

July 2018

Aging & Disability Resource Center of Marinette County



2500 Hall Avenue
Marinette, WI 54143
Phone: 715-732-3850
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ADRC of Marinette County Awarded Dementia Care Specialist Grant

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The Aging and Disability Resource Center (ADRC) is excited to announce the addition of a Dementia Care Specialist to our staff this September! The addition of the Dementia Care Specialist (DCS) will allow for the development, expansion and enhancement of dementia friendly community efforts throughout Marinette County!

What is a Dementia Friendly Community?



A dementia friendly community is one that is aware of the needs of people living with progressive memory loss or other cognitive decline. It is a community that works to reduce the stigma of diseases that cause dementia so that people living with this condition can feel accepted and understood. It is a community that works to increase the accessibility of its services and systems to encourage people living with dementia to continue to participate in community life. It is a community that seeks education about the best ways to support those with memory loss and their family members or friends.

A dementia friendly community is one that continuously strives to improve the lives of people living with dementia!

Are you looking for help?

The ADRC of Marinette County can connect seniors, people with disabilities, and caregivers with long-term services and supports of their choice.

If you would like to be added to the ADRC mailing list please call 715-732-3850 or email us at adrc@marinettecounty.com

The Dementia Care Specialist of the ADRC will be dedicated to providing support to individuals with dementia, their family, caregivers and the community, assuring that the best information and support is provided. It is the focus of the Dementia Care Specialist to assure that appropriate and sensitive supports to individuals with dementia and their caregivers is received by validating current experiences and assisting them with planning ahead and being prepared.

The Dementia Care Specialist of the ADRC will be working jointly with local community partners, most notable the Dementia Friendly Community Coalition of Marinette County, to further empower the journey to achieve a dementia friendly Marinette County that can best serve people living with dementia, their families and our community.

Memory loss is not an evitable part of aging, but if you or someone you care about is exhibiting symptoms, it's time to talk with someone. The ADRC of Marinette County is here to help you!

Staff

Pam Daye.....ADRC Supervisor

Barb Wickman.....Administrative Specialist

Katie Gould.....Disability Benefit Specialist

Kay Piasecki.....Information & Assistance Specialist

Ashley Cherney.....Information & Assistance Specialist

Corleen Kroll.....Adult Protective Services

Nicole Albrecht.....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.

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.

FREE HOME *Safety Check*

Home safety check



Representatives from the ADRC and the City of Marinette Fire Department will come to your home to do a safety check which includes:

- Checking **smoke alarms & carbon monoxide detectors**. Recommendations will be made and resources will be provided.
- Providing **in-home safety education** to help prevent both falls & fires.

You may be eligible for this valuable visit if you:

- Live in the city limits of Marinette.
- Are over 60 years of age
- Own your home

It only takes one fall or fire to change your quality of life. Older adults are at high risk of fire and falls. The risk of being killed or injured by a fire increases with age. By age 75, the risk increases to three times that of the general population. Thirty percent of people age 65 and older are involved in falls each year, some of which are fatal.

**If interested in scheduling an appointment call the ADRC:
715-732-3850**

In Partnership:



Marinette Fire Department
1450 Main Street
Marinette, WI 54143



ADRC of Marinette County
2500 Hall Avenue
Marinette, WI 54143



10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by **April 2019**, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



Third Annual Conference



“Insight into Parkinson’s”

Monday, September 24, 2018



**Doors Open 9:00 a.m. - Registration
Displays - Information - Education**

**10:00 a.m. to 2:00 p.m. - Riverside Golf Club
3459 14th Avenue, Menominee, Michigan
Light Refreshments**

Speakers & Displays

Paul Nausieda, MD

World-Renowned Neurologist & Movement Disorder Specialist

Dacy Reimer, APNP-C

Advance Practice Nurse Practitioner

Specializing in Neurology & Movement Disorders

Sheila Zelenski - Motivational Speaker

Pharmaceutical Representatives & Displays



Pre-Registration by September 17

Pat Ihler 906.863.9445 or Christine Pecard 715.938.1076

Donations Accepted & Appreciated (all donations are tax deductible)

Sponsored by:

Red Horse Parkinson Alliance, Inc. - A 501c3 Nonprofit Organization

Marinette Menominee Area Parkinson Support Group



Thanks for Your Support!

World Elder Abuse Awareness Events were a Success!

The Marinette County Aging and Disability Resource Center (ADRC) along with Adult Protective Services (APS) and Marinette Senior Center joined together to raise awareness to Elder Abuse on June 15th. Although Elder Abuse goes unnoticed at times, during the week of June 11 - 15 the ADRC/APS worked to try and change that. Week long events didn't go unnoticed.

A display of 102 pinwheels (each representing an investigation in 2017) were displayed in the yard of the ADRC at 2500 Hall Avenue. An afternoon full of activity took place at the Marinette Senior Center on June 15th. Lunch was provided along with chair massages, chair yoga, hand massages, chair exercise and crafts. EMS, Fire and Law Enforcement representatives were on hand to support the event. Eric Friedland of Associated Bank was the guest speaker educating the audience about how to protect yourself from financial fraud.

Every year an estimated 5 million older Americans are victims of elder abuse, exploitation and neglect. The incidence of abuse towards older people is predicted to increase as we are experiencing a rapidly aging population. Only one of 44 cases of financial abuse is ever reported.

To learn more about elder abuse, go to www.ReportElderAbuseWI.org. If you have concerns or suspect any type of financial abuse, physical, or emotional abuse, or self neglect, don't hesitate to call the ADRC at 715-732-3850 or 888-442-3267. Reporters can remain anonymous.





WORLD ELDER ABUSE AWARENESS

SEE IT. STOP IT. PREVENT IT.



Effective Communication Strategies for Dementia

Understanding how to connect and communicate with our loved ones affected with dementia is important. There is a technique involved with communicating or connecting emotionally with a loved one. Communication is hard for people with dementia because they have trouble remembering things. They may struggle to find words or forget what they want to say. Below are some effective ways to communicate with someone who has moderate to severe dementia. However, please note that every situation can be different.



- Make eye contact and call the person by name.
- Speak clearly and naturally in a calm voice. Be aware of your tone and how loud your voice is. Refrain from using a baby voice, baby talk or any other kind of condescension.
- When possible talk in a noise free, non distracting setting.
- Hold the person's hand while you talk.
- Offer step-by-step instructions.
- Talk about one thing at a time. Someone with dementia may not be able to follow a conversation with threads. Be careful not to interrupt or finish the sentence for them.
- Have patience. Repeat instructions and allow time for a response. Try not to interrupt or get frustrated.
- Listen carefully. If you don't understand something your loved one is telling you, politely let them know, offering encouragement, while seeking clues about what they may be trying to say.
- Don't argue. Don't try to correct every inaccurate statement your loved one makes. It's okay to let misstatements go.
- Don't exclude your loved one from the conversation. Encourage a two-way conversation for as long as possible.
- Understand that every day can be different. They will have good days and bad days. People with dementia will have ups and downs just like anyone else. How you help them may need to be different each time you visit. Be attentive to their current status and offer help when needed.

THE LONGEST DAY[™]

alzheimer's  association[®]

THANK YOU to everyone that participated in The Longest Day event on June 27th. The Dementia Friendly Community Coalition of Marinette County joined together with Northland Lutheran Retirement Community to host this awareness event. Thank you to the many sponsors for their generous donations to help make this event a huge success!

The Dementia Friendly Community Coalition of Marinette County is a group of healthcare professionals, community members, and advocates for senior health and wellness who support Wisconsin's statewide efforts to improve the lives of those living in our communities who suffer from dementia related illnesses. Dementia is a term used to describe the symptoms of a group of more than 100 conditions characterized by a decline in memory or other thinking skills that affects a person's ability to perform everyday activities. Alzheimer's disease is the most common type of dementia.

If you would like to be a member of the Dementia Friendly Community Coalition of Marinette County or would like more information about the Coalition please contact the Marinette County Aging and Disability Resource Center at 715-732-3850 or 888-442-3267.



DFCC MISSION

“To create a dementia friendly community that is safe, respectful, and welcoming for people living with dementia through awareness, education, and community engagement.”

“
If you don't vote, you don't count...
 ”

Justin Dart, Disability advocate

UPCOMING ELECTIONS

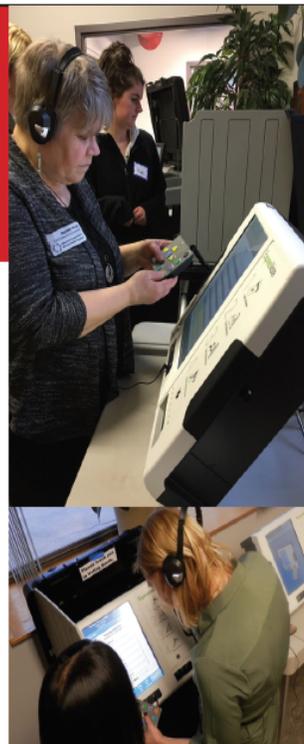
August 14, 2018 and November 6, 2018

Register to vote online at MyVote.wi.gov

- Or you can register to vote before the election by mail, at your municipal clerk's office, or at your polling place on Election Day.
- Don't forget your Proof of Residence document.

You must have an acceptable Photo ID to vote

- Find out about the ID you can use at www.bringitwisconsin.com
- A free state ID is available from the Department of Motor Vehicles: **608-266-3491**.
 Need help getting an ID or getting to the DMV?
 Call the ACLU voter helpline at **608-285-2141**.



This project was supported by funds received under the Help America Vote Act (HAVA) for Protection and Advocacy Systems to provide education, training and assistance to individuals with disabilities to promote their participation in the electoral process

Can't make it to the polls? Vote absentee:
<https://myvote.wi.gov/en-us/VoteAbsentee>

- **Questions? Call Wisconsin Election Commission:**
1-866-VOTE-WIS / elections.wi.gov or email elections@wi.gov
- **For help with disability related voting questions or help filing a complaint, call Disability Rights Wisconsin Voter Hotline:**
844-DIS-VOTE / 844-347-8683
- **Follow Wisconsin Disability Vote Coalition:**
www.disabilityvote.org &
www.facebook.com/wisconsin Disability Vote Coalition/



Wisconsin Disability Vote Coalition
 131 West Wilson St, Suite 700
 Madison, Wisconsin 53703



The Wisconsin Disability Vote Coalition is a project of Disability Rights Wisconsin and the Wisconsin Board for People with Developmental Disabilities.

disabilityrights | WISCONSIN
 Protection and advocacy for people with disabilities.

JUST FOR FUN

Summer Sudoku Puzzle



Instructions: Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle. Each column, row and 3x3 subgrid **must** only contain each number once.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | 3 | | 2 | | 9 | 7 |
| | 7 | 9 | | | 4 | | | 1 |
| 3 | | | | 1 | | | 4 | |
| | 3 | | 4 | | | | 9 | |
| 7 | | | | | | | 5 | |
| | 5 | 4 | 7 | 2 | 8 | 1 | 6 | |
| | 4 | 6 | | | | 3 | | 2 |
| 1 | 2 | | 8 | | | 7 | 5 | |
| | | | 2 | 3 | 5 | | | |

*make one healthy choice,
and then make another,
♥
until you have created a
lifetime of healthy habits.*

-prettyweethings.com-

Don't stress about your eyesight failing as you get older. It's nature's way of protecting you from shock as you walk past the mirror.

Oatmeal Chocolate Chip Cookies

Ingredients

- 1 C. butter, softened
- 3/4 C. sugar
- 3/4 C. packed brown sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 3 C. quick-cooking oats
- 1-1/2 C. all-purpose flour
- 1 pkg. (3.4 oz.) instant vanilla pudding mix
- 1 tsp. baking soda
- 1 tsp. salt
- 2 C. semisweet chocolate chips



Directions

In large bowl, cream butter, sugar and brown sugar until fluffy. Beat in eggs and vanilla. Combine the oatmeal, flour, dry pudding mix, baking soda and salt; gradually add to creamed mixture and mix well. Stir in chocolate chips.

Drop by tablespoonfuls onto ungreased baking sheets. Bake at 375° for 10-12 minutes or until lightly browned. Remove to wire racks.



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 9 | 7 | 2 | 3 | 5 | 4 | 1 | 6 |
| 1 | 2 | 3 | 8 | 4 | 6 | 7 | 5 | 9 |
| 5 | 4 | 6 | 1 | 7 | 9 | 3 | 8 | 2 |
| 9 | 5 | 4 | 7 | 2 | 8 | 1 | 6 | 3 |
| 7 | 8 | 1 | 6 | 9 | 3 | 5 | 2 | 4 |
| 6 | 3 | 2 | 4 | 5 | 1 | 9 | 7 | 8 |
| 3 | 6 | 8 | 9 | 1 | 7 | 2 | 4 | 5 |
| 2 | 7 | 9 | 5 | 6 | 4 | 8 | 3 | 1 |
| 4 | 1 | 5 | 3 | 8 | 2 | 6 | 9 | 7 |

SODUKO 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



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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”*

