.



TOP TEN THANKSGIVING FILMS:

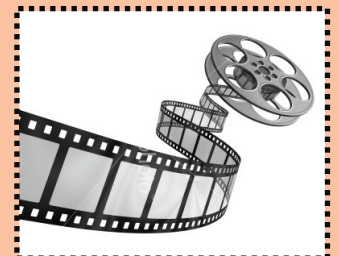
- 10) SON-IN-LAW
- 9) YOU'VE GOT MAIL
- 8) SOUL FOOD
- 7) BEETHOVEN
- 6) THE WIZ
- 5) LAST HOLIDAY
- 4) SCENT OF A WOMAN
- 3) GRUMPY OLD MEN
- 2) ADAMS FAMILY VALUES
- 1) PLANES TRAINS AND AUTOMOBILES

We are happy to debut a new feature to *Resource Wise*. Brought to you by ADRC I&A sister duo Susie and Anna McCabe, who invite you to revisit some classic films.

Pop some popcorn, grab some candy, curl up with a warm blanket and escape into some joy this holiday season!

Happy Thanksgiving! - Anna and Susie

McCabe's at the Movies



Virtual Arts!



ARTS for ALL
W I S C O N S I N

One thing that can't be stopped by a pandemic is art and our desire to imagine, create, sing and dance! ARTS for ALL Wisconsin is making sure that people with disabilities still have those opportunities.

ARTS for ALL Wisconsin, formerly known as Very Special Arts, works to expand the capabilities, confidence and quality of life for children and adults with disabilities. They are now offering online classes for you to enjoy safely at home.

Online classes are taught by professional teaching artists. Learn and participate in such topics as watercolor & acrylic painting, mixed media sculpting, photography, drumming, exploring musical instruments, sing-alongs, writing to heal, virtual choir and much more. Classes meet weekly for six weeks and cost \$60. A limited number of need-based scholarships are available.

For more information, contact ARTS for ALL Wisconsin at 608-241-2131 or www.artsforallwi.org

More Staff Gratitude...

★ I & A Amy E is grateful to experience Nature :-)

I & A Kate is grateful for safe drinking water.

I & A Becky is grateful that our community has ★
been so wonderful at helping each other.

★ I & A Susie is grateful for her family and ★
indoor plumbing.

I & A Amy H is grateful for her dog! And donuts!



AAA Manager
Cheryl is grateful
for her healthy
grandson born
during COVID-19



ARTS for ALL Wisconsin Winner

Adult Creative Power Award Winner Fred Seger of Madison
with his piece "Down on the Farm"



**The Aging & Disability Resource Center of
Dane County is officially on Facebook!**

Please "Like" and Follow us for valuable tips,
information and resources:

[https://www.facebook.com/Aging-and-Disability-
Resource-Center-of-Dane-County-
526644940762713/](https://www.facebook.com/Aging-and-Disability-Resource-Center-of-Dane-County-526644940762713/)

Being Resilient During Uncertain Times

Be Well



Everybody has Resilience! Think back to a tough time you overcame. What helped you? What worked for you? It's also important to know what DID NOT work for you. You are YOUR OWN best and most informed expert. If you know something doesn't work, don't waste your time trying to make yourself fit a mold that doesn't work.

Build Your Resilience:

Stay Connected! We are physically distant but make it a point to stay socially connected. Stay in touch by calling, video chatting, meeting outside while staying six feet apart and wearing a face mask. Become a pen pal.

Express Yourself! It can be very hard to tell someone how you're feeling. Remember, you're never a burden by asking for help from a friend, a loved one, or a medical professional. Try putting what you're feeling into art, song, dance or writing! You can also call the 24/7 Disaster Distress Helpline at 1-800-985-5990 to speak with a trained crisis counselor.

Take Care of Yourself! Be sure to eat, sleep, and exercise. Don't overlook the fundamentals of your health! If you need to go to the doctor for a wellness visit or the dentist, make your health a priority.

Turn it Off! Set limits to how much you're staying informed. We live in the age of constant information. Staying up-to-date and informed is important, but set a limit. Make sure that the blue light we absorb from our TV screens don't replace the benefits of sun light.

Give Yourself Grace! Let's be real, we are living through a global crisis. We all are operating under a stress response, which means we're not at our best right now. Be patient and kind to yourself if you make a mistake, if you forget something, or if you're just having a bad day. These aren't normal times.

How to Battle "Caution Fatigue"

Caution fatigue is when we begin to lose our motivation to follow public health guidelines on social distancing and safety. We are all living under long-term stress and eventually this stress makes us not as worried about getting sick.

Why does this happen?

We have been exposed to a lot of worrisome news but after a while we get used to the idea of living in a pandemic. After eight months of being socially isolated, physical distant, stressed and having our routines disrupted, eventually the risks begin to seem less scary. We may think, since we have been healthy up to this point what's the harm in not wearing a mask this once or cutting loose for a night out with friends?

What does caution fatigue look like?

- Not washing our hands
- Not maintaining 6 foot distance
- Not wearing a mask
- Interacting with more and more people who may be carrying the virus
- Becoming confrontational or angry with others over guidelines



How to prevent caution fatigue:

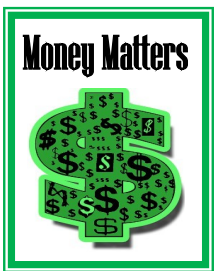
- Stay connected with friends, families, and loved ones by phone or video.
- Set up a routine in your 'new normal'.
- Take care of your mental health; recognize how you're feeling, ask for help if you need it.
- Exercise—simply moving your body helps!
- Remember, you're not just protecting yourself; do it for your family, friends, and neighbors!

Patience is not the ability to wait but the ability to keep a good attitude while waiting – Joyce Meyer

Financial Resources HOTLINE



A service provided by
the City of Madison



Worried about money during COVID-19?
Use our free HOTLINE to find help!

To get started, go to www.cityofmadison.com/financialHotline
or call (608) 315-5151
weekdays 11am-7pm and Saturdays 12pm-5pm



Free support in managing
your money + connecting
to resources is available
over the phone.

housing expenses insurance COVID stimulus information debt assistance
dealing with scams financial planning emergency loans



Do you have questions about debt assistance? Confused with COVID stimulus information?

A new City of Madison Financial Resource Hotline may be able to help.

- The Financial Navigators are City of Madison Librarians
- The Navigators provide information to individuals regarding financial concerns and refer to other community agencies as appropriate
- Madison residents are prioritized, although any Dane County resident may call
- The Navigators do not provide case management and they do not make follow up calls
- Callers can use the hotline as many times as they like
- They have services available directly in Spanish, Hmong, Mandinka and Wolof
- A call summary sheet will be sent to callers after the call

To get started, visit www.cityofmadison.com/financialhotline. Residents will be contacted within 48 hours of filling out a request form.



Covid Food Response – Your Creative Pantry

When you are unable to leave the house as often as you'd like, how can you make sure there is plenty of healthy food in your house? One solution is to create a food pantry to ensure you have at least a two-week supply of groceries.

To get started, take an inventory of what you have in the house. Note the types and quantity of your food so that you can supplement your stock. This includes perishables in your fridge/freezer and the food in your cupboards. Always check expiration dates on packages and put the older foods on the front of your shelves so you can use them next.

Here are some tips to think about when you make your shopping list:

- ◆ Plan a diverse and healthy meal schedule.
- ◆ Consider some foods that need to be prepared and cooked, and other foods that can be simply heated or eaten immediately.
- ◆ When buying perishables such as fresh vegetables, breads, meat and proteins, keep in mind that many of these can be frozen and divided into small user-friendly amounts – either pre-cooked into a meal or as ingredients to mix and match.
- ◆ Remember that packaged foods may be high in salt, sugars, fat and preservatives. If you're thinking about stocking up on them, you'll want to consider your dietary needs/restrictions.
- ◆ Don't forget fats/oils for cooking, spices, herbs, salt and condiments for added flavor and nutrition.
- ◆ If money is tight, you can gradually build up your pantry over time.

Once you have completed your inventory and made your list, you're ready to shop!

If you're able to use the internet, there are many sites that provide recipes for cooking from your pantry. Better yet, pick up your phone and call a friend to find out just what they use in that beloved family recipe!

CAUTION: Coronavirus Scams!

It seems as if there is a scam for everything! Unfortunately, the pandemic has created a variety of new schemes to get your money.

***TESTING SCAMS:**

Ignore offers and advertisements for vaccinations and home test kits. Scammers are selling products to treat or prevent COVID-19 without proof they work. Most test kits being advertised have not been approved by the FDA, and aren't necessarily accurate.

***CONTACT TRACER SCAMS:**

As the State of Wisconsin and Dane County have ramped up their contact tracing efforts, be aware of scammers trying to get your information!

According to the Federal Trade Commission, some scammers are pretending to be contact tracers so they can profit off of the current confusion. They're trying to steal your identity, your money – or both. Luckily, there are ways to tell the difference between a real contact tracer and a scammer.

A contact tracer might get in touch to discuss results of a test you know you took, or because someone you've been in contact with tested positive.

They may ask you for:

- your name and address
- health information
- the names of places and people you have visited

Scammers will ask you to do more. Protect yourself from fake contact tracers:

Don't pay a contact tracer. Anyone who says you need to pay is a scammer, plain and simple.

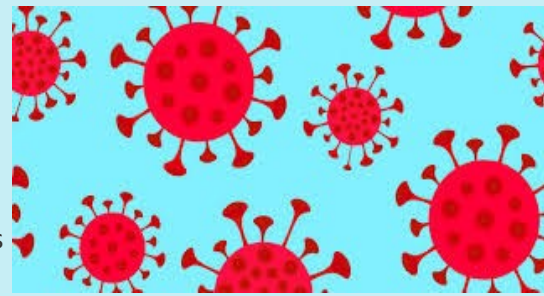
Don't give your Social Security number or financial information. There's no reason for a legit contact tracer to need your Social Security number, Medicare number, bank account, or credit card number.

Don't share your immigration status. Legit contact tracers don't need — and won't ask for — this information.

Don't click on links or download anything sent from a contact tracer. Real tracers will only send you texts or emails that say they'll be calling you.

If you're unsure about an email or call you received and want to check its legitimacy, contact our local Health Department: Public Health Madison Dane County at (608) 266-4821 or call 2-1-1 or email coronavirus@publichealthmdc.com

If you have been contacted by someone you think was not a contact tracer, please alert the Department of Agriculture, Trade and Consumer Protection: DATCPHotline@Wisconsin.gov or 1-800-422-7128.



According to the Federal Trade Commission, older adults are 5X (five-times!) more likely to lose money on tech support scams. Always be careful of what you click on and what information you give away.

BE VERY CAREFUL WITH YOUR PERSONAL INFORMATION. If you receive an e-mail, a text message or phone call asking for your personal information – Stop, Exit, Don't respond, Hang-up! If it's a legitimate business, you will be able to call them back directly instead of replying or responding to the e-mail or text message you received.

BE CAREFUL CLICKING ON LINKS. Oftentimes scammers will ask you to follow a specific link – if you click on it, a virus will be downloaded onto your computer. If you don't know the link you are clicking on is safe- **DON'T DO IT.**

BE CAREFUL DOWNLOADING THINGS. Don't download attachments from strange email senders.

Always make sure your internet connection is secure. Put a password on your Wi-Fi.

Always use strong passwords. It is recommended your password has 20-25 characters; never use the same passwords for multiple accounts; and don't use common phrases. A good password actually is not a word or phrase but random characters. An example is, E937das!6534epvEib25joG. Write it down, keep it safe, and never share it.

Keep your devices automatically updated. Your phone, tablet, computer and software all need updates. These updates are crucial because they fix glitches and keep up with scammers who may try to hack weaknesses in your current device and software. If your devices or software are out of date, that means a hacker can gain control of your device or software.

PROTECT YOURSELF ON-LINE!

Here's a real world example of a scam email shared by the Federal Trade Commission:

Imagine you saw this in your inbox.

Do you see any signs that it's a scam? Let's take a look.

- The email looks like it's from a company you may know and trust: Netflix. It even uses a Netflix logo and header.
- The email says your account is on hold because of a billing problem.
- The email has a generic greeting, "Hi Dear." If you have an account with the business, it probably wouldn't use a generic greeting like this.
- The email invites you to click on a link to update your payment details.



While, at a glance, this email might look real, it's not. The scammers who send emails like this one do not have anything to do with the companies they pretend to be.

What to Do If You Suspect a Phishing Scam Attack

If you get an email or a text message that asks you to click on a link or open an attachment, answer this question: Do I have an account with the company or know the person that contacted me?

If the answer is "No," it could be a phishing scam. Look for the signs of a phishing scam. If you see them, report the message and then delete it.

If the answer is "Yes," contact the company using a phone number or website you know is real. Not the information in the email. Attachments and links can install harmful malware.

What to Do If You Responded to a Phishing Email

If you think a scammer has your information, like your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](https://www.identitytheft.gov). There you'll see the specific steps to take based on the information that you lost.

If you think you clicked on a link or opened an attachment that downloaded harmful software, [update your computer's security software](#) and run a scan. There are local tech businesses that can help you with security.

How to Report Phishing

If you got a phishing email or text message, report it. The information you give can help fight the scammers.

Step 1. If you got a phishing email, forward it to the Anti-Phishing Working Group at reportphishing@apwg.org. If you got a phishing text message, forward it to SPAM (7726).

Step 2. Report the phishing attack to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint)

For more information: <https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams>



COVID-19: Resilient Wisconsin

Another great resilience resource—take a look at this—from the Wisconsin Department of Health Services:

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

Call it whatever you prefer but act now! The 2021 Enrollment for the Affordable Care Act is Happening Now!

Open enrollment began November 1, 2020 and ends Tuesday December 15, 2020

Coverage begins January 1, 2021

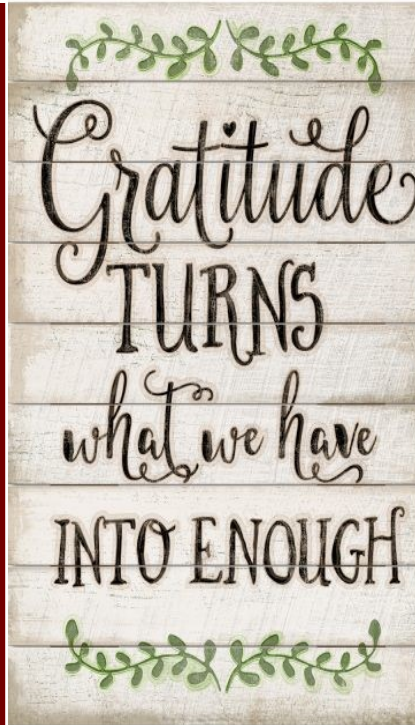
To enroll in a plan you can:

Go to www.healthcare.gov

Call 1-800-318-2596

If you need help to find a Market Place Health Care plan that is best for you from a Health Insurance Navigator, you can reach out to Covering Wisconsin, a non-profit that helps people find affordable health insurance.

You can call them at 608-261-1455



I & A Emily is grateful for her dog Hobbsie. He always seems to know when it's time to take a break from work and go play outside.



ARTS for ALL Wisconsin Winner:
Youth Creative Power Award Winner "Freebird"
by Caleb Nick of Luck, Wisconsin

"The more you know of your history, the more liberated you are."

—*Maya Angelou*

"It's not the hand that signs the laws that holds the destiny of America. It's the hand that casts the ballot." —*Harry Truman*

"An educated, enlightened and informed population is one of the surest ways of promoting the health of a Democracy." —*Nelson Mandela*

"I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend." —*Thomas Jefferson*

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." *From the Declaration of Independence of the United States of America*

True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth, universal brotherhood and good will, and a constant striving toward the principles and ideals on which this country was founded.

—*Eleanor Roosevelt*

**WE THE
PEOPLE**





Who's Who at the ADRC?

Presenting: I & A Krista Rasmussen

Krista's story! First, a little about her background and how she became an Information & Assistance Specialist:

Krista is a Wisconsin native and product of the University of Wisconsin higher education system, attending UW Steven's Point, UW Whitewater and graduate work at UW Milwaukee. Krista has been with the ADRC of Dane County since June, 2013. She draws upon her 21 years as a Social Worker (14 as a Licensed Clinical Social Worker!) to help her customers and colleagues gain the perspectives needed to see them through difficult times. She's known around the ADRC for her kind words, compassion and a smile (even under her mask) – and those are the tools she uses to help others find the solutions right for them. Both serious and lighthearted, she exemplifies the qualities that are needed to navigate the complex world in which we live today.



Why Social Work? When asked how she came into social work, Krista shares that she wanted to help others to realize they are not alone and to help them to help themselves.

Tell us about your family: Krista and her husband Darren have 3 boys, Zander – a junior at Edgewood College, Elijah - a freshman at Stoughton High School, and Lukas – an eighth grader at River Bluff Middle School. Raising three boys is a handful, but Krista & her husband also spent many years in the Foster Care Provider Network because, “there are so many families out there needing help”. That involvement culminated in 2015 with the adoption of their youngest child, daughter Abri – who is a third grader in Fox Prairie Elementary School.

Any furry family members? Of course! 2 hamsters and a one-year old rescue dog named ZELA. (Cleverly, ZELA's name represents the first letter of each of her

kid's names, and means “blessed with happiness” – perfect for their long anticipated & much loved doggo!)

What else fuels your soul? A love of the outdoors, camping, biking and hiking adventures with her family. Krista also enjoys distance running, and on a more relaxing note - curling up with a good book.



What are some of your fondest memories? Krista loves to travel, so a family Alaskan Cruise was a special trip, as well as her experiences as an Au Pair in Stuttgart Germany.

We're happy to have everyone know a little bit more about our Information & Assistance Specialist Krista! If you contact the ADRC you might be lucky to talk with her! 😊

Make Gratitude Your Attitude!

Studies show that keeping a grateful attitude supports our heart health and immune system. Being grateful actually changes our physical health by reducing inflammation, and increasing immune function. People who practice being grateful also report a better sleep quality. Studies have also shown that gratitude can protect our mental health by reducing the negative effects of stress. People report less depression, they feel happier and have an increased feeling of belonging.

Finding things to be grateful for when we may feel isolated, hopeless or worried is hard. Our brains are literally hardwired to notice the negative. This hardwiring is called “negativity bias”. Evolutionary studies show that our brains find the negative because it helped our species survive. For example, our ancient ancestors told everyone they knew, “Don’t eat that! Those berries are poisonous!” This helped our species survive a long time ago, but in today’s society this negativity creates unhelpful stress.

So how do we overcome our brain’s hardwiring? Like learning anything, it takes PRACTICE!

Set a goal:

- Can you write down one thing that made your day easier, every day for two weeks?
- Can you find one thing that made you smile, every day for two weeks?
- Can you tell a loved one you appreciate something they did for you, every day for two weeks?
- Can you thank your body for something it did for you before you fall asleep, for two weeks straight?



Big Challenge: Try writing a “gratitude letter”. What’s a gratitude letter? It’s a letter written to someone that you are deeply grateful for but maybe never thanked. It could be a sibling, a teacher, a friend or neighbor, really anyone who comes to your

ARTS for ALL Wisconsin Winner:

Young Adult Creative Power Award Winner Kyshon Galloway of Milwaukee with his piece “Magnificent Speech”



mind who may have done something for you that you deeply appreciate but maybe never acknowledged.

How to get started:

Start with “Dear _____”.

Don’t worry about spelling or grammar.

Be specific about what this person did, why you are grateful to this person, and how they affected your life.

Be as concrete as possible.

Tell this person how their actions impacted your life and how you often you remember what they did for you.

Next, you should try to read it to this person. Since social distancing is in effect, read it over the phone or on a video chat!

Plan a time to speak with the recipient. Let that person know you’d like to speak with them because you have something special to share, but don’t reveal the exact purpose of the meeting.

When you speak with this person, let the person know that you are grateful to them and would like to read a letter expressing your gratitude.

Ask that person to not interrupt until you’re done.

Take your time reading the letter. While you read, pay attention to his or her reaction as well as your own.

After you have read the letter, be receptive to his or her reaction and discuss your feelings together.

Remember to give or send the letter to the person.

At first, being grateful can feel unnatural and awkward. As with anything that is worthwhile, practice makes perfect!

Corona Virus Coping—Mood Boosters

Sleep Well: Keep to your pre-Covid routine for bedtime and wake time. If you’ve taken naps in the past to get you through the day, continue; if not, give a nap a try.

Eat Well: Try cooking healthier dishes; create “new foods” night, try different ethnic dishes, explore new recipes, or use “No Contact” delivery options from local restaurants.

Keep your Mind Active: Read, keep a journal, do puzzles, challenge yourself to learn something new.

Keep Your Body Active: Stretch; try an online exercise or yoga program; use household items for equipment, such as water bottles or a frying pan for weights. Many health promotion programs are accessible through WIHA and Safer Communities—such as “Living Well with Chronic Pain” or “Healthy Living with Diabetes”. Be sure to check with your doctor before beginning any new exercise routine.

Get Outside: Ride a bike, visit a local park or take a stroll around your neighborhood. Take care to maintain social distancing and remember to wear a mask.

Stay Connected: Make a plan to regularly phone or video call friends and family. Send funny text messages. Write a letter—to yourself, friends, family, elected officials or a newspaper. Volunteer to be a pen pal or to make friendly calls to folks who are isolated.

Relax: Listen to music, meditate, pet your fur babies, or simply watch a plant grow. Take a few deep breaths. Continue your hobbies, adjusting them to be done safely. Limit your time on social media or watching the news if it becomes too negative.

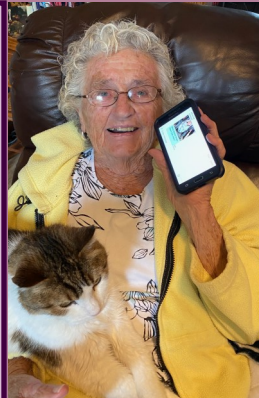
Give Back: Volunteer your time and talents, remotely or in person if you can also safely distance. If you are able, support local businesses or donate time or a little bit of cash to local charity organizations.

Be Thankful: Count your blessings, make an effort to find something to be grateful for every day.

Share the love: Love yourself—it’s so vital to your well being. Love your family and friends, tell them how important they are to you. Be kind and have compassion for all.



I & A Rich shared what he is grateful for—“My college Warren Wilson College. It’s where it all started for me. Otherwise I would have been on the road seeing the Grateful Dead all over the country. A trade-off that favored me as I got the best of both worlds! This is the dairy barn though by the time I got there we only raised beef cattle. I was a general farmer two years and a Pig farmer for one.”



Mindy is grateful she was able to see her mom’s reaction to finding out her great-granddaughter was named in her honor.

Now its your turn...please take a moment and then finish this sentence:

Today I am grateful for..

Opportunities to find deeper powers within ourselves come when life seems most challenging. —Joseph Campbell



**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.

STOP IN – CALL– EMAIL– REQUEST A HOME VISIT
OFFICE HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.
OTHER HOURS BY APPOINTMENT
BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org
Email: adrc@countyofdane.com
Phone: 608-240-7400
TTY: 608-240-7404
FAX: 608-240-7401
Toll Free: 1-855-417-6892

Our Experts can help you with information about:

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

Our Services are Free & Confidential !

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