

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 Dane County Department of Human Services has just unveiled a brand new logo! The design was created with input from Human Services staff using themes we value: connectedness, inclusiveness and community.

The logo highlights the vision of DCHS which is “Empowered people thriving in safe, just, and caring communities”.

ADRC Focus	1
FYI	2
FYI (Continued)	3
Community Spotlight	4
# Check It Out	4
Caregiver Village	5
I Called the ADRC	6
Who’s Who	7
Be Well	8
Be Well (Continued)	9
Scams & Schemes	10
Events Sampler	11
We the People	12
Independent Living	13
Independent Living	14
Clip & Keep	15

On To The Future!



This past year has tested us. And frankly, what a year it continues to be! We’ve made progress but we’re still not finished. With hope for a better tomorrow and a plan to get there, we can overcome the problems that hold us back.

Commitment, belief and persistence make it possible to overcome obstacles. If we can also be empathic, open-minded and have the ability to ask for help –our path forward is more easily achievable, for all of us. And sometimes, we just have to have faith that we’ll land safely on the other side.



We bring you this issue of our newsletter with a sense of hope in what we can achieve together. Let us know how we can help you!

“I decided to fly through the air and live in the sunlight and enjoy life as much as I could” —Evel Knievel

Let's Celebrate Diversity!

Diversity is the range of human differences, including race, ethnicity, gender, gender identity, sexual orientation, age, social class, physical ability or attributes, religion, national origin, and political beliefs. Taking time to recognize diversity provides us with the chance to celebrate the differences that make up America and our world at large.



There doesn't have to be a one-size-fits-all way of life. Diversity allows for new ideas, new experiences, new ways to problem solve. The more we learn about the uniqueness of cultures, customs, history and traditions around us, the more we can appreciate and value the differences in each other!

Here are six simple ways to Celebrate Diversity:

1. Enjoy a diversity movie night. Watch multicultural and foreign films. (Don't be afraid of subtitles!)
2. Get creative with food! Try out a new dish or snack that represents a different country or culture with taste. Your taste buds like diversity!
3. Visit a cultural art exhibit. Go to a museum to see and learn about other cultures through the perspective of art. (Or try a virtual tour – many museums still offer online experiences.)
4. Listen to music from around the world. Sing and dance to a new musical culture or artist.
5. Use your spending power by supporting a minority-owned business or service.
6. Share your own culture and heritage with others!



“Nyob Zoo” means “Hello” in Hmong

Check out the YouTube Channel: Nyob Zoo Milwaukee. It's mission is to provide impactful news to enrich the lives of underserved Hmong Americans in Southeastern WI and beyond.

<https://www.youtube.com/c/NyobZooMKE/featured>

Wisconsin's Hmong

Wisconsin is home to one of the largest populations of Hmong Americans. But many Wisconsinite's probably don't know the history of how our Hmong neighbors settled here.

Most Hmong in the U.S. come from the Asian country of Laos (but others come from Thailand, Vietnam and China). In the 1960's the CIA recruited Hmong people (including boys as young as 10) in northern Laos to fight as secret allies during the Vietnam War, with the U.S. promising to take care of them in exchange for their service. When the US withdrew from Vietnam in 1975, most Hmong were targeted for extermination by North Vietnam and had to flee to refugee camps in Thailand. Immigration to the U.S. happened in waves from the late 60s through early 2000s.



Despite losing so much -their possessions, their traditional way of life, and too many of their loved ones- the Hmong refugees have become Wisconsinites, working hard to make a better life for their families and participating in business and civic leadership. But as a group they still face many challenges – from lack of access to health care to racial discrimination. Especially with the rise in Anti-Asian hate crimes, one of the most important things you can do is to ask the Hmong Americans in your life or community what you can do to support them.

Hate and Housing: We all deserve to be safe at home!



Recent statistics show that hate incidents are at their highest levels in over a decade. Acts of hate are motivated by bias on the basis of race, religion, national origin, sexual orientation, disability, gender identity, and other legally protected characteristics. Hate incidents sometimes involve behavior that is defined as criminal, but other times do not.

About 25% of hate incidents happen in or near a home or place of residence – **this is the most common place hate happens!** Our homes are where we should feel most safe, most secure; acts of hate violate that safety.

Hate in housing situations can take many forms:

- Vandalizing a home with symbols or slurs
- Verbal harassment by neighbors or a housing provider
- Neighbors sending threatening messages in hard copy, texts, on social media
- Property damage like breaking windows, ruining gardens, or wrecking mailboxes
- Stalking, following someone in a housing complex or apartment building
- Posting hate materials in an apartment building's common areas
- Taking photos of people without permission, in a mocking or hostile manner

And, of course, hate may include extremely dangerous behaviors, such as arson and physical assaults.

In 2019, 56% of hate crimes reported to the FBI were based on race, ethnicity or ancestry, 21% were based on religion, and 17% were based on sexual orientation.

Hate crimes and hate-motivated incidents harm individuals, but also harm entire groups and communities. Such incidents spread distrust and fear, and can prevent victims from participating fully and freely in community life. No one should feel afraid in their own home.

Sometimes hate incidents can be addressed by criminal statutes, and in some cases, fair housing laws can help protect victims, too. Fight back against hate – if you or someone you know has experienced any kind of hate in a housing situation, the Fair Housing Council is here to help. They provide information about fair housing rights and can help victims obtain legal remedies.

Call the toll-free statewide complaint intake line at 1-877-647-3247, and visit this website to see their Resource Guide for Responding to Hate: <https://www.fairhousingwisconsin.com/fighting-hate-in-our-communities>

SOURCE: Fair Housing Center of Greater Madison

McCabe's at the Movies

This edition, Susie and Anna are celebrating diversity by suggesting their favorite Asian American and Pacific Islander movies for your next multicultural movie night. It's time to get that popcorn ready!

- Moana
- The Farewell
- The Namesake
- Always Be My Maybe
- Ip Man Movie Series
- Lilo & Stitch
- Crazy Rich Asians
- Monsoon
- Joy Luck Club
- Ali Wong's stand up specials: Baby Cobra & Hard Knock Wife



Looking for Aging and Disability Resources Outside of Wisconsin?

The Administration for Community Living's *Eldercare Locator* is a great place to start.

Visit www.eldercare.acl.gov or call 800-677-1116 to be connected with an Area Agency on Aging or Aging & Disability Resource Center in other states. Those organizations can help you understand what services are available in other communities.

BEHAVIORAL HEALTH RESOURCE CENTER

Please join us in welcoming Dane County's newest agency—the **Behavioral Health Resource Center (BHRC)**. The BHRC offers information, consultation, and referrals to people and families seeking support for mental health and/or substance use concerns.

The Behavioral Health Resource Center is a voluntary service designed to help any Dane County resident seek assistance and access behavioral health services regardless of insurance status, financial status, age, identity, ability or legal status. The BHRC assists Dane County residents from all ages, backgrounds and walks of life, and has language services available for those who need them.

BHRC staff provide a timely and compassionate response to help identify individual needs, preferences, resources, and barriers and make a connection to the available services that are a best fit.

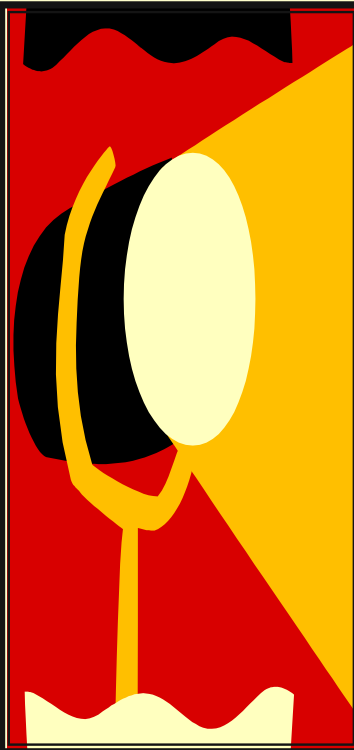
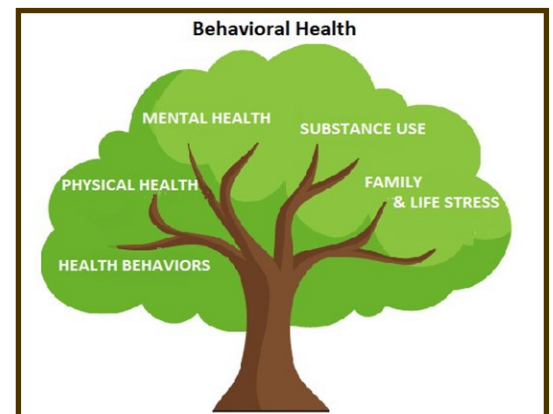
The BHRC helpline is available Monday to
Friday 7am -7pm.

Call the BHRC at (608) 267-2244

Email the BHRC at

BHRC@countyofdane.com

Website: <https://danebhrc.org/>



**COMMUNITY
SPOTLIGHT:**



ADRC or ADRS?

Did you know Wisconsin has 11 federally recognized American Indian nations and tribal communities? Where do members of these tribes go for aging and disability resources? Some tribes in Wisconsin have chosen to partner with one or more counties to form an Aging and Disability Resource Center (ADRC). Other tribes offer services through a Tribal Aging and Disability Resource Specialist (ADRS). To find out which might be most helpful for specific tribal members, go to <https://www.dhs.wisconsin.gov/adrc/consumer/tribes.htm>

LIFT DANE™ Legal Tune Up App

Check it Out!



Lift Dane has developed a new app for smartphones and the web, using public data to help people efficiently resolve civil legal problems. It provides user-friendly digital access to self-help tools, and it can auto-fill legal forms for court filings with the appropriate city, municipality, or county. The app helps remove eligible criminal and eviction records from the State of Wisconsin's Consolidated Court Automation Programs (CCAP) public records.

Try it now at www.legaltuneup.org.

What is LIFT Dane? **Legal Interventions For Transforming Dane County** is a collaborative effort helping to increase economic prosperity and justice for Dane County residents by removing legal barriers, while working to change laws and policies that are holding people back. Find out more at liftdane.org.

Grandfamilies: Challenges and Rewards



Throughout America, there are millions of grandparents (and other relatives) raising children. In Wisconsin, over 26,000+ grandparents are householders responsible for their grandchildren who live with them. Historically, this is not a new phenomenon; however, the number of grandfamilies has risen significantly since 1970. Also referred to as kinship care, the reasons vary but are usually complex: biological parents experiencing military deployment, job loss, divorce, mental illness, death, incarceration or, in many cases, drug addiction.



Raising grandchildren may be a much different vision of midlife and retirement. It can be difficult to navigate the legal, financial, educational, housing, and healthcare responsibilities. It can take a toll on grandparents: higher-than-normal rates of depression; chronic health problems like hypertension and diabetes; feelings of exhaustion and isolation. There's also a disproportionately high rate of poverty among grandparents raising grandchildren.



However, studies have shown that when grandparents rise to the challenge, children can thrive. It can bring a renewed sense of purpose to grandparents who are able to provide safe, stable, loving homes for their grandchildren. Grandfamilies can also preserve family bonds and traditions, as well as important cultural identity. Grandparents often express great satisfaction at the ability to nurture and advocate for their grandchildren.

Support for grandfamilies is crucial, especially in this time of Covid-19. Whether the arrangement is informal, a guardianship, adoption or grandparents as official fosters, grandparents as caregivers have unique needs. Resources are available – from support groups, help with public benefits, to protecting your rights. The following are good places to start:

Websites:

- Area Agency on Aging Dane County: https://aaa.dcdhs.com/cg_support.aspx
- Grandfamilies: <https://www.grandfamilies.org/>
- AARP Guide to Grandfamilies: <https://www.aarp.org/relationships/friends-family/info-08-2011/grandfamilies-guide-getting-started.html>
- Generations United: <https://www.gu.org/>



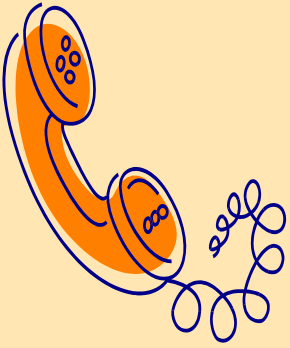
Local Resources:

- **Kinship Care:** Financial assistance to provide care for a relative's child, who lives outside of their home. Dane County Human Services 1202 Northport Drive, (608) 242-6382 https://fostercare.dcdhs.com/kinship_care.aspx
- **The Rainbow Project:** for children under age 10, strives to link people in need with the most appropriate services, including therapy. referrals@therainbowproject.net (608) 255-7356
- **Kinship Navigator:** The Wisconsin Department of Children and Families has launched the [Kinship Navigator Portal](#). The portal can be used by any relative caregiver throughout the state to identify services and resources available to them based on their specific caregiving situation. Additionally, the following link provides a glimpse into the thoughts and feelings of caregivers in grandfamilies. Know that you are not alone! [Kinship Navigator Training for Relatives](#)



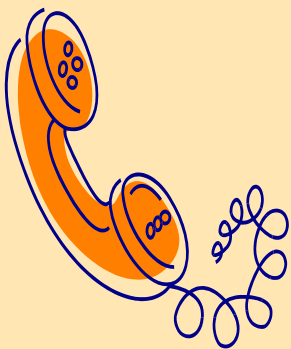
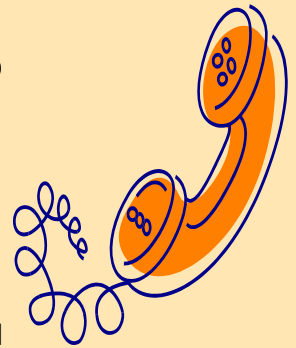
“The greater the obstacle, the more glory in overcoming it.” – Molière

I Called the ADRC!



ADRC Information & Assistance Specialist Becky recently answered a call from a customer who spoke Mandarin, the most widely spoken form of Chinese. The customer was very nervous due to his concerns over the language barrier, but reached out to the ADRC because he really needed help to be safe at home. I&A Becky immediately made use of the “Language Line”, a service that provides interpreters in most languages. Becky and the customer were connected to a Mandarin interpreter right away. I&A Becky and the gentleman ended up speaking several times, always with the interpreter. The customer became more at ease, and I&A Becky was able to ensure that he understood the resources and his options to get assistance to stay safe.

ADRC Information & Assistance Specialist Michelle worked with customer Harriet, who was referred to the ADRC by a local nursing home to discuss community support options for when she returned home. Harriet had severe vision loss that had caused her to have several falls, so she would need help in her apartment. I&A Michelle learned that Harriet had few remaining assets nor enough income to pay for in-home services. During their discussion however, I&A Michelle discovered Harriet owned a Long-Term Care Insurance policy. Harriet felt confused about how to access her benefits through this policy. Michelle assisted Harriet with calling the insurance company for more information. And due to Harriet’s vision impairment, Michelle also helped Harriet complete and mail in the forms to make a claim. Initially her claim was denied, but Harriet and I&A Michelle didn’t give up! Michelle assisted Harriet to complete an appeal with the insurance company. Through the assistance and persistence of I&A Michelle, Harriet won her appeal and was able to access her private long-term care policy to cover the cost of the help she needed!



I&A Stephanie answered a call from Maddy and her mother Terri. Terri had just moved to Dane County and was wondering how to get home-delivered meals. While listening to Terri and Maddy explain Terri’s chronic health conditions and ongoing needs, I&A Stephanie discussed additional options for services at home, beyond just meals. I&A Stephanie provided counseling that eventually helped Terri to become a member of Medicaid Long Term Care Program for in-home assistance, as well as helping Terri join the fantastic Food Share program. Maddy and Terri were thrilled that they had so many options to safely support Terri in her new home. They were thankful for I&A Stephanie’s help connecting them with so much more than what they had originally called ADRC to learn about.

Welcome to Medicare Virtual Fair

Wednesday, June 23, 2021 Open 3:00-7:00 PM ET

[Agenda and Registration](#) (available in English and Spanish)

This virtual fair is for people turning 65, retiring, or joining Medicare because of a disability. Learn about Medicare and all its parts to help you in your enrollment decisions. There is no cost to attend. Join online for any length of time.

Get trusted, unbiased info to help you make Medicare choices that best meet your needs.

There will be expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your State Health Insurance Assistance Program (SHIP) for answers to your individual questions.





Who's Who at the ADRC?

Presenting:

Dementia Care Specialist
Audrey Warrington



Audrey hails from the Madison area. After earning a bachelor's degree in Social Work & Human Development from UW-Green Bay, Audrey fine tuned her skills through the graduate program at UW-Madison, with a focus on Older Adults for her MSW.

What are your past roles working with a population that is aging?

I most recently worked in behavioral health positions for a managed care organization in Dane County. In that capacity, I worked primarily with the aging population and people living with dementia; I also had the opportunity to serve those with mental health needs, traumatic brain injury, and intellectual/developmental disability. I helped clients by empowering them and their care partners in behavioral support planning and consulting in community and residential settings. I have experience in care management, staff training, direct caregiving, and personal involvement with people who have dementia.



Starting a new job is always an exciting undertaking. Can you describe your plans to bring services to those seeking assistance navigating both the pandemic and the difficulties brought on by dementia?

I am certainly looking forward to starting in-person activities when safe to do so. Until then, the ADRC and I are supporting virtual events, and facilitating telephonic or video care consultations. We're working behind the scenes to coordinate programming for when in-person activities can resume - some a continuation of previously supported services and some new programs. I am taking referrals for care consultations to work with people affected by dementia and their caregivers – those navigating a diagnosis, needing to learn strategies and coping skills, or finding resources.

Sounds like that will keep you busy! What do you do to relax?

I love to spend time outdoors! You can find me walking in nature almost every day, also hiking, camping, and playing recreational sports. I enjoy spending time on the local lakes, usually on land reading, playing Frisbee and picnicking. I prioritize traveling to new places, usually based on history and food. I enjoy cooking without recipes, using ingredients on hand. Maintaining creativity is important to me – dancing, singing, writing poetry, working my way through unrealistic non-fiction reading lists.



If you were stranded on a deserted isle, what food would you not tire of and what book could you read over and over?

Food – Sushi, ocean's choice. Book – Anything by Rupi Kaur or Untamed by Glennon Doyle.

Thanks for the interview Audrey. We're glad to have you at the ADRC of Dane County!

How to Schedule a COVID-19 Vaccination

The COVID-19 Vaccine is free, even if you do not have insurance.

Anyone 12 years of age or older can now get the Pfizer vaccine. Anyone 18+ can get any vaccine.

To find a vaccine near you go to www.Vaccines.Gov

You can select from Johnson & Johnson, Moderna or Pfizer, narrow it down to your location and see which pharmacies have availability.

Be Well



Hotline for Answering COVID-19 Vaccination Questions

The Wisconsin Department of Health Services is staffing a hotline to answer your vaccination questions. Wisconsinites can call **(844) 684-1064** (toll-free) for personal assistance with questions.

The call center will be equipped to help individuals find vaccine locations, answer medical questions related to the COVID-19 vaccine, and assist with registration.

Get a COVID-19 vaccine



It's **SAFE!**

\$0.00

It's **FREE!**



It will help **PROTECT** you and your family!



You might get side effects. But you should **FEEL BETTER** in a few days.



Get the **FIRST** vaccine you can!

Dane County Homebound Vaccines

Homebound residents and their caregivers (age 18+) can get vaccinated in their homes through a collaboration by AAA, ADRC, PHMDC, UW Home Care Direct and SSM Home Health.

Call the ADRC for more information 608 240 7400.

Are You Fully Vaccinated?

What does fully vaccinated mean? Has it has been two weeks since you received your second dose of the two shot vaccines? Has it has been two weeks since you received the one dose shot? Congratulations! You are fully vaccinated!

If you are not fully vaccinated, it is recommended to keep wearing your mask, keep your distance, avoid crowds and keep washing your hands.

As we return to some pre-pandemic ways of life, there is still much uncertainty regarding how we can interact. It is a good idea to continue to keep up with the CDC and Public Health Madison Dane County for the most up to date information.

If you are able to follow these practices, that hug will come that much sooner and we can let go of some of the stress and anxiety this past 15 months has caused. *cue that huge sigh of relief!



What is Project Recovery?

Project Recovery is program to help people in Wisconsin who are impacted by COVID-19

Trained Project Recovery Counselors provide **FREE**, confidential, local support, and education to help cope with this stressful time.



Coping with Covid-19
HOTLINE
608-237-1255

Daily Hours of Operation:
7 am - 11 pm

Call or Email to connect
with a Project Recovery
Counselor

projectrecovery@cacsw.org
www.projectrecoverywi.org

Follow us on Facebook: [@projectrecoverywi.org](https://www.facebook.com/projectrecoverywi.org)

Made possible through partnerships between FEMA, Wisconsin Department of Health Services, CACSCW & WISCAP.



Order a new edition of APDA's "Be Active & Beyond" - a guide to exercise and wellness for people with Parkinson's Disease. Call the APDA at 718-981-8001 for a copy to be mailed to you.

Need some expert advice?

Call the APDA Exercise Helpline! **888-606-1688** or
email: rehab@bu.edu

Love your feet!

Our quality of life can be directly related to how our feet are feeling. Our feet hold us up, support the rest of the body and keep us moving. Our amazing feet are made of over 50 bones, 200 muscles, and 60 joints, tendons and ligaments. Make sure you make time for foot self-care:



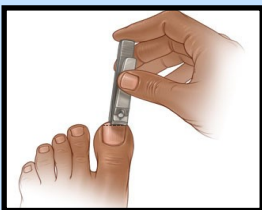
- Check your feet once a week for any cuts, sores, swelling or infected toenails.
- Avoid soaking your feet too long to prevent drying them out.
- Moisturize daily, but avoid putting the moisturizer between your toes to prevent infection.
- If you experience foot numbness, wear white socks so if you injure your foot you can see blood immediately.
- Choose good footwear! Shoes are very important as they impact walking, balance, and blisters.
- If you have problems or pain, call your doctor or podiatrist. Podiatry appointments can be covered by insurance.

When Buying Shoes, Please Consider:

- Breathable material with seam-free linings
- Space for your toes in the front of the shoe to prevent pressure on the toes and joints
- Proper arch support if needed
- Cushioned and flexible sole with good grip
- Make sure the shoe fits comfortably and securely

Avoid Shoes That:

- Are too big or small
- Have smooth soles with poor grip
- Have high heels or are backless shoes



Foot Care Clinics

Dane County area senior centers are offering foot care clinics by appointment only and require personal protective equipment.

Some may have a cost associated, call for further details.

Fitchburg Senior Center: 608-240-4290

McFarland Senior Center: 608-838-7117

Middleton Senior Center: 608-831-2373

NewBridge Senior Center: 608-512-0000

Northwest Dane Senior Services: 608-798-6937

Oregon Area Senior Center: 608-835-5801

Sun Prairie Colonial Club: 608-837-4611

Stoughton Home Health: 608-873-2366

Sugar River Senior Center: 608-424-6007

Southwest Dane Senior Outreach: 608-437-6902

Waunakee Senior Center: 608-849-8385

Free Virtual 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. Seminars will be offered via Zoom. To Register, email aaa@countyofdane.com

- **July 17 9-11:30am** Register by 7/8
- **September 18 9-11:30 AM** Register by 9/9



Guard your COVID-19 vaccination card! After you get your COVID-19 vaccine, keep your vaccination card safe — scammers are using the COVID-19 pandemic to try to steal your personal information. If someone contacts you to buy or sell a vaccination card, it's also a scam.

Don't share a photo of your COVID-19 vaccination card online or on social media. Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity.

You should get a COVID-19 vaccination card at your first vaccine appointment. If you didn't, contact the provider site where you got vaccinated or your state health department to find out how to get a card. Call the Wisconsin Immunization Registry at (608)266-9691.

If you suspect COVID-19 health care fraud, call (800) 447-8477. TTY users can call (800) 377-4950.



Buying a gift card to pay someone?

STOP. It's a scam!

Gift cards are for gifts.

Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

WI Consumer Protection Hotline:
(800) 422-7128

HANG UP ON Gift Card Scams

WI Dept. of Agriculture, Trade and Consumer Protection - datcp.wi.gov



Here are some common indicators that you are dealing with an Imposter Scam:

datcp.wi.gov

- Requests for personal information. Examples include: date of birth, social security number, Medicare ID number, credit card numbers, or bank account numbers.
- Requests for payment of any kind. No contest, prize or grant recipients have to make payment to receive their winnings or award.
- Requests for payment by wiring money or pre-paid debit cards. Providing money through either of these is the same as giving someone cash and it is not likely that it can be traced or retrieved once given.
- Threats and urgency. The more threatening the call – you'll be arrested, have to go to court, have your credit ruined the more likely it is from an imposter. Calls requiring urgent action from someone you do not know are likely made by imposters.
- Requests for secrecy. This is especially true for appeals for financial assistance from relatives who say "Don't tell my mom and dad." Also for calls about winning a prize where you are told by the caller you can't tell anyone else about it until you have received your winnings.

The Wisconsin Department of Health Services (DHS) and the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) are warning Wisconsinites of scammers who are trying to take advantage of the COVID-19 vaccine to steal money and personally identifiable information. Scammers may use calls, text messages, emails, social media, or door-to-door visits to mislead or cause harm.

Here's how to protect yourself and your loved ones from potential fraud:

- Do not give out your personal or financial information.
- Don't click on links in unsolicited emails.
- Ignore online offers for vaccinations.
- Contact DATCP's consumer protection hotline at (800) 422-7128
- You should not have to pay out of pocket to get the COVID-19 vaccine.
- Use reliable sources for the most current information.



Crime Response Program: A Call for Help

Crime victims, especially those who are impacted by domestic violence and intimate partner violence may feel even more isolated during this Coronavirus crisis. If you or someone you know might benefit from a phone call from a Trauma Response Specialists to talk about your victimization or have immediate needs related to a crime, contact the District Attorney's Office Crime Response Program (CRP)

The CRP program operates 24/7/365, and can be reached the following ways:

Crime Response Program daytime phone: 608 284-6908

Crime Response Program 24-hour phone: 608 376-0164

Victim Witness Unit can be reached at 608 266-9003



The Sampler! Interesting Events Happening in our Community:

#MadisonDaneDaysofReflection

#2021DaysofReflection



AN INVITATION. On Friday, June 18th through Friday June 25th, we invite you to take some time to pause, remember and reflect on our collective trauma. The past 15 months have been like none other in recorded human history. They have taken their toll in ways we have yet to truly acknowledge, articulate and sometimes even allow ourselves to feel. None of us has been untouched by the twin pandemics of COVID-19 and widespread systemic injustice and violence toward Black, Indigenous and people of color.

It is our hope that people, organizations, and businesses across Madison and Dane County choose to intentionally mark the week in some way in shared Days of Reflection (<https://www.namidanecounty.org/>). This could range from journaling or taking some moments of silence by yourself or with friends, family and colleagues to hosting a small, appropriately distanced gathering, candlelight vigil or walk of some sort. It could be through art or through demonstration. The choice is yours. We simply invite you to stop and shift your gaze to all we have been through together.

—Humbly offered by participants of the City of Madison’s Neighborhood Resource Teams

Please use **#MadisonDaneDaysofReflection** or **#2021DaysofReflection** on your social media posts to bring awareness to the event!

Join Us: June 18-26
Days of Reflection

*Reflect in a way that is
meaningful for you*



#MadisonDaneDaysofReflection

#2021DaysofReflection

<https://www.namidanecounty.org/>

*WE
THE
PEOPLE*



Make Your Voice Heard!

It can be useful to contact your elected officials in many situations- for help, to make your opinion known, to report a problem, or to complain! But do you know who your elected officials are and how to contact them? The Wisconsin Elections Commission has a handy and easy to use website to find your legislators and officials by just entering your address into a search bar. Visit <https://myvote.wi.gov/en-us/MyElectedOfficials> or call (866) 868-3947 to find your officials.

Do You Have a Question about Your Government?

Call USAGov at 1-844-USA-GOV1 (1-844-872-4681) to ask any question about the U.S. government for free. USAGov will get you the answer or tell you where to find it. They are open between 8:00 AM and 8:00 PM Eastern Time, Monday through Friday, except federal holidays.

Federal Health Insurance Marketplace: New Lower Cost Plans! For new and existing customers! But Act by August 15th.

You may be eligible for more savings and lower costs on health coverage through the Health Insurance Marketplace due to the American Rescue Plan Act of 2021. **Even if you've looked before and couldn't find an affordable plan, now is the time to look again!**

What's new:

- More people than ever before qualify for tax credits that lower the cost of health coverage, even those who weren't eligible in the past.
- Most people currently enrolled in a Marketplace plan will qualify for more tax credits.
- Health insurance premiums after these new savings will go down.
- 4 out of 5 customers can find a plan for \$10 or less per month.

Fill out and submit your application on [HealthCare.gov](https://www.healthcare.gov) (or [CuidadoDeSalud.gov](https://www.cuidadosalud.gov) for Spanish speakers) by **August 15, 2021**. After you submit your application, you have **30 days** to enroll in a plan. Coverage starts the first day of the month after you enroll. For example, if you enroll any time in June, your coverage starts July 1.

For more information about the Special Enrollment Period, visit [HealthCare.gov](https://www.healthcare.gov) or call 1-800-318-2596.

For local assistance call 2-1-1.

SAGE provides National LGBT Elder Hotline



Talk and be heard at the SAGE (Advocacy and Services for LGBT Elders) Hotline. It's known that members of the LGBT elder community are twice as likely to be single and live alone, and feel isolated. But through the hotline, anyone with a phone can be connected to an LGBT responder who is friendly, knowledgeable, and ready to listen.

If you are an LGBT elder in need of support, or a caregiver for one, call the free SAGE Hotline at: **877-360-LGBT (5428)**. Available 24/7 in English, Spanish or with translation available in 180 languages.

The hotline is managed by United Way Worldwide. Hotline responders:

- * are certified in crisis response
- * offer support without judgment
- * answer questions factually and confidentially
- * provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support

sage

Advocacy &
Services for
LGBT Elders

We refuse to be invisible®

VOLUNTEER



Even as Dane County reopens, volunteer work may still feel unsafe or overwhelming. Here are some ideas to safely help community members and organizations as we move forward:

- Set up a group on Facebook or Nextdoor.com for families in your neighborhood to share resources and ideas.
- Volunteer to clean up trash around your neighborhood.
- Buy gifts from small businesses in your community and see if they will deliver to friends for birthdays, milestones or just because.
- Check with your local school for virtual volunteer opportunities.

- Raise money to purchase Braille books, large print books, or other books for kids who may not have them at home.
- Contact your local senior center to connect with an isolated older adult and write them letters, call them, or send a care package to their home.
- Gather antibacterial soap, toothbrushes, shampoo, feminine hygiene products, etc. to make care-kits for people who are homeless.
- Donate art supplies to your local community center.
- Donate food, money or time to your local food pantry.
- Offer to walk dogs for a neighbor or your local Humane Society.
- Call your local senior center and offer to do general home maintenance for a senior citizen.

<https://www.signupgenius.com/nonprofit/social-distance-service-project-ideas.cfm>

The Hmong Institute needs volunteers for several programs. Check out their website at <http://thehmonginstitute.org/volunteer/>

◆ **Citizenship Teacher:**

Many people are interested in taking their citizenship tests and we are in need of more volunteers for our citizenship classes for elders and parents. We have the materials and need volunteers. Please email maizong.vue@thehmonginstitute.org for more information if you are interested.

◆ **Food Care Boxes:**

As the number of families needing their basic needs met increases, volunteers are needed to sort, pack, and distribute Food Care Boxes to 350 families twice per month, 2nd and 4th Friday of each month. Donations are accepted to help purchase household supplies as well. Interested volunteers can sign up here: <https://tinyurl.com/y2f92gft>



United Way of Dane County

VolunteerYourTime.org

Seasons of Caring

Days of Action: June 25-26



Call (608) 246-4350 Monday-Friday 8:00am-4:30pm unitedwaydanecounty.org



Nicely Done!

Thanks to April and Nathan, along with their support crew Nanci and Gustavo from Achieve Abilities, for putting together over 2000 Social Distance kits that were distributed to Dane County area seniors during the pandemic. April and Nathan are integral and valued members of the Aging and Disability Resource Center Team!



Is this Safe to Eat?

Dates and labels on food packaging can be confusing but understanding them can help you make the most of your food dollars. Lytonia Floyd, Dane County FoodWise Educator, explains how the “use by,” “best by,” “best before”, and “best if used by” dates tell you how long foods stay flavorful.

Find it on YouTube:

<https://www.youtube.com/watch?v=h9ANuSLvmGI>



How to Avoid Disinformation: Resource Wise Edition

We live in a world with so much information at our finger tips. But how do we know if what we are reading is credible?

Generally, credible sources will present facts and research while remaining unbiased.

Non-credible sources often will present opinions and arguments while not presenting objective facts.

Things to consider when seeing if a source is credible: Who is the author? Is it accurate? Is it current?

Is it objective?

Using this criteria, let’s see if the ADRC Newsletter is credible.

Who are the authors of the articles in this newsletter?

The authors of the newsletter work for Dane County’s Aging & Disability Resource Center. We are Information and Assistance Specialists who volunteered to join the Newsletter Committee. We are paid by taxpayer dollars and are unbiased. We don’t get any extra revenue if you choose to keep reading.

Is it accurate?

Our articles are based on a vast amount of different resources, research, and data from the State of Wisconsin, Public Health of Madison & Dane County, Medicare, Medicaid, and other government sites. We try to present as much information as possible for you to make an informed decision to best meet your needs.

Is it current?

Our goal is to publish quarterly. We try to make sure our newsletters are filled with relevant topics occurring now.

Is it objective?

Aging & Disability Resource Center is unbiased. Our mission is to provide Dane County residents, families, caregivers, and colleagues with research, information, and resources to help make safe, informed decisions.



Emerging From the blog [Journey Wild](#) May 17, 2021 Written By Darin Harris of *Living Giving Enterprises, LLC*

Experience: Emerge with the Moment

Earlier this spring, I was doing some clean up around the backyard planters. I cleared the brush covering the earth from the previous year. The now naked soil stood out starkly except for a few noble plants that overwintered. A tiny seedling was breaking through the soil announcing itself bravely from the earth. It still was clinging to its seed casing even as it extended the first new

leaves. I stopped flat footed in awe of the whole thing: the sheer strength of new life lifting itself through dense dirt; the vulnerability of striking out into a totally alien territory of light and air; the audacity of intending to grow tall fibrous structures of inches or even feet; the incredible wisdom of piercing out from a dark, cozy home.

It was a moment of truly appreciating how change happens all around us and in every season and life form on the planet. Our fellow inhabitants don't just change with the seasons, they emerge with the seasons. They emerge with the moment!

Relevance: COVID Emergence

Many of us are beginning to “emerge” from the lock down of this past year. We have our first indoor meal in a restaurant. Our kids are going to in-person classrooms. Friends greet us from a safe distance and then move in for an eventual handshake or hug. Meetings start gathering outside at first and then move indoors. We plan trips on airplanes or in cars complete with hotels and even resorts with activities. We humans are emerging too, like the plants coming out of the deep, cloistered soil. How will this look, how do we act, where will this lead, what new opportunities await us, is it safe, are our families safe? To answer these and countless other questions, it is clear that we must emerge with the moment as well.

Practice: Inspired by Nature

Knowing that lifeforms on this planet have a 3.5 billion year head start when it comes to emerging in moments of small and large change, here are some lessons for us humans to consider:

- *Start small, persistently:* Nature is cautious and yet persistent. It sets an intention and moves in the general direction while taking its time. So set an intention to rejoin pre-COVID activities while knowing it will be awkward, tenuous, and “weird.” You don't have to come back fast and furious, but steady and carefully.
- *Be aware and adjust:* This is an incredible moment to pay careful attention to what is emerging. It's easy to preconceive that things will be the same. But they are not the same and never can be. This truly is a unique step that scarce few or no living humans have experienced. Take the time to sense what is actually happening. Make adjustments as needed and let the complexity and messiness be exactly what it is. It is not like before.
- *Enjoy it!:* This is a time to savor new territory, much like a plant breaking into the sunlight. Be sure to allow space for enjoying the freedoms, pleasures, and newness of these first experiences. Shed a tear, shout for joy, do a dance. This is a time to celebrate coming through the other side of a dreadful pandemic (at least for now and in the United States).
- *Allow grace:* Not everyone will act in the same way. Some will be tenuous, others overt, some pensive, and a few stridently dismissive. Meet these people also as they emerge with a sense of allowance and grace. You can choose to flex and flow if you make it so. This is also what emerging looks like in practice, inspired by nature.



**2865 North Sherman Avenue
Madison, WI 53704**



The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

STOP IN – CALL– EMAIL– REQUEST A HOME VISIT

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

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ 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