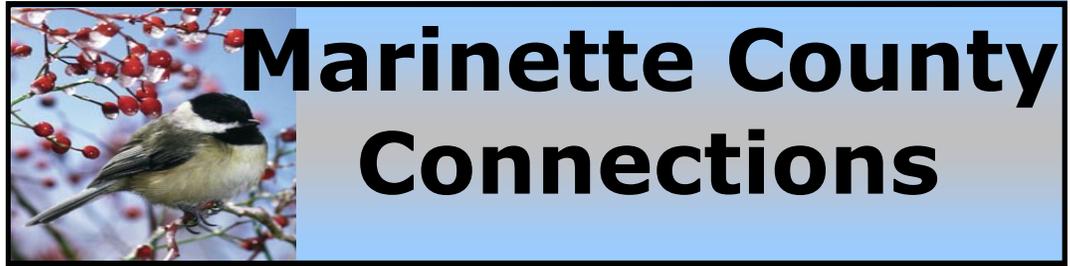


January 2015



# Marinette County Connections

2500 Hall Avenue  
Marinette, WI 54143  
Phone: 715.732.3850  
Fax: 715.732.3849  
Toll Free: 888.442.3267

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## *We are Your Resource Center!*

The Aging and Disability Resource Center is a friendly, welcoming place to come to get accurate, unbiased information on all aspects of life related to aging or living with a disability. Individuals, concerned families, friends, or professionals working with issues related to aging or disabilities can get information specifically tailored to their situation.

The ADRC provides information on a broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help.

Contact us with your questions. Answers and solutions start here!

### *Beat the Chill*

Winters in Wisconsin can get pretty long and it appears this year will be no different. Winter months can present challenges for those in isolated areas. Cold weather can be even harder on the elderly and disabled. Turning up the heat from November until Spring may not be an option because of finances. Below are some suggestions for those trying to beat the chill without breaking the bank.

- Keep curtains closed: Make sure that all windows or glass exterior doors have blinds that are kept shut to prevent cold air coming in. Weather stripping can also help provide a tight seal that helps keep the warm air in and the cold air out.
- Move furniture away from potential drafts so that you are not sitting directly in the path of a cold draft.
- Dress warmly: Purchase quality winter clothes that are warm and comfortable. Dress in layers. Long underwear, wool socks and slippers can help prevent body heat from escaping.
- Electric blankets: Electric blankets can be a great and inexpensive way to stay warm. However, the care recipient needs to be aware of the dangers that can arise when anything is set on the blanket or when the blanket is left on. Because of decreased circulation in many older adults, it can often take longer for burns to be noticed. It is very important to keep electric blankets on lower settings, and to purchase a model with an automatic shut-off feature.



**ADRC's can help you find services to match your needs...**

- Information and Assistance
- Long Term Care Options Counseling
- Benefits Counseling
- Health and Wellness Programs
- Youth Transition Assistance

If you have an elderly or disabled friend, neighbor or relative be sure to check on them often to make sure they are safe and warm.

**Staff**

Pam Daye.....ADRC Supervisor

Barb Wickman.....Administrative Assistant

Anne Theuerkauf.....Information & Assistance Specialist & Youth Transition Lead Worker

Kay Piasecki.....Information & Assistance Specialist

Mary Jo Ruleau.....Disability Benefit Specialist

Carole Huebscher.....Adult Protective Services

Corleen Rhode.....Adult Protective Services

**Information & Assistance Specialist**

The ADRC Staff shall provide information and assistance (I&A) to Elderly, Developmentally and Physically disabled adults and adults with mental illness and/or substance use disorders and their families, caregivers, advocates who ask for assistance on their behalf. I&A can be provided in person, over the phone, via e-mail or through written correspondence.

**Disability Benefit Specialist**

A Disability Benefit Specialist is a person trained to provide accurate and current information on public and private benefits for disabled persons 18 to 59 years of age. Benefit areas may include: Medical Assistance, Social Security disability, insurance and Medicare.

**Youth Transition Lead Worker**

The Youth Transitional Worker of the ADRC will assist young adults with disabilities and their families with a seamless transition and entry into the adult long-term care system. The Youth must be at least 17 years 6 months of age or older for the ADRC to provide individualized Options Counseling. The ADRC can provide “general” information regarding Youth Transitional Services at any age just by calling the ADRC.

**Long Term Care Options Counseling**

The ADRC shall provide counseling about options available to meet long-term care needs and factors to consider in making long-term care decisions. Options counseling shall be provided at a time, date, and location convenient for the individual.

**Adult Protective Services**

Adult Protective Programs and Services include Elder Adults-at Risk (formerly Elder Abuse/Neglect), Vulnerable Adults-at-Risk, Adult Family Home Certification, SSI-E certification and Facilitation of Guardianships and Protective Placements.

# Save the Date!

April 10, 2015

*An Overview of Key Issues in  
Geriatric Mental Health Seminar*

This seminar focuses on screening and treatment of depression and anxiety disorders in the elderly. Participants in this program will better understand and be able to collaboratively work with providers to treat the complexities of geriatric mental disorders.

**UW-Marinette**

750 W. Bay Shore Street

**9:00 a.m. — 4:00 p.m.**

**Only \$25**

*in partnership with WI AHEC*



## Did You Know it is Open Enrollment to the Marketplace?

The Open Enrollment Period is a time when individuals who are eligible to enroll in a Qualified Health Plan can enroll in a plan in the Marketplace. For coverage starting in 2015, the **Open Enrollment Period is November 15, 2014–February 15, 2015**. Visit [www.healthcare.gov](http://www.healthcare.gov) for more information or contact the ADRC for resources for a certified enrollment specialist.

## **Options has HOME funds for Home Accessibility, Rehabilitation, or Repair**



**Options for Independent Living, Inc.** has received federal funding through the State of Wisconsin Department of Administration, Division of Housing to administer the HOME Investment Partnership Program (HOME Loan Program). The HOME Loan Program provides deferred no-payment and no interest loans to low or moderate income persons with a disability and those who are older for the purpose of making accessibility improvements and general home improvements or repairs to their single family home. The loan must be paid back when the property is sold, transferred or ceases to be the borrower's principal place of residence.

Types of projects include (but not limited to) ramp construction, bathroom, kitchen and bedroom modifications, along with general housing rehabilitation and repairs. The counties served by this program include Brown (outside Green Bay City limits), Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Waushara and Winnebago Counties. Applicants must meet the eligibility requirements to be considered for a loan. For more information contact Steve LaFrombois at **Options**, 920-490-0500 or toll-free at 1-888-465-1515, ext. 122.

# Family Transition Night

FOR STUDENTS AND FAMILIES OF THE  
MARINETTE SCHOOL DISTRICT

What's  
Next?

**WHEN:** Wednesday—January 14, 2015

**TIME:** 4:00 p.m.—6:00 p.m.

**WHERE:** Marinette High School

Library-Media Center, 2135 Pierce Avenue, Marinette, WI 54143



Come join us for an Open House for students and families to get information as they prepare to transition to graduation, college, recreation, work, etc.

Get your questions answered. Prepare a plan for your future.



## WHAT TO DO IF...

### You Lose Your Drivers License, Your Social Security Card or Your Bank Debit Card



If your **Driver's License** or ID card was recently lost or stolen, you can apply for a duplicate at any Division of Motor Vehicles (DMV) service center (excluding renewal-only offices) or by using the DMV online application. A duplicate license or ID card applied for online will be mailed to your Wisconsin residence address and cannot be forwarded to any other address.

If your license or ID card was lost or stolen, and you are temporarily out of state, you can replace the license or ID through the mail using your temporary out of state address.

For more information, visit the official DMV website. Only the website [www.wisconsin.dmv.gov](http://www.wisconsin.dmv.gov) is the official state website. Others with .org and .com are not official and may have extra charges for forms or list information that is dated or incorrect.

You can get an original **Social Security** card or a replacement card if yours is lost or stolen by following the steps below. You cannot apply for a card online. There is no charge for a Social Security card. This service is free.

You will need to:

- Show the required documents. They will need to see different documents depending on your citizenship and the type of card you are requesting. See [www.ssa.gov/ssnumber](http://www.ssa.gov/ssnumber) to find out what documents you will have to show.
- Fill out and print an *Application for a Social Security Card* (found on [www.ssa.gov](http://www.ssa.gov) website) and
- Take or mail your application and documents to your local Social Security office.

**Important:** All documents submitted must be either originals or copies certified by the issuing agency. Social Security cannot accept photocopies or notarized copies of documents. If you are filing an application on behalf of someone else, you also must show evidence of your relationship to, or responsibility for, that person. You must also show proof of your identity.

If your **Credit, ATM, or Debit Card** is lost or stolen, federal law limits your liability for unauthorized charges. Your protection against unauthorized charges depends on the type of card and when you report the loss.

Report loss or theft immediately. Acting fast limits your liability for charges you didn't authorize. Report the loss or theft of your card to the card issuer as quickly as possible. Many companies have toll-free numbers and 24-hour service for such emergencies. Once you report the loss of your ATM or debit card, federal law says you cannot be held liable for unauthorized transfers that occur during that time.

- Follow up with a letter or email. Include your account number, the date and time when you noticed your card was missing, and when you first reported the loss. Record the dates you made the calls or sent letters and keep copies of the letters in your files. Use certified mail and ask for a return receipt.
- Check your card statement carefully for transactions you didn't make. Report these transactions to the card issuer as quickly as possible. Be sure to send the letter to the address provided for billing errors.
- Check if your homeowner's or renter's insurance policy covers your liability for card thefts. If not, some insurance companies will allow you to change your policy to include this protection.

# BE PREPARED FOR A WINTER STORM



## BASIC DISASTER SUPPLY KIT

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food, at least a three-day supply of non-perishable food and a manual can opener
- Battery-powered or hand crank radio and NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight and extra batteries
- Prescription medications, glasses & medical supplies
- Cell phone with chargers, inverter or solar charger
- Local maps

- Clothes: warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- Shovel
- Ice scraper
- Cat litter or sand for better tire traction
- Wrench, pliers or screwdriver to turn off utilities
- First aid kit and first aid book
- Important documents
- Pet food/extra water for you pet or service animal
- Sanitation items: moist wipes, garbage bags & ties

## WHAT TO DO IF STRANDED

**STAY**

- If stuck on the road to avoid exposure and/or rescue is likely.
- If a safe location is neither nearby nor visible.
- If you do not have appropriate clothing to go outside.
- If you do not have the ability to call for help.

**GO**

- If the distance to call for help is accessible.
- If you have visibility and outside conditions are safe.
- If you have appropriate clothing.
- Once the storm has passed, if you are not already home, follow instructions from your local transportation department and emergency management agency to determine which route will be safest for you to get home. Drive with extra caution.

Join us for

# Your Child Can Work!



Thursday, April 23, 2015

5:00pm – 7:30pm

**2 LOCATIONS:**

MARINETTE SENIOR HIGH SCHOOL, 2135 Pierce Ave., Marinette  
GOODMAN HIGH SCHOOL, 1 Falcon Crest, Goodman

***Food and beverages will be provided.***

Information provided by the Division of Vocational Rehabilitation (DVR), Aging and Disability Resource Center (ADRC), the Wisconsin Statewide Parent Educator Initiative (WSPEI) and the Transition Improvement Grant (TIG)

### Evening Agenda

- 5:00 – 5:30pm Sign in & meal
- 5:30 – 6:30pm *Your Child Can Work presented by TIG and WSPEI Representatives*
- 6:30 – 7:00pm How to find and keep employment with assistance from DVR
- 7:00 – 7:30pm Visit your ADRC: First stop for information about all aspects of life related to living with a disability

# For Parents

## supporting youth (14-21) in Transition

Attending school in districts served by CESA #8

To register by phone, call Ellayne Trevor 920-855-2114 x221

To register online (after March 1, 2015)

for this event go to [www.witig.org](http://www.witig.org)



# Give Peace of Mind: Advance Care Planning

## What is Advance Care Planning?

CDC's public health activities to prevent and control disease include a substantial focus on chronic disease management. Advance care planning can be a gift you give yourself and your family. It is about doing what you can to ensure that your wishes and preferences are consistent with the health care treatment you might receive if you were unable to speak for yourself or make your own decisions.

While many of us do not like to think that we will ever need such a plan, too often the lack of advance care planning can result in questioning, confusion, or disagreement among family members trying to envision what you would want if you were unable to speak for yourself.

### How Can a Plan Help Me and My Family?

A plan relieves family members from wondering if they "did the right thing" on your behalf. A plan also provides your health care team with information on your health care preferences and if you would want life-sustaining measures if there appeared to be little likelihood of your recovery.

Are you among the 70% of Americans without an advance care plan?

Give yourself and your family peace of mind—make sure they know what your wishes are.



For the many older Americans living today with one or more chronic conditions, advance care planning is an important part of chronic disease self-management. While some people living with a chronic disease enjoy a reasonably good quality of life, in many cases, chronic diseases are ultimately accompanied by slow, extended periods of decline and disability. For some, the time may come when they are unable to speak for themselves or make their own decisions regarding health care.

### Communicating and Documenting Your Wishes

An important part of advance care planning involves having conversations with family members and other loved ones about what you would want in the event of a life-threatening illness or injury, and then, most importantly, documenting your preferences in writing through an instrument such as an advance directive.

An advance directive can include the name of the individual whom you have chosen to speak and make decisions on your behalf. This person, your "health care proxy" or "durable power of attorney for health care" should be someone you trust and someone who understands and will strive to honor and carry out your wishes.

Once you've completed your advance directive, ensure that copies are provided to your health care proxy, your health care providers, your hospital, and others whom you think should have the information. You may want to review your advance directive from time to time, but for the most part, once you have taken the important step to complete one, you can be comfortable knowing that your wishes and preferences are known, and thus much more likely to be followed.

Contact the ADRC for a variety of resources that are available about advance care planning, advance directives and related issues such as caregiving, cognitive impairment, hospice, and palliative care.

# Preventing Senior Falls



Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the national Institutes of Health. Seniors who have broken a hip by falling can have trouble recovering and regaining mobility.

The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication.

“Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy. Either can lead to a fall”, said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta. “If you fall, be sure to let your doctor know, even if you aren’t hurt. Sometimes falls are a sign of a new medical problem that needs attention.”

Many underlying causes of falls can be treated or corrected. Dr. Marina recommends these 10 proactive steps to reduce the risk of falling.

## **Make your home safe.**

1. Remove clutter, throw rugs and electrical cords that might cause you to trip.
2. Store items on bottom shelves.
3. Add grab bars, dual-sided where necessary—in hallways, stairways, bathtubs and next to the toilet.
4. Add a rubber bath mat in the shower or tub.
5. Make sure your home is well lit. Use night lights in hallways and bathrooms.
6. Keep a phone and flashlight by your bed.

## **Take care of yourself.**

7. Stay as physically active as you can.
8. Wear comfortable shoes with good support.
9. Have your vision and hearing checked.
10. Use a cane or walker if you feel unsteady.



Use the handrail when possible to prevent falls.

Share these simple tips to help older adults live safer, healthier, more independent lives.

For more information on resources about how to prevent senior falls, contact the ADRC at 715-732-3850.

# 35 Questions to Ask Your Aging Parents

Their answers will give you a clearer picture of how your parents are faring and will help you assess their needs.

## Their Home

1. Is your home still appropriate for you now that you're getting older?
2. Can you manage the stairs, or would you do better on one level?
3. Does your home have any safety hazards?
4. Could simple modifications to your home make it more convenient?
5. Should you think about living somewhere else?



## Their Activities

1. Do you need help with household chores, such as cleaning, fixing meals or taking care of the yard?
2. Does poor eyesight interfere with your daily activities?
3. Can you always hear the telephone or a knock at the door?

## Their Mobility

1. Is driving difficult for you?
2. Do you have reliable transportation for shopping, medical visits, religious services and visits with family and friends?

## Their Health

1. What health problems do you have?
2. Are your prescriptions current?
3. Have you been to the doctor lately?
4. What has your doctor told you about your health?
5. Has your doctor or pharmacist reviewed all of your medications for side effects and potentially dangerous interactions?
6. Are you having any problems taking your medications?
7. Could you use help remembering what pills to take and when?
8. Can you pay for your medicines?

## Their Health Care

1. What kind of health insurance do you have, and do you have Medicare, Medicaid or a Medigap supplement insurance?
2. Has your insurance plan paid your health care bills?
3. Do you have long-term care insurance or life insurance?
4. Have you paid your insurance premiums?
5. Would you like help filling out forms, such as insurance claims?

6. Have you been told that insurance won't cover medical tests or procedures that your doctor has ordered?
7. Do you have any questions about Medicare or Medicaid?

### Their Finances

1. What are your current and likely future bills?
2. Can you pay for what you need?
3. Do you need help getting government or pension benefits?
4. Do you need help with financial planning to make your money last?
5. Are your Social Security and pension checks deposited directly in the bank?
6. Is all of your financial information in one place?
7. Have you considered a reverse mortgage, which would provide extra income from the equity in your home?
8. Have you considered that you might need money down the road to help pay for assistance with everyday activities?
9. Do you have any bills you can't pay?
10. Do you have an estate plan and a will, as well as a living will and health care proxy?

**Note:** *Finances can be a sensitive topic; you may want to be less direct with your questions. Think about the appropriate time and place for your discussion. Find a time free of interruptions, and do whatever you can to minimize any distractions. Keep it as private as possible. Contact the ADRC if you have any questions about resources that may be available to assist you.*

Resource: [www.aarp.org](http://www.aarp.org)

## the most Loving Conversation



Preparing for a future with a serious illness can involve challenging discussions and difficult decisions with loved ones and their healthcare team.

Join doctor Ruth Warren of Green Bay Oncology to learn how to approach discussions, strategies for healthcare decision making and tips to get through this chaotic time. She will also discuss benefits of and when to consider hospice care.



GREEN BAY  
ONCOLOGY  
RELENTLESS.

Unity

**Tuesday, February 3, 10 a.m.—11 a.m.**  
ADRC, 2500 Hall Ave, Marinette, WI 54143  
Please call (715)732-3850 to register by January 30, 2015

*Free event with light refreshments.*

# JUST FOR FUN



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.



The interviewer asked her questions about her life, about what it felt like to be married again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought...He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

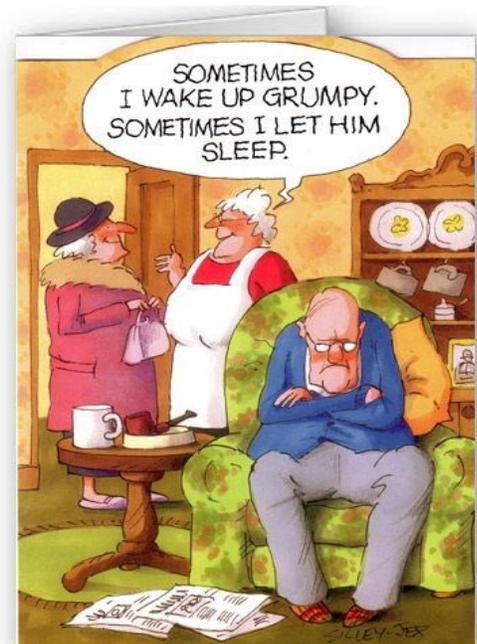
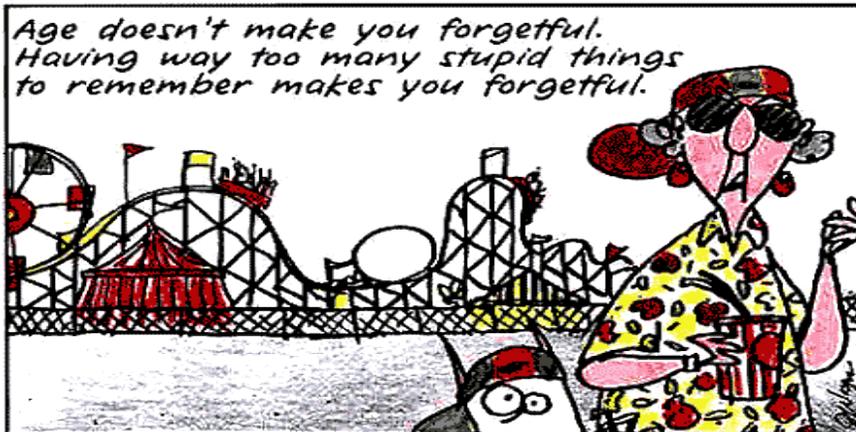
She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's and a preacher when in her 60's, and now—in her 80's— a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Author unknown



## Hospital regulations require a wheelchair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman—already dressed and sitting on the bed with a suitcase at his feet—who insisted he didn't need my help to leave the hospital.



After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



## THE VALUE OF TIME

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who has given birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who just missed a train.

To realize the value of ONE SECOND, ask someone who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal at the Olympics.

Treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with. Remember time waits for no one.

Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why its called the present.



## ASIAN CHICKEN SALAD

Prep time: 10 minutes

Cook time: 20 minutes

### Directions

In a small bowl, whisk together the honey, vinegar, mayo, mustard, and sesame oil. Refrigerate while you prepare the salad.

Bake the chicken strips according to the package directions (about 20 minutes.) Remove and allow to cool off. Cut up into thin pieces.

Mix together some of the lettuce and coleslaw. Divide among individual plates, top with the chicken pieces, almonds, and chow mein noodles. Drizzle the dressing on top. Serve right away and enjoy!

### Ingredients:

- 3 tablespoons honey
- 1 tablespoon rice vinegar
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 1/8 teaspoon sesame oil
- 2 pieces Crispy Chicken Strips
- 4 cups mixed greens, such as romaine
- 2 cups bagged coleslaw mix
- 1 tablespoon sliced almonds
- 1/4 cup chow mein noodles

**Thanks** to all who participated in our Foot Care Clinic at the ADRC in October. A special **thank you** to June and Dawn of ResCare for providing excellent care. Watch our newsletter for future events to be held in the ADRC.



## OFFICE HOURS

Monday thru Friday  
8:30 AM—4:30 PM  
Or by appointment, if necessary

Visit our Website at:  
[www.marinettecounty.com/adrc](http://www.marinettecounty.com/adrc)

E-mail:  
[adrc@marinettecounty.com](mailto:adrc@marinettecounty.com)



Aging & Disability  
Resource Center  
of Marinette County

2500 Hall Avenue  
Marinette, WI 54143

Phone: 715-732-3850

Fax: 715-732-3849

Toll Free: 888-442-3267

### Our Mission:

*“Dedicated in meeting the needs of aging people and people with disabilities,  
helping them live with dignity and security by connecting them with people  
and resources of our county”*

