

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

New Year Tip: Don't abbreviate 2020!

For all the advancements and technology we benefit from in 2020, we still have to be cautious for the scammers and cheaters and crooks! Police and other experts are advising people to be sure to write out the full year 2020, rather than abbreviating to '20 when signing documents.

For example, the date 3/1/20 could easily be altered to read 3/1/2017 or 3/1/2019 or...

Get in the habit of writing 2020 as a simple safeguard.

ADRC Focus	1
Lingo Buster	2
Caregiver Village	3
Community Spotlight	4
# Check It Out	4
FYI	5
I Called the ADRC	6
Who's Who	7
Be Well	8
Be Well (Continued)	9
Scams & Schemes	10
Events Sampler	11
We the People	12
Independent Living	13
Independent Living (Continued)	14
Clip & Keep	15



The “Winter Blues” is a common ailment during the dark, colder months of the year. Difficulty getting out and about, feelings of isolation, limited sunlight and extreme weather can all have a negative impact on our mood and energy level. This can be especially tough for older adults and people with disabilities. Stress held over from the holidays or memories of lost loved ones also make this time of year even more difficult.

If you've got the blues, you're not alone. Here are a few things you can do.

- **Eat well:** Studies show strong ties between diet and mental health. Avoid overeating, especially comfort foods. Introduce yourself to a few new fruits and vegetables.
- **Exercise:** It's tempting to want to slow down this time of year. Making an effort to exercise or simply taking regular walks can boost your mood.
- **Turn up the music:** Listening to music you enjoy is linked to improved mood both short term and long term.
- **Talk to others/socialize:** It's easy to isolate yourself during the chill of a polar vortex. Fight this urge. Call a friend or visit someone you haven't seen in a while. You'll feel better!
- **Let the light shine in or get outside (or both):** Sunlight is linked to a positive impact on mood. Going outdoors, when it is safe to do so, can lower stress levels.
- **See your doctor:** If you are struggling with depression, reach out and call your doctor or other health professional.

Day to day life can bring many difficulties – a set-back financially, a rough sick day, feeling unheard by our doctors. Challenge yourself this winter to cultivate your happiness and overcome negative thinking by remembering there are things you can do to get on your path to wellness.

For your convenience, this newsletter has a handy “Clip and Keep” guide on page 15, “How To Beat the Blues”

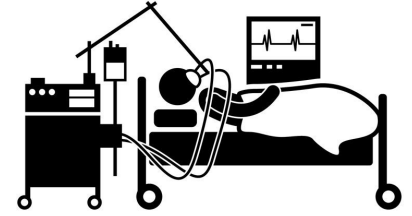


Lingo Buster: Advanced Directives

Planning ahead for how you want your health care and finances to be handled is vital in the event that you become unable to voice your wishes. This can be an overwhelming thought, but an accident or medical issue can happen to anyone. Without the proper legal documents in place to authorize another person to handle your affairs, you risk major complications and cost for your loved ones.

Everyone over the age of 18 should consider advance directives.

Completing your advanced directives can be done by working with a lawyer; by printing forms online; or by using the step-by-step instructional guide from GWAAR – the Greater Wisconsin Agency on Aging Resources, Inc. GWAAR has authorized the ADRC of Dane County to provide a D-I-Y Advanced Directive packet, which are readily available upon request and are appropriate for any age.



Now, let's break down some of these terms and what they mean:

What is an Advanced Directive?

An advanced directive is a way of making your voice heard – your values and preferences – even when you are not able to communicate. Advanced directives allow you to choose someone to make decisions on your behalf based on your previously stated wishes.

It usually includes a Living Will, Power of Attorney documents, and an Authorization for Final Disposition form.

What is a Living Will?

A document signed by a patient giving instructions to physicians for specific medical circumstances.

A living will becomes effective only when two physicians personally examine the patient and sign a statement that he or she is “terminal” and death is imminent, or is in a “persistent vegetative state.”

What is a Power of Attorney for Health Care (POA-HC)?

A document that is signed by you (the "principal") appointing another individual as your "agent" to make health care decisions for you. A POA-HC is much more comprehensive than a Living Will because it covers more situations, not just end-of-life.

A POA-HC becomes effective or “activated” when two physicians (or one physician and one psychologist) personally examine the patient and sign a statement that he or she is incapacitated (not able to make health care decisions).

The responsibilities of a health care agent depend on how the POA document is written. A principal may revoke or cancel a Wisconsin Power of Attorney for Health Care document at any time, even after incapacity.

It's important to sign one original document and make copies to provide to your family, doctors, clinics, hospital, and your agent and alternate agent. You may also consider registering the document with Probate court, for a small fee.

What is a Power of Attorney for Finances (POA-F)?

A document that you (the "principal") complete and sign, naming another individual as the "agent" or "attorney-in-fact" to manage your finances. You will determine the amount of authority the agent will have – it can be broad or quite specific, depending on your preference. Typically, the agent is able to access the principal's financial accounts to pay for health care, housing, bills, file taxes on behalf of the principal, manage the principal's property and apply for public benefits such as Medicaid or Veteran's benefits.

A “Durable” POA-F means the agent's authority continues even if you become incapacitated.

You can have the authority of the agent take effect immediately after you sign the document, or you can specify the agent's authority to begin only after you have been found incapacitated. Wisconsin law permits a Power of Attorney for Finances (POA-F) document to be revoked by the principal at any time.

(Continued on Page 11)

Caregiver Support Groups

Simply put, support groups bring people together with similar experiences or situations.

Participants share their personal stories and are able to offer comfort and moral support to others in the group. Members may also provide practical advice and tips to help cope with various situations. With the use of technology, connecting with others has gotten easier, many support groups are offered via phone or web and people may never have to leave the comfort of their own home to attend a meeting.

Benefits of participating in a caregiver support group:

- Feeling like you are not alone
- Feeling a sense of empowerment
- Improving coping skills
- Talking openly about feelings without being judged
- Reducing depression and anxiety
- Getting practical advice from other members

Just like finding a new doctor, finding a support group may take a little trial and error. In Dane County, we are lucky to have many organizations and agencies offering various caregiver support groups.

Here are a few options and resources when trying to find a caregiver support group near you. Please note this not an all-inclusive list.

- **Caregiver Teleconnection** hosts one-hour conference calls, at no cost. The sessions cover a wide range of interesting topics related to the care you provide to your loved one. You can get expert advice, ask questions and talk to other people who are also providing care. www.caregiverteleconnection.org
- **Alzheimer's Association** support groups are designed to provide emotional, social and educational support for caregivers through regularly scheduled meetings. Please visit [https://www.alz.org/media/wi/documents/Support-Group-Listings-Madison-Area-FY2019-\(1\).pdf](https://www.alz.org/media/wi/documents/Support-Group-Listings-Madison-Area-FY2019-(1).pdf)
- **Alzheimer's & Dementia Alliance** is deeply concerned with providing support to those who are caring for persons with dementia. Please visit https://www.alzwisc.org/wp-content/uploads/2019/11/ADAW_SupportGroups_Combined.pdf
- **Ageing & Disability Resource Center** lists a variety of groups. Please visit <http://daneadrc.org/> for more information.



Take time in 2020 to focus on a healthier you!

If you have diabetes or chronic pain, do you want to live well without it being an overwhelming challenge? Healthy Living Workshops can help you learn how to set and complete small goals – which can add up to life changing results and a healthier you!

Upcoming scheduled Healthy Living classes:

HEALTHY LIVING WITH DIABETES Cost \$20

March 2, 2020- April 6, 2020

Bridge Lake Point Waunona Center
(1917 Lake Point Dr, Madison)
2:00 PM -4:30 PM Mondays
Call 608-441-9661

or e-mail amy@blwcenter.org

May 12, 2020- June 16, 2020

Sunshine Place
(18 Rickel Rd, Sun Prairie)
12:00 PM- 2:30 PM Tuesdays
Call 608-514-6210

or e-mail

director@sunshineplace.org



July 7, 2020- August 11, 2020

McFarland Municipal Center
(5915 Milwaukee St, McFarland)
9:30 AM – 12:00 PM Tuesdays
Call 608-838-7117

or e-mail sara.sprang@mcfarland.wi.us

HEALTHY LIVING WITH CHRONIC PAIN Cost \$25

April 7, 2020- May 12, 2020

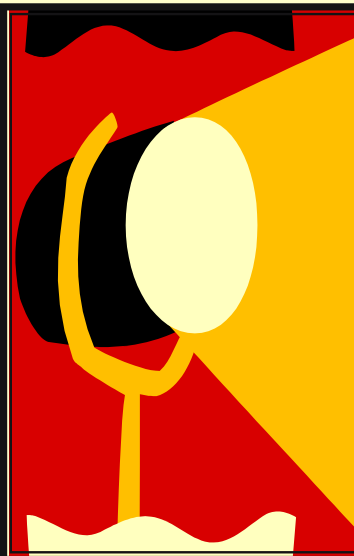
Stoughton Area Senior Center
(248 W. Main St, Stoughton, WI in Mandt Room,)
1:00 PM – 3:30 PM Tuesdays
Call 608-873-8585 to register

June 1, 2020 – July 6, 2020

Ageing & Disability Resource Center
(2865 N. Sherman Ave, Madison in Room 108)
1:00 PM – 3:30 PM Mondays
Call 608-261-9930

or e-mail Thomas.howard@countyofdane.com

Classes are always being added. For a current listing of all programs please go to www.wihealthyaging.org



COMMUNITY SPOTLIGHT:

UW EXTENSION FINANCIAL EDUCATION CENTER

2300 South Park St.
Suite 101
Madison WI 53713
(608) 224-3722

FINANCIAL EDUCATION

Do you want to learn how to have more control of your finances? The **UW Extension Dane County Financial Education Center** is here to help!



The mission of the Financial Education Center is to teach money management skills to Dane County individuals and families.

By providing information, tools, and other resources, the Financial Education Center equips people with the necessary skills to increase credit worthiness, reduce barriers to housing, eat healthy on a budget, and improve their overall financial capability.

The Financial Education Center, a program of the Dane County UW-Extension Office, addresses the financial capability issues of low and moderate-income families in Dane County. The organization mobilizes volunteers and staff to provide unbiased, accessible financial education through workshops, one-on-one coaching, and various services.

The workshops cover personal money management topics such as budgeting, banking, savings, good consumer skills, and dealing with past and future credit situations.

Here are some examples of the workshops available:

- Retirement Planning Today
- Estate Planning
- First Time Home Buyers Class
- Work-n-Wheels Workshop



There are also classes in Spanish.

If you would like more personal assistance, you can access One-on-One Financial Coaching. You will work with a financial coach to assess your personal financial situation and set goals for the future (including starting and managing a budget, saving towards a goal, understanding credit, basic money management and banking). Sessions are free!

<https://fyi.extension.wisc.edu/danecountyfinancialeducationcenter/>

File your federal income taxes by Wednesday April 15, 2020

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. Free tax assistance can be found across Dane County in senior and community centers, libraries and churches. Most VITA sites are open from February 1st through April 15th.

To find a site near you, call 1-800-829-1040.

The Richard Dilley Tax Center also provides free tax assistance to low income, elderly and/or people with disabilities. The tax center is open every year from late January through April 15th. Call (608) 283-1261 for more information.





Tax Time is Here! Do You Qualify for the Homestead Tax Credit?

The Homestead credit program is designed to soften the impact of property taxes and rent on persons with lower incomes by providing a tax credit or direct refund.

Your homestead is the Wisconsin home you occupy, whether you own it or rent it. It may be a house, an apartment, a rented room, a mobile home, a farm, or a nursing home room.

To qualify for homestead credit for 2019 you must meet the following requirements:



- You are a legal resident of Wisconsin for all of 2019, from January 1 through December 31
- You are 18 years of age or older on December 31, 2019
- You have less than \$24,680 in household income for 2019
- Persons age 18-61 cannot be claimed as a dependent on someone else's federal tax return
- You must have at least some earned income in 2018 OR be disabled OR be at least 62 years old to claim the Homestead Credit.

For those in subsidized housing, you may or may not be eligible. Please contact your rental manager to see if you may qualify. *Homestead credit may be claimed up to 4 prior tax years.*

For more information contact the Wisconsin Department of Revenue at 608-266-8641 or dorhomesteadcredit@wisconsin.gov

Self-Determination YouTube Channel: Watch & Subscribe Today!

The Wisconsin Board for People with Developmental Disabilities is sponsoring a new self-determination project — the Self-Determination Channel — a YouTube channel by and for people with developmental or intellectual disabilities.

The Self-Determination Channel stands out from other channels on YouTube because self-advocates host the videos, and decide and create the content.

The theme of the channel is: Self-Determination is Empowerment. It was started to give self-advocates a place where they can be seen and heard, connect with others, and mentor each other. They hope that the channel can be used as a teaching tool and show examples of what is possible.

Videos are being produced on topics self-advocates care about such as technology, employment, caregivers, living on one's own and advocacy. Every Tuesday, a "Tuesday's Tips" video is posted on how to live a more self-determined life.

A question is asked at the end of each video. Viewers are encouraged to share their answers in the comment section. Links and additional information are posted below the video.

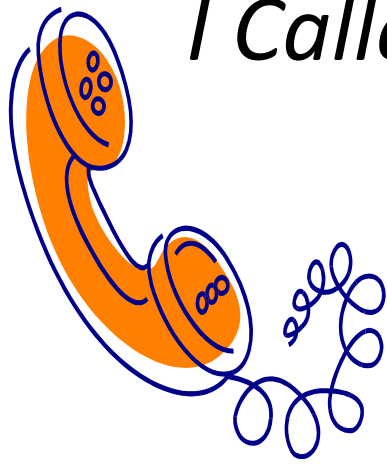
To visit the Self-Determination Channel, go to:

https://www.youtube.com/channel/UCgSBRbXjC_loiTS92fjGvxA

Please consider subscribing by clicking on the Subscribe button.

If you want to be notified every time a new video is posted, click on the bell that is next to the subscribe button.





I Called the ADRC!

Co-Operating with Our Community Partners

The Aging & Disability Resource Center of Dane County not only works with individuals, families and caregivers, but we also work with Community Partners—by connecting other professionals to resources. We receive many calls from clinics, hospitals, police, lawyers and social workers, just to name a few. Sometimes our community partners want to utilize our written resources—such as a list of home chore agencies or PERS providers— or ask questions about public benefits such as Medicaid. The following are some more examples of how the ADRC has assisted other professionals to help our Dane County citizens.

1.) ADRC Information & Assistance Specialist Marie received a call from one of our Community Partners seeking resources for their clients, who were unfortunately injured in an accident and unable to care for their 90 chickens. Marie referred the community partner to multiple organizations to help meet this short-term need for chicken caregiving. Marie’s options included contacting local faith-based organizations, the local chapter of Future Farmers of America, area Scout troops, Mad City Chickens (a Facebook Group), a local chicken feed store, posting a request for help on Nextdoor.com, and finally, a local 4-H group. Through these suggestions our community partner was able to help put their clients and their chickens in *egg-cellent* hands!



2.) A Community Partner from a home health agency contacted the ADRC and spoke with I&A Specialist Susie about a family who was struggling with resources for food after experiencing a reduction to their Food Share benefit. Susie provided information about area food pantries, home-delivered meals for the family’s senior member, and a service through Transit Solutions that provides rides to pantry sites. Susie also suggested several seasonal resources (at the time, free Thanksgiving food baskets and Farmer’s Market Double Days for later this spring) as well as places that offer a community meal. Working together with community partners, hopefully this family is feeling supported.



3.) Stanley called the ADRC with the help of a Community Partner. They explained that Stanley was told by the Social Security Administration that he would need to pay additional charges for his Medicare Part B benefit. As much as Stanley needs the medical care provided by Medicare, his budget was so tight that paying more for his coverage would be a hardship. We know what it means when every dollar counts! After discussing his problem with I&A Anna, she contacted the Medicare Part B Specialist for the State of Wisconsin. The Medicare Specialist discovered an error! Stanley’s Medicare information automatically transferred – incorrectly – from a database in Illinois over to Wisconsin’s system. The Medicare Specialist needed to manually fix his information in the Wisconsin state database. Although this Medicare correction will take a few months to finalize, it will “B” resolved for Stanley!



Disability Advocacy Day Wednesday March 24, 2020 <http://www.survivalcoalitionwi.org/>

Disability Advocacy Day is designed to connect you with your legislators so you can talk about issues that matter to you. You are the expert in sharing how legislative policies affect people with disabilities in their everyday lives. *Registration is required. No walk-ins permitted.*

Contact: Survival Coalition of Wisconsin (608) 698-0333 or survivalcoalitionwi@gmail.com



Who's Who at the ADRC?

Presenting: **Becky Lentz**

Information & Assistance Specialist

Where are you from?

I am a Wisconsinite! My hometown is a small community near the bluffs of western Wisconsin. I went to college at UW-Madison and majored in Spanish and International studies.

What did you do before you came to work for the ADRC of Dane County?

I moved to North Carolina for 7 years before coming back to Wisconsin. I started my career in social work at a community health center in South Carolina. The population I worked with the most were folks who spoke Spanish and their families. I also worked with a large homeless population that were uninsured. My family and I decided to move home to Wisconsin because we love it here. After we got back to Wisconsin I began working for the Aging & Disability Resource Center of Central WI, which covers four counties.

Do you feel your role at the ADRC of Dane County differs from the other ADRC?

I feel like there are many differences between Central Wisconsin ADRC and the ADRC of Dane County. The areas themselves have different demographics, different resources, and different opportunities. The ADRC's also function a little differently in different counties. For example Central operated their own loan closets, while in Dane County the Senior Centers do.

Tell us about yourself!

I have a spouse and two girls at home. We have a dog, a pit bull mix who we rescued in North Carolina and her name was Madison! It was like her name signified her life with us was meant to be! We love visiting the Capitol and the zoo, my kids like looking at the fish the most. Our family gets a kick out of exploring our town. We really like Firefly Coffeehouse, it has a great play area for our kids so my husband and I can relax.

Your life sounds very busy! What do you do to relax?

I go to the gym where I frequently use the treadmill. I enjoy walking our dog in the woods near my home. As a family we appreciate going to the Babcock County Park to fish and we go hiking at Lake Kegonsa state park.

Favorite quote/saying/inspirational words?

"Grow through what you go through". Words of wisdom given to me after a really hard work day.



Winter Farmer's Markets:

Madison *When:* Each Saturday from January 4-April 4, 8 AM – 12:00 PM *Where:* Garver Feed Mill 3241 Garver Green, Madison, WI 53704

Sun Prairie *When:* Open select Saturdays from November – April 9:00 AM – 12:00 PM *Where:* Sun Prairie City Hall 300 E Main St. To confirm the Sun Prairie Market is holding a winter farmer's market, check their Facebook Page for more information, look for Sun Prairie Farmer's Market.

Be Well



Shingles.

What you need to know.

What is Shingles?

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on

your body, it most often appears as a single strip of blisters that wraps around either the left or right side of your torso.

Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactive as shingles.

Shingles is not life-threatening but it can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

There are two vaccines? Which one should I get?

You've likely heard of the new shingles vaccine by now, maybe you have even received it. Shingrix is the new preferred shingles vaccine over Zostavax.

Why?

Take a look at this chart:

	Shingrix	Zostavax
Effectiveness for prevention of shingles	>90%	52%
Effectiveness for prevention of nerve damage and pain (postherpetic neuralgia)	88%	67%
Duration of protection	4 years (possibly up to 9 years)	7 years max
Vaccine type	Inactivated vaccine	Live vaccine
Number of doses	2 (2-6 months apart)	1
Possible side effects	Soreness, redness and swelling	Soreness, redness and swelling

Does Medicare cover the vaccine?

Some vaccines—like those for the flu, hepatitis B and pneumonia—are covered under Medicare Part B, but the vaccine for shingles is not. Medicare coverage for Shingrix and Zostavax is provided only if you are enrolled in a stand-alone Part D drug plan or a Medicare Advantage plan that includes Part D coverage. Most plans require a copay which can vary from plan to plan. Before getting vaccinated, call your plan to find out if it's covered, and if so, which pharmacies and doctors in your area to use for the best coverage.

If you don't have health insurance you might qualify for GlaxoSmithKline's Patient Assistance Program, which provides free vaccines to people who meet their eligibility requirements.

<https://www.gskforyou.com/>



**NEARLY
500,000**

people over 60 years of age get shingles in the US each year



**ALMOST
1 IN 3
ADULTS**

will get shingles in their lifetime



**98% OF
ADULTS**

have had chickenpox and are at risk for shingles

If you are 60 years of age or older, ask your healthcare professional about the shingles vaccine.



www.nfid.org/shingles

What Vaccines do You need?



Vaccines are recommended for all adults to stay healthy and protect others. Vaccines are especially important for those with chronic conditions, such as diabetes, asthma, lung, kidney and heart disease which can cause more complications from certain vaccine-preventable diseases.



Recommended Adult Vaccines

Influenza yearly

Td or Tdap

Zoster (shingles) at 60 years

Pneumococcal (2 types)

everyone at 65 years. At younger age if chronic health condition or smoker

Hepatitis B for diabetics

Check with your health care provider or Public Health to see what you may need.

Fighting the Winter Blues with Sleep

Sleep is very important to our mood, mental state and well-being. Many people's moods are impacted by the season changing and increased darkness. While you might think darkness is beneficial to sleep, having it invade so early can affect sleep quality and result in a loss of energy. As important as it is to get enough sleep—if you find that you are getting more than nine hours of sleep per night and still not feeling rested, talk to your doctor about how you are feeling.

Here are some tips to help maintain a healthy sleep/wake schedule:

- ◆ limit your intake of caffeine, alcohol and nicotine that can all interfere with sleep
- ◆ using light to your advantage by exposing yourself to light during the day and limiting light exposure in the evening
- ◆ exercise regularly but not close to your regular bedtime
- ◆ start a calming pre-sleep routine
- ◆ turn your bedroom into a relaxed sleep atmosphere
- ◆ only go to your bed when you're truly tired
- ◆ stop watching the clock while in bed
- ◆ do not nap close to your regular bedtime
- ◆ limit your use of electronics at least 30 minutes before bedtime



<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/mood>

Well Badger Resource Center: Help for Women, Children and Families

At the Aging & Disability Resource Center of Dane County, we work primarily with adults, age 18+. However, if you're in need of information for children and families, the Well Badger Resource Center is ready to answer your questions!

Well Badger provides Information & Referral (I&R) services to individuals, families, and health professionals throughout the state. They specialize in health care services and resources including WIC, BadgerCare Plus, Wisconsin Well Woman, services for children and youth with special health care needs, mental health services, and many more.

Call: **1-800-642-7837** | Text: **608-360-9328** | Email: help@wellbadger.org





BadgerCare Plus is changing for childless adults

Changes to BadgerCare Plus Medicaid will affect adults ages 19-64 who are not pregnant and do not have dependent children living in their home. New rules began February 1st. Some changes include: An ER copay for visits that are not an emergency, monthly premiums (depending on income), an optional health survey to help lower your monthly premium, and you may need to answer a treatment needs question.

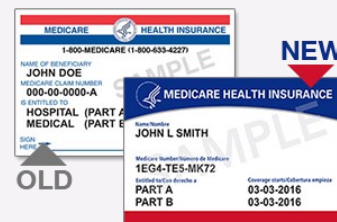
For additional details: <https://www.dhs.wisconsin.gov/badgercareplus/changes.htm>



As of January 1, 2020, providers will no longer honor the old Medicare numbers that utilized a person's Social Security number as their Medicare identification number.

Medicare beneficiaries must use their new randomized Medicare identification number and card for all

Medicare-covered services and supplies. If a person did not receive a new Medicare card, they should call 1-800-Medicare or contact their nearest Social Security Administration office. *Information provided by: GWAAR



The 2020 Medicare Part B monthly premium for most people is \$144.60

Genetic Testing Scam Alert

*Article from U.S. Department of Health and Human Services
– Office of Inspector General

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing.

Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a Medicare beneficiary's treating physician.

Scammers are offering Medicare beneficiaries "free" screenings or cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits.

Beneficiaries who agree to genetic testing or verify personal or Medicare information may receive a cheek swab, an in-person screening or a testing kit in the mail, even if it is not ordered by a physician or medically necessary.

If Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test, which could be thousands of dollars.

Protect Yourself

- If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.
- Be suspicious of anyone who offers you "free" genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.
- A physician that you know and trust should assess your condition and approve any requests for genetic testing.
- Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.

If you suspect Medicare fraud, contact the HHS OIG Hotline <https://oig.hhs.gov/fraud/report-fraud/>

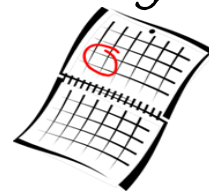
Age Friendly Madison—Innovative, Inclusive & Thriving

As of January, 30 2020 the City of Madison has officially been accepted as a member of the AARP Network of Age-Friendly Communities. The network is an affiliate of the World Health Organization's Age-friendly Cities and Communities program, an international effort to help cities prepare for rapid population aging and urbanization. Madison is the sixth municipality in Wisconsin to earn the designation.

To make Madison the best it can be, Madison Senior Center, Public Health Madison-Dane County, and Downtown Madison, Inc. will appoint a steering committee. Goals include creating an action plan to insure that Madison residents have access to resources that enhance personal independence, allow residents to age in place, and welcomes our residents' engagement. Livable Communities are defined as those that are livable for people of all ages, safe and secure, provide affordable and appropriate transportation and housing options, and have quality health care and community services.

City of Madison - Madison Senior Center <https://www.cityofmadison.com/senior-center/blog/age-friendly-madison-innovative-inclusive-thriving>

The Sampler! Interesting Events Happening in our Community:



Noontime Meditation *When:* Wednesdays and Fridays 12:00 PM – 12:30 PM. Re-occurring monthly February 5-28, March 4-25 *Where:* Kadampa Meditation Center Madison 1825 S. Park St., Madison, WI 53713 *What:* Take 30 minutes for you in the middle of a stressful week. Cost: \$5/month, free for members. To register visit their on-line website at <https://meditationinmadison.org/noontime-meditations/> Phone: (608) 661-3211 Email: info@meditationinmadison.org

Mindful Moments *When:* Every other Monday 12:30 PM – 1:45 PM *Where:* Sequoya Madison Public Library *What:* Drop-in meditation group at the Sequoya Public Library. Please visit <https://www.madisonpubliclibrary.org/locations/sequoya-library> to see which Monday the group is scheduled.

Cross Country Sit Skis *When:* During State Park Hours *Where:* Governor Nelson State Park (and five others outside of Dane County) *What:* The Governor Nelson State park offers cross-country sit skis which are an amazing opportunity for people with mobility impairments to get out into the peace and solitude of winter. The park offers flat groomed trails that allow for easier maneuverability. Come enjoy the outdoors year round! For questions about accessing recreation opportunities contact Nick Zouski at (608) 267-7490

Olbrich Garden Bolz Conservatory *When:* During Business hours, *Free admission on Wednesday and Saturday mornings 10 AM- 12:00 PM* *Where:* Olbrich Botanical Gardens 3330 Atwood Avenue *What:* Beat the cold and enjoy the Conservatory's temperature that is maintained between 65 and 80 degrees Fahrenheit with 60-percent humidity. Step inside Olbrich Gardens indoor garden space, a glass pyramid that reaches to 50 feet tall and is filled with plants of paradise, bright flowers, a rushing waterfall and free-flying birds. The Bolz Conservatory is accessible and on the bus-line.

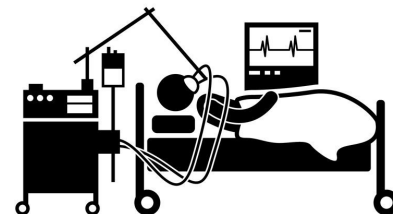
UW Geology Museum *When:* Monday – Friday: 8:30 AM – 4:30 PM Saturday: 9:00 AM– 1:00 PM *Where:* UW Geology Museum, 1215 West Dayton Street Madison, WI 53706 *What:* It's free! On the bus line. Do a self guided tour for free or take a Guided Tours for \$2 To schedule a tour, please contact the tour office at (608) 262-1412 or email our tour coordinators at tours@geology.wisc.edu. Please visit <http://geoscience.wisc.edu/museum/about/visit/> for more information.



Lingo Buster: Advanced Directives (Continued From Page 2)

What is an Authorization for Final Disposition?

Less commonly used, this allows you to choose a representative who will have legal authority to make decisions regarding your funeral arrangements and how to deal with your remains. This document can be helpful by providing valuable information about your last wishes, and may prevent possible disputes among family (which happens more than you might think!) The form can also be helpful in situations for non-traditional couples, where a surviving partner does not have authority under Wisconsin law to make decisions about final burial arrangements.



SAVE THE DATE

Wisconsin Employment First Conference

Shared Vision, Shared Action:

Bringing the Future into Focus

May 19, 2020

The Kalahari in Wisconsin Dells



This event is a great opportunity for service providers, direct service professionals, funders, people with disabilities, families, and others who support people with disabilities to achieve employment, make connections and contribute to the community.
For more information call 608-266-0266.

*WE
THE
PEOPLE*



“For this Nation to remain true to its principles, we cannot allow any American’s vote to be denied, diluted, or defiled. The right to vote is the crown jewel of American Liberties, and we will not see its luster diminished.”

—Ronald Reagan

40th President of the United States.

Is Your Voter Registration Current

Recently, an Ozaukee County judge ordered the state to remove over 200,000 people from Wisconsin’s voter rolls. These are voters who have been flagged as having a new address and were sent a mailing asking them to update their voter registration if they moved or to alert election officials if they are still at their same address.

Make sure your voter registration information is current and correct.

You can confirm your address or update your registration at wi.gov. Voters who are removed from the voter rolls, whether correctly or mistakenly, can regain the ability to cast ballots by [re-registering online](#), at their clerk's office or at the polls on election day.

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



Be Salt **WISE!**

During our long, hard winters we expect our sidewalks and pedestrian ramps to be clear of snow and ice, as both a common courtesy and to comply with most local ordinances. It’s a matter of safety for those hurrying to catch a bus, or walking a dog, or getting to a store. And as responsible homeowners or renters, we (or the people we hire) often use salt as our go-to solution to melt that dangerous ice.

However most people over-salt. Once you put it down, salt doesn’t go away. Instead, it travels into our lakes and streams, putting our aquatic life at risk and endangering our freshwater resources. Salt also alters the composition of soil, slows plant growth and weakens the concrete, brick and stone that make up your home and garage. It damages roads and our vehicles. And salt is harmful to pets and other animals – causing irritation to their paws and serious problems if ingested.

By using 10 pounds less salt this season you will protect over 3,000 gallons of water from being permanently polluted. Help everyone in your community and reduce your use. **Be Wisconsin Salt Wise!**

It only takes
1 teaspoon of salt
to permanently
pollute 5 gallons
of water to a level
that is toxic for
freshwater
ecosystems.



Best Practices: You can keep sidewalks and driveways safe this winter while protecting our waters by following these simple steps:



1. Shovel

Clear walkways and other areas before the snow

turns to ice. The more snow you remove manually, the less salt your will have to use and the more effective it will be.



2. Scatter

If you use salt, scatter it so that there is space

between the grains. Believe it or not, a coffee mug of salt is enough to treat an entire 20 foot driveway or 10 sidewalk squares.



3. Switch

When pavement temperatures drop below

15 degrees, salt won’t work. Switch to sand for traction. It’s also beneficial to sweep up any excess salt.

www.wisaltwise.com

Your census information is protected by law and remains confidential



Responses may only be used to produce statistics. They cannot be shared with immigration, law enforcement or determine your eligibility for government benefits.



Source: The U.S. Census Bureau's Census 2020 at <https://2020census.gov>

How can people complete the census?

The Census Bureau is collecting census forms in four ways:



Online, using the internet or a cell phone,



Over the telephone, by calling the census call center listed on the census card,



Using a paper form, or



By responding to a census worker.

Census forms are available in 13 different languages.

The US Census will **NEVER**:

- ◆ Ask for your Social Security number
- ◆ Ask for your bank account or credit card numbers
- ◆ Ask for money or donations
- ◆ Contact you on behalf of a political party
- ◆ Ask for your mother's maiden name
- ◆ Threaten jail time

What questions will be asked?

10 questions, 10 minutes per person

- Name?
- Phone Number?
- Age?
- Sex?
- Hispanic Origin?
- Race?
- Relationship to householder?
- Own/rent?
- Number of persons in household?
- Does a person usually stay or live somewhere else?

AVOID CENSUS SCAMS

Verify a Census mailing:

If you receive a survey or a letter in the mail from the Census Bureau, the envelope will say:

- ⇒ "U.S. Census Bureau" or "U.S. Department of Commerce" in the return address
- ⇒ Jeffersonville, IN in the return address. The Census Bureau has a mail processing center located there.
- ⇒ The enclosed envelope to mail back a completed paper questionnaire would be addressed to Jeffersonville, IN, or Phoenix, AZ.

Verify a Census taker:

If someone visits your home to collect a response for the 2020 Census, you can verify their identity by checking that they have a valid ID badge with:

- their photograph
- a U.S. Department of Commerce watermark
- and an expiration date

If you still have questions about their identity, you can call 1-800-923-8282 to speak with a local Census Bureau representative.

Verify a Census phone call:

The Census Bureau conducts over 100 surveys other than the 2020 census. If you are selected to participate in one of these surveys, they may call you. Any phone call you receive will be brief and confidential. If you receive a call:

The caller will identify themselves and the name of the survey. If they are unable to reach you, they will leave a message with a case ID associated with your survey.

Most Census Bureau calls asking you to participate in a survey other than the 2020 Census originate from one of the following numbers:

1-812-218-3144, Jeffersonville Contact Center
1-520-798-4152, Tucson Contact Center

If you receive a call and wish to independently verify that a number is from the Census Bureau, you can call one of the following numbers:

1-800-523-3205 Jeffersonville, IN
1-800-642-0469 Tucson, AZ
1-800-923-8282 Customer Service Center

Report Suspected Fraud:

If you suspect fraud, call 1-800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

Any questions? Visit 2020census.gov

Patient Safety Awareness Week – March 8th

There's an "awareness" week or month or day for just about everything these days, or so it seems. Why do we even need "Patient Safety Awareness"?

Unfortunately, according to the Institute for Healthcare Improvement (IHI), some studies suggest that as many as 440,000 deaths occur every year in the United States as a result of errors or preventable harm. This week takes place to increase awareness about patient safety not only among health professionals, but also patients and their families.

As patients, we depend on our hospitals and medical systems to be safety conscious and protect us by providing such things as infection control, emergency readiness, fall prevention and ongoing staff training and procedures. It's up to us as patients to be safety conscious too.

If you see an error made or something that isn't right or safe in a hospital or medical setting, talk to someone immediately. Speak up and don't wait. The problems won't be addressed if not reported. Ask for follow up after reporting.

As a patient, one of the most important things that needs to happen is good communication between you and your health providers. The IHI promotes **Ask Me 3**® as a way to better understand your health conditions and what you need to do to get better and stay healthy. When talking to your doctors or nurses, use **Ask Me 3**®:

- 1.) What is my main problem?
- 2.) What do I need to do?
- 3.) Why is it important for me to do this?

Straightforward communication like this can help reduce mistakes and keep you aware.



JAN: Job Accommodation Network



Need assistance about job accommodations and the Americans with Disabilities Act? Contact JAN!

The Job Accommodation Network (JAN) is the leading source of free, expert guidance on workplace accommodation and disability employment issues. A job accommodation is an adjustment to a job or work environment that makes it possible for an individual with a disability to perform their job duties. JAN works toward practical solutions that benefit both employer and employee.

JAN provides free consulting services for all employees (and job seekers), regardless of the condition. Services include one-on-one consultation about all aspects of job accommodations, including the process, ideas, product vendors, referrals to other resources, and Americans with Disabilities Act compliance assistance.

On JAN's website you can find information about things like: sit/stand workstations; service animals; dress codes; having a support person; starting your own small business; use their template for writing a request for accommodations from an employer; browse their newsletter; or download one of their many publications, such as A-Z guides about accommodations for specific conditions, from Addison's disease to vertigo.

[\(800\) 526-7234](tel:8005267234) (Voice) | [\(877\) 781-9403](tel:8777819403) (TTY) | jan@askjan.org

Ways to Beat the Winter Blues

1) Make a Doctor's Appointment: These are general tips, but you deserve personalized advice that fits your health conditions, family history and lifestyle. Begin with your doctor to make sure these strategies will enhance and not harm your life. Set up a mental health plan alongside your physical health goals. This could include finding the right prescription medications, meeting with a therapist or counselor, getting better sleep, making meaningful lifestyle changes, or exploring whether supplements may be beneficial to get through these dark winter months. Make *yourself* a priority and get ready for some positive changes and healthy habits.

2) Exercise: Walking quickly for about 35 minutes a day five days a week, or 60 minutes a day 3 times a week could improve symptoms of mild to moderate depression. Exercising under bright light improves mental health, social functioning, depressive symptoms, and increases vitality. Exercise can also help alleviate pain. Join a local exercise class, buddy up with a friend or neighbor to workout to a DVD from the library, go on a short walk around the block, inside the mall or through a favorite park. Check out the Madison School and Community Recreation (MSCR) offerings or join a class at the local senior Focal Point.

3) Get Outside: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of Seasonal Affective Disorder and lower stress levels. Pile on the winter clothes and go for a 10 minute walk around your block. Bundle up and take advantage of the Monona Lake Loop. Enjoy the serenity of the lake while enjoying the sun, snow and ice.

4) Socialize: Brave the cold and explore all the great things Dane County has to offer! Grab a friend and visit a museum, join a hobby group, connect to a local book club, pop in to your local library. Look through the Isthmus newspaper to discover a new interest, gather family and friends for a monthly game night, discover and practice a new talent. There are even health benefits from a chat with someone you don't know all that well!

5) Sleep: Avoid large meals, caffeine and alcohol before bedtime. Go to bed at the same time each night and get up at the same time each morning, including on the weekends. Set up your bedroom as a sleep sanctuary—remove electronic devices, such as TVs, computers, and smart phones or tablets. Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature.

6) Make your Environment Brighter: When your body is craving more daylight, sitting next to an artificial light for 30 minutes per day can be effective for some people. Make sure to open your blinds and curtains to let in the natural daylight. Move your favorite chair closer to a window and soak up the sun.

7) Practice Gratitude, Mindfulness and Meditation: These shift your focus to the present, impact brain chemistry in a positive way and can greatly improve overall wellness. Begin to write a gratitude journal, take 5 minutes to think "Today I am Grateful for...", this can bring you greater peace of mind and reduce your fears. Mindfulness can be done anywhere and doesn't cost a thing. Anyone can do it, take time to learn more about this fascinating topic!

8) Turn on the Tunes: Research has shown that listening to upbeat or cheery music significantly improves mood in both the short term as well as the long term. Borrow CDs from the library, swap favorites with family and friends, explore various streaming services such as iHeartRadio, Spotify, Pandora, or YouTube—many of which are free if you don't mind hearing an ad or two. See if there is an upcoming concert or show to go to—call those local radio stations to try to get free tickets—you can't win if you don't try! As another way to engage your mind, follow a new podcast—they cover topics from news, to comedy, to sports, or other special interests—you can ask a librarian to get you started on your smart phone or computer.

9) Eat Well: Remember to stay hydrated! Sometimes feeling tired, run down and irritable can be signs of dehydration. To ensure you are aware of tips for optimal nutrition, ask your Dr. for a referral to a dietitian, or if you are over 60, call Alyce Miller at the Area Agency on Aging to request a consult (608) 261-5678. Eat fresh fruits and veggies by shopping grocery store coupons and deals. Make exceptions occasionally to eat *some* of your favorite comfort food if it will cheer you up on a rough day.

10) Once you have taken care of yourself—help others! Volunteering your time can improve your overall life satisfaction. Check in on loved ones, family, and friends. Volunteer at your local Senior Focal Point, the Humane Society or other pet shelter, explore the needs of the Dane County Time Bank, or contact 211 to find out how to share your talents by volunteering your time through the United Way of Dane County.



**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