



Resource Wise

“Connecting People With The Assistance They Need”

SUMMER 2017

NEWSLETTER

ADRC Outreach!



Look for ADRC staff at various festivals and health fairs throughout Dane County this summer. We are always interested in meeting people, sharing our knowledge, and hearing your stories. We will be at the 2017 Disability Pride Festival Saturday July 29th from noon-5, and the Back to School Celebration Saturday August 12th at the Truax Campus of Madison College from 9-noon, just to name a couple of the upcoming events in Dane County. Take a moment to say “Hi!” and sign up for delivery of our newsletter directly to your door or inbox. We look forward to seeing you!

August is “Happiness Happens” Month

Happiness! That elusive feeling we strive to obtain. One of the emotions that makes life worth living. Happiness can be a challenge to find or even recognize when faced with the many stressors of life. The good news is that according to research, approximately 40% of your happiness is determined by your own thoughts, behaviors and actions. Only about 10% is determined by your circumstances and the rest by genetics. This means we have more control over our own happiness than we might have realized.

So, how do we make the most of that 40% we have control over? People view and experience happiness differently, but research has discovered some common themes:

- Cultivate relationships with family and friends
- Engage in spiritual & meaningful activities or work towards meaningful goals
- Practice acts of kindness
- Develop a positive mindset (using gratitude, mindfulness, optimism)

An important aspect of happiness is being able to recognize and savor the moment. The Secret Society of Happy People, an online community (<http://sohp.com/>) focused on recognizing and sharing happiness, designated August as Happiness Happens Month. A month dedicated to recognizing and sharing our happiness with others.

In celebration of Happiness Happens Month, the ADRC staff would like to share what makes each of us happy and invite you to do the same:

- Happiness is the sound of the crack of the bat by one of my kids at their baseball or softball game. ~Amy G.
- Videos of baby elephants! When the Brewers win! Hugs from my nephews. ~Amy H.
- Lazy Saturday mornings when all the kiddos snuggle into bed with me and my husband...followed by a nice cup of coffee and a long run in the SUNSHINE. ~Krista
- The Sun! ~LaShawne
- My partner’s dimples. ~Anna
- My daughters’ laughter...especially when they are laughing together. ~Amy E.
- Hanging out with my husband, approaching our 1st year wedding anniversary in June! Playing trivia. Golf: pretty new to it, but I love it! Just signed up for golf lessons starting in May. Hanging out with my 2 cats (Bart & Lisa). Traveling. Hiking (hiking at Banff National Park in Canada this July!). ~Jenny
- Moments when I remember to appreciate nature. Hiking a big hill and the view takes my breath away. Going on a walk with my daughter and she goes “stop, stop, look” and is pointing at a cluster of tulips. Oh, finishing a book in a quiet bookstore or outside on a picnic table on a lovely spring day. ~Abigail

INSIDE THIS ISSUE

ADRC Focus	1
Lingo Buster	2
Caregiver Village	3
Community Spotlight	4
FYI	5
I Called the ADRC	6
Who’s Who	7
Money Matters	8
Be Well & #checkitout & FYI	9
Events Sampler	10
Independent Living	11

—Keep reading to find more shared happiness throughout this edition...



DME

What's DME ? In the world of Medicare and insurance, it refers to **Durable Medical Equipment**. DME is reusable medical equipment, like blood sugar monitors, hospital beds, oxygen supplies, walkers and wheelchairs that your doctor orders for you to use at home. There's a long list of items that are considered DME. Talk to your doctor if you need equipment.

Who can get DME ? Anyone who has Medicare Part B can get DME as long as the equipment is medically necessary and prescribed by your doctor (or treating practitioner, like a nurse practitioner or physician assistant).

Where can I get DME ? Once you have a prescription, you should find a Medicare-enrolled supplier. You can find a supplier online by going to www.medicare.gov and clicking on "Where can I get covered medical items?" at the bottom of the page. Type in your zip code and click "Go." Then, choose the type of equipment you need from the categories listed and click "Search." Or call Medicare at 1-800-633-4227.

How much does it cost? First, find out if the supplier is "enrolled" in Medicare; if not enrolled, Medicare will not pay anything. Next, check if your supplier "accepts Medicare assignment" – which means the supplier agrees to a Medicare approved amount. With Medicare assignment, Medicare will pay 80% and you or your supplemental insurance will pay 20%. If a DME supplier doesn't accept assignment, there's no limit to what they can charge you!

Medicare Advantage Plans (sometimes called Medicare Part C) must also cover DME. However, your costs will depend on which plan you choose. If you're in a Medicare Advantage Plan and you need DME, call your plan to find out if the equipment is covered and how much you'll have to pay.

Other important stuff: *If the supplier requires you to submit the claim to Medicare yourself, beware. This is a red flag!

*Sometimes Medicare pays for you to rent DME from a supplier, instead of buying it. Oxygen equipment for example.

*Medicare may also cover repairs and replacement parts, up to 80%.

*If you're in a skilled nursing facility and the facility provides you with DME, the facility is responsible for this equipment.

*For Medicare to cover a power wheelchair or scooter, your doctor must state that you need it because of your medical condition and that it's needed for inside the home.



Happiness Continued...

- Everything about my little boy (22 months) makes me happy; watching him grow and soak up his surroundings, seeing him learn new words everyday, playing outside with him, and how the simplest things bring him joy, it is all so amazing. ~Katie
- Watching the flames of a campfire, the smell of wood smoke on a crisp fall/winter day, time spent with friends, laughing, walking barefoot through dewy morning grass, sunshine on my face, hugs, smelling the roses, playing with puppies and kittens, sitting quietly with a purring cat on my lap, a hot cup of tea and a good book, spring flowers. ~Joy W
- Blue skies! Finding a new episode of my favorite podcasts in my feed; the welcome I get from my dogs when I get home; hearing my adult children's voices and watching them interact with each other on the rare occurrence of us all being in the same place at the same time; receiving a new picture or video of my grandson; remembering random moments from the past; interacting with my parents and making them laugh; caramel apples and fresh cotton candy; finding time to go to the gym; potluck days at the ADRC; looking forward to events this summer (weddings, reunions, time with family). ~Mindy

Finding Optimism While Caregiving: Making your glass half full!

Recently an I&A Specialist at our ADRC shared a funny story about her father, who happens to have dementia. The laughter led to a brief discussion about her Dad's great sense of humor and several more amusing anecdotes. Then someone said, "you should write those down!" That seemed like a good suggestion: documenting the happiness and unique joys that can come from caregiving. But a caregiver's time can be spread thin – so rather than writing in a journal or diary, consider keeping a "Happiness Jar".

A "happiness jar" is simple to make:

- ⇒ **Get a large jar or box.**
- ⇒ **Write your happiest moment of the day on a small piece of paper.**
- ⇒ **Stick the paper in the jar.**
- ⇒ **Do this for a year.**
- ⇒ **When the year ends, empty the jar and review your life – or pull out a memory on a particularly bad day.**



The idea is to help you find the positives about your caregiver journey. To record some of the small but meaningful moments of the day that you might not otherwise remember. Happiness Jars gained popularity from author Elizabeth Gilbert, who says, "Even on the lousy days, there is at least one, best moment- or one least-worse moment!" Hopefully, once you get into the practice of your happiness jar, you will be more aware of the blessings among the challenges and the incredible difference you are making for your loved one.

For more information about caregiving and dementia care, contact the ADRC of Dane County.

Things You Can't Buy:



Source: unknown

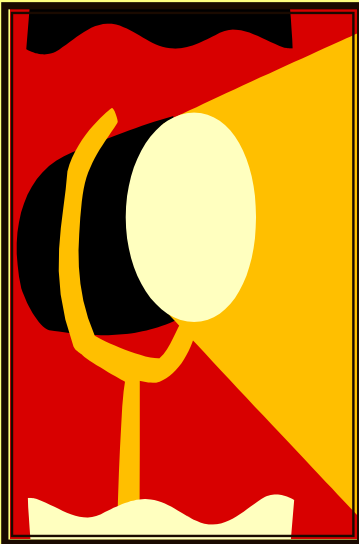
Dream BIG!

American Family Insurance has long been a big part of the Madison business community. One of their local projects was opening *The Dream Bank* in 2012. The Dream Bank, located at 1. N. Pickney Street in downtown Madison, is a public space for consumers to find inspiration, tools and support to bring their dreams to life. American Family knows every dream starts with a dreamer, but sometimes you need to understand who you are, what makes you feel fulfilled, and what might be holding you back on your journey. To help dreamers explore new perspectives and new possibilities, The Dream Bank offers a variety of free events to motivate you - mind, body & spirit: from music, fitness, finance, career, crafts, community, small business advice. Check out a few of these Dream Big free events:



June 29, 6:15-7:30pm: What Happiness Is and Is Not - In this talk, Pelin Kesebir, social psychologist and Assistant Scientist at UW-Madison's Center for Healthy Minds, will combine recent insights from the science of happiness with ancient wisdom and lay out the fundamentals of happiness – what it is, what it isn't, and how each of us can take simple steps to come closer to achieving the fundamental dream that unites us all.

(Continued on Page 11)



The Elder Rights Project – a Safety Net for Those Impacted by Elder Abuse.

As June’s World Elder Abuse Awareness Day shines the spotlight on a topic often hidden and under-reported, a new resource in our community aims to provide light at the end of the tunnel for many of those victims. Legal Action of Wisconsin and Wisconsin Judicare have partnered to provide statewide civil legal aid to elder abuse victims, age 60 and over, regardless of income. According to recent estimates, up to 27,000 elder abuse victims in Wisconsin had no access to civil legal services.

Legal problems that stem from elder abuse can be severe. Elder abuse survivors can find themselves facing eviction, needing help in obtaining restraining orders, and working to repair their credit and recover money, property or other assets that were stolen through exploitation or identity theft. Attorney advocates can provide critical assistance with these issues. Attorneys can also protect elders’ rights by locating trusted, non-abusive caregivers to step in and provide ongoing support and assistance to the elder when needed.

The Elder Rights Program Director, Nicole Zimmer, explains that depending on the age and health of the victims, they may be facing physical and mental limitations that make tackling complex legal issues virtually impossible, especially when they’re up against an abuser who has scared and intimidated them. “We are proud to bring them free legal services, provided by attorneys who have in-depth knowledge of victimization and trauma. Civil legal problems affect elder abuse victims’ safety, physical/mental health, and their overall quality of life. But with the help of a lawyer, these elders can get to safety, access health care, and stabilize their lives.”

Potential clients are encouraged to call the statewide toll-free Elder Abuse Intake Line at 844-614-5468

Monday through Friday from 8:30 to 4:00. Your call will be answered by a live person.

COMMUNITY SPOTLIGHT

ELDER RIGHTS PROJECT

Shredfest: June 13th

Protect yourself from Identity Theft! Anything paper with your name on it should be shredded, including: bills, pay stubs, medical records, old checks, old tax returns, receipts, credit card offers, etc. Bring yours from 1–2pm to 128 E. Olin Avenue (parking lot near Coliseum Bar).



***Limit 3 bags/boxes per vehicle.**

June 15, 2017

We all deserve to lead happy and healthy lives, free from abuse as we age, yet older people are mistreated more often than we think. 1 in 10 American elders are being abused, neglected, or exploited every year. Take action to raise awareness towards prevention on this important social justice issue!

#WEAAD

<http://eldermistreatment.usc.edu/weaad-home>

Free Yoga On the Shore of Lake Monona

Everyone is welcome to join *The Studio* for a no-charge yoga class next to beautiful Lake Monona. This is an all-levels flow yoga class focusing on the simplicity of being alive and outside. Please meet by the lake on the grassy section near the public lot next to Machinery Row, 625 Williamson St. Madison. Yoga mat rentals are available inside *The Studio*.

**Classes are at 5:30pm on July 12,
July 26, August 9 and August 30.**

All participants must sign a liability waiver before the class.



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

IT'S HOT OUTSIDE!
 STAY COOL. STAY HYDRATED. STAY INFORMED.

Extremely hot weather can cause sickness or even death.

STAY COOL.
 Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

STAY HYDRATED.
 Drink plenty of water and don't wait until you're thirsty to drink.

STAY INFORMED.
 Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

KNOW WHEN IT'S HOT!
 Check local news for extreme heat alerts and safety tips.




Medicare Part D News:

Since the beginning of this year, 283 new drugs have been added to many drug plans.



Question: I just learned that my Medicare drug plan is dropping one of my medications since there is now a generic. Is my Medicare plan allowed to change my drug coverage during the plan year?

Answer: Yes. Typically, Medicare Part D plans must continue to cover a dropped medication until the end of the plan year for anyone who is already receiving benefits for that particular medication. However, replacing a brand-name medication with a generic equivalent is one of the few Medicare allowable reasons for dropping a medication mid-year. So, even though you may be "locked-in" to your coverage for a full year, Medicare Part D plans can drop a brand-name medication from your formulary during the plan year and substitute a generic equivalent. Talk to your doctor about alternatives. You do have appeal rights also.

Source: Q1 Group LCC www.Q1Medicare.com



Happiness Continued...

- Solo hikes in the woods, a day at the beach, snuggling with my cats, hugging a loved one that I haven't seen in a long time. ~Erin
- Listening to my favorite song makes me so happy! Good coffee! It makes me so happy to be with people who are kind and who make me laugh! DAVE CHAPPELL. ~Susie
- Sunshine, exercising/going to the gym with my coworker. ~Krista
- Whenever I am feeling down, I check out pictures and videos of Fiona, the baby hippo at the Cincinnati Zoo. <http://cincinnatizoo.org/blog/2017/01/25/premature-hippo-baby-updates/> This makes me happy ☺ ~Ellen
- Watching my daughter play volleyball, fishing with my dad and traveling to new places. ~Melana

The Best Day of the Year: June 2nd National Donut Day!



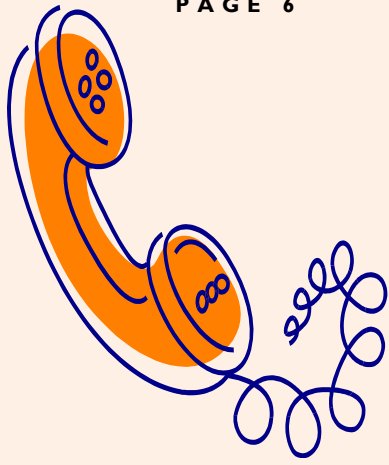
Mmm...Donuts!

Donuts or Doughnuts – Delicious no matter how you spell it! Long Johns, rings, bismarcks, jelly, glazed, holes, crullers, twists, maple, old fashioned, fritters, chocolate, sprinkles... What's your favorite?!

Donut Day began as a way to honor the women volunteers of the Salvation Army, who served up donuts to soldiers during WW I and WW II.

Celebrate National Donut Day 2017 by supporting your local bakeries and sharing with your friends and family! (In moderation, of course!)





I Called the ADRC!

Like many of our callers, Patty was a very stressed caregiver contacting the ADRC about a family member in need. Patty's father had recently passed away and now she was responsible for helping her Uncle Bill. Bill had been living with her father, but was now facing homelessness because their house was being foreclosed on. Bill was also having problems with his healthcare coverage, which he was struggling to afford.

Patty emailed the ADRC just hoping she had reached out to the right place. "I have no idea where to begin! I desperately need someone to help guide me." Information & Assistance Specialist Marie arranged to meet with Patty at the ADRC to discuss her concerns and help identify resources for Uncle Bill. Patty left the ADRC that day with a prioritized list of actions to help Bill with his health benefits and housing.

However, shortly after Marie and Patty met, Bill's situation took a turn for the worse. He was hospitalized due to suffering a number of mini strokes, mal-nourishment, vitamin deficiencies and possible dementia. The hospital determined he was no longer able to make decisions or care for himself independently.

Patty was told that Bill would need guardianship and placement in a care facility. Patty was unsure of what this meant for her Uncle and herself; how did the guardianship process work, what it would cost, and what would her responsibilities include? And where would Bill have to end up living?

I&A Marie helped provide information, support and direction to Patty as she navigated her way through the months long process. Once Bill was in a Nursing Home and guardianship had been established, Marie assessed Bill for a Long-Term Care Medicaid program, which could help pay for Bill to live in an Assisted Living Facility instead of the Nursing Home. This program would save the State of Wisconsin money plus support Bill in an environment that both he and Patty preferred. Marie assisted Patty with completing the required Medicaid application and understanding what documents to provide as proof of Bill's income and assets.

When Marie wrapped up her work with them, Bill had been assigned a Case Manager from the Long-Term Care program, and as guardian, Patty was in the process of touring and choosing an Assisted Living facility for Bill. Bill was doing much better, finally receiving the services and health care he had been lacking for too long.

Patty sent Marie an email with these kind words to show her thanks, "I really could not be more grateful for the support system that has been behind me every step of the way. You... have been absolutely amazing and I cannot compliment you enough... I could never have done any of this without your help and I just can't stress enough how fortunate I feel to have you on my team! Thank you!"

At the ADRC, we just love a happy ending!

Even More Happiness...

- To quote a song, "young children, old dogs and watermelon wine." However I tend to think of: dancing; campfires; (not necessarily together but when that happens it's even better); Unzipping your tent to the cool morning air, smelling the arrival of spring and seeing the delight of the morning sunrise; and listening to the Good Old Grateful Dead! Also, hunting morels! ~Rich
- Meat Raffles! ~Melinda



Who's Who at the ADRC?

Meet Nestor Silva

Information and Assistance Specialist



What did you do before you came to the ADRC?

As a kid I lived in both the U.S. and Mexico. We lived in Maryland while my father was in graduate school and afterwards we moved to Mexico when I was 7 years old. My dad was a geologist and he worked for a few government agencies and a couple of private companies and my mom was an English teacher. I came to the U.S. to attend school and I graduated from UW Madison. After college I worked in a few different jobs including for the legislature, and the public library in downtown Madison where I met my future wife. I started with Dane County in 1999 as an Economic Support Specialist. I also worked as an Investigator at Dane County Child Support, and I started with the ADRC in 2014.

What do you like best about being an I&A Specialist?

I like meeting people and trying to help them solve their situation or connecting them with resources in the community that may help them. There is quite a variety of calls that we receive from consumers so you are always learning new things. I've worked for Dane County for 18 years, and I've really appreciated what a great employer the County is. I enjoy the office culture of the ADRC; everyone is positive and friendly and it is a fun place to work.

Outside of work, what would we find you doing?

I play on two different soccer teams, one in Lake Mills and one in Madison. I also coach my kids' soccer teams and I enjoy watching soccer games on TV. You could say I like soccer. I also like to bike, kayak, go out to eat, and drink a lot of coffee. We live a block away from a lake, and we spend most of the summer at the beach.

Family Highlights?

I've been married to my wife, Kristin, for 13 years. She works for Waukesha County, which is why we decided to move from Madison to Lake Mills two years ago. We have three kids, Will, Emma and Ben. All of our kids are active soccer players, as well as other sports, so we spend a lot of time watching games. My children are truly hilarious and I love being a dad.

Favorite thing about Dane County?

The restaurants! There are a lot of things I love about living in Lake Mills, but I definitely miss the restaurants and the variety of food in Madison.

Long-Term Care Planning



It may be hard to imagine a time when you will no longer be able to take a shower on your own, cook yourself a meal, or complete chores around the home. However, we all really should be planning for this very thing. According to the Administration on Aging, 70% of people turning age 65 can expect to use some form of long-term care during their lives.

What is long-term care?

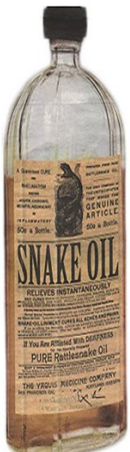
Long-term care includes services and supports that help people with everyday activities like bathing, dressing, preparing meals, managing medications, cleaning the home, etc. You may need assistance with these tasks because of illness, disability, or from problems due to aging.

How do I plan for these needs?

We now know there is a good chance many of us will need long-term care services at some point in the future. But how do you start planning for your own long-term care needs? Congratulations, you've already taken the first step! Thinking about this ahead of time is a great way to begin. You can start simply by asking yourself the following questions:

- * *What type of help you would like if you were to need long-term care services?* For example, would you like to stay in your own home with assistance, or move to an assisted living setting?
- * *Are you familiar with the types of long-term care services available in your community and what they would cost?* For example, in-home care agencies, different types of assisted living, etc.?
- * *Have you planned for how you would pay for long-term care services?* Have you explored long-term care insurance? If you don't have funds, are you familiar with public funding options?
- * *Have you spoken with your loved ones about what you would like?* If you would like them to provide the care, have you discussed this with them?

Once you've started exploring these questions, you'll be well on your way to planning for your own long-term care needs. You may want to consider consulting a financial planner, contacting the ADRC for information on options in your community, and exploring the Administration on Aging's website for additional information: https://aoa.acl.gov/aoa_programs/hcltc/ltc/index.aspx



Help for what ails you? Doesn't it seem like we're always being pitched miracle remedies – for weight loss, pain reduction, more brain power, better digestion, extra longevity? From the elixirs and tonics offered at old time “medicine shows” in the 19th century - step right up for Vitality Water injections or Dr. Williams Brand Pink Pills for Pale People –to the multi-billion dollar nutritional supplement industry of today, they all promise a quick solution to better health.

Would it sound too good to be true if there was a simple way to improve your immune system, heart health and mental health, while lowering risk for stroke, lowering blood pressure, reducing pain and burning calories? What if it was scientifically proven and - best of all – absolutely free?

It's no joke, the answer is laughter! A good old belly laugh does all of that and more. Laughing actually creates physical changes in your body producing these positive health benefits. So find what makes you laugh – friends, books, TV, jokes-and make it part of your daily routine. Laughter is an fun and easy way to improve your quality of life: mind, body, and spirit!



Most people are about as happy as they make up their minds to be. –Abraham Lincoln



**National Sunglasses Day
is June 27.**



FYI: All public housing in Dane County is required to be smoke-free according to new nationwide rules from U.S. Housing and Urban Development. The smoking ban prohibits cigarettes, cigars, pipes and hookahs from living units, common areas, offices and outdoor areas within 25 feet. Failure to comply with the no smoking rule could lead to lease violations or even eviction, as a last resort.

*Don't let tobacco beat you. Call 1-800-QUIT-NOW for free tailored one-on-one coaching and support, available 24/7.

Be Well



DRINK UP!

People who increased their proportion of plain water intake in overall dietary water by just 1 percent (about 1 cup) a day end up consuming fewer calories, less saturated fat, less sugar, less sodium and less cholesterol, according to a study at the University of Illinois at Urbana-Champaign.

Laughter
is an
instant
vacation.
- Milton Berle



Do you want to lose weight?

So many of us do! And despite countless quick-fix diet plans, we know eating well and moderate exercise are the keys to better health and feeling good. Simple, but still so hard to do!

It might be time to try using your computer or smart phone to help you with your weight loss goals! Check out "SuperTracker" at <https://www.supertracker.usda.gov/>. SuperTracker can help you plan, analyze, and track your diet and physical activity. It's like a personalized virtual coach to help you with what and how much to eat; offer tips and motivation; and record your weight loss progress. You can even keep a journal and have friends and family join for group challenges. It's free and easy to use!

Check it Out!

Or consider a weight management app for your smart phone or tablet. There are many free apps similar to SuperTracker. Check out My Fitness Pal, one of the most popular; Noom Coach, to help you make lifestyle and habit changes; or Fooducate, which has a strong focus on nutrition. Plan shopping lists, check calories, chat with other users for inspiration and encouragement. You can do it!

(*Please check with your doctor before beginning any food or exercise changes.)



August is National Eye Exam Month!



The eyes have it and that's why the whole month of August is dedicated to recognizing the importance of eye health and

safety. Sears Optical founded National Eye Exam Month in 1989, leading ophthalmologists to participate in promoting vision exams and eye safety.

Folks between the ages of 40 to 65 years should get their vision checked every two to four years; for adults ages 65 and older, an eye exam is recommended every one to two years. Family histories of eye disease and/or other chronic illnesses can affect one's vision.

It's recommended you consult with your doctor if you experience any of the following:

- ◆ Blurred vision with glasses
- ◆ Extreme sensitivity to light
- ◆ Eye pain
- ◆ Red eyes
- ◆ Burning sensation
- ◆ Constant watering
- ◆ Black spots in sight



EyeCare America offers free eye exams for individuals 65 years of age and older, based on qualifications.

To determine if you're eligible, please visit <https://www.aao.org/eyecare-america>. Eyeglasses not included.

The Sampler! Interesting Events Happening in our Community:

◆ *Elder Abuse Information Session*

What: Free, open to the public discussion in recognition of Elder Abuse Awareness Day

When: June 16th at 12:15pm **Where:** Bethel Lutheran Church 312 Wisconsin Avenue Madison



◆ *Fishing Has No Boundaries (FHNG)*

What: Fishing Has No Boundaries is a non-profit organization that encourages and promotes individuals with disabilities to experience fishing. About 300 volunteers help with the fishing experience. Food and Beverages are provided. Registration for the first 100 participants is strictly imposed. Contact the Fishing Has No Boundaries Madison Chapter at <http://fhnbmadison.com/> for the forms to sign up. **When:** July 8 & 9, 2017 **Where:** Governor Nelson State Park, Hwy M, Madison



◆ *Adaptive Sports USA 2017 Junior Nationals*

What: Junior Athletes (ages 7 to 22) with physical disability compete for Nationals **When:** July 15 to July 21, 2017

Where: Middleton High School, 2100 Bristol Street, Middleton

◆ *Disability Pride Madison*

What: This will be the festival's 5th annual event! It has relocated to Tenney Park this year, but continues to celebrate contributions made by people with disabilities to our community. **When:** Saturday, July 29, 2017

Where: Tenney Park, 1414 E. Johnson Street, Madison

◆ *Bike MS: Toyota Best Dam Bike Tour 2017*

What: All-inclusive, fully supported cycling event in which participants travel from Milwaukee to Madison. Multiple route options are available, with an overnight stay in Whitewater. Participants raise money to help fund MS research and programs. Please visit their website at: http://main.nationalmssociety.org/site/TR/Bike/WIGBikeEvents?pg=entry&fr_id=28198 to learn more about registering or sponsoring. **When:** August 5-6, 2017 **Where:** Pewaukee-Whitewater-Madison



◆ *Ready Set Retirement!*

What: Madison College Paralegal Program offers a free workshop on retirement issues. Reserve your spot by calling the Greater Wisconsin Area on Aging at 608-243-2881. **When:** Saturday, September 23, 2017 **Where:** Madison Area Technical College, 1701 Pearson Street, Madison

◆ *Welcome to Medicare*

What: Dane County Area on Aging of Dane County wants to help you make informed choices about your Medicare options. Reservations required by September 20th. Call 608-873-8585. **When:** Saturday September 23, 2017 **Where:** Stoughton Area Senior Center 248 W. Main Street Stoughton WI 53589


I don't laugh because I'm happy, I'm happy because I laugh! —Anonymous

Open the Outdoors!

The Wisconsin Department of Natural Resources offers outdoor recreation opportunities for people of all abilities throughout the state.

Open the Outdoors is a resource for individuals with disabilities to explore recreation activities. Check out the link: <http://dnr.wi.gov/topic/openoutdoors/>

Likewise, MSCR offers several adaptive sports options for folks in and around Madison. For information on their programs, you can contact (608) 204-4581 or visit them at www.mschr.org.

 The State of Wisconsin offers a discounted Resident Annual Disabled Fishing License to residents with impaired vision or those receiving Social Security Disability (SSDI), Social Security Income (SSI), or Railroad Retirement Disability Benefits. Similarly, a discounted Resident Veteran's Disabled Fishing License is offered to veterans who receive Disability Compensation for a 70% or more service connected disability.

Adaptive Overnight Camping

Individuals with disabilities ages 18 and up, their families and guardians are invited to have some fun! Three trips are offered: June 24-25, July 22-23, August 19-20. The camp runs from Saturday at 12pm to Sunday at 2pm. Cost is \$35. Meals are provided, prepare for day and evening activities in all weather conditions. Register online at www.mschr.org. Plan to meet at Memorial High School (use the Mineral Point Road entrance) and transportation will be provided to School Forest 1577 Fritz Rd in Verona. Questions? Contact Chad Thom 608-204-3020 cthom@madison.k12.wi.us



July 6, 6:15-7:30pm: Sorting Through Life's Puzzle Pieces - Join Megan Watt and learn how to be open and ready to accept the unexpected. You'll leave with strategies for navigating change, and learn how working together leads to increased momentum.

August 3, 6:15-7:30pm: Finding Peace and Power in Who You Are - At times, we all find ourselves stuck and unsure of how to get moving again towards a more fulfilling life. We may even think we "don't know" the answer to what's keeping us stuck. In this presentation, Sabrina Madison will introduce you to the common steps to help you move past roadblocks towards your true self, and live more courageously – even during times of uncertainty.

August 24, 6:15-7:30pm: Living a Whole & Healthy Life- True health and wholeness is a life that allows us to wake up every morning centered and energized for the day. Join Rachel Wilberding and explore the facets that make up a whole life, and find support, meaning, health, and wholeness.

August 26, 1-3pm: Makers, Crafters & Doers: Decorative Terracotta Pots - Create a decorative terracotta pot using paint, mod podge and a little imagination! Join us for an afternoon of creativity and self-expression in our inspiring space.

Check out more events and options at <https://www.dreamfearlessly.com/dreambank/> 608-286-3150

Continued from Page 3



Is Your Home Safe?

One of the biggest factors of staying independent is whether our home is a safe place to be. Changes in our physical and cognitive abilities over time may make our once safe home a potential accident waiting to happen!

Consider your home environment - how easily can you enter/exit and move about? Are stairs difficult to navigate? Do you have clutter, throw rugs, or other obstacles in your home? Is your home well lit?

To improve home safety, simple solutions can be easily implemented such as removing obstacles (especially those pretty rugs), increasing both natural and artificial light, using a personal emergency response system, keeping a File of Life magnet on our refrigerator, properly disposing of outdated medications. More involved solutions might include installation of grab bars, hand rails, an entrance ramp, a stair lift or making your bathroom more accessible.

Our community is full of resources, ranging from simple gadgets that make life easier, home safety evaluations, assistance with modifications and more. Contact the ADRC for more information to learn how you can achieve home safety and stay independent.



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
- ◆ 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