

The ADRC Connection

Our mission is to be a resourceful place of information and respectful provider of support for the elderly and disabled residents of Waupaca County and their caregivers and to help them achieve dignity and quality of life through maximum independence and choice.



Volume 34 Number 4

Winter 2017-2018

How Do Federal Aging Program Dollars Get to Me?

Source: www.cdpp.org (Center on Budget and Policy Priorities) & Janet Zander, GWAAR

Have you ever wondered how the President's budget actually gets to you, the local American citizen? Before federal budget dollars ever get to local citizens, the dollars are sent through many systems on varying levels of government. The Federal Fiscal Year (FY) starts October 1 of each year and ends September 30 of the next year. The President writes his/her version of a Federal Budget as a recommendation for priority areas and spending. Then, Congress authorizes activities and appropriates funding for all federal agencies. Federal agencies, like the Department of Health and Human Services, must have the necessary Congressional authorities and appropriations for all activities conducted by the Department, must adhere to the Congressional purpose of the funds appropriated, cannot obligate funds before congress passes the appropriation, and cannot exceed the funding timeframe or amounts set by Congress.

Once federal funding has been authorized and appropriated, Con-

gress must pass identical appropriations bills in the House and Senate. Once this is done, the bills are sent to the President to sign into law (or veto). Once funding is signed into law, the funds flow to the federal Administration on Aging (housed within the Department of Health and Human Services), then to the states (for Wisconsin this would be the Bureau of Aging and Disability Resources located within the state Department of Health Services) and then to regional Area Agencies on Aging (in Waupaca County's case this would be GWAAR – Greater Wisconsin Agency on Aging Resources) and then a check is sent to the local county aging unit (Waupaca County Department of Health and Human Services – Aging & Disability Resource Unit).

See page 2 for the flow chart to follow the federal dollars.

See **Federal Program** page 2



Personal Finances Dwindle: Seeking Assistance is Common



By Michelle Gardner,
Information &
Assistance Specialist

Many people spent their twenties through their sixties working and saving for retirement. The plan was to live out their lives in their

home and have enough money to live comfortably. Then, they woke up one day and they were in their eighties and the money they had set aside was dwindling faster and faster each month. They are paying for medical premiums, medications, co-payments, hearing aids, eye glasses and medical supplies.

See **Finances** page 3

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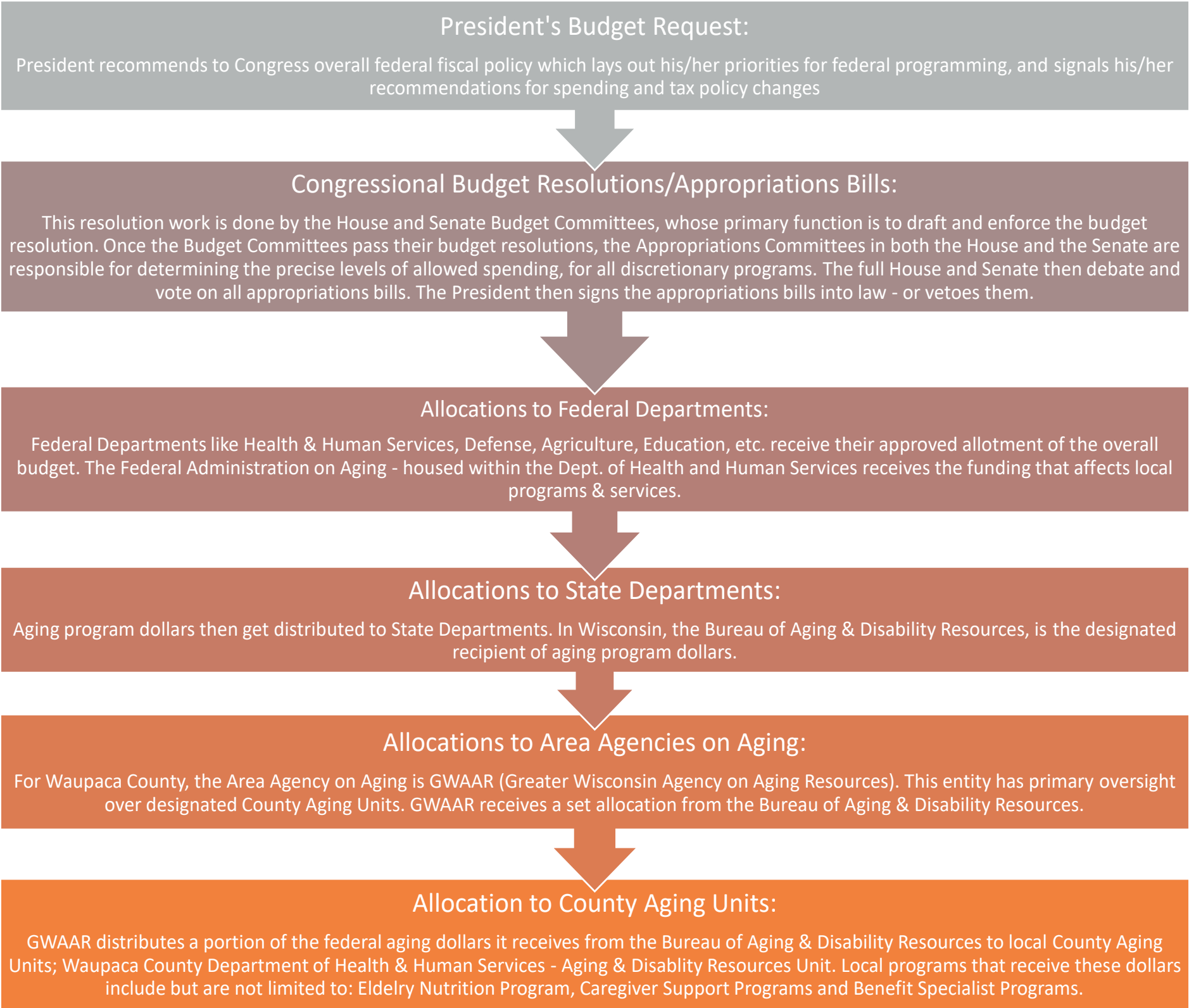
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Waupaca County Aging & Disability Resource Center:
<https://www.facebook.com/adrcofwaupacacounty>

Current and past issues of *The ADRC Connection* are available on our website – www.co.waupaca.wi.us. Visit the regional website – www.yourADRCresource.org

Waupaca County Dept. of Health & Human Services: 715-258-6300
Aging & Disability Resource Center (ADRC): 715-258-6400 or Toll Free: 1-866-739-2372
811 Harding Street – Waupaca WI 54981 Hours: Monday-Friday 8:00am-4:30pm E-mail: ADRC@co.waupaca.wi.us

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Finances from page 1

They also noticed that the cost of food, electricity and gas for their car is continually rising. Tasks that used to come easy for them are getting increasingly more difficult such as mowing the lawn or getting in and out of the shower. It is realized that in-home care is now needed, which is dwindling their money that was set aside even faster. It does not take long to recognize that the increase of medical costs, personal care needs and living expenses along with increased life expectancies; people are simply outliving their money.

What happens when your personal needs increase, the cost of living is ever rising and your personal finances are running out? As an Information and Assistance Specialist for the Aging and Disability Resource Center, I have the pleasure of sitting down and meeting with the elderly population of Waupaca County to assist them with this question. One of the phrases that continually comes up when I meet with people is, "I never thought I would be in a position that my life savings would not be enough to see me through my lifetime. I need some assistance."

With the rising costs of medical care, prescriptions, housing and other essentials, it is becoming more common that seniors do not have enough money saved to meet all of their needs for their entire lifetime. The Aging and Disability Resource Center in Waupaca County has information on many programs and services that exist to fill in the gaps.

The State of Wisconsin offers programs such as Food Share which

can provide extra money to spend on food each month. Also available to eligible individuals is the state Medicaid program to assist with medical bills as well as supplemental plans to assist with paying for your Medicare Part B premium amount. With any questions or to determine if eligibility for any of these programs please contact the Economic Support Call Center at 1-888-256-4563.

Through the Aging and Disability Center (ADRC) we can assist with determining if people are eligible for one of three publicly funded long term care programs designed to help people stay in their homes as long as possible - if that is their wish. If the choice is to move to an assisted living type facility, we can also help assist in determining eligibility for a program to assist with paying for that. To speak to an Information and Assistance Specialist about these programs please call the ADRC at 715-258-6400.

All the programs mentioned above have eligibility requirements and staff from Waupaca County Department of Health and Human Services are available to assist in determining eligibility. These publically funded programs are designed to fill the gaps when personal finances are depleted. The need for financial assistance does not negate the amount of work or financial planning that was done in younger years. The Aging and Disability Resource Center of Waupaca County happily assists individuals with varying needs. Contact for more information today!



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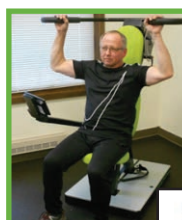
SHADOW WOODS
Independent Living at Bethany

Shadow Woods consists of 40 duplexes differing in sizes and layouts, serving those 55 years and older. All duplexes have riverfront, lakefront or wooded views.



THE PINES, B.C.B.C.
Assisted Living at Bethany

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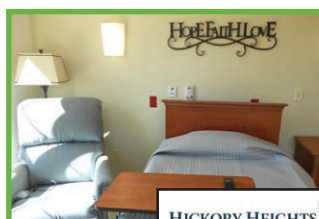
THE SPRINGS
Wellness at Bethany

The Springs is Bethany's wellness and fitness center. As a member of the gym you have access to HUR fitness equipment and may attend a variety of classes for all aspects of health and well-being.



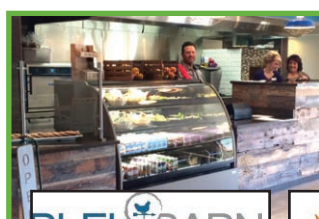
SPRUCE RIDGE
Skilled Nursing at Bethany

Spruce Ridge is Bethany's Skilled Nursing option. Bethany serves residents requiring extensive assistance with daily living activities and skilled nursing care.



HICKORY HEIGHTS
Rehabilitation at Bethany

Hickory Heights is a state of the art rehabilitation unit that Bethany offers for those needing rehab. All rooms are private suites furnished with a fridge, microwave and TV. Each room has a private restroom and shower as well.



BLEU BARN

FIRESIDE GRILL
WOOD-FIRED SMOKHOUSE

Bethany has two unique restaurants available right on campus. One is the Bleu Barn, which offers a rustic feel featuring genuine sandwiches, deli foods, pizza, and pastas. The other choice is the Fireside Grill, this one offers a very comfortable and cozy dining setting with home cooked meals.

Bethany Home Inc. is a non-profit leading rehabilitative and healthcare center. Our team of therapists, nursing staff and restorative staff welcome admissions seven days a week.

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Powers of Attorney:



Planning for Future Decision Making

By: WCDHHS Adult Protective Services Social Workers



Amy Temby, Tracy Wisner & Shawna Hansen

Adult Protective Services social workers in Waupaca County are often asked to assist family members in time of crisis to file for a guardianship of person and/or estate for a loved one that has suffered a medical emergency or other circumstance that leaves them unable to make decisions for themselves. Having a guardian appointed requires a court hearing, involves attorneys and fees. One thing people can do to avoid guardianship is to complete Powers of Attorney (POA) documents.

Wisconsin is NOT a next of kin or family consent state for adults. This means is that family members are not authorized to make decisions for capacitated or incapacitated adult family members. Wisconsin law considers family members, including spouses, as strangers for decision making purposes. This is a common misconception and one that can be difficult to work through when a loved one is in need.

The state of Wisconsin regulates POA for Health Care (Wis. Stat. § 155) and POA for Finances (Wis. Stat. § 244). POA documents can be viewed like an insurance policy – you may never to use it, but if you do, you have them in place.

A POA for Health Care is a document that authorizes another person (called an “agent”) to make health care decisions for the person executing the document (called the “prin-

cipal”), consistent with the terms of the document and based on the wishes of the principal.

A POA for Health Care document only goes into effect if a person is found to be incapacitated (a determination made by two medical doctors – or one medical doctor and a licensed psychologist stating that the person is “unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manager his or her health care decisions – Wis. Stat. § 155.01 (8) of Wisconsin Statutes).

A POA for Finances is a document that authorizes another person (called the “agent” or “attorney-in-fact”) to handle the financial affairs of the person executing the documents (called the “principal”), consistent with the terms of the documents as expressed by principal. A financial POA must be “durable” – meaning the documents remain in effect during a period of incapacity – in order to be useful when the principal is incapacitated.

If a POA for Health Care and/or a POA for Finances document is not executed or other arrangements made (e.g. a trust, appointment of a representative payee, POA on a bank account), a guardian of person and/or estate must be appointed by the court if the principal loses the capacity to make decisions.

Choosing an agent to make decisions under the POA documents is not one that should be taken lightly. A POA agent should be someone that you can trust to follow your wishes and act as you would have if you were speaking for yourself. This person does not automatically have to be a spouse, a child or a sibling. It should be someone that will use the authority you give them under these documents to fulfill your wishes and not benefit themselves. Being an agent requires a certain responsibility that needs to be taken seriously.

Living Wills or Declarations to Physicians are another way people provide some guidance regarding their health care or end of life wishes. However, note that a living

will does not appoint an agent but is only a directive to the treating physician. It is limited to wishes related to certain life sustaining procedures when the principal’s death is imminent due to a terminal condition or when the principal is in a persistent vegetative state. So it is recommended that if someone has a Living Will you should also have a POA for Health Care document to cover other health care situations.

You may be getting together with family members this holiday season. Take the time to review POA documents you have already executed to make sure nothing has changed. If you need to change anything, new documents should be completed to avoid confusion. If you have not yet completed documents, it may be a good time to start thinking about who you would like to appoint as an agent and start those conversations while you are able. On both documents, you can list alternative agents in the event that the agent you chose is unable or unwilling to complete their responsibilities as your agent.

You do not need to seek the assistance of an attorney to complete a POA; however you can do that if it makes you feel more comfortable. Otherwise, state approved forms are available through the Aging and Disability Resource Center of Waupaca County (715-258-6400) or on line at <http://www.gwaar.org/wi-guardianship-support-center.html> or by simply searching on line for powers of attorney for Wisconsin.

Please note that each state will have specific requirements for what information needs to be included in a POA document in order to meet state standards. If you are someone who spends portions of the year in other states, you may wish to seek assistance from an attorney to make sure your POA documents will be honored in multiple states.

If you have any additional questions, please do not hesitate to contact the Aging and Disability Resource Center for Waupaca County at 715-258-6400 or toll free at 1-866-739-2372.

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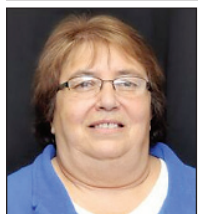
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Network Health Medicare Advantage plans include MSA and PPO plans with a Medicare contract. NetworkCares is a PPO SNP plan with a Medicare contract and a contract with the Wisconsin Medicaid program. Enrollment in Network Health Medicare Advantage Plans depends on contract renewal. Calling the number listed above will direct you to a licensed insurance agent/broker.

Y0108_1310_092817 Accepted 10032017

Questions with an Economic Support Specialist

Topic: Divestment



By: Pat Moe, Economic
Support Specialist with
Waupaca County DHHS



1. When talking about qualifying for public benefits, we sometimes hear the term, "Divestment." What is "Divestment?"

- » Divestment is the transfer of income, non-exempt assets, and home-stead property, which belong to someone living in a formal care facility or his/her spouse or both. "Transfer" is the act of changing the legal title or other right of ownership to another person for less than fair market value. In other words, Divestment is an individual giving away their income or assets to another person. Individuals applying for public assistance including healthcare coverage through state Medicaid should be aware that the state of Wisconsin looks back as far as 5 years to determine if Divestment has occurred.

2. Why is it important for individuals who are aging and/or their loved ones to be aware of Wisconsin Medicaid Divestment rules?

- » If it is determined that an individual has Divested funds or assets, they may be ineligible for a period of time known as a "Penalty Period" for publically funded long-term care. This can cause financial and emotional hardship for the individual and/or their family and caregivers. Remember what may be acceptable for tax rules may not be acceptable for divestment rules.

3. What is a "penalty period" and how is it calculated?

- » A penalty period is a period of time that an individual is not eligible for Wisconsin Medicaid long-term care services payment. Individuals may still be able to receive Medicaid card services. Card services only cover medical needs; not full nursing home stays or other in-home care. Penalty periods are calculated in day increments.

4. Why can't I just give my money to my relatives and still qualify for Wisconsin's Medicaid programs?

- » The Wisconsin Medicaid rules do not allow you to give away assets to become eligible for Medicaid programs. However, if you gave away assets 5 years prior to applying there will not be any penalty period.

5. Can I remedy a divestment?

- » Absolutely. The easiest way to remedy a Divestment is the people who received the gift of money or assets returns those funds or assets in its entirety. That would satisfy the Divestment. You may apply for a "Hardship." An example would be if an individual received an eviction notice from a Nursing Home. Hardships are determined by the local County Economic Support Teams.

6. Who can I contact if I want to learn more about Wisconsin Medicaid programs and whether I am financially eligible?

- » Contact your local Aging & Disability Resource Center for information on Wisconsin Medicaid programs and Wisconsin long-term care services. (715) 258-6400.



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Hoarding: What It Is and Isn't



Leah Klein,
Aging & Disability
Resource Unit
Manager

You've seen the shows about hoarding on T.V. You may know a friend or family member who has trouble throwing things away. It's time to get the facts about a commonly misrepresented concern: Hoarding. According to the Mayo Clinic, Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. To strangers, it may seem incomprehensible why an individual would save items like old milk jugs

or fast food wrappers. To individuals who hoard, hoarded items are a safety net, a lifeline, and sometimes take the emotional place of a loved one who may have passed.

The cause of hoarding behavior is not conclusive. Individuals of all ages have life experiences that are vast and diverse. Individuals also have varying levels of coping abilities when life events are difficult to process. Some people believe that individuals who hoard are "just senseless" or are "too lazy to clean." In almost all hoarding situations, that is not the case. Typically, individuals who hoard know exactly where all items are in their homes. They may not have seen an item in years, but they know exactly which pile an item is in.

Members of a community that know of an individual who hoards may have concerns about that individ-

ual's health and safety. Often times, County Human Service organizations are requested to intervene. Hoarding can range from mild to severe. Whether it be County Human Services, Public Health Departments or other organizations, often times those entities can provide little assistance other than information on resources.

When community members report concerns of a neighbor who may be hoarding, County Health and Human Service departments often deploy an Adult Protective Services (APS) Social Worker. Although these APS Social Workers do have the ability to recommend removal from the home, they follow strict rules set forth by the Wisconsin Statutes regarding an individual's competency, or, ability to make their own health and safety decisions. APS Social Workers must assume an individual is competent

until a formal court proceeding determines otherwise.

Individuals who hoard may have experienced deep loss or tragedy in their lives and/or may be dealing with a mental illness. If you are concerned that a loved one or a neighbor may be at risk due to assumed hoarding tendencies you may contact the Waupaca County Department of Health and Human Services to make a referral. (715) 258-6400. Reports are kept anonymous. Those reporting a concern should keep in mind that although they have made a report, it is not guaranteed that assistance will be provided if the individual who hoards is competent and refuses help.

Sources:
www.mayoclinic.org



Understanding VA Healthcare



Jesse P. Cuff
Waupaca County
Veterans Service Officer
Courthouse, 811 Harding Street
Waupaca, WI 54981
715-258-6475
www.facebook.com/WaupacaVeteransOffice
Hours: Mon.-Fri. 8a-4p

WHAT IS VA HEALTHCARE?

VA Healthcare provides no-cost care to indigent Veterans, Veterans with catastrophic medical conditions, Veterans with a disability rating of 50 percent or higher, or for conditions that are officially rated as "service-connected." VA Healthcare is not insurance. In order to take advantage of this benefit you must be eligible, apply, and be enrolled. Every Veteran has a unique eligibility status which affects the specific benefits they may receive.

WHO IS ELIGIBLE?

You may be eligible if you were discharged from service under other than dishonorable conditions and meet:

Source / for more information:

- <http://www.va.gov/HEALTHBENEFITS/apply/veterans.asp>
- http://www.va.gov/healthbenefits/resources/publications/IB10-438_combat_veteran_eligibility.pdf
- <https://www.1010ez.med.va.gov/>
- http://www.va.gov/healthbenefits/resources/publications/IB10-441_enrollment_priority_groups.pdf

Minimum Duty Requirements

Most Veterans who enlisted after September 7, 1980, or entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to Veterans who were discharged for a disability incurred or aggravated in the line of duty, for a hardship or "early out," or those who served prior to September 7, 1980. Since there are a number of other exceptions to the minimum duty requirements, VA encourages all Veterans to apply so that we may determine their enrollment eligibility.

Combat Veterans who were discharged or released from active service on or after January 28, 2003, are now eligible to enroll in the VA health care system for 5 years from the date of discharge or release. NOTE: The 5-year enrollment period applicable to these Veterans begins on the discharge or separation date of the service member from active duty military service, or in the case of multiple call-ups, the most recent discharge date.

Combat Veterans who were discharged or released from active service after January 1, 2009, and before January 1, 2011, who did not enroll within the 5 years as stated above, are now eligible to enroll in the VA health care system for an additional period of one year beginning February 12, 2015.

Enhanced Eligibility

Certain Veterans may be afforded enhanced eligibility status when applying and enrolling in the VA healthcare system. Veterans who:

- Are a Former Prisoner of War (POW)
- In receipt of the Purple Heart Medal.
- In receipt of the Medal of Honor.
- Have a compensable VA awarded service-connected disability of 10% or more.
- In receipt of a VA Pension.
- Were discharged from the military because of a disability (not preexisting), early out, or hardship.
- Served in a Theater of Operations (for 5 years post discharge).
- Served in the Republic of Vietnam from January 9, 1962 to May 7, 1975. *U.S. Navy and Coast Guard ships associated with military service in Vietnam see VA site.*
- Served in the Persian Gulf from August 2, 1990 to November 11, 1998.
- Were stationed or resided at Camp Lejeune for 30 days or more between August 1, 1953 and December 31, 1987.
- Are found by VA to be Catastrophically Disabled.
- Previous years' household income is below VA's National Income or Geographical-Adjusted Thresholds.

Note: To determine your eligibility, check eBenefits, contact VA Eligibility Center at 1-888-768-2132, or contact our office at 715-258-6475.

Understanding these and other VA Benefits can seem daunting, but the Waupaca County Veterans Service Office can help. If you could use a little help navigating the VA Benefit system please schedule an appointment today!

Jesse P. Cuff, Waupaca County Veterans Service Officer, 715-258-6475



Waupaca County 2019-2021 3-Year Aging Plan Community Input Survey

Please fill out this survey in its entirety.

Return To: Pat Huber
811 Harding Street
Waupaca, WI 54981

1. Where I Live:
☐ Clintonville ☐ Iola ☐ Manawa ☐ Marion ☐ New London ☐ Waupaca
☐ Weyauwega ☐ Fremont ☐ Scandinavia ☐ Ogdensburg ☐ Other: _____
2. My Age:
☐ 18-55 ☐ 55-59 ☐ 60-79 ☐ 80+
3. Gender:
☐ Male ☐ Female
4. My Employment Status:
☐ Employed ☐ Unemployed ☐ Retired ☐ Volunteer: _____
☐ Full Time
☐ Part Time
5. Living Arrangement:
☐ Alone ☐ With Family/Friends ☐ Assisted Living ☐ Skilled Nursing Facility
☐ Alone with formal supports
6. The Waupaca County Aging Programs I am Familiar With:
☐ Senior Dining Sites ☐ Elder Benefit Specialist
☐ Home Delivered Meals (Meals on Wheels) ☐ Other: _____
☐ Prevention Classes (Stepping On, etc.)
☐ Caregiver Support
7. When I think about my needs, the most important things are: *(check all that apply)*
☐ Physical Health ☐ Access to Affordable Health Care ☐ Spirituality/Religion
☐ Mental & Emotional Health ☐ Support in my home ☐ Employment
☐ Transportation ☐ Independence ☐ Staying Active
☐ Financial Security ☐ Being near my family/friends
☐ Other: _____

8. What do you think you will need in the next 3, 5, or even 10 years to help you remain as independent as possible? _____

9. What are the 3 most important issues facing older adults today?
1) _____ 2) _____
3) _____
10. What does healthy aging mean to you? _____

11. What do you want Waupaca County Department of Health and Human Services to know as they develop a 3-Year Aging Plan to invigorate, improve and expand services and supports offered to the aging population in Waupaca County?

12. ☐ I want to be contacted to provide additional input.
Phone: _____ Cell: _____
E-Mail: _____ Address: _____

Thank You

Because of your input, the Waupaca County 3-Year Aging Plan will be more personal and meaningful. Waupaca County Department of Health and Human Services is a partner in the aging process and the more we know about you, the better we can tailor our services to meet your needs.

Waupaca County Department of Health and Human Services

VISION

We help the people of Waupaca County to be safe and connected.

*We ensure people's safety by attending to their basic needs.
We engage and build people's natural support networks in the helping process,
because together we are stronger.*

Waupaca County Department
of Health and Human Services



SPECIAL BULLETIN:

Waupaca County Department of Health and Human Services needs you! We are requesting input on the programs and services offered to aging individuals in Waupaca County. Aging Programs staff from Waupaca County will be hosting 3 Listening Sessions from January—March 2018. This is your time. Any and all community members welcome.

Call: (715) 258-6400 for Info!

Listening Sessions:

January: Wednesday January 17, 2018 10:30am-11:30am
Waupaca County Courthouse, Basement LL42

February: Wednesday February 21, 2018 5:00pm-6:00pm
Little Wolf Town Hall (E6325 Cty Rd N Manawa, WI 54949)

March: Wednesday March 21, 2018 1:00pm-2:00pm
New London Senior Center (500 W. Washington St New London, 54961)

Topics:

Transportation
Nutrition
Caregiving
Activities
Health Promotion
Dementia/Memory Issues
AND MORE!



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to a Listening Session? Call
our Transportation
Coordinator today!

715-258-6279



Aging & Disability Resource Center (ADRC)

Hours: 8:00 a.m. to 4:30 p.m. *Walk-Ins Welcome*

Phone: 715-258-6400 or 1-866-739-2372

E-mail: adrc@co.waupaca.wi.us



"Like" the ADRC on Facebook!

Waupaca County Aging & Disability Resource Center:
<https://www.facebook.com/adrcofwaupacacounty>

Waupaca County Courthouse

811 Harding Street, Waupaca - Second level

Do You Have Plans for Lunch?



Leah Klein,
Aging & Disability
Resource Unit
Manager

Every day, millions of Americans eat alone. Study after study proves that when eating alone, your risk of poor nutritional intake significantly increases. For seniors, poor nutrition is compounded with other health conditions and not to mention food insecurity. Food insecurity, according to Merriam-Webster Dictionary, is the inability to consistently access or afford adequate food.

For seniors (60+ years of age) living in Wisconsin, there are resources available 5-days per week to receive a nutritious, well-balanced, hot meal. Regardless of income, seniors living right here in Waupaca County have access to seven (7) Senior Dining Sites; Iola, Manawa,



Marion, Clintonville, New London, Waupaca and Weyauwega. The donation-based meals have been available in Waupaca County since the 1970's! So why don't more people know about this program and take advantage of it? I have a few guesses.

First, the Senior Dining program has a well-known sibling- Home

Delivered Meals, better known as Meals on Wheels. The Home Delivered Meal program is nationally recognized as a wonderful support to seniors who are homebound. At the Aging & Disability Resource Center in Waupaca County, we often see that the home delivered meal program is a gateway service for individuals who are aging. The program is the most familiar to family members seeking help for their loved ones; "Let's sign Mom and Dad up for meals on wheels!"

Sometimes, there is an unintentional outcome created with home delivered meals - unnecessary isolation. Although the home delivered meal program is absolutely appropriate in most cases, a senior receiving meals at home who is able to leave the home under normal circumstances may be better served at one of our Senior Dining Sites. Our Senior Dining Sites provide a warm, friendly and welcoming atmosphere where people can dine together, share conversation and interact.

Second, we're busy! Individuals who are aging are working longer and often have multiple "retire-

ments." From a long-standing career to a part-time job or hobby to helping care for grand children or even great grandchildren, individuals who are aging are not slowing down. Many seniors are also working out of financial necessity.

I've also heard some seniors say, "I'm not old enough for the senior dining sites." To receive a donation-based meal at any one of our seven (7) Senior Dining Sites, you have to be 60 years of age or older or the spouse/domestic partner of an eligible older individual participating in the program.

The Senior Dining Sites in Waupaca County want YOU! Our program thrives because of the people who join us every day or even once in a while. Without people coming to eat at our Senior Dining Sites, it becomes difficult to sustain this important and vital program. Before you consider home delivered meals*, visit us at the Senior Dining Site** nearest you and give us a try. If you're in your second retirement, slow down and join us for lunch! And, you're only as old as you feel. But if you're 60+ years of age, see if you feel like dining with us! See page 13 of this publication for locations and contact information! We hope to see you soon!

***Home Delivered Meal service requires an in-home assessment to determine eligibility. Call (715) 258-6400 for details.**

****Simple registration form required upon dining for the first time.**

*****Transportation to and from a Senior Dining Site may be available in your area! Call (715) 258-6279 for details.**

Resources:
www.merriam-webster.com

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- Microwave (some units)
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- Air conditioner
- Washer and dryer or hookups (most units)
- Mailboxes on site
- Community room (most locations)
- Smoke-free property
- Conveniently close to neighborhood amenities

RENT INCLUDES:

- Heat
- Hot and cold water
- Sewer
- Garbage service
- Snow removal
- Lawn care

LOCATIONS:

- Adams
- Berlin
- Brillion
- Clintonville
- Colby-2 locations
- Iola
- Manawa
- Mauston
- Montello
- Nekoosa
- Seymour
- Waupaca
- Wausau-high-rise w/elevator
- Weyauwega
- Wisconsin Rapids-2 locations

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Transforming People
and Communities





Medicare's Preventive Benefits Can Help You Kick the Habit



*Submitted by Peggy Strey, Elder Benefit Specialist
By the GWAAR Legal Services Team*

Medicare's Preventive Benefits can help people with Medicare feel better and live healthier. The best way to stay healthy is to live a healthy lifestyle. But what if you smoke? Smoking tobacco can cause many health problems, like heart disease, respiratory diseases, and lung cancer. Quitting smoking can help prevent these health problems, and Medicare can help you take the first step.

November is lung cancer awareness month. With the holiday season around the corner, this is a great time to talk with your doctor about quitting, if you smoke. Medicare covers eight face-to-face smoking cessation counseling sessions during a 12-month period. If you haven't been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

Medicare also covers a lung cancer screening once per year for people who meet all of the following conditions:

- Age 55-77
- No current signs or symptoms of lung cancer
- Current smoker or have quit within last 15 years
- A tobacco smoking history of an average of one pack a day for at least 30 years
- Obtain written order from physician or qualified non-physician practitioner

You generally pay nothing for this screening if your doctor or qualified health care provider accepts assignment.

Remember, taking advantage of these and other Part B preventive services and screenings is an important step in promoting good health.

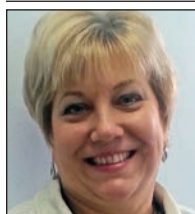
More information about the preventive tests/screenings covered by Medicare can be found in the Medicare and You 2018 handbook or on the Medicare website (www.medicare.gov).

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GWAAR Medicare Outreach Team



How to Protect Yourself from Identity Theft



*Submitted by Peggy Strey, Elder Benefit Specialist
By the GWAAR Legal Services Team*

It seems like each week we learn of a new data breach at a retailer or another organization that has access to consumers' personal information. It's important to protect yourself from identity thieves looking to use your personal information to commit fraud. They may try to use your credit cards, access your bank accounts, or even open new accounts in your name. This can happen if someone has access to any combination of the following information: name, address, date of birth, social security number, ATM pin (Personal Identification Number), bank account number, credit card number, or Medicare number.

You might not realize that you were a victim of identity theft until you look at your financial statements or a credit report and see charges you didn't make or accounts you don't remember.

The following are some steps you can take to prevent an identity

thief from getting a hold of your personal information.

- Don't carry your Social Security card with you or use your social security number as a password for anything.
- If you don't need to save them, shred bills, bank statements, receipts, credit card offers, and any other items that have your personal or financial information.
- If you're going out of town, have the post office hold your mail.
- Never give out personal information unless you initiated contact.
- Sign up for the Do Not Call Registry at <https://www.donotcall.gov/> or by calling 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you're registering.
- Stop pre-approved credit card offers by using the Opt Out website at www.optoutprescreen.com or by calling 1-888-567-8688.
- Check your bills, bank statements, and Medicare summary notices as soon as you get them to make sure there are no unauthorized charges. If there are, report them right away.
- Make sure you have updated

antivirus protection, spyware protection, and a firewall on your computer.

- Check your credit report each year. You can get a free credit report at www.annualcreditreport.com or by calling 1-877-322-8228.

If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.

- Tell your bank that your identity was stolen even if your bank accounts haven't been accessed and your ATM card wasn't used. Your bank can reopen your accounts with new numbers and give you a new ATM card with a different number and PIN.
- Contact your credit card company if someone has opened a new credit card in your name.
- Report the theft to police. Your local police department has to prepare a police report even if the identity theft happened somewhere else. Make sure you get a copy of the report for yourself.
- Tell the Department of Motor

Vehicles if your driver's license or ID card was stolen.

- Consider putting a **fraud alert** on your credit report by contacting one of the three credit reporting agencies: Transunion (1-800-680-7289), Experian (1-888-397-3742), or Equifax (1-800-525-6285). The fraud alert will last for 90 days, and it will require businesses to take extra steps to verify your identity before opening an account for you.
- Consider putting a **security freeze** on your credit report. The freeze will remain in place until you release it. In order to request a freeze, contact each of the three credit reporting agencies. Unless you have a police report, each agency will charge \$10.

File an identity theft complaint with the Bureau of Consumer Protection. You can file a complaint by obtaining a complaint form online at www.datcp.wi.gov or by calling 1-800-422-7128.

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High Energy Costs Getting You Down?

Energy Services for Waupaca County May Be Able to Help!

By: Kathryn Anderson,
Energy Services, INC. Wisconsin

Basic necessities like heating and eating should not be debated during Wisconsin's frigid winters. That is where Energy Services Inc. steps in for Waupaca County. ESI provides for those struggling to meet basic survival needs like the elderly, disabled, hard working young families and struggling veterans who should never have to make the tough choice between heating and eating. Energy Services Inc. was formed for the sole purpose of reaching out to those most vulnerable and those facing a life threatening energy related crisis, often alone.

Recognizing that pride or lack of awareness of available help prevents those most in need from receiving much needed assistance. Energy

Services places a special emphasis on reaching out to those most at risk and reluctant to apply for low income energy related assistance programs. Energy Services for Waupaca County Staff is available to assist households struggling with their limited incomes to obtain energy assistance grants and obtain their simple gross income verification needed to qualify. "Our organization is committed to doing everything possible so that no one struggling to pay their utility bills is neglecting their other basic survival needs", according to Timothy Bruer, Energy Services Founder and Executive Director.

With pride often deterring those most in need from receiving much needed help, we're not only encouraging those reluctant to apply, but we are calling upon family, neighbors, and friends to contact us so that we are able to follow up and avert life threatening situations

from occurring. For more information call Energy Services for Waupaca at (715)-258-6820. Along with providing emergency related assistance, the organization and one time energy assistance grants to eligible households, the organization also helps working with utilities and fuel vendors to establish much more affordable payment plans as well. It works closely with other organizations to provide other forms of assistance to meet the individual household's basic survival needs. As part of applying and receiving low income energy assistance benefits, those participants are also prequalified for the possibilities of being able to receive low income conservation weatherization services from the CAP services inc. weatherization agency. With the bitter cold upon us, low income, elderly and disabled households are encouraged to not delay, call Energy Services at Wau-

paca is today at (715)-258-6820. Or stop in at the Service Center located on 1300 Royalton St. Waupaca, WI 54981.



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Wisconsin Department of Health Service's Dementia-Care System Redesign:

By: Wisconsin Department
of Health Services
www.dhs.wisconsin.gov

Alzheimer's disease and related dementias are already straining Wisconsin's long-term care system, and the number of people affected is expected to increase dramatically as the baby boom generation ages. Former Department of Health Services Secretary Kitty Rhoades committed the Department to working to change the way state residents with Alzheimer's disease and other dementias are cared for in Wisconsin. The mission is to provide appropriate, safe, and cost-effective care throughout the course of the disease.

The large numbers of people affected, the devastating impact that Alzheimer's disease and related dementias have on the affected people and their families, and the significant cost of providing care that can stretch over many years are all compelling reasons for re-examining and improving the dementia care system in Wisconsin.

An additional reason for undertaking the Dementia Care System Redesign now is to provide a system-wide context for addressing pressing issues raised by the Wisconsin Supreme Court's Helen E.F. decision, issued in May 2012. In the Helen E.F. decision, the Court held that a person with dementia but with no accompanying mental illness could not be involuntarily committed for treatment under Chapter 51 of the Wisconsin Statutes, which addresses mental illness, substance use disorders and developmental disabilities. The Wisconsin Supreme Court further held that a person with dementia as his or her sole condition would more appropriately be subject to provisions under Chapter 55, which covers the Protective Service System for individuals in need of protective placement and services.

Following an October 2013 Dementia Care Stakeholder Summit, the Department of Health Services

created a draft Dementia Care System Redesign Plan with a focus on steps the Department can take, working with its many partners, to address gaps in the current care delivery infrastructure and expand community and crisis services for people with dementia. In early 2014, the System Redesign Plan was released as a draft so the Department could seek input from partners throughout the dementia care network. Comments made through a Stakeholder Survey, as well as those provided directly to Department leaders, were reviewed and considered as the Plan was revised. Some of the comments were incorporated into the System Redesign Plan and others will be included in implementation. Additional comments will be used to guide future versions of the Dementia Care Plan. The System Redesign Plan will be updated and revised as progress is made on the initial priorities and lessons learned along the way.



What's in the Plan?

Community Awareness and Services:

Increase understanding and awareness of Dementia, facilitate early identification and intervention, and provide support for family caregivers

Facility-Based Long Term Care:

Address barriers that deter some facilities from admitting and providing ongoing care for residents with challenging behaviors, continue to improve on the quality of dementia

care in facility settings, promote dementia-friendly facility designs

Care for People with Significant Challenging Behaviors:

Expand capacity for crisis response and stabilization, clarify procedures for emergency protective placements, address the shortage of facilities designed to accept emergency protective placements

Dementia Care Standards and Training:

Catalog and publicize existing dementia training programs, develop dementia care standards for caregivers/providers/other professionals

Research and Data Collection:

Develop and implement a data

collection plan to facilitate quality measurement related to dementia care, inventory providers of dementia care, and analyze the cost implications of strategies in the Dementia Care Redesign Plan

The Dementia-Capable Wisconsin Plan includes over 40 strategies. Some of the strategies, such as the Wisconsin Music & Memory Program and a Dementia Friendly Communities chat group through a partner agency, Dementia Friendly Communities in Wisconsin, are already underway. Others, such as the development of additional training opportunities and models for "dementia capable" crisis intervention teams, are in process. You can request regular e-mail updates on the Plan's progress by signing up for the e-mail list at the Wisconsin Department of Health Services Website.



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www.StJosephResidence.com

Disability Rights Wisconsin:

disabilityrights | WISCONSIN

What You Should Know

Information From:
www.disabilityrightswi.org

What is Disability Rights Wisconsin (DRW)?

Disability Rights Wisconsin is a private nonprofit organization which was founded in 1977. Designated by the Governor to ensure the rights of all state citizens with disabilities through individual advocacy and system change, DRW is part of a national system of federally mandated independent disability agencies. DRW is completely independent of government and the disability service system in order to be free of any conflicts of interest which

would undermine their capacity to advocate vigorously on behalf of the human and legal rights of people with disabilities. Disability Rights helps people across Wisconsin gain access to services and opportunity through its advocacy and legal expertise. DRW regularly challenges the systems and society to create positive change and improve the lives of people with disabilities. Committed board and staff members are among the strongest advocates in the state. DRW supports the right of each person to live in dignity, to work and to attend school in the mainstream of society. The agency also works on disability issues with state and local governments. DRW receives financial support from individuals and private foundations and from training fees and government grants.

How to Get Help from DRW?

An Intake Specialist will ask about your concern. If your concern is an identified priority issue (see below), DRW staff will discuss with you if they can provide advocacy services to help you. When DRW is able to provide help, the advocacy services they can offer may include: information and referral; advice and guidance in self-advocacy, investigation, negotiation or mediating on your behalf, or representing you in legal proceedings. Disability Rights Wisconsin does not provide legal assistance for bankruptcies, traffic tickets, criminal cases or family law issues like child custody, child support or divorce.

Priority List:

Abuse and neglect, patient rights, deinstitutionalization, long-term care, special education, voting rights, discrimination in employment and housing, barriers to accessibility, SSI managed care, Medicare Part D Helpline, program attorney services to disability benefit specialists, assistive technology, and access to services.

Contact DRW for Assistance and More Information:

Disability Rights Wisconsin
131 W. Wilson Street, Suite 700
Madison, WI 53703
Phone: (608) 267-0217
Toll Free: 1-800-928-8778
Fax: (608) 267-0368

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FRIDAY 9 A.M.-7 P.M.;
SATURDAY 9 A.M.-5 P.M.



TERMINOLOGY TIME



Elder Benefit Specialist (EBS):

A person in each county, usually in the county aging office, who helps individuals 60+ years of age obtain and keep public benefits such as Medicare, Medical Assistance, and other human services program benefits.

Disability Benefit Specialist (DBS):

A person in each Aging & Disability Resource Center who helps individuals age 18-59 with public benefits such as Medicaid, Social Security, Disability, and other human services program benefits.

HOT TOPIC: Transportation

Transportation is one of the major concerns for our community. As a rural community, Waupaca County faces challenges in ensuring all of its citizens have the adequate transportation necessary for everyday needs such as medical appointments, shopping, spiritual services, errands and other trips. In 2018, Waupaca County will be taking part of a 5-Year Coordinated Transportation Plan process with the East Central Wisconsin Regional Planning Commission. Look for additional information about public meetings and opportunities for community input in the Spring 2018 ADRConnection!

COMMITTEE ON AGING MEMBERS NEEDED!

The Waupaca County Committee on Aging is seeking new members. This formal, county-supported Committee meets 4 times per year at the Waupaca County Courthouse. It is a requirement that this Committee oversee and support decisions that guide the aging programs and services offered locally in Waupaca County. Discussions and decisions range from the meals on wheels program, caregiver support, transportation and other needs affecting aging individuals today. Committee Member terms are up to 6 years, (three 2-year terms). If you or someone you know may be interested in serving on this Committee, call Leah Klein (ADRU Manager) at 715-258-6274.



Senior Dining



RESERVE YOUR MEAL THE DAY BEFORE!



Waupaca County Senior Dining Sites	Contact Information
Clintonville Senior Dining Site Clintonville Community Center Building 30 S. Main Street – Clintonville WI, 54929 Serving Time: 11:30 am	Site Manager: Patti Peters Phone: (715) 823-7667 Caterer: Main Street Café, Marion, WI
Iola Senior Dining Site Iola Living Oaks 505 W. Iola Street – Iola, WI 54945 Serving time: 11:00 am	Site Manager: Lily Bednarski Phone: (715) 445-2548 Caterer: Iola Living Oaks, Iola, WI
Manawa Senior Dining Site Town of Little Wolf Town Hall E6325 County Rd N (P.O. Box 98) Manawa, WI 54949 Serving Time: 11:30 am	Site Manager: Mona Golla-Kolosso Phone: (920) 596-3320 Caterer: Iola Living Oaks, Iola, WI
Marion Senior Dining Site Lions Point 325 W. Garfield Ave. (P.O. Box 253) Marion, WI 54950 Serving Time: 11:30 am	Site Manager: Mary Riske Phone: (715) 754-2482 Caterer: Main Street Café, Marion, WI
New London Senior Dining Site Washington Center 600 W. Washington Street – New London, WI 54961 Serving Time: 11:30 am	Site Manager: Kim Ebert Phone: (920) 982-8522 Caterer: Main Street Café, Marion, WI
Waupaca Senior Dining Site Trinity Lutheran Church 206 E. Badger Street – Waupaca, WI 54981 Serving Time: 11:30 am	Site Manager: Joanne Samack Phone: (715) 258-9598 Caterer: Schueller's Great exSPECHTations
Weyauwega Senior Dining Site Weyauwega Community Center 109 E. Main St (P.O. Box 628) Weyauwega, WI 54983 Serving Time: 11:30 am	Site Manager: Shani Appleby Phone: (920) 867-3213 Caterer: Schueller's Great exSPECHTations

Eligibility: Persons who are 60+ years of age, the spouse of someone 60+ years of age who is participating in the program or a disabled adult under age 60 who is living with a eligible older person participating in the program.

Suggested Donation: \$4.00 per meal *No eligible person will be denied a meal due to inability or unwillingness to contribute toward the cost of their meal

Volunteer Opportunity: If you are interested in delivering Meals on Wheels or interested in volunteering at the Senior Dining Sites please call our Volunteer Coordinator: (715) 258-6277



Caregiving During the Holidays

Know the signs of caregiver stress and where to find help

*Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging
Resources*

Getting together with family and friends is a tradition around the holidays. But family gatherings can also lead to major worries over the well-being of an older or disabled family member and the person caring for him or her, especially for people who don't live nearby. When arriving home for the holidays, adult children are often startled to see how much mom's health has declined, and may be even more

shocked to see dad struggling to take care of her at home. This makes the holidays a prime time for families to recognize the signs of caregiver stress and know where to find help for caregivers.

There are several signs that a family caregiver may be in trouble.

- ❑ Changes in demeanor or personality
- ❑ Withdrawing from social activities that they used to enjoy doing
- ❑ Denial about the health of the person they are caring for or the reality of the situation
- ❑ Mood changes or signs of depression, anxiety, anger or irritability
- ❑ Short-term memory problems, poor concentration, or unnecessarily repeat actions or chores
- ❑ Increase in their own health problems as a result of caregiving
- ❑ Difficulty sleeping or feeling exhausted much of the time

Answering "yes" to any of these

questions is a strong indicator of caregiver stress. It is also a sign that help is needed.

Sometimes caregivers don't seek help because they don't identify themselves as caregivers and even when they do, they may not be open to accepting help. Conversations with family and friends about the challenges of caring for someone can help a caregiver better relate to the role and be more receptive to assistance. Gaining support and understanding from family members is a great first step in getting a caregiver who is feeling stress to accept assistance.

Recognizing the symptoms of caregiver stress and starting the discussion are only the first part of the equation – finding help is the second and most crucial step in support-

ing struggling caregivers. Waupaca County Department of Health and Human Services can provide comprehensive information and assistance for caregivers on services such as adult day care, home health and personal care, living options, respite care, support groups, financial and legal matters related to caregiving, home delivered meals, transportation and much more.

Holiday gatherings are a great time to offer encouragement, support and assistance to family caregivers. Help isn't always easy to find, but there are options available for caregivers. Call Waupaca County Department of Health and Human Services (715) 258-6400 for assistance.



IMPORTANT INSTRUCTIONS: Winter Weather and Meals On Wheels

Winter weather is already here! The cold, snow and ice are never a surprise to people living in Wisconsin. The following information is what you need to know as a participant in our Meals on Wheels or Senior Dining programs. When winter weather strikes – the senior nutrition program may need to close for the day to ensure safety of our participants, meal deliverers and program staff.

Nutrition Site Location	Inclement Weather Instructions
Clintonville Site Phone: 715-823-7667 Contact: Melissa Anderson	- If the Clintonville School District is closed – the Nutrition Site will be closed and Meals on Wheels will be cancelled - Listen to WJMQ (1380 AM) or 92.3FM OR tune to WBAY channel 2 for closing notice
New London Site Phone: 920-982-8522 Contact: Kim Ebert	- New London Site Manager makes the decision on closures. - Listen to WJMQ 92.3 for closing notice
Iola Site Phone: 715-445-2548 Contact: Lily Bednarski	- If Iola/Scandinavia School District is closed-the Nutrition Site will be closed and Home Delivered Meals cancelled. - Listen to WDUX radio for closing notice
Manawa Site Phone: 715-596-3320 Contact: Mona Golla-Kolosso	- If Manawa School District is closed- the Nutrition Site will be closed and Home Delivered Meals will be cancelled. - Listen to WDUX Radio for closing notice - Site Manager calls to notify drivers and kitchen volunteers for the day of the closure
Waupaca Site Phone: 715-258-9598 Contact: Joanne Samack	- If Waupaca School District is closed- the Nutrition Site will be closed and Home Delivered Meals will be cancelled - Listen to WDUX Radio and Local Fox news for site closures - Site Manager calls to notify drivers and kitchen volunteers for the day of the closure.
Marion Site Phone: 715-754-2482 Contact: Mary Riske	- If Marion School District is closed- the Nutrition Site will be closed and Home Delivered Meals will be cancelled. - Listen to WJMQ and WTCH radio - Site Manager calls home delivered meal participants and driver to notify of the closure.
Weyauwega/Fremont Site Phone: 920-867-3213 Site Contact: Shani Appleby	- If Weyauwega/Fremont School District is closed- the Nutrition Site will be closed and Home Delivered Meals will be cancelled. - Listen to WDUX Radio for closing notice

WINTER EMERGENCY KIT FOR YOUR CAR

Assemble an emergency supplies kit and place it in your car in a plastic tote with a lid:

- * First aid kit
- * A can and waterproof matches (to melt snow for water)
- * Windshield scraper
- * Booster cables
- * Road maps
- * Cell phone and charger
- * Toolkit
- * Bag of sand or cat litter (to pour on snow for traction)
- * Battery-operated radio
- * Emergency flare and whistle
- * Tow rope
- * Tire chains (only legal when used for safety)
- * Shovel
- * Container of water and high-calorie canned or dried food and a can opener
- * Flashlight and extra batteries
- * Canned compressed air with sealant (for emergency tire repair)
- * Brightly colored cloth
- * Extra gas
- * Emergency numbers and cash in a Ziploc bag
- * Extra winter clothes and blankets



By: Wisconsin Department of Health
Services - Bureau of Environmental and
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