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Marinette, WI 54143
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Please Call Us and Stay Connected! You are not alone, We are in this Together!

The ADRC of Marinette County continues to be available to assist you by phone, email or any other methods of technology you may have available.

Inside this issue:

Memory Café	3
Dementia Defined	4
Stress Awareness Month	7
Victim Advocacy Program	8
Medicare & Coronavirus	9-11
Just for Fun	12-13

Please know that the Health & Safety of you, our customer and our ADRC staff is of great importance. Continuing to deliver services and provide you connections to essential information remains a top priority!

The ADRC strives to ensure that you are and remain connected to all the necessary services and supports available to our community during this time of uncertainty.

The ADRC can continue to connect you to essential services such as ...

- Health, Nutrition (food) and Home Delivered Meal Options
- Caregiver Supports
- Long Term Care Options
- Medicare, Medicaid and Social Security Information
- Transportation
- And many other Community Resource Programs & Services

Helping you find ways to cope and stay connected is of great importance! Taking care of yourself during this time needs to be a #1 priority. Here are a couple self-help tips to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Try to eat healthy, exercise regularly and get plenty of rest.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others (telephone.) Talking with people you trust about your concerns and how you are feeling can be extremely helpful.

Lastly, as the pandemic continues, “**Scammers**” have seized the opportunity to prey! Here are a couple tips to help you protect yourself from scams, including coronavirus scams:

- Do not respond to calls or texts from unknown numbers
- NEVER share your personal or financial information
- Be cautious if you’re being pressured to share any information or make a payment immediately
- Remember, government agencies will never call you to ask for personal information or money
- Finally, Scammers will often use local telephone numbers to trick you into answering or responding. Hang up immediately if this happens!

Please call the ADRC of Marinette County at 715-732-3850!
Helping you stay connected is a Top Priority!

Aging and Disability Resource Centers, or ADRCs, offer the general public a single entry point for information and assistance on issues affecting older people, and people with disabilities regardless of their income. The ADRC is welcoming and convenient for you and your family to get information and access to a wide variety of services. Services can be provided through the telephone, in the resource center, or in your own home.

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 Specialist
Teresa Clement.....Dementia Care Specialist
Katie Gould.....Disability Benefit Specialist
Kay Piasecki.....ADRC Specialist
Ashley Cherney.....ADRC Specialist
Corleen Kroll.....Adult Protective Services
Nicole Albrecht.....Adult Protective Services

ADRC 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.

Dementia Care Specialist

The ADRC Dementia Care Specialist provides support to individuals with dementia and their caregivers. The DCS educates individuals and families about options, assists with making connections to programs and services through both private and public funding, providing cognitive screening for early detection of cognitive change, assisting with physician connections for diagnosis and providing evidence-based programs. The DCS engages in outreach and collaborative efforts with internal and external providers in order to increase community awareness related to dementia and advocating for consumer needs.

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.

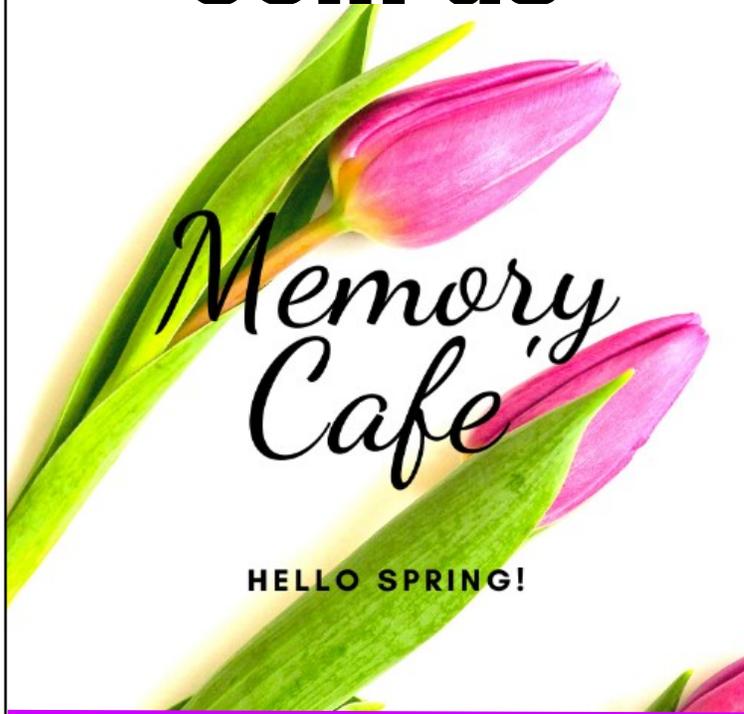
Disability Benefit Specialist

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.

Adult Protective Services

Adult Protective Programs and Services include Elder Adults-at Risk (formerly Elder Abuse/Neglect), Vulnerable Adults-at-Risk. SSI-E certification and Facilitation of Guardianships and Protective Placements.

Join us



The ADRC is excited to partner with The Cottages in Marinette to offer monthly Memory Café's. Memory Cafés will be held once a month at The Cottages, 2006 Lake Park Drive Marinette, WI 54143. Due to COVID-19, April's gathering has been cancelled. Watch for flyers or call the ADRC at 715-732-3850 or Maria at The Cottages at 715-330-5025 for futures dates and times.

What is a Memory Café?

The café offers a comfortable way for you and your care partner to have fun and socialize with others who have Mild Cognitive Impairment, early to moderate Alzheimer's or other types of dementia, and those who worry about memory problems.

There is no cost to attend.

What You Can Expect:

- Social connection with others having a similar experience
- Peer Support
- Free valuable information and educational resources
- An informal, relaxed & stigma-free environment
- Activities—Fun—Laughter
- Meet Old Friends—Make New Friends

Mark your calendar and plan to join us every third Tuesday of the month from 1:00 pm to 2:30 pm!

Brought to you in partnership by The Cottages and the ADRC of Marinette County



Dementia Defined



Dementia is a word that many of us have heard, but few of us understand. Dementia is a group of symptoms that affect thinking, memory, reasoning, planning, language, and/or social skills to the point that it affects everyday life. The most common form of dementia is Alzheimer's Disease, and that attributes to approximately 60-80% of all types of dementia. Because it is the most common form of dementia, people often use the two words interchangeably in conversation. Dementia is NOT a diagnosis or a specific disease. Changes that occur within the brain causing dementia are often progressive and not limited to just older adults.

People may experience symptoms that may look like dementia, but in reality the symptoms are caused by various problems. It is always recommended that if a person is concerned about their memory or language skills, they should discuss their concerns with their primary care physician, to rule out any possible medical causes for the changes they have noticed. After a person has a medical evaluation, and subsequent medical treatment (if needed), then a person can have a clearer picture on how to proceed with future plans. If a person is able to address these medical problems, the chance of improved memory and language skills are increased. If after medical workup, there is not a medical reason found for a person's decreased memory or language skills, a person may have a form of dementia. This can be determined from further medical workup from a gerontologist, neurologist or memory clinic physician.

As mentioned earlier, there are many forms/types of dementia, and the list includes Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia, and Frontotemporal Dementia Disorders. These types of dementia are caused by physical changes in the brain that lead to brain cell death, changes interrupt the way information is processed and the way emotions are regulated, and the way it affects each person is unique. Predicting progression depends on many factors beyond diagnosis, and rates of progression differ from person to person. Individuals that have underlying heart conditions, diabetes and those who have had several strokes or infections are likely to have faster deterioration. Dementia is likely to limit life expectancy.

Early detection matters, and if a person does have a form of dementia, there are changes that can possibly help preserve quality of life for some time longer, in some individuals. If you or a loved one is concerned about changes in memory, thinking or reasoning, talk to your doctor about it. It may be something medically causing those changes.

If you have questions about dementia, or would like to have a free memory screen completed, please call Teresa Clement, Dementia Care Specialist at 715-732-3850. Teresa can also help provide Dementia Resources that are available.

SAVE THE DATE

FRIDAY - JUNE 12, 2020

8:30 AM—11:30 AM

at

The Cottages—2006 Lake Park Drive, Marinette, WI

WORLD ELDER ABUSE AWARENESS DAY



Building Strong Support for Elders
KNOW ABUSE—REPORT ABUSE

Presentations · Food · Games · Giveaways · Display Booths

Join us as we learn how to protect our vulnerable
Seniors from Elder Abuse.



2500 Hall Avenue, Marinette, WI 54143

PHONE: 715-732-3850 / 888-442-3267



Wisconsin Board for People with Developmental Disabilities invites you to...

Dare to Dream Conversation Cafés

Educational Event



What's your dream?

Every 5 years the Wisconsin Board for People with Developmental Disabilities (BPDD) writes a plan with goals and activities to improve the quality of life for people with disabilities. We want to know what you think we can do to help people with disabilities to have more control over their lives and be more involved in their community. Your voice is needed!

Date: July 30, 2020

Time: 6:00—8:00 PM

Location: Community REC Center, Comm. Rm.
2501 Pierce Ave.
Marinette, WI 54143

Who should attend?

All are welcome: Self Advocates, Families, Caregivers, Service Providers, Employers, Policy Makers, Educators, Health and Safety Professionals, any and all other Community Members.



If you are unable to attend you can still submit comments on-line by following this link: <https://www.surveymonkey.com/r/X7VHWHQ>

Participation is free but reservations are requested.
Register online at <http://bit.ly/MarinetteComCon>

For more information or to request accommodations or interpretation, contact Molly Cooney at molly.cooney@wisconsin.gov

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STRESS AWARENESS MONTH - APRIL 2020

Awareness • Health • Mental Health

We all experience some form of stress. It might be at work or at home. Negative stress can keep you from feeling and performing your best—mentally, physically and emotionally. No one's life is completely stress-free. It is important to know how to manage the stress in your life. Try these simple techniques for dealing with it.

1. Exercise

Exercise is one of the most important things you can do to combat stress. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine. If your mobility is limited, try chair exercises. There are many online resources for chair exercises and stretches that can be printed to reference. The benefits are strongest when you exercise regularly and you will find it will improve your sleep quality, confidence and it will help to lower your body's stress hormones which will improve your mood.

2. Think Positive!

Shift your negative thoughts into positive thoughts. Positive self-talk can help you calm down and control stress. Instead of "I can't do this", change it to a positive, "I've got this!". Instead of "Everything is going wrong", Instead think "What can I do to make this better". Practice self-talk every day. It will have a positive impact on how you accept your situation. Avoid procrastination. Take control and work on the things that need to get done first.



3. Emergency Stress-Stoppers

Stress-stoppers are actions to help you defuse stress in the moment. Sometimes it helps to count to 10 before you speak or react. Think before you speak. Take some deep breaths until you feel your body relax a bit. Walk away from the situation and take a moment to "cool down". Sleep on it if you can. Sometimes things work themselves out or look different if you give yourself time to calm down.

4. Find Your Happy Place

Doing the things you love to do most is a natural way to relieve stress. When you're feeling stressed, do something that makes you feel good. Even if it is for just a short break. You'll be surprised at how quickly you will start to feel better once you disrupt the cycle of stress. Work on a craft or hobby. Listen to music. Play with your kids or take your pet for a walk. Read. Call or meet up with a friend. Spend time with family and friends. Work on a home improvement project. Take a bike ride. Do something nice and unexpected for someone. Try yoga or meditation. Take time to relax.

5. Keep a Journal

One way to handle stress is to write things down. Focus your thoughts on what is positive in your life. Jot down what you're grateful for. Focus on the positive. Keeping a journal can help relieve stress and anxiety if you focus on the positive.

Disability Rights Wisconsin Victim Advocacy Program

On the second Thursday of every month, Pam Malin and Elvita Erdmann, Advocate Specialists of Disability Rights Wisconsin (DRW) Victim Advocacy Team are available to meet with referrals or active clients at the Marinette County ADRC at 2500 Hall Avenue, Marinette.

The Victim Advocacy Program provides direct service to individuals with disabilities who experience crime, even if the crime has not been reported. Children and Adults with disabilities (and their families) are eligible. The Victim Advocacy Program can assist these individuals with disabilities navigate these systems and services to ensure their safety and desired outcome.

- Personal Advocacy
- Victim Accompaniment
- Information and Referral
- Crime Victim Compensation
- Crime Victim Rights
- Co-Advocacy with Local Service Providers
- Criminal Justice Support (Law Enforcement, Courts)
- School Advocacy
- Employment victim Related Supports
- Access to Services (criminal justice, victim services, disability services)
- Post Crisis Stabilization
- Safety Planning

disabilityrights | WISCONSIN



Pam Malin
Advocacy Specialist
and VAWA
Program Coordinator



Elvita Erdmann
Advocacy
Specialist

System Providers—Advocacy services are free and confidential to all victims of crime with disabilities and their families. Disability Rights Wisconsin can be reached by phone at 906-928-8778.

To make an appointment with Pam Malin or Elvita Erdmann, call Pam's cell at 920-548-1313 Or email: pamm@drwi.org

<http://www.disabilityrightswi.org/learn/victim-advocacy-program/>

Medicare & Coronavirus

How to stay up to date:

- [Coronavirus.gov](https://www.coronavirus.gov) is the source for the latest information about COVID-19 prevention, symptoms, and answers to common questions.
- [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) has the latest public health and safety information from CDC and for the overarching medical and health provider community on COVID-19.

[USA.gov](https://www.usa.gov) has the latest information about what the U.S. Government is doing in response to COVID-19.

Your health, safety, and welfare in the face of the 2019 Novel Coronavirus (COVID-19) is our highest priority. According to the Centers for Disease Control and Prevention (CDC), older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness. Older people may be twice as likely to have serious COVID-19 illness. **This means that most people with Medicare are at higher risk.**

Follow the President's Coronavirus Guidelines for America

Visit [Whitehouse.gov](https://www.whitehouse.gov) for the full set of guidelines. Here are some critical ways for you to do your part:

- Listen to and follow the directions of your state and local authorities.
- Keep the entire household at home if someone in your household has tested positive for coronavirus.
- If you're an older person or if you're a person with a serious underlying health condition that can put you at increased risk (like a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

Slow the spread of coronavirus

All of us must do our part to slow the spread of the Coronavirus. Here's how to help:

- Avoid social gatherings in groups of more than 10 people.
- Work or engage in schooling from home whenever possible.
- Avoid eating or drinking at bars, restaurants, and food courts — use drive-thru, pickup, or delivery options.
- Avoid discretionary travel, shopping trips, and social visits.

Hygiene precautions to take now

- Wash your hands often with soap and water for at least 20 seconds, especially after being out in public, blowing your nose, coughing, or sneezing.
- If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places, like elevator buttons, door handles, handrails, and handshaking with people. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, and eyes.
- Clean and disinfect your home to remove germs: Practice routine cleaning of frequently touched surfaces—tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell

Preparing for healthcare needs

- Be sure you have over-the-counter medicines and medical supplies (like tissues) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you'll be prepared to stay at home for a period of time,

Medicare covers related needs

- Medicare covers the [lab tests for COVID-19](#). You pay no out-of-pocket costs.
- Medicare covers all [medically necessary hospitalizations](#). This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all [Medicare Prescription Drug Plans \(Part D\)](#).
- If you have a [Medicare Advantage Plan](#), you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.
- Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Telehealth & related services

Medicare has temporarily expanded its coverage of [telehealth services](#) to respond to the current Public Health Emergency. These services expand the current telehealth covered services, to help you have access from more places (including your home), with a wider range of communication tools (including smartphones), to interact with a range of providers (such as doctors, nurse practitioners, clinical psychologists, and licensed clinical social worker). During this time, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings. This will help ensure you are able to visit with your doctor from preventive health screenings. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

- You may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit. Medicare pays for "[virtual check-ins](#)"—brief, virtual services with your established physician or certain practitioners where the communication isn't related to a medical visit within the previous 7 days and doesn't lead to a medical visit within the next 24 hours (or soonest appointment available).
- You need to consent verbally to using virtual check-ins and your doctor must document that consent in your medical record before you use this service. You pay your usual Medicare coinsurance and deductible for these services.
- Medicare also pays for you to communicate with your doctors using [online patient portals](#) without going to the doctor's office. Like the virtual check-ins, you must initiate these individual communications.

- If you live in a rural area, you may use communication technology to have full visits with your doctors. The law requires that these visits take place at specified sites of service, known as [telehealth](#) originating sites, and get services using a real-time audio and video communication system at the site to communicate with a remotely located doctor or certain other types of practitioners. Medicare pays for many medical visits through this telehealth benefit.

Other ways Medicare is helping

Every day, Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet. When you go to a healthcare provider, you expect a certain standard of care, and we work to make sure you get it. That includes taking additional steps in response to coronavirus:

- Establishing new codes to allow providers to correctly bill for services related to diagnosis and treatment of the illness.
- Instructing our national network of [State Survey Agencies](#) and Accrediting Organizations to focus all their efforts on infection prevention and other cases of abuse and neglect in nursing homes and hospitals.
- Instructing nursing homes and hospitals to review their infection control procedures, which they're required to maintain at all times.
- Issuing important guidance answering questions that nursing homes may have with respect to addressing cases of COVID-19.

All information can be found at <https://www.medicare.gov/medicare-coronavirus>

A federal government website managed and paid for by the U.S. Centers for Medicare & Medicaid Services.



Online Resources

Even though our Dementia Education Workshops have temporarily been suspended due to COVID-19, take advantage of the following online resources during this difficult time. Teresa Clement, Dementia Care Specialist here at the ADRC is also available to answer your questions. Teresa can be reached by calling the ADRC at 715-732-3850.

ALZHEIMER'S ASSOCIATION/ ALZHEIMER'S DISEASE AND DEMENTIA HELP: www.alz.org
Find your local Alzheimer's Association chapter and learn how Alzheimer's disease affects the brain. Find help and support. Learn the 10 Early Signs and Symptoms. Caregiving help and support. Print publications.

NATIONAL INSTITUTE ON AGING: www.nia.nih.gov
Find science-based information on health and aging & Alzheimer's. Get research news. Order free publications.

ALZHEIMERS.GOV: www.alzheimers.gov
The Federal Government portal to information on Alzheimer's disease and related dementia care, research, and support.

JUST FOR FUN



Today's funny...

I was in a long line at 7:45 am today at the grocery store that opened at 8:00 am for seniors only.

A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the 3rd time he said, "If you don't let me unlock the door, you'll never get in there!"

Best Ever Brownie Cookies

- | | |
|----------------------------------|-----------------------------|
| 1 C. flour | 1/2 C. butter |
| 1/2 tsp. baking powder | 1 C. sugar |
| 1/2 tsp salt | 3 large eggs |
| 12 oz. semisweet chocolate chips | 1 tsp. pure vanilla extract |
| | Powdered sugar—optional |



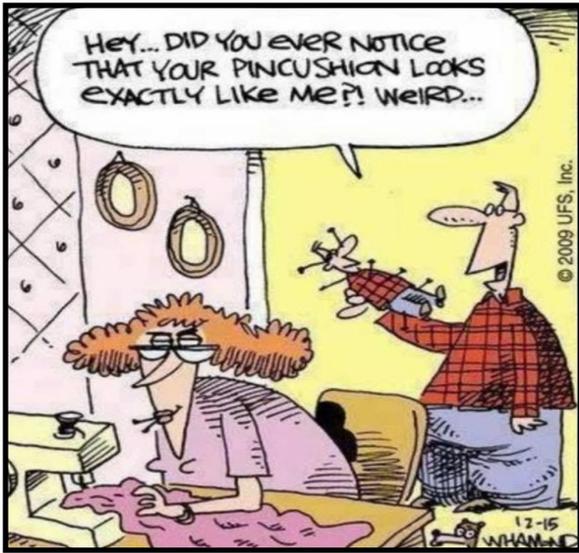
Whisk together flour, baking powder and salt in a small bowl. Set aside.

Combine chocolate chips with butter (that has been cut into pieces) in a medium sized microwave-safe bowl. Microwave in 30-second increments, stirring in between until smooth. Let cool slightly.

Beat sugar and eggs with an electric mixer on medium-high speed in a large bowl until thick and pale yellow, about 2 minutes. Scrape the chocolate mixture into the egg mixture and beat on medium-low speed. The cookie dough will be soft. Refrigerate dough until firm enough to scoop (30—60 minutes).

Scoop heaping tablespoons of batter onto cookie sheets lined with parchment paper. Bake at 350° until tops of cookies are crackled and no longer glossy and the edges are firm, 14 to 16 minutes. Rotate sheets about halfway through. Do not overbake. Let the cookies cool on the baking sheets for a few minutes before transferring them to a wire rack to cool completely. Sprinkle lightly with powdered sugar (optional).

Store cookies at room temperature for up to 3 days.



Strange But True Facts

- Bats eat 3,000 insects a night!
- Mr. Potato Head was the first toy to be advertised on TV.
- Bullfrogs do not sleep.
- It took the creator of Rubik's Cube, Erno Rubik, one month to solve the cube after he created it; as of November 2018 the Guinness World Record is 3.47 seconds. The fastest time to solve Rubik's Cube blindfolded is 16.22 seconds.
- Kangaroos can not walk backwards.
- The state of Ohio gives out different colored license plates for those convicted of DUI.
- Cows can walk up stairs, but not down them.

Spring Flowers word Search Puzzle



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

Azalea
 Anemone
 Begonia
 Bluebell
 Cornflower
 Crocus

Daffodil
 Dogwood
 Flesia
 Gardenia
 Geranium
 Hawthorn

Hyacinth
 Impatiens
 Iris
 Jasmine
 Jonquil
 Lilac

Lily
 Marigold
 Magnolia
 Orchid
 Pansy
 Petunia

Poppy
 Rose
 Snowdrop
 Spirea
 Tulip
 Zinnia

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***

