



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

Inside this issue:

Meet Our New Dementia Care Specialist	3
ADRC Governing Board	5
What's in a Cigarette?	6
It's Never Too Late to Quit Smoking	7
Home Safety for Older Adults	8-9
Just for Fun!	11

ADRC's can offer Assistance in finding services to match your needs...

- Adaptive Equipment
- Benefits Counseling
- Health and Wellness Programs
- Youth Transition Assistance
- In-home Care
- Abuse, Neglect, and Financial Exploitation

The Wait for Long Term Care Service in Marinette County is Finally Over

ADRC of Marinette County is excited to announce that the wait list for persons who are in need of long-term care service is a thing of the past!

No Wait List as of October 1st 2018!

Over the past three years, the ADRC of Marinette County has been dedicated to helping older adults and persons with disabilities move off the wait list to the Family Care or IRIS (Include, Respect, I Self-Direct) program of their choice. It's been a long wait and a win-win situation for all.

Family Care and IRIS programs are long-term care programs that help frail elders and adults with disabilities get the services they need to remain in their homes. This comprehensive and flexible program offers services to foster independence and quality of life for members while recognizing the need for interdependence and support. These programs can also reduce isolation and help our most vulnerable neighbors stay active members of our community.

With the growing number of older adults and adults with disabilities in our community, this funding and local support has never been more important!

The ADRC of Marinette County is the entry point for application and enrollment into Family Care & IRIS programs. These programs are designed to help persons who meet the financial and functional requirements get the help they need. The ADRC of Marinette County can also provide information on a broad range of programs and services, in addition to helping with understanding the long term care options available.

For more information or assistance with finding additional resources or supports please call the ADRC of Marinette County directly at 715-732-3850.

Staff

Pam Daye.....ADRC Supervisor
 Barb Wickman.....Administrative Specialist
 Teresa West.....Dementia Care 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.

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.

Welcome

Teresa West

Dementia Care Specialist



Please join us in welcoming our newest addition to the ADRC team!

Teresa West, LBSW has accepted the position of Dementia Care Specialist for Marinette County. Teresa comes to us with years of experience in Long Term Care and Community Based Residential Care. She also has experience in the Home and Community Based Waiver Program and most recently with Family Care-Case Management. Her services will include facilitating and implementing education to residents and businesses throughout Marinette County.

The mission of the Dementia Care Specialist Program is to support people with dementia and their care-givers in order to ensure the highest quality of life possible while living at home. In order to accomplish this mission, the dementia care specialist (DCS) has four goals:

1. Provide free information and assistance to adults with memory or cognitive concerns, or who have been given a dementia diagnosis. They can help with independence, memory screening, research opportunities and enrichment opportunities.
2. Provide information and support to family members and friends who are caregivers, such as assistance with care planning, connections to support groups and respite and support through programming.
3. Help develop dementia-friendly communities where people with dementia can remain active and safe, and caregivers can feel supported. Dementia-friendly communities include memory cafes, dementia-friendly businesses, public presentations and meetings and dementia coalitions.
4. Train other staff at the ADRC and other county and municipal offices to be dementia-capable.

DCS's provide information about a variety of topics related to Alzheimer's disease and other dementias, including but not limited to: signs and symptoms of the disease; cognitive screening and referral to a medical professional; family caregiving and respite; complex conversations about safety and independence; and power of attorney documents for health care and finances. All information is provided to community members regardless of income level.

We're very excited here at the ADRC to have Teresa join us.

Give us a call at 715-732-3850 for more information

about our DCS program!





UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR



Join us for an alzheimer's association® Education Workshop

Understanding and Responding to Dementia-Related Behavior

Behaviors are a form of communication. Learn how to identify, understand and respond to challenging behaviors. By the end of the session, attendees will be able to identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and list strategies to address some common dementia-related behaviors.



Aging & Disability Resource Center
of Marinette County

*All Workshops
are
Free of Charge*

When: Wednesday, October 24, 2018

Time: 2:00 pm - 3:30 pm

Where: ADRC of Marinette County
2500 Hall Avenue, Marinette, WI

RSVP: 715-732-3850 or 888-442-3237

Meet the ADRC Governing Board



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 in our county”

Left to Right: Mary Margis - Advocate or Consumer, Sue Heurion - Advocate or Consumer, Yvonne Brault - Advocate or Consumer, Penny Chaikowski - County Board Supervisor, Patricia Weddel - Advocate or Consumer, Rose O’Hara - At Large Member, Linda Schultz - Advocate or Consumer.

The ADRC board members play a critical role in guiding the agency’s actions and initiatives. Each board member represents at least one target population the ADRCs services. The board must reflect the ethnic and economic diversity of the geographic area served by the resource center.

ADRCs are designed as the first place to go for accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned family or friends, or professionals working with issues related to aging or disabilities, can go for information tailored to their situation. ADRCs provide information on a broad range of programs and services, help people understand the various long-term care options available to them, help people apply for programs and benefits, and serve as the access point for publicly funded long-term care. ADRC services are available to older people and adults with disabilities regardless of income and regardless of whether the person is eligible for publicly funded long-term care or other government benefits. ADRC services are available to families, friends, caregivers, physicians, hospital discharge planners, and others who work with or care about older people or people with disabilities.

There are currently 41 ADRCs that serve the entire state of Wisconsin, including Wisconsin’s 11 federally recognized tribes. All ADRCs are county or multi-county public entities, with the exception of the ADRC of Brown County, which is a nonprofit organization. Five of Wisconsin’s 11 tribes partner with the ADRC serving their region and six have a tribal aging and disability resource specialist to provide information and assistance, options counseling, and certain other ADRC functions.

For more information about the Governing Board and your local ADRC contact us at 715-732-3850.

What's In a Cigarette?



There are approximately 600 ingredients in cigarettes. When burned, they create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.

Many of these chemicals also are found in consumer products, but these products have warning labels. While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke.

Here are a few of the chemicals in tobacco smoke and other places they are found:

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid
- Hexamine – found in barbecue lighter fluid
- Lead – used in batteries
- Naphthalene – an ingredient in mothballs
- Methanol – a main component in rocket fuel
- Nicotine – used in insecticide
- Tar – material for paving roads
- Toluene – used to manufacture paint



It's Never Too Late to Quit Smoking

For some people quitting smoking isn't easy. It may take several tries but no matter what your age, quitting smoking improves your health. You are likely to add years to your life, breath more easily, and save money if you quit smoking.

For many, smoking is an addiction. Nicotine is the drug in tobacco that makes tobacco and tobacco products addictive. When you smoke, nicotine goes deep in to your lungs then quickly makes it way into your bloodstream and enters your brain. This causes your brain to release certain chemicals which have a pleasing effect. For some people the effects are calming and for others it can make you feel alert and focused. The effects of nicotine wears off quickly which makes you smoke more. As you continue to smoke, your body adjusts to the nicotine and feels less pleasure. When this happens, you may need more nicotine to feel the desired effect. This is why you keep craving cigarettes and may increase your smoking over time.

Withdrawal symptoms from nicotine can be unpleasant. The first few weeks after quitting are the hardest. Some people feel grumpy, hungry, or tired after quitting. Some people have headaches, feel depressed, or have problems sleeping or concentrating. These symptoms fade over time. Some people have no withdrawal symptoms.

The good news is you can break the addiction! Make a firm decision to quit and pick a definite date to stop. Then stick to it! Make a plan. Your plan might include talking with your doctor, reading self-help information, going to individual or group counseling, taking medicine to help with symptoms of nicotine withdrawal or asking a friend for help. Find what works best for you. After you quit, your lungs, heart and circulatory system will begin to function better. Your chance of having a heart attack or stroke will drop. Your breathing will improve and your chance of getting cancer will be lower.

Helpful resources include:

American Cancer Society
250 Williams Street, NW
Atlanta, GA 30303
1-800-27-2345
www.cancer.org

Wisconsin Tobacco
QuitLine
800-QUIT-NOW
(1-800-784-8669)
Available 24/7
WiQuitLine.org

Smokefree.gov
1-800-794-8669
www.smokefree.gov

American Lung Association
1-800-LUNGUSA
(1-800-586-4872)
www.lung.org



Home Safety for Older Adults



Everyone should periodically do safety checks in their homes for safety issues. As we age, safety issues become more important than ever. Each year, thousands of Americans fall at home. Many are seriously injured. Falls are the leading cause of injury and hospitalization for trauma and death among older adults. Fire related injuries, keeping medications safe and being prepared for an emergency are important things to keep in mind when you are making a home safety checklist. Below are some tips that may help you when preparing a safety plan for your home or the home of a loved one.

PREVENT FALLS

- ⇒ Wear sturdy footwear with non-slip soles that fit well.
- ⇒ Remove or secure tripping hazards such as small rugs, extension cords, telephone cords, and clutter.
- ⇒ Have good lighting, especially in halls and stairways. Keep stairs cleared.
- ⇒ Install grab bars in the shower or tub and next to the toilet. Consider installing a raised toilet if you have a hard time getting on or off the toilet.
- ⇒ Use a non-slip mat in the shower or tub.
- ⇒ Use a cane or walker for stability.
- ⇒ Move laundry facilities to the first floor.
- ⇒ Schedule an annual eye exam as poor vision can lead to a fall.
- ⇒ Attach handrails on both sides of stairs. Check to see that they are firmly attached and run the entire length of the stairway. Be sure handrails are included on all entrances to the house.

MEDICATIONS

- ⇒ Review your medications with your physician. Some medications can cause lightheadedness or dizziness, which can lead to a fall.
- ⇒ Be sure medications are clearly labeled. Take your medication exactly as prescribed.
- ⇒ Ask your physician about using alcohol while on medication. Drinking alcohol with certain medications can be dangerous.
- ⇒ Consider getting a medication Lock-Box. Contact the ADRC for information on how to obtain one.
- ⇒ Keep all medications in their original containers.
- ⇒ Bring all your pill bottles with you to our doctor appointments. This will help to make sure you are taking them correctly.
- ⇒ Ask your pharmacist to put large-print labels on your medication to make them easier to read.
- ⇒ Take your medications in a well-lit room. Put your glasses on and read the label before taking or giving medicine. Follow instructions exactly. This will help to make sure you are reading the labels correctly.

PREVENT FIRE-RELATED INJURY

- ⇒ When cooking, avoid wearing loose clothing or clothes with long sleeves.
- ⇒ Keep space heaters away from flammable materials such as curtains, bedding or furniture. Turn off space heaters when you leave the room.
- ⇒ Keep the furnace in good working order.
- ⇒ Never smoke in bed.
- ⇒ Do not leave candles unattended.
- ⇒ Install smoke detectors in or near bedrooms. Change the batteries twice a year.
- ⇒ For those with limited hearing, use an alarm that combines sound, strobe lights or vibrations.
- ⇒ Replace appliances that have fraying or damaged electrical cords.

PREVENT POISONING

Cleaning Products:

- ⇒ Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases. Use household products as directed on the label.

Carbon Monoxide:

- ⇒ Never try to heat your home with your stove, oven, or grill. These can give off carbon monoxide, a deadly gas that you cannot see or smell.
- ⇒ Install carbon monoxide detectors near every sleeping area of your home. Be sure to test and replace the battery twice a year.
- ⇒ Keep appliances, furnaces, fireplaces and wood-burning stoves in good repair.
- ⇒ Store household products in a different place from food and medicine.

BE PREPARED FOR AN EMERGENCY

- ⇒ Post all emergency numbers by each phone. Write this information in large print so that it can be easily read if you are in a hurry or frightened. The list of numbers should include:
 - 9-1-1
 - Poison Control: 1-800-222-1222
 - Names and numbers of a family member or friend to call in case of emergency
 - Name and number of your healthcare provider
- ⇒ Consider a personal medical alert system. This device can be worn around the wrist or as a necklace. Contact the ADRC for a list of local resources for medical alert systems.
- ⇒ Plan and practice a fire drill. Map out emergency escape routes.
- ⇒ Be sure all locks on doors are in working order and easy to use.
- ⇒ Give a house key to a trusted friend or neighbor who can check on you or your loved one if needed.
- ⇒ Consider keeping a cell phone with you.

For further information on home safety for the elderly or people with disabilities, contact an Information Specialist at the ADRC. The ADRC can be reached at 715-732-3850.

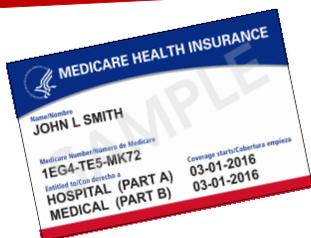


Aging & Disability Resource
Center of Marinette County



Marinette County
Elderly Services

You're Invited!
Come see what we can do for you!



Q&A



Join us at the Coleman Library

123 West Main Street, Coleman

Tuesday - October 23rd, at 10:00 a.m.

Medicare/Medicaid 101

Presenters:

*Katie Gould, Disability Benefit Specialist (ADRC)
& Sara Vanden Bergh, Elder Benefit Specialist (MCES)*

If you are a resident of Marinette County and
would be interested in learning more about
Medicare and Medicaid, come join us!

JUST FOR FUN



Pumpkin Trivia

- Pumpkins originated in Central America.
- Pumpkins are really squash - members of the squash family.
- A pumpkins is a fruit. Most people think of it as a vegetable.
- Pumpkins are 90% water.
- The largest pumpkin ever grown is 2,624.6 pounds!
- Food manufacturers use tan colored pumpkins to make pumpkin puree.
- Pumpkins are gluten free.
- A Pumpkin is not Jack-O'Lantern until it is carved.



www.gardenersnet.com

Pumpkin Spice Rollout Cookies

- | | |
|-------------------------------------|------------------------------|
| • 3/4 C. Unsalted Butter, softened | • 2-1/4 C. All-purpose Flour |
| • 1/2 C. Brown Sugar, firmly packed | • 1/4 Tsp. Ground Cinnamon |
| • 1 Tbsp. Orange Zest | • 1/4 Tsp. Ground Ginger |
| • 1/2 C. Canned Pumpkin Puree | • 1/4 Tsp. Ground Nutmeg |
| • 1 Egg Yolk | • Pinch of Salt |
| • 1 Tsp. Pure Vanilla | |

Preheat oven to 350 degrees.

In a large mixing bowl, combine with electric mixer the butter, brown sugar and orange zest.

Add pumpkin, egg yolk, and vanilla.

Gradually add the flour and spices.

Mix on low and gradually add the flour mixture until dough comes together. Divide into two pieces, wrap in plastic wrap and chill for 30 minutes.

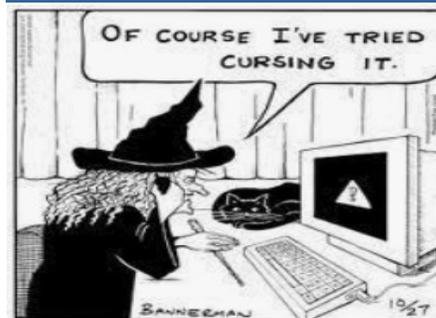
Rollout each piece to 1/8 inch thickness on a floured surface.

Use cookie cutters to cut into shapes. Place on ungreased cookie sheet and bake for 9 - 11 minutes.

Can be frosted with your favorite frosting.



"WE ALSO ACCEPT APPLE PAY, GOOGLE WALLET AND PAYPAL"



...AND FARMER BROWN GETS NOTHING IF I DIE UNDER SUSPICIOUS CIRCUMSTANCES...



10/27

MarkPapp@out.com #1-24

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offthemark.com

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****Fax: 715-732-3849****Toll Free: 888-442-3267****If you would like to be added to the ADRC mailing list, give us a call or send us an e-mail!****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”*

