

**October/November/
December 2020**



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WELCOME
Kelly Badker
ADRC SUPERVISOR



Marinette County ADRC Announces New Supervisor

Join us in welcoming Kelly Badker as the newest addition to the ADRC Team!

Kelly Badker, BSW has accepted the position of ADRC Supervisor. Kelly is new to the ADRC but has held various positions in Marinette County for nearly 20 years. She has 12 years of experience in Long Term Care and Adult Protective Services, and 8 years of experience working for Marinette County in the Mental Health field as a case manager and a Crisis worker. Prior to joining Marinette County, Kelly worked as a Nursing Home Social Worker.

Kelly is very excited to be in her new position and would like everyone to know that the ADRC continues to provide services to the community during the COVID-19 pandemic. The ADRC provides information on a broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care.

The ADRC of Marinette County wants to connect you to the information that will help you make informed decisions for you or your loved one's future before your personal resources are exhausted and before a crisis occurs and options become limited. The ADRC can connect you to resources for In-home personal care and nursing, housing options, home modifications, adaptive equipment, transportation, Medicare, Medicaid, and Social Security, Care-giver supports and respite, food resources, housekeeping and chore services.

If you would like more information on resources for yourself, a family member, neighbor, or friend, call us at the ADRC and ask to speak with an ADRC Specialist.

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
- 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

Kelly BadkerADRC Supervisor
Barb Wickman.....Administrative Specialist
OpenDementia 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.



We're Here!
GIVE US A CALL

The Aging and Disability Resource Center continues to monitor the Coronavirus (COVID-19) situation. Older adults and individuals with underlying health conditions like heart disease, diabetes, and lung disease are at an increased risk. To assist with reduction of this risk, the ADRC has cancelled and/or postponed events and educational classes until further notice. Most ADRC services continue to be offered, including but not limited to: Information & Assistance, Benefits, Counseling, Dementia Specific Service, and Long Term Care Options Counseling.

The safety of our customers and staff is of utmost importance to us. The ADRC of Marinette County is open; however, we are asking all of our customers to please make initial contact by phone if possible. If you are unable to conduct business by phone, we will discuss scheduling an appointment. Our desire is to provide as much service as possible via the telephone, email, mail or other remote on-line options. We want to protect our clients and our staff.

We can be reached at 715-732-3850 or toll free 1-888-442-3267.

Medical Equipment Loan Closet Remains Open

The Aging & Disability Resource Center loans durable medical equipment to residents of Marinette County who are uninsured or underinsured. Adaptive equipment in the loan closet includes: wheelchairs, walkers, wheeled walkers with seats, tub seats, tub benches, commodes, canes, toilet seat risers and more!

During the COVID-19 pandemic, the ADRC is doing our best to continue this service. Each and every item that is donated, borrowed and returned is sterilized thoroughly.

The ADRC can be reached at 715-732-3850 or 1-888-442-3267, Monday—Friday, 8:30 am—4:30 pm.

Tips to Help Deal With COVID-19 Stress



Wearing masks, excessive hand-washing, social distancing and more are all new precautions we've introduced to our lives. All of these adjustments can cause our stress levels to increase. Everyone reacts differently in times of crisis. For many people, the COVID-19 pandemic has caused stress levels to spike. Some may have difficulty sleeping. Others may be struggling with feelings of isolation and loneliness as social distancing keeps us physically apart. We are capable of adapting but it is not always easy. Below are some ways that can help you cope with the stress.

1—Distract yourself. Make the best of your time. Engage in positive activities. Manage how you consume news and social media. Read. Write. Craft. Try a new recipe. Get outside and move! The brain needs sunlight! Bike. Walk. Clean up the garden and yard. Keep busy.

2—Healthy routines. Get up at the same time each morning, shower, and get dressed. Don't lounge in your pajama's. Eat breakfast, lunch and dinner. Be consistent. Go to bed at the same time each night. Don't get in the habit of an unhealthy routine.

3—Eat healthy, well-balanced meals. Nutrition is important. Cut foods that are high in sodium. Bump up foods that are high in fiber. They will help you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Add foods with lots of color. Foods like dark, leafy greens, fruits and veggies are loaded with vitamins, fiber and minerals. Now is a perfect time to learn simple ways to help your whole family eat healthier.

4—Stay in touch. Although we need to social distance we can still connect with family and friends via phone, FaceTime or Skype. Technology allows us to maintain human contact even if we cannot physically be with our family and friends. Remind yourself you are not alone.

5—Enjoy immediate family. If you have family in the home, play board games, card games, cook together or look at old photos together. Make new memories.

6—Exercise. Make exercise part of your day. Exercise helps you sleep and feel better overall. It will help keep you mentally healthy. Avoid sitting down for too long. If the weather keeps you from going outside for a walk, consider walking on a treadmill or elliptical machine. Try yoga, bands or free weights. Turn up the music and dance!

The pandemic may be especially hard for people who already struggle with anxiety or other mental health conditions. If you are uncomfortable seeking mental health care outside of your home, ask your provider about telehealth or online mental health services. Take time for self-care. Always remember that it is okay to ask for help.

In Touch Senior Call



A FREE SERVICE TO MARINETTE COUNTY RESIDENTS

Call us today to receive a phone call
from an ADRC staff member.

This program establishes contact via
telephone to an elderly person or adults living with
a disability to provide you with a sense of security.

Calls are made at a pre-arranged day and time.
For more information or to register,
call the ADRC at 715-732-3850.

This is a courtesy service of the ADRC of Marinette County.

**Aging & Disability Resource Center
of Marinette County
2500 Hall Avenue, Marinette, WI 54143**

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Email: adrc@marinettecounty.com





The Dementia Friendly Community Coalition (DFCC) of Marinette County strives to achieve Dementia Capable Communities throughout Marinette County

The DFCC continues to work towards creating a more dementia friendly Marinette County despite the current challenges being presented to our area communities.

- The Dementia Friendly “Purple Angel” business trainings are continuing with a new twist...the addition of Technology! “The DFCC is utilizing Zoom when available or if necessary only the telephone to conduct trainings”, per Pam Daye, DFCC Board Member. Although the DFCC prefers to conduct these trainings in person, the use of Zoom does allow for effective sharing of information and continued interaction between the employee and the DFCC Purple Angel Educator. Daye shares that all businesses can benefit from this training.

What is the Purple Angel Business Training? Employees go through a training session and learn how to offer hospitality and support to individuals with memory loss, confusion or other dementia-related symptoms. The training helps support the principle that people living with dementia have the right to live a full life and continue to be involved in their communities. The training helps empower those living with the disease by offering “awareness” to the local businesses. The Purple Angel Business training is specifically designed to provide businesses with the knowledge necessary to best serve and support a customer with dementia and their family and/or caregiver. The DFCC has successfully trained 66 Marinette County businesses including restaurants, churches, dental offices, attorney offices, schools, hair salons, social service agencies, pharmacies and grocery stores. Each training is individualized to meet the unique needs of the business with special consideration given to the length of the training. Once a business completes the training, the business receives a purple angel to display in the business’ window to let people know they are dementia friendly!

- The DFCC has also recently expanded the distribution of the DFCC “Comfort Bags.” Each Comfort Bag contains several items such as a Fidget mat, stuffed animal, squishy ball and other sensory related items that can assist with reduction of stress by helping to distract the individual with dementia during a time of crisis or increased stress. All items are new, never redistributed and are free of charge for the individual to keep. Originally the Comfort Bags were only available for distribution at Aurora Bay Care Emergency Department and Bellin Urgent Care both located in Marinette. However the DFCC recognized the increased need of others residing throughout the community, thus responded by increasing the availability of the Comfort Bags in our area Marinette County communities.

To learn more about the DFCC Purple Angel Business Training or the DFCC Comfort Bags please call the ADRC of Marinette County at 715-732-3850. The Dementia Friendly Community Coalition of Marinette County is committed to creating a more Dementia Capable Marinette County! Please consider joining our efforts!

Pam Daye is a Board Member for the Dementia Friendly Community Coalition and the retired Supervisor of the Aging and Disability Resource Center of Marinette County.



MEDICARE



Open Enrollment

OCTOBER 15 - DECEMBER 17, 2020

Medicare Part D

and

Medicare Advantage Plans

can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by December 7th!

**For more information and assistance with plan comparisons contact the ADRC of Marinette County
715-732-3850 or 888-442-3267**

TIME TO REVIEW YOUR PLAN!

Time to Review Your Medicare Plan

Open Enrollment



Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make the switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Marinette County can also receive free, unbiased assistance with plan comparisons from the Disability Benefit Specialist at the Aging and Disability Resource Center of Marinette County.

Go to Medicare.gov to compare plans online or for local assistance call the ADRC of Marinette County at 715-732-3850 / 888-442-3267.

Assistance is also available through the following resources:

- 1-800 MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783.



LOCAL HELP FOR PEOPLE WITH MEDICARE

FORGETFULNESS

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild
forgetfulness**



**serious
memory problems**



like Alzheimer's disease?

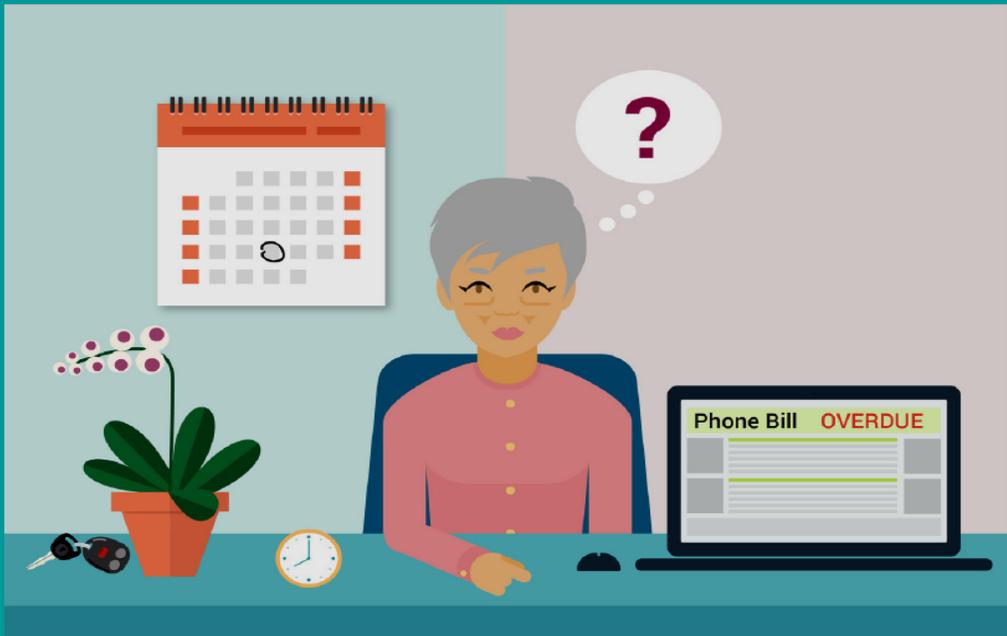
See what's typical and what's not:

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.



A NOTE ABOUT UNPROVEN TREATMENTS

Some people are tempted by untried or unproven “cures” that claim to make the brain sharper or prevent dementia. Check with your doctor before trying pills, supplements, or other products that promise to improve memory or prevent brain disorders. These “treatments” might be unsafe, a waste of money, or both. They might even interfere with other medical treatments. Currently there is no drug or treatment that prevents Alzheimer’s disease or other dementias.

Visit www.nia.nih.gov/understanding-memory-loss for more information about forgetfulness and memory loss.



FOR ADDITIONAL DEMENTIA AND ALZHEIMER’S INFORMATION AND RESOURCES, CONTACT THE ADRC OF MARINETTE COUNTY AT 715-732-3850 OR 888-442-3267. ASK TO SPEAK TO AN ADRC SPECIALIST .

KEY TIMES to Wash Your Hands



- ✓ **Before**
 - Eating or preparing food
 - Touching your face
- ✓ **After**
 - Using the restroom
 - Coughing or sneezing
 - Leaving a public place
 - Handling mask
 - Changing a diaper
 - Caring for someone sick
 - Touching animals or pets

cdc.gov/coronavirus

CS319544-A 08/05/2



Apple Fritter Bread

INSTRUCTIONS:

- 1-Preheat oven to 350°. Spray a 9x5-inch loaf pan with non-stick spray or line with foil and spray with non-stick spray to get out easily for slicing.
- 2-Mix 1/3 C brown sugar and 1 tsp. cinnamon together in a bowl. Set aside.
- 3-Combine & whisk 1-1/2 C flour and 1 3/4 tsp. baking powder together in another bowl and set aside.
- 4-In another medium-sized bowl, beat 2/3 C granulated sugar and 1/2 C softened butter together using an electric mixer until smooth and creamy.
- 5-Beat in 2 eggs, one at a time until blended in; add in 1-1/2 tsp. vanilla, and mix in.
- 6-Add flour mixture into creamed butter mixture and mix until blended.
- 7-Mix 1/2 C milk into batter and continue mixing until smooth.
- 8-Pour half the batter into the prepared loaf pan; add half the chopped apple mixture with the sugar and cinnamon added in.
- 9-Sprinkle 1/2 of the brown sugar/cinnamon mixture you set aside earlier, on top of apple layer.
- 10-Pour the remaining batter over apple layer and top with remaining chopped apples, then the remaining brown sugar/cinnamon mixture.
- 11-Lightly pat apples into batter, swirl brown sugar mixture through apples using knife or spoon.
- 12-Bake in preheated oven until toothpick inserted in the center of The loaf comes out clean, approximately 60 minutes.
- 13-Let loaf rest in pan for about 15 minutes before removing from pan. Let cool completely before drizzling with glaze.
- 14-To make glaze, mix 1/2 C powdered sugar and 1 to 3 Tbsp. milk together until well mixed.

INGREDIENTS

Brown Sugar/Cinnamon Mixture:

1/3 C light brown sugar
1 tsp. ground cinnamon

Bread Loaf:

1/2 C butter, softened
2/3 C granulated sugar
2 eggs, room temperature
1-1/2 tsp. vanilla
1-1/2 C all-purpose flour
1-3/4 tsp. baking powder
1/2 C milk—room temperature

Chopped Apple Mixture

2 large apples, any kind. Peeled and chopped small but not fine. Toss apples with 2 Tbsp. granulated sugar and 1 tsp. cinnamon just before adding it to the bread mixture.

Glaze

1/2 C powdered sugar
1—3 Tbsp. of milk (depending on how thick you like your glaze)

www.thebakingchocolatess.com

JUST FOR FUN



PRESIDENTIAL TRIVIA

1. Name the only president to serve two nonconsecutive terms.
2. Who was the first president to live in the White House?
3. Who was the youngest to become president by election?
4. Which president died in 2019?
5. How old was Nancy Reagan when she died?
6. Which president had the shortest term of office?
7. What has been the average age of the presidents at inauguration?
8. What state did more presidents come from than any other?
9. Who was the first president to be photographed in the White House?
10. Who was the first president to have an automobile?



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



ANSWERS TO PRESIDENTIAL TRIVIA

1. Grover Cleveland was both the 22nd and 24th president.
2. John Adams
3. John F. Kennedy was 43 years, 236 days at his inauguration.
4. At the age of 94 years, 171 days, George H. Bush was the longest-lived U.S. president in history until March 22, 2019, when his record was surpassed by Jimmy Carter.
5. 94 years (1921 – 2016)
6. William H. Harrison died of pneumonia 31 days after he was inaugurated.
7. 55
8. Virginia (and eight presidents were born there)
9. Abraham Lincoln
10. William Taft

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”*

