

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



We are Back!!!



Resurrected and Perfected!!

The ADRC of Dane County is pleased to announce the return of our newsletter after a two-year hiatus that enabled us to concentrate on Dane County's transition to Family Care programs. The break also gave creators of the newsletter time to focus on solo projects and pursue higher states of consciousness.



Over the past couple years, ADRC staff have...

- ◆ Assisted **2,173** people to transition from CIP/COP waiver programs in Dane County to the Family Care Model programs (Information and Assistance workers—I&As)
- ◆ Helped remove about **1,300** people from waiting lists and enabled them to obtain long term care services (I&As)
- ◆ Fielded **44,472** phone calls from people inquiring about services and assistance (I&As)
- ◆ Engaged in over **85,000** contacts with individuals, family members and community partners (I&As)
- ◆ Interacted with **1,436** people affected by Dementia (Dementia Care Specialist)
- ◆ Served **1,887** people, bringing **\$19,658,804** into Dane County in the form of benefits or services obtained, and saved or recovered money for our customers (Disability Benefit Specialists)



ADRC FUN FACT:

Our average daily intake call volume has increased **340%** since we opened **7** years ago.
Thank you to our customers!

Other notable happenings since the fall of 2017 include

- ◆ **5** babies born to ADRC staff members, and **2** more on the way!
- ◆ **9** new employees joined the ADRC
- ◆ We said good bye to **7** employees

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Lingo Buster: Let's Dish on Medicare Part "D"

Medicare Part D is the federal-government Medicare prescription drug benefit, or to put it simply, Part D is insurance for your medication needs. Here're some of the basics that you should know:



Beneficiary = You!

Initial enrollment period: When you first become eligible for Medicare and select a Part D plan.

Annual open enrollment period: Seven weeks from Oct. 15 through Dec. 7 each year when you can switch to another Part D plan for the following year, or join the program for the first time in certain situations. In most circumstances, you can switch drug plans only during the open enrollment period. It is important to review your current drug plan during this time.

Annual Notice of Change: The letter your Part D plan must send you in September every year to explain specifically how its costs and benefits will change for the following year.

Enroll: Joining an authorized insurance plan. You can enroll with Medicare directly - by phone 800-633-4227 or online; or by contacting the insurance plan you choose directly.

Extra Help or Low Income Subsidy: A Medicare program to help people, who have limited income and resources, pay for prescription program costs, such as premiums or copays.

Formulary: A list of the prescription drugs that are covered by your insurance plan.

Late enrollment: Medicare Part D is optional, however, if you don't sign up when first eligible, you may have to pay more money as a penalty fee later on.

Premium: The amount you pay for your plan per month to an insurance carrier. Premium amounts will vary depending on the plan you choose and where you live.

SeniorCare: The State of Wisconsin's prescription drug plan for people over age 65. SeniorCare can be substituted for a Part D plan. Eligibility is based on income.

SHIP Medicare Part D Helpline: Unbiased assistance to help you pick the best Part D plan for you! Call 1-855-677-2783 if over age 60. If age 18-59, call the Part D Disability Drug Benefit Helpline at 1-800-926-4862.

Medicare Advantage Plan: Also known as Medicare Part C, approved private health plans that combine your Medicare Part A (the hospital benefits), Part B (covers outpatient medical services & supplies) and Part D (medications). Advantage plans may offer some extra coverage, but may have additional rules and limit which provider you can use (like an HMO).



Medicare Rx
Prescription Drug Coverage X

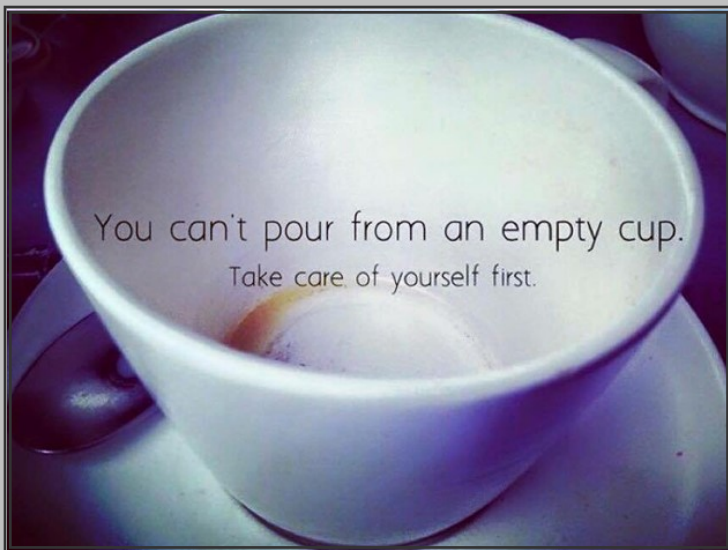




Caregiver Village

Caregiving is demanding work, here are some reminders for taking care of yourself.

- Take 30 minutes a day to exercise. Break your activity up into two 15 minute intervals, in the morning and afternoon. Exercise is a priority for caregiver’s mental and physical health, find something you enjoy!
- Make sleep a regular part of your routine. Limit caffeine and sugar intake. Limit the use of devices that emit blue light two hours prior to sleep.
- Get regular check-ups from your doctor, do not disregard your own health symptoms.
- Get your flu shot.
- Take signs and symptoms of depression and/or anxiety seriously. Talk to your doctor.
- Take a break! Respite for caregivers is vital to your self-care.
- Practice mindfulness meditation.



Living with constant pain? “Healthy Living with Chronic Pain” can help.



One in ten Americans experiences pain EVERY DAY for 3 months or more. 77% of people report feeling depressed due to their chronic pain, and 51% report feeling that they have little to no control over their pain.

The Wisconsin Institute for Healthy Aging has expanded its self-management workshops to offer a new workshop called HEALTHY LIVING WITH CHRONIC PAIN. This is a researched and proven program to improve health and well-being for people with chronic pain. The need for this workshop in our community is great, since chronic pain affects so many of us!

For adults living with ongoing health problems— like arthritis and diabetes, who are at risk for a fall, or who devote their time and energy to caring for a loved one who is ill or has a disability—living well can feel like a challenge.

The good news is you can learn to take better care of yourself with fun, interactive classes right in your community.

Find out if a self-management workshop is right for you:

- ◆ Do you have a chronic condition like arthritis, COPD or high blood pressure and want to feel better?
- ◆ Do you have diabetes and want to attend a workshop to help you learn all of the different ways to manage diabetes?
- ◆ Do you want to find new ways to manage on-going persistent pain?
- ◆ Are you a caregiver and want to learn ways to manage physical, emotional and financial challenges you face?

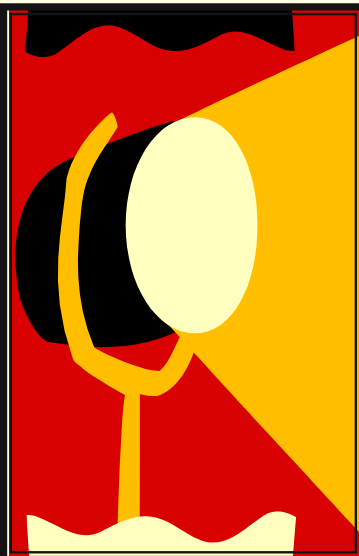
To find a workshop that fits into your life and that’s right for you please visit <https://wihealthyaging.org/workshops>



CLASSES GOING ON NOW IN DANE COUNTY!

Co-located within the Aging and Disability Resource Center of Dane County is Jane De Broux, who is the Caregiver Program Coordinator through the Area Agency on Aging of Dane County. Jane provides a wealth of resources and caregiving support. Please check out her newsletter “Caregiver Chronicles” at <https://aaa.dcdhs.com/> or call for more caregiving information at 608-261-9930.





LIBRARIES CONNECT PEOPLE TO EACH OTHER AND THE WORLD

Libraries of South Central Wisconsin are evolving to meet the changing times. While one may still browse shelves and breathe deep the smell of knowledge emanating from the books, today's libraries offer so much more.

If you visit, you may find it fits your civic needs as an early voting and voter registration site or a tax preparation site; or maybe it fits your life needs by offering employment trainings such as computer skills and resume/interviewing workshops, health and wellness classes, or recreational activities such as movie nights, book discussions and arts and crafting programs.

Still hesitant or just can't get there? The library can come to you through the Bookmobile (Dane County) or the Dream Bus (Madison), books for the blind/visually impaired, Madison's home services delivery, or on-site visits to assisted living facilities and senior centers.

You can also check out ebooks, audiobooks and videos online at wplc.overdrive.com Talk to your local librarian for help setting up this service.



The library offers opportunities to people of all ages and abilities. To find out what's available, just contact your local library and *check it out!*

COMMUNITY SPOTLIGHT:

PUBLIC LIBRARIES



Picture biting into a fresh crumbly scone, slathered in strawberry rhubarb jam! Or maybe you fancy some Dilly Beans? Or do you need some good sauerkraut for your brat? (Like any good Wisconsinite!) Then check out **Porchlight Products** – to satisfy your taste buds and to support a great mission of ending homelessness.

Porchlight Products produces and sells a variety of canned and preserved artisan food items and mixes. It's a program of **Porchlight, Inc.** of



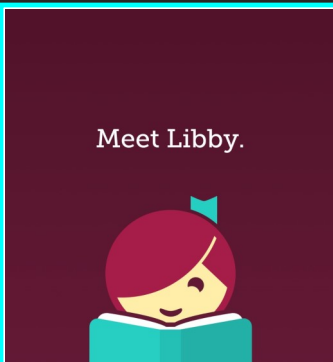
Madison. As a non-profit agency, Porchlight provides emergency shelter, outreach services, eviction prevention, food, employment services, counseling, and affordable transitional and permanent housing to over 8,000 people in Madison and Dane County annually.

Porchlight Products is a unique employment program that works on many levels to make positive changes in our community. Foremost, they provide training for a variety of job and life skills to people with a wide range of disabilities. They also support our local agricultural system by working with Wisconsin farmers who grow the ingredients needed to make Porchlight products. Keeping things sustainable truly makes their products something special from Wisconsin!

Please support Porchlight by purchasing their quality mixes, spreads, sauces, fermented and pickled items. Porchlight Products can be found in grocery stores, restaurants and venues throughout Wisconsin. <https://porchlightinc.org/where-to-buy/>



Catholic Charities offers **Housing Navigation Services** with walk-in hours at the Dane County Job Center on Wednesdays from 9am - noon, in Room 2. 1819 Aberg Ave, Madison, WI



Did you know your local library has thousands of ebooks and audiobooks?

You can borrow them, instantly, for free, by getting the Libby app. Libby has a groundbreaking built in ebook reader and audiobook player. Look for Libby on Google Play & the App Store



FYI! Did you know Medicare does NOT cover:



Hearing Aids

Eye Glasses

Dental Care

Medicare does not cover some services that are important for older people and people with disabilities, including dental services, eyeglasses, hearing aids, and long-term services and supports.

Contact the ADRC for more information. 608-240-7400



Wisconsin Addiction Recovery Helpline:

Call 2-1-1 or 833-944-4673

The Wisconsin Addiction Recovery Helpline is a statewide resource for finding substance use treatment and recovery services. The helpline is free, confidential, and available 24/7. Trained resource specialists will help you understand treatment and support options.

<https://211wisconsin.communityos.org/addiction-helpline>

Be Safe While Driving

This Winter, Know Before You Go!

Call 511 or visit <https://511wi.gov/> before you travel.

What is 511WI?







511WI is a free website that provides traffic and route information. Get all you need to make smart traveling decisions, check speed limits or plan a trip.

511 will improve your commute and keep you informed about travel conditions before you leave the house.

You can also have a passenger safely call 511 or visit 511WI.Gov on their mobile phone if you find yourself stuck in a traffic jam while traveling.

New Year Healthier You!

Did you know that your Medicare covers certain preventive and wellness services* with no coinsurance or deductible?! Talk to your doctor for more information about:

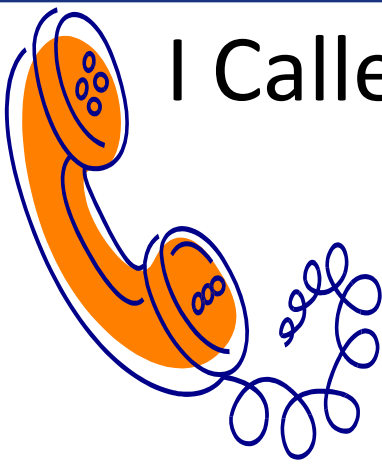
- ◇ Smoking cessation counseling attempt 
- ◇ Flu shot 
- ◇ Pneumonia shot
- ◇ Hepatitis B shots
- ◇ Alcohol misuse screening & counseling 
- ◇ Mammogram screening & breast exam 
- ◇ Pap smear & pelvic exam
- ◇ Depression screenings 
- ◇ Diabetes screening
- ◇ HIV screening 
- ◇ Heart disease screening
- ◇ Hepatitis C screening 
- ◇ Lung cancer screening 
- ◇ Medical nutritional therapy 
- ◇ Body Mass Index (BMI) screening and Behavioral counseling for weight loss
- ◇ Bone mass measurement 
- ◇ Prostate cancer screening 
- ◇ Sexually transmitted infections screening
- ◇ Welcome To Medicare Visit- a one-time appointment to promote general health
- ◇ Annual Wellness Visit-work with your doctor on a personalized prevention plan
- ◇ Colonoscopy 

(*Some restrictions and at-risk factors apply)

Need Help with Yard Work This Fall or Snow Removal This Winter?

The **Dane County Time Bank** offers a unique opportunity where individuals in the community offer their time and talents in exchange for services they need in return. Visit <https://www.danecountytimebank.org/faq> for more information and to join.





I Called the ADRC!

A million dollar mistake!

Who wouldn't want a bank account with close to a million dollars? Believe it or not, no one – not if that account was due to identity theft!

Unfortunately, ADRC customer Cybel was a recent victim of identity theft. Among the many problems she was dealing with as a result, there were two fictitious bank accounts listed in her name, making it appear that she had close to \$970,000!

While the idea of that amount of money may seem dazzling, it was all fraudulent. To make the bad situation even worse, those illegal bank accounts caused Cybel to lose her Wisconsin Medicaid benefits and a program that pays her Medicare Part B costs. She was now without health insurance and her modest Social Security income was going to be reduced.

Cybel met with ADRC Information and Assistance Specialist Susie, who helped her make a plan of attack.

First they contacted the Medicaid office to determine the steps needed to reestablish her benefits. Susie and Cybel then contacted the bank with the fake accounts. This bank wasn't even in Wisconsin; the closest branches were in Florida and Canada! Multiple calls and international calls were made to the bank's fraud department, security team and branch managers. Imagine the scene of Susie holding two phones together for a make-shift conference call!

To keep things complicated, the bank would verbally state that Cybel did not have \$970,000 in any accounts but refused to provide verification in writing. Susie had to pull in ADRC Supervisor Deb S., and ultimately – after many faxes of credit reports, bank statements and the police report of the identity theft – they were able to work with the Capital Consortium (aka the Dane County Medicaid agency) to resolve the problem and restore Cybel's healthcare.

Cybel was very grateful for Susie's help. Although she'll have ongoing problems to sort out as victim of identity theft, she's relieved that her important public benefits are restored.

Hopefully, in sharing part of her story, you'll be reminded that Identity Theft remains a huge crime that can happen to anyone!



FREE Welcome to Medicare Seminars

Sponsored by Area Agency on Aging of Dane County's Elder Benefits Specialist Program

What you need to know about enrolling in Medicare

If you are turning **age 64** this year, we can help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? **Some decisions and actions about Medicare can take place 3-6 months before you turn 65, so don't wait until you are turning 65 to understand all you need to know about this important benefit.**

All dates are on Saturdays, 9–11:30 am

October 12, 2019
Waunakee Senior Center
(333 S Madison Street, Waunakee)
Call 261-9930 to register by **10/2/19**

November 9, 2019
Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by **10/30/19**

January 25, 2020
Aging & Disability Resource Center
(2865 N Sherman Ave, Madison)
Call 261-9930 to register by **1/15/20**

March 28, 2020
The Colonial Club
(301 Blankenheim Ln, Sun Prairie)
Call 261-9930 to register by **3/18/20**

May 23, 2020
Mt Horeb Senior Center
(107 N Grove St, Mt Horeb)
Call (608) 261-9930 to register by **5/13/20**

July 11, 2020
Fitchburg Senior Center
(5510 E Lacy Rd, Fitchburg)
Call (608) 261-9930 to register by **7/1/20**

September 26, 2020
Madison Senior Center
(330 W Mifflin St, Madison)
Call (608) 261-9930 to register by **9/16/20**

November 14, 2020
Stoughton Senior Center
(248 W Main St, Stoughton)
Call (608) 261-9930 to register by **11/4/20**



Unscramble This!

Fall Edition

1. daehiyr
2. sruenwfol
3. rruqsile
4. seleva
5. kare
6. derci
7. nmutua
8. pape
9. rseebpmt
10. uipnkpm
11. nroca
12. ycilhl

Answers on page 11



Who's Who at the ADRC? *Presenting: Alyce Miller*

Area Agency on Aging (AAA) Registered Dietitian and Healthy Aging Coordinator

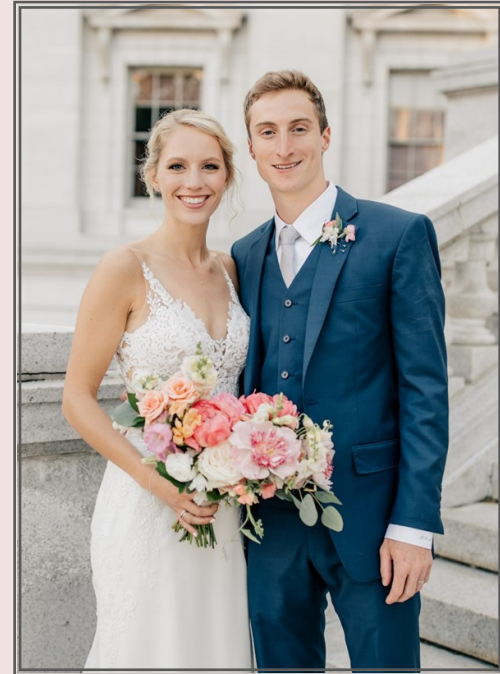
Alyce was born in Madison and graduated from Edgewood HS. She was then drawn to St. Louis University, due to its unique combination of culinary and dietetics programming, where she earned her BS and MS in Nutrition and Dietetics. Equipped with this knowledge and her love of the cultural and environmental opportunities to be experienced in the greater Madison area, Alyce returned to Wisconsin.

What is your role with the Area Agency on Aging ?

I am the Registered Dietitian and Healthy Aging Coordinator for the Area Agency on Aging of Dane County. My job is exciting, as half of my time is spent working with our Senior Dining Program and the other half is spent coordinating evidence based programs to promote wellness and healthy aging. Some of my daily duties include menu analysis, working with caterers and meal site managers, senior nutrition counseling, and scheduling workshops, such as Healthy Living with Diabetes, throughout Dane County.

That sounds like a busy schedule. What do you do to relax?

I like to cook, play volleyball, cheer on the Packers and Badgers, stay active by going to Orangetheory Fitness, and spend time with family and friends. My husband and I also love to explore Madison and try new restaurants!



As I understand, it was not only the love of Madison that brought you back home but also reuniting with the love of your life.

Yes, I married my high school sweetheart Dan in July! We have a two year old yellow lab named Nala. She really enjoys our time spent walking around Downtown Middleton.



Do you have any siblings?

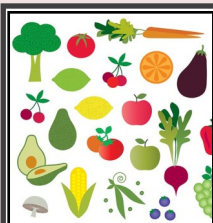
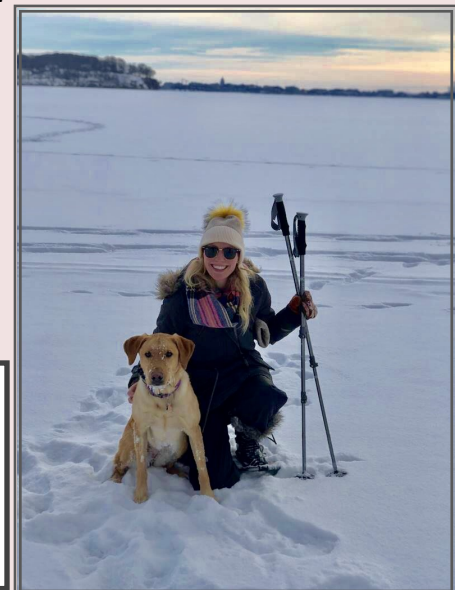
I have an older sister who is an Occupational Therapist at Texas Children's Hospital in Houston, TX and a younger brother who attends Augsburg University in Minneapolis, MN where he also plays hockey.

If you were stranded on a desert isle, what food would you not tire of?

Peanut butter and Apples!

Ah, a nutritionist through and through! Thanks for the interview.

Thank you! I am really enjoying my time with AAA. I am grateful for the opportunity to work with older adults and help them live their adult years in optimal health.



Are you over 60? Interested in learning more about better nutrition? Please contact Alyce to find out more. 608-261-5678

Miller.alyce@countyofdane.com



Money Matters



Get To Where You Need To Go!

The Dane County
Transportation
Call Center

608-242-6489

Connecting people with
affordable, available,
accessible
transportation.



There is only one **Do Not Call Registry**, operated by the Federal Trade Commission (FTC). To register both cell and landlines, call 1-888-382-1222. You must call from the phone number that you want to register. Sign up once, and you're done! To register online: www.donotcall.gov
TTY: 1-866-290-4236



Do NOT call

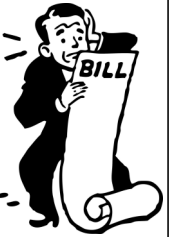
Is money tight and are you having trouble paying your heat bill?

Energy Assistance may help. Wisconsin Home Energy Assistance Program offers a one-time payment during heating season (October 1-May 15).

Monthly income limit: \$2,290 for a single person, \$2,994 for a couple.

No asset limit. For an appointment, call Energy Services Inc. at 608-333-0333.

Address: 1225 S. Park Street, Madison WI 53715



Social Security Scams! What You Can Do

Social Security Administration (SSA) scams have become more frequent and unfortunately are a part of our current reality. The Federal Trade Commission reported a surge in scams in late 2018, involving fake SSA employees calling people with warnings that their Social Security number had been linked to criminal activity. The scammer gathers personal information and before you know it, that person's identity has been stolen!

Another common scam call that has been reported is a SSA employee claiming you're due a cost of living increase. To receive the COLA income you have to verify name, date of birth and Social Security number. With this identifying information, the scammers can hijack your personal SSA account by requesting SSA to change the address, phone number and direct deposit information on the account.

With all the scammer calls out there, here are some do's and don't's.

Do:

- Hang up if someone calls out of the blue from SSA (it's **very** rare that you will get a call from SSA, unless you have already been in contact with the agency)
- Set up a My Social Security Account online and check it on a monthly basis for signs of anything unusual (even if you haven't started collecting benefits yet)
- Sign up for the Do Not Call List from your mobile network provider

Don't:

- Call a phone number left on your voicemail by a robocaller. To reach SSA, call their customer service line 800-772-1213
- Give out your Social Security number or other personal information to someone who contacts you via email
- Assume a call is legitimate because it appears to come from 800-772-1213 – scammers can use spoofing technology to mimic the SSA phone number

To report Social Security scams please call the SSA Office of Inspector General Fraud Hotline at 800-269-0271.

If you experience one of these scam phone calls please share the information with your friends and family to make them aware of this type of scam.

Need help finding employment and are near the West Side?

Check out the Park Edge/Park Ridge Employment and Training Center recently opened by the City of Madison and The Urban League of Greater Madison. It is located at 1233 McKenna Blvd, across the street from Elver Park in the former Griff's Restaurant.



Clean Hands Save Lives!

December is Hand Washing Awareness Month.

As we go into the winter and holiday seasons it is a good time to review old habits...how to wash your hands safely to protect you and your loved ones from influenza, colds, the stomach bug, and other infections.

Did you know on average people touch their face 15 times in one hour?

By properly washing your hands you can significantly reduce your risk of getting sick.

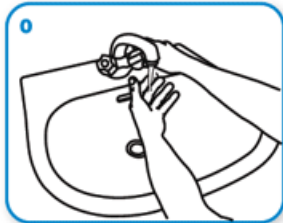
Always remember that washing your hands is the first line of defense against catching the flu, the stomach bug or something worse!

Be Well

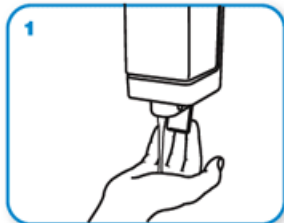


How do I wash my hands properly?

Washing your hands properly takes about as long as singing the "Happy Birthday" song twice, using the images below.



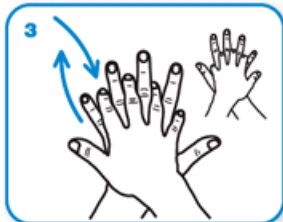
Wet hands with water



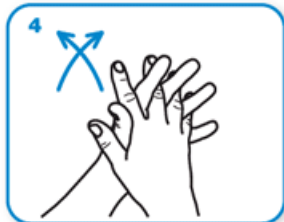
apply enough soap to cover all hand surfaces.



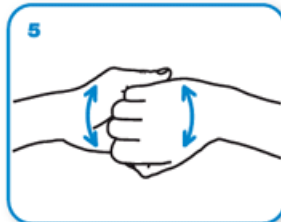
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



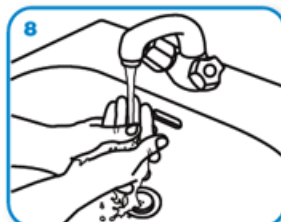
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



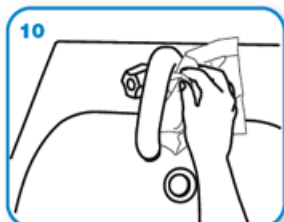
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

When do I wash my hands?

Always wash your hands before:

- Preparing food or eating
- Treating wounds or caring for a sick person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food
- Using the toilet, changing a diaper or cleaning up after a person who has used the toilet
- Touching an animal, animal feed or animal waste
- Blowing your nose, coughing or sneezing
- Treating wounds or caring for a sick person
- Handling garbage
- Handling pet food or pet treats

Finally, it is always important to protect the skin of your hands. Winter and water can easily dry your skin. Tips to protect your hands from drying out:

- Try to use fragrance-free moisturizer as soon as you wake up in the morning.
- After you wash and dry your hands thoroughly, remember to re-apply moisturizer.
- If you wash dishes, use long, heavy duty dish gloves.
- Never use extremely hot water.
- For extra moisturizing protection, you can also apply a thick layer of lotion and wear breathable knit gloves at night.

https://www.who.int/gpsc/clean_hands_protection/en/

2019 Medicare Part D Open Enrollment

When?

October 15, 2019 – December 7, 2019!

I already have a Part D, why do I care?

You may not have the Part D plan that saves you the most money! Each year, your Part D plan may change. This means that even if in 2019 your prescriptions were covered – next year they may cost more.

It may cost you some time to compare the different plans out there, but it may save you money next year!

What do I need to do first?

NEW THIS YEAR FOR MEDICARE PART D PLAN FINDERS

You must create a “MyMedicare.gov” account.

How do I create an account?

Have this information ready:

1. **Medicare Number** – You can find this on your red, white, and blue Medicare card. If you’re new to Medicare and don’t have your Medicare card yet, you can get your Medicare number on the letter you get from Social Security after you enroll.

2. **Last name**

3. **Date of birth**

4. **Current address** with ZIP code or city

5. **Part A or Part B coverage start date** (find on your Medicare card)

Once you have this information visit www.medicare.gov/plan-compare/#/ and click “Log in or create account”

Add the above information and select “Next”. You can then create a username and password and use your new Medicare account. Save your username and password in a safe, secure, private place so you can access it again in the future.

Forgot your username or password?

If you have an existing account, but forgot the username or password, click “Trouble signing in?” under the Username box on the log in page. You’ll need this information:

1. **Medicare number**
2. **Last name**
3. **Date of birth**

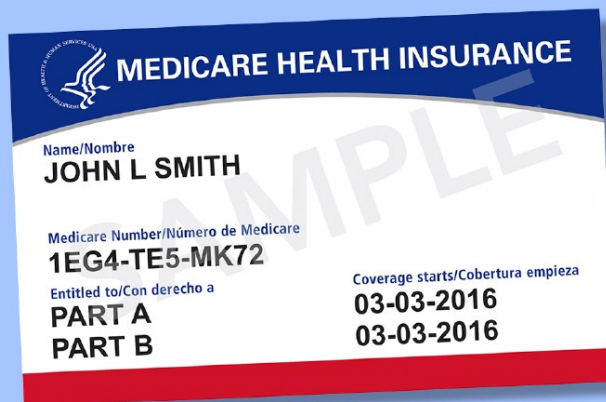
Okay, I’ve done that, now what?

Have a list of your prescriptions, doses, and times you take them.

Then what?

You can go on-line to the Medicare plan finder at <https://www.medicare.gov/find-a-plan/questions/home.aspx> and compare plans

You can call your senior center to schedule time with a volunteer to help you run a plan finder. You can call the Medigap Part D & Prescription Drug Help Line: 1-855-677-2783 (over 60) or 1-800-926-4862 (under 60)



Stay Here and Join the Circus!

Madison Circus Space (MCS), an all volunteer-run, community nonprofit, believes the circus is for everyone! As part of their mission, they believe “you’re never too old to try circus arts,” and chances are good that they can accommodate people with disabilities.

MCS has tons of amazing classes for students of all skill levels. Whether you want to learn to fly through the air, gain better balance and strength, get in touch with your creativity, or just have a lot of fun trying something new, they have a class, club or event for you.

Depending on the activity, fees may apply. However, MCS provides many free and low-cost activities, and they have a scholarship fund. Various MCS performances offer admission on a sliding-scale or donation basis.

They take safety seriously and are approved by The American Circus Educators (ACE) Circus Arts Safety Program. From the German Wheel (a human-sized hamster wheel) to tumbling, trapeze, juggling, hula-hooping and more, the circus brings everyone together! For more information, visit

<https://madisoncircusspace.com/> or email info@madisoncircusspace.com



The Sampler! Interesting Events Happening in our Community:



Goodman Center Thanksgiving Baskets **When:** To Register for Thanksgiving Baskets: Monday, Oct. 21- Friday, Nov. 1 **To Donate:** Anytime before Monday Nov. 25 **Where:** Goodman Community Center, 149 Waubesa Street **What:** Goodman Community Center's Thanksgiving Basket Drive has become a tradition, with many long-serving staff, volunteers and their children returning year after year, *for the past 31 years.*

- To register to receive a basket visit: <https://www.goodmancenter.org/events/thanksgiving-baskets> call 608-204-8018 during registration time frame (10/21/19-11/01/19) or stop in the Goodman Community Center 149 Waubesa St. Madison, WI
- To Donate: You can make monetary donations online at goodmancenter.org/events/thanksgiving-baskets or purchase items to drop off. Please visit their website for further information on what items are needed for donations, and drop off times or to register to volunteer.

Halloween Candy Buy Back **When:** Weekdays from Friday, Nov 1 – Friday, Nov 8, during regular business hours **Where:** Madison No Fear Dentistry, 344 S. Yellowstone Dr. Madison, WI 53704 **What:** Following Trick-or-Treating, stop into Madison No Fear Dentistry to sell back your extra candy (*\$1 per pound of candy up to \$5/child*). **Donations are also welcome!!** All candy is donated to [Operation Gratitude](http://OperationGratitude.org) and shipped to our troops serving overseas. Phone number 608-836-5700 Website: <https://www.madisonnofeardentistry.com/>

Thriving at any Age: Guidelines for living a Happy & Healthy Life **When:** Wednesday, Nov 6, Hours: 4:30-5:30 **Where:** Good Shepherd Lutheran Church, 5701 Raymond Road (at Whitney Way) **What:** Talk by Dr. Robert McGrath, PSYD hosted by Friends of NewBridge. This talk takes a look at strategies that have been shown to be effective in maintaining a healthy, satisfying life. RSVP 608-512-0000 ext. 2000. Free event

Dane County Caregiver Bootcamp **When:** Saturday, Nov. 9, Hours: 10 am- 2 pm, check-in begins at 9:30 am **Where:** E.D. Locke Public Library, 5920 Milwaukee Street, McFarland, WI 53558 **What:** A free educational survival program specifically for families coping with Alzheimer's Disease and related dementia. To register, call 800-272-3900 or e-mail bnuttkinson@alz.org

ObamaCare! Marketplace Health Plans! Affordable Care Act (ACA) Plans!

The MarketPlace Health Care plan goes by a lot of different names but open enrollment is not so flexible. Do not miss your chance to enroll in your 2020 Marketplace Health plan.

How to Enroll: Online: <https://www.healthcare.gov/>

HealthCare.gov

Phone: 1-800-318-2596

In Person: You can meet with a Healthcare Navigator by calling Covering Wisconsin at 608-262-2618. Healthcare Navigators provide free in-person help to enroll in and understand health insurance.



ANSWERS to Unscramble This!

- Hayride
- Sunflower
- Squirrel
- Leaves
- Rake
- Cider
- Autumn
- Apple
- September
- Pumpkin
- Acorn
- Chilly

Thanks for playing!

Madison School and Community Recreation: Fall and Winter Fun!

Did you know MSCR offers year round, community-based recreation for people of all abilities? All individuals with disabilities are eligible to enroll in any MSCR youth or adult program and can receive assistance to participate.



Some adapted programs offered:

- ◆ City Clubs: Social activities and day trips designed primarily for adults with developmental disabilities.
- ◆ Park Adventures: Visit different Madison parks and enjoy activities.
- ◆ Fit Clubs (east and west): Offers a variety of physical programs that vary each class.
- ◆ Chair Exercise: For adults with orthopaedic and developmental disabilities.
- ◆ Water Walking Fitness: Self-directed or MSCR staff supported water fitness in a warm water east side pool for all adults with disabilities.
- ◆ Downhill Skiing: Specialized equipment and/or training to allow all individuals with disabilities to experience the fun of skiing. Adaptive sleds, outriggers and equipment is available for those with orthopedic disabilities or visual impairments. Open to ages 5 and older.

To find out more, call 608-204-4581. To register complete the MSCR Registration form that is found on their website <https://www.mschr.org>

Do you provide care to a person with dementia or an older adult?
Everyone needs a break sometime.

MAKE TIME FOR...



Free Event for Caregivers – a time for Centering, Relaxing and Pampering
Respite care provided on site to help Caregivers attend

Lussier Family Heritage Center
3101 Lake Farm Rd in Madison



Pre-registration required so we can plan a spacious and relaxing day for you!
Call Joy Schmidt at 608-240-7472 or email Schmidt.Joy@countyofdane.com



Wisconsin Disability Vote Coalition

Keep in mind that if you have disability-related questions about voting, the **Disability Rights Wisconsin Voter Hotline** can help. Their hotline operates during polling hours and they can answer your questions all year long. Call them at 1-844-DIS-VOTE/1-844-347-8683



**WE
THE
PEOPLE**



4 Ways to Register to Vote

1.) Register to Vote Online (prior to an election)

You can register to vote online up to 20 days before the election. Please keep in mind you will need a valid State of Wisconsin Driver License or State of Wisconsin ID card issued by the DMV. Visit My Vote Wisconsin website at:

https://myvote.wi.gov/en_us/

2.) Register to Vote in Person (prior to an election)

Voter registration closes at 5:00 pm on the 3rd Wednesday before an election in order for the person's name to be included on the voter registration list. To print off a voter registration application please visit <https://elections.countyofdane.com/Register-To-Vote> or visit https://myvote.wi.gov/en_us/ to fill out the form.

3.) Register in Person – on election day

You may register in person at the polls the day of the election. The elector must provide proof-of-residence. Forms of proof-of-residence include:

- Current and valid WI Driver License or ID Card
- Other official identification or license issued by a Wisconsin governmental body or unit
- Employee ID card with photograph
- Property tax bill or receipt for the current year or year preceding the election
- Residential lease
- Utility bill for a period no earlier than 90 days before registration is made
- University, college or technical ID card – must include a photo
- Paycheck
- Bank statement
- Affidavit on public or private social service agency identifying a homeless voter

4.) Register by Mail

An elector may register before the close of registration (3rd Wednesday prior to the election). Elector can print off a Voter Registration form online or contact their municipal clerk for a blank registration form and instructions.



To find this information and more please visit <https://elections.countyofdane.com/Register-To-Vote>

Save the Date—2020

Spring Primary Election Tuesday February 18

Spring Election & Presidential Primary Tuesday April 7

Fall Primary Election Tuesday August 11

Presidential Election Tuesday November 3



Attention Veterans, their families and friends:

Tuesday November 19th 2019 from 8:45AM-2:30PM
Alliant Energy Center 1919 Alliant Energy Center Way, Madison WI

SOUTHERN WISCONSIN VET CON 2019

9 AM Opening Ceremony and Official Welcome

Speakers on the following topics:

- ◆ Pension with Aid & Attendance and Survivor Benefits
- ◆ Travel resources to VA appointments and other community based resources
- ◆ Service-Connected Disabilities to include Presumptive Disabilities
- ◆ Caregiver and Dementia information and resources
- ◆ Mission Act updates and VA eligibility
- ◆ DNR – licensing, permits, and accessible parks and recreation
- ◆ Service animals and emotional support animals
- ◆ Adaptive sports & alternative whole health therapies

To register: call the ADRC of Dane County at (608) 240-7400 or visit us at 2865 North Sherman Avenue, Madison, WI 53704

- ◆ *Must be registered to receive lunch*
- ◆ *Transportation may be provided; please ask when registering regarding transportation*

Please register by November 1 2019



Participating County ADRCs: Dane, Rock, Jefferson, Dodge, Columbia, Green, Grant, Iowa, Lafayette, Sauk, Richland, Juneau and Crawford

CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!
Here's a quick refresher of what it is and why it's essential that everyone is counted.

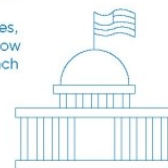
Everyone counts.

The census counts every person living in the U.S. once, only once, and in the right place.



It's about fair representation.

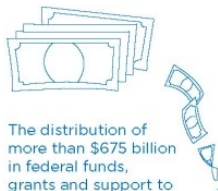
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



It's in the constitution.

The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

It's about \$675 billion.



The distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on census data.

That money is spent on schools, hospitals, roads, public works and other vital programs.



It's about redistricting.

After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

Taking part is your civic duty.

Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"



Safe Winter Walking Tips

Snow, shoveling and ice – just a few words Wisconsinites are used to hearing. Even though most falls occur inside the home, falls that happen outside of the home can be devastating.

These tips can help you maintain your balance and move confidently across snowy or icy surfaces:

- ◆ Wear shoes with good traction or other slip-resistant footwear. Yak Traks are a great option to throw on over a pair of boots or shoes.
- ◆ Wear weather appropriate clothing every time you go outside, even if it is for a minute or two.
- ◆ Give yourself extra time, especially in the winter. Trips or falls often happen when we are in a rush.
- ◆ Get in and out of cars with care – many falls occur entering or exiting a vehicle. To be safe, face the car and always try to keep at least three points in contact with either a hand and two feet or two hands and a foot.
- ◆ Carry a flashlight in the dark. It will make it easier for you to see what is ahead.



To learn about safe winter walking and more, consider taking a falls prevention workshop or class!

Safe Communities of Dane County offers Stepping On workshops throughout the year along with Tai Chi, Moving for Better Balance, No Falls and more! Contact Safe Communities to find a workshop or class in your neighborhood, 608-441-3060. <https://safercommunity.net>



Identify “Fake News” and Misinformation

In 2018 a Massachusetts Institute of Technology (MIT) study found that fake news and false rumors reach more people, penetrate deeper into the social network, and spread much faster than accurate stories.

“Fake news” is created to deliberately misinform or deceive people, usually with the intent to influence our thinking in a specific way. So fact checking has become more important than ever.



Consider the roots of the information: What is the message? Where is the information coming from? Who said it, made it, wrote it? When was it created or completed? How is it making me feel?

Ask questions! It’s good to be a little skeptical. Look at additional sources for more on the topic and consider other sides of a debate.

Sometime you may want to confront misinformation shared by friends and family or others:

- Do your best to keep your response light and helpful.
- Avoid making them feel silly.
- Keep your emotions in check.
- Provide updates or proven facts.

For example you could reply: “Uncle Bill, hold on! Dr.internetzzz.com.co is not a creditable website. It’s not possible to contract Ebola from apples; I have attached some info from the Mayo Clinic. Please check it out!”

For your convenience, we have a handy Clip and Keep guide on the following page, “How To Avoid Fake News”



The Sampler! Continued: *Governor’s Mansion Holiday Tour*

When: Tues Dec 3rd, Thurs Dec 5th, Sat Dec 7th, Wed Dec 1st, Sat Dec 14th, Thurs Dec 19th Hours: 11AM – 2PM **Where:** The Executive Residence, 99 Cambridge Road, Madison, WI 53704 **What:** The tour is free!

This mansion was built in the Classical Revival style on more than four acres along Lake Mendota. It has 16,000 square feet of living space, including 34 rooms, 13 bathrooms, seven bedrooms and several fireplaces.

Also of note, the Governor’s Mansion is now Dementia Friendly!

Grandparent Scam 3.0

You’ve heard it before but the Grandparent Scam is more personal than ever. Scammers are able to impersonate people they have never met with information gathered from their social media pages, such as Facebook, Instagram, Snapchat, YouTube and more.

People age 70 and older who have sent cash to scammers claiming to be their grandchild have reported average individual losses of \$9,000.

How do you avoid this type of scam?

- ◆ Don’t act right away, no matter how dramatic the story is. Follow up with your family members or even grandchild.
- ◆ Be careful what you post on social media. If your details are public, someone can use them to defraud you and your loved ones.
- ◆ If this has happened to you, tell your friends and neighbors. Many people get these calls, help others spot and avoid this scam.



HOW TO AVOID FAKE NEWS

In everyday life, we face fake news trying to manipulate our beliefs. Use this list of strategies to differentiate real versus fake news.

CONSIDER THE SOURCE

Unfamiliar websites plastered with ads should draw skepticism. Googling a site's name and checking out the other articles it posts should help determine if it is trustworthy.

CHECK THE AUTHOR

It is critical to check the byline, even if it says it is written by a popular writer, that it was actually written by who they say they are. People can make up names and say they have won awards, or are nationally honored, but could truly be a no one. You can search through an author's previous articles to see if they are a legitimate journalist or have a history of hoaxes.

LOOK OUT for QUESTIONABLE QUOTES and PHOTOS

It's incredibly easy for fake news writers to invent false quotes, even attributing them to major public figures. Be skeptical of shocking or suspicious quotes, and search to see if they have been reported elsewhere.

Likewise, it's easy to take a photo from one event and say it's from another. Images can easily be altered for a certain story. Reverse image searches, either through Google or tools like TinEye.com can help you find where an image originated.

ASK THE EXPERTS

Talk with your local librarian, or consult a fact-checking site such as Snopes.com or FactCheck.org.

READ BEYOND THE HEADLINE

If a story headline draws your attention, read further before you decide to pass along the information. Even in non fake news stories, the headline doesn't always tell the whole story.

WHAT'S THE SUPPORT?

Many times fake news articles will cite official or official sounding sources to draw in readers. Once you look into it, however, the source does not support the claim, or may itself be spreading false information. Check to see that claims supported by links actually come from reliable sources.

Sites like Snopes.com can help.

CHECK THE DATE

False claims in news can take a legitimate news story and twist it, or even claim that something that happened long ago is related to what is happening now. Checking the publishing time stamp can prevent you from being misled.

CHECK YOUR BIASES

People are drawn to stories that reinforce the way they see the world and how they feel about issues, and tend to completely discount factual information that they disagree with. Fake news often stirs up emotion and preys on biases.

IS IT A JOKE?

If people do not understand that satirical publications exist, they may take their information literally and share it with others. Well known sites with exaggerated humor include The Onion and ClickHole



**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