

April 2013

## Aging & Disability Resource Center of Marinette County



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Marinette, WI 54143  
Phone: 715.732.3850  
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### *About the ADRC...*

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Many people are not aware that the Aging and Disability Resource Center is a place where the public can go to get accurate and unbiased information related to living with a disability. The ADRC is a welcoming place where anyone can receive information about public benefits as well as all of the various resources in our area. Individuals, family members, friends and professionals can all receive information from the ADRC related to physical disabilities, developmental disabilities, mental health and/or alcohol and other drug abuse problems and aging.

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 at the ADRC are available to assist you with the transition. Benefit Specialists 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, is going to be the best for you.

You can contact the ADRC at anytime 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.

Please feel free to contact the ADRC with questions at any time. We are here to help you put the pieces together!

#### ADRC's Offer

Information & Assistance  
Benefits Counseling  
Long Term Care Options  
Counseling  
Youth Transitions  
Resources for Local Programs and Services

**Staff**

- Pam Daye.....ADRC Supervisor
- Barb Wickman.....Administrative Assistant
- Anne Theuerkauf.....Information & Assistance Specialist & Youth Transition Lead Worker
- Kay Piasecki.....Information & Assistance Specialist & Long Term Care—Functional Screen Lead Worker
- Mary Jo Ruleau.....Disability Benefit Specialist
- Carole Huebscher.....Adult Protective Services
- Michelle Caylor.....Adult Protective Services

**Information & Assistance Specialists**

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 can 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 month 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.

## ***Meet our Disability Benefits Specialist***

***Welcome Mary Jo Ruleau!***



We are excited to introduce our newest ADRC team member. Mary Jo Ruleau has accepted the position of Disability Benefit Specialist (DBS). Mary Jo comes to us with 7 years of experience as a Elderly Benefit Specialist. A Disability Benefit Specialist is trained to provide accurate and current information on public and private benefits for disabled persons ages 18 to 59. Some of the programs that Mary Jo can help you with are Medicaid (Medical Assistance), Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Medicare, including Part D, Prescription Drug Assistance, FoodShare, Low-Income Tax Credits, Insurance issues, Housing and Utility Issues and Veterans' Benefits.

Mary Jo is available by appointment to talk with you about your choices and the programs or services that might best meet your needs. She can provide assistance in obtaining or retaining benefits and services. She can provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits. In some cases, you may receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.

If you have questions regarding your disability benefits, give Mary Jo a call today. She can be reached at the Marinette County ADRC office at 715-732-3850 or 888-442-3267.



**SPECIAL THANKS TO...*****ADRC of Marinette County Governing Board*****PRESENT MEMBERS****REPRESENTATION****TERM EXPIRATION**

Virginia Mullins	Advocate or Consumer	4/30/2014
Yvonne Brault	Advocate or Consumer	4/30/2014
Marilyn Zielinski	Advocate or Consumer	4/30/2014
Paul Gustafson	ADRC Vice-Chairman	4/30/2015
	Member of Elderly Services	
Michael Runnoe	Advocate or Consumer	4/30/2016
Mary Margis	Advocate or Consumer	4/30/2014
Russ Bauer	ADRC Chairman	4/30/2015
	County Board Member	
Rose O'Hara	At Large Member	4/30/2015

ADRCs are required to have a governing board that enables the consumers of ADRC services to have a voice in the direction of their local ADRC in meeting its local long term care needs. The board is required to perform specific functions related to the policies and operation. The Governing Boards responsibilities include operational duties as well as advocacy and outreach duties.

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## ***ADRC LOAN CLOSET***



We are proud to announce that over a period of time we have acquired various pieces of durable medical equipment that we have made available for clients to borrow through our Loan Closet. Our current inventory is limited but some of the items available include crutches, toilet risers, shower benches, various canes, walkers and wheelchairs. There is no cost to residents of Marinette County who are facing recovery from illness, accident or otherwise in need of such equipment on a short term basis.

If you would like to contribute equipment that is in good working order, please call the ADRC at 715-732-3850 or 888-442-3267 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.



## May is Older Americans Month *Unleash the Power of Age*

May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, *Unleash the Power of Age*, has never been more fitting. Older Americans are productive, active and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends and neighbors.

This year, think about what you or your organization can do to help *Unleash the Power of Age*. Giving our elders opportunities to volunteer their time to support those who are less fortunate, to teach others the skills they've honed over the years, or to become involved in civic matters are just a few ways you can *Unleash the Power of Age*. Help our older Americans stay positive, active, and looking forward.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month" and has become a tradition.

While Marinette County ADRC provides support and resources to older adults year round, Older Americans Month is a great opportunity to show special appreciation. If you have any questions or are in need of any resources, stop in or give us a call to see what we can do to help you.



- Create passwords that mix letters, numbers, and special characters. Don't use the same password for more than one account.
- If you shop or bank online, use websites that protect your financial information with encryption. An encrypted site has "https" at the beginning of web address; "s" is for secure.
- If you use a public wireless network don't send information to any website that isn't fully encrypted.
- Use anti-virus and anti-spyware software, and a firewall on your computer.
- Set your computer's operating system, web browser, and security system to update automatically.

### **If Your Identity is Stolen...**

1. Flag Your Credit Reports
2. Call one of the nationwide credit reporting companies, and ask for a fraud alert on your credit report. The company you call must contact the other two so they can put fraud alerts on your files. An initial fraud alert is good for 90 days.

Equifax 1-800-525-6285

Experian 1-888-397-3742

TransUnion 1-800-680-7289

### 3. Create an Identity Theft Report

An Identity Theft Report can help you get fraudulent information removed from your credit report, stop a company from collecting debts caused by identity theft, and get information about accounts a thief opened in your name. To create an Identity Theft Report:

- File a complaint with the FTC at [ftc.gov/complaint](http://ftc.gov/complaint) or 1-877-438-4338; TTY:1-866-653-4261. Your completed complaint is called an FTC Affidavit.
- Take your FTC Affidavit to your local police, or to the police where the theft occurred, and file a police report. Get a copy of the police report.

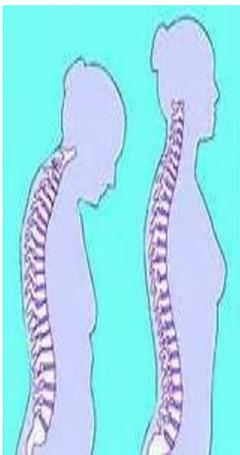
The two documents comprise an Identity Theft Report.

### **Red Flags of Identity Theft**

- mistakes on your bank, credit card, or other account statements.
- mistakes on the explanation of medical benefits from your health plan.
- your regular bills and account statements don't arrive on time.
- bills or collections notices for products or services you never received.
- calls from debt collectors about debts that don't belong to you.

# WELLNESS

## Facts about Osteoporosis



Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Many risk factors can lead to bone loss and osteoporosis. Some of these things you cannot change and others you can.

### **Risk factors you cannot change include:**

- Gender. Women get osteoporosis more often than men.
- Age. The older you are, the greater your risk of osteoporosis.
- Body size. Small, thin women are at greater risk.
- Ethnicity. White and Asian women are at highest risk. Black and Hispanic women have a lower risk.

- Family History. Osteoporosis tends to run in families. If a family member has osteoporosis or breaks a bone, there is a greater chance that you will too.

### **Other risk factors are:**

- Sex hormones. Low estrogen levels due to missing menstrual periods or to menopause can change osteoporosis in women. Low testosterone levels can bring on osteoporosis in men.
- Anorexia nervosa. This eating disorder can lead to osteoporosis.
- Calcium and vitamin D intake. A diet low in calcium and vitamin D makes you more prone to bone loss.
- Medication use. Some medicines increase the risk of osteoporosis.
- Activity level. Lack of exercise or long-term bed rest can cause weak bones.
- Smoking. Cigarettes are bad for bones, and the heart, and lungs, too.
- Drinking alcohol. Too much alcohol can cause bone loss and broken bones.

There are many steps you can take to help keep your bones strong. Many people get less than half the calcium they need. Good sources of calcium are low fat milk, yogurt, and cheese. Foods with added calcium such as orange juice, cereals and breads.

Exercise helps your bones grow stronger. To increase bone strength, you can walk, hike, jog, climb stairs, lift weights, play tennis or dance.

Osteoporosis is called the “silent disease” because bone is lost with no signs. You may not know that you have osteoporosis until a strain, bump, or fall causes a bone to break.

Treatment of osteoporosis includes a balanced diet rich in calcium and vitamin D, an exercise plan, a healthy lifestyle and medications, if needed.

## *Low-Sugar Chocolate Chip Zucchini Muffins*

Satisfy your sweet tooth — and avoid sugar overload—by indulging in this chocolaty treat.

**Work:** 15 minutes

**Total:** 40 minutes

Makes 10 muffins

### **Ingredients**

1 cup all-purpose flour  
1 cup quick-cooking rolled oats  
2 tbsp light brown sugar  
2 tbsp Splenda ***or*** 1 tbsp. sugar  
1 1/2 tsp baking powder  
1/2 tsp cinnamon  
1/8 tsp salt  
1/4 cup mini chocolate chips  
1/3 cup vegetable oil  
3 tbsp Dutch-processed cocoa  
1 egg  
2/3 cup fat-free milk  
3/4 cup grated zucchini



### **Directions**

1. Line muffin pan with 10 baking cups. Combine flour, oats, brown sugar, Splenda, (or sugar), baking powder, cinnamon, salt, and chocolate chips. In another bowl combine oil and cocoa; add egg, milk, and zucchini. Stir in flour mixture until just combined.
2. Fill cups; sprinkle with extra cinnamon. Bake at 400 degrees F. until a toothpick inserted in the center comes out clean, 18 to 20 minutes. Cool in pan 5 minutes.

# ELDER & ADULT AT RISK ABUSE

## *Did you know?...*

Did you Know that Marinette County has a designated agency for reporting Elder and Adult at Risk Abuse, neglect or self-neglect? You can reach us through the [Aging & Disability Resource Center](#) at 715-732-3850.

### **Some facts:**

- In 1974 Congress authorized Adult Protective Services (APS) act, which is part of Title 20 of the Social Security Act. (SSA, Act 20, Sec. 2042).
- APS serves two adult populations: Elders and Adults at Risk.
- The definition of an elder is (age 60+).
- The definition of an Adult at Risk is (age 18-59), plus the individual must also be at risk of harm due to: developmental disability, early onset of aging, mental illness or other like incapacities that creates a substantial risk of harm to themselves or others.
- Elder and Adult at Risk programs are voluntary.
- Marinette County employs two Adult Protective Service workers, Carole Huebscher and Michelle Caylor. Both are Certified Social Workers, which means that they were required to complete a Bachelor in Social Work and pass a State of Wisconsin certification. Both have worked for Marinette County for over a decade each.

Elder Abuse & Neglect Interdisciplinary Team meetings are held quarterly. Our team consists of many dedicated professionals from our community; A domestic violence specialist, banker, victim witness coordinator, Law Enforcement from the City and County, Sexual Assault specialist, Medicaid Fraud Specialist, State of Wisconsin Ombudsman, Elder Benefit Specialist, ADRC Supervisor and APS. Our team's objective is to raise awareness about Elder/Abuse neglect among professionals and the community and also enhance team member skills and knowledge with the intent to better serve the citizens of Marinette County.

**When does APS get involved in Elder or Adult at Risk cases?**

- When the victim or a concerned member of our community or family member calls with concerns.

**What can you expect when you call the ADRC at 715-732-3850.**

- The ADRC receptionist will answer your call.
- Tell the receptionist you are calling to report Abuse.
- You will be transferred to an Adult Protective Services Worker or an ADRC Specialist.
- You will be asked to identify the victim's name, address, and phone number. Please include their date of birth or estimate their age and report your concerns.
- As the caller, your identity is protected by Marinette County's confidentiality policy. You can report anonymously, however we encourage you to give us your name and phone number in case we need to call you back.

Also, after you report, we cannot release any information we collect about the victim unless we have their permission, since Marinette County is bound by the same confidentiality policy that protects your identity and the information you give us.

**Just a reminder:**

- A victim may accept or decline services. Our Elder and Adult at Risk programs are provided on a voluntary basis.



# Fun & Games

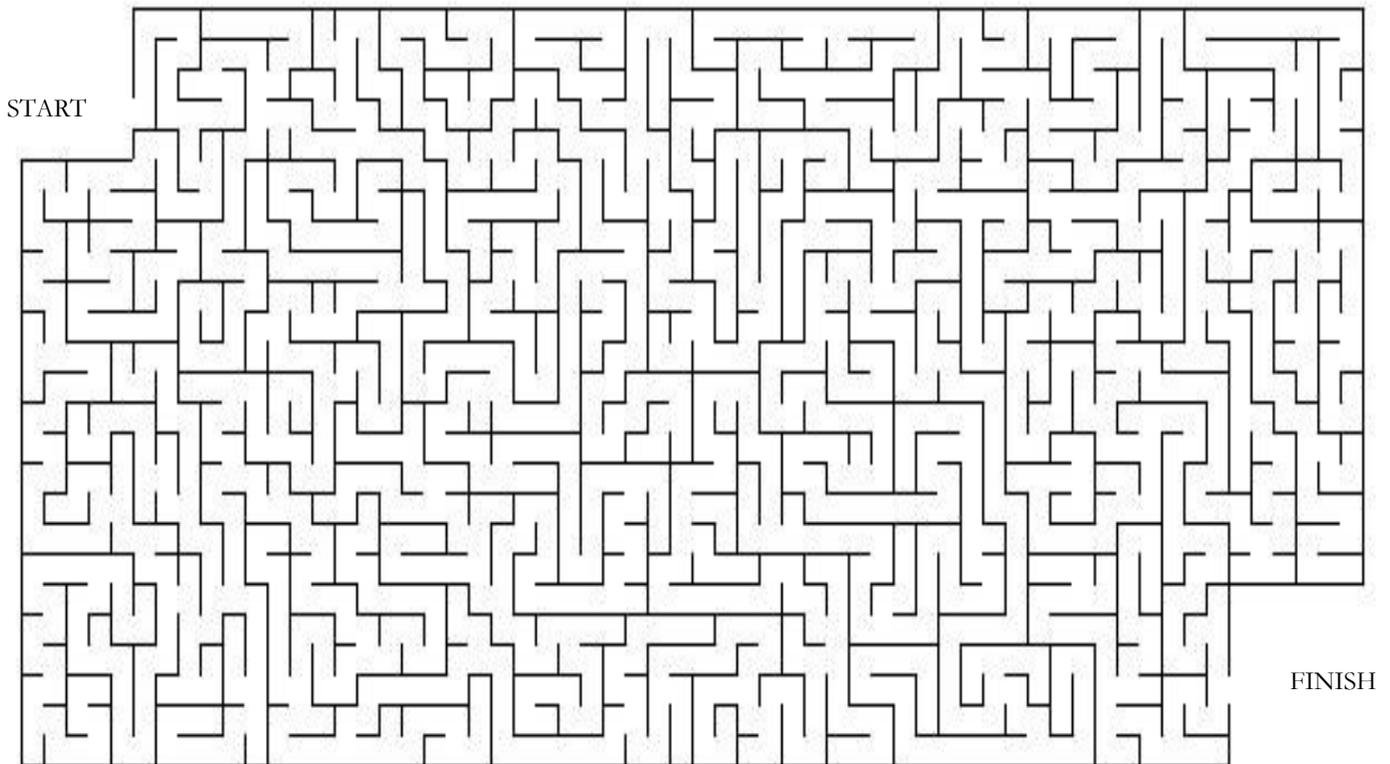
## Brain Teaser

Look at the chart below.

Say the Color not the word as quickly as you can.

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLUE	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED

Make your way through the MAZE



# Fun & Games



ADRC OF MARINETTE COUNTY



## WORD SEARCH

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

- ADRC
- ADVOCATE
- AGING
- ALZHEIMERS
- ASSISTANCE
- ASSISTED LIVING
- BENEFITS
- CAREGIVING
- CENTER
- COMMUNITY
- COUNTY
- DISABILITY
- DISEASE
- EDUCATION
- ELDERLY
- EMPLOYMENT
- HOME HEALTH
- HOSPICE
- HOUSING
- INSURANCE
- MARINETTE
- NETWORK
- PALLIATIVE CARE
- PRESCRIPTION
- RESOURCE
- TRANSPORTATION
- VISION
- VOLUNTEER
- WISCONSIN
- YOUTH TRANSITION

## 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”*

