



Resource Wise

"Connecting People With The Assistance They Need"

VOL. 1 ISSUE 2 FALL 2014

NEWSLETTER

Good News!

The ADRC of Dane County is the 9th location in Wisconsin to register as a memory screening site with the Alzheimer's Foundation of America.

Residents can take advantage of free, confidential memory screenings at the ADRC, provided by our trained staff.

A memory screen is a simple and safe evaluation tool, it is not a diagnosis. It is an important first step, or indicator, of whether additional medical visits might be beneficial.

The ADRC is proud to be part of the effort to raise awareness about early detection of memory concerns.

The Aging and Disability Resource Center of Dane County co-hosted an Open House with the Area Agency on Aging on May 21, 2014 in recognition and celebration of National Older Americans Month and Wisconsin's ADRC Month.

The Open House featured tours of our facilities. Staff were stationed throughout the building to answer questions and explain how the ADRC is able to help people when they call or stop in.

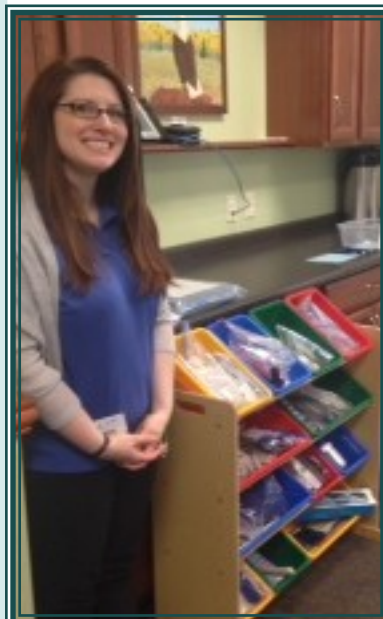
Dane County Executive Joe Parisi welcomed everyone with a brief speech to launch the event. Guests also got the opportunity to meet and hang out with Maynard the Mallard.



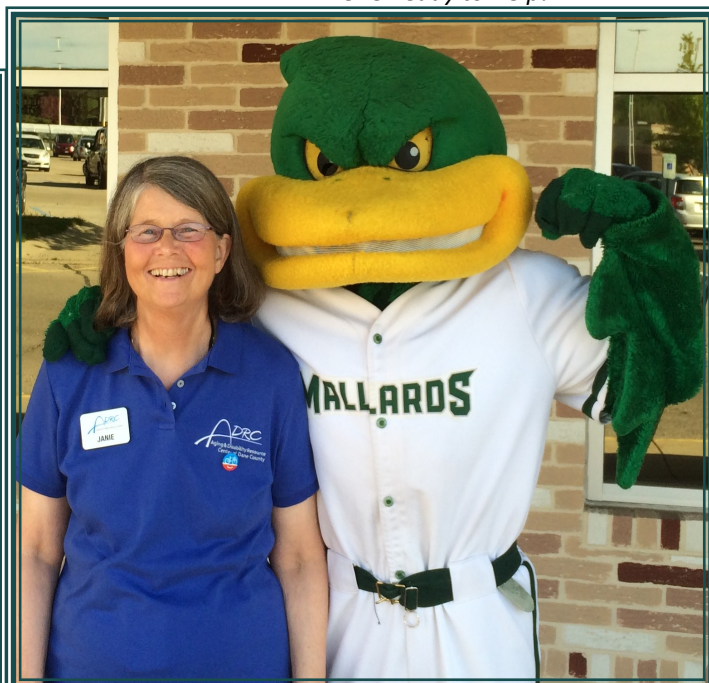
We're Ready to Help!

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Assistive Technology Kit!



Northside Neighbors!



The Medicare health insurance program began in 1966. As of 2012 there were over 50 million people on Medicare; 967,760 in Wisconsin and 69,803 in Dane County.

LINGO-BUSTER! Medicare: Letter by Letter!

Medicare is the federal health insurance program for people who are age 65 and older, and certain younger people with disabilities. Most people are eligible for Medicare based on their work history.

Medicare has four sub-sections:

Part A: is hospital insurance. Part A covers care when you are in the hospital or for certain expenses in a skilled nursing or rehabilitation center, hospice and home health care. Most people do not pay a premium for this coverage.

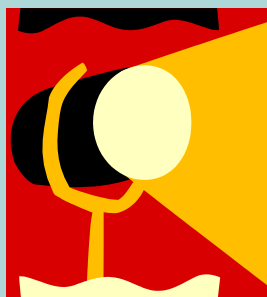
Part B: is medical insurance to pay for medically necessary services and supplies. Part B covers outpatient care, doctor's services, physical or occupational therapists, durable medical equipment (like wheelchairs), preventative services, mental health care, and ambulance services. Most people will have to pay a premium to receive this coverage.

Part C: is a combination of Medicare Part A and Part B, called Medicare Advantage plans. These plans are provided through private insurance companies that are approved

by Medicare. Coverage must be at least equivalent to coverage you would receive with Part A & Part B, but you may have lower costs and receive extra benefits. Some Part C plans include drug coverage.

Part D: is stand-alone prescription drug coverage insurance. Plans vary and may cover different brand name medications, but Medicare requires all medically necessary drug categories be covered. You can choose the drug plan that is best suited to your needs.

COMMUNITY SPOTLIGHT



This year at Camp Randall Stadium, more than 100 VSA Wisconsin Choir and high school marching band members will perform with the University of Wisconsin Marching Band when the Badgers play the Falcons of Bowling Green on September 20.

VSA WISCONSIN

VSA Wisconsin, a state organization on arts and disability, uses dance, drama, creative writing, music, and visual art to celebrate the creative power and artistic accomplishments of children and adults with disabilities. Their choirs, artist residencies, and creative art classes/workshops provide an outlet for creative expression and opportunities for personal, academic, and professional success. The mission of VSA Wisconsin is to expand the capabilities, confidence and quality of life for persons with disabilities through their programming. VSA Wisconsin provides Arts Exploration Classes and an Open Doors Studio, as well as, ArtSparks Workshops.

In addition to its visual arts programming, VSA Wisconsin choirs are conducted in the following communities: Madison, Stoughton, Oshkosh, Appleton, Stevens Point, and Wisconsin Rapids. The choirs are made up of individuals with and without disabilities. Choir members learn about pitch, tone, rhythm, movement, and composition. Some choirs use instruments to broaden the musical experience and maximize participation by everyone.

If you'd like more information on VSA contact them directly at: <http://www.vsawis.org/> or (608) 241-2131. Or, if you visit the ADRC, look around the public areas and you will see award-winning works of art on loan from VSA Wisconsin!

FYI: Medicare Open Enrollment is Coming!!

Medicare Open Enrollment is *October 15th* through *December 7th*

Medicare Part D Resources:

The Wisconsin State Health Insurance Assistance Program (SHIP) operates a Part D Helpline.

- ◆ Ages 60+ call 1-855-677-2783
- ◆ Under age 60 call 1-800-926-4862

Enroll online at: www.medicare.gov/find-a-plan or call 1-800-MEDICARE

Extra Help: Help paying for Part D Prescription Drug costs may be available to income and asset eligible individuals. Visit the Social Security Administration's website at <http://www.ssa.gov/prescriptionhelp/> or call 1-800-772-1213.

Medicare Advantage Plan Resources:

1. Visit the Medicare website at: <http://www.medicare.gov/sign-up-change-plans/medicare-health-plans/medicare-advantage-plans/medicare-advantage-plans.html> or call 1-800-MEDICARE.

2. The Wisconsin State Health Insurance Assistance Program (SHIP) operates the Medigap helpline.

Call 1-800-242-1060



Don't miss your chance to review and make changes to your Medicare Part D and Advantage Plan coverage.

Wisconsin Respite Care Registry Matches Families with Qualified Providers

Self-Identified as a caregiver? Check. Funding for respite available? Check.

Qualified respite provider available? HELP!

Respite Care Association of Wisconsin (RCAW), along with the Wisconsin Department of Health Services and Easter Seals Wisconsin have developed the Wisconsin Respite Care Registry. The Registry is a federally funded online service that allows families to search for a qualified respite care provider in their area.

The Wisconsin Respite Care Registry is a free service. Visit RCAW's website at www.respitecarewi.org to access the registry. At the website, simply enter your name and email address. An email will then be sent, giving you a link to log-in to the registry. Once you are logged into the registry, you can search for a qualified respite care provider by county, ages served and other search terms. Next, contact the provider you have chosen to negotiate hours worked, rate of pay and other conditions of the arrangement.

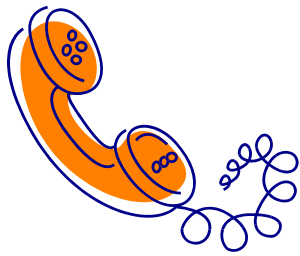
Providers listed on the registry must complete specialized training provided by Easter Seals Wisconsin, and pass a criminal and caregiver background check by the Wisconsin Department of Justice. Families can use the registry confident in the knowledge that the people listed have received base-level training in providing respite care, and have been vetted through a criminal and caregiver background check. Nevertheless, families are encouraged to conduct a thorough interview of the prospective respite care provider, and check the provider's references.

To learn more about the Wisconsin Respite Care Registry, visit RCAW's website at www.respitecarewi.org. You can also call RCAW at 608-222-2033.



Check it Out!

(Article content provided by the Respite Care Association of Wisconsin)



I Called The ADRC!

It was a typical day at the ADRC when Information & Assistance Specialist Marie received a call from a very distraught Katherine. Katherine explained that her relationship with her significant other had ended, and soon she would be without a place to call home. She hoped to stay with relatives, but knew this could only be a temporary solution. Katherine was very concerned about how she could afford to rent an apartment on her own and make ends meet. She had been working until recently when health problems caused her to end her employment. She now had only a very small Social Security Retirement income of \$607 per month to meet all of her needs. She was already spending around \$200 of that on Medicare and other health insurance related costs.

Marie reassured Katherine that she had called the right place and together they worked to identify ways to improve Katherine's situation. With Katherine's perseverance, and the information and encouragement of Marie, they were able to find a quiet and affordable apartment right in Katherine's home town. However, living alone on such a small income was proving to be quite a challenge for Katherine. Katherine and Marie continued to work together to explore ways for Katherine to improve her quality of life and remain independent.

Katherine, like so many people, found the application process for different benefits to be much like trying to understand a foreign language. With the assistance of Marie, they were able to get Katherine signed up for Supplemental Security Income, Medicaid, a Medicare Savings Program, Extra Help for her Prescription costs, and FoodShare. These benefit programs helped Katherine see her monthly income increase to \$804 per month, and eliminate almost all of her out-of-pocket medical expenses. In addition, the FoodShare benefit allowed Katherine to reduce the amount of money she had to spend on groceries each month, giving her the flexibility to save a little or spend it on other necessities.

During their last conversation, Katherine told Marie, "For a while I was ready to throw in the towel, but now I have a place I love and can afford. I have enough money to live and I feel so much better! The stress is gone, and you (Marie) were so helpful to me."



Jana Moll

Our invaluable Lead Clerk Typist III!

An essential part of Jana's job is to ensure that the ADRC runs smoothly. Jana accomplishes this each day by supporting ADRC staff; ordering supplies; providing support to the manager, supervisors and program specialist; communicating with our board members; and taking meeting minutes, just to name a few.

Here's just a few of the things our staff has said about Jana:

"Always willing to help."

"Daily dose of sunshine."

"She needs a cape!"

"Her behind the scenes work makes this possible."

Jana Before the ADRC

Jana has been a Dane County employee for 24 years. Prior to working at the ADRC, Jana worked in the Dane County Human Services Northport office. When asked what her favorite part of working for the county has been, she replied, "No matter what department I am in and what task I am challenged to do, I have always been surrounded by people who care. Public service employees who have the energy and heart to come in everyday and do their best to assist the consumers."

Jana at Home

Jana is a wife and the mother of three children. She and her family live just outside of the Village of Rio in Columbia County. She enjoys supporting her children at their sporting events and likes watching NFL football. She is also fond of baking, reading and shopping.

**Who's
Who
at the
ADRC?**





Money Matters

FoodShare a.k.a SNAP



The Supplemental Nutrition Assistance Program (SNAP) is a Federal program administered to states by the USDA Food and Nutrition Service. In Wisconsin this program is referred to as FoodShare. FoodShare Wisconsin is for families, single people, and the senior population living on a limited income.

FoodShare benefits are received monthly and are used to buy food at stores using a debit card called the Wisconsin QUEST Card. FoodShare benefits can be used to buy: breads/cereals, fruits/vegetables, meats, dairy products, seeds and plants which produce food.

FoodShare WISCONSIN

How to Apply?

- Online at:
www.access.wisconsin.gov
- By calling 1-888-794-5556
- Paper Application @
Dane County Job Center (1819 Aberg Avenue, Madison, WI 53704)

City of Madison 2014 MadMarket Double Dollars

SNAP/FoodShare users are able to receive double dollars by simply showing up a participating Farmer's Market with their QUEST card. When the standard transaction is made, you will receive a dollar for dollar match, up to \$25.00 per person, redeemable at any

vendor at the participating markets. The double dollars are good through the end of the season and are redeemable at these participating markets: Eastside Farmer's Market runs through 10/7, Northside 10/19 and Brittingham 9/23.

"My Meal My Way"

A new option for seniors is the "My Meal, My Way" program. If you're age 60+, you may dine at Cranberry Creek Café for breakfast on Fridays between 8:30 and 10:30 a.m. Three breakfast meal choices are available. No reservations are needed. Recommended minimum donation: \$4.00 per meal. All seniors are welcome regardless of your ability to donate. Donations are confidential. Meal cost supported by the Dane County Senior Nutrition program. Cranberry Creek Café is located at 1501 Lake Point Dr., Madison, WI, just off Broadway.



Are you over the age of 60, living on a small income, and love to eat fresh produce?

If you answered yes, then the **Senior Farmer's Market Voucher Program** might just be for you!

What is it?

It is a Federal program administered to states by the USDA. It provides vouchers to eligible individuals of up to \$25.00 for purchasing fresh produce from participating farm stand vendors. The vouchers are issued through the Senior Farmers' Market Nutrition Program. They are valid from June through October and are available on a first come, first served basis.

Where to apply?

To apply in Dane County, contact the Area Agency on Aging of Dane County at 608-261-9930



Food Pantries

Food pantries are distribution sites for people in need, and come in two varieties:

Self-shopping: Think of it as going to a grocery store - user has freedom of item choice.

Disbursement counter: usually offers pre-packaged parcels, though the user may have some supplemental choices.

Food pantries can be accessed by walking in or calling for an appointment. Some pantries may also serve meals. Food pantries are open to anyone who needs help obtaining nutrition. There are over 30 pantries in Madison and 16 pantries in other Dane County locations.

Give the ADRC a call at 608-240-7400 for information on the food pantries located near you.



Healthy Living with Diabetes Returns to the ADRC



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks and is taught by trained ADRC staff whose lives have been affected by diabetes.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Workshop Dates & Locations:

When: Thursdays, September 11, 18, 25, October 2, 9, 16

Times: 2:00 – 4:30pm

Where: Aging and Disability Resource Center of Dane County 2865 N. Sherman Ave Madison

Cost: refundable \$20.00 textbook deposit; one time fee of \$5.00 towards healthy snacks

REGISTER NOW by calling 240-7474 (space is limited)

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).



For more information, visit:
www.safercommunity.net or
www.wihealthyaging.org

Or e-mail:

info@wihealthyaging.org



Wisconsin Institute
for Healthy Aging





Voting—It's Your Right



Believe it or not, the fall elections are right around the corner! On average, people with disabilities vote at a rate 15% lower than the general population. So, it's important to know how and where you can vote.

For information about voting - including how to contact the City, Village, or Town Clerk in your area - **call the Dane County Clerk's Office weekdays at (608) 266-4121.**



You can also send an email to:
county.clerk@countyofdane.com,

or

Check out their website at:
<https://www.countyofdane.com/election/>.

The County Clerk's Office can provide information about eligibility for voting, how to register, how to use voting machines, where to vote and more.

There have been some changes implemented recently that affect voting but most requirements have stayed the same.

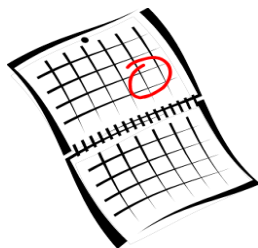
- ⇒ If you are already a registered voter, you need a photo ID in order to vote.
- ⇒ You can register to vote at the polls if you bring proof of your residence which includes your complete name and address and photo ID.
- ⇒ You must have lived at your current address for 28 consecutive days to be eligible to vote.
- ⇒ Absentee voting is still allowed but there is a shorter time frame in which you can vote absentee.



Upcoming Election Dates

- ◇ November 4: General Election





The Sampler!

*Interesting Events Happening Soon
in Your Community*

Welcome to Medicare! Free Seminar November 12th 5:30-8pm at the ADRC of Dane County. Turning age 65? Get accurate and unbiased information on what you need to know about enrolling in Medicare. Call 608-261-9930 to register.

Think College! Raising Expectations and Expanding College Opportunities for Students with Intellectual Disabilities. The WI Board for People with Developmental Disabilities presents the 2014 "Think College Wisconsin" Conference, Friday October 17th 8:15a.m. – 4:00p.m. at Cardinal Strich University, 6801 N. Yates Rd, Milwaukee WI. This event is for everyone interested in post-secondary education for persons with Intellectual Disabilities including students, families, school faculty. Call (608) 266-5038 to register.

For Savvy Seniors: The "2014 Triad Crime Prevention & Safety Conference & Expo" Friday, September 19th 8am-4pm. This one-day event includes speakers, workshops and resource tables with the purpose of providing information on topics related to crime prevention and safety. Presentations will include: Scams & Fraud, 2014 Drug Threats, Older Adult Bullying, Anatomy of a 911 Call, Self-Defense, Aging in Place and Identity Theft & Computer Scams. Held at the American Family Insurance campus in Madison WI. To register call (608) 441-7897.

"Only Leaves Should Fall" – Falls Prevention Seminar The Safe Communities Falls Prevention Task Force invites area seniors to a special workshop to learn about ways to reduce your risk of falls and stay active, healthy and independent. The event will be on Wednesday, September 24th, from 11:30 am to 3:00 pm at Colonial Club Senior Activity Center, 301 Blankenheim Lane in Sun Prairie. To register call (608) 837-4611.

2014 Wisconsin Self-Determination Conference: "Mission Possible – Discovering the Potential in our Communities" November 10th -12th Kalahari Resort & Convention Center, Wisconsin Dells. This conference offers creative tools to help individuals with disabilities get the support they need to get the life they want. Fees apply but scholarships available. For more info: <http://www.wi-bpdd.org/sdc/> or call 608-266-5395.

Studio E: The Epilepsy Art Therapy Program Living with Epilepsy? Express yourself through art as part of a free, multi-week art therapy program. Adults will work with art therapists and other people with epilepsy in a group setting to create artistic pieces using a variety of mediums, strengthen your artistic voice and learn from others in an open, welcoming environment. Thursday's, Sept. 4th through Oct. 9th, 6:00 pm – 8:00 pm at Edgewood College – Madison. RSVP required. Call Dennis at (800) 693-2287. Offered by the Epilepsy Foundation – Heart of Wisconsin.

September 1-30th is National Senior Center Month! Visit your local Senior Center and celebrate the classes, activities and services that enable older adults to become Experts at Living Well!

Powerful Tools for Caregivers 6 week educational series designed for family or non-relative caregivers of persons impacted by Alzheimer's disease or Dementia, frail elderly, serious illness or injury. The class offers tools to reduce stress, guilt, anger and depression; help you relax; make tough decisions; set goals and solve problems; and communicate effectively with other family members, doctors and paid helpers. Cost: \$10, includes The Caregiver Help book. If you need to someone to be with your loved one while you attend the workshop, financial assistance is available. Tues, 30 Sept—4 Nov, 3-6pm @ Catholic Charities 2917 International Lane, Madison. Call Michelle at the Area Agency on Aging @ 261-9930 by Sept 20th to pre-register.

Share The Care™



How to Organize A Group to Care for Someone Who Is Seriously Ill

Share The Care may be of interest to you if—

- ◆ Someone you know and love is seriously ill and needs help
- ◆ You've been a caregiver for someone but can't do it on your own anymore
- ◆ You are looking for ways to support others (family members, friends, group members, patients) to help them with care giving and support them in times of need

Share the Care is a model that shows people how to become a powerful caring community to help someone they know who needs assistance. The Share the Care model can be used to help people with many different conditions: including but not limited to those recovering from major surgery, disabled veterans, individuals with challenging diagnoses such as Multiple Sclerosis, ALS, stroke, Parkinson's Disease, Alzheimer's or other dementia, heart conditions, cancer, and end-of-life situations.

Share the Care offers a framework to bring together family, friends, neighbors, colleagues, business associates, members of the faith community, service groups and others and organizes them to support someone who needs the assistance. Share The Care makes the most of the strengths of each individual and people often find that by giving their time and talents, they are receiving much more in return.

The ADRC of Dane County is proud to be a Share the Care Station. Please contact us for more information and visit the Share the Care website.

<http://www.sharethecare.org/index.html>

September is "Falls Prevention Month"

Have you, a friend, or family member experienced a fall in the last year?

Yes is an all too common answer, and falls are a serious risk to those over the age of 65.

Falls cause many injuries and deaths in the US each year. September is designated as *Falls Prevention Month* to bring awareness to this troubling issue and highlight the steps that can be taken to prevent these falls. Fall Prevention Seminars, Fall Prevention Classes, Home Safety Assessments, and more are available locally to help you and your loved ones prevent these dangerous falls. Contact the Aging & Disability Resource Center of Dane County at 608-240-7400 for more information on these options.

In Wisconsin, unintentional falls are the leading cause of death for those over the age of 65.

(According to a WI Department of Health Services August 2010 publication –The Burden of Falls in Wisconsin)



2865 North Sherman Avenue
Madison, WI 53704

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400 / TTY: 608-240-7404

Toll Free: 1-855-417-6892

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 UPON REQUEST

The Mission of the ADRC

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

Our Experts can help you with information about:

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

Our Services are Confidential!

Do you have comments about anything you have read in *Resource Wise* or suggestions for future topics? Would you like to receive our newsletter by email? We want to hear from YOU! Please contact us at adrc@countyofdane.com