

The **Older Americans Act** (OAA), originally enacted in 1965, supports a range of home and community-based services, such as meals-on-wheels and other nutrition programs, in-home services, transportation, legal services, elder abuse prevention and caregivers support.



1 in every 7 people is an Older American
Since 1950, life expectancy has increased by 26 years!

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OLDER AMERICANS MONTH



By Presidential Proclamation, May is celebrated as Older Americans Month. Every year since 1963, we make time in May to acknowledge past and present contributions of older persons to our country.

Older Americans Month highlights how people over age 65 are taking charge of their health, engaging in their communities and making a positive impact in the lives of others. The theme of this year's celebration is **"Blaze a Trail"**.

When we look at various achievements of older adults we know age has little to do with being a Trail Blazer:

- ⇒ Former President Jimmy Carter still building houses for Habitat for Humanity at age 91
- ⇒ Betty White, still charming TV and movie audiences at age 94
- ⇒ John Glenn made a space flight at age 77
- ⇒ Anna Mary Robertson took up painting at age 76; we know her as the famous artist Grandma Moses
- ⇒ Barbara Hillary at age 75 became the oldest explorer and first African American to reach the South Pole
- ⇒ 81 year-old Jane Goodall still trekking through African jungles to research chimpanzees
- ⇒ Teichi Igarashi climbed Mount Fuji at age 99
- ⇒ Mr. Mohr Keet, only 96 years young when he bungee jumped off a bridge with a 708 ft drop

A Trail Blazer is a guide to others. Not every older person can bungee jump (or would want to!) but they can share their experience and knowledge that only comes with age. To meet life's inevitable ups and downs and keep learning along the way takes strength and courage. A Trail Blazer has heart. And literally by the time a person is age 65, their heart has beaten over 3 billion times.

Older Americans Month is also a time to focus on how our local communities can improve and enrich the lives of older individuals through social inclusion and providing home-and-community based services for independent living. Check with your local Community & Senior Centers for "Older Americans Month" events throughout the month of May.

The Aging & Disability Resource Center of Dane County is proud to be a one-stop shop—throughout the year—to assist older adults and caregivers find options and support to Blaze Trails!



BLAZE A TRAIL: MAY 2016



WE THE PEOPLE: “So what if 2016 is an election year— Why is my vote important?”

To answer this question, we asked three experts for their opinion.

- “The ballot is stronger than the bullet.”—Abraham Lincoln
- “Our lives begin to end the day we become silent about things that matter.”—Martin Luther King, Jr.
- “Just because you don’t take an interest in politics, doesn’t mean politics won’t take an interest in you.”—Pericles

Voter ID Laws are now in effect!

Whether it’s your first time at the polls or you’ve voted at the same location for the past 50 years, everyone in Wisconsin is now required to provide a photo ID in order to cast a ballot. **Your photo ID does not need to show a current address.**

New voting laws require one of the following forms of ID:

- Wisconsin drivers license
- ID Card issued by Wisconsin Department of Transportation (DOT)
- U.S. passport
- Military ID card

No photo ID? Get one free at the DMV!

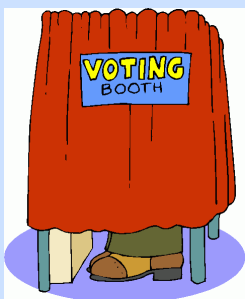
You will need to go to a local Division of Motor Vehicles office and complete a DMV application. For shortest wait times, visit your DMV office Tuesday, Wednesday or Thursday in the mid-morning or mid-afternoon. Make sure you check the box on the application to indicate you need the ID for voting purposes and bring the following documents with you..

- Proof of name and date of birth (such as certified birth or marriage certificate)
- Proof of identity (usually a Social Security card)
- Proof of Wisconsin residency (usually utility bill, lease or pay stub)
- Proof of U.S. Citizenship
- Social Security number

Contact the Dane County Clerk’s Office for more information on photo ID and voting requirements:

Phone: 266-4121 Email county.clerk@countyofdane.com

Website: <https://countyofdane.com/voterid.aspx>



Upcoming elections in 2016

April 5: Spring Election and Presidential Preference Vote

August 9: Partisan Primary

November 8: General Election/Presidential Election



Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.—Mandy Hale



FYI: The Fair Housing Act

Title VIII of the Civil Rights Act of 1968 (Fair Housing Act) prohibits discrimination in the sale, rental and financing of dwellings based on race, color, religion, sex or national origin. Title VIII was amended in 1988 (effective March 12, 1989) by the Fair Housing Amendments Act, which:

- ◆ expanded the coverage of the Fair Housing Act to prohibit discrimination based on disability or on familial status (presence of child under age of 18, and pregnant women);
- ◆ established new administrative enforcement mechanisms with HUD attorneys bringing actions before administrative law judges on behalf of victims of housing discrimination; and
- ◆ revised and expanded Justice Department jurisdiction to bring suit on behalf of victims in Federal district courts.

In connection with prohibitions on discrimination against individuals with disabilities, the Act contains design and construction accessibility provisions for certain new multifamily dwellings developed for first occupancy on or after March 13, 1991.

Its primary prohibition makes it unlawful to refuse to sell, rent to, or negotiate with any person because of that person's inclusion in a protected class.

If you feel that you are a victim of discrimination, The Fair Housing Council may help you overcome housing discrimination. Their mission is to: promote fair housing throughout the State of Wisconsin by combating illegal housing discrimination and by creating and maintaining racially and economically integrated housing patterns. The Dane County satellite (Fair Housing Center of Greater Madison) can be reached at:

612 West Main Street, Suite 200

Madison, WI 53703

Phone: 608-257-0853

Fax: 608-257-1445

Toll-free statewide complaint intake line: 1-877-647-FAIR (3247)

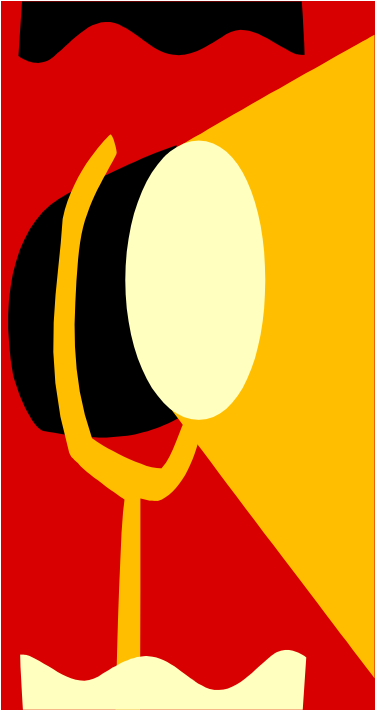


MEMORIAL DAY, MONDAY MAY 30TH, 2016

On this day we honor the memory of all men and women who died while serving the Armed Forces of The United States of America. Originally known as Decoration Day, as a reference to placing flowers on the graves of the war dead, it originated in the years following the Civil War. Memorial Day became an official federal holiday in 1971. The origin of wearing a Rep Poppy flower began in 1915 by Moina Michael, who wrote:

*We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies.*





COMMUNITY SPOTLIGHT

COME & CELEBRATE ADRC MONTH!!

How?

At Our ADRC Open House!

Where?

ADRC of Dane County

When?

May 18, 2016

Starts at 4pm

DANE COUNTY'S VETERANS SERVICE OFFICE

This spring we are highlighting the important work of our county's Veterans Service Office. Their mission is to assist veterans and their families in identifying local, state, and federal benefits they may be eligible for and providing assistance and advocacy through the application process.

WHO should call the Veterans Service Office?

Veterans! If you're a veteran, then this means you. Are you the spouse of a veteran? Then you should call too.

WHAT can the Veterans Service Office assist with?

Reviewing eligibility for and assisting through the application process for:

- >Medical Benefits
- >Service-Connected Disability Claims
- >Pensions
- >Education Benefits
- >Long Term Care Benefits
- >Death and Memorial Benefits

HOW do I get connected?

Call the Veteran Service Office at **(608) 266-4158** between 7:45am & 4:30pm M – F

Visit their website at www.danevets.com

Visit their office at: **210 Martin Luther King Jr. Blvd Room 108, Madison WI 53703**

May is Aging & Disability Resource Center Month!

What happens when May is recognized as Aging & Disability Resource Center Month? We get to "Toot Our Own Horn" of course!

We get the chance to tell about the important work we do! The ADRC of Dane County supports seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options.

We get the chance to say how glad we are to be part of the Dane County community! The ADRC of Dane County opened our doors in November, 2012. We are one of 42 regional ADRCs which serve every county within Wisconsin.

We get to announce that in 2015, the ADRC of Dane County had 34,256 customer interactions! A national survey found the top five most frequently requested services of ADRCs include: Transportation, Medicaid eligibility & services, Medicare eligibility & services, Personal care services, Affordable housing.

We get to encourage you to contact the ADRC for assistance!

The ADRC is helpful. A survey of Wisconsin ADRC's for the Administration on Aging found that:

- ◆ 69.5% of respondents said "the ADRC helped them to make the most of their money"
- ◆ 61.9% said that "the ADRC helped them to stay in their home in a situation where they might otherwise have gone to an assisted living or nursing facility."

This study asked customer's their thoughts before and after meeting with ADRC staff.

Customers initially reported feeling anxious and concerned about what would happen: ◆ Are they going to help? ◆ Will they turn me down?

Customers responded after meeting with ADRC staff: ◆ That was easy and not so scary. They listened. ◆ There are options and resources to apply to my problems. ◆ She listened to me and advised me well. ◆ Wow, they were helpful! ◆ I can go back there.

It's Easy to Get Tax Help through IRS Social Media

There are many ways to get help from the IRS through social media. For example, if you have a smartphone, the IRS has a free app with many uses. If you like YouTube, you can watch IRS videos to help you file. If you're on Twitter, follow the IRS for the latest tax news and information. Here are some easy ways the IRS can help :

- **IRS2Go.** Use this free mobile app to check your refund status, pay your tax, watch IRS YouTube videos and get IRS Tax Tips via email. You can download the app free from the Google Play Store for Android devices, or from the Apple App Store for Apple devices. IRS2Go is available in both English and Spanish.
- **YouTube.** The IRS offers dozens of video tax tips on a variety of topics. You can view them in English, Spanish or American Sign Language.
- **Twitter.** Get tax-related announcements and tips from @IRSnews. @IRStaxpros tweets news and guidance for tax professionals. Tweets from @IRSenEspañol have news and information in Spanish. The Taxpayer Advocate Service sends tweets from @YourVoiceAtIRS. @RecruitmentIRS provides updates for job seekers.
- **Tumblr.** Follow the IRS on Tumblr to access IRS tax tips, videos and podcasts. You can access Tumblr from your smartphone, tablet or computer.
- **Facebook.** The IRS Facebook pages provide news and information for taxpayers and tax return preparers. You can also connect with the Taxpayer Advocate Service.
- **Subscribe to IRS Tax Tips.** Get free tax filing tips via e-mail in English or Spanish. For the latest word on taxes from the IRS, check out our e-news subscriptions.



Check it Out!

Protecting your privacy is a top priority. The IRS uses social media to share public information, not to answer personal tax or account questions. You should **never** post your Social Security number or any other personal information on social media sites.

Did you know?

- In Dane County, 17,000 individuals have diabetes, while an additional 129,180 have pre-diabetes.
- Diabetes is a very expensive disease to treat: direct hospital, other medical costs and lost wages total an estimated \$6.15 billion annually in Wisconsin.
- Adults with type 2 diabetes are more likely to have high blood pressure, heart disease, stroke, chronic kidney disease, nerve damage and depression.

Healthy Living with Diabetes

Workshop Dates & Locations

When: Wednesdays May 4,11,18,25 June 1,8

Times: 5:00 pm – 7:30 pm A healthy meal will be provided

Where: Access Community Health Center 2202 S. Park St.

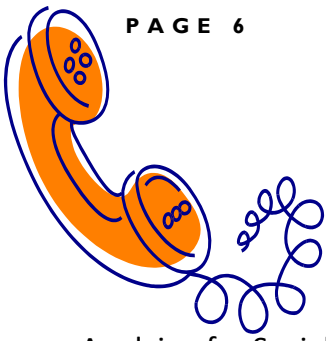
Cost: There is no cost to participants. This workshop is generously funded by a grant from the Goldstein Family Foundation and Alter Trading Corporation

REGISTER NOW by calling

Stephanie Solberg

608.663.5105 (space is limited)





I Called the ADRC!

Applying for Social Security Disability is usually done when a person is experiencing serious health and financial challenges. The very thought of dealing with a big government agency and going through an unknown process can be overwhelming. This is what Jane was experiencing when she called the ADRC.

Jane worked for many years as a cashier. Unfortunately she developed arthritis in her neck and back. At age 59, the pain from her condition ultimately caused her to lose her job. In spite of this setback, Jane began looking for other work, and found a new job doing light clerical tasks in an office (answering phones, filing paperwork.) But in spite of her efforts, her severe pain continued and within two months she was unemployed again.

In an effort to find some relief, Jane had been to a number of health providers and received different types of treatment, including injections and physical therapy. Nothing seemed to help, and physical therapy had actually made her condition worse.

Since her medical conditions made it a struggle to maintain employment, Jane decided to apply for Social Security Disability Insurance. Like so many others, the Social Security Administration denied her application. She didn't know what to do next or where to turn to for help. Then Jane heard about the ADRC and decided to give it a try. Jane was connected with Katie, a Disability Benefit Specialist, and together they worked to appeal her Social Security Disability Insurance denial.

Katie began her work by reviewing Jane's Social

Security file. Katie found that Social Security determined that Jane was capable of "light work" and referred to her recent clerical job. It turned out that one of the reasons for this finding was that Social Security did not have accurate information about how the "light work" in the clerical position had caused Jane increased pain and health problems. In addition, Social Security had not been updated on Jane's most recent medical information which included a MRI that showed the extent of damage caused by her arthritis and the multiple treatments Jane had tried which were ineffective. Katie assisted Jane in filing an online appeal and updating Social Security with this new information.

Jane was later notified in writing that her Social Security Disability Insurance appeal had also been denied. So, Katie began talking with her about the next appeal step and provided information on attorneys that can assist with this higher level of appeal. Jane decided to move forward with her appeal and scheduled an appointment with an attorney. Just a few weeks later, however, she called Katie and informed her that Social Security had deposited a large amount of money in her bank account. She couldn't understand why, and together they called Social Security. Social Security informed Jane and Katie that a mistake was made by sending out the denial letter, and they were assured that Jane had actually won her appeal! The sum of money deposited in her bank account was the back payment for Jane's Social Security Disability Insurance. Jane immediately cancelled her appointment with the attorney and was able to move forward with some financial security.

Kurt Svensson: ADRC Lead Information & Assistance Specialist

Where are you from? I was born in Milwaukee and grew up in Greendale, Wisconsin. I moved to Madison after attending the University of Wisconsin Whitewater.

Where did you work before coming to the ADRC? I have an extensive history working with people with developmental disabilities. Prior to starting at the ADRC, my history in the Dane County developmental disabilities service system included working as the Self Directed Services Coordinator for Dane County, a Transition Coordinator/Support Broker for Progressive Community Services and Case Manager for Goodwill Industries.

ADRC Start Date/Position: I am one of the ADRC's Lead Information & Assistance Specialists and have been an ADRC employee since its inception in November of 2012. In addition to my regular job duties, I'm also on the ADRC's High School Transition Team which works with young adults with disabilities as they transition out of high school.

Best things about work: One of the best things about working at the ADRC is that we have an incredibly positive work environment and culture. I have amazing colleagues.

Family: I'm married and recently became a father. My son Gideon was born in June 2015.

Hobbies/Pastimes: Outside of work, I like socializing with my friends & family, visiting our family's cabin in northern Wisconsin, cooking and traveling. I also have a passion for music. I enjoy both playing and listening to live music.

Favorite quote/saying/inspirational words: "We cannot direct the wind, but we can adjust the sails." I'm not sure where I first heard the quote, but it is a wise one.

Favorite food(s): BBQ and sushi – separate, not at the same meal!

Why did you chose this field of employment? I am honored to work with people with disabilities and older adults. I strive to make a positive impact in their lives by helping people to understand their various support options and plan for the future.



*Who's Who
at the ADRC?*



Dane County is Becoming Dementia Friendly

Have you seen this symbol in a local business and wondered what it meant? If not, you might look for them as you go about your daily routine. This symbol on the door indicates that the business is “Dementia Friendly” and their employees have been trained to show more understanding for customers who have memory problems or other difficulty with their thinking. These employees have been trained to recognize signs when someone is struggling to understand or communicate and they have been educated how to better serve them.

A common question often comes up, “What is Dementia and how is it different from Alzheimer’s’ disease?” The answer is that dementia is a general term that describes symptoms including loss of memory, thinking ability, difficulty speaking or understanding, or changes in personality and behavior. It can be caused by a number of diseases or conditions which can cause a person to decline over time. Alzheimer’s is the most common disease that causes dementia. It can be difficult to diagnose the cause of dementia and many times a combination of diseases contribute to changes in a person. This is why the general term “dementia” is used.

More “Dementia Friendly” symbols are popping up at libraries, post offices, restaurants, pharmacies, hardware stores, banks, grocery stores, and City and County offices. The dementia friendly movement is helping people begin to understand dementia and the needs of those living with it’s challenges. The City of Middleton was first to be recognized as a dementia friendly community in Dane County but it hasn’t stopped there. This is an ongoing effort and more communities have joined to raise awareness and support their citizens living with dementia as well as their caregivers. Currently, the following communities in Dane County are involved with dementia friendly initiatives: Waunakee, Fitchburg, Sun Prairie, Cross Plains, Monona, Verona, Oregon, Mt. Horeb, Cottage Grove and Madison.

The Dane County Aging & Disability Resource Center is proud to have been certified as dementia friendly in January of 2016. Please contact Joy Schmidt, Dementia Care Specialist, at the ADRC (608-240-7400) to find out how to get involved in helping your community become dementia friendly.



What is the Veterans Caregiver Support Program?

Are you a family caregiver of a United States veteran or do you know someone who is? The VA recognizes the commitment of those families and friends who take on this challenging and sometimes demanding role. The VA Caregiver Support Program is designed to help caregivers learn about resources which may be available to assist them, or the veteran in their life. Any caregiver of a veteran, who served from WWII to Post-9/11 and is receiving care due to the effects of war, disability, chronic illness or aging, may be eligible .

As a Family Caregiver, do you help your veteran with transportation, meal prep, household chores, or personal cares such as bathing or dressing? Perhaps you help with medications and managing medical appointments, or handling all the bills and finances? Do you need help in the home or outside the home? Do you need respite? Are you struggling to balance taking care of yourself while taking care of your loved one? (continued on next page)

A new study by the University of North Carolina found that *social ties* – our connections to others –are just as important for a person’s health as exercising and healthy eating, for everyone from teenagers to the elderly. Many other studies have also shown that those social connections—friendships, relationships with family members, closeness to neighbors, memberships in groups or church, work— are key to well-being and personal happiness. People with many friendships are less likely to experience sadness, loneliness, low self-esteem, and problems with eating and sleeping.

As adults, making new friends and building social networks may seem difficult. However, the good news is that it’s not expensive, requires no special equipment and it can be done in an endless variety of ways!

- ⇒ Get Involved - join a club or group or take a class. Dane County always has events!
- ⇒ Volunteer! Helping others is win-win!
- ⇒ Share & Care -open up about yourself and show interest in those around you!
- ⇒ Reach out to family. Try to forgive past transgressions if they’re holding you back.
- ⇒ Remember - other people are just as nervous as you when making new connections!
- ⇒ Just do it – if you’re lacking motivation or feeling down, try to commit to something easy (go sit at the park or ask a neighbor in for a cup of coffee) and don’t overthink it.

Happiness is not bound by age, handicap, medical condition, income, physical appearance, past history, location, transportation, education, skills you may or may not have. It’s never too late to create strong social ties!

Contact the ADRC of Dane County if you have additional questions or are looking for ideas to connect with your community, neighbors or family.

Source: UNC-Chapel Hill; GGSC University of California, Berkeley



Caregiver Support (VA Caregiver continued from previous page)

The first step to accessing services is to contact the VA’s Caregiver Support Line: **1-855-260-3274** Monday - Friday from 7 am to 10 pm, and Saturday from 9:30 am to 5 pm. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the Support Line can:

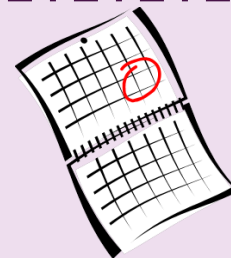
- Tell you about the assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

Caregivers may also contact the Madison VA Hospital directly at **1-888-260-3274**.

Checkout on-line resources at <http://www.caregiver.va.gov>



The Sampler! Interesting Events going on in your Community:



2016 Employment First Conference: Celebrating Progress

When: April 4, 2016 **Where:** Kalahari Resort, Wisconsin Dells **What:** The Wisconsin Board for People with Developmental Disabilities (BPDD) in Partnership with Wisconsin APSE, People First and the Autism Society of South Central Wisconsin have joined together to create the 2016 Employment First Conference: Celebrating Progress! <http://www.wiemploymentfirst.com/>

10th Annual Fashion Show for All Abilities

When: April 22, 2016, 6-8 pm. **Where:** Monona Terrace Community & Convention Center **What:** This spring fashion show focuses on new fashions from over two dozen local retailers. The models are local community residents, including folks with intellectual or physical disabilities. Tickets are \$5.00.

You can learn more at: <http://cow.waisman.wisc.edu/fashionshow.html>

2016 Honor Ride Madison

When: May 21, 2016 **Where:** Saris Cycling Group, 5253 Verona Road, Madison **What:** There are hundreds of thousands of veterans who suffer from various wounds, whether visible or not. All of Ride 2 Recovery's events help fund life-changing veteran rehabilitation services that are available at no cost to these healing heroes. To learn more about this event and why it is so important, please visit this page at: http://r2r.convio.net/site/TR/Cycling/General?fr_id=1120&pg=entry

Lifeline Cell Phones Sign-Up

When: Every Tuesday through June 14, 2016, 1:00 – 3:00 pm. **Where:** South Madison Library, 2222. S. Park Street, Madison. **What:** Goodman South Madison Library, in partnership with Lifeline Management Systems, are offering free cell phones to income eligible individuals. Folks who are interested should bring their Wisconsin Driver's license or State ID to the Green study room. For more info, call 608-239-6982.

Free Legal Services for Seniors

When: March 19 and May 21, 2016 **Where:** March 19 at Madison College West (302 S. Gammon Road) and May 21 at Madison College East (1701 Pearson Street). **What:** Dane County Basic Estate Planning Clinic is a program designed to help low income seniors and/or veterans prepare basic estate planning documents. Eligibility is based on 60 years of age or older and income less than \$2916/month for a single person; \$3975/month for a married couple. Call 608-243-2881 for information or to schedule an appointment.

Ready, Set, Retirement!

When: April 16, 2016, 8:30 am to 12:15 pm. **Where:** Madison Area Technical College Truax Campus, 1701 Pearson St. **What:** The Madison College Paralegal Program hosts this free event with workshops and resources on retirement issues. Reserve your seat by calling Greater Wisconsin Agency on Aging Resources (GWAAR) at 608-243-2881.

30th Annual Wisconsin Network Conference on Alzheimer's Disease & Related Dementias

When: May 1-3, 2016 **Where:** Kalahari Resort & Conference Center, Wisconsin Dells **What:** Contact Kari Paterson at 608-203-8500 for additional information.

Health and Taxes

It's usually a good idea to prepare early to file your federal income tax return. Just like last year, certain provisions of the Affordable Care Act will affect your federal income tax return when you file this year.

- The Affordable Care Act requires that you and each member of your family have qualifying health insurance coverage for each month of the year, or qualify for an exemption from the coverage requirement, or make an individual shared responsibility payment when filing your federal income tax return.
- Most taxpayers will simply check a box on their tax return to indicate that each member of their family had qualifying health coverage for the whole year. No further action is required. Use the chart on [IRS.gov/aca](https://www.irs.gov/aca) to find out if your insurance counts as qualifying coverage.
- What's the differences between Form 1095-A and Form 8962? **Help is available** if you have questions about Marketplace tax forms, qualifying for exemptions, the fee, or signing up for coverage through HealthCare.gov. Contact the Marketplace Call Center open daily at 1-800-318-2596. Additional resources and information are also available at www.healthcare.gov/taxes or www.irs.gov/aca.

With health insurance comes premiums. For some, there are programs to help with these payments. The United Way HealthConnect is a United Way program supported by UW Health that can help you pay your premium. To Qualify for HealthConnect, you must:

1. Live in Dane County
2. Be a US citizen or legal resident
3. Meet guidelines for gross (before taxes) household income

Follow 3 steps to apply for United Way HealthConnect:

1. Buy insurance from the Health Insurance Marketplace at www.healthcare.gov.
2. Choose a Silver-Level Plan.
3. Fill out the United Way HealthConnect Application

To contact the United Way of Dane County you can either dial 211 or check out this link: <https://www.unitedwaydanecounty.org/healthconnect/> Another good resource may be found at: <http://coveringwi.org/resources-and-links/materials/> which will provide additional information pertinent to Wisconsin. Check it out!

DON'T BE A VICTIM OF A TAX SCAM!

Stay aware - all year long, not only during Tax Season! The IRS will **NOT**:

- Initiate contact with you by phone, e-mail, text or social media to ask for your personal or financial information.
- Call you and demand immediate payment.
- Require that you pay your taxes a certain way. An example would

be asking that you pay with a prepaid debit card.

If you receive a call:

- ◇ Ask for a call back number and an employee badge number.
- ◇ Call the IRS at 800-829-1040. IRS employees can help you.

If you receive a "phishing" (fake) e-mail from the IRS:

- * Don't reply to the message.

* Don't give out your personal or financial information.

* Don't open any attachment or click on any links.

* Forward the e-mail to phishing@irs.gov, then delete it.

Also, be careful of dishonest Tax Preparers! If you need help filing your taxes, find a company you can trust. Report any suspicious behavior to the state's Con-

sumer Protection Hotline at 1-800-422-7128.

-sources IRS.gov / WI Department of Agriculture, Trade and Consumer Protection





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
- ◆ Rental & Energy Assistance
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

Our Services are Confidential!

If you would like to receive our newsletter by email, please contact us at adrc@countyofdane.com