

## Hey, gardeners!

Did you know that the Dane County UW-Extension Horticulture Program offers **“Answers to Gardening Questions”**

for Dane County residents via the **Horticulture Hotline!**  
 Call: **608-224-3721**, email: horticulture@countyofdane.com or walk-in for assistance: 5201 Fen Oak Drive #138 Madison, WI 53718.



## May is ADRC Month!

We love our work. Celebrate with us by keeping us busy! Stop by, email us at ADRC@countyofdane.com, give us a call, and tell a friend or family member about us too!

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## Gardening for Good: The Supported Gardening Project

Gardening for Good is a Dane County sponsored pilot program in it's sixth season this year. Supported gardening assists people with developmental disabilities to explore gardening in a community setting, where the level of participation is individually tailored to meet the person's skills and interest.

A group of 15-20 adults with developmental disabilities, each with an accompanying support person, along with the project facilitator and a joyful collection of other neighborhood gardeners, gathers on Thursday evenings during the growing season from late May through August. The weekly sessions begin with the physical work of tending four shared community garden plots.

At each gathering, gardeners participate in a “mini-workshop,” half-hour lessons about nature, art, cooking or story-telling and more, each led by a wise community member. They also eat garden-based snacks and socialize with other gardeners. Gardening for Good intertwines community-building and horticulture skills. People are energized by being together outdoors in a nurturing environment.

If you or someone you know is interested in attending, contact Caleb or Shelly at [g4g@communitygroundworks.org](mailto:g4g@communitygroundworks.org) (the program is currently at capacity, but they are happy to take applications in the spring; send them an email!).



## Dig it! Container Gardening Workshops:

Gardening is one of the top outdoor leisure time activities. It's great exercise and stress relief! Gardening styles can be readily adapted to make gardening easier for people with disabilities and elderly gardeners.

Check with MSCR or Madison College for their frequently offered, hands-on workshops that cover setting up a container garden for vegetables, herbs or ornamental plants. Most workshops are appropriate for gardeners of any level. Contact Madison College at (608) 258-2301 or the MSCR Office at (608) 204-3000 for more information about their upcoming events.





## FAMILY CARE MODEL: COMING SOON TO A COUNTY NEAR YOU!

**What is it?** The Family Care Model (which includes Family Care, Partnership, and IRIS) is a Medicaid long-term care program for frail elders and adults with physical or intellectual disabilities. The goal of the Family Care Model is to provide long-term care services to help people live in their own homes whenever possible.

**Where and When?** As of January 2017, Family Care is in all but 7 of Wisconsin's counties. The Wisconsin Department of Health Services (DHS) has announced that Family Care will be expanded statewide, with Dane County completing the transition last. DHS indicates that Dane County will start its transition in the first quarter of 2018. The Family Care Model will replace the Legacy Waiver (CIP/COP) programs in Dane County.

**How will that work?** At this time, DHS is still developing a plan for how Dane County will transition to the Family Care Model. Everyone enrolled in Legacy Waivers at the time of the transition, will have an opportunity to learn about these programs from the ADRC. Timeframes for when these opportunities occur will be included as part of the transition plan DHS develops.

Expected wait times for those currently on a waitlist for the Legacy Waiver programs in Dane County may change when the transition starts. Currently in areas where Partnership, Family Care and IRIS have expanded, people on the wait list (at the time of the expansion) do not wait longer than three years. At this time, there are a lot of details about the transition that are yet to be determined.

### More Info:

- ◆ WI DHS News Release: <https://www.dhs.wisconsin.gov/news/releases/072816.htm>
- ◆ FAMILY CARE please visit: <https://www.dhs.wisconsin.gov/familycare/index.htm>
- ◆ PARTNERSHIP please visit: <https://www.dhs.wisconsin.gov/familycare/fcp-index.htm>
- ◆ IRIS please visit: <https://www.dhs.wisconsin.gov/iris/index.htm>

## Looking for a way to take ACTION? Attend Disability Advocacy Day March 21st!

Disability Advocacy Day connects you with your legislators at the Capitol in Madison to provide an opportunity to talk about the issues that matter to you. You are the expert in sharing how policies impact people with disabilities in their everyday lives.

Disability Advocacy Day is planned yearly by The Survival Coalition of Wisconsin, which is a cross-disability coalition of more than 40 state and local organizations and groups. The Coalition will schedule a meeting time with your district representative when you register.

Our legislators work for us! Voting isn't the only way to influence change; your presence and your voice matter too. It's more important than ever to let your elected officials know what issues they should be working on.

**WHEN:** Tuesday March 21<sup>st</sup>, 2017

**WHERE:** Monona Terrace Convention Center, One John Nolen Drive, Madison, WI. Check-in starts at 9:30 am. Briefing starts at 10:30 am. After lunch, we'll move to the Capitol for a rally at 12:30, followed by group meetings with your legislators.

**COST:** No cost to attend, but you can purchase a \$12 box lunch when you register. (It's ok to bring your own sack lunch.)

**REGISTRATION is Required:** <http://www.survivalcoalitionwi.org/index.php/events/> Registration closes 5pm March 10<sup>th</sup> 2017



## Get involved in Grass Roots Advocacy! Join ActionNet!

ActionNet is Access to Independence's grassroots advocacy network, which allows people in Dane, Dodge, Columbia and Green counties to stay connected and learn about local, state and federal issues that impact people with disabilities. It's a way for advocates to communicate and work together to solve problems that are important to them. Each county has their own group - with different roles for members; ActionNet keeps all groups and their members informed of what other groups are doing, gives them the opportunity to share ideas, and build a stronger coalition to address issues they identify in their communities. Visit <http://www.accesstoind.org/join-actionnet.htm> or call Access To Independence at 608-242-8484.

## Bringing Awareness to Developmental Disabilities!

In 1987 President Ronald Reagan designated March as Developmental Disabilities Awareness Month. Thanks to a movement in favor of deinstitutionalization during the 1970's and 80's, the proclamation enabled the American people to embrace, encourage and support individuals with developmental disabilities to reach and attain their goals, dreams and potential.

As these citizens were integrated into communities, support service agencies started cropping up, providing job coaching, supported employment and assistance with career planning. Many people advocated on behalf of individuals with developmental disabilities, affirming that they could and would be productive members of the workforce in hopes of eradicating discrimination.

In 1990 the Americans with Disabilities Act was passed to prohibit workplace discrimination against people with disabilities.

Today, many people with disabilities are integrated in their schools and communities and lead productive, self directed lives. We celebrate 30 years of awareness, with many more to come!

It is estimated that over 5 million Americans, or 3% of the population, experience intellectual disabilities. Nearly 30 million, or 1 in 10 families in the United States, are directly affected by a person with intellectual disabilities at some point in their lifetime.

## Is this the end of the Dementia Care Specialist Program?

Dementia Care Specialists help persons with dementia stay in their community. This vital ADRC employee educates and trains caregivers, families and community organizations (like police, EMT's, hospitals) on how to interact and meet the needs of a person with dementia. They offer in-home consultations, crisis planning and supports to help families keep loved ones in their homes. They are leaders in the "Dementia Friendly Community" initiatives building momentum to create a Dementia Friendly Wisconsin. Unfortunately, the Dementia Care Specialist Program may end 12/31/2017 because the current 2017-2019 State Budget Proposal does not fund this program. If this is important to you, please consider contacting your state legislators and tell them how you feel!

## Disability Advocacy: More Power to the People!

Want to learn about what's in the Wisconsin State Budget? Concerned about whether supports for people with disabilities will continue to be funded?

Need to learn how to talk to the policymakers and other actions you can take?

Attend a "State Budget Training" event to get the knowledge. Sponsored by the Wisconsin Board for People with Developmental Disabilities, The Arc Wisconsin and Disability Rights Wisconsin, this training is appropriate for people with disabilities, family members, advocates and allies.

**WHEN:** Wednesday, March 22<sup>nd</sup> 6-8pm

**WHERE:** Orchard Ridge Church of Christ  
1501 Gilbert Road, Madison

**REGISTER:** 414-292-2737 <http://wi-bpdd.org/index.php/state-budget-trainings/>



## April 13 : American's Creed Day

William Tyler Page, a messenger in the U.S. House of Representatives, wrote the American's Creed in 1917. His essay was the winning entry in a national contest for the "best summary of American political faith." The House of Representatives adopted the 100-word statement in April 1918.

*I believe in the United States of America as a Government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic, a sovereign Nation of many sovereign States; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes.*

*I therefore believe it is my duty to my country to love it, to support its Constitution; to obey its laws; to respect its Flag; and to defend it against all enemies.*

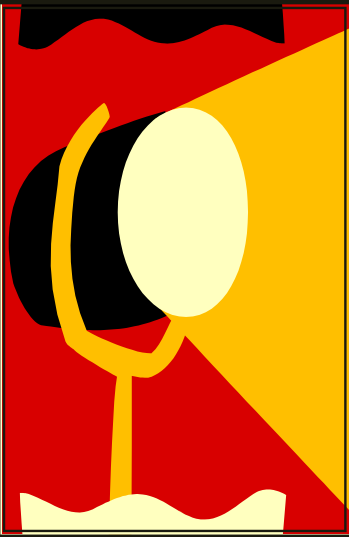
—Written by William Tyler Page

Enacted June 7, 1935, from the 1935 Laws of Wisconsin, Chapter 132.

**Medicaid – it isn't a dirty word!** 6.9 million people age 65+ and another 10 million non-elderly people with disabilities rely on Medicaid for their health and long-term care.

Congress is discussing changing the way Medicaid is structured as part of the Affordable Care Act replacement proposal. Consider contacting your legislators to let them know how important Medicaid (and Medicare) are for so many Americans.

\*Source: NCOA / The ARC



**COMMUNITY SPOTLIGHT**



**Everyone can Spring into Action with MSCR!**

Madison School & Community Recreation, more commonly known as MSCR, began way back in 1926. Although some of their activities might be quite a bit different in 2017 compared to 1926, the same vision has carried forward: MSCR represents a community concerned about health, fitness and the overall well-being of its citizens. It's a place where everyone can belong, and come to learn, practice and play!

MSCR serves almost 120,000 people a year. From babies to Boomers and beyond, MSCR offers a wide variety of programs that focus on exercise and sports, as well as arts and enrichment. Play softball or basketball; learn to canoe or kayak; ski; swim; Zumba! MSCR has designed some courses just for people age 50+, including tennis, yoga, Tai Chi, dancing, walking, snowshoeing and many more. MSCR is also committed to an inclusive approach to recreation for individuals with disabilities. They will provide reasonable accommodations to enhance program participation. Some classes are exclusively offered for different abilities, such as Power Soccer, Goal Ball, water walking, bowling, fishing, and water skiing.

To keep your mind and creative side happy, try MSCR classes such as drawing, painting, photography, pottery, jewelry making, sewing, guitar and dance. Tag along on a museum field trip to Chicago or Dubuque organized by MSCR. Getting crafty or musical can be as important as exercising – it stimulates the brain, can lower stress and helps you feel mentally clear and calm.

Fees apply for most MSCR programs, but scholarships are available to Madison residents depending on income. Fees are higher for people who live outside the Madison Metropolitan School District. If you live outside of Madison, check with your local School, Community or Senior Center for similar activities. For more information about MSCR check out [www.mschr.org](http://www.mschr.org) or call (608) 204-3000; TDD 608-204-3058.



Awareness matters – because it's so important to appreciate people's abilities! For example, according to Monica Bear, Community Services Manager for I/DD, Dane County Human Services, "Local businesses hired sixty-two out of sixty-seven high school grads, for a job placement rate of 93%. These young adults earn minimum wage or

better, working an average of eighteen hours per week. For comparison, integrated employment rates in the rest of Wisconsin average between 5-8%. Prioritizing integrated employment first and for all remains the most cost effective means of achieving community inclusion for individuals with developmental disabilities. Nothing beats a job for creating the valued social status that comes from being a contributing, productive, tax-paying citizen!" Awareness matters - especially because so many people with special needs depend on public services to function to their highest potential. Everyone's support is needed to ensure access to these public services and programs.

**#DDawareness17**



The Autism Awareness Ribbon: The puzzle pattern reflects the complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with the condition. The brightness of the ribbon signals hope — hope that through increased awareness of autism, and through early intervention and access to appropriate services/supports, people with autism will lead full lives able to interact with the world on their own terms.



## The Medicare General Enrollment Period for 2017 ends **March 31<sup>st</sup>**.

Individuals who did not enroll in Medicare during their Initial Enrollment should strongly consider enrolling in Medicare during this time.

Also, those who *failed to enroll in Medicare Part B when they became eligible for Medicare because they mistakenly believed that they could continue with Marketplace coverage with subsidies*, are being allowed a Special Enrollment Period to sign up for Part B by 3/31/17, without a penalty.



## Caregiver Hacks!

A “hack” is taking an idea or solution but doing it cheaper, easier and quicker. For caregivers, that can save a lot of frustration! Thanks to the Internet, everyone can share and access clever hacks:



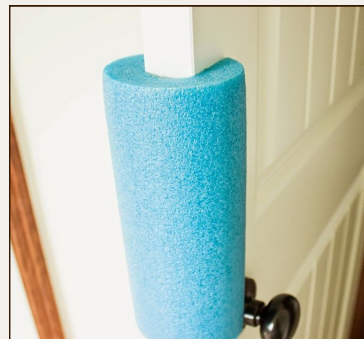
Cut an empty lotion or shampoo bottle to extend the flow of water for someone in a wheelchair.



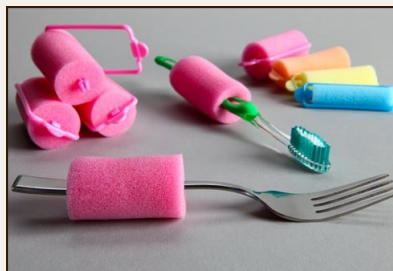
Simply add rubber bands to a glass to improve grip.



To prevent wandering by a person with dementia, place a STOP sign on the door.



Cut an inexpensive swimming pool “noodle” to place on a door to prevent the door from locking.



Cheap hair rollers make utensils, toothbrushes, pens etc., easier to grasp.

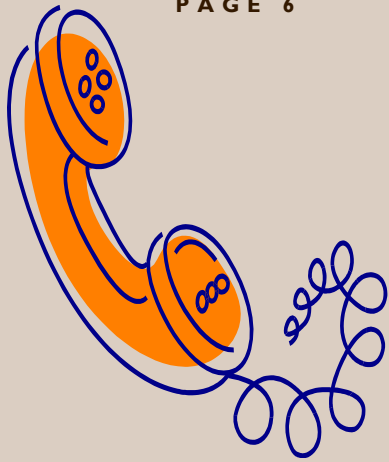
**Remember the key elements:**

# FAST

<b>F</b> ace:	Ask the person to smile. Does one side of the face droop?	
<b>A</b> rm:	Ask the person to raise both arms. Does one arm drift down?	
<b>S</b> peech:	Ask the person to repeat a phrase. Is speech slurred or strange?	
<b>T</b> ime:	If you see any of these signs call 9-1-1 right away.	

### Act FAST!

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.



# I Called the ADRC!

In 2016 the Aging & Disability Resource Center of Dane County fielded nearly 20,000 calls. We take a lot of pride in the fact that an Information & Assistance (I&A) Specialist is always available to answer the phone during our business hours. When a customer calls 608-240-7400 they don't have to worry about automated messages, voicemail or pressing #1 for this or #2 for that!

Here are a few examples of people who called the ADRC and received immediate assistance:

**Caller 1:** Due to unexpected medical issues Karen was in a nursing home, but was now healthy enough to make a move to an assisted living. She had financial resources to pay for that type of living arrangement, but wasn't sure what to do next. I&A Marie helped Karen narrow down her most important needs and wants: a facility that could handle Karen's need for a Hoyer lift; a facility located close to family; and one within a certain price range. I&A Marie used ADRC resources to provide a list of five community residential facilities based on Karen's preferences. She also provided a checklist for tours and questions to ask. Karen and her family visited all five places. When I&A Marie followed up, Karen was so pleased that she had been able to make a quick yet informed decision about her next home, and thanked Marie for directing her down the right path!

**Caller 2:** Dan called the ADRC seeking a low cost attorney as he needed to complete a simple will. Dan discussed his general circumstances – he was age 70, single, earned less than \$33,000 a year and didn't have complicated investments. Based on the information Dan shared, I&A Amy was able to refer Dan to an upcoming Dane County Basic Estate Planning Clinic, sponsored by the Dane County Bar Association, Madison College and the Greater WI Agency on Aging Resources. At this clinic Dan was able to get free assistance from a volunteer lawyer & paralegals to complete basic estate planning documents, including a will and power of attorney forms. Dan was happy he had called the ADRC!

**Caller 3:** John called the ADRC during the Medicare Open Enrollment Period. He wasn't happy with his current Medicare Part D plan and wanted to switch to a new one. I&A Joy explained that John could meet 1:1 with a volunteer Medicare Part D Navigator at his local senior center, and provided him with the phone number. After a few days, I&A Joy called John back to ensure he had found the help he needed. John stated he had an appointment scheduled with a Navigator and was very appreciative I&A Joy had connected him to this resource.

**Caller 4:** Sophia called the ADRC in a panic! She had been on a waiting list for about a year for a rent-subsidized apartment nearby. When her name came to the top of this waiting list, the apartment management completed a background check and denied her application. The denial was due to an eviction which had never occurred. I&A Jenny referred her to Legal Action of WI and a housing attorney was assigned to the case. The attorney through Legal Action was able to get the apartment management to overturn the housing application denial and Sophia was able to move in to her new home!

**Next Caller:** YOU ? We're here to help!



# Who's Who at the ADRC?

**This issue we'd like to introduce you to Rich Zietko, Information and Assistance Specialist.**

**How did you come to work at the ADRC?**

I came to the ADRC after spending 14 years in Madison working for Porchlight – an organization dedicated to providing “Solutions to Homelessness”, serving people with mental illness, substance abuse and chronic homelessness. I found my experience and skills work well with the variety of folks that come to the ADRC for assistance – thus allowing me to help more people.

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

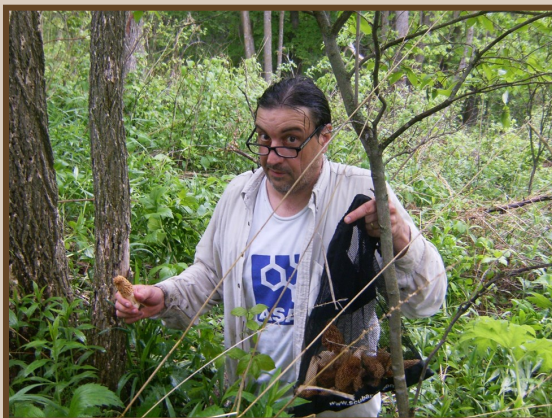
I attended Warren Wilson College in Swannanoa, NC and this inspired a passion to give back to the community. The ideals of WWC - academics, work and service - are deeply ingrained in my nature. Through my work on the campus farm, and my service to the community at large (in this case incorporating composting latrines and organic gardening into the everyday lives of the Mayan Indians of the Yucatan Peninsula), I discovered that all things are interconnected and if we give of ourselves others may benefit. It is a good feeling!

After graduate school, I became a VISTA volunteer working w/ the elders and youth of the Washoe Tribe of NV/CA which further helped me to see that a strong community will prosper.

Due to this strong sense of community involvement I developed, I sought out ways to help in Madison/Dane County. I volunteer with the Wil-Mar Neighborhood Center, where I've been the grill master for the last 16 years at the Marquette Waterfront and Orton Park Festivals. I participate in various roles for the Fete De Marquette, the Willy Street Fair, Greater Madison Jazz Consortium, and the Friends of the Yahara River Parkway where we work to remove invasive plant species and create a natural corridor adjacent to the Yahara River.

**This sounds like a lot of work. What do you do for fun?**

Though I consider my volunteering fun, come April/May you may see me wandering through the area's woodlands and parks in search of the ever elusive Morel mushroom! In the Morel “off season”, my days/nights find me attending various musical events, absorbing art in both formal and informal settings, traveling to obscure places and binge watching Sci-Fi and detective series.



Rich shares some tips while hunting Morels: Wear light colored clothing to help notice ticks that may attach themselves to you – also note mesh bag to release spores.



Rich, his friend Matt, and a larger Morel



Rich and fellow I&A Krista representing the ADRC at the Disability Pride Festival



## April is Fair Housing Month!

The Fair Housing Act protects people from discrimination when they are renting, buying, or securing financing for any housing. The prohibitions specifically cover discrimination because of race, color, national origin, religion, sex, disability and the presence of children.

Unsure?  
Questions?

Call your regional HUD office for help:  
**800-765-9372**





# Earth Day: April 22<sup>nd</sup>, 2017

“**Earth Day**” was founded on April 22, 1970 by Wisconsin’s own Governor Gaylord Nelson during his service as our U.S. Senator.



**Celebrated today in 192 countries by 1 Billion people!**

What’s the message of Earth Day?

**WE MUST PROTECT OUR PLANET!**



**For clean air, water, and soil. For plants, animals and insects. For our food systems. For our own health and well-being!**

**Everything is connected! For example:**

**Did you know:** 1 out of every 3 bites of food we eat is a result of pollinators like honey bees?

**Did you know:** Studies show that people with advanced Alzheimer’s are known to have decreased symptoms following time in gardens, and that even short periods of time in nature can reduce symptoms of depression?

**TAKE ACTION this Earth Day!** Some local group activities in Dane County include:

- 11<sup>th</sup> Annual Nelson Institute Earth Day Conference 4/18/17 at the Monona Terrace
- The Earth Day Challenge 4/22/17 from 10am–12pm at various Madison City Parks
- Friends of the Yahara River Parkway **Earth Day in Tenney Park Event** 4/22/16 9am-12pm at the Wall Family Pavilion – gloves, tools and refreshments provided

## Your individual efforts matter-on Earth Day and Every Day:

- Always “Reduce, Reuse, and Recycle”
- Use Madison Metro bus; or bike
- Support Fair Trade
- Support local Farmers Markets
- Buy local [www.danebuylocal.com/](http://www.danebuylocal.com/)
- Plant a tree
- Use organic methods of fertilization & pest control
- Donate to an environmental cause, such as saving the honeybee [www.pollinator.org](http://www.pollinator.org)
- Power off your devices for a day
- Educate yourself on the issues - based on scientific findings - and use that knowledge to advocate for best practices in the stewardship of our planet
- Take a walk in one of the many Dane County Parks near you. <https://parks-lwrd.countyofdane.com/>

Thank You.







Colon cancer is different than most cancers – it's largely preventable and beatable. Awareness Month is to share the message that screening saves lives! From a colonoscopy to an at-home stool test, there's an option for everyone. If you're over 50, high risk or symptomatic, don't put it off. Talk to your doctor about getting checked!

**Did you know: Medicare Part B may cover an in-home test called Cologuard.**

It's an alternative to a colonoscopy. In studies, it's been shown to be 92% successful in detecting colon cancer. A doctor's prescription is needed.



## Be Well



## Dane County is Working to Clean up our Lakes

Dane County has embarked on an innovative effort to clean up our lakes that is the first of its kind in Wisconsin and possibly the nation. The breakthrough we've discovered means our lakes will be cleaner, quicker.

I call this work "Suck the Muck" because by literally vacuuming up the sludge that sits at the bottom of our streams, we're removing one of the key sources of algae on our lakes. Over the next four

years, this \$12 million project will get 870,000 pounds of algae-growing phosphorus out of our waters.

Our lakes mean so much to our quality of life. We're making incredible progress on getting them back to what they were decades ago! Whether you enjoy our lakes by walking along them or fishing from them, this new effort is our boldest, most effective work to date at cleaning them up.

—Joe Parisi



## Healthy Eating on a Budget

In the spirit of environmental awareness, let's explore healthy eating tips and strategies for finding some of your food in nature. Recommendations from the USDA will help you with this, find them at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

One of the first steps in healthy eating is to be aware of the amount of food you are eating. A quick way to do this is to start looking at the size of your plate. For best results, use a 9" diameter plate. Then imagine your plate divided into quarters. For one quarter, you will select a serving of protein – this may be meats (lean is best) or meat substitutes (tofu, cooked beans, nuts). Generally you will want no more than 4 oz. of a cooked protein – think the size of your palm. For another quarter you will want grains (whole grain is best) or other starches (potatoes, winter squash, brown rice). The 3<sup>rd</sup> quarter may be fresh fruits such as berries, melons, and apricots or higher carb vegetables such as corn or peas. The last quarter will be devoted to the lower carb vegetables (greens, cauliflower, eggplant).

Dairy products are rich in protein but may also have additional carbs, so this should be added in consideration of your other food choices. An additional note is to use healthy liquid oils such as olive instead of more solid oils such as lard or butter.



Healthy eating doesn't have to be costly:

- ◆ Look for products that are reduced cost due to a near proximity to expiration.
- ◆ Utilize neighborhood food pantries; many of these are now based upon customer choice and are similar to shopping in a market.
- ◆ Gardening can provide you with low cost vegetables (and through canning or freezing will last throughout the year).
- ◆ Hunting and fishing are activities that can put meat onto your table.
- ◆ Foraging for wild plants will not only provide a free food source but also exercise – whether it be in natural areas or within the confines of your back yard (think raspberry picking and Morel mushroom hunting).
- ◆ Check into FoodShare eligibility and Farmer's Market Vouchers.

*Bon appétit!*

## The Sampler! Interesting Events Happening in our Community:



### ◆ Spark!

When: Tuesday, March 14 to July 11, 2017; 10:00 am to 11:30 am

Where: Wisconsin Veteran's Museum, 30 W. Mifflin Street, Madison

What: Spark! is cultural programming for people with memory loss. These 90 minute programs help those with Alzheimer's or dementia. It is a free event, but registration is required. Contact Erin Hoag at (608)-264-7663 or [visitor.curator@dva.wisconsin.gov](mailto:visitor.curator@dva.wisconsin.gov).

### ◆ Dane County Basic Estate Planning Clinic

When: March 18, 2017 and May 20, 2017

Where: Madison College East and South campuses

What: Developing wills and power of attorney documents for low-income individuals. Appointments are required and income requirements are in place. Contact (608)-243-2881 for more information and/or to make an appointment.

### ◆ Stepping On

When: Tuesdays, March 28 to May 9, 2017; 1:00 pm to 3:00 pm

Where: St. Mary's Hospital Center for Wellness

What: The classes meet once weekly for seven weeks to discuss, promote and improve balance and reduce risk of falls. Studies show that people who complete this course have a 35% reduction in falls. Contact Carmel at [Carmel.Tesmer@ssmhealth.com](mailto:Carmel.Tesmer@ssmhealth.com) or call (608)-258-6645.

### ◆ Spring Elections

When: April 4, 2017

Where: Your local polling place

What: Voting for State Superintendent of Public Instruction, Supreme Court Justice, Court of Appeals, and Circuit Court Judge.

### ◆ Fourth Annual Wisconsin Employment First Conference

When: April 5; 8:30 am to 4:00 pm

Where: Kalahari Resort, Wisconsin Dells

What: This conference focuses on achievements made in regards to integrated employment, and honors advocates, families and providers. Any questions can be directed to Ann Sievert at [ann.sievert@wisconsin.gov](mailto:ann.sievert@wisconsin.gov) or (608)-267-9897.

### ◆ 11<sup>th</sup> Annual Fashion Show for All Abilities

When: Friday, April 21; 6:00 pm to 8:00 pm

Where: Monona Terrace Community & Convention Center

What: This spring fashion show focuses on new fashions from over two dozen local retailers. The models are local community residents including folks with intellectual or physical disabilities. Tickets are \$5.00. <http://cow.waisman.wisc.edu/fashionshow.html>

### ◆ 29th BIAW Brain Injury Conference

When: April 24-25, 2017

Where: Wilderness Resort, Wisconsin Dells

What: Valuable information on brain injuries for professionals, caregivers and survivors, sponsored by the Brain Injury Alliance of Wisconsin <http://biaw.org/events/29th-annual-wisconsin-conference-on-brain-injury/>

### ◆ Wisconsin State Conference on Alzheimer's Disease and Related Dementia

When: May 7-9, 2017

Where: Kalahari Resort & Convention Center, Wisconsin Dells

What: 31<sup>st</sup> annual conference dedicated to Alzheimer's disease and dementia. Contact Sue Kelley at [alzwestateconf@alz.org](mailto:alzwestateconf@alz.org) or call (414)-961-7262.



**Plant Kindness and Gather Love** —Proverb from ADRC staff member's teabag

### ◆ Welcome to Medicare

When: Tuesday, May 9; 5:30 pm to 8 pm

Where: Mt. Horeb Senior Center; 107 N. Grove Street, Mt. Horeb

What: If you're turning 64 this year, this informational meeting is an introduction to Medicare: the what, why, how, and when. Since there are decisions about Medicare that need to be made prior to age 65, this informative seminar will educate and answer questions about Medicare. Reservations are required and can be made by contacting (608) 437-6902

### ◆ Healthy Living with Diabetes

When: Wednesdays May 10-June 14, 2017 5:30pm-8:00pm

Where: Fitchburg Senior Center 5510 Lacy Road Fitchburg, WI 53711

What: A Diabetes Self Management Program. Fee: \$10.00 Scholarships are available. Contact Sarah Folkers 608 270-4290 or [sarah.folkers@fitchburgwi.gov](mailto:sarah.folkers@fitchburgwi.gov).



## The Most Amazing Gift by Amy Hunt, ADRC of Dane County

I remember every detail of the phone call: my brother was on his way to UW Hospital for a kidney transplant! After years of dialysis treatment, my brother's life was forever changed thanks to a young man who had signed up to be an organ donor. It's hard to convey in words what a blessing that selfless act was to my entire family. They say organ donation is the "gift of life" but that's too simple; it's the gift of life, love, hopes, dreams, happiness, energy, action, strength, family, togetherness, legacy, joy, peace, understanding, gratitude, empathy, goodness, generosity, humanity... It is my hope that everyone who might be reading this newsletter is an organ donor – or becomes one!

ALL people should consider themselves potential organ and tissue donors—*regardless of age or health*. Don't rule yourself out! No one is too old or too young and most major religions support donation. Even with an illness or a health condition, you may be able to donate your organs and/or tissues; only a few conditions would absolutely prevent a person from becoming a donor—such as active cancer or a systemic infection.

### Registering to be an Organ Donor Is Easy!

Register online at [www.donateLifeWisconsin.org](http://www.donateLifeWisconsin.org) or when you renew your Wisconsin driver's license or ID.



Wisconsin DONOR



Our kidneys are busy little organs! Every 30 minutes your kidneys filter all the blood in your body, removing waste, toxins and excess fluid. Kidneys also activate Vitamin D to maintain healthy bones, and they release the hormone that directs the production of red blood cells.

But unfortunately, 1 in 3 American adults is currently at risk for developing kidney disease. Black Americans are 3.5x more likely to experience kidney failure, and Hispanics 1.5x more likely. Kidney failure requires dialysis treatment or a kidney transplant. In 2016, over 100,000 people were waiting for a kidney transplant.

### Kidney Awareness

Fortunately, Kidney Disease can often be prevented. Eat healthy – watch your intake of salt and fat. Exercise. Don't smoke. Limit how much alcohol you drink. And talk to your doctor about risk factor and testing. Your kidneys will thank you!



**Severe Weather can strike at any time.**  
**Are you prepared?**

Go to  
[ready.gov](http://ready.gov)  
for more  
info...



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](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
- ◆ Rental & Energy Assistance
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

**Our Services are Confidential!**

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