

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](mailto:ADRC@countyofdane.com) or call us at 608-240-7400



## Embracing Change

During this beautiful time of year, there is a crispness to the air, the sky somehow turns an even deeper brilliant blue, and the leaves show off the dazzling colors they were hiding under their spring and summer green.

It feels as though these seasonal changes begin to prepare us for more changes to come. We at the ADRC want to help you to embrace the changes and live your best life. Embracing change is a key life skill that helps us grow and thrive in an ever-changing world. It involves being open to new ideas, perspectives, and accepting that you can't always control everything.



We have filled this issue with information to help you connect to your creativity, exercise your right to vote, learn about your unique brain and remember to explore your healthcare options. Explore and enjoy!

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## Pressed Leaf Art

- **Pressed Leaf Bookmarks:** Press leaves between heavy books and use them to create beautiful bookmarks.
- **Pressed Leaf Collages:** Create intricate collages using pressed leaves and other natural materials.

## Leaf Mosaics

- **Leaf Mosaic Frames:** Use leaves to create colorful mosaic patterns within picture frames.
- **Leaf Mosaic Stepping Stones:** Create decorative stepping stones for your garden using pressed leaves.

## Leaf Imprints

### Leaf Imprint Paintings:

- Use leaves to create unique patterns on canvas or paper by dipping them in paint.
- **Leaf Imprint Clay Creations:** Press leaves into clay to create textured sculptures or pottery.





## Lingo Buster:

**Neurodiversity** is a term used to describe a range of neurological variations that affect how people think, learn, and interact with the world.

### Conditions:

- **Autism Spectrum Disorder/Condition (ASD/ASC):**

Characterized by difficulties with social interaction, communication, and repetitive behaviors.

- **Attention Deficit**

- **Hyperactivity Disorder (ADHD):**

Involves inattention, hyperactivity, or impulsivity.

- **Dyslexia:** A learning disorder that affects reading and writing.

- **Tourette Syndrome:** A neurological disorder characterized by tics, both motor and vocal.

- **Sensory Processing Disorder (SPD):** A condition that affects how the brain processes sensory information.

- **Dyspraxia:** A motor learning disorder that can affect coordination and planning movements.

- **Dyscalculia:** A learning disorder that affects a person's ability to understand number-based information and math

### Common Characteristics:

- **Differences in thinking and learning:** Unique ways of processing information.
- **Sensory sensitivities:** Hypersensitivity or hyposensitivity to sensory input.
- **Social challenges:** Difficulties with social interactions or understanding social cues.

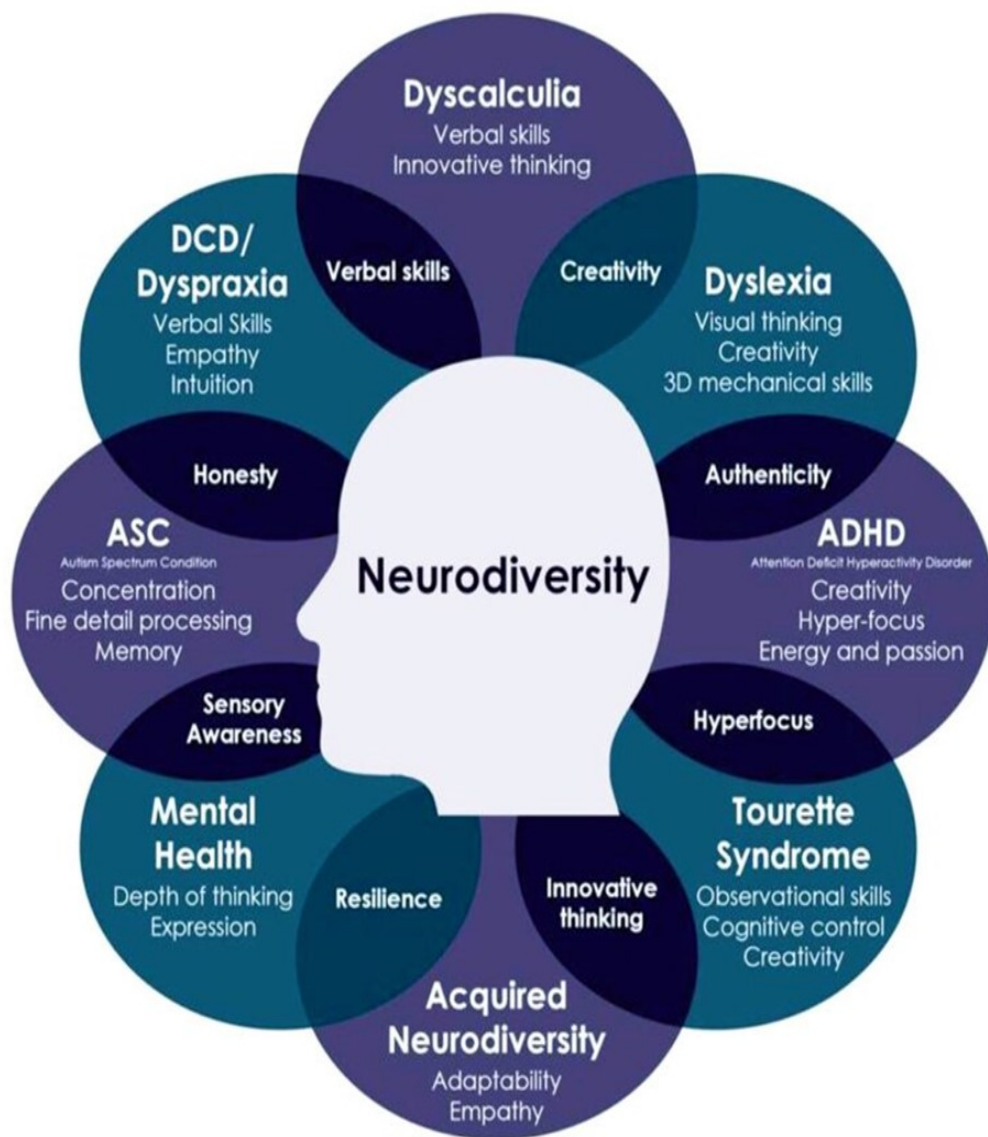
**Executive function challenges:** Difficulties with planning, organizing, and time management.

### Support and Accommodations:

- **Individualized Education Plans (IEPs):** Tailored educational programs for individuals with neurodiversity.
- **Accommodations:** Adjustments made to help individuals with neurodiversity succeed.
- **Therapy:** Cognitive-behavioral therapy, occupational therapy, or speech therapy can be helpful.
- **Support groups:** Connecting with others who have similar experiences.

**Neurodiversity is a natural part of human variation.** Understanding and accepting neurodiversity can create a more inclusive and supportive environment for everyone.

**Note:** This chart provides a general overview of neurodiversity conditions, but it's important to remember that each individual's experience is unique.



Created by Dr Nancy Doyle based on the work of Mary Colley





# Pumpkin Time!

With autumn comes the pumpkin harvest. Pies and roasted seeds provide delight but there is more to the pumpkin than food. Pumpkins can offer protection from the things that go bump in the night! The Legend of Stingy Jack is that Jack outwitted the Devil from taking his soul but he was refused entry to Heaven thus Jack was stuck to wander and haunt the earth with only an ember of hellfire to light his way.

In response to his malicious wandering, Irish families would carve wild faces on root vegetables and illuminate the carving with candles to scare away Jack and other evil spirits. This strategy became incorporated into the Halloween tradition that arose from the Celtic harvest festival of Samhain, when the Roman Catholic Church moved All Saints' Day to November 1<sup>st</sup> making October 31<sup>st</sup> All Hallows' Eve coinciding with the Pagan tradition when the bounds between Earth and other worldly realms are at their weakest and spirits have free movement. The people would dress in disguise and carry their grotesque lanterns with them to ward off the wandering spirits.

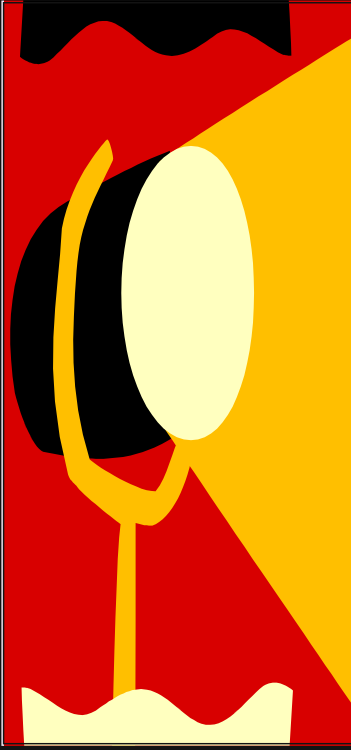
Fast forward to the Great Potato Famine of the 1840's when waves of Irish immigrants arrived in the U.S. and were able to find a very particular new world crop that was much larger and easier to carve than their root vegetables of home; the winter squash - of which pumpkin is king! This influence was routinized into our current Halloween celebrations/traditions.

If you enjoy the spirit of Halloween, you might wish to try your hand at designing and crafting your own Jack O' Lantern. Of note: small children may draw the pattern and scrape out the pulp and seeds with a spoon but should not be tasked w/ the actual carving. Here are some helpful tips.

- Choose a pumpkin that will accommodate your design.
- Carefully bring your pumpkin to your clean and comfortable work area.
- Make sure your tools are appropriate for the task. Use specially designed pumpkin carving tools or a small knife. (See adaptive carving tool ideas on page 16!)
- Cut out a lid to give access to scrape pulp and seeds. Save seeds for later. (See recipe ideas on page 4!)
- With dry hands and tools, carve away from yourself with small controlled movements taking care to not push your tool towards your steadying hand.
- Do not carve alone – if you have an accident you will have help nearby to assist with first aid.
- Consider your lighting source. While candles may be traditional and create the flickering light that helps Jack come to life, unattended they can be dangerous. Try using a battery powered light source instead.

Have fun exploring your crafty carving creativity!





**COMMUNITY  
SPOTLIGHT:**

**DANE  
COUNTY  
ADULT  
PROTECTIVE  
SERVICES  
  
APS**



**DANE COUNTY  
ADULT PROTECTIVE  
SERVICES**

**Call 608-261-9933**  
**to report a concern**  
**about an adult**  
**or to learn more.**

The ADRC welcomes APS to their new location at 2865 N. Sherman Ave and collocated within the ADRC.

Adults who are aging and/or have a disabling condition are some of the most vulnerable members of our communities. This is especially true for those without familial ties, a network of friends or active involvement with social service providers. Life's circumstances often find them becoming the victims of others' actions or withdrawing into self-neglect. The results can be heartbreaking but need not be. Enter the workers of Adult Protective Services (APS). Dane County's APS program has two main components:

Elder Abuse/Adults at Risk	Adult Guardianship Unit
APS Helpline	Community Referral for Guardianship
Adults at Risk Navigation	Petitions for Protective Placement
Abuse and Neglect Investigations	Annual Protective Placement Reviews
Victim Advocate Programs	Support for Protective Placement

The entry point of the abuse and at-risk services is through the APS helpline. The helpline assists both elders of 60+ and At-Risk people with physical and/or cognitive concerns who are aged between 18 – 59. The helpline is used to report suspected abuse/neglect. It is not a crisis line or for emergency responses. Its purpose is to alert of emotional/physical/sexual abuse/neglect/self-neglect and financial exploitation. Leaving a message for APS will be addressed in 24 hours (except calls over the weekend and Holidays) and initiates contact through APS. APS is a voluntary service for those without competency concerns and seeks to provide the least restrictions upon a person without duplicating services from other sources. After the call has been addressed it may be assigned to investigators or advocates which may include a Dementia Care Specialist. If someone opens for investigation due to competency concerns, then a referral to the Adult Guardianship Unit can be generated from the Elder Abuse/Adults at Risk Investigator. The Guardianship unit also can take community referrals from long term care programs and Senior Center — called Focal Points - Case Managers. Once referred to the Guardianship unit they will work to provide that person with an appropriate Guardian if that person is unable to competently choose a Health Care or Financial Power Of Attorney or Supportive Decision Maker as a lesser restrictive option.

**Try Delicious Pumpkin Seeds!**

- ◆ Remove seeds with spoon or ice cream scoop.
- ◆ Wash and dry — rinse under water in a colander.
- ◆ Season — toss the seeds in a bowl with olive oil, salt, garlic powder, paprika, and black pepper.
- ◆ Separate and spread the seeds evenly on a lightly greased cookie sheet for even roasting.
- ◆ Roast — the seasoned pumpkin seeds get roasted at a moderate heat of 350°F (177°C) for about 12 to 15 minutes, tossing the seeds every 5 minutes to encourage even browning.
- ◆ When the seeds give a nutty aroma and golden brown color, they are ready!







# Who's Who at the ADRC?

Presenting:

ADRC Outreach Committee:

## Outreach at the ADRC

This edition of Who's Who at the ADRC features the Outreach Committee. Thanks to Outreach Coordinator Abigail for providing an inside look at one way the ADRC supports communities.

### ***What is ADRC outreach?***

It is a free service offered to groups both large and small. Outreach is designed to bring awareness of the role of the ADRC to the community and educate individuals, caregivers, governmental agencies/departments, healthcare professionals, housing providers, and social service agencies on the ways in which the ADRC can assist those in need.



### ***How does one request outreach?***

Outreach can be requested by contacting the ADRC intake line (608 240 – 7400) or general ADRC e-mail ( [ADRC@danecounty.gov](mailto:ADRC@danecounty.gov) ). Your request will then be sent to Abigail who will contact you to coordinate.

### ***Where does outreach occur?***

Many places. It can be done outside for special events and various health/social service fairs or indoors in gymnasiums, meeting halls, offices and houses of worship. Basically if you have a site/venue, we can be there!

### ***Who provides outreach?***

The Information and Assistance Specialists who are on the Outreach Committee. Additionally we may have special guests stars representing the ADRC's dementia and benefit specialist programs.

### ***Why did you become involved with outreach?***

I enjoy getting into the community and visiting with people from all different backgrounds and walks of life.

It's wonderful to have positive interactions with folks who just learning about the ADRC as well as reconnecting with our past customers!



## Bullying – It Ain't Just for Kids

When we think of bullying, we tend to transport ourselves back to the schoolyard. While this may have been our first encounter with a bully, bullying behavior exists for many reasons and throughout the course of our lives. It may be ingrained in some individuals, it may be a strategy to regain control, or it can be a reaction to having to share resources/spaces with others.

In this article we will address bullying of seniors be it in an assisted living, a nursing home, a senior center, an adult day center, or a senior housing setting. Bullying can be done by staff or by peers. Author Robin Bonifas found, “about 1 in 5 older adults reported experiencing bullying, but like elder abuse, the actual rate of senior bullying is likely larger than reported due to seniors neglecting to share their experiences for reasons such as not knowing where/how to report, shame, fear of retaliation or losing their housing, or not recognizing the behavior as bullying.”

According to the federal government, bullying is defined with core elements of unwanted aggressive behavior; observed or perceived power imbalance; and repetition of behaviors or high likelihood of repetition. Matthew Coppola, MD, a primary care physician relays, “I define it as when the will of the bully is placed upon a senior in a way that they don't seek out or wish for, and they want to avoid it.”

Some bullying actions can fall into criminal categories, such as harassment, hazing, or assault. Studies suggest most senior-to-senior aggression in long term care settings is verbal abuse, and that people, regardless of gender, are equally likely to be the victim as well as the aggressor. Bullying can be either direct when the person/victim is present or indirect through gossiping to others. It can be done across genders and orientations.

### Examples of Bullying Behavior

**PHYSICAL:** Dirty looks, overbearing physical presence, hitting, kicking or other physical assault, sexual harassment or abuse, and damaging/stealing property.

**VERBAL:** Passive-aggressive comments, name calling, mocking, demanding, bossing around a resident, unsolicited or unwelcome sexual comments, making sexist/racist or homophobic comments.

**SOCIAL/RELATIONAL:** Ignoring a resident, gossiping, participating in cliques that conspire to isolate a resident, embarrassing someone in public.

**CYBERBULLYING:** Using e-mail, phones, texting and social media to spread rumors and hurtful comments, making on-line threats, using other's identities/log in on-line, excluding others.

### Risk Factors of Being Bullied

- Being a new resident of a senior living facility.
- Being widowed or divorced.
- ♦ Lack of a support network.
- ♦ Being introverted, shy, or passive.
- ♦ Those living with a mental illness or dementia.





## How to Protect Your Loved Ones or Yourself

- Ask staff whether they provide anti-bullying training for staff or residents.
- Ask whether they have policies in place to deal with senior bullying.
- Are there behavioral contracts residents must sign before living in the facility?
- Know what counts as bullying and what is just unpleasant behavior.
- When visiting a facility during a meal – are people sitting together? Are others being excluded?
- If you see bullying occur, alert staff or speak up.

Caregiver Village



## Strategies to Address Bullying

- \* Evaluate the scope of any bullying behaviors to determine an appropriate response to the situation.
- \* Develop clear rules and expectations for resident and staff behavior; invite everyone to be involved in determining rules and expectations.
- \* Consider adding language around bullying to your occupancy/admission agreements to discuss in advance with new residents and their families your community's expectations and processes for handling bullying.
- \* Hold regular group discussions about the challenges of communal living and practical solutions to those challenges. This could be at resident council meetings, resident/family events, or as part of a series of training sessions.
- \* Provide regular employee training to recognize and respond to bullying and other difficult behaviors; include activities that promote the development of empathy.
- \* Review policies for potential revisions that may reduce opportunities for bullying. For example, institute a "no saving seats" policy for group events, dining, and activities. These policies must also take into consideration efforts to create a home-like environment where residents have choice and a right to privacy.
- \* Encourage staff and residents to report incidents of bullying and take complaints seriously; staff must feel supported in making reports and in setting limits on inappropriate behavior.
- \* Review state requirements to ensure compliance with staff training and reporting requirements regarding elder abuse.

By doing so, facilities can start implementing strategies that promote the development of caring and empathy. While these may reduce bullying, it is difficult to totally eliminate bullying. Every resident is unique and every incident is different so continuous staff education is vital, to keep employees on alert to any occurrences, and know how to properly follow community's policies and procedures pertaining to the circumstance. This is necessary to create a community culture that defines its norms, beliefs, attitudes, and experiences in opposition to bullying and promotes the well-being of residents and staff alike.

Sources include: Senior Resource Connect (formerly Ahead of the Curve) is a program of Catholic Social Services of Washtenaw County MI [csswashtenaw.org](http://csswashtenaw.org) "Today's Geriatric Medicine". National Center for Assisted Living 1201 L ST NW Washington, DC 20005 -4015 web: [ncal.org](http://ncal.org).



## The Importance of Bladder Health

We want to raise awareness of bladder health, break the stigma around bladder issues, and encourage consulting with healthcare providers.

Your bladder is a vital organ that plays a crucial role in overall health. Maintaining bladder health is essential for comfort, quality of life, and overall well-being.

### Reasons for bladder health:

- **Improved Quality of Life:**

Bladder problems impact s daily activities, social life, and self-esteem.

- **Prevention of Complications:**

Neglecting bladder health can lead to urinary tract infections (UTIs), kidney stones, and even incontinence. Regular check-ups and preventive measures can help prevent these issues.

- **Enhanced Comfort:** Bladder problems can cause discomfort, pain, and embarrassment.

### Tips for Maintaining Bladder Health:

- **Stay Hydrated:** Drinking plenty of water helps prevent urinary tract infections and keeps your bladder functioning properly.

- **Manage Stress:** Stress can contribute to bladder problems.

- **Avoid Irritants:** Certain foods and beverages can irritate the bladder. Identify triggers and limit your consumption.

- **Strengthen Pelvic Floor Muscles:** Pelvic floor exercises help improve bladder control and reduce incontinence.

**See a Healthcare Provider:** If you're experiencing bladder problems, consult a healthcare professional. They can diagnose issues and recommend appropriate treatment. By prioritizing bladder health, you can improve your overall well-being and enjoy a more comfortable and fulfilling life.

## November is Bladder Health Awareness Month!



Are you helping a family member, friend or friend and need some help?

Are you a new caregiver looking for direction?

A long-time care partner who needs additional support?



Caring for Caregivers

The Caregiver Program can provide referrals, assistance, and problem-solving related to caregiving. Whether you need practical solutions, someone to talk to, or classes that help with your own self-care, we can help you find what you need.

Consider reaching out to the Caregiver Program through the Area Agency on Aging.

Contact Information:

Jane De Broux

Phone:(608) 381-5733

E-mail: debroux.jane@countyofdane.com

## ADAPTIVE EQUIPMENT: SAD Lights

Doctors recommend Seasonal Affective Disorder (SAD) be treated the same way as depression. Depression can be treated with therapy, medications and holistic approaches including 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. Maybe try an alarm clock that slowly brightens on a dreary cold winter mornings? Would a light box near where you eat breakfast fit your lifestyle? 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

Please consult your doctor to make sure you are receiving the best treatment for your needs.







## McCabe's at the Movies

The things that go bump in the night this Halloween are ghosts!

Our favorite horror movies are the ones about ghosts and haunted houses. Please find below some of our favorite gothic, silly and supernatural movies, some you may know but hopefully some new frights to give the spooky shivers!

*Oddity 2024*

*Ghost 1990*

*Housebound 2014*

*The Shinning 1980*

*The Sixth sense 1999*

*Beetlejuice 1988*

*The Woman in Black 2012*

*Crimson Peak 2015*

*Fragile 2005*

*The Orphanage 2007*

*Deadstream 2022*

*Casper 1995*

*Poltergeist 1982*

*The Others 2001*

*The Ghost and Mr. Chicken 1966*



Want a demonstration on how to use the MyAccess app? Check out The State of WI DHS YouTube series: [MyACCESS - YouTube](#)

## 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

## Schemes and Scams

Hold that Click!

With the Holiday Season arriving, many of us are trying to give the best presents to our loved ones and are looking for the best deals. Unfortunately, our resourcefulness may lead us into the seductive world of smooth-talking online shopping scammers. These predators present products at costs seemingly too good to be true and urging you to act *right away!* They can create realistic looking fake websites to trick you into providing your financial information and can directly access your info or even double-down by introducing malware into your computer.

Resist using public Wi-Fi to make purchases online, logging into your financial accounts, or accessing any other websites that has your sensitive information.

When you use online shopping sites make sure the website has “https” at the beginning of its URL with a lock symbol. This means the site has a protected network connection.

Websites with “http” at the beginning of the URL without the “s” are more vulnerable to attacks by scammers who steal credit card information by monitoring network traffic.

**Do not** click on links in any unsolicited emails, or links from unfamiliar sources, or if it has typos or other obvious mistakes. Be skeptical of email attachments described as coupons, rebates, or payment forms – they could include malware.



### 7 Tips to Avoid Online Shopping Scams

1. Use a credit card instead of a debit card.
2. Check out as a guest.
3. Watch out for Good Price Scams.
4. Use a different password for every account.
5. Use automatic alerts to monitor your accounts.
6. Research websites, even familiar ones.
7. Use credit monitoring and fraud detection technology.



If in doubt, here are additional resources that can help you to avoid the scammers and have a Happy Holiday Season:

Federal Trade Commission (FTC): Online Shopping

<https://consumer.ftc.gov/articles/online-shopping>

FTC: Shopping online? Know your retailer and your rights

<https://consumer.ftc.gov/consumer-alerts/2021/06/shopping-online-know-your-retailer-your-rights>

Safe Online Holiday Shopping <https://www.cisa.gov/resources-tools/resources/holiday-online-shopping-tips>

What To Do if You Were Scammed | Consumer Advice (ftc.gov) <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed#Paid>





## Are you ready to hook up with the world of rug hooking but aren't sure where to start?

Well we can get you into the loop. First you will need to buy a hoop or a frame, a rug hook, scissors, a pattern, backing material, and stripped yarn/wool — and let's go!

Don't forget to have a comfy seat and good lighting. You could even buy a rug hooking kit that includes all of the items.



Are you hooked?  
Need to learn more?  
There are many books, magazines, and online video tutorials explaining techniques for all types of ways to rug hook!



## Ready to try something new?

Pearler Beads are small plastic beads that can be organized into any form you want on a pegboard. They are great for fun, mindfulness meditation or for dexterity. It is easy to make a pattern, cartoon character or any other design but you will need a few supplies and follow some steps to create your art.

First things first: buy Perler Beads, boards, tweezers (trust us), wax paper and an iron.

Then the fun begins:

1. Pick out any pattern, design or cartoon image.
2. Place your Perler Beads on a pegboard according to the pattern selected.
3. Cover the Perler Beads with a piece of wax or ironing paper.
4. Take a preheated iron and melt the beads on high heat for 15 – 20 seconds.
5. Wait for beads to cool.
6. Flip project over, cover this other side with wax or the ironing paper and melt it.
7. Allow the project to cool.
8. Remove the paper and adore your new Perler Bead art.



Share your projects with others and encourage their creativity!



## Medicare Open Enrollment

You can only join, switch, or drop a Medicare Supplemental or Advantage Plan (Part C) or Medicare drug plan (Part D) during certain times, called enrollment periods.

You can review Medicare Advantage and/or Medicare Supplemental Policies by calling the Medigap Hotline (800) 242-1060. Individuals should discuss if subject to underwriting when switching Supplemental plans.



## Yearly Enrollment Periods

Each year, there are 2 enrollment periods when you can make changes to your Medicare Advantage Plan or Medicare drug coverage for the following year.

During this enrollment period...	You can...
<b>Open Enrollment Period</b> <b>October 15–December 7</b> (Changes will take effect on January 1.)	<ul style="list-style-type: none"><li>Join, drop, or switch to another Medicare Advantage Plan (or add or drop drug coverage).</li><li>Join a Medicare Advantage Plan or switch from a Medicare Advantage Plan to Original Medicare.</li><li>Join, drop, or switch to another Medicare drug plan if you're in Original Medicare.</li></ul>
<b>Medicare Advantage Open Enrollment Period</b> <ul style="list-style-type: none"><li>If you're already enrolled in a Medicare Advantage Plan, this period runs from January 1–March 31.</li><li>If you're new to Medicare and enroll in a Medicare Advantage Plan, this period runs from the month you're eligible to enroll in Part A and Part B, until the last day of the 3rd month you're eligible.</li></ul> (You can make only one change during this period. Changes will take effect the first day of the month after the plan gets your request.)	<ul style="list-style-type: none"><li>Switch to another Medicare Advantage Plan (with or without drug coverage).</li><li>Drop your Medicare Advantage Plan and go back to Original Medicare. If you do this, you'll be able to join a Medicare drug plan.</li></ul> <b>You can't...</b> <ul style="list-style-type: none"><li>Switch from Original Medicare to a Medicare Advantage Plan.</li><li>Join a Medicare drug plan if you're in Original Medicare.</li><li>Switch from one Medicare drug plan to another if you're in Original Medicare.</li></ul>

**HealthCare.gov**

**Federal Marketplace Open Enrollment November 1 – January 15**

The Affordable Care Act goes by many different names – MarketPlace, ObamaCare or ACA. Call it what you like but remember open enrollment for this health insurance is coming! If you need health insurance and are not covered under your employer's health care options or do not qualify for public benefits – be sure to look into the Federal Marketplace for coverage.





# Adult ADHD

Further clinical research in psychiatry has revealed new scientific revelations into Attention Deficit Hyperactivity Disorder (ADHD). The clinical shift in ADHD has been swift. What began as a relatively rarely diagnosed movement and attention disorder in children, ADHD has become a prevalent, comorbid (two or more medical diagnosis), highly heritable disorder, that influences a person across their entire lifespan. In fact, the commonness of ADHD in adults is being proven to be an under diagnosed condition with “comorbidity” including other mental health conditions like depression, anxiety, and mood disorders.



- ⇒ Studies have shown ADHD in adults differs from children, adults experience inattentiveness with a reduction of the hyperactivity–impulsivity symptoms.
- ⇒ Adult ADHD with inattentive could pose problems at work or at home.
- ⇒ A large number of individuals with Adult ADHD remains undiagnosed and the need for screening identification, intervention, and timely referral to mental health professionals cannot be overemphasized.
- ⇒ Talk to your doctor, there are available assessment and treatment for Adult ADHD.

Sources: Prakash, Jyoti; Chatterjee, K.; Guha, S.1; Srivastava, K.2; Chauhan, V. S. Adult attention-deficit Hyperactivity disorder From clinical reality toward conceptual clarity Mahadevan J, Kandasamy A, Benegal V. Situating adult attention-deficit/hyperactivity disorder in the externalizing spectrum: Etiological, diagnostic, and treatment considerations Indian J Psychiatry. 2019;61:3–12 Spencer TJ, Biederman J, Mick E. Attention-deficit/hyperactivity disorder: Diagnosis, lifespan, comorbidities, and neurobiology J Pediatr Psychol. 2007;32:631–42

## 2024 Medicare Part D Open Enrollment



**October 15-December 7**

**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.

**IMPORTANT  
REMINDER**

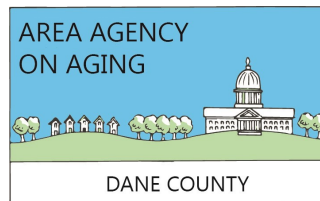
**Free In-Person Welcome to  
Medicare Seminars**

**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 16, 2024 In-Person Location TBD Email  
AAA@countyofdane.com to register by 11/8/2

[Elder Benefit Specialist Program | Department of Human Services  
\(dcdhs.com\)](https://www.dcdhs.com)



## Think it through when listening to Medicare advertisements

Here are a few important things to know before you make the decision to call the number on the TV screen:



While commercials may use the word Medicare, the red, white, and blue colors, images of a Medicare card, the telephone numbers displayed on these commercials are NOT Medicare. They are a licensed insurance agent or broker. The fine print on the bottom of the screen, which is almost impossible to read, states these plans are not affiliated with government program or agency.

The benefits mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, it is important to do your homework.

Some commercials mention that you MAY qualify for up to \$144 added back to your Social Security check every month. Be careful, as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. It is important that you understand whether you live in an eligible area of the country or zip code.

The commercials may also state you could qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of.

What's the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred healthcare provider, may interfere with benefits you are already receiving, or has costs you were not anticipating and if the new plan doesn't go into effect until January 1, you may not find out until it's too late.

## What can you do to make sure you understand all your options?

Do your homework as an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. It can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost.

### The Wisconsin Medigap Part D and Prescription Drug Helpline

(855-677-2783) is a toll-free helpline answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.

### The Disability Drug Benefits Helpline

(800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.

### Office for the Deaf and Hard of Hearing

(video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.

### Wisconsin Judicare, Inc. (800-472-1638)

provides outreach and benefits counseling to Native American Medicare beneficiaries.

### The Wisconsin Senior Medicare Patrol

(888-818-2611) is a toll-free helpline for Medicare

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

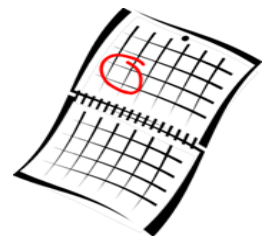
**What:** Volunteer at the Hmong Institute — We are looking for volunteers to help with our Food Care Program, to pack food boxes providing food and supplies for distribution to Asian refugee and immigrant families.

**When:** Friday Dec 13, 2024 8:30 AM to 1:00 PM

Additional volunteer Hours: 8:30 a.m. — 12 p.m. and/or 1 p.m. — 4 p.m. (or, all day), second Fridays. The Hmong Institute will provide lunch at 12pm; lunch will include rice and some traditional Hmong style dishes.

**Where:** [Life Center Madison 4402 Femrite Drive, Madison, Wisconsin 53716](#)

**Why:** The Hmong Institute is a non-profit whose mission is empowering community through educating, preserving, promoting Hmong heritage. Providing senior meals (60+), prevention and intervention services (youth, mental health, case management, and social services), advocacy, education, and cultural competency and heritage training.





# The Sampler! Interesting Events Happening in our Community:

**What:** Madison Hmong New Year

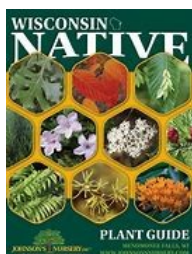
**When:** November 2, 2024 — November 3, 2024 from 8A-5P

**Where:** 1919 Alliant Energy Center Way, Madison, WI 53713

**Why:** Madison Hmong New Year is geared towards the Dane County community and attracts over 15,000 people from all over the nation



**What:** Native plant growing program to provide a source of free native plants for schools and community groups.



**When:** Sunday, 11/03/2024 1:00 p.m. — 3:00 p.m.

**Where:** Lussier Family Heritage Center Upper Level, 3101 Lake Farm Road, Madison

**Why:** Native plants have tremendous water quality benefits and increase habitat and food sources for pollinators. This training will teach you how to become a volunteer plant grower to provide a source of free native plants for schools and community groups. Attendees are expected to grow plants for the free plants program.

**How:** Contact - [sandford.susan@danecounty.gov](mailto:sandford.susan@danecounty.gov) You must register in advance. Max number of participants is 15. Supplies provided except the potting mix which the volunteers are asked to purchase themselves.

**What:** Acoustic Jam

**When:** Nov 17, 2024 1:00 PM to 3:00 PM.

**Where:** [\*\*Spring Green General Store and Cafe 137 S. Albany St., Spring Green, Wisconsin 53588.\*\*](#)

Jams will be on our new back deck (weather allowing).

**Why:** Music is healing. Come to play, come to listen & all are welcome.

**How:** Visit website for more details.



**What:** Day of the Dead- Celebration for Children

**When:** Nov 23, 2024, 5:00 PM – 7:00 PM

**Where:** Overture Center for the Arts, Madison, 201 State St, Madison, WI 53703

**Why:** This event will feature a performance by the Latino Arts Strings Program, the energetic rhythms of Cumbia Cachaca, and a variety of children's activities

**How:** Free tickets @ <https://www.loudwisconsin.org/event-details/day-of-the-dead-celebration-for-children>



**What:** Yule Log Decorating Workshop

**When/Why:** Saturday, 12/07/2024 10:00 a.m. - 11:00 a.m. (Family Workshop - \$15 per child (adult must be present) We'll first read The Shortest Day by Susan Cooper and talk briefly about the traditions and meaning of the Winter Solstice. Then you'll have free time to decorate your own yule log, make a wish for the new year, and sip on hot cocoa. Best suited for ages 3-10, but all ages welcome.) Sunday, 12/08/2024 10:00 a.m. - 11:00 a.m. (Adult Workshop - \$35 per person. You'll enjoy three mocktails using seasonal ingredients that can be found at the farm, set intentions for the new year, and decorate your own yule log.)

**Where:** Schumacher Farm Park: [5682 Hwy 19 Waunakee, WI 53597](#)

**How:** Contact, [events.schumacher@gmail.com](mailto:events.schumacher@gmail.com)

For more details: <https://schumacherfarmpark.org/yule-log-decorating>



**What:** Christkindlmarket

**When:** Friday, December 13, 3-7pm; Saturday, December 14, 10am-6pm; Sunday, December 15, 10am-5pm

**Where:** [\*\*Seven Acre Dairy Company, Paoli 6858 Paoli Road, Paoli, Wisconsin 54508\*\*](#)

**Why:** Immerse yourself into a good 'old fashioned Christmas in Paoli, WI' this holiday season.

Nostalgia awaits you throughout the beautifully restored Creamery in this treasured small town setting for this season's greetings. We truly value the important art of mindful living and taking time to slow down and enjoy the warmth and celebrations this festive time of year brings.

**How:** Visit Event Website <https://www.christkindlmarketpaoli.com/> for more details.



## Don't let your disability prevent you from carving Jack!

Halloween is coming! If you enjoy the tradition of carving Jack O' Lanterns but have a disability that interacts with your ability to grip handles, you can use tools with a handle that have a larger diameter, or you can always utilize the same tools in the pumpkin carving kits or your home kitchen but with grip adaptations. There are a variety of grip adaptations to choose from to create a fully customized tool.

You can use [basic foam grip tubing](#) to accommodate the handle of the tool you are modifying.

If you want a simple slide on and go experience but need contours in your grip to help with maneuvering the tools, you can always get [curvy foam pencil grips](#). They have smaller sizes to work on pencils, but that may be all you need if you are working with a pumpkin carving kit, as those tend to have very tiny-handled tools.

To avoid issues with the size of your tool handles almost entirely, you can always purchase [EazyHold Silicone Adaptive Aid](#) packs, which come with a variety of size options to choose from. These grip tools work by creating a strap for your tool's handle that you can slip your hand into.

If you want to create a custom grip with a flair to match your style, you can always buy [grip wraps](#), which will not only enable you to create the exact thickness you prefer by overlapping the tape and create a wrap that has a tackiness that will help you retain a hold on your tool.

Other options include shortening the carving experience by either making your carving more efficient or eliminating arduous steps all together, investing in a small [electric or battery-operated pumpkin power saw or carving knife](#) and letting the tool do the work for you, and/or skipping the pumpkin carving entirely and opt to paint your pumpkins. Choose whichever way best suits you and get a start on a Happy Halloween!

Source: WHERE IT'S AT – the Ability Tolls Blog from CA Foundation for ILCs.

**Curvy foam pencil grips**



**Grip Wraps**



**Eazyhold Silicone Adaptive pack**





# WE THE PEOPLE

## Voting from a Residential Care Facility

For those living in certain special care facilities or retirement homes, the municipal clerk appoints two Special Voting Deputies (SVDs) to facilitate voting and collect absentee ballots. The SVDs will start visits to facilities 22 days prior to election day and will continue those visits until the Monday before election day, visiting each facility up to 2 times. The visits must be publicly posted at the facility in advance.

Special Voting Deputies (SVDs) will bring absentee ballots and envelopes to the facility and will sign the Absentee Ballot Certification Envelopes, which satisfies the voter ID requirement. SVDs will also provide voting assistance to voters as needed, including reading the ballot to the voter, marking the ballot at the voter's direction, and signing the ballot on behalf of the voter. If the SVD provides this assistance, they will fill out the assistor section on the certification envelope.

If a voter is not available during one of the two SVD visits, they can also vote absentee by mail, absentee in person (early voting), or vote in person at their polling place on election day. If a voter needs help reading or filling out their ballot or absentee return envelope, they may ask for assistance from anyone who is not their employer, representative of their labor union, or a candidate on the ballot. This assistant can read the ballot to the voter and/or help fill out the ballot under the voter's direction but cannot tell them how to vote. Like an SVD assistant, anyone providing this type of assistance must fill out and sign the certification of voter assistance section on the envelope.

Each absentee ballot must be witnessed (an assistor may also be a witness) by someone who is at least 18 years of age and a U.S. citizen. Absentee ballots may be returned by mail (the US Postal Service recommends mailing your ballot at least one week before election day) or in person at the municipal clerk's office. To find your municipal clerk, visit: <https://myvote.wi.gov/en-us/My-Municipal-Clerk>.

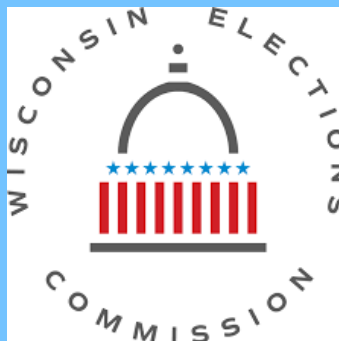
\* article from GWAAR Legal Services Team



**DRW Voter Hotline: 1-844-347-8683**

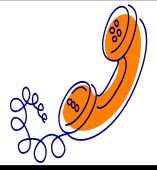
Do you need a ride to VOTE? Please check out the links for 2024 Rides to the Polls with DRW:

[Rides to the Polls 2024 - Wisconsin Disability Vote Coalition](#) Or please contact DRW voter hotline for more information about a ride.

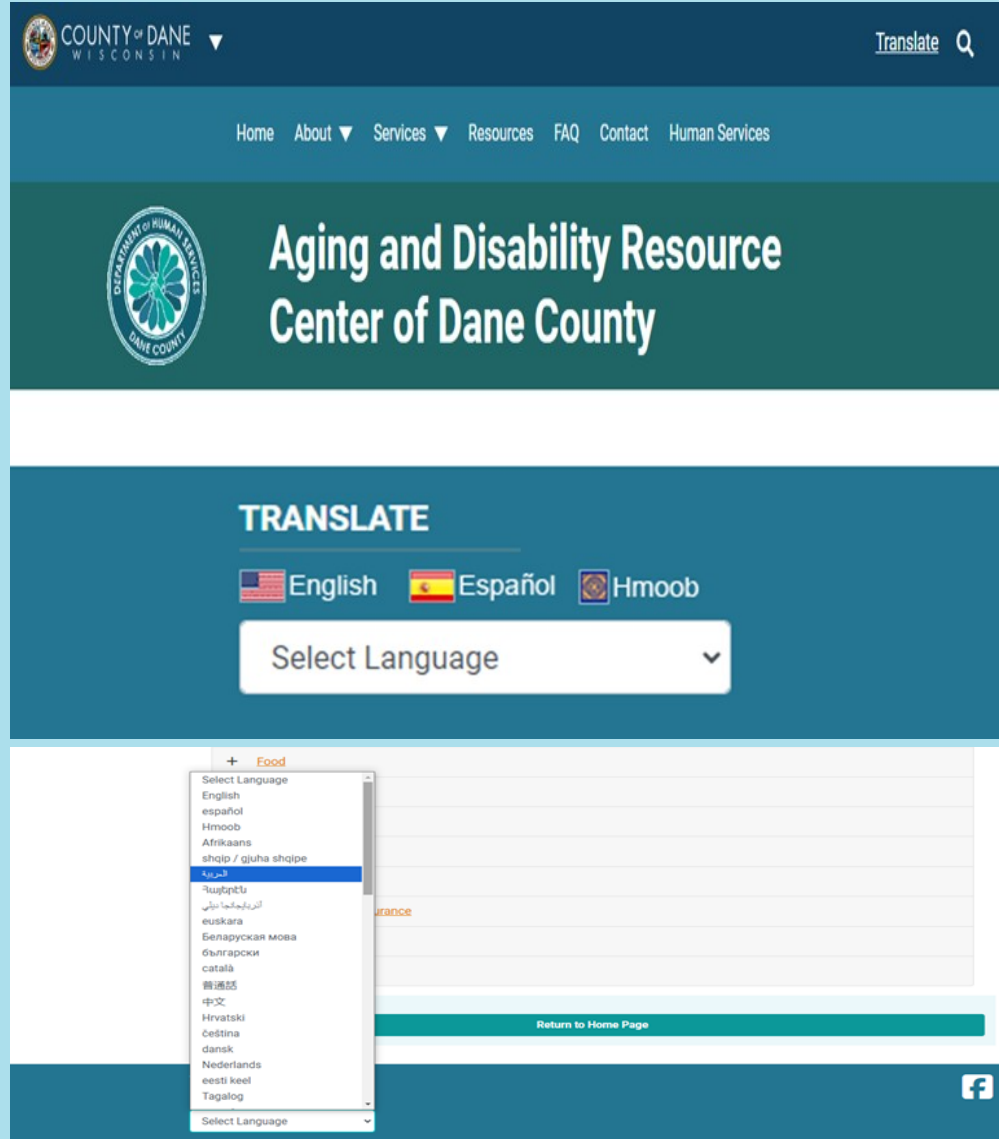




# I Called the ADRC!



Information and Assistance Specialist Becky was contacted by a refugee family from Syria who needed options for help with home services. I&A Becky met with the Syrian family to discuss options for services at home. The family was struggling due to significant issues with pain. This refugee family has minor children in a new school and are learning a new language. Yet even with these barriers they expressed happiness and gratefulness to be here. I&A Becky used our telephonic interpreter services to communicate in both English and Arabic. At the same time I&A Becky was able to use her laptop and show the family members our ADRC website which can convert our resources into 30+ different languages. I&A Becky and the family were so grateful for the telephonic and the webpage translation because they were also able to discuss resources and other Dane county highlights including our zoo and public lakes! ADRC of Dane County has two full time Hmong and Spanish speaking I&A's as well.

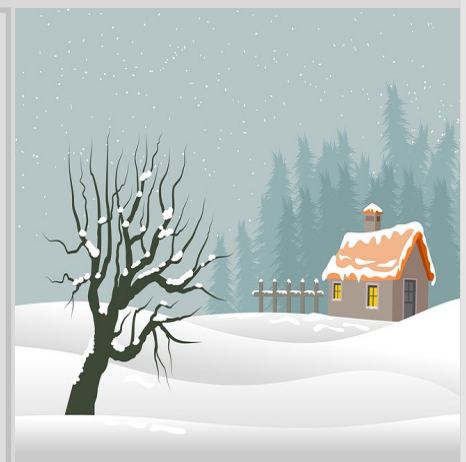


<https://www.daneadrc.org/Resources#footer>

## Get your home ready for winter

Once the colors of fall fade, comes the cold of winter. Here are some simple steps to ensure your home is ready!

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





# Sensory Overload







Sensory overload is a feeling that happens when experiencing too much sensory input. Different stimuli compete for our attention, making it impossible for the brain to process all of the information it receives. Sensory overload occurs when an environmental factor, overstimulates one or more of the five senses.

Sensory overload can feel like an overwhelmed feeling by one or more senses including touch or hearing. When you experience sensory overload, you might feel anxious, overwhelmed, or even panicky. You may also have physical symptoms like sweating and a racing heart. When experiencing sensory overload, you may overreact to a situation and could even lash out or shut down.

Sensory overload is a common feature of attention-deficit hyperactivity disorder (ADHD). In fact, up to 60% of those with ADHD also have at least some of the symptoms of sensory overload.

Research has also found that adults with ADHD tend to report more sensory sensitivity than adults without ADHD. Research has shown that children with ADHD tend to be over-responsive to stimulation, such as bright lights, strong smells, loud sounds, or certain physical sensations, which can cause them to experience sensory overload, often persisting into adulthood.

Common triggers of overstimulation in people with ADHD include:

-  **Texture:** The texture of certain foods, fabrics or body washes can overwhelm people with ADHD.
-  **Touch:** The way that certain clothes or shoes fit can be frustrating and overwhelming.
- Taste:** Some people with ADHD are sensitive to certain tastes, although food aversions are more commonly caused by textures.
-  **Sound:** Loud noises like a fire alarm or even subtle noises like someone chewing can cause stress.
-  **Smell:** People with a sensory processing disorder might be especially sensitive to smells, even those that are meant to be pleasant, like perfume or cooking food.
-  **Sight:** Visual clutter can provide too much stimulation.
-  **Multitasking:** Sometimes working on more than one task at a time can make someone with SPD feel overwhelmed or anxious.

If you experience sensory overload please consult your healthcare provider. Sensory overload is common and your healthcare provider might have strategies to suggest.





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](http://www.daneadrc.org)

Email: [adrc@countyofdane.com](mailto:adrc@countyofdane.com)

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

### Our Experts can help you with information about:

- |  |                                       |
|--|---------------------------------------|
| ◆ Assisted Living & Nursing Home Options | ◆ Energy Assistance                   |
| ◆ Caregiver Supports                     | ◆ Legal Resources                     |
| ◆ Housing Options                        | ◆ Respite Care                        |
| ◆ In-Home Personal Care                  | ◆ Social Security, Medicare, Medicaid |
| ◆ Meals & Nutrition Programs             | ◆ 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](mailto:adrc@countyofdane.com)