We are Celebrating 5 years!

Thank you!

“Connecting People With The Assistance They Need”

FALL 2017

NEWSPAPER

I enjoy learning from the experiences of those we have the opportunity to work with. As an Information & Assistance Specialist, I have the opportunity to meet with people from all walks of life. During these meetings, folks often share their knowledge and stories. Their memories give a wonderful insight into a different time. One of my fondest memories is listening to a customer tell me about all of the fascinating places she had traveled throughout her lifetime. ~Melana

I really enjoy working on our Resource Wise newsletter! It’s one more way to bring information about services, benefits and other important issues to the people of Dane County – the ADRC customers, caregivers and other professionals. We try our best to make the newsletter interesting and useful. I hope everyone likes the results! ~Amy H

My best memory from the first five years is from my day 1 – entering the building and being embraced by a culture of compassion, comradery and cooperation! ~Rich

The best memories I have of working at the ADRC come from the families who have found peace and comfort with the resources I have provided to them. ~Peggy

Here since the opening of the Dane County ADRC, I am amazed at the amount of information and resources our staff have come to know over the years. ~Shia

ADRC Focus 1
Lingo Buster 2
Caregiver Village 3
#checkitout 4
FYI 5
Community Spotlight 6
I Called the ADRC 7
Who’s Who 8
Who’s Who (Continued) 9
Money Matters 10
Be Well 11
Be Well (Continued) 12
Independent Living 13
Events Sampler 14
Events Sampler (Continued) 15

I am celebrating 5 years!

Thank you!
Lingo Buster: IRIS= Include, Respect, Self-Direct

Dane County is about to get familiar with IRIS! Beginning in early 2018, Dane County will offer the IRIS program as an option for adults with long term care needs. (By “Long Term Care” we mean a variety of services and supports needed by a person living with a chronic illness or disability to meet their health and personal care needs and perform everyday activities.) IRIS allows participants to remain in their homes and communities and avoid moving into nursing homes or other institutions.

The name of the program reflects the core values of independence and self-determination, meaning you are the decision maker in your life and should have the freedom to organize resources in ways that are meaningful to you, and to take responsibility for your ongoing care. IRIS stands for:

**INCLUDE** – Wisconsin frail elders, adults with physical disabilities and adults with intellectual/developmental disabilities with long term care needs - who are Medicaid eligible are included and stay connected to their communities.

**RESPECT** – Participants choose their living setting, their relationships, their work, and their participation in the community.

**I SELF-DIRECT** – IRIS is a self-directed long term care option. The participant manages an Individual Services and Supports Plan within an individual budget and the guidelines of allowable supports and services to meet his or her long term care needs. The participant has the flexibility to design a cost-effective and personal plan.

Self-direction of your plan and goals may help you make changes and discover new opportunities. For example, you can hire, supervise and fire your own personal care workers. Your plan may include employment goals. You might plan for a lift chair, that would allow you to transfer without assistance.

Members of the program partner with an IRIS Consultant Agency (ICA) to review your plan and budget. Dane County will have several choices of Consultant Agencies:

- Connections
- First Person Care Consultants
- Progressive Community Services
- TMG – The Management Group

As with any program, certain restrictions apply. IRIS may have pros and cons depending on your personal situation. IRIS is one of several Long Term Care program options, including Family Care and Partnership, which you can discuss in more detail with an Information & Assistance Specialist from the ADRC of Dane County.

Suicide Prevention:

You are not alone. Help is available.

**Veterans Crisis Line**

1-800-273-8255 PRESS 1

www.VeteransCrisisLine.net

www.WisVets.com

One small act can make a difference. Show your support for Veterans and Service members who may be in crisis, and spread the word about The Power of 1.

Veterans, Service members, and their loved ones can call 1-800-273-8255 and Press 1, send a text message to 838255, or chat online to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

**DANE COUNTY VETERAN SERVICE OFFICER**

will be at the Vet Center every 3rd Tuesday of the month

1291 N. Sherman Ave, Madison

Call 608-266-4158 to schedule an appointment.
November is Alzheimer’s Disease Awareness Month

What is Alzheimer’s Disease? It’s a disease that causes cells in the brain to die. It has been found in people as young as age 30, but it is more common in older adults. Researchers are looking to find the cause and the cure, but they aren’t there yet.

You may ask, “How is Alzheimer’s different from dementia?” Dementia is more of a general term that describes a set of symptoms. Alzheimer’s is the most common cause of dementia. Other diseases such as Parkinson’s, vascular disease, frontotemporal disease, and Lewy body disease can also cause dementia. The official diagnosis for a person with Alzheimer’s disease is Mild or Major Neurocognitive Disorder, probable Alzheimer’s.

The disease affects everyone differently, but the most common early sign is a loss of short term memory. People with Alzheimer’s often forget recent events but can recall long ago memories. It is a progressive disease, so it gets worse as time goes on. On average people live 8 years after diagnosis, but they are discovering that the disease may be present years before the symptoms appear.

Alzheimer’s eventually affects all parts of the brain so the individual begins to lose other abilities, including speech, comprehension and mobility. There are also often changes in the person’s mood. They may be no longer able to control their feelings of worry or frustration, which can cause them to be angry or upset more easily. In addition, changes in personality can be confusing to family and friends.

For example, someone who has always been cautious and kind can become reckless and rude.

When we understand that Alzheimer’s disease is causing these changes, we can adjust our expectations and change how we care for the person we love. We know that they cannot control what is happening to them, so we have to change how we respond and how we support them.

The treatment for Alzheimer’s disease can include medications that help with the symptoms, but these don’t cure or slow down the disease. Research has found that the best treatment is lifestyle changes that can include exercise and diet and remaining socially active. Many people find a way to live well with their disease and many discover new activities and experiences that give them joy and appreciation for the people and the world around them.

If you would like to learn more about Alzheimer’s Disease and ways to reduce your risk, the ADRC of Dane County is partnering with the Madison Schools & Community Recreation (MSCR) & the Alzheimer’s Association to offer a Brain Health Series.

WHAT: Brain Health Series

LOCATION: MSCR East Location
4620 Cottage Grove Road, Madison

TIMES: 1 p.m.

DATES & SUBJECTS:
October 5th – Brain Health Overview, ADRC & Alzheimer’s Association
October 19th – Brain Health & the Arts – Angela Johnson, Coordinator of the SPARK! program
October 26th – Nature’s Effects on the Brain—Gail Brooks & John Daly
November 2nd – Music & the Brain—Dr. Leslie Thimming, UW School of Music
November 9th – Exercise & Brain Health—Dr. Jill Barnes, Wisconsin Alzheimer’s Disease Research Center
November 16th – Brain Health & Nutrition—Sarah Van Riet, UW dietician

Register with www.mscr.org or call 608-204-3000

VETERAN’S DAY NOVEMBER 11TH: THANK YOU FOR YOUR SERVICE!

Veterans Day is observed on November 11, regardless of the day of the week on which it falls, preserving the significance of the date and focuses attention on the true purpose of Veterans Day: a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.
What can I do to join the fight against racism, intolerance and violence?

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”

- Nelson Mandela

An informed and unified community is the best defense against hate and violence:

Act – Hate and violence must be countered with acts of goodness. If left unchallenged, hate persists and grows. Educate yourself about the issues.

Join Forces – There is power in numbers! Reach out to allies from churches, schools, clubs and other civic groups. Create a diverse group to voice concerns and solutions. Include children, police and the media. Gather ideas from everyone, and get everyone involved. Get to know your neighbors. Educate others.

Support the Victims - Let victims know you care. Surround them with comfort and protection.

Speak Up - Goodness has a First Amendment right, too. Denounce hate groups and crimes. Spread messages of tolerance through social media, websites, church bulletins, door-to-door flyers, letters to the editor.

If you see something, say something! If it’s always “none of my business”, then whose business is it?

Pressure Leaders – Talk to your local leaders; write to your senators and members of congress to demand an end to racist and unjust practices in law enforcement, the courts, education, housing, employment, health care, social services and the media. Vote and encourage others to register and vote.

Teach Acceptance - Let others, especially children, learn from the words you use and the attitudes you model. If you demonstrate a respect for other cultures, races and walks of life, they more likely will, too. Think before using language that is demeaning, degrading or sexist. Let your actions and reactions teach that violence is never the answer. Cross the bridge by offering friendly greetings to people -- as a sign of basic respect -- regardless of race, gender, age, sexuality, ability, class, religion or housing status. Think about who you make eye contact with, nod to, or say “Hello” to while you are out in the world.

Dig Deeper – We all have biases and make assumptions. Challenge yourself by asking whether you know the assumption to be true, or if it is something you have simply been taught to believe by an imperfect society. Do you believe that every voice matters, that all people are valuable, that no one is “less than”?

*credits: Southern Poverty Law Center: www.splcenter.org; standup4humanrights.org; thoughtco.com; un.org

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**Fall Fun in Dane County and Beyond!**

September usually means some of our fun warm weather outdoor activities begin winding down. However, this doesn’t mean we have to do as black bears do and start hibernating. There is plenty to do in autumn for both young and old, as well as across the spectrum of disabilities! Click on some of these suggested links to get in your last tastes of the outdoors - before the really cold weather sets in!

First, see what options are in your neighborhood/proximity: [http://dnrmaps.wi.gov/H5/](http://dnrmaps.wi.gov/H5/)
[Viewer=Public_Access_Lands](http://dnrmaps.wi.gov/H5/?Viewer=Public_Access_Lands) takes you to the DNR interactive map site so you can plan your various recreational activities. If you prefer to remain local, the Dane County Parks site helps you choose those options closer to home: [https://parks.lwrd.countyofdane.com/](https://parks.lwrd.countyofdane.com/)
Both websites allow you to get information about accessible facilities.

Not sure what to do when you get there? Consider downloading these apps which can mark waypoints and photo waypoints; provide compass, distance, and GPS mapping features; provide info on rules & regulations, licensing requirements, and news/advisories; provide fauna/floral info; and other various mapping capacities.


Want to know the best time to view the beauty of Wisconsin’s fall foliage? Check out the Fall Color Report: [https://www.travelwisconsin.com/fall-color-report](https://www.travelwisconsin.com/fall-color-report)

Even after the trees have shed their leaves, you may still want to get a last outdoor “hurrah” while still accessing more in-depth activities at sites that have both outdoor and indoor activities. Olbrich Gardens in Madison has events year-round [http://www.olbrich.org/visit/](http://www.olbrich.org/visit/) as do many of Wisconsin’s historic sites [http://www.wisconsinhistory.org/Content.aspx?dsNav=N:1091](http://www.wisconsinhistory.org/Content.aspx?dsNav=N:1091)

Finally, if the autumn temps are getting a bit too cold for you, embrace the spirit of Norsemen and women by visiting Livsreise, the Norwegian Heritage Center located in Stoughton. [http://www.livsreise.org/](http://www.livsreise.org/) This free, accessible museum includes interactive exhibits to plan your “Life’s Journey!” across the Atlantic to a new life in America, just as many of our ancestors did!
COMING SOON: Re-designed Medicare Cards

Medicare cards will be changing – for the better! To help protect your identity, Medicare is removing your Social Security number from the card. Here’s what you need to know about the new cards:

- The Centers for Medicare & Medicaid Services (CMS) will begin mailing the cards to beneficiaries in April, 2018. **Medicare will send you your new card at no cost.**
- The cards will automatically be mailed to all 58 million current beneficiaries. You don’t need to do anything special to receive one.
- The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers.
- Your benefits won’t change as a result of the new card and new Medicare number (MBI).
- Scams relating to the new card are already surfacing. Some Medicare recipients report getting calls from scamsters who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers. Don’t give out either number! Medicare will never contact you for your Medicare number or other personal information.

For help with Medicare Part D plans

- Individuals ages 60+ call the Medicare Part D Helpline: 1-855-677-2783
- Individuals under age 60 call the Disability Drug Benefit Helpline: 1-800-926-4862
  For ages 60+ also check with your area Senior Center

For help with Medicare Advantage plans (Part C)

Medigap Helpline/SHIP counselor: 1-800-242-1060

Limited assistance is also available at the ADRC of Dane County (608) 240-7400, and also by contacting Medicare directly at 1-800-MEDICARE (1-800-633-4227).

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**Medicare Open Enrollment:** October 15 – December 7
Use the Open Enrollment period to enroll in, or make changes to your Medicare Part D Prescription Drug Plan and Part C Medicare Advantage Plan. **Even if you’re happy with your current plan, it’s worthwhile to explore your options.**

For help with Medicare Part D plans

- Individuals ages 60+ call the Medicare Part D Helpline: 1-855-677-2783
- Individuals under age 60 call the Disability Drug Benefit Helpline: 1-800-926-4862
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Limited assistance is also available at the ADRC of Dane County (608) 240-7400, and also by contacting Medicare directly at 1-800-MEDICARE (1-800-633-4227).

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**2018 Health Insurance Marketplace Open Enrollment starts November 1st**
If you don’t have health coverage through a job, Medicare, Medicaid, the Children’s Health Insurance Program (CHIP), or another source, the Federal Marketplace helps you find and enroll in a health insurance plan that fits your budget and needs. You can apply online, by phone, or with a paper application. The next open enrollment period for Marketplace coverage begins on November 1st for coverage starting on January 1, 2018.

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

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Be the change you wish to see in the world.  
~Gandhi
**Community Spotlight**

**Family Care**
Options for Long-Term Care

**GREAT JOB!**
56 out of 57 of our young adults with intellectual/developmental disabilities who finished high school in 2017 have paid employment earning minimum wage or more, working at one of 79 local businesses.

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**Who or What is a MCO??**

As the Family Care Program comes to Dane County in early 2018, some new service agencies will be joining our community.

Family Care is a Medicaid long-term care program for frail elders, and adults with physical, developmental, or intellectual disabilities. The Family Care umbrella actually includes two options: Family Care and Family Care-Partnership.

People in the program receive services to help them live in their own homes whenever possible. Assistance may include help with their daily routine and tasks such as bathing, getting dressed, making meals, going to work, and paying bills.

When a person decides to enroll in Family Care, they become a member of a Managed Care Organization or MCO. MCOs operate the Family Care program with approval from Wisconsin Dept. of Health Services. The MCO provides or coordinates the benefits available with Family Care. Care Managers from the MCO work with members to tailor services to each individual’s needs, circumstances, and preferences.

In order to assure access to services for members, MCOs develop and manage a comprehensive network of local providers (such as clinics, home health agencies, transportation service, etc.). The State makes MCOs responsible for assuring and continually improving the quality of care their members receive. MCOs receive a per-person/per-month payment to manage the care for their members, who may be living in their own homes, group living situations, or nursing facilities.

An important principle of the Family Care program in Wisconsin is ensuring that people have choices. In Dane County, that includes offering more than one choice of MCO. These are the Family Care MCOs who will serve Dane County beginning next year:

<table>
<thead>
<tr>
<th>Family Care Program</th>
<th>Partnership Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care Wisconsin, Inc.</td>
<td>Care Wisconsin, Inc.</td>
</tr>
<tr>
<td>My Choice Family Care, Inc.</td>
<td>iCare/Independent Care Health Plan</td>
</tr>
</tbody>
</table>

The Wisconsin DHS together with the ADRC of Dane County will provide opportunities to learn more about these MCOs as we begin the transition to Family Care.

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**As a Disability Benefit Specialist I love working with people to help them solve benefit issues. I also enjoy helping people to learn more about the complex world of disability benefits to hopefully prevent issues from coming up in the future. We often work with people who are struggling emotionally, physically and financially; helping them gain access to a benefit such as Social Security or healthcare is rewarding and can make a significant difference in their lives. I enjoy meeting new people and never having one day be the same as the next. I am constantly learning something new at this job. ~Katie**

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**Practice safe cooking this Thanksgiving.**

Home cooking fires happen most often on Thanksgiving. Stand by your pan: if you are cooking at high temperatures, turn off the burner before leaving the kitchen.

U.S. Fire Administration | FEMA

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**It takes each of us to make a difference for all of us. ~Jackie Mutcheson**
I Called the ADRC!

Here at the ADRC, we are beginning to get quite a few calls that go something like this:

**Customer #1:** Hello, I recently heard about all these new programs coming to Dane County. When can I sign up for Family Care?

**Customer #2:** Hi, I heard Dane County will have the IRIS program in 2018. When can I sign up?

and so we thought it would be good to share the answers with our readers...

**ADRC Information & Assistance Specialist:** Thank you for calling the ADRC. Yes, Dane County will have new options for Long Term Care, starting in 2018. In addition to the currently available Partnership Program, the Family Care and IRIS programs will replace COP and CIP Legacy Waivers. **However, initially there will be what the State calls a “Transition Period”. During this Transition Period, two groups of customers will have priority.**

This Fall, the ADRC of Dane County will begin meeting with people currently receiving CIP or COP Waiver services to provide information about Family Care Programs and the transition to Family Care. The ADRC will be responsible for enrolling current CIP/COP participants into a Family Care Program in early 2018. These enrollments into Family Care programs will begin in February 2018 and the process to enroll all current CIP/COP participants will take several months.

Next in priority will be people who have been on a waiting list for Long Term Care services since 2017 or earlier. This includes the waiting lists for frail elder services, as well as services for adults with intellectual, developmental, or physical disabilities. Unfortunately, many people have been on these waiting lists for years; for that reason, these customers have priority for Family Care or IRIS. It may take the ADRC up to 36 months to contact and assist all the people currently on these waiting list.

During the Transition Period, Family Care and IRIS will **not** be available to new members who are not in these priority groups – on COP/CIP, or on a waiting list prior to 2018. The Transition Period will not be longer than 36 months, hopefully less. After the Transition Period, Dane County will no longer have waiting lists for Long Term Care services, and our programs will be the same as all other counties.

However, the State has approved the Partnership Program to remain open to older adults and adults with physical disabilities, even during the Transition Period. Updating the name to Family Care-Partnership, the program has similar goals to the other Long Term Care programs: help consumers to remain safe and independent in their own homes and communities. Eligibility is based on health conditions and financial requirements for Medicaid.

As always, the ADRC can assist customers explore many different resources for living independently and managing their medical needs and daily activities. It will be very busy at the ADRC over the coming year as we assist in this process, please bear with us as we navigate these changes through the transition period and remember, we’re here to help!

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*I really enjoy that I am always challenged to continue to learn new things. I also like being able to help people navigate really challenging situations and life circumstances. There is not much that is more rewarding than knowing you made a positive impact in someone’s life. ~Erin*
Introducing: Marissa & Marie
(Lead Duo of Unit A)

What did you do in your professional life before coming to the ADRC?

MARIE: Just before coming to the ADRC of Dane County, I was a Family Care Case Manager. I also worked as a COP Case Manager in another county and was able to experience the COP Waiver to Family Care transition. Going way back, I was a Regional Director for an agency in Dane County that provided residential services to adults with Intellectual/Developmental Disabilities.

MARISSA: Wow, I would have hired Marie too! ;) Before coming to the ADRC I previously worked in the Chicago area where I coordinated a program that provided employment and training for older adults and individuals with disabilities. I’ve also worked as a social worker in a senior housing building, an adult day center, and at a geriatric clinic.

You’ve been a Lead Information & Assistance Specialist since the very beginning of the ADRC. What is your best memory from the last 5 years?

MARIE: –Getting to know our co-workers! We have had a lot of fun with “Ice Breaker” activities over the years. One of the most fun days since we opened was our first scavenger hunt. There was a lot of laughing and silliness that day.

MARISSA: I think it’s pretty rare to be able to be at a job since it’s creation. It really gave us an opportunity to help create the culture of the ADRC; a culture that’s not just professional, but also fun, as Marie mentioned. So that’s been neat to be a part of.

MARIE: Yes, that is so true Marissa… did you have a memory you wanted to share?

MARISSA: Is this your version of a memory screening?! Ok fine. I think some of my favorite memories are of Halloween festivities around here. Our co-workers can come up with some great costumes! Remember the time you came dressed as the lady from the movie “The Birds”? Hey, whatever happened to all those birds you had stuck in your hair?! We could use those for something, I’m sure…

Marie and Marissa are known around the ADRC as the awesome and formidable lead duo! What do you value most about your co-leader?

MARIE: Marissa is just inspiring. It is simply amazing to see what she can do when she is passionate about an issue. She really can move a mountain.

MARISSA: That’s Marie’s nice way of saying I can be a ferocious advocate at times! Rawr! Seriously though, what I appreciate about Marie is her wealth of knowledge on so many issues and her ability to patiently and effectively work with consumers, even through really tough situations. She sets a great example by being so diligent! Marie and I often balance each other out and back each other up, whichever we need at the time. We’re lucky we got hired on the same day, although I’m sure she got to work first, she’s very prompt.
What do you hope to accomplish at the ADRC in the next year?

MARISSA: We have some new staff that will be starting so we’ll focus a lot on training them. There is so much to learn about benefits and programs, it seriously takes a full year to really get someone up to speed. It’s a worthwhile investment though, having strong staff is what makes the ADRC so great.

MARIE: I am hoping that the Waiver program to Family Care transition will go off without a hitch, while still maintaining great customer service.

What was the most rewarding thing you’ve ever done?

MARISSA: In life? This is a heavy question. Ask Marie first.

MARIE: Whoa. That is a tough one. Well, I have a pretty great life. I love my family, my dogs, my home, and my career (depending on the day, the order may change). It has taken a lot of time and effort to get here, but it has all been worth it.

MARISSA: I think one of the most rewarding things I’ve done was spending a few months volunteering with the Red Cross in New Orleans following Hurricane Katrina. People down there were so resilient and kind, despite all the horrible things they’d been through. It was quite a display of the strength of human spirit.

If you could travel back in time, where would you go?

MARIE: It’s probably good that I don’t have the ability to do this. I would probably go back to a time before something really bad happened and try to stop it.

MARISSA: Like that time we all wore animal print to work to scare you?! (Fun fact of the day: Animal print of any kind is Marie’s least favorite pattern)

MARIE: Hahahahahaha. I was thinking that I would like to prevent something a little more serious. I worry though that if I were able to change something, then there would be chain reaction, and then the whole world would blow up. Did I mention that I am a conspiracy theorist? By the way, I noticed that you didn’t answer this question either Marissa.

MARISSA: Oh geez, don’t get her started on the conspiracies! I have been totally addicted to the soundtrack to “Hamilton” recently, I think going back to that era would be really interesting, to see some of those characters in real life. And, you know, maybe help out with the women’s movement while we were there. I’d take Marie with me, she’d be helpful. ;)

What are you grateful for in this moment?

MARISSA: I’m grateful that Marie and I have survived this interview in one piece! I don’t think we’ve bickered once! Miracles DO happen.

MARIE: I feel fortunate that I am able to work with my “Wonder Twin.”
Open position for an older worker:

Recruiting for a Senior (age 55+) to be a part of the WISE Program (Wisconsin Senior Employment Program) as Assistant to the Coordinator of the program. The job is located in Madison. Clerical and receptionist skills are needed, along with some computer knowledge. Please contact Paul at 608-242-4897.

Turn up the Heat!

The Wisconsin Home Energy Assistance Program (WHEAP) offers a one-time payment during the heating season (October 1-May 15) for qualifying households. The funding pays a portion of the heating costs, but the payment is not intended to cover the entire cost of heating a residence. Households with low-to-moderate income may be eligible.

2017 EA Program Limits – annual gross income:
- Household size 1: $26,601
- Household size 2: $34,785
- Household size 3: $42,970

Contact: Energy Services, Inc.
Intake: 608-333-0333
1225 S. Park St. Madison, WI 53715

ATTENTION HOME OWNERS

Do you have needed home repairs?

Loans
- 1% Interest Rate
- 20 year term (in most cases)
- Limit of $20,000 at any given time
- Weatherization
- Modernization
- Leaking roof, heating, flooring, appliances or any other repairs

(Credit standards and income limits apply.)

$7,500 Grant

Grants
- To correct health and safety hazards.
- To make a home more accessible.
- Forgiven after 3 years.
- Must be 62 years or older to qualify.
- Inability to qualify for the Loan Program.

(Income limits apply.)
The Benefit of Change

David Bowie sang about it. Heraclitus, the Greek philosopher, said, “Change is the only constant in life”. And yet, despite knowing that change is imminent and we can recognize it in our daily lives, it can still seem uncomfortable, overwhelming and sometimes even scary. Let’s be honest: change itself can be physically and mentally stressful. And it seems that the greater the change, the greater the stress that accompanies it! Even happy events, such as weddings or a new baby can produce signs of stress related to these changes. Other events, such as divorce, illness, employment transitions, moving (or perhaps having to switch from COP/CIP to Family Care) understandably result in feelings of being overwhelmed and/or anxious.

Coping with that stress isn’t easy. So how do we prepare for the unexpected, yet expected reality of it? Here are a few tips and tricks to help you navigate change in your life:

⇒ Focus on the present day. Rather than worrying about the unknown -- which is typically the future -- live in the moment. Keep your attention on what is happening RIGHT NOW.

⇒ Acknowledge your feelings. Know that emotions are all part of self-awareness. When you acknowledge your feelings, you are accepting them. Emotions can’t hurt you and won’t last. Know that it’s okay to feel anxious or worried.

⇒ Prepare. Regardless of the situation, we can try to prepare ourselves for what’s next. This may include creating a plan of action, learning more about the situation, and identifying strategies to deal with the change — such as finding resources or asking for help.

⇒ Take control of your attitude and actions. We may not be able to stop whatever change is coming but we can control our response. We can control our words and thoughts. We can take time to evaluate. We have the ability in ourselves to change negatives to positives.

⇒ Exercise or find other relaxation techniques. Exercise releases endorphins, which in turn can promote feelings of positivity, both physical and emotional. Try yoga or tai chi, deep breathing, meditation or aromatherapy. Sing or make art. Prayer or other spiritual activities may be helpful.

⇒ Consider the value and benefits of change. Change can reveal your inner strengths. It can get us out of “ruts” and routines that aren’t good or healthy. Dealing with change reminds you to be kind -- by helping you understand what others may be going through. And change can bring about new opportunities -- perhaps ones that you might never have imagined!

Remember- in life, nothing changes if nothing changes!

Change is hard at first, messy in the middle and gorgeous at the end. —Robin Sharma

Sore Throat Relief: ‘Tis the season for colds and other ailments! If you’re suffering from a sore throat, try these tips from the National Institute for Health:

- Try hot tea with lemon or some hot soup.
- Keep your throat moist with lozenges or hard candies.
- Gargle with warm salt water or use ice chips.
- Cold liquids or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help, too.
- Use a humidifier or vaporizer, especially when sleeping, to keep air from getting too dry.
- If the sore throat persists for several days, contact a health care professional.
Influenza vaccination season has just started. We know that older adults, young children, pregnant women and people with chronic health conditions are at greatest risk of severe disease. We all need to be immunized against flu to protect ourselves and those around us.

Did you know there may be other vaccines also recommended for you as an adult? Increased age, as well as chronic health conditions (asthma, diabetes, lung, kidney or heart disease, smoking, and others) can put you at greater risk for other diseases and complications too. When you are getting your flu vaccine, ask your provider, nurse, or pharmacist about what other vaccines you may also need.

**Recommended Adult Vaccines**
- Influenza every year
- Td or Tdap
- Zoster (shingles) at 60 years
- Pneumococcal (2 types) everyone should have one dose at 65 years or older and a second vaccine a year later. One dose can be given at younger ages if there is a chronic health condition or you are a smoker.
- Hepatitis B for diabetics at any age

Check with your health care provider or Public Health to see what you may need.

If you are insured, call your provider.

If you are 65 years and older and have Medicare, call your provider. If you have Medicare D, then Tdap and Shingles are paid for by insurance when it is given at your pharmacy. There may be a copay. Other vaccines are covered when given at your clinic.

If you don’t have insurance or Medicare that pay for vaccines, call Public Health at 608-266-4821.

For more information, see online at [www.publichealthmdc.com/disease/immunizations/clinicsAdult.cfm](http://www.publichealthmdc.com/disease/immunizations/clinicsAdult.cfm)


**Disasters can strike anywhere, anytime!**

September is National Preparedness Month, which serves as a reminder that everyone must take action to prepare.

In the debate about health care, Medicaid and Medicare consider this: **55%** of Wisconsinites living in nursing homes rely on Medicaid.

**A holiday can still be fun, festive and meaningful whether it is celebrated at home or at a care facility.**

Here are some ways to celebrate together:
- Consider joining your loved one in any facility-planned holiday activities
- Decorate their room together
- Bring a favorite holiday food to share
- Sing holiday songs and ask if other residents can join in
- Read a favorite holiday story or poem out loud
- Reminisce over photos of past holidays
- Some facilities have private meeting spaces available for a group of visitors
**Stepping On™ Reduces Your Fall Risk**

*Stepping On* workshops are led by a team of local health care providers (physical therapist, nurse, pharmacist, occupational therapist) who work with you and your classmates to improve your balance and reduce your risk of falling.

According to studies, people who complete a *Stepping On* course see a 35% reduction in falls.

Classes meet once per week for seven weeks, two hours per week, with a reunion class three months later. Cost is $35 for the entire session. Classes are held on various dates throughout September, October and November in Madison, Monona, and Stoughton. Call the ADRC for details at 608-240-7400.

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**Keeping the Holiday Season Happy & Safe!**

It won’t be long before the holidays are upon us. From Thanksgiving to New Year’s there are many reasons to celebrate -- being with family and friends, special meals, special traditions, gift giving & receiving, religious ceremony, time off from school or work! As you’re planning, keep in mind these tips to protect yourself and your loved ones:

* Stay off the road during and after a winter storm.
* If you’re traveling, pack a few extra things like a first aid kit, a flashlight, medications and a spare charger for your phones or tablets in case of weather delay.
* Keep candles away from flammable materials – at least 12 inches.
* Keep an eye on food when cooking or baking. Most house fires start in the kitchen!
* Turn off holiday lights and decorations at night. Keep your holiday tree watered, don’t let it dry out. Keep trees at least 3ft away from any heat sources.
* Shop securely online over the holidays. Make sure your passwords are strong. Be cautious of holiday scams! If it’s too good to be true – it’s probably not true!
* Designate a “safe space” during larger celebrations: a quiet, calm spot away from others in the event of sensory overload for guests with dementia, developmental disabilities or mental health concerns.
* Keep expectations reasonable. Family gatherings, food or gifts don’t have to be “perfect”!

Happy Holidays, health, and safety to you all!
The Sampler! Interesting Events Happening in our Community:

**What:** 5th Annual VA Mental Health Summit  
Enhance the mental health & well-being of Veterans and their family through increased collaboration between the VA and the community. Topics include suicide prevention, caregiving, mental health needs of LGBTQ identified Veterans, and military cultural competence.  
**When:** Wednesday, September 13th 9am-3:30pm   Free   Registration: 608-280-7084 x11980  
**Where:** Bethel Lutheran Church, 312 Wisconsin Ave. Madison, WI

**What:** Learning, Coping, and Surviving as an Alzheimer’s Caregiver Presentation  
Join former WI Governor Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine, who lives with Alzheimer’s disease.  
**When:** Tuesday, September 19th 5:30 - 7 p.m.  Free  
**Where:** Stoughton Hospital  900 Ridge St. Stoughton, WI  Questions? Call Sonja at (608) 873-2356

**What:** Triad’s 15th Annual Crime Prevention and Safety Conference and Expo  
“Taking Positive Steps in Uncertain Times: Learning to Stay Safe” is the theme of this popular day-long conference offering workshops on topics like identity theft, mental health, and drug abuse. Questions? Call 608-441-7897  
**When:** Friday, September 22nd 7:45am-4pm  Cost: $35 / $25 age 60+  Register: [www.rsvpdane.org](http://www.rsvpdane.org)  
**Where:** American Family Insurance Training Center,  6000 American Pkwy  Madison, WI 53703

**What:** Welcome to Medicare!  
Free seminar offered by the Dane County Area Agency on Aging. If you’re turning 65 this year, you will need to make informed choices about your Medicare options! Unbiased experts will help you understand what Medicare is and isn’t, how to avoid penalties for late enrollments, and how to get the most out of your health and prescription benefit plans.  
**When:** Saturday, September 23rd 9am-11:30am  Free  
**Where:** Stoughton Senior Center, 248 Main St. Stoughton, WI  Call to Register: 608-873-8585

**What:** Ready, Set, Retirement!  
Workshop on retirement issues, including wills, trusts, probate; power of attorney; Medicare and supplemental coverage; Medicaid, Marketplace Health plans; Social Security; Special Needs Trusts; Charitable Trusts; other benefits available to seniors. Reserve your seat by calling GWAAR at 608-243-2881  
**When:** Saturday, September 23rd 8am-12:15pm  Free  
**Where:** Madison College – Truax campus, Protective Services Building, Room 235.

**What:** Date Night: Parfait Delight!  
Enjoy music, dancing and build (and eat) your own parfait! Open to the entire community – those with disabilities and those without. Offered by Madison School & Community Recreation.  
**When:** Saturday, October 14th 2pm-4pm  Cost $5   Call 608-204-3029 /Course Code 16245  
**Where:** MSCR Recreation Center Hoyt, 3802 Regent Street  Madison

**What:** Free Thanksgiving Day Meal -- Madison  
Home delivery is available – but must place an order by the Monday prior to Thanksgiving Day  608-233-9751  
**When:** Thanksgiving Day, Thursday November 23rd  12-3pm  
**Where:** First Congregational United Church of Christ, 1609 University Ave. Madison

**What:** Free Thanksgiving Day Meal -- Sun Prairie  
Home delivery is available for seniors or disabled – please call ahead  608-837-2025  
**When:** Thanksgiving Day, Thursday November 23rd 11am-3pm  
**Where:** VFW Post 9362, 349 W. Walker Way, Sun Prairie WI

**What:** Free Thanksgiving Day Meal -- Verona/Madison  
**When:** Thanksgiving Day, Thursday November 23rd 11am-1pm  
**Where:** Good Shepard Lutheran Church, 5701 Raymond Rd. Madison
Ballroom Basics for Balance™
Challenge and improve your balance with basic moves of ballroom dance!
Waltz, Tango, Line Dance & more! No experience or partner needed.
WHEN: Fridays from 10-11:30am 22 September – 8 December
WHERE: Madison Center Library
COST: $50/scholarships are available REGISTER: (608) 266-6581 Madison Senior Center -or- (608) 692-8794 Susan Frikken, instructor & physical therapist

Badminton! Mondays, October 2nd - December 11th 6:00pm-7:30pm
Spring Harbor Middle School, 1110 Spring Harbor Dr. Madison
$15 To Register: call MSRC at 608-204-3029/Course Code 16220
Open to the entire community—those with disabilities and those without. Equipment, supplies, water and healthy snacks provided.

2017 Wisconsin Self-Determination Conference:
Self-Determination in Full Color Celebrating You... Mind, Body and Spirit
November 1 - 3, 2017
Kalhahi Resort, Wisconsin Dells, WI

For more information: call (920) 723-5571 or email: selfdetermined@incontrolwisconsin.org
To Register: https://www.regonline.com/2017SDC

Free programs for people experiencing beginning to mid-stage memory loss and their caregivers. SPARK! events feature interactive exhibit experiences in a welcoming environment. Specially trained museum educators engage participants in lively discussions, object handling, and other multi-sensory activities.


10/9 Monday 2-3:30pm Wisconsin Historical Museum Madison: Can You Dig It? Step into an archaeologist’s boots to explore how these professionals piece together history. Call 608-261-9359 to Register.

11/13: Monday 2-3:30pm Wisconsin Historical Museum Madison: The Fur Trade. Discover the history behind the fur trade with a hands-on look at the objects that were traded. Call 608-261-9359 to Register.

11/18 Saturday 10-11:30am Madison Children’s Museum: Cookie Decorating! Call 608.256.6445 ext. 156 to Register.
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.

Our Experts can help you with information about:
- Assisted Living & Nursing Home Options
- Caregiver Supports
- Housing Options
- In-Home Personal Care
- Meals & Nutrition Programs
- 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

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