

Getting Ready for School



INSIDE THIS ISSUE

ADRC Focus/We the People	1
Lingo Buster	2
FYI	3
Community Spotlight	4
Caregiver Village	5
I Called the ADRC	6
Who's Who	7
Money Matters	8
Be Well	9
Events Sampler	10
Independent Living	11



Presidential Election Day is Tuesday November 8!



Long term care services, health insurance, accessibility, Medicare, Social Security, elder abuse, patient rights, employment discrimination, transportation, special education....these are just a few issues that disproportionately affect the lives of older adults and people with disabilities. Let your elected officials know what issues are a concern to you and remember....

You Can Vote for Whomever...Just Make Sure You Vote!

Did you know that the right to vote is mentioned five times in the U.S. Constitution, *more than any other right*? Unfortunately, health or physical conditions can pose obstacles to voting for some older adults and people with disabilities. Federal laws mandate accessibility at the polling place, and poll workers are available to assist individuals who require accommodations or help to cast their ballots. But, voting at the polls on election day isn't your only option. Options include:

- Advance/absentee voting at your local municipal clerk's office
- Absentee voting: absentee ballots can be completed by mail or in person at your municipal clerk's office. This fall's deadline to send ballots by mail is 5pm on November 3rd and the deadline for in-person ballots is 5pm on November 4th
- If you can't make it to the polls due to age, hospitalization or disability, you can request an absentee ballot be sent to you automatically at each election

A photo ID is needed in order to vote—if you don't have a photo ID, you may be able to get one free from the Department of Motor Vehicles. For details, call (608) 266-2353 or visit <http://wisconsin.gov> or use this link:

<http://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/id-card.aspx>

You must be registered in order to vote. You can register by mail (deadline October 19th), at your municipal clerk's office (deadline 5pm on November 4th) or at your polling place on election day. You will need to provide proof of residence and a photo ID.

For questions about voting you can go to the website <https://myvote.wi.gov/> or contact your local municipal clerk. If you don't know how to contact your municipal clerk, information can be found at the Dane County Clerk's Office website <https://countyofdane.com/election/clerks.aspx> or by calling (608) 266-4121.





Hospice Care and Palliative Care – Are they the same thing?

And the answer is: “sort of”!

While both have the goal of eliminating a person’s pain or discomfort, Hospice Care focuses on relief without treatment towards a cure while Palliative Care may include treatment options towards a cure.

Points of origin:

Hospice Care starts at the time when a person has only six months to live if the condition affecting the person runs its usual course. This must be certified by two physicians.

Palliative Care may begin at any time regardless of whether the condition is terminal. It is up to the discretion of the patient and physician.

Location of care:

While Palliative Care most often is accessed through a hospital, both Hospice and Palliative Care may occur within one’s home, a special facility, nursing homes, or a hospital.

Care team composition:

Most physicians will coordinate the care team for both types of care. Team members may include skilled nurses, PT/OT/ST specialists, home health aides, medical social workers, grief counselors, spiritual counselors and volunteers. Patients and their families have a voice in each type of care.

Services covered:

Palliative Care allows cure-minded treatment while Hospice does not; this is the only difference between the care types. Both will address physical, emotional and spiritual needs that allow the patient to experience the best quality of life. Respite services may also be provided to family members.

Who pays?

Hospice is covered by Medicare, Medicaid or private insurance.

Palliative Care is paid by private insurance, the patient, or through grants/charity, although in some cases it may be covered by Medicare during a hospital stay.

October is Down Syndrome Awareness Month

October is a time to celebrate the accomplishments and abilities of folks with Down Syndrome. Each October offers an opportunity for friends and families to get together and commemorate the strength of our local Down Syndrome community here in South Central Wisconsin.

To increase awareness, the Madison Area Down Syndrome Society holds a Buddy Walk. This year the walk is on Saturday, October 8 at McKee Farms Park at 8:30 am. Registration plus additional information can be found at:

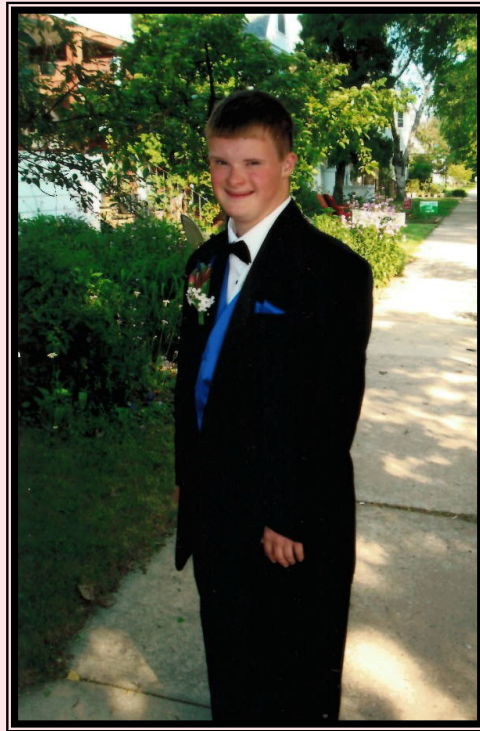
www.madss.org

In 2016, the Dane County Human Services Intellectual/Developmental Disabilities Unit is serving 64 High School students/graduates. Of those who have finalized work schedules, on average, each grad is working 18 hours per week. Dane County collaborates with about 90 different employers to hire these grads.

Meet Austin!

With October being Down Syndrome Awareness month, the ADRC Newsletter committee felt it only appropriate to highlight one of our own community members. So without further adieu, we'd like to introduce you to Austin! He is a resident of the north east side where he lives with his parents and brother. Austin is a 2016 Madison East High School graduate. Since graduating a few months ago, he has continued to stay busy by replacing school work with working multiple jobs and rehearsing for an upcoming theater production.

Monday through Friday you can find Austin working at one of two employers, Marcus Theatre and Orange Theory Fitness. He works four days a week at Marcus Theatre, spending a few hours each shift stocking candy and condiments, as well as keeping the counters and tables clean. He also works two days a week at Orange Theory Fitness, where he cleans and wipes down machines. Austin is supported at



both places by Advanced Employment. When he's not working, you can find Austin at the Encore Studio, rehearsing for his upcoming role in the production of 'Last Week in December'.

Austin and his mom describe his charisma and penchant for acting beginning at a young age. As a child, he would often dress for a character and do performances for his family. He cites his favorite movies being musicals, including Shrek or Cats as inspiration for him. He has taken a

Broadway class and competed in a talent show. He enjoys singing and dancing; mostly doing live performances. He has traveled to Chicago for live shows, including seeing the 'King and I'.

In addition to acting and performing, Austin is involved with the Special Olympics. He is competitive in track as a short distance runner; playing basketball, and bowling for the Monona Grove Silver Eagles Bowling team. Previously, he has made State in Special Olympics for bowling and basketball.

When he's not busy performing, rehearsing, practicing, playing sports, or working, Austin enjoys hanging out with friends, family and his girlfriend. Furthermore, he volunteers his time at St. Peter's, where he is an alter server, and has been since 6th grade. Austin also helps out with the bell choir. He joined the Knights of Columbus 2 years ago.

When asked if there was anything he wanted to do that he wasn't doing, Austin shared that his new goal is to learn to play drums!



Left: Austin Rocks out for a talent show.

Right: Austin is helping out some friends at a church Christmas Party.



SAFE COMMUNITIES OF MADISON-DANE COUNTY!

Safe Communities of Madison-Dane County is a local non-profit coalition that brings together public and private sector partners to save lives, prevent injuries and make our community a safer place. More than 350 organizations - including area businesses, law enforcement and fire/EMS services, neighborhoods, health care leaders, youth and social service agencies - actively collaborate on programs to make Dane County a safer place to live, work and play.

Safe Communities works on projects with a track record of success and focuses on the top causes of injury and injury-related death in our community: traffic safety, pedestrian safety, child safety, drug poisoning, falls prevention, and suicide prevention. Here are some statistics for all of you who love numbers:

Traffic crashes kill an average of 60 people every year in Dane County. The vast majority of these deaths could have been prevented through use of safety belts, avoidance of speeding and not driving under the influence of alcohol or drugs.

Poisoning is now Dane County's number one cause of injury death, surpassing traffic accidents. Misuse or abuse of prescription, over-the-counter or illicit drugs cause 85% of poisoning deaths. So, here is a program you may not know about:

MedDrop - The Best Place to Get Rid of Medicines

Leftover and expired prescriptions and over-the-counter medicines may be found in every household in Dane County. Last year, unintentional poisonings killed more of our neighbors than automobile crashes. Misuse or abuse of prescription, over-the-counter or illicit drugs are the major cause. Misuse of pain medication can be especially fatal.

7.5 TONS of medicines were disposed of with the MedDrop program in Dane County in 2014. That's up from 4.4 TONS in 2013. Great job Dane County and all of our MedDrop partners who help dispose of medicines the safe way!

Together we will make Dane County a Safer Community!

For more information about Safe Communities of Madison-Dane County call (608) 441-3060, email info@safercommunity.net or contact the ADRC of Dane County.

Falls Injuries in Dane County

HOW DO FALLS AFFECT OLDER ADULTS?



Hospital Stays

More than any other injury cause



Enormous Costs

Average cost of a fall-related hospital stay is \$33,000++



End of Independence

40% of those injured in a fall end life in a nursing home

(Source: Centers for Disease Control & Prevention)

COMMUNITY SPOTLIGHT

Be sure to check out future editions of *ResourceWise* for information on upcoming classes offered in part by Safe Communities:

- ◆ *Only Leaves should Fall*
- ◆ *Healthy Living with Diabetes*
- ◆ *Living Well with Chronic Conditions*



September is National Prostate Health Month!



Senior Bullying is No Joke!



Since 2006, communities nationwide campaign each October to educate and raise awareness of bullying prevention. Unfortunately, bullying isn't just a concern for schoolchildren. The problem of senior/older adult bullying is on the rise. According to Dr. Robin Bonifas of Arizona State University, 10% to 20% of elders in senior communities experience bullying, and that bullying can cause considerable emotional distress.

Mistreatment can include:

- Spreading rumors
- Name calling
- Teasing
- Shunning
- Bossiness
- Hounding for money
- Racial slurs
- Threats
- Assault

Cliques are common in retirement communities, assisted living and senior centers; certain groups may be territorial over physical space – such as saving seats at meal sites or other group events- and purposefully excluding others.



Effects of Bullying:

For the person on the receiving end of bullying, studies have shown the consequences are serious:

- reduced self-esteem
- feelings of rejection
- suicidal thoughts
- increased physical complaints
- decreased ability to manage daily tasks
- changes in eating or sleeping
- increased talk of moving out

Victims of bullying can become isolated and afraid of leaving their home.

What to do? Don't provoke the bully. Make eye contact, calmly share your opinion, and try to gain an understanding of the bully. A bully may be acting out due to feelings of powerlessness, or even dementia, mental illness or physical pain. Sometimes ignoring the bully or walking away can be effective.

But whether you're a victim or just a bystander, one of the best solutions to bullying is to work together with the management, Social Workers, advisory boards and fellow seniors on prevention and education. Encourage others to call out bullying behavior when they see it. Document and report incidents to staff. Create a Code of Conduct that sets clear expectations that everyone is to be treated with basic consideration and respect.

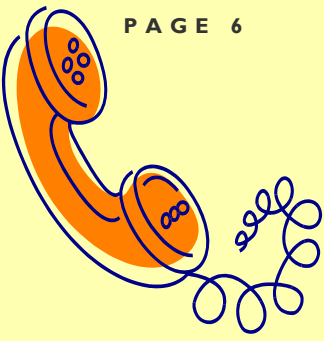


People are not always going to get along, regardless of age, but no one should feel victimized or threatened in their own home and community.

Do your part to prevent bullying!

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.” — Joe L. Wheeler





I Called the ADRC!

Alice is living with dementia. She lives alone. She moved here, not long ago, for the excellent medical care available in Madison. Her closest family is hours away, in another state. When she met with an Information & Assistance Specialist from the ADRC of Dane County, she explained that she has good days and bad days. However, it seemed like the “bad” days were becoming more frequent. She shared that writing poetry helps her cope:

“What do you do when the sky ain’t blue and the sun isn’t going to shine for a day or two? And you realize you don’t know what’s what and there’s no chance of learning cause you’re running out of time. And your brain isn’t even in the game anymore. You’re sick of trying and ready for dying and who’s going to help with those unanswered questions cause nobody really cares and you just need to get out of the way for the next generations cause it just doesn’t matter anymore, cause it just doesn’t matter anymore. You can’t finish the puzzle because you don’t have all the pieces.”

It was a “bad” day that led her to the ADRC. Alice had been at an exercise class. After the class, she couldn’t remember the bus route home. Another woman in the class, Maggie, noticed Alice’s trouble and offered her a ride. During the ride, Alice mentioned that she was struggling at home with other tasks too. Fortunately, Maggie was familiar with the ADRC. She not only told Alice about the services but offered to drive Alice right on over to the ADRC!

So Alice was connected with an ADRC Information and Assistance Specialist, who worked with her for several months. Various services were arranged to help Alice manage her dementia condition and allow her to continue to live independently - but safer, healthier and hopefully, with less stress. Some of the services included transportation, home delivered meals, cleaning & organization, and ultimately long-term case management. Power of Attorney documents were completed. A volunteer “mentor” (who was familiar with dementia) began meeting with Alice on a regular basis. A neighbor offered some assistance with shopping.

Although Alice still has “bad” days, and knows that dementia will continue to impact her life, she is now more connected to her community than ever before. A new verse of her poetry reflects the change:

“Tomorrow is another day and don’t you waste another minute on what is lost. Give it up; don’t look back. You need to take care of you. Walk free in fresh air. Embrace purity and gentleness. Welcome each new dawn. Let the evil and the ugly go. Attend the beautiful and the joyful. Let the light in.”



Who's Who at the ADRC?

This Month, we'd love for you to get to know **Peggy Carroll**—

Peggy has been an Information & Assistance Specialist (I&A) since 2013.

Where were you born/raised? I was born in Champaign, IL and then moved to Onalaska, WI when I was six. I lived in the La Crosse/Onalaska area until 1995, when I came to Madison. I currently live in the wonderful city of Monona.

Where did you go to college? UW-La Crosse majoring in Sociology.

Tell us how your career path led you to the ADRC: While in college, I worked at Chileda Habilitation Institute providing direct care to children with disabilities. It was challenging yet so rewarding that I knew I wanted to be an advocate for people with disabilities. After college I got a job in Madison with Lutheran Social Services as a Program Manager. That position really led me down my current path working with adults with disabilities. I also worked for many years with a Long Term Care program for the elderly and disabled, which allowed me to travel throughout Dane County and to learn all about Medicare and Medicaid and other public benefits, assisted living facilities, caregiver support, and our local community resources. So, the ADRC and I&A position were a perfect fit for me!

What do you like best about being an I&A Specialist? I absolutely love a challenge and being a problem solver! I like meeting customers – people from all walks of life use the ADRC. Knowing that, in the end, I made a difference and hopefully took some stress off of a family is very rewarding. I also enjoy being part of the Dementia Friendly Communities group. Making businesses aware of the struggles that people with dementia go through is very important and necessary.

A few years ago, you fell and severely fractured your ankle which resulted in a long recovery process. What is the best piece of advice you can share with our readers about experiencing an unexpected health event? The best advice I can give is that you truly don't know what a person is going through; everyone's struggle is different so treat them with compassion and empathy. Also, I went from going 100 mph in my daily life to 0 mph. Having to rely on others, when you are used to being the one relied upon, is very hard. Being homebound was eye-opening! There was a time early on after my accident when I couldn't even take my pain meds because I didn't have a glass of water next to me and I couldn't get out of bed to get one. You have to let yourself ask for help and accept help!

Family highlights? I have 2 beautiful children who are very active in sports and school. My son plays both high school and club soccer and my daughter swims for the Badger Aquatic Club. They keep me on my toes! We also have a sweet kitty named Tiki.

Favorite thing about Dane County? My favorite thing about Dane County is the politics. I am a political junkie!

You like to eat! What's your favorite local restaurant? I love Sala Thai and will never pass up a chance to get a burger from the Great Dane.

It's well known around the ADRC that you are 'fanatical' for the Badgers and Packers! Any predictions for this football season? I predict an upset win for WI in the LSU game...Go Bucky! I also believe *this* is the year that the Packers win the Super Bowl and Jordy Nelson will catch the winning touchdown! ...but I am also a closet Bears fan out of family loyalty :)



Prepare for your Disability Interview:

Tips from Social Security

Content credit to Bob Trotter Social Security Public Affairs Specialist in Milwaukee, WI



One of the most frequent requests received by the ADRC of Dane County is for assistance with a Social Security Disability Application. We realize that when a person becomes disabled, it can be a very stressful time in their life. There are many questions and unknowns when you have to transition out of the workforce due to medical issues. While an employer may offer short or long-term disability, most people faced with a disability will file for benefits with Social Security.

If you're facing life with a disability and don't know where to start, we encourage you to visit the Social Security website at www.socialsecurity.gov/disabilityssi. You can apply for benefits on that website; it's the most convenient way. Additionally, you can contact SSA at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local office (6011 Odana Rd, Madison, WI 53719) if you wish to apply for disability benefits.

When applying for benefits, you should be prepared to answer a number of questions including:

- ◆ When your conditions became disabling
- ◆ Dates you last worked, plus the names of previous employers- up to 5 in the last 15 years
- ◆ The names, addresses, phone numbers, and dates of visits to your doctors
- ◆ The names of medications that you take and medical tests you've had
- ◆ Marital & family information– dates of marriages/divorces; birthdates of minor children

In addition, if you plan on applying for Supplemental Security Income (SSI) disability payments, for people with low income who haven't paid enough in Social Security taxes to be covered, you will be asked questions about:

- ◆ Your current living arrangement, including who lives there and household expenses
- ◆ All sources of income for you and your spouse, if applicable
- ◆ The amount of your resources, including bank account balances, vehicles, and other investments

View Social Security's disability Starter Kit www.socialsecurity.gov/disability/disability_starter_kits.htm.

Remember, the Social Security Administration is there when you might be faced with one of the hardest obstacles of your life. SSA helps secure today and tomorrow with critical benefits for people with severe disabilities, not just during retirement. Learn more at www.socialsecurity.gov.

THINK ABOUT IT: We are all human beings living on the planet Earth. But wouldn't it be dull if everyone was the same?!

LEARN ABOUT IT: Celebrate our Diversity! Humans have so many stories to tell!

October is LGBT History Month

National Hispanic Heritage Month is Sept. 15 – Oct. 15

November is Native American Heritage Month

Fall is a Time to Shine a Light on Mental Illness:

September is Suicide Prevention Awareness Month &
October 2nd – 8th is Mental Illness Awareness Week



Mental Health is just as important for overall wellbeing as our physical health. Unfortunately, too many people are struggling with a mental illness.

- ◆ 1 in 5 adults in America will experience a mental illness
- ◆ Worldwide, depression is the leading cause of disability
- ◆ In our aging population, 3.8% of the those over the age of 60 are impacted by anxiety and 7% are impacted by depression
- ◆ Suicide is the 10th leading cause of death in the United States

GET INVOLVED:

Safe Communities: Provides QPR (Question Persuade Refer) training on a monthly basis. QPR is evidence-based training that aims to teach anyone how to prevent a suicide by recognizing the warning signs, to offer hope and to know how to get help to save a life. To learn more, visit the Safe Communities website: www.safercommunity.net/suicide_prevention.php

NAMI Dane County: NAMI Dane County is a chapter of the National Alliance on Mental Illness, the nation's largest grass-roots organization that focuses on mental illness. NAMI Dane County offers peer led education programs, support groups, public education and outreach, crisis intervention training, and works on advocacy and public awareness. To learn more, call them at (608) 249-7188, or visit their website: www.namidanecounty.org/. The 10th annual NAMIWalks in Dane County will be held on Sunday, Oct. 2nd at Olin Turville Park. Registration starts at 10:30 a.m. and the WALK begins at 12PM. To learn more visit: www.namidanecounty.org/nami-walk/

GET HELP:

HOPELINE - Text "HOPELINE" to 741741

HOPELINE is the Emotional Support Text Line in the State of Wisconsin and provides service throughout the entire state. HOPELINE's purpose is to offer emotional support and resources before situations rise to crisis level. Texts received reflect struggles with breakups, job loss, bullying, LGBTQ issues, parental issues, school, friends, relationship issues or any struggle a person is experiencing.



"u r not alone."



Dane County 24 Hour Crisis Line: (608) 280-2600

National Suicide Prevention Line: 1-800-273-TALK (8255), 1-800-SUICIDE (784-2433)

GET ASSISTANCE:

Recovery Dane: Recovery Dane is a centralized portal for information on available resources for mental health consumers in Dane County. (608) 237-1661

Journey Mental Health Center: A nonprofit agency located in Madison, providing comprehensive mental health and substance abuse services to residents of southern Wisconsin. Main # (608) 280-2700, Central Intake # (608) 280-2720

SUICIDE PREVENTION AWARENESS MONTH

One conversation can change a life.

Find support, resources and information to raise awareness about suicide prevention.

Medicare Open Enrollment: October 15 – December 7

Use the Open Enrollment period to enroll in, or make changes to your Medicare Part D Prescription Drug Plan and Part C Medicare Advantage Plan.

For help with Medicare Part D plans

- Individuals ages 60+ can call the Medicare Part D Helpline: 1-855-677-2783
- Individuals under age 60 can call the Disability Drug Benefit Helpline: 1-800-926-4862
- For ages 60+ you can also check with your area Senior Center/Focal Point



For help with Medicare Advantage plans (Part C)

- Medigap Helpline/SHIP counselor: 1-800-242-1060

Or contact Medicare directly at 1-800-MEDICARE (1-800-633-4227). Limited assistance is available at the ADRC.

2017 Health Insurance Marketplace Open Enrollment starts November 1st

Call: 1-800-318-2596 or www.healthcare.gov

If you don't have health coverage through a job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source, the Federal Marketplace helps you find and enroll in a health insurance plan that fits your budget and needs. You can apply online, by phone, or with a paper application. The next open enrollment period for Marketplace coverage begins on November 1st for coverage starting on January 1, 2017.



The Sampler! Interesting Events Happening in our Community:

What: Healthy Living with Diabetes **When:** Tuesdays, October 4 through November 15 (Excluding November 8 Election Day) 12:30 p.m. to 3:00 p.m. **Where:** SW Dane Senior Outreach/Mt. Horeb Senior Center 107 North Grove Street, Mt. Horeb **Cost:** FREE! Call 437-6902 to register

What: Fall Brain Health Series **When:** Beginning Thursdays at 1 pm from September 22 through October 27

Where: MSCR East 4620 Cottage Grove Road, Madison

For more information, contact Joy Schmidt at 608-240-7400/ Schmidt.Joy@countyofdane.com

Registration is available at www.mschr.com or by calling 608-204-3000

What: 2016 Dane County and State Triad Crime Prevention and Safety Conference & Expo **When:** Friday, October 7, 2016 – 7:45 a.m. to 4:00 p.m. **Where:** American Family Insurance 6000 American Family Parkway, Madison, WI

Contact: Mary Stamstad, RSVP of Dane County @ 608-441-7897 or sstamstad@rsvpdane.org

RSVP of Dane county @ www.rsvpdane.org or Triad of Wisconsin @ www.triadofwisconsin.org

What: 6th Annual Healthy Aging Conference sponsored by Catholic Charities **When:** Thursday, October 13, 2016

Where: All Saints Neighborhood Main Street, 503 Commerce Drive, Madison

Contact Stan Kitson, skitson@ccmadison.org

What: Saving Sight Macular Degeneration Symposium **When:** Thursday, October 27, 2016 – 8:45 a.m. to 1:30 p.m.

Where: Alliant Energy Center, 1919 Alliant Energy Center Way, Madison, WI

What: Caregiver Day Off **When:** Friday, October 28, 2016 – 9:00 a.m. to 4:00 p.m. **Where:** Madison VA Hospital

Please contact Margaret Flood for more info or to RSVP @ 608-256-1901 ext. 11485.

What: 3rd Annual DVinLL Conference (Domestic Violence in Later Life) **When:** Friday, November 11, 2016 – 9:00 a.m. to 3:45 p.m. **Where:** Wisconsin Institutes for Discovery (UW Madison)

Email gray-dorn@countyofdane.com for more information

BE READY! Be Prepared.

What if this was you?



Every second counts in a medical emergency - and what medical personnel DON'T know about your medical history may hurt you!

The **File of Life** is an easy way to ensure that first responders quickly have a record of your medical history, conditions and medications.



Medical and emergency workers are trained to look for the bright red **FILE OF LIFE** magnet on your refrigerator.

It's a Magnet

How do I get a File of Life?

Request a **FREE File of Life** medical magnet from the **Aging & Disability Resource Center of Dane County**. Fill in the form with your most up-to-date medical information. Use a pencil so that changes can be made easily. Place the completed form in its magnetic case and attach it to an obvious place on the outside of your refrigerator. Remember to update it at least every six months. **CALL 608-240-7400 to get your File of Life today!**



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