

April 2014



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Aging & Disability Resource Center of Marinette County

MARINETTE COUNTY CONNECTIONS



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We're here to help...

The Aging and Disability Resource Center of Marinette County is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life. All of our services are free and confidential. Whether you want to enroll in a specific program or you have questions and are looking for answers, we're here to help.

Our ADRC 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. Information and assistance can be provided in person, over the phone, via e-mail or through written correspondence.

The ADRC's Disability Benefit Specialist (DBS) provides benefits counseling for adults ages 18-59 with physical disabilities, developmental disabilities, mental and/or substance use disorders. Our DBS is available to provide information about public and private benefit programs including assistance with application and appeal procedures.

The ADRC can also help with the transition of youth who have a disability from school and/or children's services to adult services. Contact our Youth Transition Coordinator at anytime to ask questions and obtain information related to services available in the community. We are able to begin the process of determining functional and financial eligibility for the adult publicly funded programs at the age of 17 years and 6 months.

Contact the ADRC with questions at any time. *We're here to help!*

ADRC's offer assistance in finding services to match your needs such as:

- In-home care
- Abuse, neglect and financial exploitation
- Youth Transitions
- Adaptive equipment
- Long Term Care Options Counseling
- Legal issues

(guardianship, power of attorney, client rights advocacy)

If you would like to be added to the ADRC mailing list please call 715-732-3850 or e-mail us at adrc@marinettecounty.com

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
 Michelle Caylor.....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.

Moving from School and/or Children's Services



to Adult Services?

If you will be turning 18 soon, the ADRC is here to help you navigate the transition!

How can the ADRC help me with the transition from school and/or children's services to adult services?

- Options Counselors and a Disability Benefit Specialist at the ADRC are available to assist you with the transition. The benefit specialist can assist with making sure you maintain your disability benefits once you turn 18 or assist you with applying for disability if you do not have a determination from Social Security. Options Counselors can assist you with deciding what programs, if any, is going to be best for you.

When should I contact the ADRC to start the transition process?

- You can contact the ADRC at any time to ask questions and obtain information related to services available in the community.

At the age of 17 years and 6 months is when we are able to begin the process of determining functional and financial eligibility for the adult publicly funded programs.

What are the publicly funded long-term care options if I would qualify?

- The Community Integration Program (CIP) is a Medicaid Home and Community-Based Waiver for adults with disabilities. The Community Options Program Waiver (COP-Waiver) provides medical assistance funding for home and community-based care for the elderly and individuals with physical disabilities who have long term care needs and who would otherwise be eligible for medical assistance reimbursement in a nursing home.

How will I know what program to choose?

- After contacting the ADRC, you will have an Options Counselor to work with you. The Options Counselors are very knowledgeable about these programs and other community resources and can explain them to you and help you weigh which will be the best fit.

How do I contact the ADRC and where is it located?

- Please visit us at 2500 Hall Avenue, Marinette, WI or call us at 715-732-3850. You can also find us by email at adrc@marinettecounty.com or on the web at www.marinettecounty.com/adrc

PLEASE FEEL FREE TO CONTACT THE ADRC WITH QUESTIONS AT ANY TIME.

WE ARE HERE TO HELP YOU PUT THE PIECES TOGETHER.



Join us for **Your Child Can Work!**

Tuesday, April 29th, 2014

5:00 p.m.—7:00 p.m.

View sites at Marinette High School, Crivitz High School, and Goodman High School

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—5:30 pm Sign in and Dinner

5:30—6:30 pm *Your Child Can Work* presented by TIG and WSPEI
Representatives via TV

6:30—7:00 pm How to find and keep employment with assistance from DVR

7:00—7:30 pm Visit with 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

Register for this event through www.wsti.org (go to the Calendar of Events and click on April 29th, and event titled Your Child Can Work ~ then select “Register”)

(Note: Attendees will be prompted to register for an account on www.wsti.org, if one has not been set up already)

CONTACT THE ADRC OF MARINETTE COUNTY FOR MORE INFORMATION

 **ADRC** 715-732-3850 or 888-442-3267
Aging & Disability Resource Center
of Marinette County



May is Older Americans Month



Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older American's Month is **"Safe Today. Healthy Tomorrow."** The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

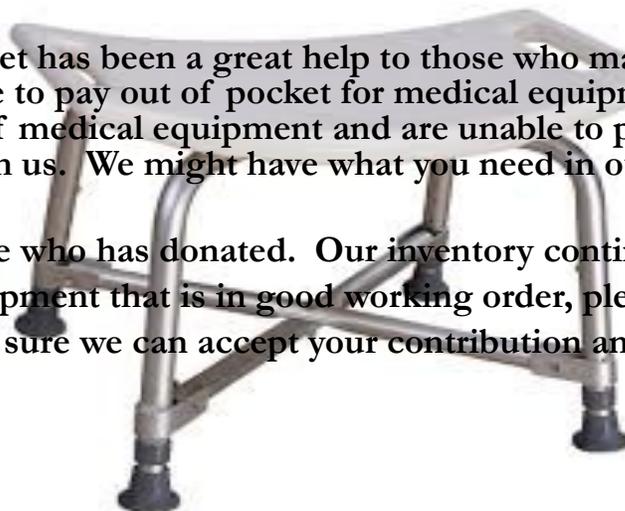
Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

The ADRC of Marinette County would like to invite you for coffee and treats each Friday morning during the month of May. Older American's month is a great opportunity to show our appreciation and to share how the ADRC may be of assistance to you. Please join us at 2500 Hall Avenue, Marinette (Raymond St. entrance).

ADRC LOAN CLOSET

The ADRC Loan Closet has been a great help to those who may not have insurance coverage or are unable to pay out of pocket for medical equipment. If you or someone you know is in need of medical equipment and are unable to pay out of pocket for new equipment, check with us. We might have what you need in our Loan Closet.

Thank you to everyone who has donated. Our inventory continues to grow. If you would like to contribute equipment that is in good working order, please call the ADRC prior to bringing it in to make sure we can accept your contribution and arrange for pick-up if necessary.





Financial Frauds Against Seniors—Whom Do You Trust?

Financial scams targeting seniors have become so prevalent that they are now considered to be "the crime of the 21st century." Unfortunately, over 90% of all reported abuse of seniors is committed by someone in their family. Adult children, grandchildren, nieces, nephews, and other relatives have been known to deplete joint checking accounts, take money and property while NOT delivering promised care, and steal outright from their senior relative. If you are a concerned friend, family member, or caregiver for a senior, you can help to protect him or her from becoming a victim of these crimes by being aware, being careful, doing your homework, and asking for help if you find she/he has been the victim of such fraud.

What can you do as a concerned friend, family member, or caregiver to prevent elder financial abuse?

As a concerned friend, family member, or caregiver, it is important that you help the senior stay involved and connected with friends, family, and community activities to remain more alert and avoid becoming isolated.

Also, be aware of the warning signs that financial exploitation may be happening. Some of these signs are:

- Significant withdrawals from the elder's accounts
- Sudden changes in the elder's financial condition
- Items or cash missing from the senior's household
- Suspicious changes in wills, power of attorney, titles, and policies
- Addition of names to the senior's signature card
- Unpaid bills or lack of medical care, although the elder has enough money to pay for them
- Financial activity the senior couldn't have done, such as an ATM withdrawal when the account holder is bedridden
- Unnecessary services, goods, or subscriptions

Ask the elder if you may scan bank accounts and credit card statements for unauthorized transactions. In addition, ensure his/her financial and legal affairs are in order. If they aren't, enlist professional help to get them in order. This includes placing safeguards in the senior's durable powers of attorney to help prevent those documents being misused by their agent.

What can you do as a concerned friend, family member, or caregiver if you suspect elder financial abuse?

If you do suspect the elder is a victim of financial exploitation, report it! Report it to his or her bank or credit card company to cancel debit or credit cards, and/or close bank accounts. Report it to the local police or sheriff department and file a police report. Remember - this is a crime - even if it is perpetrated by a family member. It should be reported. You can also get assistance from the Adult Protective Services (APS) program in your county. You can locate the APS program for your county at <http://www.dhs.wisconsin.gov/aps/index.htm>. For Marinette County call 715-732-3850.

Source: Coalition of WI Aging Groups (CWAG)

“One Ring” Scams Trick Callers into Making Expensive International Calls

Your cell phone rings once. No voicemail is left. You call back and are put on hold and asked to wait for the operator.

By returning that call, you just made yourself a potential victim of a type of callback fraud known as a “one ring” scam. While you wait on hold, you are being charged for international phone fees starting at around \$20. The longer you wait, the more you are charged. Because the call you received started with a three-digit area code, you assumed that it came from within the United States, but it was actually placed from another country that shares our area code system, usually in the Caribbean.

The Consumer Protection Bureau at the Department of Agriculture, Trade and Consumer Protection says if you don't recognize the number, don't answer it and certainly don't call back. Companies that don't do business in the Caribbean may want to consider blocking the area codes listed below to avoid this scam.

Scammers are using call generators with automated spoofing capabilities to place calls to a large number of cell phone numbers in the United States. Area codes used in the spoofed numbers may be from:

- Anguilla (area code: 264)
- Antigua (268)
- Barbados (246)
- British Virgin Islands (284)
- The Commonwealth of Dominica (767)
- Dominican Republic (809, 829, 849)
- Grenada (473)
- Jamaica (876)
- Montserrat (664)
- The Turks and Caicos Islands (649)



For additional information or to file a complaint, visit the Consumer Protection Bureau at datcp.wi.gov, send an e-mail to datcph hotline@wisconsin.gov or call the Consumer Information Hotline toll-free at 1-800-422-7128. (Source: DATCP)

Cell Phone Tips:

- Do not give your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- It is best not to respond to text messages or missed calls that come from numbers you don't recognize.
- If you receive a phone call out of the blue, always ask for the name of the person you are speaking to and who they represent.



Have you noticed any of these warning signs?

Please list any concerns you have and consult with your doctor.

Note: This list is for information only and not a substitute for a consultation with a qualified professional.

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. Ask yourself: Is this something new? For example, if a person was never good at balancing a checkbook, struggling with this task is probably not a warning sign. But if the ability to balance a checkbook has changed significantly, it is something to share with a doctor.

Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in a person's memory, behavior or abilities.

To help identify problems early, the Alzheimer's Association has created this list of warning signs for Alzheimer's disease and related dementias. Individuals may experience one or more of these in different degrees. If you notice any of these changes, please see a doctor.

One Memory loss that disrupts daily life. One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

Two Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

Three Difficulty completing familiar tasks at home, at work or at leisure.

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

Four **Confusion with time or place.** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age related change?

Getting confused about the day of the week but figuring it out later.

Five Trouble understanding visual images and spatial relationships.

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

Six **New problems with words in speaking or writing.** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

Seven **Misplacing things and losing the ability to retrace steps.** A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over the steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time, such as a pair of glasses or the remote control.

Eight **Decreased or poor judgment.** People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age related change?

Making a bad decision once in a while.

Nine Withdrawal from work or social activities. A person with Alzheimer’s may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What’s a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

Ten Changes in mood and personality. The mood and personalities of people with Alzheimer’s can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What’s a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Note: Mood changes with age may also be a sign of some other condition. Consult a doctor if you observe any changes.

For more information, go to alz.org/10signs or call 800.272.3900.

Information provided by Alzheimer’s Association

CALL TODAY FOR AN APPOINTMENT



Memory Screening Certificate



Early detection is as important as a screening for blood pressure, diabetes, or stroke.

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored.

Redeem for one FREE Baseline Memory Screen

Call for an Appointment



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HAPPY FEET

Thank You to all that participated in our first Foot Care Clinic that was held February 27th in the ADRC. We were completely booked with a waiting list as well.

A special thank you to the staff at ResCare for providing their services. June and Christine did an excellent job!

Watch our newsletter for future events to be held in the ADRC.



Lemon Poppy Seed Muffins

Makes 12 Muffins

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Total Time: 50 Minutes



INGREDIENTS:

- 2 cups all-purpose flour
 - 1/2 tsp. salt
 - 1-1/2 tsp. baking powder
 - 1/4 tsp. baking soda
 - 1 stick unsalted butter, softened
 - 1 cup white sugar
 - finely grated zest from 2 lemons
 - 2 large eggs
 - 2 tbsp. lemon juice
 - 1 cup sour cream
 - 2 tbsp. poppy seeds
- For the glaze:
- 1 tbsp. lemon juice
 - 3 tbsp. powdered sugar

Preparation:

Preheat your oven to 350 degrees F.

Whisk together the flour, salt, baking powder, and baking soda in a bowl, and reserve until needed.

In a mixing bowl, beat the butter, sugar, and the lemon zest, until light and creamy. Beat in the eggs one at a time, mixing thoroughly before adding the next. Stir in 1/3 of the flour mixture until just combined. Stir in the lemon juice, and 1/2 of the sour cream until combined.

Add half of the remaining flour mixture, and stir until combined. Stir in the remaining sour cream. Stir in the rest of the flour mixture, and then the poppy seeds.

Line a 12-muffin tin with paper baking cups. Fill each to the top with batter. Bake about 30 minutes, or until golden brown and a toothpick inserted in the center comes out clean.

While the muffins are baking, mix the lemon juice and powdered sugar together to form a thin glaze.

Remove the muffins from the oven when ready, and allow to cool for 5 minutes. Brush the lemon glaze evenly over the top of each muffin. This is not intended to be a frosting, but just a very light glaze to give the tops a little shine and extra bit of lemon flavor.

When cool enough to handle, remove muffins from the tins and cool completely on a rack before serving.

Recipe from About.com

MATH CHALLENGE

Try to fill in the missing numbers.

Use the numbers 1 through 9 to complete the equations.

Each number is only used once.

Each row is a math equation. Work from left to right

Each column is a math equation. Work from top to bottom.

	+		X		56
X		+		X	
	X		+		29
-		-		-	
	/		-		-3
26		3		2	

Here's a tip as you get older:
Never wear a hearing aid,
because if you do,
people expect you
to listen to them.



You know you're getting old when...

◆ You have a party and the neighbor's don't even realize it.



	2		3		26
3-	9	-	3	/	6
	-		-		-
29	1	+	4	X	7
	X		+		X
56	8	X	2	+	5

Answers:

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



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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”*

