

July 2014

**Aging & Disability Resource Center  
of Marinette County**



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Marinette, WI 54143  
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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](mailto:adrc@marinettecounty.com)

***Answers and Solutions Start Here. Just Ask!***

Do you have questions about long-term care expenses, disability benefits, housing options or general health and wellness? Just ask. The Aging & Disability Resource Center (ADRC) can help. We are here to provide free and confidential assistance and advocacy to older adults, persons with disabilities, and their families to promote healthy choices, independence, and an enhanced quality of life. The ADRC of Marinette County is a single access point for your questions on aging and disability.

The ADRC can help with the transition of youth who have a disability from school and/or children's services to adult services. Options Counselors and our Disability Benefit Specialist (DBS) at the ADRC are available to assist you with the transition. Our DBS can assist with making sure you maintain your disability benefits once you turn 18 or assist you in applying for disability if you do not have a determination from Social Security. Options counselors can assist you with deciding what programs if any, will be the best for you. You can begin the process of determining functional and financial eligibility for the adult publicly funded programs at the age of 17 years and 6 months.

Our Disability Benefit Specialist is trained to provide you with 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. Our DBS can assist persons who have been denied benefits and need to appeal a decision. She can also resolve problems with public agencies, medical offices and insurance companies.

Contact the ADRC with your questions at any time. Just ask. We can help. Answers and solutions start here!

## **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.



# PWR!

## Parkinson Wellness Recovery

### What is PWR!?

Evidence-based treatment of Parkinson's Disease and other neurological deficits through an exercise and fitness approach that emphasized sequential and rhythmical movement patterns for improving the ability to walk, balance and coordination of everyday tasks. Therapy is done by a PWR! trained clinician.

### Problems Associated with Parkinson's & Other Neurological Deficits

- Trouble coordinating movements in everyday tasks
- Difficulty walking and balancing through movement
- Muscle rigidity and loss of flexibility
- Problems with eye-hand coordination and slowed arm movement

### What to Expect from PWR!

- A thorough review of your medical history and movement evaluation.
- Education of therapy through movement patterns and its importance.
- An individualized PWR! Exercise treatment designed specifically for where you are at in your Parkinson's or neurological progression.
- Home and community integrated exercise plan designed especially for you; vital to slowing the progression of the movement problems and improving life through movement.

*Rennes Health & Rehab Centers*

## PWR! Presentation

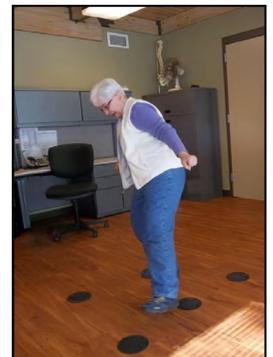
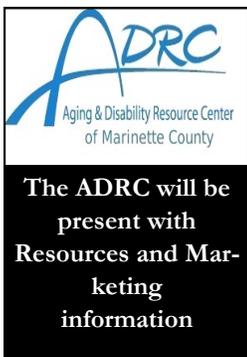
Wednesday, July 30, 2014

2:00 p.m.—3:00 p.m.

Rennes Health & Rehabilitation Center—  
EAST

701 Willow Road, Peshtigo, WI 54157

*Refreshments will be served.*





Completing high school is a very important time for students. This is especially true for students with disabilities as they move from high school to adult life.

***What options and supports are available for students after high school?***  
***How do students and their family plan for going to work, independent living, and/or post-secondary education and training?***

These questions are part of the transition planning process! Key players in Transition Planning are the Student, Parents/Guardian and the Teacher. Good transition planning leads to the discovery of jobs and career options that match a student's interest, talents and abilities.

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***Make Your Dreams Come True by...***  
***Planning for your future***  
***Identifying work and living goals***  
***Developing self-advocacy skills***  
***Staying in school***  
***Contacting the Aging and Disability Resource Center of Marinette***

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The ADRC of Marinette County offers a single entry point for information and assistance on issues affecting students with disabilities and their family regardless of income.

***Services provided at the ADRC include but are not limited to:***

Help applying for benefits or dealing with a denial of benefits.

Disability Benefits Counseling.

Information and access to publicly funded long term care benefits and options, if eligible.

Provide information, assistance and referral for local community resources.

The ADRC of Marinette County can also provide additional information and resources on future planning for young adults (ages 17 ½ to 21) who have physical or intellectual disabilities. Our goal is to assist young adults with disabilities and their family with a seamless transition and entry into the adult service world.

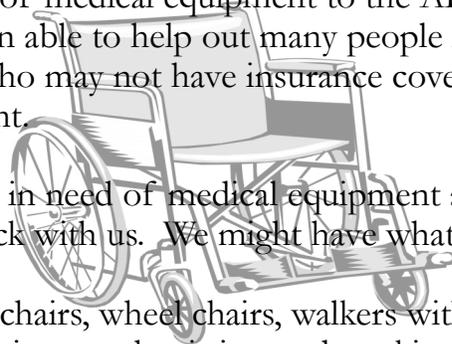
***Please feel free to contact the ADRC today!!! Answers and Solutions start here!!!***

# ADRC Loan Closet

**Thank You** for your donations of medical equipment to the ADRC Loan Closet. Because of your contributions we have been able to help out many people in need. The ADRC loans medical equipment to people 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.

We are currently in need of lift chairs, wheel chairs, walkers with seats and tub benches. 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 it and arrange for pick-up if necessary.



# Drug Drop Box

A medication drop box is available at the Marinette County Office of the Sheriff, 2161 University Drive, Marinette, Monday through Friday from 8:00 a.m. to 4:30 p.m. The program is for the collection of expired, unused, and unneeded pharmaceutical drugs.

The drop box is NOT for illegal drugs, sharps needles or syringes, non medical inhalers, mercury, ostomy supplies, diabetes monitors or supplies, commercial business or long-term care deposits.

Please leave the medication in the original package or bottle. Participants can cross off your name or other identifying information. DO NOT cross off the name of the medication.

This program was implemented because unused medications in the home pose a health and safety risk especially to children. Each day approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet. Additionally, dumping them in the garbage, introducing complex chemical compounds into landfills, waste water treatment facilities and ultimately the entire ecosystem.

Residents no longer have to hold these medications for long periods of time waiting for a special drug collection event. Now you can simply bring the medications to the Law Enforcement Center.

The drug box was made available through a cooperative effort between the Sheriff's Office, Marinette County Public Health, Marinette County Employees Credit Union and various donations.

# IS A NEW SOCIAL SECURITY CARD IN YOUR CARDS?



By Karyl Richson  
Social Security Public Affairs Specialist in Milwaukee, WI

To help combat the rising threat of fraud and identity theft, Social Security will no longer issue Social Security number printouts beginning in August 2014. If you need a written confirmation of your Social Security card, you can apply for a replacement.

But do you really need a replacement? In most cases, you don't need your card as long as you know your number. For all intents and purposes, your number *is* your card. Usually providing your number and identifying information is enough.

In the event you really do want or need a replacement card, either for yourself or for a child, you can find all of the details you need at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). The "Social Security Number and Card" page provides information on how to obtain a replacement card and what specific documents you need to provide.

Need a Social Security card for your new baby to claim him or her as a dependent on your tax return or to apply for government or social service benefits? In most cases, an application for your newborn's Social Security card and number is taken in the hospital when you apply for your baby's birth certificate. If not, you can request one for your child the same way you do for yourself.

Whether you need a Social Security card for yourself or your child, it's easy—and free—to apply for one. But consider whether a new Social Security card is really in the cards for you. It may be that your "card" is already with you—in your head.

While you're at the website, open your free *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). It can help you plan for retirement, check your earnings history, request your *Social Security Statement*, and more.

## History of the Social Security Card...

Fred Happel of Albany, N.Y. designed the original Social Security Card back in 1936. He was commissioned by the Social Security Board to submit three designs, one of which was ultimately selected. Mr. Happel was paid \$60 for his work.

[www.ssa.gov/history](http://www.ssa.gov/history)



Happel's original design.

# Avoiding Dehydration, Proper Hydration

Warm weather brings with it thoughts of cool ocean breezes, napping in a hammock, and sipping a tall glass of lemonade. Now hold on to the mental image of that lemonade because summer is also a time to be wary of dehydration: the lack of sufficient water in the body.

Water is important to the body at all times, but especially in warm weather. It keeps the body from overheating. When you exercise, your muscles generate heat. To keep from burning up, your body needs to get rid of that heat. The main way the body discards heat in warm weather is through sweat. As sweat evaporates, it cools the tissues beneath. Lots of sweating reduces the body's water level, and this loss of fluid affects normal bodily functions.

## Signs of dehydration

If you suspect that someone is dehydrated, seek immediate medical attention.

Signs of dehydration include:

- fatigue
- loss of appetite
- flushed skin
- heat intolerance
- light-headedness
- dark-colored urine
- dry cough



The best way to beat dehydration is to drink before you get thirsty. If you wait until after you're thirsty, you're already dehydrated.

## How to avoid dehydration

According to the American College of Sports Medicine, to avoid dehydration, active people should drink at least 16- 20 ounces of fluid one to two hours before an outdoor activity. After that, you should consume 6 to 12 ounces of fluid every 10 to 15 minutes that you are outside. When you are finished with the activity, you should drink more. How much more? To replace what you have lost: at least another 16 to 24 ounces (2- 3 cups) .

One way to make sure you are properly hydrated is to check your urine. If it's clear, pale or straw-colored, it's OK. If it's darker than that, keep drinking!

## Beverages: some hydrate, others dehydrate

Some beverages are better than others at preventing dehydration. Water is all you need if you are planning to be active in a low or moderate intensity activity, such as walking, for only an hour or less. If you plan to be exercising longer than that, or if you anticipate being out in the sun for more than a few hours, you may want to hydrate with some kind of sports drink. These replace not only fluid, but also chemicals like sodium and potassium, which are lost through perspiration. Too much or too little sodium and potassium in the body can cause trouble. Muscle cramping may be due to a deficiency of electrolytes, such as sodium and potassium.



# Weather Safety: Lightning

## Safety and Preparedness Factsheet

### Lightning Safety for You and Your Family

#### When Thunder Roars, Go Indoors!

Each year in the United States, more than 400 people are struck by lightning. On average, between 55 and 60 people are killed; hundreds of others suffer permanent neurological disabilities. Most of these tragedies can be avoided with a few simple precautions. When thunderstorms threaten, get to a safe place. Lightning safety is an inconvenience that can save your life.

The National Oceanic and Atmospheric Administration (NOAA) collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were “caught” outside in the storm and couldn’t get to a safe place. With proper planning, these tragedies could be prevented.

Other victims waited too long before seeking shelter. By heading to a safe place 5 to 10 minutes sooner, they could have avoided being struck by lightning.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder clap.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones.

Others were in contact with plumbing, a metal door or a window frame. Avoid contact with these electrical conductors when a thunderstorm is nearby!

#### What You Might Not Know About Lightning

- ◆ **All thunderstorms produce lightning and are dangerous.** In the United States, in an average year, lightning kills about the same number of people as tornadoes and more people than hurricanes.
- ◆ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many lightning deaths occur ahead of storms or after storms have seemingly passed.
- ◆ **If you can hear thunder, you are in danger.** Don’t be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.

- ◆ **Lightning leaves many victims with permanent disabilities.** While a small percentage of lightning strike victims die, many survivors must learn to live with very serious lifelong pain and neurological disabilities.

#### Avoid the Lightning Threat

- ◆ **Have a lightning safety plan.** Know where you’ll go for safety and how much time it will take to get there. Make sure your plan allows enough time to reach safety.
- ◆ **Postpone activities.** Before going outdoors, check the forecast for thunderstorms. Consider postponing activities to avoid being caught in a dangerous situation.
- ◆ **Monitor the weather.** Look for signs of a developing thunderstorm such as darkening skies, flashes of lightning or increasing wind.
- ◆ **Get to a safe place.** If you hear thunder, even a distant rumble, immediately move to a safe place. Fully enclosed buildings with wiring and plumbing provide the best protection. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If a sturdy building is not nearby, get into a hard-topped metal vehicle and close all the windows. Stay inside until 30 minutes after the last rumble of thunder.
- ◆ **If you hear thunder, don’t use a corded phone except in an emergency.** Cordless phones and cell phones are safe to use.
- ◆ **Keep away from electrical equipment and wiring.**
- ◆ **Water pipes conduct electricity.** Don’t take a bath or shower or use other plumbing during a storm.

#### Organized Outdoor Activities

Many people enjoy outdoor activities. It’s essential for the people in charge of these activities to understand the dangers of lightning, have a lightning safety plan in place, and follow the plan once thunder is heard or lightning is seen. Don’t be afraid to speak out during an event if conditions become unsafe. You could save a life!

# Add More Vegetables to Your Day

## 10 Tips to Help You Eat More Vegetables



**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

### 9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



### 10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

# Zesty Grilled Veggies

## What you need:

- 4 zucchini (1-1/2 lb.), cut diagonally into 1/2 inch-thick strips
- 3 each red and yellow peppers, cut into 1/2 inch-wide strips
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/4 cup KRAFT Grated Parmesan Cheese



Step 1

**PLACE** vegetables in grill basket.



Step 2

**GRILL** 10 minutes or until crisp-tender, turning occasionally. Place in large bowl.



Step 3

**ADD** dressing; toss to coat. Sprinkle with cheese.



## Kraft Kitchen Tips

### HOW TO GRILL WITHOUT A GRILL BASKET

Cover grill grate with large sheet of heavy-duty foil before heating grill as directed. Spread vegetables onto foil. Grill as directed, stirring occasionally.

### HOW TO BUY PEPPERS

Look for peppers with very bright colors and a firm thick flesh. Refrigerate unwashed peppers in a plastic bag for up to 2 weeks.



See how many **SUMMER FUN** words you can unscramble.  
Unscramble 14 words that remind us of summer.

- |             |                |
|-------------|----------------|
| 1. asandsl  | 8. zerbey      |
| 2. nigwmmis | 9. diuhm       |
| 3. arueqbbe | 10. yvalelblol |
| 4. tngioab  | 11. nsderga    |
| 5. pigncma  | 12. rklnerpsi  |
| 6. uneoirn  | 13. nescits    |
| 7. oeatbrof | 14. ebarhrgms  |

## How much do you know about Wisconsin?

1. What is the lowest temperature ever in Wisconsin?
2. What was the highest temperature ever in Wisconsin?
3. What is the biggest city in Wisconsin?
4. What is Wisconsin's state flower?
5. What is the state song?
6. What is Wisconsin's state beverage?
7. Where is Wisconsin's geographic center?



Answers to Word Scramble

- |             |                 |
|-------------|-----------------|
| 1. sandals  | 8. brezy        |
| 2. swimming | 9. humid        |
| 3. barbeque | 10. volleyball  |
| 4. boating  | 11. gardens     |
| 5. camping  | 12. sprinkler   |
| 6. reunion  | 13. insects     |
| 7. barefoot | 14. hamburg-ers |

### What's Your Name, Again?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

### Answers to Wisconsin Questions...

1. -55 F. on February 2nd and 4th in 1996.
2. 114 F. It was 114 degrees on July 13, 1936 in Wisconsin Dells.
3. Milwaukee, population 628,088.
4. Wood Violet. The wood violet is pretty but don't pick it, it's illegal!
5. On Wisconsin. The state song was written by William T. Purdy.
6. Milk. It was made the state beverage in 1987.
7. Pittsville. It is located in Wood County, 9 miles southeast of Marshfield.

## **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)



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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”*

