

January / February / March
2020



2500 Hall Avenue
Marinette, WI 54143
Phone: 715-732-3850
Fax: 715-732-3849
Toll Free: 888-442-3267



Medicare's Yearly "Wellness" Visit

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ADRC's can help you find services to match your needs:

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

If you would like to be added to the ADRC mailing list please call
715-732-3850 or
Toll Free 888-442-3267

E-mail us at
adrc@marinettecounty.com

Have you had your Yearly Wellness Visit? This visit is one of the preventive services and screenings covered by Medicare Part B. Your provider will ask you to fill out a questionnaire, called a "health risk assessment", as part of this visit. Answering these questions can help you and your provider develop or update a personalized prevention plan based on your current health and risk factors.

Your yearly wellness visit can also include:

1. Review of your medical and family history
2. Developing or updating a list of current medical providers and prescriptions
3. Recording height, weight & blood pressure
4. Creating a list of risk factors and treatment options
5. Detection of any cognitive impairment
6. Establishing a schedule of screenings for appropriate preventive services
7. Personalized health advice
8. Advance care planning



It is important to note that the Yearly Wellness Visit is not the same as a physical. Medicare does not cover a routine physical.

You pay nothing for the Yearly Wellness Visit if the doctor or other qualified provider accepts assignment. If additional tests or services are performed during the same visit they may not be covered under this preventive benefit and you may have to pay the coinsurance and the Part B deductible may apply. Also, be sure to ask for the [Yearly Wellness Visit](#) by name when you call to schedule your appointment. And if you are not sure if the test/screening your doctor has recommended will be covered by Medicare you should ask your provider.

Remember, taking advantage of the Yearly Wellness Visit and other preventive services and screenings are an important step in promoting good health.

More information about the preventive tests/screenings covered by Medicare can be found in the Medicare and You 2020 handbook or on the Medicare website (www.medicare.gov). You can also call the ADRC at 715-732-3850 for more information.

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.

New Year's Resolutions for Better Health

When choosing your New Year's resolutions this year, consider taking advantage of Medicare's Preventive Services and resolve to improve your health!

First consider taking that step to quit smoking! Why? Because tobacco use is the second leading cause of death worldwide, responsible for 1 in every 10 adult deaths. And because **Medicare can help you quit smoking!**

Medicare Part B covers free counseling sessions as a preventive service to help you quit smoking. If you haven't been diagnosed with an illness caused or complicated by tobacco use, and if the doctor or other health care provider accepts assignment, then you pay nothing for the counseling sessions. If you've already been diagnosed with an illness that was caused or made worse by tobacco use, or you take a medicine affected by tobacco, you can still get up to 8 counseling sessions every 12 months. In this case, you pay your Part B deductible and 20% of the Medicare-approved amount. (If you get counseling in a hospital outpatient setting, you'll also need to pay the hospital a copayment.)

Second, for all the women out there, resolve to **get your mammogram this year**. Mammograms are breast cancer screening tests that can often detect a lump before you or your doctor can feel it. This can help detect breast cancer early, when it's the most treatable. All women over 40 should have a screening mammogram every 12 months—and Medicare covers it at no cost if your doctor accepts assignment.

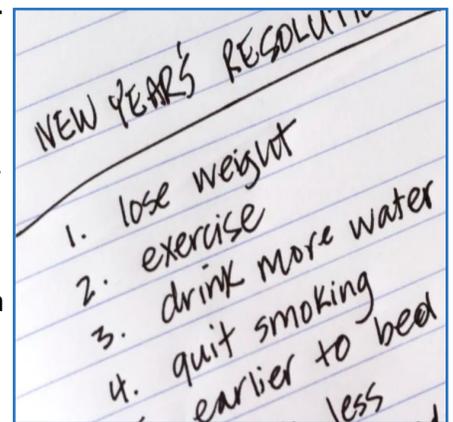
Third, if you are a man, add a **screening for prostate and colorectal cancer** to your list of resolutions. Prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths. Not sure you should get screened? You're at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American, or have a father, brother, or son who has had prostate cancer. Screening tests can find cancer early, when treatment works best.

Don't worry about the cost— if you're a man 50 or over, Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings, and you pay nothing for most tests.

Colorectal cancer is also common among men, in fact, it's the second leading cause of cancer-related deaths in the United States among cancers that affect both men and women. If everyone 50 or older got screened regularly, we could avoid as many as 60% of deaths from this cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you're 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

This year, take advantage of Medicare's Preventive Screenings and don't wait to schedule your next screening. May you have a Happy and Healthy New Year!



Don't Fall for Scams!

SCAMS

ARE THEY HAPPENING IN MARINETTE COUNTY?

Many of you may be aware of scams that are occurring nationwide; you hear of them on the news occurring in other states and cities, but do you wonder if they are happening in our area? The answer is, YES. Scammers have found their way into many of the homes of our local citizens and unfortunately they have been successful in financially exploiting individuals.

One of the most reoccurring scams that our Adult Protective Services (APS) team has investigated locally are the lottery scams. Scammers claiming you have won a large sum of money, but in order to collect your winnings you must comply by providing them with a payment of money (money order, cash, provide your bank account information for a transfer, etc.) or in the form of gift cards (Ebay, Amazon, iTunes, etc.). Unfortunately, with these scams it often results in a lot of money lost for the targeted individual.

With the increase in scam related reports our local APS team has been working on educating community members, community partners, and those individuals they meet within the field on fraud trends, locally occurring scams, and how to protect oneself if you fall victim of financial exploitation.

As you read you will see statistics, locally and nationwide, tips on protecting yourself, and information on reporting shared by our APS team.

WHAT IS FINANCIAL EXPLOITATION?

Financial exploitation occurs when a person misuses or takes the assets of a vulnerable adult for his/her own personal benefit. This frequently occurs without the explicit knowledge or consent of a senior or disabled adult, depriving him/her of vital financial resources for his/her personal needs.

WHAT OTHER FORMS OF ABUSE DOES APS INVESTIGATE?

- Self Neglect
- Financial Exploitation
- Neglect
- Physical Abuse
- Emotional Abuse
- Sexual Abuse



SCAMS ARE OCCURRING NOT ONLY NATIONWIDE, BUT LOCALLY IN OUR COMMUNITY AS WELL

Nationwide, in 2014, over 2.6 million persons over the age of 65 were victims of identity theft. This trend continues to rise! Over 13% of older Americans are victims of financial fraud yearly. Alarmingly, only 1 in 4 cases of Financial Abuse are reported. (Bureau of Justice Statistics National Crime Victimization Survey).

Seniors with cognitive incapacity suffer greater economic loss.

In 2018 Adult Protective Services (APS) investigated a total of 37 Financial Exploitation cases. This number may not seem alarming, however, with the statistic that only 1 in 4 cases is reported, this makes the number not reported more than double that has been investigated.

Locally, APS has investigated financial abuse and fraud in regards to lottery scams, computer/tech support scams, relationship/romance scams, imposter scams (i.e. Social Security and IRS), Medicaid and quest card scams and financial abuse/exploitation by family members and/or caregivers.

“Do not feel ashamed if you have been, or are the victim of a scam. Scammers do NOT discriminate. They target all ages and professions.”

BE VIGILANT & REPORT

Unfortunately, it is usually not until a person becomes a victim of fraud themselves, do they see the importance of fraud protection and prevention.

Be aware of the most current fraud trends and share this knowledge with your friends, loved ones, natural supports, etc.

Take steps to be proactive against fraud (shared in tips).

Know you do NOT need proof to report. If you feel you or someone you know is falling victim to financial abuse/exploitation or a scam call and report.

Call the ADRC and ask to speak with APS. Reporters remain confidential.

Report to local Law Enforcement.

Seek legal counsel if needed (Your local APS and ADRC can provide resources).

Seek support from family members/natural supports and ask them to assist you in reporting.

**DO NOT CALL REGISTRY
FOR HOME AND CELL
CALL 1-888-382-1222**

APS SUGGESTIONS TO HELP PROTECT YOURSELF

If you have caller ID and do not recognize the number, **DO NOT answer the call.**

Consider changing your number if you become a victim of scams (once they start, even if you do not comply with the first one, **they will continue** to work on gaining your trust and continue to prey).

Law Enforcement can be called if you feel threatened.

You can reach out to your local APS to ask questions if you feel you or a family member are being victimized. If you are unsure about something that seems suspicious, and you feel you or your family member/friend is potentially being taken advantage of, **report!** All referral sources remain confidential.

Make sure all personal information is kept safe and never give out personal information via phone or computer. Furthermore, make sure your information is current and up to date with your financial institutions.

Review your financial statements on a regular basis.

Get at least 3 estimates for home repairs.

Be aware of your surroundings when using an ATM.

Do not sign a contract until you have verified the company (ask for the call back information, address, etc.).

If you question whether something is legitimate/legal seek out family or natural supports to ask questions or call your local APS agency.

Most importantly do not feel ashamed if you have been, or are the victim of a scam. Scammers do NOT discriminate. They target all ages and professions. Locally we have seen money savvy professionals, mastered degree individuals, elders living in the nursing home, and competent and independent adults all be targeted by scams. There have also been a good percentage of those faces you see in the ADRC that have been targeted via cell phone by tele scammers! Scammers will target anyone to try and find money.

Source: Nicole Albrecht, APS/Marinette County

If you or someone you know has been a victim of abuse, call Adult Protective Services at 715-732-3850 or 888-442-3267

How Can Technology Help You?

It doesn't seem like it was that long ago when we had concerns and perhaps a bit of anxiety about ringing in the New Year and wondering how Y2K, the Millennium bug, was going to affect us. Y2K refers to a class of computer bugs related to the formatting and storage of calendar data for dates beginning in the year 2000. Problems were anticipated and some problems did arise. Overall, it went pretty well. Here we are 20 years later surrounded by technology that seems to advance daily.

Sometimes technology can be overwhelming but we should never pass up an opportunity to learn. Through our work or personal lives try to take advantage of new technology being offered. It can often be used to make our lives easier even though we do have those moments when we just need to get away from the buzzing, beeping and being connected.



Some of the perks associated with technology includes texts from your medical providers. Whether it be your doctor or dentist reminding you of your appointment or your pharmacy letting you know your prescription is ready for pick-up, you have to admit that a reminder text comes in pretty handy.

Ordering online has its pros and cons. You're not able to touch and feel the product prior to purchasing but on the other hand it is delivered to your doorstep without having to leave the convenience of your home. There is always the fear of identity theft and

cyber-crime so be sure to protect yourself. Use the Apple Pay app to store your credit card data and other personal information in one secured resource. From there you can make payments from your phone or online by validating the process via your fingerprint. Another protected payment method is PayPal. Either option can help store your information securely while utilizing an easier payment method at the same time.

Apps like MapQuest on your cell phone will get you to where you need to go by giving step-by-step voice directions just by entering your destination address. It will give you your estimated arrival time, tell you which roads to avoid and give you the fastest possible route.

Online grocery shopping is perfect for anyone who is too busy or unable to spend time at the grocery store. Curbside pickup is a convenient service for anyone not wanting to get out of their vehicle. It is especially convenient for those with disabilities and have trouble with mobility.

Exercise apps are popular and will track and log your fitness workouts for you. There are also apps that will log your food and calorie intake. Apps like these will keep you motivated to reach goals you set for yourself.

Have you ever been curious about how something is made or where it came from? Have you ever wondered how far away a city is from you? Or have you ever just had a random question that you'd like an answer for. Google it and get instantaneous answers. When you find your answer you will have the opportunity to expand your search and learn more about the topic you were inquiring about. This is a great educational tool for people of all ages.

Email, Skype, texting, FaceTime and social networking sites give people from around the world the easiest possible way to stay connected. Family members from miles away can join family gatherings via Skype. Shared calendars help families avoid scheduling conflicts.

Smart TV's give you more entertainment options. They can be used to connect to the internet and support a range of apps. They can be used to play games, check social media or control a house full of connected gadgets including Amazon Alexa and Google Home-compatible products. New model smart TV's offer voice control. But with that comes some risks. Smart TV's can be hacked or contract a virus. To be safe, avoid doing anything sensitive on a smart TV, such as online banking or shopping with a credit card. Smart TVs are simply not as safe as computers. Smart TV's can watch you. Information that you share on a Facebook app on a TV or when ordering from Amazon or Netflix on the big screen is shared in the same way as when you conduct such business on a PC or a smartphone. Companies can collect private information about you and your viewing habits from a smart TV.

To get the most from your device, take advantage of educational opportunities often offered by your local Senior Center or Community Technical College. Utilizing online tutorials is also a great way to learn at your own pace. The benefits will be worth your time and effort.

Benefit Specialists

Disability Benefit Specialist: A Disability Benefit Specialist (DBS) can provide services to people age 18—59 with physical disabilities, developmental disabilities, mental illness and substance use disorders. They can also assist with Medicaid, Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Medicare, Medicare Part D, Prescription Drug Assistance, FoodShare, Insurance Issues, Low-Income Tax Credits and much more!

If you are between the ages of 18 and 59, are a resident of Marinette County and are interested in speaking with a Disability Benefit Specialist, please call the Aging and Disability Resource Center at 715-732-3850 or toll free at 1-888-442-3267.

Elder Benefit Specialist: An Elder Benefit Specialist (EBS) can help older persons figure out what benefits they are entitled to and what steps must be completed to receive them. The EBS can assist with Medicare, Social Security, Medical Assistance, Housing, FoodShare, Social Security Disability (SSDI), Long Term Care and much more!

If you are a resident of Marinette County and are 60 years of age or older, contact Marinette County Elderly Services at 715-854-7453 or toll free at 800-990-4242 and ask to speak with an Elder Benefit Specialist.

Alzheimer's Education Workshop Schedule



All workshops
are free of
charge.

Call today to
reserve your
spot!

CONTACT

ADRC PHONE:
715-732-3850
TOLL FREE:
888-442-3267

WEBSITE:
www.marinettecounty.com/adrc

EMAIL:
adrc@marinettecounty.com

January – February – March 2020

TOPIC: Understanding Alzheimer's and Dementia

January 14 – ADRC, 2500 Hall Ave., Marinette
1:00 pm – 2:30 pm

January 23 – Northwood's Café (MCES)
516 US Hwy 141, Crivitz
1:30 pm – 3:00 pm

TOPIC: 10 Warning Signs of Alzheimer's

February 5 – Niagara Senior Center,
569 Washington Ave., Niagara
1:30 pm – 3:00 pm

February 10 – ADRC, 2500 Hall Ave., Marinette
1:00 pm – 2:30 pm

February 17 – Northwood's Café (MCES)
516 US 141, Crivitz
1:30 pm – 3:00 pm

TOPIC: Healthy Living for Your Brain & Body: Tips from the Latest Research

March 4 – Niagara Senior Center
569 Washington Ave., Niagara
1:30 pm – 3:00 pm

March 10 – ADRC, 2500 Hall Ave., Marinette
1:00 pm – 2:30 pm

March 16 – Northwood's Café (MCES)
516 US 141, Crivitz
1:30 pm – 3:00 pm

Memory Care Book Collection at the Stephenson Public Library

The Stephenson Public Library carries a selection of books for adults who love to read, but are finding that they can no longer stay focused for the length of a traditional novel. Some of these books have fewer than 75 pages, simple and engaging plot lines, and large font size. Other books contain few words, but rely on pictures to spur conversations and discussion of memories between two people.

If you visit the Stephenson Public Library in Marinette (1700 Hall Avenue), these books are located in the Large Print section on the second floor. Please ask a staff member to point them out to you the next time you visit the library. You can check them out for 28 days at a time and return them to any of the Marinette County public libraries.

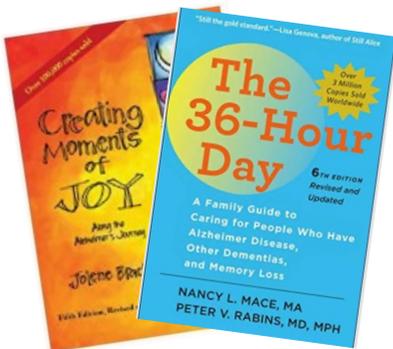
You can also get these books through your local Marinette County public branch library. Anyone in Marinette County who has a valid public library card may go to www.InfoSoup.org and type “memory care” into the search box. Books from Marinette and other InfoSoup libraries will appear. When you find a book to read, click on “Request it” and enter your library card information. These books can be delivered to any of the Marinette County public libraries, including Coleman, Crivitz, Goodman, Niagara, Peshtigo, and Wausaukee.

Contact your local library for more information on how to sign up for a library card or to borrow copies of these books.



Mariel Carter, staff member of the Stephenson Public Library, with a selection of reading materials for persons with memory impairment.

ADRC Memory Library



Stop in and visit us at the ADRC, 2500 Hall Avenue, Marinette and see what resources are available to you at no charge!

The ADRC Memory Library offers a variety of educational books and tools that are available to residents of Marinette County at no cost. Family, family caregivers, professionals as well as the individual with memory loss, are welcome to stop in to borrow books and check out printed materials.

ADRC office hours are Monday—Friday, 8:30 am—4:30 pm.

2020 Census Safety and Security



Your responses to the 2020 Census are safe.

Your responses to the 2020 Census are protected by law. Under Title 13 of the U.S. Code, the U.S. Census Bureau cannot release any information that identifies you individually. Every Census Bureau employee and contractor is sworn for life to always protect your information. Violating that oath carries stiff penalties for all Census Bureau workers — a fine up to \$250,000 and/or up to five years in prison.

The Census Bureau uses your information for statistical purposes only, such as helping to inform decisions for new hospitals, schools and roads.

Responses to the 2020 Census are secure.

The Census Bureau has a team of cybersecurity experts who monitor and protect all agency technology around the clock. Our cybersecurity meets the highest standards for protecting your information. From the moment we collect your responses, our goal — and legal obligation — is to keep them safe. The Census Bureau's technology is protected by strong authentication and authorization methods and is fully "locked down" so that it can only be accessed by fully vetted individuals who are trained in data and cyber security. These individuals make sure we keep pace with evolving threats and security advancements.

No matter how you respond, your information remains protected.

The Census Bureau designed the information collection process with layers of security to keep your information safe and secure.

Whether you respond online, by phone, by mail, or if a census employee comes to your door, your information is collected, transmitted and kept secure throughout the process. When you are on our secure website, you can verify it's safe by making sure the address begins with 'HTTPS' and includes a lock symbol. If you're visited by a census employee, know that the technology they use has the same strong security controls, and is fully compliant with the standards mandated for Federal systems.

The Census Bureau works with the federal intelligence cyber community and industry experts to stay abreast of emerging cyber threats to continuously update protections and safeguards for your information.

Connect with us:

@uscensusbureau

For more information:

2020CENSUS.GOV

United States[®]
**Census
2020**

Home Care Services



There are four major types of home care services available. They are skilled care, supportive home care, hospice care and respite. Medicare, private health insurance, and some long term care insurance plans may pay for these services. State programs may pay for medical services for low income and disabled persons. Check the insurance plan of the person for whom you are caring to see what home care benefits are available.

- **Skilled Care**

Skilled care must be ordered by the doctor. Skilled care requires that a professional nurse or therapist perform some skilled function, such as changing dressings, wound care, medications, bowel and bladder training, and physical or speech therapy. Skilled care is paid for by Medicare only if the patient is homebound. Homebound means that it is physically taxing or unsafe for the person to leave home. As long as skilled care is required, Medicare will also pay for a home health aid to perform personal care such as bathing or showering. The personal care aide must be discontinued when skilled care is no longer needed.

- **Supportive Home Care**

Supportive Home Care can be defined as including personal care tasks such as bathing, showering, being assisted to the bathroom, light housekeeping, companionship, errands, and meals.

Medicare does not pay for this type of service. Supportive Home Care is often an out-of-pocket expense. Some private health insurance and long term care insurance plans have in-home care benefits that pay for custodial or supportive care. Some state health plans pay for some elements of these services.

- **Hospice Care**

Hospice care is for people with limited life expectancy. Hospice nurses provide symptom management, emotional support, and grief counseling, working with the family as well as the patient.

Hospice services must be ordered by the doctor.

Hospice care is covered by Medicare, some state health plans, and private insurance plans.

- **Respite Care**

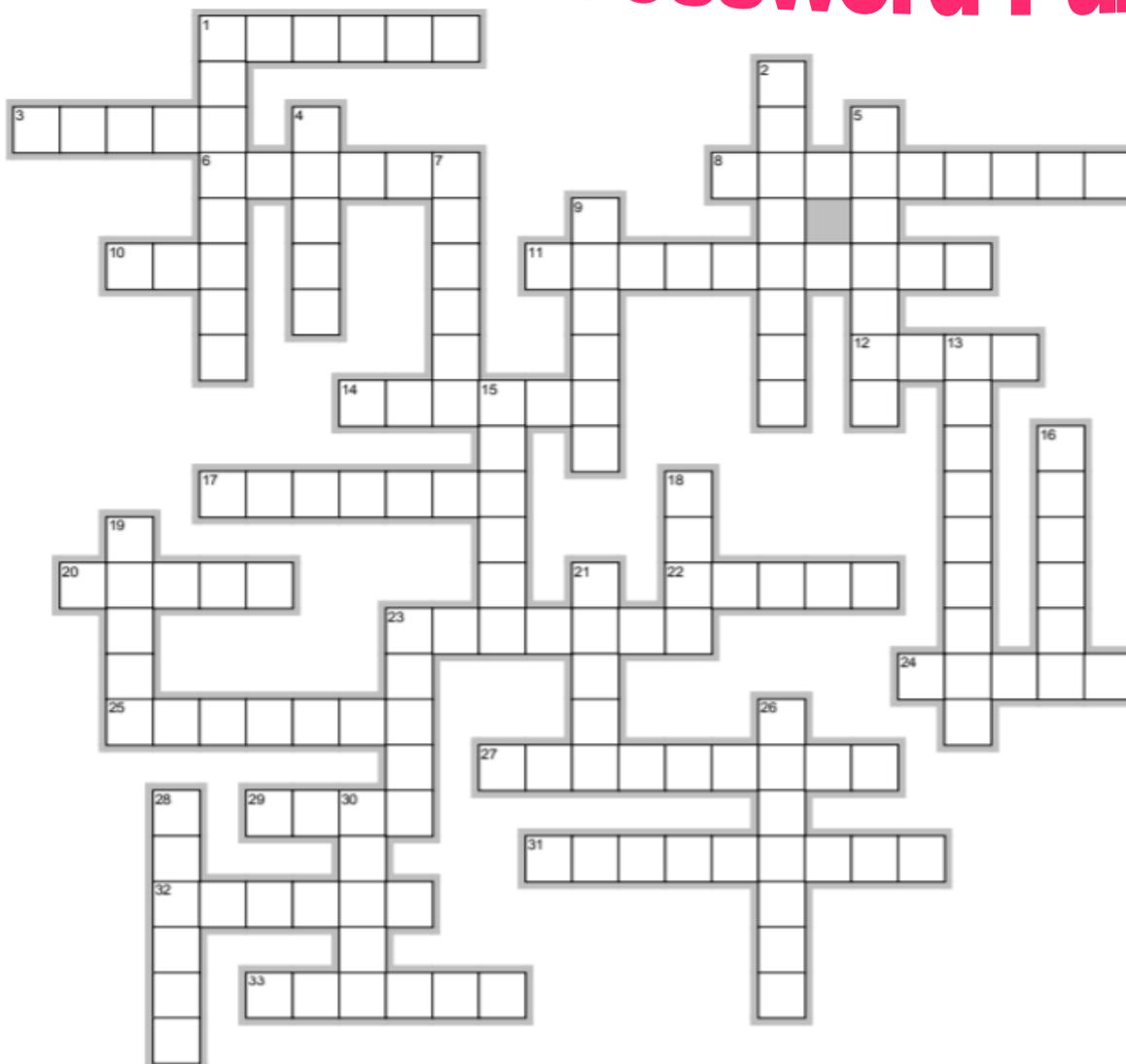
The word respite means relieve, vacation, breather, pause, or time off. Respite care is necessary for all caregivers, and is provided by professional and informal caregivers.

Respite care can be in-home or outside the home. An informal caregiver such as a church volunteer, friend, or relative may come to the home to relieve the primary caregiver. A professional caregiver may provide relief at any adult day care or respite center. The person is taken to the center for several hours, providing free time for the caregiver.

To find out more about any of the above home care services, contact the ADRC of Marinette County at 715-732-3850 or e-mail us at adrc@marinettecounty.com.

Source: Quick Tips for Caregivers (available at the ADRC)

Famous Pairs Crossword Puzzle



EclipseCrossword.com

Famous Pairs Crossword puzzle - Clues



Across

1. Macaroni & _____
3. Chips & _____
6. Table & _____
8. Anthony & _____
10. Adam & _____
11. Rocky & _____
12. Bacon & _____
14. Ken & _____
17. Ozzie & _____
20. Batman & _____
22. Bert & _____
23. Peas & _____
24. Peanut butter & _____
25. Laverne & _____
27. Snoopy & _____
29. Beans & _____
31. Chicken & _____
32. Paper & _____
33. Hugs & _____

Down

1. Cheese & _____
2. Gilbert & _____
4. Laurel & _____
5. Milk & _____
7. Cup & _____
9. Romeo & _____
13. Simon & _____
15. Bread & _____
16. Hansel & _____
18. Currier & _____
19. Shoes & _____
21. Lone Ranger & _____
23. Bonnie & _____
26. David & _____
28. Salt & _____
30. Fish & _____

JUST FOR FUN



Raspberry Vanilla Smoothie

Ingredients



- 1 C. frozen raspberries
- 6 oz. container vanilla Greek yogurt
- 1/2 C. milk
- 1 tsp. vanilla
- Ice

Add all ingredients in a blender and process until smooth.

1 YEAR = 365 OPPORTUNITIES

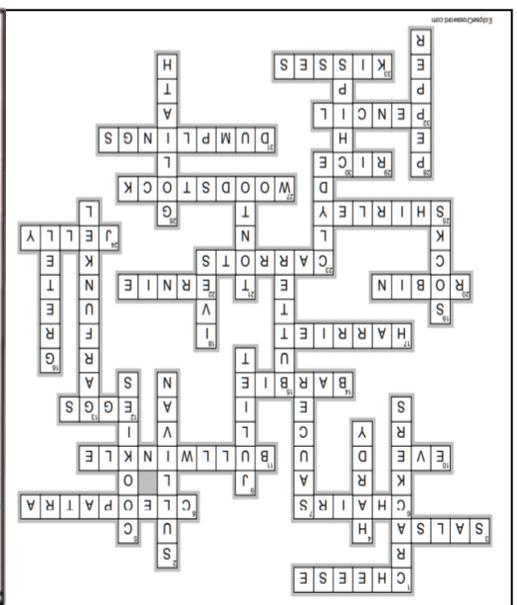


February 14th is Valentines day but do you know what February 16th is?

Do a Grouch a Favor Day!

Do it and make the world a better place.

Everyone has been a grouch at one time or another. Some people are seemingly grouches all of the time. It's in their nature. Others are occasional grouches, influenced by events in their lives, lack of sleep, the weather, etc. A few people are good at disguising their grouchy mood. But, they still need cheering up. Look around for someone who is in a grouchy mood today. Then, do him or her a favor that will cheer up their day. There's plenty of grouches out there to practice on. Try it on all of the grouches that you see today, and watch the results!



Famous Pairs—Answers:

OFFICE HOURS

Monday thru Friday

8:30 AM—4:30 PM

or by appointment, if necessary



Visit our Website at:
www.marinettecounty.com/adrc

E-mail:
adrc@marinettecounty.com

2500 Hall Avenue
Marinette, WI 54143
Phone: 715-732-3850
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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”*