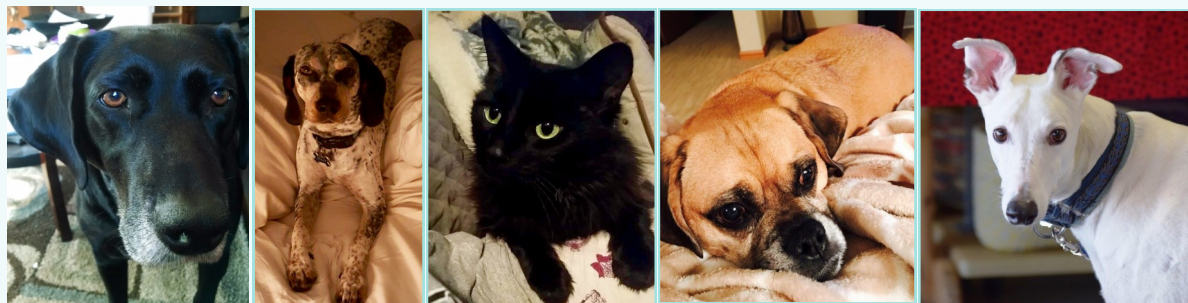


Resource Wise

“Connecting People With The Assistance They Need”

WINTER 2016 - 2017

NEWSLETTER



Are you a pet owner? If so, there’s a good chance that you treasure your pets, in part, due to the value they bring to our lives. Pets can be very helpful in enriching our lives! Research has proven that pets help significantly improve the lives of elderly individuals and/or folks with disabling conditions. Here’s just a few reasons why we love our pets so much:

- Improved self esteem: Pet owners are shown to have higher self esteem than non pet owners.
- Reduced loneliness: One study found that people with dogs reported that their social needs were filled just as effectively by pets as by friends. Pets can produce feelings of belonging and meaningfulness. Plus, they’re great companions!
- Support: If you feel like your pet is on your side, then you know that you’re not alone. Pet owners can feel as though they receive as much support and love from their pets as they do from their family.
- Promote healthy lifestyles: Pet owners are healthier and more active than non pet owners. Dogs typically need to be walked and so both the pet and their owner are benefitting.
- Last but not least, did you know that pets can help reduce blood pressure? Elevated blood pressure due to tension and stress can be harmful to one’s health. Studies show that pet owners have more stable blood pressure than those without.

Here at the ADRC, we also love our pets! So we’ve decided to celebrate “Love Your Pet” day on February 20, 2017! This unofficial holiday allows us to give some extra attention to our animal friends. Look throughout this issue for some of our beloved pets that we’ll be celebrating!

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Pay it Forward!

The Connection between Kindness and Well-Being

Can you recall a time when someone did something nice for you? Can you remember how it made you feel? Maybe happy, a little warm inside, perhaps slightly surprised too! It's amazing how even a simple smile from someone can improve your mood or make your day.

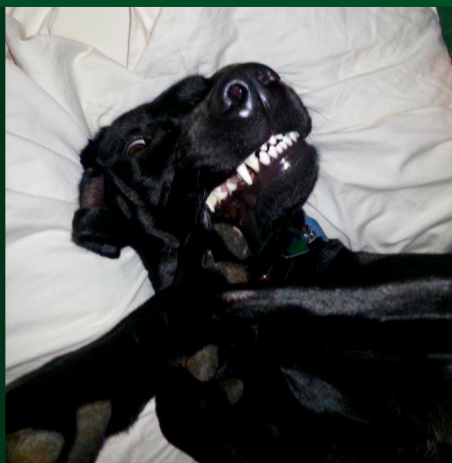
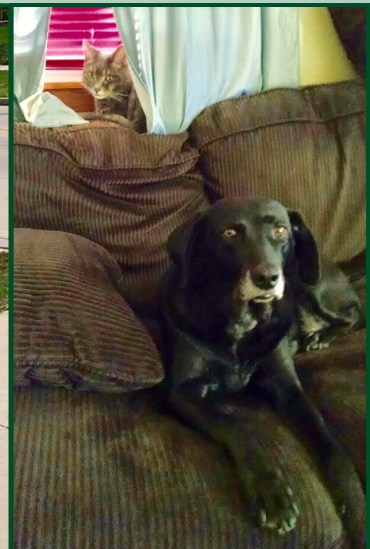
For good reason then, a trend is gaining popularity nationwide – **Celebrating February 15th- 21st as Random Acts of Kindness Week!** As the name implies, it's a designated time for individuals, groups and organizations to encourage acts of kindness!

Everyone can be kind – that's the best part! Young, old, rich, poor, men, women, white, brown, disabled... There are no requirements, no limits. Doing a good deed not only benefits someone else, but it's good for you too. Engaging in acts of kindness produces endorphins, the brain's natural painkiller. Kindness stimulates the production of serotonin in the body – a feel-good chemical that heals your wounds, calms you down, and makes you happy! Science has shown that being kind can lower blood pressure, reduce depression, and increase energy.

Kindness can even be taught. A researcher from the University of Wisconsin says, "It's like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

We need kindness more than ever. Especially in today's world, it's easy to focus on our own troubles, to turn away from our neighbors, to get overwhelmed by news of violence and injustice. But kindness is a powerful solution, reminding us of the incredible good and potential in people. So this February 15th, make an effort to spread kindness!

Source: www.randomactsofkindness.org



Resourceful People:

Dawn Ziegler on loving what you do and playing outside!

Growing up on a small farm outside of Waunakee, Wisconsin, the outdoors has always been a big part of my life. That never became more apparent to me until after my car accident when I was 16, leaving me with a C5/6 spinal cord injury. Although I knew my life was not over, I also knew it would not be the same.

One of the most frustrating things was not knowing what to do with myself. It killed me not being able to help out on the farm with chores and field work. I was used to being on my feet and active most of the time, so this was an adjustment! At the same time, I wasn't one to sit around and watch life pass by...but 'what to do' became my burden.

After high school, I pursued my degree in education. I love working with children, so this was the correct path for me to take, but I kept feeling restless inside. After taking some accessible sailing lessons, I realized what my life was missing.

Never before had I thought about sailing, but for the first time I felt like I was truly living from the inside. It wasn't so much the sailing itself, but the experience of being out in the elements and stretching my limits that made me feel alive. After a year and a half, I became coordinator of that accessible sailing program. What an amazing feeling it was getting others out there to experience the thrill of sailing like I did...some for the first time and others doing something again that they thought was lost forever.

That endeavor fueled my desire to get back into fitness training, something I was diligent about before my accident. As a result, I was exposed to adaptive weight training, swimming, and hand cycling. A whole world was opening now, and I wanted to explore all that I could, but there were some obstacles to overcome. Many activities were just not adapted for a quad like me and back then it was very hard to find any resources that met my needs.

Fortunately, my experience with the sailing program and the help of my family gave way to a determination to make things work. It wasn't a matter of 'if' I could do something, but 'how' I could do it! Over the years, I pursued all kinds of outdoor recreational activities including archery, hang gliding, downhill skiing, kayaking, camping, skydiving, fishing, shooting (crossbow & gun) and hunting.

I am not an expert on adaptive recreation, but I am passionate about getting people out to explore their own abilities any way I can. Through guest speaking and organizing some accessible outdoor events, I found ways to reach others who were struggling like I had. It always meant so much to see the excitement on someone's face after learning about the possibilities that are out there, and even more so when an individual had the opportunity to experience it. Making that connection was starting to feel like a calling.

I began writing about outdoor recreation online and a few of my stories have been published in *Sports N' Spokes* and *PN Magazine*. This gave me a chance to reach more people, and I began learning how uninformed the public is about the ever growing arena of adaptive outdoor resources. But what I found to be more meaningful is being contacted by someone asking for help in finding equipment or a program. For me, that is what fueled the fire for helping to create **Able Outdoors**, a web site and magazine for physically-challenged sportsmen and women, covering the spectrum of outdoor activities. As Co-Editor of *Able Outdoors*, it is my goal to continue connecting people with challenging circumstances to the resources they need to explore life, exercise their abilities and enjoy the great outdoors. After all, sometimes just getting out there is the most rewarding part.

Check out Dawn's project: <http://ableoutdoors.net/>



FINANCIAL EDUCATION CENTER

At the Financial Education Center – part of the Dane County UW Extension Service – the mission is to teach money management skills to Dane County individuals and families, with a special emphasis on assisting low and moderate-income families. They mobilize volunteers and staff to provide unbiased financial education through workshops, one-on-one coaching and other asset building services. They also provide information, tools and other resources to help people develop skills to increase credit worthiness, reduce barriers to housing, eat healthy on a budget, and improve overall financial capability.

In addition to the numerous financial workshops offered at community organizations, they offer a free Estate Planning workshop on wills and other important documents twice each year (The next class will be offered in April 2017). Staff are available to meet individually to tackle your budgeting, credit or other financial issues. The Center also offers help preparing your taxes through the Free Tax Aide program.

Please call 608-224-3722 to address your financial concerns or volunteer your expertise and time! The Financial Education Center is located on Madison's Southside @ The Villager Mall 2300 S. Park Street, Suite 101. The main Dane County Extension office is located in the Lyman Anderson Agricultural Center at 5201 Fen Oak Drive, Madison.

COMMUNITY SPOTLIGHT

The Basics! Practice good etiquette when interacting with people with disabilities:

1. **Don't make assumptions.** You don't know what a person can or cannot do.
2. **Ask before you help.** And if a person does want help, ask 'how' before you act.
3. **Be sensitive about physical contact.** A person's balance or adaptive equipment can be impacted by your contact, even if well-intentioned.
4. **Think before you speak.** Speak directly to the person, not to his/her aide or sign language interpreter. Talk the same way you would with anyone else! Be respectful if there is a need to ask about his/her disability.
5. **Put the person first.** Emphasize the person and not the disability. A disability is a characteristic of a person — the same as if someone is female, tall, or has red hair. For example: use "people with disabilities" not "disabled people".
6. **Remember the Individual.** A person with a disability is just the same as everyone else — seeking to live an ordinary life, with goals, hobbies, family. He or she is not automatically courageous. Avoid stereotypes. Accept people for who they are.
7. **Avoid terms that devalue people.** Avoid negative, demeaning or outdated terms such as: abnormal, afflicted, confined, crazy, crippled, defective, differently-abled, handicap, invalid, lame, palsied, retarded, special, stricken, sufferer, victim, withered.

This list is not just about "political correctness". These actions are about creating a respectful and inclusive community for everyone!

REMINDER

Open Enrollment for the Federal Marketplace Health Insurance

(Also known as "ObamaCare") runs through January 31st.

Local assistance is available to help you choose your best option.

Call Covering Wisconsin at 608-261-1455.

The Marketplace is for people who do not have health coverage.

If you have Medicare, Medicaid, insurance through your job, or other qualifying coverage, then you do not need to do anything with the Marketplace during the Open Enrollment period.



Celebrating the Holidays with Dementia

The Holiday Season provides an opportunity for family celebrations, and quality time with loved ones. It can also be a stressful time for those with, or those caring for folks with Alzheimer's or other Dementias.

The Alzheimer's Association offers the following tips for caregivers and family members...



Plan ahead to avoid holiday stress: Discuss holiday celebrations with relatives and close friends in advance. Plan to maintain a regular routine while providing a pleasant, meaningful and calm holiday event. Celebrate early in the day or have a noon meal rather than a late dinner.

Prepare the person with dementia for the family gathering: Talk about and show photos of family members and friends who will be visiting. Have a "quiet" room in case things get too hectic. Play familiar music and serve favorite traditional foods. Schedule naps, especially if the person usually naps. Schedule family and friend visit times at the time the person is most alert.

Prepare family members and friends: Give family and friends an honest appraisal of the person's condition and familiarize them with the person's behavior and condition changes. Remind them not to be offended if the person with dementia doesn't remember them.

Communicate: Dementia can diminish a person's ability to communicate. Remind friends and family to be calm and supportive. Speak to the person slowly and with a relaxed tone. Address the person by name. Avoid asking, "Don't you remember?", and try to adapt to the person's reality. Be patient and flexible and do not argue with the person with dementia.

Provide a safe environment in the home: Assign someone to see to the comfort of the person with dementia. Arrange ample space for walking side-by-side, wheelchairs, or walkers. Remove dark-colored rugs that may appear as holes to the person with dementia. Limit access to places where injuries could occur, like kitchens and stairwells. Create an even level of lighting and avoid blinking lights. If the person with dementia tends to wander, make sure someone can be with them to keep them safe.

Travel wisely: Never leave the person with dementia alone. Use familiar modes of transportation and avoid peak travel times. Keep plans simple and maintain daily routines as much as possible. Allow for extra time. Arrange for services, such as wheelchairs, ahead of time.

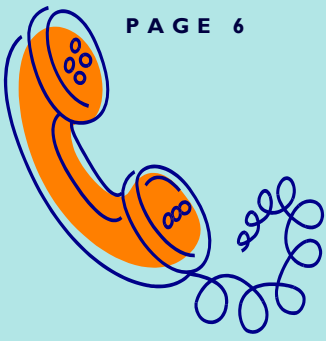


"Research has shown time and time again that people who give to others in small and large ways tend to be happier and live longer. I want to live a long and happy life. How about you?" -Lisa Desatnik

HAPPY HOLIDAYS!

from all of us at the Aging & Disability
Resource Center of Dane County!





I Called the ADRC!

Have you ever had your medical insurance deny a claim? If you have, then you know how stressful it can be. Dealing with insurance companies is the last thing you need when recovering from an illness or injury. Grace found that out when she stopped into the ADRC this summer. She was overwhelmed by the \$1953 bill she had just received from her medical provider.

Information & Assistance Specialist, Marcos, sat down with Grace minutes after her arrival. She showed Marcos the bill and explained that she had a CT Scan, which was ordered by her physician to rule out certain complications from a recent illness. Grace was quite surprised that she had received a bill at all! Her insurance company had always provided coverage for the majority of her medical treatments.

Grace and Marcos started by contacting her medical provider. The provider said the claim was denied by the insurance company and she would have to contact them. Next, they called the insurance company, who explained the claim was denied because the provider did not indicate that the procedure was medically necessary. The insurance representative recommended calling the provider back ...

After several more phone conversations, Grace's physician provided the insurance company with the required documentation confirming medical necessity. Grace and Marcos thought the issue was resolved.

However, two months later, Grace received another bill from her medical provider demanding payment and indicating it would soon be sent to collections. Again, Grace and Marcos sat down together to make more phone calls.

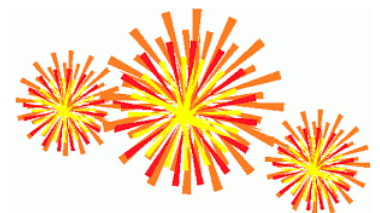
It turned out that the insurance company received the required documentation, but made an error by never reprocessing the claim. They agreed to review the claim right away, but warned it could take up to 30 days to resolve. Marcos asked the insurance representative to notify the provider so they would stop billing Grace while the matter is pending. The insurance representative agreed to do this.

A few months later, Grace phoned Marcos to report that the issue had finally been resolved! Her insurance company covered the CT Scan with \$0 out-of-pocket costs. She was so thankful for all Marcos' efforts and advocacy.

A few days later Marcos received a thank you card from Grace. It's the successful outcomes and happy customers like Grace, that make working at the ADRC so rewarding!



2017! Happy New Year!!

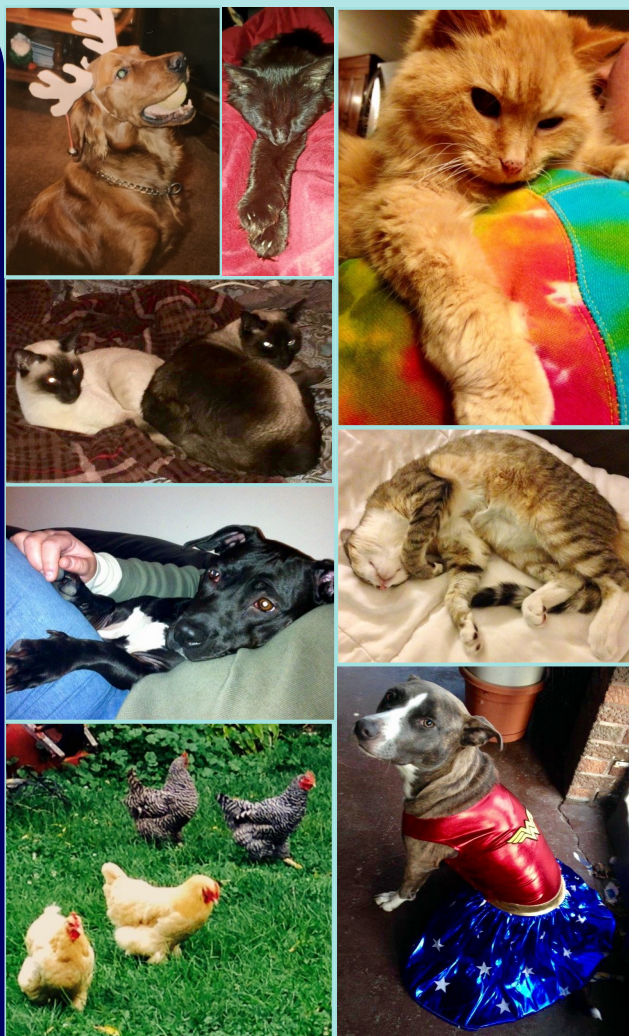


December 3rd

**International Day of
Persons with Disabilities**



3 December
**International Day of
People with Disability**



*How beautiful a
day can be when
kindness touches
it!* --GEORGE ELLISTON



According to the United Nations,
over 1 billion people in the world
have some form of disability -
that's 1 in 7.

Over time, there have been many
achievements to improve society
for those living with disabilities -
better medical care, technological
advancements, laws to protect
employment, housing and
accessibility.

Society, as a whole, benefits
when everyone has an opportunity
to contribute and thrive. But as
much as we strive for equality and
empowerment, the UN reports
persons with disabilities,
“the world’s largest minority”,
have generally poorer health,
lower education achievements,
fewer economic opportunities and
higher rates of poverty than
people without disabilities.

There is more work to be done to
remove these barriers.

That’s why since 1992, UN General
Assembly proclaims December 3rd
as “International Day of Persons
with Disabilities”. December 3rd is
designated to remind all people
that inclusion and accessibility are
fundamental rights, and that we
still need to raise global awareness
about disability issues.

Did you know that Wisconsin has a
Wheelchair Lemon Law?
If you buy or lease a *new* motorized
wheelchair or scooter (for use by a
person with disabilities) that has
substantial defects, you may be entitled
to a refund or replacement.



Homeless?

To find shelter for single men,
single women and families call
the Dane County Housing
Crisis Line: 1-855-510-2323.

**Coming Soon ... to a Pair
of Pants Near You!**

What if your clothing
could detect when you
were about to lose your
balance – and had airbags
to cushion your fall? It’s
not science fiction - one of
the hottest trends in the
Technology Industry is
designing “Smart
Clothing” or “Wearables”.
Nanotechnology allows
tiny circuits to be put right
into fabrics, so that
sensors can do things like
monitor a person’s vital
signs, alert when it’s time
to take a pill, warn of
seizures, detect obstacles
on the ground.
Researchers hope smart
clothing will provide
simple yet effective ways
to improve people’s
health, safety and
independence.

AMERICA SAVES WEEK

Feb 27 – March 4, 2017 is America Saves Week

America Saves Week is coordinated by America Saves and the American Savings Education Council. Started in 2007, the Week is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own savings status.

You can start on your journey by taking the America Saves Pledge! If you take the pledge, you agree to identify a savings goal (such as an emergency or retirement fund), an amount to save per month, and the number of months you will save that amount.

Other ideas to consider on your savings journey...

- ◆ Do you know where your money is going? Review receipts & bank statements at the end of each month to find out where you are spending unnecessarily.
- ◆ Develop a monthly budget and stick to it! Don't forget those periodic expenses, like car repairs.
- ◆ Avoid ATMs that charge a fee.
- ◆ Avoid using Credit Cards. If you are tempted, put them somewhere out of sight. Negotiate a lower interest rate with your credit card company.
- ◆ Wait 30 days before making an unnecessary purchase.
- ◆ Consider downgrading your cable, internet, and phone plans.
- ◆ Grocery shop with a list. Also, consider lower cost generic brands.
- ◆ Take advantage of employer matched retirement funds (and other benefits offered).
- ◆ Don't have employer matched retirement, or overwhelmed by the idea of investing for retirement ... check out www.myRA.gov.



Here to help you resolve your financial concerns and get you on the path to financial success. Please call us today at **800-550-1961** for immediate assistance or to schedule an appointment.

Financial Education Center



Our mission is to teach money management skills to Dane County individuals and families.

Factoid: \$47,760.00

The average cost per year of Assisted Living care in Wisconsin, according to the 2015 Genworth Cost of Care Survey. **Are you planning for your long-term care needs?**

Social Security recipients will see a 0.3% cost of living increase in 2017.

Free Help With Your Taxes

Have your taxes (including Homestead) prepared for FREE at the Richard Dilly Tax Center every year from late January through April. Provided through a partnership between AARP, Wisconsin Department of Revenue, Dane County UW-Extension Financial Education Center, and the City of Madison; this free service is targeted to low-income, elderly and/or people with disabilities. There are also additional sites throughout Dane County, including senior centers and libraries.

Contact the ADRC to find help in your community/neighborhood!

AMERICA SAVES WEEK

Pledge to save now!

February 27 - March 4, 2017

You look like you can start saving.

Put some away for a rainy day.



December is National Drunk & Drugged Driving Prevention Month

December may be the most wonderful time of the year; but it can also be the scariest - not just financially, but also in terms of driving. There tends to be an increase each December in drunk driving incidents. According to the Wisconsin Department of Transportation (DOT), in 2015 there were 190 casualties on the road from alcohol related crashes. If you plan on celebrating, please make responsible arrangements so as not to put yourself or anyone else at risk by driving home impaired. Getting a DUI is completely preventable. We ask you to please arrange for a sober driver in advance; or use public transportation, such as a bus, taxi, or Uber, Bar Buddies or other safe ride programs to get home safely.

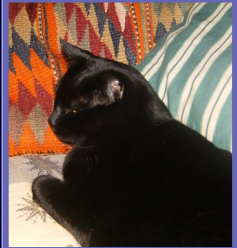
Be Well



4

Scientists have proven that cooler temperatures weaken our immune system, making us more susceptible to illness and infection. Talk to your doctor about protecting yourself (and others) by taking advantage of the 4 vaccines that Medicare helps pay for:

1. Influenza
2. Shingles
3. Pneumococcal/pneumonia
4. Hepatitis B



Influenza, commonly known as “the flu,” is a contagious respiratory illness that can be severe and life-threatening, especially for older adults.

- ◇ Symptoms of the flu often include fever, headache, tiredness, cough, sore throat, runny or stuffy nose and body aches.
- ◇ The flu is easily passed from person to person through coughing, sneezing or through contact with fluids from an infected person’s mouth or nose.
- ◇ One reason that flu can be severe for adults 65 years of age and older is because the immune system weakens with age, which makes it harder to fight disease.

Annual flu vaccination is one of the things you can do to help maintain your health, and is the single best way to help protect yourself from the flu.



These Little Piggies went to a Foot Care Clinic!

If cutting your toenails becomes too difficult, consider Home Health United’s **Public Foot Care Clinics**. A trained technician performs a foot inspection, a warm foot soak, trims nails and rubs feet with lotion. Offered throughout Dane County at various senior centers and churches (cost \$20). Private home visits are also available (cost \$40). Those with diabetes can be served at some locations by a Registered Nurse for a slightly higher fee. To schedule or for more information call HHU at 608-276-7586.

Save \$ with an ABLÉ Account: Achieving a Better Life Experience (ABLE)

accounts are tax-sheltered money market savings accounts specifically designed for individuals with disabilities. The accounts allow eligible citizens with disabilities to put away funds for education, non-covered medical expenses, various transportation and housing needs, and other qualified expenses. Newly approved in Wisconsin, ABLE accounts help people with disabilities have the same opportunities as those without disabilities. Family members and others can also now contribute to an ABLE account for an eligible person with a disability. ABLE accounts do not impact an individual’s eligibility for Medicaid.

The Sampler! Interesting Events Happening in our Community:

What: 20th Annual Fair Trade HOLIDAY FESTIVAL

A socially responsible shopping event with handcrafted products from around the world. Purchases support artisans in other countries to improve education, medical care, quality of life, and help stop human trafficking.

When: December 3rd, 9am-4pm / Free Admission

Where: Monona Terrace Convention Center, 1 John Nolen Dr. Madison.



What: Traumatic Brain Injury Training / Presentation by Dr. Donald L. Mickey

The Madison Area Brain Injury Coalition (MABIC) has organized this course to promote an understanding of the often unique challenges involved in supporting the families and survivors of traumatic brain injury (TBI).

When: January 13th 9am – 12pm / \$15 for Dane County DD providers & family members \$30 all others

Where: Waisman Center, 122 E. Olin Ave, Suite 100, Madison. 608-265-9440 ext. 440

What: Well Expo – Healthy Living for Women

Show casing local resources for weight loss, medical care, wellness programs, health foods, green living, exercise, beauty + more!

When: January 20th 3-8pm and January 21st 9am-4pm / \$5 admission or Free with 2-nonperishable food items

Where: Monona Terrace Convention Center, 1 John Nolen Dr., Madison.

What: Ready, Set, Retirement!

Free event with workshops and resources on retirement issues. Reserve your seat by calling Greater Wisconsin Agency on Aging Resources (GWAAR) at 608-243-2881

When: February 18th 8:30am – 12pm

Where: Madison College – Truax Campus, Protective Services Building, Room 235.

What: Young Onset Alzheimer's Caregiver Support Group

An ongoing support group for caregivers who are caring for a person with dementia

When: December 10; January 14; February 11 (the 2nd Saturday of each month) 10am-12pm

Where: 517 N. Segoe Rd., Madison, at the Alzheimer's & Dementia Alliance office 608-232-3400

What: Yoga!

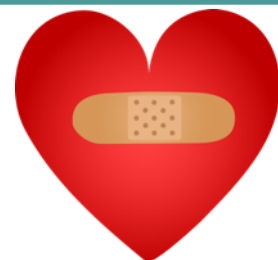
An exercise system that engages the mind, body and spirit in equal measure. If you've never done yoga before, give it a try and see what it can do for you.

When: Tuesdays & Thursdays 8:20am – 9:20am / Donation (\$7-\$12 suggested)

Where: West Madison Senior Center, 602 Sawyer Terrace, Madison. 608-238-0196

According to the Wisconsin Department of Health Services, in 2015 Heart Disease was the leading cause of death in Wisconsin.

So take care of yourself! Exercise, don't smoke, eat lots of fruits and veggies. Work with your doctor to keep your blood pressure, cholesterol, diabetes and weight under control.



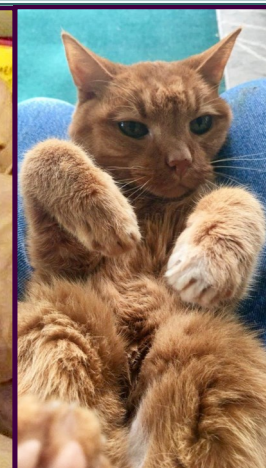
Dane County is a leader in Wisconsin for providing services to our community's most vulnerable. I am very proud of the work we did in this year's budget to make sure our seniors and people with disabilities are cared for.

I want to call special attention to the incredible work our Human Services Department does for seniors in our community. Highlighted by our incredibly successful Aging and Disability Resource Center, Dane County is dedicating nearly \$9.3 million for senior services in 2017, an almost 4% increase over a year ago. Working with our Area Agency on Aging, my budget adds dollars for senior case management, nutrition site management, the RSVP driver services program, Caregivers Support, and cultural diversity outreach efforts.

I hope you have safe and happy holidays,

Joe Parisi

Dane County Executive



Center for Future Planning Encourages Adults with I/DD and Families to Plan Ahead

Future Planning is creating a guide for a person with an intellectual or developmental disability (I/DD) to lead a good life as independently as possible. A plan is important throughout all stages of life and especially in the future after the parent or caregiver is no longer able to provide support.

The Center for Future Planning's Website

<https://futureplanning.thearc.org/> provides information and assistance to families and individuals with I/DD on areas such as person centered planning, decision-making, housing options, financial planning, employment and daily activities, and making social connections.

The website also features Build Your Plan™, an online tool that enables families to create accounts and begin to build their plans within the Center. You can even read stories of people and families who have created future plans or who are in the planning process.

*Do something
today that your
future self will
thank you for.*



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