



# Resource Wise

**“Connecting People With The Assistance They Need”**

SPRING 2015

NEWSLETTER

### Speak Up!

“Never doubt that a small group of thoughtful, committed citizens can change the world”

—Margaret Mead

As Americans, our input as citizens does not begin and end in the voting booth. Freedom of Speech gives us opportunity to make our voices heard!

Your opinion is powerful. Elected officials need your input to be effective. Contact your State Legislators about issues important to you:

Call the WI Legislative Hotline 1-800-362-9472 or in Madison 608-266-9960.

Search: <http://legis.wisconsin.gov>

#### Mailing Addresses:

Senate  
P.O. Box 7882  
Madison WI 53707

Assembly  
17 West Main Street,  
Room 401 Madison WI 53703

Governor  
115 East Capitol  
Madison WI 53702

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### **Substantial Changes Proposed for Aging & Disability Resource Centers**

The current budget proposal for the State of Wisconsin contains the following changes for Aging & Disability Resource Centers (ADRCs):

- \* Allows the State to contract with a private entity for all or some of the services provided by ADRC's
- \* Allows the State to prohibit individual counties from choosing to operate an ADRC
- \* Reduction in the level of services that ADRCs are required to provide the public
- \* ADRC services could be provided on a statewide or regional basis rather than the current model of ADRCs serving individual counties
- \* Governing Boards that oversee local ADRCs would be eliminated

ADRCs began in Wisconsin during the Administration of Governor Tommy Thompson. Since then they have grown to serve all 72 counties in Wisconsin and have been replicated throughout the United States. ADRCs were started, in part, to meet the needs and reduce expenses of the growing aging population and citizens with disabilities in our State.

In February 2010, the US Administration on Aging honored the Wisconsin Department of Health Services with an Outstanding Achievement Award for “it’s pioneering work and continued innovation with Aging and Disability Resource Centers.” Federal officials recognized Wisconsin as the creator of ADRCs and emphasized that the Wisconsin Model is a model other states should follow.

External quality reviews conducted by the Wisconsin Department of Health Services have documented high customer satisfaction with services provided by ADRCs: 93% would recommend the ADRC to others.

The ADRC of Dane County opened in November of 2012 and has provided nearly 44,000 interactions with the community. At the ADRC of Dane County, we remain committed to:

- \* Serving as your one-stop shop for information and resources for all older adults and adults with disabilities
- \* Providing unbiased, comprehensive information on resources in your community
- \* Advocating for the needs of our customers and our community
- \* Assisting our customers in making well-informed decisions about their lives and their options

Call us at 240-7400 or 1-855-417-6892

# LINGO-BUSTER: “Long-Term Care”

**True or False: Long-Term Care means moving from your home to a Nursing Home.**

The answer is **False!** Long-Term Care is defined as a variety of services designed to meet a person's health or personal care needs over a period of time. These services help people live as independently and safely as possible when they can no longer perform everyday activities on their own.

Long-Term Care is for chronic conditions— those which develop gradually, such as dementia, or come on suddenly, such as after a stroke or heart attack. LTC usually involves assistance with personal cares (bathing, dressing, eating, using the toilet) and help with everyday tasks like cleaning, shopping, transportation, taking medications or managing money. It includes family caregivers and/or paid caregivers, with a mix of community agencies to provide services, such as home-delivered meals or adult day care. LTC can take place at home, at an Assisted Living , or even a Nursing Facility.

**True or False: About 70% of people over age 65 need some type of long-term care during their lifetime.**

According to the National Institute of Health, the answer to this question is **True!** All the more reason why it’s important to have a discussion about Long Term Care. Planning ahead gives you more control and more options - for where and how you will live –in the likely event you need some type of Long-Term Care. Consider speaking with an Information & Assistance Specialist at the ADRC of Dane County regarding your LTC planning. More information is available online at [longtermcare.gov](http://longtermcare.gov)

Each May we celebrate Older Americans Month to recognize older Americans for their contributions to our nation.



In honor of the upcoming 50th anniversary of the Older Americans Act (OAA), we recognize how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme for Older Americans Month 2015 is “Get into the Act.” Check with your local Senior Focal Point/Senior Center for special events.

## **FYI: Wacky Wisconsin Weather – Are You Ready?**



Spring! Wisconsinites are always ready to welcome the change of seasons!

But spring can bring some of our most extreme weather. Consider that on May 10<sup>th</sup>, 1990 we had up to 8 inches of snow and went several days without electricity. May 27<sup>th</sup>, 2012 it was a scorching 94 degrees! April 26<sup>th</sup> & 27<sup>th</sup>, 1984 Wisconsin saw eleven tornadoes, which killed three and injured more than forty people. According to the National Weather Service, between 1982 and 2012 Dane County had 646 severe weather events – including tornados, hail, flooding and thunderstorms.

It's so important to be prepared for all types of weather. We often feel that "it won't happen to me". But victims of severe weather – many who have lost everything – often say that their day started normally, just like any other day.

The Federal Emergency Management Agency (FEMA) urges everyone to: 1. Be informed of the types of emergency situations that may occur 2. Build an emergency supply kit and 3. Make a family emergency plan.

If you are an older adult or have a disability, it is especially important to think about your special needs related to medical issues, or physical or cognitive limitations. Can you be on your own for a day? Five days? Do you need physical assistance getting to a shelter location? Will you need medications, batteries for a wheelchair, oxygen tanks, diabetic supplies, special foods, incontinence products? How will you care for a pet? Can you turn off utilities, if needed? How will you communicate with your family? Who is included in your support network? What is the evacuation plan at your housing facility?

Fortunately, there are many resources for information and planning tools to help. Check out <http://readywisconsin.wi.gov/default.asp> or [www.ready.gov](http://www.ready.gov) or in Spanish at [www.Listo.gov](http://www.Listo.gov)

Or contact the ADRC to request additional information on how to "Be Ready!"

The 2015 Wisconsin Tornado Drill is Thursday,  
April 16<sup>th</sup> from 1pm-2pm when  
mock tornado warnings will take place.

Practice your safety plan!

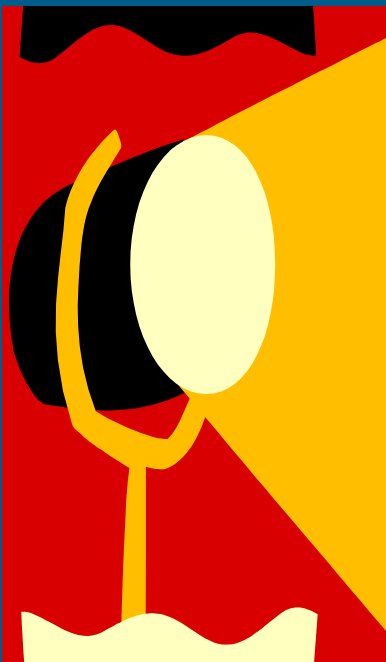


## Need help getting your groceries?

Try a market that provides grocery delivery services. You can call the store or go on-line to place your order. If getting your purchases home is an issue, you can go to the store to shop and have your selections delivered. Costs for this service range from free, with a minimum purchase amount, up to \$15. Interested? Call the ADRC for more details!



### COMMUNITY SPOTLIGHT



*To apply, contact the local DVR office:*

*Dane County Job Center  
1801 Aberg Avenue  
Madison, WI 53704  
608-242-4800 (Voice)  
608-242-4868 (TTY)  
800-422-7138 (Toll Free)*

## DVR

Do you know someone with a disability who is interested in returning to work?

The Wisconsin Division of Vocational Rehabilitation, also known simply as “DVR”, is a program that helps people with disabilities join the workforce.

DVR serves any interested job seeker who has a disability which presents a substantial barrier to employment. A professional rehabilitation counselor will meet with you to determine if you are eligible for services through the DVR. The DVR Counselor will consider your aptitudes and interests and help you develop a realistic individualized plan of employment (IPE) which will provide you with a framework for re-entering the workforce.

To develop a successful plan for employment, the DVR Counselor considers 7 key areas: work skills, work tolerance, interpersonal skills, communication skills, self-care, self-direction and mobility. Reviewing these areas helps determine how your disability will affect your ability to work and the support you will need to reach your job goal.

Once you have a plan and are ready to get to work, DVR can provide assistance in a variety of ways including: purchasing adaptive equipment or assistive technology, providing job training programs, assisting with job placement opportunities, and helping to arrange transportation (to list a few areas of assistance they offer).

If you are concerned that you will lose your benefits if you go back to work-- don't worry. DVR can help you figure out the requirements of Social Security programs. If needed, a formal benefits analysis can be done that will provide a clear view of how your work income will affect your benefits. Sound too good to be true? Well it only gets better – there are no fees to participate in the DVR program. So, set your alarm clock and get ready to go to work!!!



SPRING 2015

## Camping, Trips and Tours for All!

It's not too early to think about that classic American summertime activity: Camp! Summer camps, as well as special trips and tours, offer both fun and respite for adults (and children) with special needs or disabilities.

Camps and travel experiences are a special time to socialize, build self-esteem, try new activities and promote independence. Time away at camp may also give family and caregivers a break.

According to the accrediting organization, American Camp Association, there are over 12,000 day and resident camps in the U.S. and approximately 47% offer specialized programs for individuals with disabilities.

Most camps fill up very quickly. Cost varies, but financial aid is often possible.

For a list of local and national camps and trip opportunities, visit <http://www.arcwisconsin.org/arcwisconsin/other+information+default.asp> or call the ADRC.



We are located in the Northside Town Center, where North Sherman meets Northport. Look for our new sign and stop in for a visit.



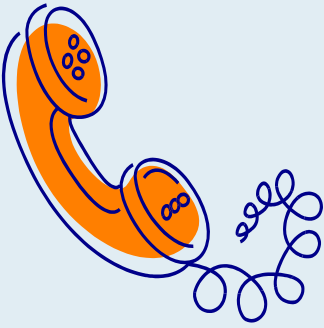
## Do you ever forget to take medications?

Of course there's an app for that!

Check out **MediSafe Meds & Pill Reminder**. It's a free, top-rated medication reminder and tracker. The easy to use app can help you or a family member take meds on time and safely. An optional feature will alert a family member if meds are not taken. Available on Google Play or the Apple Store.



# Check it Out!



## I Called the ADRC!

For many, the New Year can bring change, hope and transition. Unfortunately, for one of our customers, it brought aggravation. Judy contacted the ADRC in early January 2015 after she went to pick up her prescription from the pharmacy and the bill was \$300! Judy couldn't understand why her medication would cost so much so she called the ADRC for help. She had worked with the ADRC before and knew the staff could be of assistance because they had already helped her apply for health insurance called Medical Assistance Purchase Plan (MAPP).

Marissa, one of our Information and Assistance Specialists took Judy's call. Marissa did some research and discovered that Judy's Part D Prescription Drug plan coverage wouldn't go into effect until February 1, 2015. This was the reason for the extremely high cost of her medication. Despite Judy having both Medicare and Medicaid, Marissa learned that both plans were rejecting payment for the prescription because there was a gap between when Judy enrolled in Medicare benefits and when coverage would begin.

Marissa understood that Judy really needed her medication and couldn't wait until February. Marissa consulted with one of the ADRC's Disability Benefit Specialists, Katie, for assistance in the matter. The ADRC's Benefit Specialists are able to assist with Medicaid and Medicare prescription drug matters.

Katie suggested that Medicare's LiNet (Limited Income Newly Eligible Transition) program could be a resource that might be able to help Judy. In some cases, LiNet can provide temporary coverage for medications. Since Judy would be switching to a Medicare Part D prescription drug plan in February, she was eligible for enrollment in LiNet. Marissa shared this information with Judy, and together they called the pharmacist to advise him of the program and discuss how to help Judy enroll.

Thanks to help from Marissa and Katie, Judy was able to get her prescription, not for \$300.00, but for \$3.40!





**Name:** Bill Huisheere (*pronounced Hoosier*)

**Position/Title:** Supervisor at ADRC

**Where did you work before the ADRC and what brought you here?** Prior to ADRC, I was employed at Dane County Human Services Adult Services Division and was part of the Developmental Disability (DD) Intake Unit. There I assessed eligibility for adult DD services. Prior to that I worked for a residential agency that supported people with disabilities to live in the community. Originally, I started in college as a skills teacher and continued to work in a variety of positions including case manager and co-director of the residential agency.

**Name one thing that you enjoy about working at the ADRC:** I enjoy many aspects of the job... I have always enjoyed helping people understand their options and to provide information they need to make decisions about their lives. Dane County is fortunate to have so many resources, but there are still many gaps and challenges that make life hard for too many people. I enjoy working with so many dedicated and smart people. I am proud of the assistance our staff provides to the citizens of Dane County.

**In your opinion, what does the ADRC bring to the community?** I think we bring some really savvy and caring “puzzle-solvers” to Dane County. Throughout the day our staff are helping individuals and families understand their options and how best to navigate a very complex system. For individuals, families, and professionals it is so much easier to remember one phone number to call to get started.

**Tell us a little about what you do outside of work:** I enjoy working and living on the Northside of Madison, tending my perennial garden, watching wildlife, and spending time with friends and family.



*Who's Who  
at the ADRC?*



# Be Well

## May is Mental Health Awareness Month!



By Presidential Proclamation, Mental Health Awareness Month is a time to bring attention to the issue of mental health and remember that mental health is a vital part of a person's overall wellbeing.

Mental Illness affects 1 out of every 4 American adults. The more people know, the more they can do to help the cause. With knowledge comes understanding and a willingness to share experiences, provide support and reduce stigma!

For more information, contact NAMI – National Alliance on Mental Illness [www.nami.org](http://www.nami.org) HelpLine 1-800-950-NAMI (6264). Locally, NAMI Dane County (608) 249-7188 or [www.namidanecounty.org](http://www.namidanecounty.org)

A creative part of this awareness campaign is “GO GREEN for Mental Health”! Throughout May wear green clothing or a green ribbon, change your Facebook cover photo or profile picture. Or Tweet **#MentalHealthMonth**

Upcoming ADRC Classes:

### Healthy Living with Diabetes

April 7-May 12, 2015

Tuesdays 1:30-4:00pm

July 13-August 18, 2015

Mondays 4:00-6:30pm

Sept 16-October 21, 2015

Wednesdays 9:00-11:30am

**Workshop Cost:** Refundable \$20 textbook deposit; one-time fee of \$5 towards healthy snacks

### To Register:

Contact Lynn Riley,  
[riley.lynn@countyofdane.com](mailto:riley.lynn@countyofdane.com)  
608-240-7474

## Chronic health condition running the show?

One of these prevention programs may be able to help you take charge again! “Living Well with Chronic Conditions” and “Healthy Living with Diabetes” prevention programs can help you identify ways to better manage your chronic condition by learning new approaches, setting goals, and working to meet those goals in a supportive environment.

## Had a fall, or worried you may be at risk for one?

Attend a “Stepping On” class and examine how medications, home safety, balance, vision and more can impact your risk for falls. Learn simple and fun balance and strength training exercises to help reduce your risk and keep you moving.

These prevention classes are evidence – based, so you know they have been proven effective. Cost ranges from \$5 to about \$35 to cover the cost of snacks and class materials. For more information, or to find a class near you, please visit [www.wihealthyaging.org](http://www.wihealthyaging.org). For additional information on the “Stepping On” classes you can also visit [www.safercommunity.net](http://www.safercommunity.net). An ADRC Information & Assistance Specialist can also provide you with information on current class offerings available in your community.



## The Sampler!



### Interesting Events going on in your Community

- 2015 Employment First Conference:** Held April 9th in Wisconsin Dells, learn about resources, strategies and initiatives that support people with disabilities to get jobs. Cost is \$30 for individuals with a disability or families (Fee waiver is possible) or \$125 for professionals. For event and registration questions contact the BPDD 608-267-9897.
- April 15th – End of Winter Heating Moratorium:** Gas and electric services may be disconnected due to outstanding bills. Contact your local utility provider to make payment arrangements.
- Disability Advocacy Day 2015:** Tuesday, March 17th at the Monona Terrace, Madison. Free. 9am check-in. Day includes briefings on issues important to the disability community, discussion and a march to the Capitol and meetings with Assembly and Senate representatives. Go to [www.survivalcoalitionwi.org](http://www.survivalcoalitionwi.org) for more information. Need a ride there? Contact Maribeth Weissenborn 1-800-362-9877 ext. 236
- Wills and Other Important Documents: What You Need To Know:** April 21st, 2015 6-8pm FREE Class offered by the Dane County UW-Extension. Get your will and other legal documents in order. Attorney Melinda Gustafson Gervasi will present the key elements of estate planning and provide resources to help you to complete a plan of your own. Everyone over the age of 18 should consider estate planning! 5201 Fen Oak Dr. Madison, WI 53718 Register at [www.wills2015.eventbrite.com](http://www.wills2015.eventbrite.com) or call: 608-224-3700
- Walk to Cure Arthritis - Dane County:** Saturday, May 2, 2015 – Registration 8:30am/ 10am Start. Vilas (Henry) Park 1602 Vilas Park Drive Madison, WI The Walk to Cure Arthritis raises funds and awareness to fight the nation's leading cause of disability. We are helping millions of people who are living with arthritis pain and we are funding research that is getting us closer to our ultimate goal: a cure! Arthritis Foundation Contact Hana Conway 608-221-9800 ext. 5202
- Autism Society of Wisconsin Annual Conference:** April 30 - May 2, 2015 Kalahari Convention Center, Wisconsin Dells. For more information contact the Autism Society of Wisconsin (920) 973-6636 or email [mvandevelden@asw4autism.org](mailto:mvandevelden@asw4autism.org)
- Bilingual Senior Health Fair:** Friday May 8<sup>th</sup> at Warner Park Community Recreation Center. Free event! 9-11:30am. Spanish interpreters available.
- AARP Smart Driver Class:** Thursday, March 12<sup>th</sup> 9am-1pm Stoughton Senior Center \$15 for AARP Members/\$20 for non-members. Call 873-8585 to pre-register. Remain a safe driver in the years ahead! Participants will receive a certificate which may entitle them to a discount on their auto insurance. (It is suggested that registrants bring a light sack lunch.)
- OUTREACH: Avalon Assisted Living Community to host the Aging & Disability Resource Center:** Stop by to chat with an Information & Assistance Specialist to discover what we do at the ADRC and how we may be able to help you or someone you care about. When: Thursday April 23rd at 3:00PM. Where: Avalon Assisted Living Community 2879 Fish Hatchery Road Madison, WI 53713 (608) 807-0325 No appointment needed & open to the general public.

## April 12 -18<sup>th</sup> is National Volunteer Week

Volunteering is a meaningful way to connect with your community. The United Way of Dane County Volunteer Center can help you find volunteer opportunities that match your interests, skills, and schedule.

They can meet with you in-person or discuss options over the phone. You may also visit their volunteer website at [www.volunteeryourtime.org](http://www.volunteeryourtime.org) to search for opportunities on your own.

The Volunteer Center can be reached by calling (608) 246-4380. You may also contact them via email at [volctr@uwdc.org](mailto:volctr@uwdc.org).



### Volunteer Ombudsmen Needed

The Wisconsin Board on Aging and Long Term Care Volunteer Ombudsman Program are in need of volunteers who want to make a difference in the lives of the elderly living in our area nursing homes. Volunteers visit 2 to 3 hours per week advocating for residents in making sure that their rights are being

met while living in a nursing home. We provide the training – no special background needed. Make that positive difference in someone’s life call Julia Pierstorff at the board on aging and long term care at 246-7004 or e-mail Julia at [julia.pierstorff@wisconsin.gov](mailto:julia.pierstorff@wisconsin.gov)

**Seeking Volunteers!** RSVP of Dane County is looking for volunteers to provide older folks with much needed transportation to and from medical appointments. RSVP will be holding a Volunteer Open House on April 16<sup>th</sup> from 1-3 pm at their offices, located at 517 N. Segoe Rd, Suite 300, Madison WI 53705. Stop by for refreshments and to learn more about volunteer opportunities with RSVP of Dane County. You may also contact Mary Schmelzer at 608-238-7877 with questions about RSVP volunteer opportunities.

### Greet Each Day with a Positive Spin :

- ◆ Smile with your face, voice, eyes and heart
- ◆ Look people openly, warmly and directly in the eye when you see them
- ◆ Warm your tone of voice with love and gentleness
- ◆ Give your complete attention to others

- ◆ Be polite and gracious
- ◆ Consider others feelings and experiences
- ◆ Accept responsibility for your actions and behaviors
- ◆ Speak the truth from a place of kindness
- ◆ Express gratitude and appreciation
- ◆ Live with integrity



"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"  
 —Mark Twain



Have a Gmail account? Watch out for scam emails posing as messages from Google. They may look like official notices about your account, but they carry malware. Clicking on the enclosed link will download malware to your computer which makes you vulnerable to ID theft. For more information about scams impersonating Gmail go to [www.support.google.com](http://www.support.google.com) or BBB Scam Stopper [www.bbb.org/council/bbb-scam-stopper](http://www.bbb.org/council/bbb-scam-stopper)



## Tax Help: January 28th—April 15th



Benjamin Franklin famously said that nothing is certain but death and taxes. Thankfully, there is help available for completing your taxes! Throughout Dane County, the Volunteer Income Tax Assistance (VITA) program and the AARP Tax Counseling for the Elderly (TCE) program provide free assistance with tax forms and filing.

Tax assistance is available for older adults, individuals with disabilities, low-to-moderate income individuals, non-English speaking taxpayers, military personnel, and individuals who qualify for the homestead credit or the earned income credit. *Even if you think you don't need to file, it might be beneficial to speak with a tax preparer to see if you qualify for a credit, or money back, such as the Homestead or Earned Income Tax Credits.*

### Popular tax-aid locations include:

**The Villager Mall Financial Education Center** 2300 S. Park St. Madison, lower level. Walk-in's only/No scheduled appointments. Held Mon & Wed's 12pm-6pm; Sat 9am-3pm. (608) 261-5077

**Libraries** Madison area with tax assistance include: Central Library 266-6350; Alicia Ashman Library 824-1780; Lakeview Library 246-4547; Pinney Library 244-7100; and Sequoya Library 266-6385. Call to schedule an appointment.

**Senior Centers** Older adults may also check with their local community/senior center for dates and times of tax preparation assistance. Appointments are required (and fill up fast!)

Call 1-800-906-9887 for additional VITA sites or 1-888-227-7669 for AARP tax help sites.

Search online at [www.irs.gov](http://www.irs.gov) or [www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action](http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action)

You can also contact 2-1-1 or the ADRC for more information. Remember to bring along ID and related financial information (such as W2's, income statements, etc.)

Homebound individuals – contact the ADRC or your local community/senior center.



Our most recent ADRC Staff Photo. Here are some of the friendly faces you may encounter on your next visit to the ADRC!





2865 North Sherman Avenue  
Madison, WI 53704

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

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

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

**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**

**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!**