

January 2013



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Welcome to the ADRC...

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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

Marinette County has recently opened an Aging and Disability Resource Center (ADRC) to serve the citizens of Marinette County.

Aging and Disability Resource Centers are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRC's are friendly, welcoming places where anyone...individuals, concerned families, friends, or professionals working with issues related to aging or disabilities can go for information specifically tailored to their situation. The ADRC provides in-

formation 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.

The ADRC of Marinette County wants to connect you to the information that will help you make informed decisions for you or your loved one's future:

- Before your personal resources are

exhausted

- Before you experience "burn out" as a family caregiver
- Before a crisis occurs and options become limited
- Before you need more costly acute and long-term services.

Connecting you with Supports and Services!



Meet the Staff...

Our Aging and Disability Resource Center has two Information and Assistance Specialists that can assist you with information about local services and resources. They can help you in finding services to match your needs

- In-home care
- Housekeeping and chore services
- Home modifications, safety and maintenance
- Health (healthy lifestyles, management of chronic conditions, dementia, etc.)
- Respite
- Transportation
- Nutrition, home delivered meals
- Housing, including senior and low income housing
- Assisted Living, nursing homes and other long term care facilities.
- Financial assistance (e.g., Social Security, SSI, Disability, Medicare, Medicaid and other benefit programs)

- Legal issues (guardianship, power of attorney, client rights advocacy)
- Abuse, neglect and financial exploitation
- Mental health, alcohol and drug abuse, crisis intervention
- Employment, vocational services, volunteer work
- Adaptive equipment
- Other

Long Term Care Options Counseling:

Information about the choices you have when making decisions about where to live, what kind of help you need, where to receive that care and help, and how to pay for it.

One-on-one consultation to help you think through the pros and cons of various options in light of your situation, values, resources and preferences.

Access to Funding for Long Term Care:

The ADRC can deter-



ADRC of Marinette County Staff: Left to right: Anne Theuerkauf, Information and Assistance Specialist, Pam Daye, ADRC Supervisor, Kay Piasecki, Information and Assistance Specialist.

mine if you will be eligible for funding for your long term care.

Health and Wellness:

ADRC can connect you to wellness programs to help keep you healthy and independent.

Benefit Counseling:

Our Disability Benefit Specialist serves adults with a disability under age 60. This includes people with a physical disability, people with a developmental disability, people with mental illness or substance abuse issues.



Stay Safe in Cold Weather!



A complete copy of this publication is available at the Aging and Disability Resource Center of Marinette County.

Be prepared. Some of the dangers associated with winter storms include loss of heat, power and telephone service and a shortage of supplies. To help protect your family, put together a home emergency supply kit. Some items to include:

- Flashlights and extra batteries
- Battery-powered NOAA Weather Radio and commercial radio
- Non perishable food that requires no cooking and bottled water
- First-aid supplies
- Fire extinguisher, smoke detector and carbon monoxide detector
- Extra medications and baby items
- If you have an emergency heating source such as a

fireplace or space heater—make sure you have proper ventilation

- Make sure pets have plenty of food, water and shelter

Bundle up on windy, cool days. A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes.

Tips for bundling up:

- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and

scarf. You lose a lot of body heat when your head and neck are uncovered.

- Wear a waterproof coat or jacket if it's snowy.

Some illnesses may make it harder for your body to stay warm. Taking some medicines and not being active also affect body heat. Your doctor can help you find ways to prevent hypothermia.



Are you a Caregiver?

Being a family caregiver can be challenging. When you're devoting yourself to the care of an elderly, chronically ill, or disabled family member, you can start to feel isolated, exhausted and overwhelmed. Help is available. You are not alone. Contact the ADRC to learn more about...

Caregiving Support and Help

Tips for making family caregiving easier.

Home Care Services for Seniors.

Services to help you stay at home.

Respite Care. Finding and choosing Respite Services.

Support for Alzheimer's and Dementia Caregivers. What the caregiver needs.

Hospice & Palliative Care.

Quality of life at the end of life.

Caregiving Stress & Burnout.

Tips for recharging and finding balance.

Adult Day Care Centers.

Finding the Best Center for your needs.

Dementia and Alzheimer's Care. Planning and preparing for the road ahead.

Late Stage & End-of-Life Care. Caregiving in the final stages of life.

A Guide to Nursing Homes. Skilled nursing facilities and rehabilitation centers.

If you or someone you know is a caregiver and is experiencing any of the following symptoms, it is time to seek help.

- Health problems (e.g., experiencing chronic pain, fatigue, sickness, weight change or other physical symptoms)
- Emotional problems (e.g., experiencing irritability, stress, depression, anxiety)
- Sleep problems (e.g., having difficulty falling asleep, waking up in the middle of the night)
- Loss of interest in things you used to enjoy.

Making decisions and caring for a loved one can trigger many difficult emotions and lots of family differences when you most need to be calm and focused.



Our ADRC Information and Assistance Specialists can provide assistance and links to available services and resources for all different types of care.



Did you know?...

January is National Radon Action Month. Radon is the number one cause of lung cancer among non-smokers, according to EPA estimates.

Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. While levels in outdoor air pose a relatively low threat to human health, radon can accumulate to dangerous levels inside buildings. You can't see, smell, or taste it, but an elevated radon level in your home may be affecting the health of your family.

Exposure to radon is the second leading cause of lung cancer in the United States and the number one

cause among non-smokers. The U.S. Environmental Protection Agency estimates that radon causes more than 20,000 lung cancer deaths in the country each year.

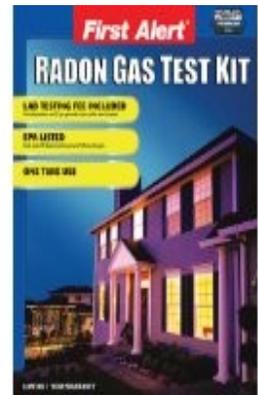
Only smoking causes more lung cancer deaths. If you smoke and your home has radon, your risk of lung cancer can be higher.

The cost of making repairs to reduce the radon level depends on several factors, including how your home was built. Most homes can be fixed for about the same cost as other common home repairs, like painting or having a new hot water heater installed. Look in your local phone book or call your state radon office to locate radon mitigators in your area if you find an elevated radon level in your home.

Radon presents a serious health risk, but it can be controlled easily and cost-effectively. Testing your house for radon is easy to do. Take action today. Encourage your friends and family members to do the same.

You can test your home yourself or hire a professional. Radon detectors and radon test kits are available at your local discount store or hardware store. Test kits are also available at Marinette County Public Health, 2500 Hall Avenue, Suite C., Marinette, WI. Monday—Friday 8:30 a.m. to 4:30 p.m.

Find more radon resources at www.epa.gov/radon/pubs.



WELLNESS

SENIOR NUTRITION & DIET TIPS EATING RIGHT AS YOU GET OLDER

Senior nutrition: Feeding the body, mind and soul. Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

- Live longer and stronger—Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boots immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense

foods, keeping weight in check.

- Sharpen the mind—Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.
- Feel better—Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

How many calories do seniors need? Use the following as a guideline:

A woman over 50 who is



- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day.

A man over 50 who is:

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

Source: *National Institute of Aging*



Turkey Stroganoff

Heart Healthy Turkey Stroganoff

Makes: 4 servings

Serving size: 1 cup turkey mixture and about 1/2 cup cooked noodles

Start to finish: 30 minutes

Ingredients

4 ounces dried whole wheat or plain noodles

1 8 ounce carton light dairy sour cream

2 tablespoons all-purpose flour

1 tablespoon olive or canola oil

1 pound turkey breast tenderloin, cut into bite-size slices

8 ounces sliced fresh mushrooms

2 cups fresh broccoli florets

1 1/2 cups reduced-sodium chicken broth

1/2 teaspoon onion powder

1/4 teaspoon ground black pepper

Directions

Cook noodles according to package directions. Drain; keep warm. In a small bowl stir together sour cream and flour; set aside.

Meanwhile, in a large skillet heat oil over medium-high heat. Add turkey. Cook and stir for 4 to 5 minutes or until browned and no longer pink inside. Remove from skillet. Add mushrooms to skillet. Cook and stir for 3 minutes. Add broccoli. Cook and stir for 2 minutes more or until mushrooms are browned and tender and broccoli is crisp-tender.

Add broth, onion powder, and pepper to skillet. Bring to boiling. Whisk in sour cream mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir turkey into mixture in skillet; heat through.

Serve turkey mixture with noodles.

**MARINETTE COUNTY
HEALTH & HUMAN SERVICES
PUBLIC HEALTH DIVISION
IMMUNIZATION CLINICS**



JANUARY 15th—Crivitz, St. Mary's Parish Center 3-6 pm
22nd—Marinette, 2500 Hall Ave., Suite C 1-4 pm

FEBRUARY 19th—Crivitz, St. Mary's Parish Center 3-6 pm
26th—Marinette, 2500 Hall Ave., Suite C 1-4 pm

MARCH 19th—Crivitz, St. Mary's Parish Center 3-6 pm
26th—Marinette, 2500 Hall Ave., Suite C 1-4 pm

Appointments available at our Marinette Site or Niagara Site upon request

Marinette 715-732-7670/toll free 888-732-7549

Niagara 715-251-4769 ***PRE-REGISTERING IS HIGHLY RECOMMENDED***



River Cities Community Pool Association

The River Cities Community Pool will be offering a "Low Impact Water Class" for individuals with Physical and/or Developmental Disabilities! This class will be designed to meet the needs of each participant!

The class is scheduled for:

When: February 1st, 2013

Time: 10:00 AM to 11:00 AM

Where: River Cities Community Pool
1125 University Drive
Marinette, WI 54143

Cost: \$3.00 per session or \$15.00 for the entire 5 week course, which will take place every Friday from February 1st to March 1st, 2013. Payment must be made prior to the first class session.

Pre-registration is required and limited to the first 12 participants.

Please contact River Cities Community Pool at 715-735-0585 to register or for more information.

FUN & GAMES



Unscramble the name of these U.S. cities

- 1. LASTTEE _____
- 2. PLANTROD _____
- 3. GAINDOSE _____
- 4. LASTTACKYLIE _____
- 5. TICKETROLL _____
- 6. INSLANG _____
- 7. HALLVINES _____
- 8. LACETHORNS _____
- 9. LATETORCH _____
- 10. HIPHIPALADEL _____
- 11. LOANPAINS _____
- 12. THESALSAALE _____



ANSWERS

- 1. SEATTLE
- 2. PORTLAND
- 3. SAN DIEGO
- 4. SALT LAKE CITY
- 5. LITTLE ROCK
- 6. LANING

- 7. NASHVILLE
- 8. CHARLESTON
- 9. CHARLOTTE
- 10. PHILADELPHIA
- 11. ANNAPOLIS
- 12. TALLAHASSEE

OFFICE HOURS

Monday thru Friday

8:30 AM—4:30 PM

Or by appointment, if necessary

Visit our Website at:

www.marinettecounty.com/adrc

E-mail:

adrc@marinettecounty.com



Aging & Disability
Resource Center

of Marinette County

2500 Hall Avenue

Marinette, WI 54143

Phone: 715-732-3850

Fax: 715-732-3940

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”

