

JULY 2013

Aging & Disability Resource Center of Marinette County



Aging & Disability Resource Center
of Marinette County

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MARINETTE COUNTY CONNECTIONS

What We Do:

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The ADRC provides you with information about services, resources, and programs which can help maintain your independence in the community. Whether you are living with a disability, recently had a significant medical event, or are experiencing changes due to aging or the progression of an illness it is easy to become overwhelmed. Our staff of professionals are trained to help you.

The ADRC of Marinette County is the first place to go with your aging and disability questions. Anyone can contact us, regardless of their financial status, to receive accurate, unbiased information on all aspects of life related to aging or living with a disability.

Our staff will discuss your individual situation with you and provide you with information and assistance to meet your needs and preferences. Assistance is available over the phone, at our office or our staff can visit you at your home at your convenience.

Special Thanks

A special **THANK YOU** to all those who have donated to our **ADRC LOAN CLOSET**. Our inventory is growing. We recently received some wheelchairs and walkers, all in very nice condition.

The ADRC loans durable medical equipment to individuals that live in Marinette County free of charge who are facing recovery from illness, accident or otherwise in need of such equipment on a short term basis and do not have the insurance or financial resources to purchase needed equipment.

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 a pick-up time of the equipment if necessary.

ADRC's Offer:
Information and
Assistance
Long Term Care Op-
tions Counseling
Youth Transitions
Resources for Local
Programs and Ser-
vices

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.

Transition Connecting... Adolescence to Adulthood

The ADRC of Marinette County can provide information and resources on future planning for young adults (ages 17 ½ to 21) who have physical or developmental disabilities. Our goal is to assist young adults with disabilities and their family and/or guardian with a seamless transition and entry into the adult-long term care system.

What is your post-graduation goal...

Educational? Are you interested in continuing your education by attending technical school or college?

Vocational? Are you interested in working in the community? Do you need short-term or on-going job support to assist with securing or maintaining employment?

Recreational? Do you feel that you do not fit into either work or the educational focus? Are you interested in participating in leisure/day activities such as day services program or Special Olympics?

The ADRC of Marinette County can offer:

- Information, assistance and referral for local community resources. The ADRC will assist the young adult and family with processing the available options and assist in accessing those programs and services, as appropriate.
- Provide information on publicly funded Long Term programs such as the Home and Community Based Medicaid Waivers.
- Screen for Long-Term Care Program functional and financial eligibility.
- Attend students IEP meetings to assist with development of transition plans and services.
- Provide information and assistance with public and private benefit programs, including application and appeal procedures through our Disability Benefit Specialist.

The ADRC of Marinette County can help you find:

- Adult Service Agencies
- Independent Living Options
- Respite Care Resources
- Transportation Resources
- Guardianship process, Education, Referral, if needed
- Vocational/Employment/Educational Resources and Options
- In-Home Personal Care Services
- Support Group Resources
- Health and Wellness Resources
- Adaptive Equipment Resources
- Many other



***Connecting People, Resources and Community!
Please contact the ADRC of Marinette County for assistance!***

STAY SAFE IN THE HEAT OF SUMMER



Sunny days uplift spirits. But seniors need to take special precautions to make sure their enjoyment of summer is not eclipsed by the pain of sunburn or the harmful effects of dehydration and heat illness.

Physical changes that come with aging make older adults more vulnerable to summer's heat and humidity. The American Geriatrics Society's Foundation for Health in Aging (FHIA) reports that most of the 200 Americans who die each summer of heat-related complications are over 50.

Seniors become less sensitive to heat and the feeling of thirst as they age. And on top of that, certain medical conditions, such as heart disease, and medications commonly taken by seniors—water pills, allergy and sinus medications, and antidepressants—further increase the risk.

FHIA warns that temperatures in the low 90s can be very dangerous to seniors and offers seniors and their caregivers a wide variety of hot weather safety tips. Recommendations include:

- Turn on the air conditioner or go to an air conditioned place—senior center, mall, movie theater, or library, for example. Fans are not sufficient.
- Stay indoors during excessive heat, and when outside, avoid the sun as much as possible, wear hats and sunglasses, and use SPF 30 or higher sunscreen
- Wear lightweight, light-colored, loose-fitting clothing
- Avoid strenuous activity
- Take cool showers, baths, or sponge baths



FHIA also recommends that family members or friends check on seniors at least twice a day during a heat wave.

Family and professional caregivers can make a special effort to help seniors get enough to drink, as the need for water and nonalcoholic and decaffeinated beverages rises with the temperature.

This includes keeping a good variety of beverages on hand and encouraging frequent drinking of smaller quantities as opposed to less frequent drinking of larger quantities.

Use the urine test to confirm whether you or a loved one is drinking enough. Light yellow urine is usually a sign that liquid consumption is adequate, while darker urine may signal that more liquid is needed.

Beware of Heat Illnesses

Overexposure to the heat can lead to a variety of serious health problems.

- Heat exhaustion is a warning that your body cannot cool itself. Symptoms include thirst, dizziness, weakness, poor coordination, nausea and sweating. Body temperature stays normal, but the skin feels cold and clammy and pulse can be normal or raised. If this is the case, rest in a cool place, drink plenty of fluids and take a cool shower or sponge bath. This condition can turn into heatstroke, so if you do not feel better quickly, seek medical care right away.

Heat stroke is life threatening and requires emergency medical help. After calling 911, get the individual to a cool place. Signs of heat stroke include fainting, body temperature above 104° F, confusion, irritableness, staggering, dry, flushed skin, strong, rapid pulse or slow, weak pulse, not sweating, acting delirious or being in a coma.

Protecting Against Sunburn

Seniors particularly need to avoid sun exposure if they take certain medications that increase sensitivity to the sun, such as water pills, antibiotics, some antidepressants and non-steroidal anti-inflammatory drugs used to treat arthritis pain and inflammation.

The Mayo Clinic offers the following guidance for treating sunburn:

- Take a cool bath or apply cold compresses to the affected skin
- Apply over-the-counter hydrocortisone cream, aloe or a moisturizer
- Do not break blisters. Breaking them will slow the healing process and increase risk of infection. Cover blisters with light, non-stick gauze, if needed.
- Take an over-the-counter pain reliever until redness and soreness subside.
- Continue using moisturizing cream while the skin peels.

However, see a doctor if severe sunburn covers a large area with blisters, is accompanied by high fever or severe pain and does not improve in a few days.

www.comfortkeepers.com



WISCONSIN SHIP

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

The State Health Insurance Assistance Program, or SHIP, is a national program that offers one-on-one counseling and assistance to people with Medicare and to their families and caretakers.

Through one-on-one personalized counseling, education, and outreach, this network of resources provides accurate and objective information and assistance. This allows the recipients to better understand and utilize their Medicare benefits. SHIPs help beneficiaries identify and understand programs and plans, including Medicare prescription drug coverage, Medicare Advantage plans, Medicare supplemental insurance policies, Medicare Savings Programs, long-term care insurance and financing, and other public and private health insurance coverage options.

In Wisconsin, the SHIP is comprised of a centralized component and of a local component. The **centralized component** includes the following counseling resources:

- ♦ The **Wisconsin Medigap Helpline**, operated by the Board on Aging and Long Term Care. This is our primary Helpline through which counseling is provided on original Medicare, Medicare supplement insurance, employer-based coverage, Medicare Advantage, long term care insurance and related topics. **Toll free: 1-800-242-1060**
- ♦ The **Wisconsin Medigap Prescription Helpline**, operated by the Board on Aging and Long Term Care. This Helpline is for individuals age 60 or above, who need assistance with Medicare Part D and related benefits. **Toll free: 1-855-677-2783**
- **The Disability Drug Benefit Helpline**, operated by Disability Rights of Wisconsin. This Helpline is primarily for individuals under age 60, eligible for Medicare because of a disability. It offers assistance with Medicare Part D and related benefits. **Toll Free 1-800-926-4862 TTY/Texnet (toll free) 1-888-758-6049**
- The **Deaf and Hard of Hearing Benefit Specialist**, who provides benefits counseling to persons between the ages of 18 and 59, who are deaf and hard of hearing and who use sign language as their primary language. **Telephone/Videophone: 262-347-3045**
- **Wisconsin Judicare—Indian Law Office** provides health benefits counseling and legal services to tribal members statewide and supervises tribal benefit specialists. **Toll Free: 1-800-472-1638**

The local component comprises the following benefit counseling services:

- The Wisconsin Elderly Benefit Specialist Program. This program helps Wisconsin seniors 60 and older access benefits programs, including Medicare and Medicaid. Elderly Benefit Specialists are located in every county and tribe at aging agencies or Aging and Disability Resource Centers (listed in the phone book under County or Tribal Government, Aging and Disability Resource Center, or Human Services). If you have access to the Internet, use this link to find the Elderly Benefit Specialist serving your county:

<http://www/dhs.wisconsin.gov/aging/EBS/index.htm>

Or call Marinette County Elderly Services, Katie Gould, Elderly Benefit Specialist at 715-854-7453.

- **SeniorLaw/Legal Action of Wisconsin, Inc.**, houses the Elderly Benefit Specialist program from Milwaukee County, and provides legal assistance for seniors over 60 who have had benefits or rights denied. **Local Phone: 1-414-278-1222**

DID YOU VISIT US AT THE SENIOR EXPO??

Northland Lutheran Retirement Community, Inc. held a Senior Expo on June 7th from 8:00 a.m. until noon. The purpose of the expo was to help inform senior citizens in the community of the services and organizations available to them. Some of the services provided at the expo were Mini Manicures, Hearing Screening, Blood Pressure & Diabetic Screenings, Heel Scans for Osteoporosis and Lifeline Demonstrations.

Representatives from the ADRC were on hand to share information and answer questions. There was music, food and prizes. If you missed it, be sure to watch for it next year!



Michelle Caylor, CSW, Adult Protective Services (left) greets visitors at the Senior

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Before the introduction of vaccines, millions of people died or were severely affected by diseases like polio, diphtheria, and smallpox. Vaccines have saved countless lives and reduced or eliminated deaths from many diseases in the past century. Thousands of people still become ill, are hospitalized, or die every year due to disease for which vaccines are available.

We all need immunizations (also called vaccines or shots) to help protect us from serious disease and to help keep our community safe. Getting vaccinated is a safe and important step to staying healthy. It's important to know which shots you need and when to get them.

Talk to your doctor or nurse to make sure that everyone in the family gets the shots they need.

Glaucoma...

The Sneak Thief of Sight



What is Glaucoma?

Glaucoma is not just one eye disease, but a group of eye conditions resulting in optic nerve damage, which may cause loss of vision. Abnormally high pressure inside your eye (intraocular pressure) usually, but now always, causes this damage.

Glaucoma is one of the leading causes of blindness in the United States. Glaucoma can damage your vision so gradually you may not notice any loss of vision until the disease is at an advanced stage. The most common type of glaucoma, primary open-angle glaucoma, has no noticeable signs or symptoms except gradual vision loss.

Early diagnosis and treatment can minimize or prevent optic nerve damage and limit glaucoma-related vision loss. It's important to get your eyes examined regularly, and make sure your eye doctor measures your intraocular pressure.

Symptoms

The most common types of glaucoma—primary open-angle glaucoma and angle-closure glaucoma—have completely different symptoms.

Primary open-angle glaucoma signs and symptoms include:

- Gradual loss of peripheral vision, usually in both eyes
- Tunnel vision in the advanced stages

Acute angle-closure glaucoma signs and symptoms include:

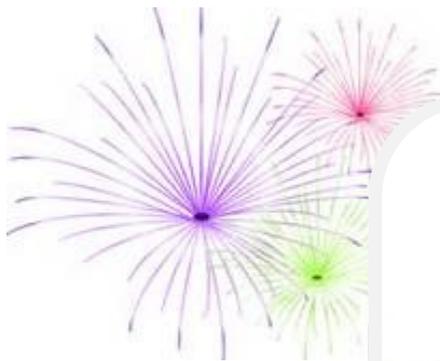
- Eye pain
- Nausea and vomiting (accompanying the severe eye pain)
- Sudden onset of visual disturbance, often in low light
- Blurred vision
- Halos around lights
- Reddening of the eye

Both open-angle and angle-closure glaucoma can be primary or secondary conditions. They're called primary when the cause is unknown and secondary when the condition can be traced to a known cause, such as eye injury, medications, certain eye conditions, inflammation, tumor, advanced cataract or diabetes. In secondary glaucoma, the signs and symptoms can include those of the primary condition as well as typical glaucoma symptoms.

What you can do

Find out now if you have glaucoma by getting a comprehensive eye examination. Your doctor will review your medical history and may perform several tests to diagnose glaucoma. Tests may include measuring intraocular pressure, test for nerve damage, visual field test, visual acuity and measuring cornea thickness (pachymetry), among other tests.

<http://www.mayoclinic.com/health/glaucoma>



CELEBRATE!

The ADRC of Marinette County celebrated its first year anniversary in June. Inquiries to the ADRC have increased steadily since it has opened. Aging and Disability Resource Center staff handled more than 3300 contacts since June 11, 2012 covering a range of topics including public benefits, housing, financial assistance, mental health services, abuse & neglect and transportation.

The ADRC of Marinette County works hard to ensure it doesn't duplicate any of the work that is already done by existing providers. The ADRC fills an important need by helping seniors, people with disabilities and their families find resources for their needs.

Specialists are available by phone weekdays from 8:30 a.m. to 4:30 p.m. at 715-732-3850, or individuals can stop in at 2500 Hall Ave., Marinette. No appointment is necessary. Home visits are also available.



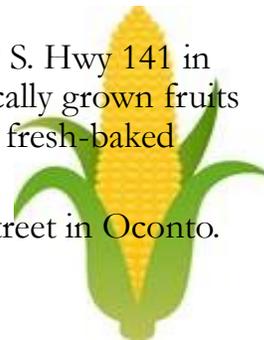
Judy Drier, former Manager of Elderly and Physically Disabled Services Unit and Jamie Falk, Maintenance plant a Sugar Maple tree in front of the ADRC. Drier, a key person in the planning of the ADRC donated the tree.

FARMERS' MARKETS

MARINETTE: The Stephenson Island Market will be held on Tuesdays from 3:00—7:00 p.m., and Friday's from 7:00 a.m.—Noon on Stephenson Island. Contact the Community Development Office, 715-732-4139 for more information.

CRIVITZ FARMERS' MARKET: Outdoors at the Evergreen Market, 412 S. Hwy 141 in Crivitz from 9:00 a.m.—1:00 p.m. on Saturdays, June—October. Offering locally grown fruits and vegetables, honey, maple syrup, handmade soaps and personal care items, fresh-baked breads and baked goods, etc.

OCONTO: The Farmers' Market is located on historical downtown Main Street in Oconto. Saturdays 8:00 a.m.—Noon, mid-June through October.



FoodShare

Wisconsin

A Recipe for Good Health



What is FoodShare?

FoodShare is a nutrition assistance program that saves you money on groceries. It's a federal benefit, like Social Security. FoodShare Wisconsin, also known as SNAP helps people with limited income to buy food.

Who can get FoodShare benefits?

- Seniors
- Families
- Qualifying Immigrants
- Single Adults
- People with Disabilities

Did you know?

Everyone can apply for FoodShare and anyone who meets the program rules will get benefits. There is not a limit on the amount of people who can get FoodShare benefits. If you get benefits, you are not taking benefits away from others. You can own a home and a car and still get FoodShare benefits. Most people who get FoodShare are employed. You will not lose any health care benefits.

How Much income can I have?

You may be able to enroll in FoodShare if all of your family's income is under the FoodShare limit. The average monthly FoodShare benefits you get is based on your income and household size. The average monthly FoodShare amount per two parent household with income of \$2,000 per month is \$384. The minimum amount is \$16.

You need to list all of your family's income. Some examples of income are:

- Job income/wages
- Disability Income
- Veterans Benefits
- Self-employment Income
- Social Security Income
- Unemployment Insurance

What can I buy with FoodShare benefits?

It's your choice. FoodShare benefits can be used to buy:

- Breads and cereals
- Fruits and vegetables
- Meats, fish, and poultry
- Dairy products
- Plants and seeds to grow food for your family

How can I apply?

You can apply online at access.wi.gov or for more information contact the ADRC of Marinette County at 715-732-3850.

HEALTHY LIVING

TAI CHI



What is Tai Chi?

Tai Chi helps anyone who desires to improve their balance and reduce the likelihood of falling. Research has found that people who complete the program are half as likely to fall and are less fearful about falling.

There are programs in our community that are intended for any interested adult who may have fallen and/or are afraid of falling or adults with an interest in pursuing martial arts by improving balance skills, good alignment and coordinated Tai Chi movements.

Some of the health benefits include improved physical health that leads to better functioning in daily activities and improved balance, muscular strength, flexibility and mobility.

Contact the ADRC of Marinette County for more information about where you can register for a class!

NON-EMERGENCY MEDICAL TRANSPORTATION MANAGER

The Department of Health Services (DHS) has announced that they have entered into a contract with a new non-emergency medical transportation (NEMT) manager, Medical Transportation Management, Inc. (MTM Inc.).

As of August 1, 2013 MTM, Inc. will replace the Departments current transportation manager, LogistiCare, LLC.

Medicaid and BadgerCare Plus members who are eligible to get non-emergency medical transportation through LogistiCare will be eligible to get rides through MTM, Inc. To schedule rides with MTM, Inc. to appointments for covered services, eligible members should continue to call the reservation number at 1-866-907-1493 (or TTY 1-866-288-3133).

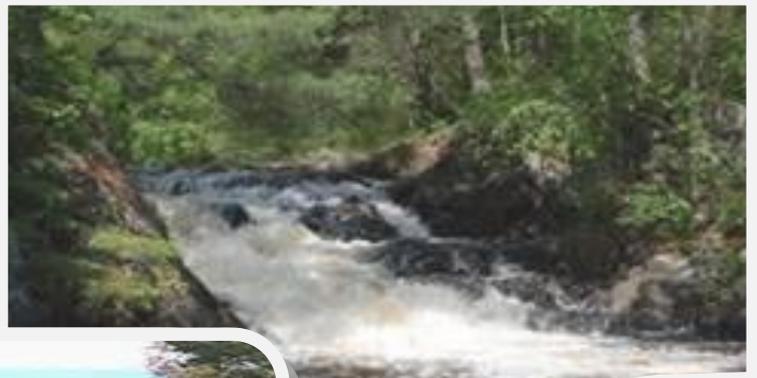
Please Note:

- Until July 31, 2013, LogistiCare will be coordinating transportation for members.
- Please check <http://www.dhs.wisconsin.gov/badgercareplus/NEMT/index.htm> or <http://www.dhs.wisconsin.gov/aboutdhs/initiatives/transportation/index.htm> for fact sheets and other NEMT related materials.

Marinette County Parks and Waterfalls

T F N S N L R N F F L S R N O R I K P E L M
 A E B L A P I E S L T I N L F M L I U T E L
 S P O L E D N N N P D R E L E A E R A N A P
 S L L A F T O O F T H G I E F R L O O K V N
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 I N T L W W W G R Q S T R O N G F A L L S A
 A L G A O T K R A P N A M D O O G T O L M K

- VETERANS FALLS
- MCCLINTOCK RAPIDS
- STRONG FALLS
- CARNEY RAPIDS
- FOUR FOOT FALLS
- EIGHTEEN FOOT FALLS
- TWELVE FOOT FALLS
- EIGHT FOOT FALLS
- HORSESHOE FALLS
- SMALLEY FALLS
- LONG SLIDE FALLS
- PIERS GORGE
- MORGAN PARK
- GOODMAN PARK
- TWIN BRIDGES PARK
- LAKE NOQUEBAY PARK
- MENOMINEE RIVER PARK



EASY RASPBERRY LEMONADE



Makes 12 servings

- 1 (12 fluid ounce) can frozen raspberry lemonade concentrate
- 3 cups water
- 3/4 teaspoon lime juice
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 cup crushed ice
- 1 cup fresh raspberries, garnish
- Mint leaves for garnish, optional

DIRECTIONS:

In large punch bowl or large pitcher, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry (and/or mint leaf).

VARIATIONS:

- Eliminate water and lemon-lime soda and use club soda instead.
- Float raspberries and lemon or lime slices on top to make it look nice.
- Make a punch ring out of a can of concentrated lemonade, limes, sprite and frozen raspberries.
- Rim the glasses with colored sugar. Dip the glass in lemon juice and then in sugar.
- Substitute raspberry lemonade concentrate with pink lemonade concentrate.
- Substitute frozen raspberry lemonade for apple raspberry, berry lemonade or berry juice.
- Store left overs in a soda bottle to keep it from getting flat.

FUN FACTS ABOUT SUMMER

- The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.
- Mosquitoes, summer's pest, have been around for more than 30 million years.
- Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average American eats 15 lbs. of watermelon a year and these juicy favorites are 92 per water.
- Summers spent throwing a Frisbee back and forth owe their game to a pie maker named Mr. Frisbee.
- July is National Ice Cream Month. More Americans buy ice cream in July than any other month.

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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of Marinette County

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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”

