

We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to ADRC@countyofdane.com or call us at 608-240-7400

The Independent Living Supports Pilot Program is here in Dane County!

Older adults and adults with qualifying disabilities who are not yet eligible for Medicaid Long-Term Care programs, may be eligible for short-term, flexible services to enhance their independence, improve their quality of life and stay in their own homes longer. See page 4 for details.



Finding Connection

As the days get shorter and we find ourselves preparing for the coming winter season, it’s vital to remind ourselves of the importance of staying connected. Connecting with friends, family, neighbors, and our community can help stave off loneliness and social isolation. Recent studies have shown that social isolation and loneliness are associated with higher rates of mortality, depression and cognitive decline.

What can we do to improve our social connectedness?

- ◆ Spend quality time with family and friends.
- ◆ Bundle up and get outside for a walk with a neighbor.
- ◆ Practice expressing gratitude to others.
- ◆ Volunteer your time with an organization.
- ◆ Get involved in your community.
- ◆ Take care of your health. Staying healthy helps you enjoy your connections to others.
- ◆ Join a group or take a class related to an interest or hobby. (Books, Art, Sports, Crafts)
- ◆ Expand your friend group by getting to know someone new.
- ◆ Have your hearing checked, and see if there are ways to improve communication.
- ◆ Practice random acts of kindness.
- ◆ Share your smile with someone you encounter.
- ◆ Reach out to someone with whom you’ve lost touch.
- ◆ Teach your skills to a young person who does not have your experience.
- ◆ Step outside your comfort zone and try something new.

Here’s to a happy, more connected version of you!

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Lingo Buster: Supportive, Palliative and Hospice Care

Supportive Care

Many organizations use the terms supportive care, comfort care, and palliative care interchangeably. Supportive Care is being used as more favorable terminology in effort to reduce fear, barriers and delayed referrals to palliative care treatment by health care professionals, patients and families.



Palliative Care

Palliative care is for anyone living with a serious illness, such as heart failure, chronic obstructive pulmonary disease, cancer, dementia, Parkinson's disease, and many others. Palliative care is a strategy best determined during the initial diagnosis but can be helpful at any stage of illness. The goal of this care is to treat symptoms of a disease, any side effects caused by treatment of a disease, and the psychological, social, and spiritual stress/problems related to a disease or its care.

Hospice Care

Hospice is provided for a person with a terminal illness whose doctor believes he or she has 6 months or less to live if the illness runs its natural course – though it can be extended/renewed depending on the course of the illness/condition. Hospice provides comprehensive comfort care as well as support for the family. In hospice a person chooses comfort care over curative care. Hospice services can be provided in the home or any other setting such as assisted living, nursing facilities or hospitals. Hospice providers help with skilled care through nurses, personal care assistance, social worker support, medications, equipment, and supplies. Services include pain medication, medical equipment, counseling, short term in-patient stay and grief counseling.

Cost

Cost of services may be covered through Medicare, Medicaid, private health insurance, or Veteran benefits.

Palliative Care

Both

Hospice Care

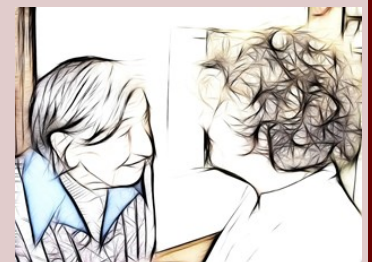
- | | | |
|--|--|---|
| <ul style="list-style-type: none"> ◆ Can Pursue Curative Treatment ◆ Any Stage of Serious Illness ◆ Typically Happens in Health Care Setting ◆ Less Reliance on Family Caregivers and Volunteers | <ul style="list-style-type: none"> ◆ Improve Quality of Life for People with Serious Illnesses ◆ Provide Emotional, Spiritual, Physical and Social Support to Effectively Manage Symptoms ◆ Reduce Stress ◆ Comfort Care | <ul style="list-style-type: none"> ◆ Excludes Curative Treatment ◆ Requires Medical Prognosis of Six Months or Less ◆ Occurs in Person's Home or in a Facility ◆ Relies Heavily on Family Caregivers and Volunteers |
|--|--|---|

A Look at the Need for Caregiving by the Numbers

According to the National Center for Health Statistics the need for caregiving increases with age.

- Adults who are 85 years and over were more than twice as likely (20%) as adults aged 75–84 years (7%) to need help with personal care from another person.
- In adults aged 85 and over, women are 23% more likely than men to need help from another person.
- Older adults are often caregivers themselves to younger family members. Approximately 1 million adults age 60 and over are in charge of one or more grandchild, under age 18 living with them. Of these caregivers, 593,495 were grandmothers and 429,377 were grandfathers.
- Of the 3.6 million people who have an Intellectual or Developmental Disability (I/DD), most live with a family caregiver age 60 or over.

*Principal sources of data for the Profile are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics.



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 y t a b w q s u s w s r w j r n h c

Gratitude Word Puzzle

Appreciate
 Compassion
 Family
 Happiness
 Kindness
 Thoughtful
 Caring
 Connection
 Friends
 Honesty
 Respect
 Together
 Community
 Excitement
 Grateful
 Joyful
 Sharing
 Traditions

* Words can go in any direction
 * Words can share letters as they cross over each other



Family Fun: Horror Movies!

This Halloween season, do you want to get a bit spooky, but not scared?
 If yes, turn the lights low, grab your loved ones, your blanket, and some popcorn
 because our list is full of not-too-creepy fun.

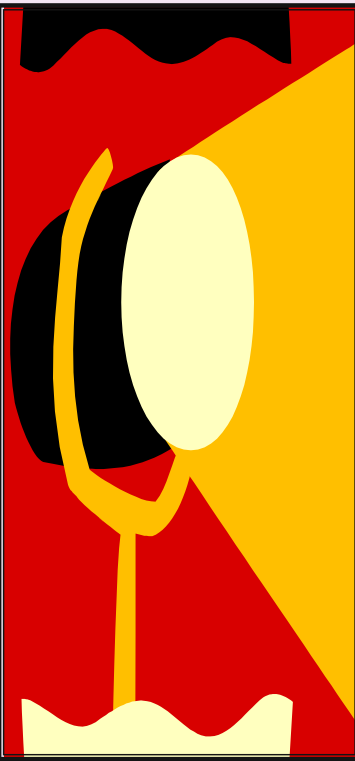


1. Arachnophobia (1990)
2. Buffy the vampire slayer (1992)
3. Coco (2017)
4. Hocus Pocus (1993)
5. Coraline (2009)
6. Ghostbusters (1984)
7. Wendell & Wild (2022)
8. The Addams Family (1991)
9. The Lost Boys (1987)
10. Goosebumps (2015)
11. Beetlejuice (1988)
12. Elvira, Mistress of the Dark (1988)
13. The Haunted Mansion (2003)



McCabe's at the Movies





COMMUNITY SPOTLIGHT:

Independent Living Supports Pilot
ILSP@countyofdane.com
(608) 240-7480



ARTS for ALL Wisconsin announced the closure of the Art Center at 1709 Aberg Avenue. ARTS for ALL programs formerly held at the Art Center will continue throughout Dane County. ARTS for ALL will announce the locations of programs as they are confirmed. Please continue to check their website at <https://www.artsforallwi.org/>, or call 608-241-2131 for more information.

The Independent Living Supports Pilot

We are excited to announce that the ADRC of Dane County has a new program! The Independent Living Supports Pilot program will offer short-term, flexible, limited services and supports for people at risk of entering Medicaid long-term care. Eligible individuals can participate in the pilot for one year and can receive up to **\$7,200** in services/supports within the **one year time period**.

The pilot program will help improve people’s ability to stay in their own homes, potentially easing the increased burden on Wisconsin’s long-term care system as our population ages. It will provide invaluable insight about how people seek information about services and supports, and help us understand potential barriers in accessing those services.

Eligibility:

To be eligible for this pilot in Dane County, program participants must:

- Be a Wisconsin resident and US citizen or eligible immigrant
- Live in Dane County
- Be over age 18
- Earn less than 300% of the [federal poverty level](#) with no deductible or consideration of spousal income. That is currently \$3,645/month for a household of one. There will be a form that people must sign attesting their income is below this amount.
- Cannot be currently enrolled in Medicaid long-term care programs or living in a licensed or certified residential facility
- Have at least one eligible functional need
- Have a qualifying diagnosis (may be a long-term disability) if under age 55

Benefits and Services:

Examples of one time or periodic services:	Examples of continuing services:
<ul style="list-style-type: none"> • Specialized medical equipment and supplies • Assistive technology • Home and vehicle modifications • Emergent home clean-up • Moving services • Caregiving training and education • Individual training and education • Respite (in-home or in a facility) • Non-medical and medical transportation • Other (based on support and service needs of customer) 	<ul style="list-style-type: none"> • Personal care • Daily living skills training • Care management • Supportive home care • Personal emergency response system • Meals (for people under age 60) • Internet/Wi-Fi services • Financial management and legal assistance • Other (based on support and service needs of customer)

There is currently a waitlist for enrollment in the program. If you are interested in learning more please call the ILSP directly at (608) 240-7480.

Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you risk running out of time.





Who's Who at the ADRC?

Presenting:

**ADRC Dementia Care Specialist
Kayla Olson**



What is your role at the ADRC?

I work as the part-time Dementia Care Specialist. In my role I help customers and community partners understand a diagnosis of Alzheimer's or Dementia, understand memory loss, what is normal with aging, connect with resources, learn strategies and coping skills, and how to navigate systems.

Can you tell us a little about what did you did before you came to the ADRC?

I have a lot of work history in many areas! I worked at an assisted living for ten years and gained experience with memory care. I have lead very specific one-on-one classes to large groups . Before coming to the ADRC I worked in behavior health units and gained a lot of knowledge with rare illness and significant memory loss. I also teach classes at local colleges.



What made you pick this career?

Great question, while I was pursuing my Occupational Therapist Assistant degree in college I was working in assisted living and working alongside memory loss first hand. I found myself falling in love with this population and the needs of people with significant memory loss. I am so interested in emphasizing quality of life, keeping strength for activities of daily living and maintaining skills. I discovered how much I valued helping those with memory loss find the joy in the everyday both at home or at assisted living.

Tell us about yourself:

I am married and we just celebrated our four year wedding anniversary. We have a dog who is an 8 months old Retriever/ Great Pyrenees mix. His name is BAM and he has adorably long legs and giant paws.

What do you like to do for fun?

I like to camp and we just refinished a Jewel camper. I play soft ball and enjoy volleyball. I am into knitting— my biggest knitting project was a blanket for my family.

Any quote or inspirational saying that is meaningful to you?

Yes, by Maya Angelou:

“People will forget what you said, people will forget what you did, but people will never forget how you made them *feel*.”





Money Matters Division of Extension

Money Matters is an online program offered through the Division of Extension Financial Education Center. The program is designed to improve your financial habits and it is free of charge. The course can be completed independently online or with the help of a financial coach by a UW-Extension educator.

Money Matters includes 13 modules and 2 bonus modules:

- ◆ Your Financial Strengths
- ◆ Explore Credit Scores and Credit Reports
- ◆ When you Can't Pay your Bills
- ◆ Making a Spending Plan
- ◆ Staying Organized
- ◆ Retirement Planning Basics
- ◆ Health Insurance Options for WI
- ◆ Health Insurance Basics
- ◆ Managing Student Loans
- ◆ Credit Unions, Banks and other Financial Institutions
- ◆ Money and Relationships
- ◆ Saving Money
- ◆ What is Credit and How to Build it

Bonus modules:

- ◆ Non-bank Financial Technology Alternatives (FinTech)
- ◆ Veterans and Finances

The modules offer great information, tools and tips to help even the most money savvy individuals. If you are interested in working with a UW-Extension educator in Dane County please contact Clare Dahl at 608-224-3722.

Are You or Someone You Know the Victim of a Crime?

If you are a Dane County resident over the age of 60, the Senior Victim Advocate Program can help you.

The Senior Victim Advocate helps older adults overcome the trauma of crime, understand their options and exercise their legal rights.

The types of crimes the Senior Victim Advocate can assist with includes: financial exploitations, assault, battery, burglary, domestic violence, identity theft, fraud, purse/wallet theft, emotional abuse, stolen checks, sweepstakes fraud, physical abuse, sexual abuse, internet fraud and more.

When an older person is victimized they often suffer greater physical, mental and financial injuries than younger people and may need more specialized support. Not only can the Senior Victim Advocate assist with safety planning, victim compensation, and counseling but they provide assistance with navigating the court system, connecting with law enforcement, reaching out to financial institutions, collection agencies and credit bureaus.



The Senior Victim Advocate Program is here to help, to reach them please call: 608-261-7326.



Overwhelmed by Medical Debt?

- ⇒ Do you have a Medicaid, TRICARE or Medicare?
- ⇒ Do you have unpaid medical bills or debt?
- ⇒ Are you over the age of 60?

The Consumer Financial Protection Bureau's (CFPB) Office for Older Americans reported even though most older adults have insurance coverage, many of them have unpaid medical bills in collections, often due to improper billing practices. The Elder Benefit Specialist (EBS) Program of the Area Agency on Aging of Dane County might be able to help with that. The EBS Program provides advice and representation for senior adults (age 60+) residing in Dane County that are faced with benefit disputes or denials, complications, changes in benefits, claims not paid, and other similar issues that have an economic or socially isolating effect on the older adult. Call the ADRC for details.



Training the Helpers: The Certified Direct Care Professionals Program.

The population of Wisconsin is aging and requiring assistance to complete activities they once did independently. Adding these elders to the large populations of those needing assistance due to physical and cognitive disabilities and what do you get?



A need for caregivers!

Because many of those providing cares are finding higher paying, less demanding jobs that allow for more balance between work and life, care recipients are facing a shortage of those they need most – caregivers! So, what can be done?

According to Wisconsin DHS Division of Medicaid Services Assistant Administrator Curtis Cunningham the answer to the caregiver crisis is “to promote this fulfilling career by providing standardized training and certification that helps people learn, grow and advance, and our new CDCP (Certified Direct Care Professionals) program does just that.”

The CDCP program intends to train 10,000 future caregivers within the context of providing a safe, ethical, person-centered and culturally aware environment to provide personal and supportive cares. Since July, more than 3,200 people have signed up for the opportunity to become a CDCP.

Participants receive free training and certification testing. Upon successfully completing the approximately 30 hour self-paced online curriculum, they will automatically join the certified direct care professional registry to connect with employers throughout Wisconsin. Graduates of the program may also be eligible for up to \$500 in employment bonuses.

Once you complete the course and become a CDCP, you gain essential skills to advance your rewarding career as a certified nurse aide (CNA), medication aide, licensed practical nurse (LPN), or registered nurse (RN), or administrator. It's never been easier to enter to enter the field of health care.



It looks like the future is becoming brighter for all!

To learn more about the curriculum, FAQ and sign up for the training, please go to these links:

- Curriculum Overview - <https://www.dhs.wisconsin.gov/publications/p03320.pdf>
- FAQ - <https://www.wiscaregivercdcp.com/faqs/>
- Sign up - <https://www.wiscaregivercdcp.com/signup/>





Check it Out!

Want a demonstration on how to use the MyAccess app?

Check out The State of WI DHS YouTube series: [MyACCESS - YouTube](#)



Celebrate Creativity with Reduced Cost Admissions using Musuem4all

Do you have a FoodShare or EBT Quest card?

Did you know having one can help you take advantage of reduced cost admission to participating museums, zoos and aquariums?

Through the Museums for All program, you show the card and a photo ID upon admission and the museum will grant the discounted rate for up to four people per EBT card. Museums for All is a national access program that inspires people of all backgrounds to visit museums and build lifelong museum traditions.

[Museums4All.org](https://museums4all.org) has a list of participating locations in every state with more than 1,000 museums throughout the United States.

There are also many great participating museums in Wisconsin and Illinois such as Olbrich Botanical Gardens, Milwaukee Public Museum or the Shedd Aquarium in Chicago.

<https://museums4all.org/>



DANE COUNTY HOMELESSNESS AWARENESS MONTH 2023

SAVE THE DATE

KICK-OFF EVENT:

**FRIDAY,
NOVEMBER 3RD**

10:00AM – 10:30AM

**CITY-COUNTY
BUILDING**

**210 MARTIN LUTHER
KING JR BLVD,
MADISON, WI 53703**

SCHEDULE OF EVENTS

10:00am:
Welcoming Statement

10:00am-10:10am:
City of Madison Proclamation

10:10am-10:20am:
Dane County Proclamation

10:20am-10:25am
Voice of Lived Experience of Homelessness

10:25am-10:30am:
Closing Remark

**ON AVG. OVER
1,000 PEOPLE
ARE IN NEED OF
HOUSING IN
DANE COUNTY
EVERY DAY**

 **To make a donation to the Lived Experience Committee:** https://www.flipcause.com/secure/cause_pdetails/MTc5ODkz

 **To learn more about local homeless services:** <https://www.danecountyhomeless.org/>

Food Share, Use it or Lose it

Beginning September 17, 2023, unused food share benefits that have been available for a period of at least 9 months (274 days) will be erased, if the food share card has not been used for a period of 9 months (274 days).



Falls Prevention Ideas

Falls are a leading cause of injury and death in Wisconsin and in 2022, EMS in Wisconsin responded to over 130,000 falls. According to the CDC, Wisconsin has the highest fall death rate among older adults in the United States.

What can you do to prevent falls?

The CDC suggests these four things you can do to prevent falls:

- Have your healthcare provider review your medications
- Exercise to improve your balance and strength
- Have your eyes and feet checked
- Make your home safer



Here are a few exercises you can do at home to improve your balance and strength:

Sit to stand

- * Sit upright in a chair (make sure it doesn't roll or slide) and have your feet planted on the floor. Lean your chest forward over your toes and slowly rise to a stand position. When sitting back down, sit slowly and do not plop. Repeat this exercise 10 times.

Calf raises

- * When you are washing dishes or brushing your teeth, try this exercise. Stand up on your tip toes and hold for a few seconds then slowly place your heel back on the ground. Repeat this exercise 10 times.

Heel-toe walk

- * Stand with your arms straight out and your feet side by side. Focus on a spot in front of you and place the heel of the front foot directly in front and touching the toe of your back foot. Take 10-20 steps.

ADAPTIVE EQUIPMENT: SAD Lights

As the nights get longer and the days get shorter, Seasonal Affective Disorder (SAD) can begin to impact some of us. Doctors recommend that Seasonal Affective Disorder (SAD) be treated the same way as depression. Please consult your primary care doctor to make sure that you are receiving the best treatment that is right for you, based on your needs.

Depression can be treated in many ways like therapy, medications and other holistic approaches including healthy diet, socializing with loved ones and exercise. Another option to consider adding is light therapy, although light



therapy is not scientifically proven to treat SAD many people report better moods using light therapy. Light therapy is easy to use by simply turning it on (don't look directly at the light bulb) and sit near the light for 15 – 60 minutes within the first hour of waking up.

There are plenty of styles and designs for light boxes. Would an alarm clock that slowly brightens help dreary cold winter mornings? Would a light box near where you eat breakfast fit your lifestyle better? Talk to your doctor if adding a light box would be best for you.

Things to keep in mind when buying a lamp for light therapy:

- The light should provide an exposure of 10,000 lux of light
- Create the smallest amount of UV as possible
- Check to see if it is specifically made to treat SAD

Schemes and Scams: Beware of the Publisher's Clearing House Scam



The Dane County Sheriff's Office warns the public of a Publisher's Clearing House scam. The Dane County Sheriff's office is investigating multiple cases after reports of a Publisher's Clearing House and lottery scam. The scams have already cost Dane County victims tens of thousands of dollars. The Sheriff's Office would like to remind Dane County residents that if you are being contacted out of the blue claiming you have won thousands of dollars to be guarded and never wire or transfer funds to cover 'taxes and fees.'

Protect Yourself from Phishing Scams

Have you ever been on social media and seen a cute little picture asking common questions like:

- ⇒ What was your first job?
- ⇒ What year did you graduate?
- ⇒ What was your first car?
- ⇒ Where did you go to high school?

These questions look harmless and it's fun to comment and reminisce. STOP! Don't answer these questions on social media. The reality is if you comment a real answer to those questions, you were a victim of a phishing campaign. Even if one of these questions jogs a fun memory you want to share, don't comment the answer on social media, call a friend or family member to tell the tale.

What is a phishing campaign?

It's hackers who are trying to gather your personal information to get your password. The questions above are all common security questions to your bank accounts, credit cards, email, etc.

Anyone can see your answer and by answering these questions you have given hackers a key to hack your accounts.

Protecting Your Password **ISN'T A GAME!**

First Job:	STOP
Favorite Food:	GIVING
Favorite Color:	PEOPLE
First Pet's Name:	YOUR
First Child's Name:	PERSONAL
Favorite Restaurant:	INFORMATION
Hometown:	TO
Favorite Sports Team:	GUESS
Mother's Maiden Name:	YOUR
First Type of Car:	PASSWORDS
Favorite Movie:	AND
Favorite Animal:	SECURITY

PROTECT YOUR PERSONAL INFORMATION:

- ◆ Never share answers to your security questions.
- ◆ Keep track of your passwords & security answers in a safe place.
- ◆ When setting up your security answers for bank accounts, credit cards, emails, you can also provide an answer that has nothing to do with the question asked.

(Answers to Page 19's quiz)

Great Lakes States

- 1) Illinois, The Prairie State
- 2) New York, The Excelsior State
- 3) Pennsylvania, The Railroad State
- 4) Indiana, The Hoosier State
- 5) Michigan, The Great Lakes State
- 6) Minnesota, The Bread and Butter State
- 7) Ohio, The Buckeye State
- 8) Wisconsin, The Copper State

Cybersecurity Awareness Month

October 2023 marks 20 years of Cybersecurity Awareness Month

This year's theme—"Secure Our World"—highlights important behaviors and practices we can implement to protect our data online and become more responsible digital citizens in our personal, social, and professional lives.

We encourage you to practice these simple but effective cybersecurity basics:

- Use strong passwords and a password manager
- Turn on multifactor authentication
- Recognize and report phishing
- Update your software



Are you Ready for Disasters or Emergencies? www.ready.gov

As an older adult or adult with disabilities, you may have specific needs after a disaster.

Follow these simple low-cost steps to be better prepared:



- ◆ Plan how you will communicate your needs.



- ◆ Plan for food, water and essentials for you and your pets.



- ◆ Plan for your transportation needs.



- ◆ Include medicines, medical supplies, batteries and chargers in your emergency kit.



- ◆ Make copies of your insurance cards and other important papers.



- ◆ Plan how to have your assistive devices with you.

Download the [Take Control in 1, 2, 3—Disaster Preparedness Guide for Older Adults](#). Use the worksheets and checklists to create your plan, then add it to your emergency kit or put it on your refrigerator as a visible reminder that you are prepared.



Game Night Ideas for Family and Friends

As the nights get longer, here are some ways to enjoy being inside!

1. Movie and fort night

Make a game of watching a movie! Gather up chairs, blankets, stuffed animals, pillows and create your customized fort and movie night.

2. Don't drop the balloon

Blow a regular balloon up and everyone take turns not letting the balloon touch the floor!

3. Costume competition

Find your old Halloween costumes, mix and match old clothes, silly outfits, wigs, boots, shoes and compete for whose look wins! Don't forget to take a selfie!

4. Indoor bowling

Clear a spot for an indoor bowling lane, find 10 empty plastic bottles and grab a ball. Arrange the empty plastic bottles in a triangle, with four in the back row, then three, two and one in each of the next three rows. Once the bottle pins are set, you are ready to bowl.

5. Paper telephone

Grab a notebook and a pencil and have everyone sit in a circle. The first person writes down a phrase like "call it a day", "bigger fish to fry", anything you want and pass the written phrase to the next person. The next person's job is drawing the phrase they received. When the drawing is done, pass it to the next person who will WRITE out the drawing into a worded phrase. Pass it on like this until the phrase reaches the original author! See what the phrase turned into!

6. Paper plane contest

Find an open stretch in your home, gather up paper and fold into your best paper plane. See how far your aircraft flies! The plane that goes the farthest distance wins.

7. Charades

Write down prompts to act out and toss them into a hat or bowl. Next, make two teams so that each person from the team gets to act something out from the prompts.

8. Taboo

Have people try to guess a word by giving hints without actually saying it!

9. Card games

Play classic card games such as Rummy, Hearts, Spoons, Go-Fish or Euchre and enjoy the time together!



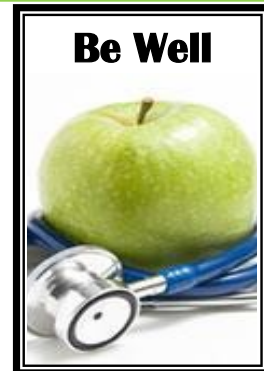
December is Sharps Injury Prevention Month:

Many of us have used needles, be it for our own health, a family member's health, or even a pet's health. December brings a reminder to prevent accidental injuries from sharps.

CORRECT PACKAGING OF USED MEDICAL SHARPS

To reduce the risk of injury, follow these steps to get medical sharps ready for safe disposal:

- ◆ Clip the needle points with needle clippers. When you clip the needles off the syringe you are reducing the amount of sharps you have to dispose of! The needle-less syringe can go in the household trash.
- ◆ Recap or re-sheath discarded sharps to help prevent needle sticks. *Recapping needles is prohibited in healthcare facilities because medical workers might stick themselves with contaminated needles, but individuals who administer their own medications are not at risk from their own needles.
- ◆ Place sharps in hard, puncture-resistant containers with secure lids or caps for example commercially available sharps containers or thick-walled plastic detergent or bleach bottles with screw caps. Don't use coffee cans (the lids are too easily punctured), plastic milk jugs, plastic bags, aluminum cans and soda bottles. *DO NOT add bleach to the container. Bleach may not completely disinfect needles, and it could spill and injure you or waste handlers.
- ◆ Visibly label the sharps container with the words "biohazard," "infectious waste" or "sharps," or use the bio-hazard emblem. If you have put sharps in a container that would otherwise be recyclable, label it "Do not recycle."
- ◆ When the container is full, sealed and labeled, store it out of reach of children and dispose of it properly at a sharps collection station or by using another method described below.



CORRECT DISPOSAL OF MEDICAL SHARPS

The acceptable options for disposing of household sharps are:

- Take your sharps to a registered sharps collection station.
- Contact your doctor, clinic or local hospital. Many healthcare facilities accept sharps but are not required to register and therefore may not appear on the list of registered sharps collection stations.
- Call a local pharmacy, hospital, diabetes educator, public health department, or solid waste or streets department about local options.
- For small quantities (50 pounds and under), you may transport the sharps to an infectious waste treatment facility.
- Use a "mail-back" sharps program, which can be found by searching the internet. The company should provide containers and packaging which meet U.S. postal regulations.



DISPOSING OF SHARPS GENERATED AWAY FROM HOME

If you need to use sharps when away from home, look for sharps boxes in public restrooms in airports, restaurants and highway rest areas. Hotels and motels may offer a small needle box for use in your room. You may also carry small sharps boxes to use when other options are not available.

<https://dnr.wisconsin.gov/topic/HealthWaste/HouseholdSharps.html>

Federal Marketplace Open Enrollment November 1 – January 15

If you need health insurance and are not covered under your employer's health care options or qualify for public benefits – be sure to look into the Federal Marketplace.

HealthCare.gov

2024 Medicare Part D Open Enrollment



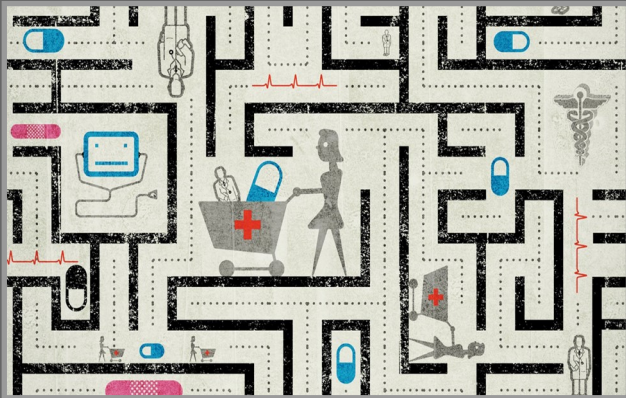
October 15-December 7 2023

Who: All Medicare Part D Beneficiaries

What: Medicare drug plans can make annual changes to your drug coverage, cost & contracts with pharmacies. Check your plan to make sure your Part D is still the best coverage for you.

How: Go to Medicare.Gov or call 1-800-Medicare to do a plan finder

What You Will Need: A List of Your Prescriptions including the doses and frequency you take these medications. If you are unable to use the plan finder on your own, contact your senior center or the Medigap Helpline.



Return of the Navigators: Health Insurance Navigators A Free Community Resource

With the return of Open Enrollment for the Federal Health Insurance Marketplace from November 1 to January 15, Health Insurance Navigators are here to guide you through the maze of plan choices and emerge with the coverage that is right for you! Covering Wisconsin, a statewide program through UW-Madison Extension, provides free local help with finding and using affordable health insurance –assisting folks to make the right choice.

Navigators are there for all who need help to discover which insurance meets their personal needs. Help from a Navigator is confidential, impartial, and free of charge. In Dane County, Covering Wisconsin also partners with Centro Hispano to increase the number of bilingual Spanish-speaking Navigators and help the Latino community in finding affordable health insurance options.

How to make an appointment: Go to www.CoveringWI.org/enroll, <https://coveringwi.org/enrollspanish> call (608) 261-1455, or Centro Hispano 608-255-3018

Additionally, by going through Centro Hispano to get Health Insurance Coverage you can make connections with the community; discover other resources such as whether one qualifies for other public benefits (*FoodShare, BadgerCare Plus, Premium Subsidies*); and learn about available employment, family, recreational, and youth programs.

IMPORTANT REMINDER

MAPP Work Requirement Returns in 2024

The Medicaid Purchase Plan (MAPP) program provides Medicaid coverage to those who are 18 years or older, have a disability determination and who are working or interested in working. During the Public Health Emergency the MAPP work requirement had been waived. The MAPP work requirement will be reinstated for new applicants and existing members starting January 1st, 2024. Please contact the ADRC of Dane County for more information.

Free In-Person Welcome to Medicare Seminars Sponsored by Area Agency on Aging of Dane County's Elder Benefit Specialist Program

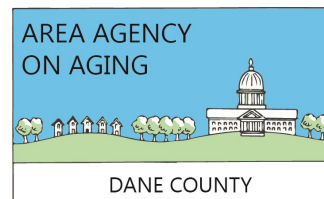
If you are turning age 64 this year, you can get help making informed choices about your Medicare options. You'll receive accurate and detailed info from unbiased experts in benefit programs.

November 11, 2023

**In-person Location: McFarland Senior Outreach Services
5915 Milwaukee Street Email**

To Register, email aaa@countyofdane.com
by **11/3/23**

How did the tree get the job?
It had the right qua-leaf-ications!
Why are trees so carefree?
They let loose every fall!





ADRC Out and About!

I&A Specialists Peggy and Marie having a beautiful day at the Disability Pride Festival outreach event.

ADRC regularly attends events to provide a connection to community members about the work we do.



WISCONSIN
DEPARTMENT OF
NATURAL RESOURCES

OCTOBER HUNT FOR HUNTERS WITH DISABILITIES

Season Dates: Oct. 7-15, 2023

The outdoors is a part of the foundation of Wisconsin culture regardless of physical ability. In an effort to serve outdoor enthusiasts with disabilities, the WI DNR provides a variety of hunting, fishing and recreational permits designed to help give people with disabilities the opportunity to partake in Wisconsin's abundant natural resources.

For those interested in learning about other outdoor opportunities for people with disabilities, visit [Open the Outdoors](https://dnr.wisconsin.gov/topic/hunt/disdeer) or <https://dnr.wisconsin.gov/topic/hunt/disdeer>.



ADRC
Aging & Disability Resource Center
OF DANE COUNTY
Connecting People With The Assistance They Need

Our Madison: Aging Vibrantly:

The Aging Vibrantly exhibition highlights 40 years at the Madison Senior Center

MSC40
MADISON SENIOR CENTER
CHEERS TO FORTY YEARS!

The Madison Arts Commission invites you to visit the Madison Senior Center Monday – Friday, from 8:30 am – 4:00 pm through December to delight in the loaned works by the following local artists: Yusuf Bin-Rella, Jerry Butler, Amos Kennedy, Hedi Rudd, Phil Salamone, and Babette Wainwright. These works of art were either created by an older adult artists or are portraying Madison older adults living their best lives.

The Sampler! Interesting Events Happening in our Community:

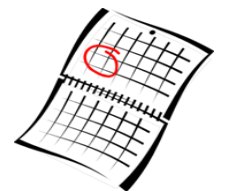
What: Senior Aerobics Classes

When: Monday, December 4 2023, 10 am. (every Monday)

Where: Marshall Community Library, 605 Waterloo Rd., Marshall, WI 53559

Why: Low-impact workout is great for people 55+, who want to remain active and flexible, but have some physical challenges. Participants do exercises using chairs as support or to sit on. Some stretch bands and light weights provided.

How: Visit: [Senior Aerobics Instruction | Marshall Community Library \(marlib.org\)](https://marlib.org) or contact Sue Ebert at 608-655-3271 or 608-772-3581 for details on this free class.



The Sampler! Interesting Events Happening in our Community:

What: The Frank Lloyd Wright Trail: Places to Live Learn Work & Worship

When: This free exhibit is open to the public and runs through January 28, 2024.

Where: The Art Court is located in the main lobby of the Dane County Regional Airport terminal, in-between terminal Door 3 and Door 4.

Why: Developed in collaboration with Tandem Press, Taliesin Preservation, and the Frank Lloyd Wright Foundation, "The Frank Lloyd Wright Trail: Places to Live Learn Work & Worship" celebrates the nine sites on the Frank Lloyd Wright Trail, which relaunched this year. Visitors to the Art Court at the Dane County Regional Airport will not only learn about the iconic architecture and visionary designs of Frank Lloyd Wright, but will also witness how Wright's work inspired the design of the entire airport.

How: Parking for "Frank Lloyd Wright Trail: Places to Live Learn Work & Worship" is available in the hourly section of the parking garage, directly across the street from the terminal.

What: The Crafty Fair

When: Saturday, December 2, 10 am – 4 pm & Sunday, December 3, 9 am – 2pm.

Where: 214 Waubesa Street, Madison WI and 149 Waubesa St, Madison WI

Why: The Crafty Fair is an event that gathers artists from across Wisconsin and surrounding states to bring shoppers an experience of buying handmade items directly from the maker.

How: <https://thecraftyfair.com>

What: GLEAM at Olbrich Gardens

When: Through Saturday, Oct 28, 2023 7:30 pm – 10:30 pm

Where: Olbrich Botanical Gardens, 3330 Atwood Avenue, Madison, WI

Why: GLEAM is an outdoor art exhibit that features large scale light installations created by local, regional, and international designers. Stroll through Olbrich gardens 16-acre garden and tropical Bolz Conservatory after dark and see the Gardens in a whole new light.

How: \$16 General Admission at <https://www.olbrichgleam.org/> or (608) 246-4550

What: Local Author Fair

When: Friday, Oct 20 2023, 6 – 7 pm.

Where: Black Earth Historical Society, 1022 Blue Mounds St. Black Earth, WI 53515

Why: Join Black Earth Library staff for an evening of readings from five local authors, a Q&A session, and the opportunity to purchase books from featured authors.

How: Contact the Black Earth Library: (608) 767-4905, [Local Author Fair | Black Earth Public Library \(blackearthlibrary.org\)](#) Cost is free!

What: Hayride through Holiday Fantasy in Lights

When: Sunday, November 12, 2023 - 4:30pm to 8:00pm

Where: Olin Park 1156 Olin-Turville Court Madison, WI

Why: Experience the Holiday lights in a fun way!

How: \$3/per person (children 2 and under are free) *Cash only, exact change is appreciated

What: Lefse Making Workshop at Schumacher Farm

When: Sunday, Nov 19 2023, 12:00 pm - 2:00 pm.

Where: Schumacher Farm Park in the Center for Rural History (new barn with the blue and white barn quilt) [5682 Hwy 19, Waunakee, WI 53597](#)


Why: Lefse is life! Do you remember eating lefse as a kid or are you just curious after hearing about it? If so, this workshop is your bread and butter! The lefse dough, turners, griddles, lefse toppings and all supplies for making and cooking the lefse will be provided. Norwegian cookies will be available for treats, as well as sweet toppings for the finished lefse.

How: Register online: <https://schumacherfarmpark.org/lefse-making> or e-mail: events.schumacher@gmail.com Cost: \$20 per person. Maximum of 20 people.

White Cane Safety Day OCTOBER 15

The #WhiteCaneLaw states that drivers must stop 10 feet or more from a pedestrian with a white cane or service dog. Learn more at WCBlind.org.



 Wisconsin Council of the Blind & Visually Impaired

Get Ready for Pedestrian Safety Month!

October is Pedestrian Safety Month, and the 15th is White Cane Safety Day. We hope you will take these opportunities to encourage municipal leaders to make your community more welcoming for nondrivers and help raise awareness of Wisconsin's White Cane Law. [Visit the Council's website](#) to learn more and find ways you can get involved.



Pedestrian safety is often tied to transportation infrastructure projects. And one example is happening in Madison.

Vision Zero focuses on reducing injuries and deaths while increasing mobility and equity for everyone. City officials say it includes incorporating accessible features like detectable warning fields and pedestrian signals to increase the safety of pedestrians who are blind or visually impaired. <https://www.cityofmadison.com/transportation/initiatives/vision-zero>



Celebrate National Disability Employment Awareness Month

Observed each October, National Disability Employment Awareness Month (NDEAM) celebrates the contributions of America's workers with disabilities past and present and showcases supportive, inclusive employment policies and practices that benefit employers and employees.

Employees who have seen and unseen disabilities, all of whom have unique experiences in the workforce make important contributions. Employers support employees with disabilities by increasing accessible practices, providing accommodations and committing to disability diversity, equity and inclusion. By following these practices our work places, hiring processes, products and services are improved for everyone.

#NDEAM | #RehabAct50
dol.gov/odep

ADVANCING ACCESS & EQUITY

National Disability Employment
Awareness Month

Celebrating 50 years of the Rehabilitation Act of 1973



**WE
THE
PEOPLE**



Poll Workers Needed!

Want to truly make a difference in preserving our democracy? Consider becoming a Poll Worker or an Election Observer. Poll Workers perform a very important public service by enhancing the high quality and integrity of Wisconsin's elections. Observers are an important part of Wisconsin's open and transparent elections process.

The Wisconsin Elections Commission has information and provides the training needed. Being a poll worker is a difficult job. There are many procedures to understand and the rules for elections in Wisconsin are always changing, which can make the role even more difficult. Your dedication to serving voters and facilitating the democratic process here in Wisconsin is very much needed. Here is some basic information about the position of Poll Worker:

- A poll worker is a sworn election official who takes oath of office for a two-year term.
- As a poll worker you are required to receive training before serving in support of your first election.
- As a poll worker you are entitled to be compensated for your work and your employer is required to allow you leave on Election Day to work as a poll worker.
- You may be a member of a political party but your job is to ensure voting goes smoothly on Election Day and all eligible voters can cast a ballot.

Find out more: <https://elections.wi.gov/poll-workers-observers>

Become a poll worker here: <https://myvote.wi.gov/en-us/Become-PollWorker>



The Board on Aging & Long-Term Care is Recruiting for Volunteer Ombudsmen

Are you interested in being part of a team that helps nursing home residents know and understand their rights? If this is you, consider becoming a trained Volunteer Ombudsman. Volunteer Ombudsmen make weekly visits to their assigned nursing home to meet with residents, listen to residents and be a voice for residents.

The Volunteer Ombudsman Program has several vacancies throughout Dane County.

Volunteers must:

- ◆ Enjoy spending time with nursing home residents.
- ◆ Make unannounced, weekly visits to an assigned facility during designated time frames.
- ◆ Agree to follow all training, safety & infection control practices.
- ◆ Pass a criminal background check, (Paid by the agency)
- ◆ Be free from conflict of interest.
- ◆ Attend mandatory training.
- ◆ Provide your own transportation.
- ◆ Complete & submit monthly reports.
- ◆ Commit to at least 6 – 12 months.



**OFFICE OF THE
STATE LONG TERM
CARE OMBUDSMAN**

1402 Pankratz Street
Suite 111
Madison, WI 53704-4001

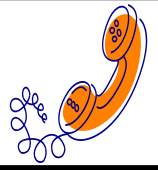
Ombudsman Program:
(800) 815-0015
Fax: (608) 246-7001
longtermcare.wi.gov

How to apply to become a Volunteer Ombudsman: Call the toll-free number 1-800-815-0015 to receive a screening packet or complete the online application available on the website of the Board on Aging And Long Term Care, at

<https://longtermcare.wi.gov/Pages/Volunteer.aspx>



I Called the ADRC!



Layla's Story: Part 2

In this issue of "I called the ADRC" we are continuing our two-part feature sharing Layla's story.

Layla is a young, unwavering and fiercely independent person, who happens to have cerebral palsy and epilepsy that cause seizures which truly affect Layla's everyday life. Layla recently graduated from high school and the deserved inscription upon Layla's graduation cap read "perseverance".

Her story shows how the two separate ADRC units, the Information & Assistance (I&A) Specialists unit and Disability Benefits Specialist (DBS) unit, work together to serve our customers.

In Part 1 we described Layla's journey working with I&A Kurt and her referral to the Disability Benefit Specialist (DBS) program. Layla began working with our DBS Amy. DBS Amy identified that Layla would qualify for Social Security Administration (SSA) assistance. DBS Amy immediately filed for aid with Layla by completing a presumptive disability application.

Layla, Lana and Matt (her mom and dad) described Amy as "a superstar," and as "being so patient." Matt described Amy as "determined" and "knew how to work with SSA."

Once DBS Amy and Layla took the first step to complete the presumptive disability application, Amy helped with all of the confusing but necessary steps that followed. Matt shared that they "kept calling the Disability Determination Bureau with no response," and that Amy was "guiding the path to getting the disability determination."

They stated that without Amy's assistance through the disability determination process "we would not have known where to go and we would still be sitting in the dark". Matt described a situation during the disability determination decision making process when they received "a scary letter from Social Security requesting further detailed information." Layla and Matt attempted to reach SSA repeatedly. They described having the encouragement from Amy to keep trying "and keep going" was fundamental. However, even with multiple attempts, they were not successful to get the answers from SSA. Layla and Matt reached back out to Amy.

Matt stated that "Amy did not give up." He explained that "Amy was finally able to end all of the phone tag and set up the needed conversation with SSA to resolve the requests." Matt and Layla agreed that they don't know how the story would have ended without Amy's help. Layla and Matt agreed that through their hard work and the help of the I&A and DBS units they are very happy with her benefits.

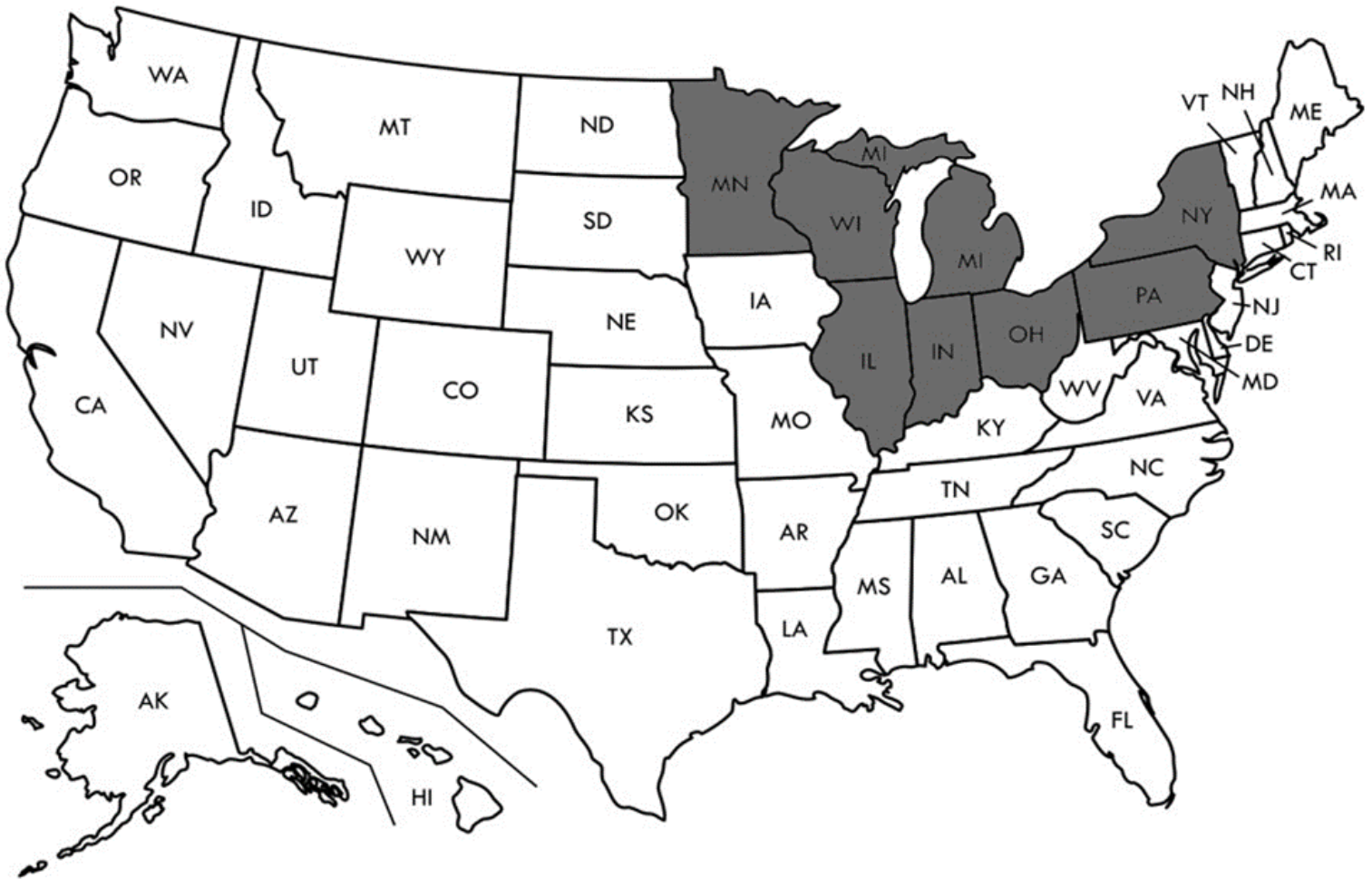
Steps for getting your home winter weather ready:

After the colors of fall comes the cold of winter. Let's take some steps to ensure your home is ready for the chill!

- * Insulate windows and block drafts
- * Reverse your ceiling fans
- * Have the furnace inspected
- * Get fireplace checked and cleaned
- * Insulate pipes
- * Clean out gutters
- * Cut back perennials
- * Mulch flower beds
- * Get your roof inspected
- * Check your smoke detector batteries
- * Remove dead tree limbs near structures
- * Drain any water system and disconnect hoses
- * Stock up on ice melt supplies
- * Locate snow shovels and scrapers



The Great Lakes States Nicknames Quiz



Please answer both the state and its nickname.

1. While famous for a Republican president its nickname has to do with open field.
2. Though known for its tall buildings its nickname is much higher.
3. It is the state with the first oil well but its nickname used another fuel.
4. The home state of a famous Boston Celtic.
5. It is the only state in the United States that borders four of the five Great Lakes.
6. This state got its nickname because of all its flour mills and a specific dairy product.
7. This state is one of our Biggest Big Ten Rivals.
8. Known for its cheesiness, another state nickname derives from early mining activities.

(Answers can be found on Page 10)



**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.

CALL— EMAIL—STOP IN—REQUEST A ZOOM VISIT

HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

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

Our Services are Free & Confidential !

If you would like to receive our newsletter by email, please contact us at adrc@countyofdane.com