

Aging & Disability Resource Center (ADRC): 715-258-6400 • Toll Free: 1-866-739-2372
E-mail: ADRC@co.waupaca.wi.us • 811 Harding Street • Waupaca WI 54981 • Monday-Friday 8:00 am-4:30 pm

A Talk with an Elder Driver

*Adapted From: Administration
for Community Living*

In the next 20 years, the population of people age 65 and older is expected to reach 70 million. Many of these will be drivers. In fact, right now, there are about 30 million licensed drivers age 60 or older.

People under age 75 have relatively low crash involvement. However, after age 75, this changes because these drivers may have health conditions or take medications that negatively affect their driving abilities, and this can put them and other road users at risk.

These drivers may not be aware of these changes, or they may not be willing to admit them – to themselves or to others – including family members. Or in the case of people with cognitive impairments like dementia; they don't necessarily have the insight to recognize poor performance.

Many family members or caregivers wonder what they should do if they think a loved one's driving skills have diminished. And that's the dilemma. Family members don't know how to assess their loved one's driving abilities. They dread approaching an older loved one to discuss whether he or she needs to modify his or her driving habits or even stop driving.

However, older drivers and their loved ones and caregivers need to take a realistic, ongoing inventory of the older driver's skills and openly discuss them. Family members need to remember one very important thing; many older drivers look at driving as a form of independence. Bringing up the subject of their driving abilities can make some drivers defensive, angry, hurt, or withdrawn. Be prepared with observations and questions, listen with an open mind, and be prepared to offer possible



transportation alternatives. If you answer "yes" to any of the following questions, you might need to talk about driving with an older driver:

- Does he or she get lost on routes that should be familiar?
- Have you noticed new dents, scratches, or other damage to his or her vehicle?
- Has he or she been warned by a police officer, about poor driving performance, or received a ticket for a driving violation?
- Has he or she experienced a near miss or crash recently?
- Has his or her doctor advised him or her to limit or stop driving due to a health reason?
- Is he or she overwhelmed by signs, signals, road markings, and everything else he or she needs to focus on when driving?
- Does he or she take any medications that might affect his or her capacity to drive safely?
- Does he or she stop inappropriately and/or drive too slowly, preventing the safe flow of traffic?
- Does he or she suffer from Alzheimer's disease, dementia, glaucoma, cataracts, arthritis,

Parkinson's disease, diabetes, or other illnesses that may affect his or her driving skills?

If you answered "yes" to any of the previous questions about an older driver, it is important to have caring, respectful, and non-confrontational conversations about his or her safety, as well as the safety of others on the road. Show genuine concern and understanding, and offer viable alternatives that will not injure the older driver's self-respect and sense of independence. You might also consider taking a ride with an older driver to observe his or her driving skills, or encourage him or her to get a vision and hearing evaluation, or to enroll in an older driver safety class. You can also discuss your concerns with your loved one's physician, and ask for recommendations. The good news is that depending on the severity of the problem, older drivers may be able to adjust their driving habits to increase their safety. For example, they may limit driving to daylight hour and good weather, or avoid highways and high traffic.

See **Warning Signs** page 7

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**Waupaca County
Dept. of Health &
Human Services:**
715-258-6300



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

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 **Waupaca County Aging & Disability Resource Center:**
www.facebook.com/adrcofwaupacacounty

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.

PLEASE NOTE: Being an advertiser in this newsletter does not constitute an endorsement from Waupaca County Department of Health & Human Services



MEDICARE's Annual Enrollment Period

for Medicare Part C & Part D health and prescription drug coverage
starts October 15th and runs through December 7th.

During this time it is advised that **all** Medicare beneficiaries review their coverage and either remain in that coverage or enroll in a different plan for the year 2019.

Plans **do** change from year to year. You should receive an Annual Notice of Change from your current plan in late September detailing any changes for the coming year.

You can do your own plan comparisons and enrollment by using the online *Medicare Plan Finder* found at www.medicare.gov.

Click on the **Find Health and Drug Plans** button, and follow the prompts.

If you need help, Elder Benefit Specialist Peggy Strey will assist people at:

**Please call 715-258-6278
to schedule an appointment:**



DATE	LOCATION
October 16 9:00 AM – 1:00 PM	Marion Senior Center Lions Point-325 W. Garfield Ave.
October 23 9:00 AM – 3:00 PM	Manawa City Hall 500 S Bridge St.
October 24 9:00 AM – 3:00 PM	New London Senior Center 600 W. Washington St
October 25 9:30 AM – 2:30 PM	Clintonville Public Library 75 Hemlock St
October 30 9:00 AM – 1:00 PM	Fremont Village Hall 317 Wolf River Drive
November 1 9:00 AM – 4:00 PM	Waupaca Sr Dining Site - Trinity Lutheran Church 206 E. Badger St. Lower Level/Rm 114
November 6 9:30 AM – 3:00 PM	Clintonville Community Center 30 S Main St.
November 7 9:00 AM – 3:00 PM	New London Senior Center 600 W. Washington St
November 13 9:00 AM – 1:00 PM	Weyauwega City Hall 109 E. Main St.
November 15 9:00 AM – 2:00 PM	Iola Senior Center - Living Oaks 505 W Iola St

- Walk-ins are welcome, however, appointments will take priority. You may be required to wait or schedule an appointment for another time.
- If you are not available to attend any of the above, please call 715-258-6278



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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

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- Sewer
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- Garbage service
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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

Income restrictions may apply. CAP Services is an equal opportunity employer/provider.



*Transforming People
and Communities*



Info Sessions: Medicare Open Enrollment

Elder Benefit Specialist, Peggy Strey, will be speaking about the upcoming Medicare Open Enrollment season at each of our seven Waupaca County Senior Dining Sites just prior to lunch service. If you would like to attend this brief presentation and partake in a meal, please contact the site at least one full day in advance to reserve your meal. You are welcome to attend any site of your preference.

9/17- Monday	Clintonville – 30 S Main St – 715-823-7667
9/18 - Tuesday	New London Senior Center 600 W Washington St – 920-982-8522
9/19 - Wednesday	Weyauwega Nutrition Center City Hall – 109 E Main St – 920-867-3213
9/20 - Thursday	Iola Senior Center Living Oaks – 505 W Iola St – 715-445-2548
9/25 - Tuesday	Waupaca Nutrition Center Trinity Lutheran Church – 206 E Badger St 715-258-9598
9/26 – Wednesday	Marion Senior Center Lions Point – 325 W Garfield Ave 715-754-2482
9/27 - Thursday	Manawa Senior Center Town of Little Wolf Town Hall – E6325 County Rd N 920-596-3320

On the Internet, go to the following link for a list of menus by site for the month of September. http://www.co.waupaca.wi.us/departments/health_and_human_services/aging_and_disability_resources/nutrition_sites.php

The Best Gift You Can Give Your Children: Identify And Organize Your Personal Affairs



*Leah Klein,
Aging & Disability
Resource Unit
Manager*

It might not work like you think it will. You may think your adult children can “figure it out”. But when the time comes for your adult children or other family members to settle your personal affairs, the more you have prepared and organized, the lesser the confusion and frustration they will feel. It’s the best gift you can give loved ones when they are grieving.

Identifying and organizing your personal affairs isn’t always on a person’s to-do list because it can be a difficult subject to discuss or even think about; there’s no doubt about that. You can start off small by jotting down a few thoughts and things to think about. Over time, you may come to realize that it’s hard for even you to remember everything about your finances and assets. The best advice – start early. If you think that organizing your personal affairs at 40 years old is too soon; think again. With the increasing number of individuals affected by dementia every year – it can happen to you.

There are a lot of things that can complicate the settling of a person’s affairs after they’re gone. Maybe there are siblings who are fighting over inheritance or siblings who haven’t talked in years. Maybe there’s a nosy neighbor who claims you had promised them your vintage Mustang years ago. Or maybe the millions you had buried in your yard wasn’t an urban legend. Whatever the case may be, the settling of a person’s affairs is complicated enough; don’t let it be a mystery too.

The truth is, your loved ones want to know your final wishes when it comes to your personal finances, assets, property, family heirlooms, etc. When you have

those wishes written down, organized and sometimes even finalized by a private attorney, it takes the guess-work out of the equation. You may be thinking, “By the time I’m gone, who cares what happens to my belongings?” or “There won’t be anything left to settle when I’m gone”! Even the smallest amount of money in the bank or just a few possessions can take months to sort through and finalize. In some cases, it can take a family member years to settle the personal affairs of a deceased loved one.

So what can you do? Where do you start? Below are some simple tips and tricks to get you on the right path.

- The Aging & Disability Resource Center in Waupaca County offers an “Identify and Organize Your Personal Affairs” document to get you started on the right track. This simple list can spark memories of items you forgot about or didn’t even consider as important information. You can find this document by going to the Waupaca County website>Health & Human Services Page> Aging & Disability Resource Unit tab and click Information. *This is not a legally binding document.
- Talk to your spouse or domestic partner. If one person in the relationship handled the finances, insurance, investments, etc., now is the time to share the knowledge and write it down where you both can find it.
- Involve your loved ones. This is a difficult topic, there’s no doubt about that. You and they will be thankful you had the conversation.
- Talk to an Elder Law Attorney. These specialized attorneys help individuals and families plan and administer an estate, represent guardians and conservators and create and administer trusts. You can find a local Elder Law Attorney by visiting the National Academy of Elder Law Attorney website (www.naela.org) or asking your current private attorney.
- Get Organized. Once you have your personal affairs in order, keep them that way. Make sure at least two (2)



different people know where you keep your important documents and consider having a separate notebook, binder or safe where items are kept.

- Update Regularly. Things change often. By making it a point to update your important information and documents on a regular basis, you set yourself up for creating a beneficial habit not only for yourself, but your loved ones who will need that up to date information someday.
- Know your stuff. Research and familiarize yourself with important terminology like Power of Attorney for Health Care, Power of Attorney for

Finances, Living Will, Trust, Burial Trust, Assets, Income, Guardianship, etc. Knowing what these terms mean and when they come in to play during the aging process is an important first step to deciding which documents you need and when.

For more information about organizing your personal affairs or some ideas on how to start this conversation with an aging loved one: Contact the ADRC in Waupaca County.

(715) 258-6400

The ADRC and its staff do not offer legal advice.



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Immunizations: What you need to know & What you need to get

Adapted From: Wisconsin Dept. of Health Services & Centers for Disease Control

Immunizations, also called vaccinations, are one of the greatest achievements in public health. Vaccines prevent disease in people who receive them. Additionally, if enough people in the community are vaccinated, the entire community can be protected because there is little opportunity for an outbreak to occur. Before vaccines, many children died from diseases like measles, pertussis (whooping cough), and Haemophilus influenza.

Through the introduction of routine vaccinations, these and other vaccine-preventable diseases occur much less often in the United States. However, the viruses and bacteria that cause these diseases still exist. Vaccinations are the best way to prevent these diseases and the serious effects they can cause.

Vaccine-Preventable Diseases:

- Diphtheria
- Pertussis (Whooping cough)
- Hepatitis B
- Streptococcus pneumoniae,

- invasive
- Hepatitis D (Pneumococcal disease)
- Haemophilus influenza type b (Hib)
- Polio
- Human papillomavirus (HPV)
- Rotavirus
- Influenza
- Rubella
- Measles
- Herpes Zoster (Shingles)
- Meningococcal disease
- Tetanus (Lockjaw)
- Mumps
- Varicella (Chicken Pox)





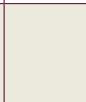

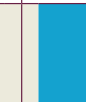














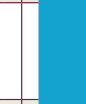














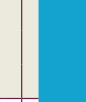






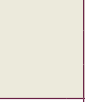












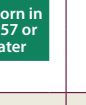






















Adult Vaccinations:

Adults need vaccines, too! Adults need to keep their immunizations up-to-date because immunity from vaccines can wear off over time. You are also at risk for different diseases as an adult. See Adult Vaccination Schedule from the CDC.

INFORMATION FOR ADULT PATIENTS

2018 Recommended Immunizations for Adults: By Age

If you are this age, 	talk to your health care professional about these vaccines 														
	Flu Influenza	Tdap or Td Tetanus, diphtheria, pertussis	Shingles Zoster		Pneumococcal		Meningococcal		MMR Measles, mumps, rubella	HPV Human papillomavirus		Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib <i>Haemophilus influenzae</i> type b
			RZV	ZVL	PCV13	PPSV23	MenACWY	MenB		for women	for men				
19 - 21 years															
22 - 26 years															
27 - 49 years															
50 - 64 years															
65+ year															

More Information:

You should get flu vaccine every year.

You should get 1 dose of Tdap if you did not get it as a child or adult. You should also get a Td booster every 10 years. Women should get 1 dose of Tdap during every pregnancy.

There are 2 types of zoster vaccine. You should get 2 doses of RZV at age 50 years or older (preferred) or 1 dose of ZVL at age 60 years or older, even if you had shingles before.

There are 2 types of pneumococcal vaccine. You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.

There are 2 types of meningococcal vaccine. You may need one or both types depending on your health condition.

You should get this vaccine if you did not get it when you were a child.

You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.

Recommended For You: This vaccine is recommended for you *unless* your health care professional tells you that you do not need it or should not get it.

May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors due to your health condition. Talk to your health care professional to see if you need this vaccine.

If you are traveling outside the United States, you may need additional vaccines.

Ask your health care professional about which vaccines you may need at least 6 weeks before you travel.

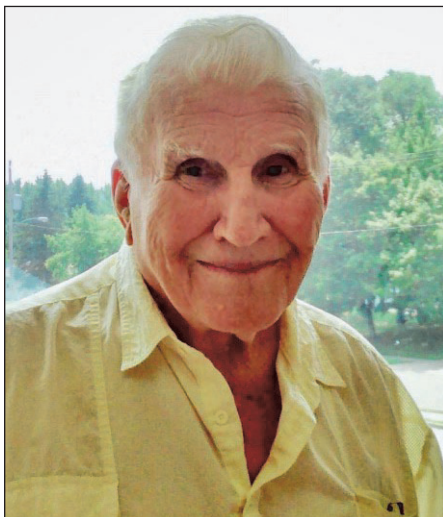
For more information, call 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Thanks for the Miles & Memories!

Volunteer Driver Retires at age 90!



It takes very special people to give back the way Waupaca County Volunteers do every day. It takes an extraordinary person to selflessly give back for over a decade, giving countless hours and driving thousands of miles to help others.

Waupaca County's Volunteer Program will say goodbye this September to long-time Volunteer Bob Bonikowske. Bob currently volunteers with our Volunteer Driver Program. Bob has donated countless hours of his time and driven thousands of miles to help seniors and people with disabilities get where they need to go by providing transportation. Bob also spent time

as a Volunteer Meals on Wheels delivery driver. We took a moment to ask Bob a few questions about his volunteer experience:

What interested you in volunteering as a driver? "I love the people. I loved delivering meals to people and loved seeing happy people, it makes me feel good to do something."

What has been your favorite part about volunteering? "Meeting the people."

What will you miss about being a volunteer driver? "I will miss meeting new people."

Any advice for current or future volunteer drivers? "Just enjoy it!"

What will you do with your new found spare time? "I've got a nice recliner in my living room!"

Join me in wishing Bob a much deserved retirement from volunteering with Waupaca County! We appreciate everything you've done and the time you've sacrificed for others!



10 Warning Signs Your Older Family Member May Need Help

By: Federal Administration
for Community Living

Changes in physical and mental abilities that may occur with age can be difficult to detect – for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Located has compiled a list of 10 warning signs. Any one of the following behaviors may in-

dicade the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

Know the Signs

Has your loved one:

- Changed eating habits, resulting in losing weight, having no appetite, or missing meals?
- Neglected personal hygiene, including wearing dirty clothes and having body odor,

See **Warning Signs** page 14

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SHADOW WOODS
Independent Living at Bethany

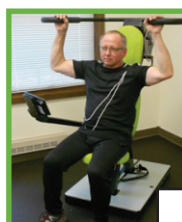
Shadow Woods consists of 40 duplexes differing in sizes and layouts, serving those 55 years and older. All duplexes have riverfront, lakefront or wooded views.



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



The Pines offers outstanding Assisted Living Apartments for active people who need some help with tasks of daily living. Floor plans include studio, one and two bedroom units. Coming to Bethany in 2017 will be The Pines CBRF, which will be another type of Assisted Living. This care plan offers 24 hour care, all with private rooms.



THE SPRINGS
Wellness at Bethany



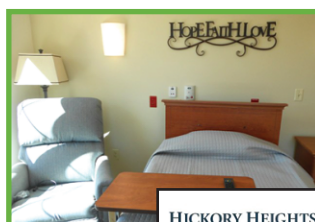
The Springs is Bethany's wellness and fitness center. As a member of the gym you have access to HUR fitness equipment and may attend a variety of classes for all aspects of health and well-being.



SPRUCE RIDGE
Skilled Nursing at Bethany



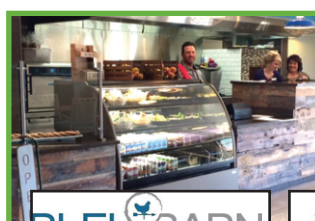
Spruce Ridge is Bethany's Skilled Nursing option. Bethany serves residents requiring extensive assistance with daily living activities and skilled nursing care.



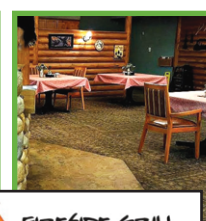
HICKORY HEIGHTS
Rehabilitation at Bethany



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.

715-412-0169



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Adult Protective Services: Stories of Abuse & Neglect

*Submitted by: Shawna Hansen; Adult
Protective Services Social Worker
Adapted from: www.justice.gov*

Recognizing and responding to concerns of the abuse or neglect of an adult or elderly person can be very difficult. We may not even know what we're observing...but something doesn't feel right. Even though you may not know for certain that someone is being abused or neglected, it is always encouraged that you call and make a report. You **do not** need proof to report suspected abuse and **do not** need to give your name when you report a concern.

Below are a few short stories of actual abuse, neglect or exploitation of adults, seniors and/or individuals with disabilities. The below stories may be difficult to read or may trigger memories of a concern in your life. Please read with care and caution. If you suspect an adult is being

harmed, report your concern to the Aging & Disability Resource Center in Waupaca County: (715) 258-6400.

Abandonment by Adult Daughter: Juliette, 87, lived with her daughter, Nanette, for the past 3 years. Nanette helped Juliette with daily activities, such as getting her meals, bathing, and cleaning the house. Nanette decided to move in with her boyfriend in another state and left her mother alone in the home. About a week later, Juliette's niece happened to be in town and stopped by to visit her aunt. She saw that the inside of the house was in very bad condition and found Juliette in poor health. Juliette's niece contacted Adult Protective Services (APS) and the State Area Agency on Aging.

Neglect by Daughter and Son-in-Law: Kofi, 84, was diagnosed with Alzheimer's disease and moved in with his daughter's family. Some-



times Kofi had trouble sleeping, had physical and verbal outbursts, and began wandering. His daughter and son-in-law were afraid that Kofi might wander out of the house if they left him alone. They locked the doors to the house so that Kofi could not get out and wander around when they left for work. A neighbor noticed Kofi trying to get out of the house. She contacted the local police and Adult Protective Services (APS).

Physical Abuse by Spouse: After 58 years of marriage, Virgil and Ella, both 83, knew each other's habits well. Sometimes, when they argued they became physically violent. Nevertheless, they said they loved each other and had never considered divorce. Violence was unfortunately a part of their relationship. As Ella aged, she developed osteoporosis. She began to worry that if she fell down when they were fighting each other she might end up with a broken bone. She confided this to a friend, and her friend suggested calling the local domestic violence hotline to speak with a counselor.

Financial Exploitation (theft) by Guardian/Conservator: Monte, 82, had moderate dementia and required guardianship due to his worsening disease. Unfortunately, Monte had never given his only son, Samson, Power of Attorney. Monte also no longer had sufficient mental capacity to execute a power of attorney for Samson, who now lived out of state. Monte's personal assistant, John, handled all of Monte's financial transactions for him. Samson was concerned about John's access

to his father's finances and reviewed Monte's account statements while visiting his father over the summer. Samson discovered that several times John had taken over \$3000 from one of Monte's little used accounts. Samson contacted the investment firm, local law enforcement and Adult Protective Services (APS) for help.

Financial Exploitation (internet identity theft) by Stranger: Naira, 71, was single, disabled and retired. When she got an email from her bank requesting verification of her account numbers, Naira complied. Later she opened an email that she thought was from a government official investigating Medicare fraud. The email asked her to provide her Medicare number to verify that there was no fraud on her account. When her bank manager called to confirm that she wanted to close her accounts, Naira learned the money in her savings and checking accounts was gone. She told the bank manager about the bank email and he told her that it must have been a scam. When she explained how she'd given her Medicare number after the second email, the bank manager contacted the Centers for Medicaid and Medicare, the Federal Bureau of Investigation and Adult Protective Services (APS).

Financial Exploitation (grandparent scam) by Stranger: Charlie, 82, received a phone call from a "sheriff" in New Orleans. He said Charlie's grandson had been arrested for intoxication. To be released, the sheriff said that someone needed to

See **Protective Services** page 11

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Cooking for 1 or 2

Thanks for everyone who completed the Nutrition Program Assessment for 2017 we appreciate your feedback. As part of the assessment we asked which nutrition education topic you would be the most interested in learning more about. Majority of individuals asked to learn more about cooking for one or two.

You are not alone! Nearly 1/3 of older adults who reside in their own homes live alone. People living alone are more likely to suffer from poor nutrition. Contributing factors for adults' poor nutrition is caused by eating few fruits and vegetables and eating more ready-prepared meals. Most common reasons for poor nutrition is due to inadequate cooking skills, no partner to grocery shop with, increased cost of food, lack of motivation cook meals, social isolation or loneliness, no family to cook for less of a priority.

A healthy diet is essential to maintain your health. Healthy eating patterns will help to prevent and manage chronic diseases, bodies require vitamins and minerals from a variety of foods. Some individuals find themselves eating less as they age making it difficult to get the vitamins and minerals you need. It is important to choose a variety of foods including fruits, vegetables, fat-free or low fat dairy, lean protein, whole grains and oils.

Here are a few tips on cooking for one or two:

- Prepare regular sized recipes and freeze the leftovers, buy family size packs of meat to save money, and freeze in smaller quantities.
- Freeze breads and rolls in single servings, use frozen fruits and vegetables purchase fresh fruits and vegetables and freeze for later.



- Remember to label and date your leftovers and save for up to 3 months.
- Try adding vegetables to your eggs such as spinach, tomatoes, mushrooms or peppers.
- Add fruit in with yogurt and

cereals, spread peanut butter on toast or tuna on your salad.



- Mix ground black beans in beef for tacos or burgers
 - Greek yogurt in fruit smoothies.
- Your local Nutrition Site offers a balanced meal daily Monday-Friday.

Meals served at the nutrition sites provide the necessary nutrition to maintain good health. Come and join us for lunch.

For more information call the nutrition site nearest you!
www.co.waupaca.wi.us

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: Cassie Porrey 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: VACANT 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

Warning Signs from page 1

For information on assisting an older driver with considering their personal transportation options call the Aging & Disability Resource Center in Waupaca County.



Did you know...

Waupaca County Volunteer Driver Transportation Program

Low cost, door-to-door, county wide (and out of county) non-emergency medical transportation for seniors and people with disabilities. We have wonderful, compassion-

ate, background-checked volunteers who assist you or a loved one in accessing necessary medical care, personal shopping, and other essential

errands. Call our friendly Transportation Coordinator at (715) 258-6279 for more information.

Ride Cost:				
In-Town Trip	In County Trip	Out of County Trip Less than 100 miles	Out of County Trip More than 100 miles and less than 200 miles	Out of County Trip More than 200 miles
\$2.25	\$5.00	\$10.00	\$15.00	\$55.00

Powers of Attorney: Planning for Future Decision Making

By Amy Temby, Shawna Hansen
and Tracy Wisner WCDHHS Adult Protective
Services Social Workers

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 incapacitat-

ed 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 “principal”), 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 per-

son 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/wiguardianship-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.



If you're looking for a place to maintain your current independent lifestyle, yet receive some assistance with daily living, The Washington Center is for you.

We offer efficiency, one- and two-bedroom apartments with a variety of amenities, social activities and care, all depending on your individual needs, such as:

- Well-balanced meal plans
- Housekeeping and laundry services
- 24-hour on call Registered Nurse
- Therapy services available
- Medication management
- All utilities included

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Take Charge Of Your Health

"I was tired and stressed out. Diabetes was by boss. It was always telling me what I couldn't do. Healthy Living with Diabetes workshops put me back in charge. Now I have energy to do the things that matter. I'm in control now. I put life back in my life."

"I wasn't taking care of myself – but I am now. I finally see how important it is."

"I attended (Healthy Living with Diabetes workshop) with my husband, really opened my eyes to what he goes through every day and the importance of having a spouse who supports him."

Diabetes is a chronic, life-long, on-going condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. Healthy Living with Diabetes is a researched and proven program designed to help you do that.

- People who take this workshop:
- » Learn techniques to deal with the symptoms of diabetes.
 - » Learn about appropriate exercise, use of medication and healthy eating strategies.

- » Report improved health, health behavior, and a sense of confidence in managing their diabetes
- » Show improvements in blood sugar levels and a decrease in health distress and hypo- and hyperglycemia
- » Feel more confident in their ability to communicate with physicians
- » Have fewer doctor and emergency room visits and fewer hospitalizations

Healthy Living with Diabetes Class Information:

When: Wednesdays – September 12th – October 17, 2018

Where: Washington Center Activity Room, 600 W. Washington St. New London, WI 54961

Time: 9:15am – 11:30 am

Registration and Info – Contact Nancy Krueger at Nkrueger@vpind.com or call 920-740-9572

Did we mention that classes are FREE?!
(take home education materials optional separate cost)



Am I Ready??

It's hard to know when you or a loved one is ready to move into a retirement or assisted living community. It's important to examine your daily life, and think about whether certain daily tasks have started to become more difficult to manage.

- Have you noticed any undesirable changes in your mobility?
- Have you fallen in the last 3 months?
- Do find it difficult to walk more than a few blocks?
- Do you have trouble walking on an uneven surface, like grass, dirt roads, brick walkways, or sidewalks with curbs?
- Is it difficult to stand up from a low, soft couch?
- Is it difficult to pick up a piece of clothing from the floor from a standing position?
- Do you currently experience difficulty tying your shoes or chopping vegetables?
- Do you have trouble keeping track of time?
- Do you sometimes have problems understanding your month-

ly bills or figuring out where to call if you have a problem?

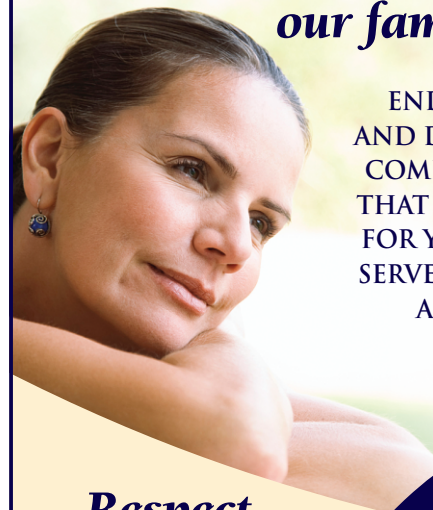
- Do you frequently have trouble dialing familiar numbers (such as a family member or your doctor) without losing your place or misdialing?
- Would you have difficulty giving someone important information about yourself in case of emergency?

If you answered yes to more than 2 or 3 of the questions above it may be time to start a conversation with a loved one or your primary care physician about transitioning to a retirement or assisted living community.

While it is certainly among life's most difficult decisions, most residents have found a great deal of relief and opportunity in the support and resources that our community provides, and they were glad that they had made the right choice.

The questions above are based on The Independent Living Assessment, an assessment developed by a team of investigators from the Health and Disability Research Institute at the Boston University School of Public Health

**When you need us most,
our family is here for you.**



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Weatherization Assistance

By the GWAAR Legal Services Team
(for reprint)

Did you know that you can get weatherization assistance for your home or apartment at any time during the year? The Wisconsin Home Energy Assistance Program (WHEAP) offers several benefits, but the program limits most of them to emergencies. In Wisconsin, most energy emergencies occur during the cold winter months.

However, there is one benefit – weatherization – that is available year-round. The purpose of the weatherization benefit is to reduce your home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

The weatherization benefit involves a one-time visit by an energy auditor who will look at your home and see what can be done to make it more energy efficient. Weatherization services for each home are different, and depend on how it was built and its condition.

Some common weatherization services include:

- Insulating attics, walls and floors;
- Insulating or replacing water heaters;
- Installing energy-efficient lighting;
- Reducing air leakage;
- Repairing or replacing furnaces;
- Testing and/or replacing refrigerators;
- Performing general health and safety inspections; and
- Providing information about maintenance and energy conservation.

How It Works

The Division of Energy Services contracts with various agencies throughout the state to provide weatherization services to eligible households. Agencies include community action agencies, housing authorities, local governments, and other non-profit organizations.

The weatherization agency for your area receives a list of eligible

applicants from WHEAP and determines service priority and the eligibility for your home. The program targets households with an excessive energy burden, especially ones that are made up of individuals who are elderly, handicapped and/or children under six years old.

Local weatherization agencies contact the highest priority households to evaluate the home or apartment and decide what weatherization services are needed. Agency crews and subcontractors complete appropriate weatherization services. If you rent your home or apartment, you may need to work with your landlord to make sure your lease permits the weatherization services.

Am I Eligible?

You may be eligible for weatherization services if:

- You received benefits from Wisconsin's Home Energy Assistance Program (WHEAP) or your gross income for the last three months is equal to or less than 60% of Wisconsin's state median income (SMI) for your family size;
- Your household meets certain priorities that may include a high energy burden or use, an elderly or disabled member or a child under six; and
- The program did not weatherize your dwelling/apartment before. (If a previous owner or tenant received weatherization services before you moved in, your dwelling will not be eligible for the

benefit).

Income Guidelines (2018-2019)

- 60% of State Median
Income (SMI)

HOUSEHOLD SIZE	3-MONTH INCOME	ANNUAL INCOME
1	\$6,870.00	\$27,480
2	\$8,983.75	\$35,935
3	\$11,097.75	\$44,391
4	\$13,211.50	\$52,846
5	\$15,325.25	\$61,301
6	\$17,439.25	\$69,757
7	\$17,835.50	\$71,342
8	\$18,231.75	\$72,927

The weatherization program uses a previous three-month income test, which is annualized to determine program income eligibility.

How Do I Apply?

You can apply for weatherization assistance at your local Wisconsin Heating Energy Assistance agency. In Waupaca County, contact 1-800-506-5596 or 715-258-6820. You can also apply at www.access.wisconsin.gov. You can also visit <http://homeenergyplus.wi.gov/>, click on the "Where to Apply" tab, and select your county or tribe.

Even though applying for weatherization assistance is not a guarantee of benefits, you never know if your situation will take priority. Agencies consider many factors, and there is no harm or cost to applying!

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MONDAY - FRIDAY 9 A.M. - 5:30 P.M.
SATURDAY 9 A.M. - 4 P.M.



REMEMBER: FALL BACK
Set your clocks for daylight saving time:
SUNDAY NOVEMBER 4, 2018!

Valuable Health Promotion Classes Near YOU!

Don't let a fall injure more than your pride! Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

"Stepping On" is a program that has been researched and proven to reduce falls. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts, including a Physical Therapist, Pharmacist, Vision Specialist, and local community safety specialists provide information on exercise, vision, safety, and medications.

Topics Include:

- » Simple and fun balance and strength training
- » The role vision plays in keeping your balance
- » How medications can contribute to falls
- » Ways to keep from falling when out in the community
- » What to look for in safe footwear



- » How to eliminate fall hazards from your home

Stepping On Class Information:

When: Wednesdays – October 3rd – November 14, 2018

Where: Waupaca Senior Center, 407 School Street, Waupaca, WI 54981

Time: 9:30am – 11:30 am

Registration and Info – Contact Nancy Krueger at Nkrueger@vpind.com or call 920-740-9572

Did we mention that classes are FREE?!

(take home education materials optional separate cost)

Protective Services from page 6

pay the grandson's fine and that his parents were not home. The sheriff told Charlie to wire money to an online address. After the money was delivered, Charlie got a call from someone he thought was his grandson saying that he needed money to get home from New Orleans. Charlie became suspicious when he asked the person claiming to be his grandson a few personal questions that he couldn't answer. The call ended amicably. Then Charlie called a nearby Federal Bureau of Investigation field office to report the incident and filed

a complaint with the FBI's Internet Crime Complaint Center online.

Financial Exploitation (lottery scam) by Stranger: Armando, 78, was thrilled when someone from the lottery called to confirm he had won \$10,000. The person on the phone said that they would send the money after Armando sent a winner's fee of \$500. Thinking only about what he would do with the winnings, he wired the \$500 "winner's fee" to the address the caller provided. Because he did not receive the promised lottery winnings after a month, he contacted the Federal Trade Commission (FTC).

Is It Caregiver Stress?

Caring for another person is stressful in many ways. Often, the caregiver's needs, health and wellbeing can take a back seat. When caregivers are stressed and overwhelmed, unintentional abuse or neglect of the care recipient can occur. If you feel you are in need of relief or help with your caregiver responsibilities, don't wait – call the Aging & Disability Resource Center for information and Caregiver Support Services.

(715) 258-6400



The Caregiving Rollercoaster

*Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency
on Aging Resources*

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- "Repaying" their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become prob-

lematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

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Hospice and Palliative Care

Quality of Life at the End of Life

For many seriously ill patients, hospice and palliative care offers a more dignified and comfortable alternative to spending your final months in the impersonal environment of a hospital. Palliative medicine helps patients manage pain while hospice provides special care to improve quality of life for both the patient and their family. Seeking hospice and palliative care isn't about giving up hope or hastening death, but rather a way to get the most appropriate care in the last phase of life.

What is hospice and palliative care?

Although death is a natural part of life, the thought of dying understandably still frightens many people. You may imagine pain and loneliness, spending your final days in the cold, sterile environment of a hospital far from family, friends and all that you know and love. However, hospice care represents a compassionate approach to end-of-life care, enhancing the quality of remaining life and enabling you to live as fully and as comfortable as possible.

Hospice is traditionally an option for people whose life expectancy is six months or less, and involves palliative care (pain and symptom relief) rather than ongoing curative measures, enabling you to live your last days to the fullest, with purpose, dignity, grace, and support. While some hospitals, nursing homes, and other health care facilities provide hospice care onsite, in most cases hospice is provided in the patient's own home. This enables you to spend your final days in a familiar, comfortable environment, surrounded by your loved ones who can focus more fully on you with the support of hospice staff.

The term "palliative care" refers to any care that alleviates symptoms, even if there is hope of a cure by other means. It is an approach that focuses on the relief of pain, symptoms, and emotional stress brought on by serious illness. Your disease doesn't have to be terminal for you to qualify for palliative care and, in the U.S., many palliative treatments are covered by Medicare. In some cases, palliative treatments may be used to alleviate the side effects of curative treatment, such as relieving the nausea associated with chemotherapy, which may help you tolerate more aggressive or longer-term treatment.

Talking about hospice and end-of-life issues

For many in Western society, death remains a taboo subject. Consequently, many patients and their families remain reluctant to even discuss the possibility of hospice care or palliative care. While most people would prefer to die in their own homes, the norm is still for terminally ill patients to die in hospital, receiving treatment that is either unwanted or ineffective. Their loved ones usually have only limited access and often miss sharing their last moments of life.

Some families who do choose hospice care often do so only for the last few days of life, and later regret not having more time saying goodbye to their loved one. To ensure that your family understands your wishes, it's important for anyone with a life-limiting illness to learn all they can about hospice and palliative care and discuss their feelings with loved ones before a medical crisis strikes. When your loved ones are clear about your preferences for treatment, they're free to devote their energy to care and compassion.

Legal planning for the future

If you became unable to direct your own medical care because of illness, legal documents such as a Living Will, Power of Attorney, or Advanced Directive can set forth your wishes for future health care so your family members are all clear on your preferences. Laws differ between states, so consult a lawyer to learn about your state's laws.

How hospice and palliative care works

Hospice care focuses on all aspects of a patient's life and well-being: physical, social, emotional, and spiritual. There is no age restriction; anyone in the late stages of life is eligible for hospice services. While specific hospice services around the world differ in the amenities they provide, most include a hospice interdisciplinary team, or IDT, that includes the patient's physician, a hospice doctor, a case manager, registered nurses and licensed practical nurses, a counselor, a dietician, therapist, pharmacologist, social workers, a minister, and various trained volunteers.

The hospice team develops a care plan tailored to a patient's individual

See **Quality of Life** page 13

Quality of Life from page 12

need for pain management and symptom relief, and provides all the necessary palliative drugs and therapies, medical supplies, and equipment. Typically, hospice care is provided at home and a family member acts as the primary caregiver, supervised by professional medical staff. Hospice IDT members make regular visits to assess the patient and provide additional care and services, such as speech and physical therapy, therapeutic massage, or dietary assistance. Certified home health aides may also be deployed for help with bathing and other personal care services. Hospice staff remains on-call 24 hours a day, seven days a week.

A hospice IDT also provides emotional and spiritual support according to the needs, wishes, and beliefs of the patient. Emotional and spiritual support is also provided to the person's loved ones as well, including grief counseling.

The benefits of hospice and palliative care

Research published in the Journal of Pain and Symptom Management found that terminally-ill patients who received hospice care lived on average 29 days longer than those who did not opt for hospice near the end of life.

Hospice care providers offer specialized knowledge and support at the end of life just as obstetricians and midwives lend support and expertise at the start of life. Hospice can reduce anxiety in both the terminally ill patient and his or her family by helping them make the most of the time remaining and achieve some level of acceptance.

When terminally ill patients, who are often already in a weakened physical and mental state, make the decision to receive hospice and palliative care instead of continued curative treatment, they avoid the dangers of over-treatment. In-home care from a hospice IDT often means the patient receives greater monitoring than he or she would in a hospital. In addition to focusing on the physical

health and comfort of a patient, hospice care also focuses on the emotional needs and spiritual well-being of the terminally ill and their loved ones.

Since a hospice program offers substantial support and training for family caregivers, it also helps many patients feel less of a burden to their loved ones.

Misconceptions about Hospice and Palliative Care

Hospice makes death come sooner: Hospice neither hastens nor postpones dying. The aim is to improve the quality of remaining life so patients can enjoy time with family and friends and experience a natural, pain-free death. In some cases, hospice care can extend life.

Hospice is giving up hope; it's better to fight for life: Most terminally ill patients experience less anxiety by refocusing hope on what might be realistically achieved in the time remaining. If continuing uncomfortable and painful curative treatment for an illness is fruitless, hospice patients benefit more from having their symptoms treated instead.

A hospice patient who shows signs of recovery can't return to regular medical treatment: If a patient's condition improves, they can be discharged from hospice and return to curative treatment, or resume their daily lives. If need be, they can later return to hospice care.

A hospice patient can't change his or her mind and return to curative treatment even if their prognosis hasn't changed.

A patient can go on and off hospice care as needed—or if they change their mind and decide to return to curative treatment. They may also enter hospital for certain types of treatment if it involves improving their quality of life.

Hospice care is limited to a maximum of six months: In the U.S., many insurance companies, as well as the Medicare Hospice Benefit, require that a terminally ill patient has a prognosis of six months or less to start hospice, but a terminally-ill patient can receive hospice care for as long as necessary.

Source: National Hospice and Palliative Care Organization



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Medication Drop Box Locations



Do you or a loved one have old, expired or unwanted prescribed or over-the-counter medications lying around? Keeping unnecessary medications in your home can be a danger to yourself or other loved ones, friends, or visitors. As more and more individuals are struggling

with prescription medication or other drug addictions, keeping your medications safe is important – so is discarding your old, unwanted medications.

Waupaca County has several safe medication disposal sites. See locations and details below.

HOW TO DROP:

- Keep medications in their original containers.
- DO NOT REMOVE medication name.
- Cross off or remove your name.
- Place liquid medication bottles in plastic bag.



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WAUPACA COUNTY Medication Drop-Box Locations

Waupaca County Sheriff Department:

1402 E. Royalton St.
Waupaca, WI 54981

Lobby Hours: 7:30am – 4:00pm
(Mon – Fri)

After Hours: Use speaker at entrance to request access to drop-box

Clintonville Police Department:

35 S. Clinton Avenue
Clintonville, WI 54929

Lobby Hours: 24 hours a day,
7 days a week

New London Police Department:

700 Shiocton Street
New London, WI 54961

Lobby Hours: 8 am – midnight
(Mon – Sun)

Weyauwega Police Department:

109 E. Main Street
Weyauwega, WI 54983

Lobby Hours: 8 am – 4:30 pm
(Mon – Fri)

WHAT TO DROP

- Expired/Unwanted Prescription Meds
- Over-the-Counter Medications
- Medication Samples



- Pet Medications
- Liquid Medications
- Medicated ointments
- Inhalers
- Vitamins

WHAT NOT TO DROP

- Needles/Lancets/Syringes
- Thermometers
- IV Bags
- Nebulizer Machines



- Diabetes Test Kits
- Oxygen Tanks
- Personal Products (Shampoo, lotion, etc.)

For more information:

Contact the Waupaca County Solid Waste Department
(715) 258-6240

Warning Signs from page 5

- bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as

bridge or a book club, dining with friends, or attending religious services?

- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

If you have concerns about yourself or a loved one – call the Aging & Disability Resource Center in Waupaca County. You are not alone and we can help: (715) 258-6400.

Hoarding: What It Is and Isn't

By: Leah Klein, ADRU 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 individual'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

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

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

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