

# 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 35 Number 1

Spring 2018

## CABIN FEVER?

Are you suffering from cabin fever? Venture out of the house and come join us for delicious food and great company. Are you looking for something new to try this spring? Visit a different nutrition site you have not been to. Lunch is served five days a week at each of our seven nutrition sites throughout Waupaca County (Waupaca, Iola, Manawa, Marion, Clintonville, New London, Weyauwega). Waupaca County has seven wonderful Nutrition Site Managers who provide a warm welcoming space for seniors to enjoy great company and delicious food. Lunch is available for individual's age 60 and older for a suggested donation of \$4.00.

According to [www.mental-](http://www.mental-)

health.org, eating together has many health benefits. Psychologically, regular mealtimes shared with others provides a sense of rhythm and regularity in lives. Mealtimes can also be a grounding opportunity, a time when anxieties can be expressed and you can be listened to. Socially, the ritual of the shared meal continuously reinforces individual identity: who he or she is, where does he or she belong or what his or her role might be. Importantly, mealtimes make people feel connected to others.

**Nutrition Site Location & Contact Information: See Page 3.**

See **Cabin Fever** page 3



City of Weyauwega Community Center plays host to the Weyauwega Senior Dining Site five days per week from 10:00-1:00pm.



Pictured L-R: Mary Riske (Marion), Shani Appleby (Weyauwega/Fremont), Kim Ebert (New London), Joanne Samack (Waupaca), Patti Peters (Clintonville), Lily Bednarski (Iola), Diane Basina (Manawa)

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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](http://www.co.waupaca.wi.us). Visit the regional website – [www.yourADRCresource.org](http://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](mailto:ADRC@co.waupaca.wi.us)

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# Midyear Formulary Changes



Submitted By Elder  
Benefit Specialist  
Peggy Strey

## Each Medicare drug plan has its own list of covered drugs (called a formulary).

Many Medicare drug plans place drugs into different "tiers" on their formularies. Drugs in each tier have a different cost. During open enrollment, Medicare beneficiaries may pick a Medicare drug plan based on the drug plan's formulary and what drugs are in each tier. Typically, clients must make this decision from October 15 – December 7. Then, they have the drug plan throughout the upcoming year. However, what happens if — in the middle of the year — a Medicare drug plan wants to change its formulary, change the drug tier, or place restrictions on the use of a drug?

A Medicare drug plan can make some changes to its formulary during the year, yet, the Centers for Medicare & Medicaid Services (CMS) does restrict what changes a Medicare drug plan may make midyear. For example:

**(A) Changes not Caused by Medicare Part D Drug Plan** – A Medicare drug plan may remove a drug from its formulary at any time if the Food and Drug Administration deems a drug unsafe or a manufacturer removes a drug from the market.

**(B) Positive Changes for Beneficiaries** – A Medicare drug plan may add drugs to its formulary, place a drug on a lower cost-sharing tier, or remove restrictions on the use of a drug at any time.

**(C) Negative Changes for Beneficiaries** —

1. Until March 1 of any given year, a Medicare drug plan may not remove a covered Part D drug from its formulary or change what tier the Medicare drug plan placed a drug.

2. After March 1, a Medicare drug plan may make the following two types of changes:

- Maintenance changes to its formulary, such as replacing brand name drugs with new generic drugs, or modifying its formulary because of new information on drug safety or effectiveness; and
- More substantial changes, including the following:
  - a. Remove a drug from its formulary;
  - b. Move a covered Part D drug to a less preferred tier status; or
  - c. Place restrictions on the use of a drug. For instance, a Medicare drug plan may add limits

on how often a beneficiary may use a drug.

For these more substantial changes, CMS requires a Medicare drug plan to comply with the following protections:

(1) The Medicare drug plan cannot implement the change until CMS approves the change; and

(2) If a beneficiary has a Medicare drug plan and is currently taking the affected drug, the beneficiary is exempt from the change until January 1 of the next year. This, of course, would provide even more incentive to shop around during the annual open enrollment period.

## Check Your Withholding!

Submitted by Elder Benefit Specialist,  
Peggy Strey

You may have heard by now that the new tax law, which was signed at the end of 2017, may affect your paycheck as soon as February of this year. According to the Internal Revenue Service (IRS), many employees will see an increase in their take-home pay. However, you should check your paycheck to make sure that the right amount of money is being withheld for federal income taxes.

Among the changes to the tax code is an end to personal exemptions. Personal exemptions were one way for tax filers to reduce the amount of taxable income on their tax returns. Previously, tax filers could claim these exemptions for themselves, their spouse, and any dependents. These exemptions were noted on Form W-4, which is used by employers to determine how much money to withhold from employees' paychecks for federal income taxes. However, the current W-4 does not reflect the new changes to the tax code.

The IRS recently released new income-tax withholding tables for employers to use in 2018. These tables are designed to work with the W-4s that employees have already filed with their employers. Employers are supposed to begin using these tables to adjust their employees' paychecks no later than February 15, 2018.

In addition, the IRS will up-

date the withholding tax calculator on [www.irs.gov](http://www.irs.gov) so that employees can check to make sure the correct amount is being withheld from their paychecks. The calculator should be available on the IRS website by the end of February. The agency also said that it would revise the W-4 later this year. Until the new W-4 is available, employees should use the IRS withholding calculator.

For some tax filers, the amount withheld during the year is more than their actual tax bill. This means that they will get a refund after they file their tax return. However, if you get a large refund that means that your take-home pay is not as high as it could be. On the other hand, if not enough money is withheld from your paycheck, you may end up owing money when you file your taxes. If you claimed many personal exemptions based on your number of dependents or used other deductions that have changed, you should be sure to check your withholding amounts. In general, tax filers want to get as close as possible to breaking even.

If you find out that your employer is withholding too much or too little for taxes based on the size of your family or other factors, you should work with your employer to make changes. Your employer will not be able to provide advice on whether you should make these changes, so if you have any questions you should speak with a tax professional.



## There's No Place Like Home...

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# Low Cholesterol / Low Fat Diet

Source: www.gwaar.org; ADRC of Eau Claire County

Fat is a major energy source for the body. However, it is not the body's only source of energy, and too much fat in the diet can be harmful. It is especially bad for the circulatory system because it raises blood cholesterol levels that can contribute to heart attack or stroke.

When there is too much cholesterol in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked.

## To help you make low fat, low cholesterol food choices, here are some general dietary guidelines:

- Get most of your calories from plant foods (grains, fruits, vegetables). If you eat foods high in saturated fat for a special occasion, return to foods that are low in saturated fat the next day.

### Fats and Oils

- Choose vegetable oils rather than solid fats (meat and dairy fats, shortening.)
- If you need fewer calories, decrease the amount of fat you use in cooking and at the table.

### Meats, Poultry, Fish, Shellfish, Eggs, Beans and Nuts

- Choose 2 – 3 servings of fish, shellfish, lean poultry, other lean meats, beans, or nuts daily. Trim fat from meat and take skin off poultry. Choose dry beans, peas or lentils often.
- Limit your intake of high-fat processed meats such as bacon, sausages, salami, bologna, and other cold cuts. Try the lower fat varieties (check the Nutrition Facts Label).
- Limit your intake of liver and other organ meats. Use egg yolks and whole eggs in moderation. Use egg whites and egg substitutes freely when cooking since they contain no cholesterol and little or no fat.

### Dairy Products

- Choose fat-free or low-fat milk, fat-free or low-fat yogurt, and low-fat cheese most often.
- Try switching from whole to fat-free or low-fat milk; this decreases the saturated fat and calories but keeps all other nutrients the same.

### Prepared Foods

- Check the Nutrition Facts label to see how much saturated fat and cholesterol are in a serving of prepared food. Choose foods lower in saturated fat and cholesterol.

### Foods at Restaurants or Other Eating Establishments

- Choose fish or lean meats as suggested above. Limit ground meat and fatty processed meats, marbled steaks and cheese.
- Limit your intake of foods with creamy sauces and add little or no butter to your food.
- Choose fruits as desserts most often.



# Senior Dining



RESERVE YOUR MEAL THE DAY BEFORE!

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



The Washington Center in New London has dedicated space for individuals to dine with plenty of natural light and easy parking and access.

## Cabin Fever from page 1

### Important Menu and Reservation Information:

- Please call the nutrition site you wish to dine at by 11:30am **the day before** to reserve your meal. This ensures that all those who dine with us have a nutritious meal waiting for them.
- Menus are available online. If you don't have access to a computer and the internet, call 715-258-6400 and a one-time menu can be mailed out to you. [http://www.co.waupaca.wi.us/departments/health\\_and\\_human\\_services/aging\\_and\\_disability\\_resources/nutrition\\_sites.php](http://www.co.waupaca.wi.us/departments/health_and_human_services/aging_and_disability_resources/nutrition_sites.php)
- Is transportation a barrier to come down for lunch? Contact the Volunteer Driver Transportation Program to see if transportation is available to you. (715) 258-6279

sources: www.mentalhealth.org: Mealtimes and Mental Health © 2018



# Understanding VA Death Benefits



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

## VA DEATH BENEFITS

Like most things in life, dealing with the death of a loved one is best handled by the prepared. It's a topic no one wants to talk about, but everyone will all have to work through at some point. Being prepared and arming your loved ones with your final wishes, rather than leaving them to sort it out in the wake of your passing, is the responsible handoff of a life well-lived. In order to receive benefits applicants must meet eligibility requirements, provide necessary evidence, and make application. Benefits include Burial Flags, Burial Reimbursement (partial), Survivor Pension, Dependency

and Indemnity Compensation, Presidential Memorial Certificate, Grave Marker, Accrued Benefits, Funeral Honors (State / VSO), Bronze War Period Flag Holder (CVSO), and other survivor benefits. Since every situation is unique, our office can assist in linking you with the appropriate benefits.

## WHOS ELLIGIBLE?

*Here are two common benefits, other benefits are available*

### 1) Burial Benefits

- You paid for a Veteran's burial or funeral, **AND**
- You have not been reimbursed by another government agency or some other source, such as the deceased Veteran's employer, **AND**
- The Veteran was discharged under conditions other than dishonorable, **AND**
- The Veteran died because of a service-related disability, **OR**

- The Veteran was receiving VA pension or compensation at the time of death, **OR**
- The Veteran was entitled to receive VA pension or compensation, but decided not to reduce his/her military retirement or disability pay, **OR**
- The Veteran died while hospitalized by VA, or while receiving care under VA contract at a non-VA facility, **OR**
- The Veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment, or care, **OR**
- The Veteran had an original or reopened claim pending at the time of death and has been found entitled to compensation or pension from a date prior to the date of death, **OR**
- The Veteran died on or after October 9, 1996, while a patient at a VA-approved state nursing home.

Congress to qualify.

While an un-remarried spouse is eligible at any age, a child of a deceased wartime Veteran must be:

- Under 18, **OR**
- Under age 23 if attending a VA-approved school, **OR**
- Permanently incapable of self-support due to a disability before age 18

***Your yearly family income must be less than the amount set by Congress to qualify for the Survivors Pension benefit. Learn more about income and net worth limitation, and see an example of how VA calculates the Survivors Pension benefit.***

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  
Courthouse, 811 Harding Street  
Waupaca, WI 54981  
715-258-6475  
[www.facebook.com/WaupacaVeteransOffice](http://www.facebook.com/WaupacaVeteransOffice)  
Hours: Monday – Friday 8a-4p

## For more information:

<http://www.benefits.va.gov/compensation/claims-special-burial.asp>  
[http://www.va.gov/opa/publications/factsheets/fs\\_survivor\\_benefits.pdf](http://www.va.gov/opa/publications/factsheets/fs_survivor_benefits.pdf)  
[http://www.va.gov/opa/publications/factsheets/fs\\_military\\_honors.pdf](http://www.va.gov/opa/publications/factsheets/fs_military_honors.pdf)  
<http://benefits.va.gov/BENEFITS/factsheets/general/Accrued.pdf>  
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**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.**

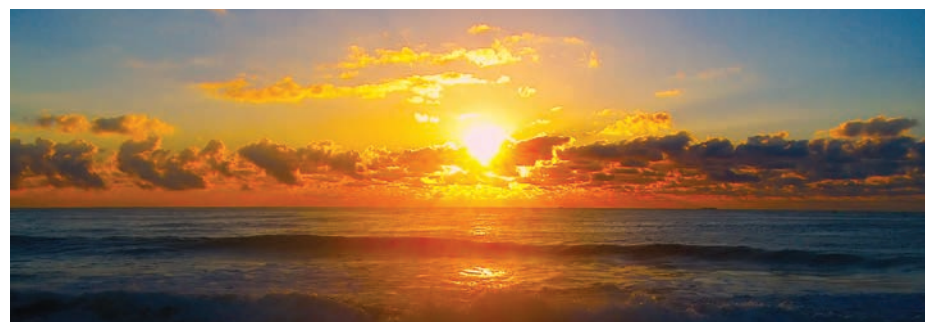
**We offer efficiency, one- and two-bedroom apartments with a variety of amenities, social activities and care, all depending on your individual needs, such as:**

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# New Card, New Challenges

In April 2018, Centers for Medicare & Medicaid Services (CMS) plans to start mailing new Medicare cards that remove Social Security numbers and display new alphanumeric Medicare beneficiary identifier numbers. The goal is to make it harder for criminals to use Medicare numbers to perpetrate identity theft.

Scammers, however, are reportedly already using the new Medicare cards as a pretext to call beneficiaries, offering bogus services to help get new cards without delay or interruption to their Medicare benefits. The California Senior Medicare Patrol (SMP), for example, warns during presentations that imposters will pretend to be from the Internal Revenue Service (IRS), Medicare, or the Social Security Administration and ask to verify important personal information, including birth dates, to steal beneficiaries' identities.

## CMS Provides Ample Resources

CMS has stressed, "We will never ask you to give us personal or private information to get your new Medicare number and card." It's also important to note that removing the Social Security numbers from the new cards will not change one's Medicare benefits and they are encouraged to make sure that Medicare has their current address.

As part of this year's OEP public awareness campaign, CMS began to send the 2018 Medicare & You handbooks that promote awareness of the new cards and advise beneficiaries to keep the new number confidential when they receive their new cards next year.



## COUNTY AGING PLAN LISTENING SESSION

WEDNESDAY MARCH 21, 2018 • 1:00-2:00PM

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## ENGAGE AT EVERY AGE: MAY 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and **Engage at Every Age!**



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# 2018 Social Security Changes

Information retrieved from [www.ssa.gov](http://www.ssa.gov)

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2016 through the third quarter of 2017, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 2.0 percent COLA (Cost of Living Adjustment) for 2018.

Federal Supplemental Security Income payments for an individual will go from \$735 a month to \$750 and for a couple from \$1,103 a month to \$1,125. Resource limits for SSI remains unchanged at \$2,000 for an individual and \$3,000 for a couple.

Substantial Gainful Activity (SGA) thresholds for Non-Blind individuals will increase from \$1,170 a month to \$1,180 and for Blind individuals from \$1,950 a month to \$1,970. Trial Work Period (TWP) will go from \$840 a month to \$850.

The maximum Social Security benefit for a worker retiring at full retirement age will rise from \$2,687 a month to \$2,788.

## Estimated Average Monthly Social Security Benefits Payable in January 2018:

	Before 1.7% COLA	After 1.7% COLA
All Retired Workers	\$1,377	\$1,404
Aged Couple, Both receiving benefits	\$2,294	\$2,340
Widowed Mother and Two Children	\$2,717	\$2,771
Aged Widow(er) Alone	\$1,310	\$1,336
Disabled Worker, Spouse and one or more Children	\$2,011	\$2,051
All Disabled Workers	\$1,173	\$1,197

**The Social Security Appleton phone number is 1-877-694-5495**  
**The National phone number is 1-800-772-1213**  
**TTY: 1-920-739-6862**

### Appleton Social Security Office Hours:

MON: 09:00 AM - 04:00 PM  
TUES: 09:00 AM - 04:00 PM  
WED: 09:00 AM - 12:00 PM (CLOSES EARLY)  
THUR: 09:00 AM - 04:00 PM  
FRI: 09:00 AM - 04:00 PM  
SAT & SUN: CLOSED





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# Assistive Technology Can Help YOU!

*Jane Mahoney, OAA Consultant  
Greater Wisconsin Agency  
on Aging Resources*

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, house-keeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors and he or she is able to feed him or herself. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things on their own. That feeling of independence can mean a lot to a person who needs help with so many things.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat. Helping people to become aware of the assistive technology devices that are available

is the biggest challenge.

Some things, like a long-handled reacher, back scratcher and a jar opener are not new to you. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

## MOBILITY/TRANSFERRING

- Swivel seat cushion
- Furniture risers
- Ceiling mounted pole

## EATING

- Plate guard
- Weighted forks
- Forks with grips

## COOKING

- Suction cup brushes
- Rocking T knife

## BATHING/DRESSING

- Sock aid
- Shampoo trays

## MEDICATION MANAGEMENT

- Talking pill bottle

## RECREATION

- Lighted magnifying glass
- Extra-large playing cards
- Pocket talker

## GENERAL SAFETY

- 3-prong plug with helper
- Non-skid tape

## WANDERING PREVENTION

- Door posters
- Door alarms
- Adaptive door knobs

If you are interested in exploring how assistive technology might help you, Contact the Aging & Disability Resource Center in Waupaca County. Assistive technology may be just the thing you need to make your role as a caregiver a little easier. Check it out!





# Medications getting expensive?

## Find help with NeedyMeds!

NeedyMeds is a non-profit organization founded in 1997 as a resource for people who need help with the cost of medicine.

### Programs for all ages, with or without insurance

- **Patient Assistance Programs (PAPs)**  
Provide medicine at no cost or at a discount to people who qualify
- **Free/Low-Cost/Sliding Scale Clinics**  
Medical and dental clinics that offer healthcare at no cost, or for a small fee
- **Diagnosis-Based Assistance**  
Help with the costs associated with various diseases or medical conditions
- **Coupons, Rebates & More**  
Rebates, discounts or even trial sizes of a medication
- **State Programs**  
Various types of assistance with healthcare costs
- **Camps & Scholarships**  
Based on diagnosis

### Find assistance with:

- The cost of prescriptions
- Co-pays and premiums
- Diagnosis-related expenses

### Find a program for your medicine on [www.needymeds.org](http://www.needymeds.org) by:

1. Typing the name of your medication in the Drug Search field, or
2. Looking under Brand Name Drugs or Generic Name Drugs under Patient Savings tab
3. Click on the name of your medication to read about available program(s).
4. If your medicine is not on either list, assistance is not currently available through a PAP.

### Tips for Applying

- Always call the program if you have questions.
- Look for programs for all your medications.
- Programs change — check back regularly.
- Don't leave blank spaces on the application. Write N/A if the question doesn't apply to you.

**Call their Toll-Free Helpline:  
800-503-6897**

\*Supported by a grant from RX Outreach

# It's tax Season!

Have you heard of VITA, the  
IRS Volunteer Income Tax  
Assistance program?



Do you make less than \$54,000 per year? Are you an individual with a disability? Then you may be able to find FREE tax help! IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

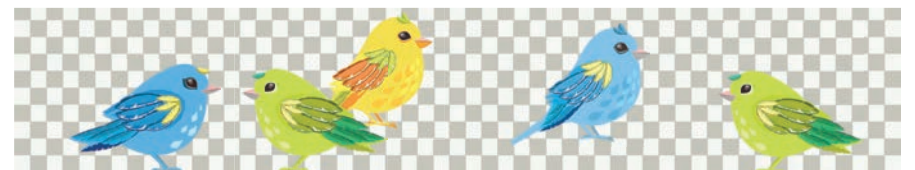
If you're wondering who to contact or where to go, call your local ADRC or visit [www.irs.gov](http://www.irs.gov) to use their VITA finder tool.

**If you live in or near Waupaca, try contacting:**

CAP Services-Tower Road  
101 Tower Rd  
Waupaca, WI 54981  
800-660-5430

**What to bring? Here are a few items you may need...**

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable



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## Emergency Preparedness for Seniors

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

- Consider how a disaster might affect your individual needs.
- Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility or even a drugstore.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- Get an emergency supply kit.

Plan in advance for shelter alternatives that will work for you; consider loved ones or friends outside of your immediate area who would be willing to host you in an emergency.



### Create a Support Network

- If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network.
- Write down and share each aspect of your emergency plan with everyone in your support network.
- Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.
- Practice your plan with those who have agreed to be part of your network.

### Medications and Medical Supplies

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

- Make a list of over-the-counter and prescription medicines including dosage, treatment and allergy information.
- Talk to your pharmacist or doctor about what else you need to prepare.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.
- Consider other personal needs such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.

### Emergency Documents

Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.

- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- Include the names and contact information of your support network, as well as your medical providers.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.

Keep these documents in a water proof container for quick and easy access.

For more information on emergency preparedness, please visit our website at <http://Ready.wi.gov>.

#### You'll find guidance on:

- Getting a Kit — of emergency supplies for your home, car and workplace.
- Making a Plan — to communicate with and locate your loved ones during an emergency.
- Being Informed — about the types of emergencies that occur and the safety measures you should take.

#### You can also get additional information from your:

- County emergency management director
- County department or council on aging



# When Caregiving Ends

*Jane Mahoney, OAA Consultant  
Greater Wisconsin Agency  
on Aging Resources*

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee clutch, decrease the number of days you participate in volunteer or paid work, leave your favorite hobbies on the shelf and slow down your travel plans. As your loved one needs more and more assistance it is tempting to just drop out of everything so you can be there for the person as much as possible.

While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over. When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, "What will I do when I am no longer needed as a caregiver?"

I have been spending a lot of time thinking about what a caregiver's life is like when caregiving ends. The death of my father left my mom with

an entirely new life ahead of her. She went from having her days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dad's needs first. During that time, I encouraged Mom to keep doing some of those things she really loved, even if it was infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for herself. But now I see that keeping active in those activities was important in another way, too. Finding a new routine for her life now is a little easier because she remained involved with those activities. Had she given up everything, her whole identity would be lost now.

No matter what, life after caregiving will be a transition and will be a difficult adjustment. Here are some points to consider to help you when your job as caregiver has ended.

- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transitional time easier.
- Time helps – while you will never forget your loved one, as time passes it will become easier to find your way in life without that person.



See **Caregiving** page 12

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Respite Care

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(715) 256-0100

[parkvistaliving.org](http://parkvistaliving.org)





## Looking to give back? **VOLUNTEER!**

Satisfactory  
background check  
required for all  
positions.

### Current Volunteer Opportunities Available

**Meals on Wheels:** Be the sunshine in your neighbor's day! All you need is a willing heart, a vehicle in safe, working condition and 1 hour to help enrich your neighbor's life! Choose the days you are able to deliver. Lunch is delivered to home bound residents Monday – Friday. Time and length of route vary by nutrition site. Volunteering just one hour a month will make a tremendous difference in someone's life!

**Senior Nutrition Sites:** Do you enjoy the company of seniors? If so, please join us at any of the seven (7) Nutrition Sites located in Clintonville, Iola, Manawa, Marion, New London, Waupaca & Weyauwega. Assist with meal set up, serving and clean up. Offer your talents to the participants through music, art, or professional abilities. Hours are approx. 10:00am – 1:00pm, Monday – Friday. Flexible schedule!

**Volunteer Driver:** Are you retired or looking for something rewarding to do? Enjoy meeting new people? Maybe this is for you! Provide safe and dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutrition or employment needs. Volunteer are paid for mileage. A Wisconsin driver's license and proof of insurance is required.

**Volunteer Childcare:** We are in search of compassionate, attentive individuals to provide volunteer childcare one time per month for an hour and a half. The need stems from a women's group hosted for female DHHS clients. Children come with their mothers and require supervision during a small workshop their mother's participate in.

**Meals on Wheels, Senior Nutrition Site, Volunteer Driver, Childcare Opportunities: (715) 258-6400**

**Health Promotion Co-Leader:** Improve your health and well-being and help others do the same! Become a trained leader in any of our evidence-based programs geared for older adults. Training is required and paid for. Stipends are offered for select leadership opportunities. Current evidence based workshops are offered:

**Stepping On Falls Prevention:** A seven-week interactive workshop to help older adults prevent falls. We focus on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important role in falls prevention.

**Living Well with Chronic Conditions:** This six-week program teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition such as pain and fatigue, diabetes, arthritis, high blood pressure, heart disease or anxiety.

**Healthy Living with Diabetes:** If you have diabetes or care for someone with diabetes, you may be ideal for co-leading this 6-week self-management workshop! This research based and proven, peer-led workshop is designed to help adults with type-2 diabetes or pre-diabetes learn skills for managing their diabetes.

**Health Promotion Co-Leader Opportunities: (920) 740-9572**

**E-mail: [ADRC@co.waupaca.wi.us](mailto:ADRC@co.waupaca.wi.us)**





Transportation: You Have a Voice

## You're Invited!

### Waupaca County 5-Year Transportation Coordination Plan

#### • Community Conversation •

Tuesday April 24, 2018

4:30pm - 6:30pm

Waupaca County Courthouse Room LL42

Join Waupaca County Department of Health and Human Services and East Central Wisconsin Regional Planning Commission for a Community Conversation about transportation needs in Waupaca County. This event will feature question and answer periods for all attendees to voice their concerns, opinions and suggestions on improving and/or increasing the transportation available in our area. It's important that individuals who need transportation or use current public transportation options, discuss what's working and what's not working about those systems. All community members are welcome. If you are unable to attend this event but still want to contribute to the conversation, please mail or e-mail your thoughts to the contact information below. If you need transportation to the event, please call our Waupaca County Transportation Coordinator to see what options are available to you (715) 258-6279. We hope to see you there!

E-mail: [leah.klein@co.waupaca.wi.us](mailto:leah.klein@co.waupaca.wi.us)

Mail: Waupaca County DHHS  
Attn: Transportation Input  
811 Harding Street  
Waupaca, WI 54981



# Seniors & People with Disabilities Need You Waupaca County:

## Volunteer Drivers Needed!



Leah Klein,  
Aging & Disability  
Resource Unit  
Manager

Any given day, you can count on 15+ Waupaca County Volunteer Drivers to provide essential transportation to area seniors and people with disabilities. Thousands of miles are driven and countless hours are clocked; ensuring that people are getting to their non-emergency medical appointments, essential shopping and more. For rural areas like Waupaca County, reliable, safe and convenient transportation options are slim to none. Often, seniors and people with disabilities have even fewer options as they may need wheelchair accessibility, assisted transportation (to and from the car and facility) and reduced-cost transportation options.

Waupaca County...seniors and people with disabilities need you. Becoming a Volunteer Driver is a gift you can give that provides dividends in return. Our current Volunteer Drivers note that with the satisfaction of knowing you assisted someone and the relationships that are built, the mileage reimbursement is just icing on the cake. Our goal is to never turn down an eligible participant for a ride. To meet our goal, we need to add to our dedicated pool of Volunteer Drivers who are willing to answer the call.

We've asked some seniors and people with disabilities, "How would you get to your medical appointments or to the grocery store without the Volunteer Driver Transportation Program?" – the response is simple, "I wouldn't." Access to reg-

ular, routine healthcare and access to adequate and affordable food are two key ingredients of a healthy life. Seniors who don't have these things are at a higher risk of additional health concerns as well as the threat of continued isolation from society.

If you or someone you know would make a perfect Volunteer Driver, call us today! A simple Volunteer Application and Background Check is required. Important facts you should know are below.

### Transportation Program Facts:

- 400+ round trips are needed monthly by seniors and people with disabilities in Waupaca County
- 100+ individuals served every month
- Close to 40,000 miles are driven each month by Volunteer Drivers which encompasses trips to 250+ essential non-emergency medical appointments for seniors and people with disabilities.
- Common Destinations: Medical Entities in Waupaca County, Appleton, greater Fox Valley, Madison, Milwaukee; Nutrition Sites; Grocery Stores; Pharmacies; Physical Therapy; Dialysis and more.

### What to Know as a Volunteer Driver:

- Volunteer Drivers are not reimbursed for their time. They are, however, reimbursed for every mile driven at the current IRS mileage reimbursement rate of \$0.545/mile.
- Volunteer Drivers set their own schedule and drive as far or as near as they prefer.
- Volunteer Drivers must provide proof of current vehicle insurance and a copy of their valid WI Driver's License.
- Volunteer Drivers work closely with the Waupaca County Transportation Coordinator who is the daily point of contact and support for Drivers.

## 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](mailto: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



# Does Nature Heal?

By Megan Karth

Forest therapy is being studied in Japan, eco-therapy and green therapy are being prescribed by some in the psychiatric field and even physicians dealing with chronic disease (so rampant in our modern society) are writing scripts for "a walk in the park." What gives? Is there science behind this movement?

The Japanese think so. In an article penned for Time Magazine in 2016, The Healing Power of Nature by Alexandra Sifferlin, reported on research done in Japan and elsewhere suggesting Forest Therapy or just contact with nature can promote natural killer cells which help us fight off cancer. Also, that nature walks may approve attention span in children with ADHD, and those without this diagnosis too. Depression, anxiety and other mood disorders responded positively to a 90- minute walk in a natural setting, according to a 2015 study in the Proceedings of the National Academy of Sciences. Contact with nature during walks or other activities can lower levels of the stress hormone, cortisol and lower blood pressure.

Check out your library or the internet for more information on this topic so you can judge its validity, realizing not everything you read is based on science. Do not stop taking any prescribed medications unless approved by your doctor. But unlike many drugs, there are not many negative side effects to a walk in the woods or a park. (Wear good shoes and learn what poison ivy and ticks look like). If you are physically challenged, look for paved or accessible trails. And if walking is not possible, even a visit to a park or a patch of nature in town, enjoying the sights, smells and sounds of nature while seated, may be therapeutic. At the very least, let light in your windows, take time to focus on the birds and changing seasons around you and develop you sense of wonder.

Scientist, writer and man of faith E.O.Wilson said, "Nature holds the key to our aesthetic, intellectual, cognitive and spiritual satisfaction." Does it play a role in our physical and mental health too? And poet Gary Snyder penned, "Nature is not a place to visit, it is our home."

(Reprinted with permission from *Hartman Harrier*, Newsletter of Friends of Hartman Creek State Park, Fall 2016 issue).

## The following **FREE** workshops are sponsored by: Waupaca Area **THRIVES\*** Coalition

### » **STEPPING ON**

A workshop where you'll learn exercises and strategies to help prevent you from falling. Topics included: Simple and fun balance and strength training, the role vision plays in keeping your balance, How medications can contribute to falls, and more. Workshops are lively and interactive making the learning experience both interesting and fun.

- **Thursdays, April 5th-May 17th, 2018 from 1:00pm-3:00pm**
- **Washington Center, New London**
- **Registration- Contact Nancy Krueger at 920-740-9572**



### » **LIVING WELL WITH CHRONIC CONDITIONS**

Join this workshop where you'll learn practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and understand new treatment choices. If you have conditions such as diabetes, arthritis, high blood pressure heart disease, chronic pain or anxiety – this workshop is for you!

- **Thursdays, April 12th-May 17th, 2018 from 12:30pm-3:00pm**
- **Waupaca Senior Center**
- **Registration- Call the Waupaca Senior Center at 715-258-4437**

OR

- **Thursdays, June 14th-July 19th, 2018 from 9:00am-11:30am**
- **New London- Exact location TBD**
- **Registration- Call Nancy Krueger at 920-740-9572**



### » **HEALTHY LIVING WITH DIABETES**

This researched and proven, peer-led workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills for managing their diabetes. Healthy Living with Diabetes promotes self-management skills for people living with diabetes.

- **Wednesdays, April 11th-May 16th, 2018 from 9:00 am – 11:30 am.**
- **ThedaCare Medical Center-Waupaca**
- **950 Park Avenue, Waupaca**
- **Registration call ThedaCare at 715-258-1225**

\*THRIVES stands for: "Teaming for Health and Resiliency Improvement Via Education and Support." The THRIVES coalition is a group of agencies working together to offer educational and supportive workshops to help all members of our community.

**Register Early ~ Class size is limited ~ Ask a friend!**

## Caregiving from page 9

- Accept and express your feelings of loss, loneliness and whatever else you may be feeling – keep attending your caregiver support group, join a grief support group or find a trusted friend to share with. Seek help from a counselor if your grief leaves you overwhelmed by feelings of depression or hopelessness.
- Reconnect with things and people you used to be involved with.
- Look for new challenges – a new job, volunteer work or planning a trip somewhere you've always wanted to go will help you focus on positive things.
- Keep busy, but allow for quiet times to grieve. Reflect on what you've been through, be proud of the good work you did for your loved one and let go of any guilt you may feel.

- Change is the name of the game – reshaping your life and creating a "new normal" is what you need to do, but it is not done overnight. Give yourself time to find your way.

Even if you don't want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn't selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. If you are able, involve your loved one in this discussion as they most likely want you to be happy, too. Life after caregiving happens, and it may even include a new, fulfilling adventure.

If you have questions about caring for a loved one or would like help in your caregiving journey please call the Aging & Disability Resource Center in Waupaca County (715) 258-6400.



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No awkward exits from this recliner! Tilts forward for ease of rising — better than a hand up. Bolstered back for comfort; hand-held control (to recline or exit); storage pocket for convenience. For confidence, lifetime-warranted Flexsteel seat spring and frame.



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





# The gift of time



By Amy Temby, Adult Protective Services Social Worker - Waupaca County Department of Health and Human Services Aging and Disability Resource Unit

"Volunteering is at the very core of being human. No one has made it through life without someone else's help." Heather French Henry

In April 2007, during a volunteer guardian training, I was introduced to a man who made a decision to donate his time to someone in need; this man is Gerald Van Bostel. Gerald is known as "Jerry" to those who have been fortunate enough to work with him over the past 11 years as a volunteer guardian.

Jerry recently "retired" as a volunteer guardian for Waupaca County. Over the past couple of years he would joke that he was guardian for individuals who were younger than him. I had the pleasure of visiting with Jerry at his home to reflect on his time as a volunteer guardian.



I asked Jerry what made him decide to become a volunteer guardian; Jerry recalled reading an article in the paper about the volunteer guardian program. Although there are many individuals in Waupaca County who need the assistance of a guardian, this specific recruitment was to serve those residing at the Wisconsin Veterans Home. At the time, Jerry was the commander of the VFW and said he wanted to "do something for Veterans." Jerry's 20 years of service in the Air Force made the commitment to individuals at the Wisconsin Veterans Home a compelling fit.

Jerry was a volunteer guardian to a total of 10 individuals; he provided assistance to each of them until their passing. Jerry recalled the first gentleman he assisted already had a guardian, that person was no longer able to fulfill the role of guardian, so Jerry took on the case. "There are things you have to do," Jerry said, but it was not as time consuming as he thought it might be. Jerry said it was hard to establish relationships with all of the people he was guardian for because they didn't always remember who he was.

The support systems and family relationships vary for individuals who need a volunteer guardian; only a cou-

ple of the gentleman Jerry was guardian for had family. An individual may not have a willing or able person in their lives; be it a family member or friend who can assist them in the guardian capacity. In some situations, a person may be interested in being a guardian, but that person may not have the individual's best interest in mind; an unbiased guardian is recommended.

Jerry explained at times it was "disappointing" when family did not want to be involved but he understood that as guardian, he needed to be there to provide what the individual needed at this point in their life. Some family kept connected with Jerry and thanked him for his time and attention.

Jerry said he learned a lot during his time as a guardian. While the authority of the guardian ends when the ward dies, (ward is defined as an individual who has been determined by a court of law to be incompetent), Jerry said he was involved in helping with final arrangements for some of his wards; for example, ordering the headstone. Sometimes, he was the only one at the funeral service and accepted the American Flag for them. Jerry always made sure that military honors were part of the individual's funeral arrangements.

The staff at the Wisconsin Veterans Home frequently commented how involved and attentive Jerry was to the members he was guardian for. Jerry explained that it was his "duty" to help these individuals and has such respect for the folks who work at the nursing home. Staff would contact Jerry for things such as authorization for medication, updates on appointments for an individual, changes in condition, and would schedule quarterly care conferences. Jerry said he only missed one care conference in 11 years; he admitted he forgot about it but was able to participate in a review over the phone.

As a guardian, Jerry was responsible for visiting the people he was guardian of. Jerry realized the importance of visiting his wards and doing so at different times of the day; sometimes unannounced, he did not always make an appointment with staff to let them know he was coming.

Most of Jerry's wards had just one bank account. He needed to make sure the account stayed under the medical assistance asset limit of \$2000. This included things such as helping establish funeral trusts, approve purchases for a new TV, chair, clothing or something to keep the individual comfortable. Jerry recalled a unique situation that involved assisting an individual with a

divorce.

Jerry knew being a volunteer guardian meant he would not be paid for his services; Jerry never expected a stipend or reimbursement for mileage, postage, or his time. Jerry, and other volunteers like Jerry, are the reason Waupaca County has a successful volunteer guardian program. Jerry said that being a volunteer guardian was a "satisfactory job... I was doing something for someone else."

This is not Jerry's first retirement, and I am not sure it will be his last. Jerry said he still gets calls from Wisconsin Veterans Home. Jerry even got a call from someone connected with a veterans program in Green Bay who heard of his dedication.

At the end of our visit, Jerry invited me see one of the things that brings him peace; we watched a deer and her yearling eat just a few feet from the window we were looking out. I thanked Jerry for his service to our Country and for the gift of his time to the individuals he served as a volunteer guardian. Jerry recalls, "It was a great job. I enjoyed it."

Guardianship is a legal relationship created by a county circuit (probate) court. An individual may require a guardian for many different reasons. Individuals who are born with disabilities that affect judgment and decision

making often need assistance from a legal guardian throughout their lifetime. Other individuals may have experienced an accident or other traumatic health event in which their judgment and decision making has been adversely affected. There are times when an individual requires medical or other care and are unable to effectively manage these decisions. Individuals may have a guardian of person, a guardian of estate, or both depending on the specific needs of the individual.

A Volunteer Guardian will work with county Adult Protective Services staff, care management organizations that may be involved in an individual's life, staff from an alternate living setting, etc. Training and ongoing support is provided. Jerry expressed a willingness to participate in the training of new volunteer guardians.

If you are interested in learning more about the volunteer guardian program, please contact the Aging and Disability Resource Unit at Waupaca County Department of Health and Human Services. An Adult Protective Services social worker would be happy to provide more information about the program.

Contact Information:  
Aging & Disability Resource Unit  
Phone: (715) 258-6400  
E-mail: ADRC@co.waupaca.wi.us

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

**Transforming People and Communities**



# End of Life: Helping with Comfort and Care

Summarized Information from "End of Life: Helping with Comfort and Care"

By: The National Institute on Aging, National Institutes of Health, and the U.S. Dept. of Health and Human Services

End-of-life care is the term used to describe the support and medical care given during the time surrounding death. There are many places and a variety of ways to provide care for an older person who is dying. Such care often involves a team. This information does not replace the personal and specific advice of the doctor, but it can help you make sense of what is happening and give you a framework for making care decisions.

**Providing Comfort:** Comfort care is the care that helps or soothes a person who is dying. The goal is to prevent or relieve suffering as much as possible while respecting the dying person's wishes. Comfort needs near the end of life include: Physical Comfort, Mental and Emotional Needs, Spiritual Issues and Practical Tasks.

**Finding Care:** Decades ago, people died at home, but medical advances

have changed that. Today, most Americans are in hospitals or nursing homes at the end of their lives. In a hospital setting, there is always medical staff available who know what needs to be done for someone who is dying. This can be very reassuring for that person, as well as for family and friends. In a nursing home, nursing staff are also always present. A nursing home, sometimes called a skilled nursing facility, has advantages and disadvantages for end of life care. Unlike a hospital, a doctor is not in the nursing home all the time. But, plans for end of life care can be arranged ahead of time, so that when the time comes, care can be provided as needed without first consulting a doctor. Home is likely the most familiar setting for someone who needs end of life care. Family and friends can come and go freely. Care at home can be a big job for family and friends – physically, emotionally and financially. But, there are benefits too, and it is often a job they are willing to take on. Hiring a home nurse is an option for people who need additional help.

## Palliative Care vs. Hospice Care:

**Palliative Care:** Anyone with a serious illness can receive palliative care and symptoms will be relieved as much as possible. A person receiving palliative care can continue treatments and care can be continued based on what care you need and your insurance plan. You can receive palliative care at home, assisted living facilities, nursing homes or hospitals.

**Hospice Care:** Anyone with a serious illness whom doctors think has only a short time to live, often less than 6 months can benefit from hospice care. Symptoms will be relieved as much as possible but active condition treatment is not allowed. As long as you meet the hospice's criteria of an illness with a life expectancy of months, not years, you may still qualify for hospice care. You can receive hospice care at home, assisted living facilities, nursing homes, hospice facilities and hospitals.

**Understanding Health Care Decisions:** If you are making decisions for someone at the end of life you may be thinking about what you would want if you were in the person's condition or trying to decide what's in the best interest of the dying person. If you are trying to use one of these approaches, it may be helpful to think about the following:

- Has the dying person ever talked about what he or she would want at the end of life?
- Has he or she expressed an opinion about how someone else was treated?
- What were his or her values in life? What gave meaning to life?

**When Someone Dies:** Just as each life is unique, so is each death. But, there are some common experiences very near the end: shortness of breath, depression, anxiety, tiredness



and sleepiness, mental confusion, constipation or incontinence, nausea and/or refusal to eat or drink.

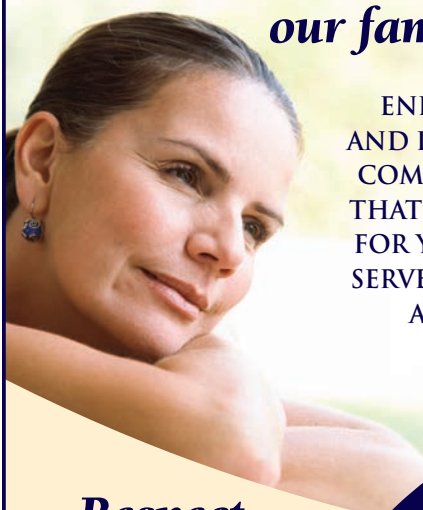
**Getting Help for Your Grief:** Losing someone close to you can make you feel sad, lost, alone, and maybe even angry. You greatly miss the person who has died – you want them back. You might have also been so busy with caregiving that it now seems you have nothing to do. This can add to your feelings of loss. This is all part of grieving, a normal reaction to the loss of someone you love. There are many ways to grieve and to learn to accept this loss. Try not to ignore your grief. Support may be available until you can manage your grief on your own. It is especially important to get help with your loss if you feel overwhelmed, consumed, or very depressed by it.

## Local Caregiver and Grief Support Resources:

Call the Aging & Disability Resource Center in Waupaca County for additional information on local caregiving and grief support resources: (715) 258-6400.

Resource: National Institute on Aging, National Institutes of Health, U.S. Dept. of Health and Human Services. (2012). *End of Life Helping with Comfort and Care*. NIH Publication No. 08-6036.

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## 2018 TOUR DATES:

Tues, June 19th: *Spirit of Wisconsin Golf Fundraiser*—SentryWorld

Wed, June 20th: *Dream Flights*  
Stevens Point Municipal Airport

Thur, June 21st: *Dream Flights*,  
Waupaca Municipal Airport

Waupaca County

**Caregiver**  
Coalition





# To Drive, Or Not To Drive... That is the Question?

Article by:



Amy Temby, Michelle Gardner & Tracy Wisner

Most of us gained a form of independence around the age of sixteen when we first obtained our driver's license. We generally had to still rely on our parents to let us borrow the car, but it felt freeing. We were able to find a job farther than a bike ride away and were able to go to the library without having to ask a family member or friend to drive us. Then we eventually graduated to a car of our own and learned the value of oil changes, tire rotations and general upkeep because when we found ourselves in a situation where our vehicle was in the shop for repairs, we felt absolutely helpless. How will I get to work? How will the kids get to school? How will I get the bread and milk needed for breakfast? Now advance to the stage of life when your eye sight is not as it used to be and your reflexes just are not as swift as they once were and you are starting to get more cautious about getting to get more cautious about getting behind the wheel of your car. This stage of life can feel very scary and be somewhat traumatic. Especially when you think you are going in for a routine doctor's appointment and they inform you that it is no longer safe for you to drive and they are now revoking your driving privileges. At this point in life some people have been driving for sixty plus years. Imagine one day just not being able to safely do it anymore.

Having the conversation with a loved one that it may be time for them to stop driving or coming to the realization on your own can be very difficult. It is important to take the loss of independence into account when having this conversation. Some of the fear for the person comes from the unknown of how they will get along without being able to drive. When having the conversation, try to have solutions or suggestions for ways for the person

to still be able to do the things they used too. For example, if a person is involved in a church or place of worship, determining if there are volunteers from that organization that will pick up people for service or groups, may help to alleviate their fear. Or for grocery shopping, setting up a grocery shopping schedule with the person so they know that they will be able to replenish their food on certain days. Eligibility for the Meals on Wheels program can be determined by contacting the Waupaca County Aging and Disability Resource Center (715-258-6400). Waupaca County also has a volunteer transportation program for those individuals who are 60+ years old or have a Social Security Disability Determination, that can assist with getting to medical appointments and can be set up by calling 715-258-6279.

**According to AARP.org, the following are some warning signs that indicate a person should begin to limit or stop driving.**

1. Almost crashing, with frequent "close calls"
2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
7. Experiencing road rage or causing other drivers to honk or complain
8. Easily becoming distracted or having difficulty concentrating while driving
9. Having a hard time turning around to check the rear view while backing up or changing lanes
10. Receiving multiple traffic tickets or "warnings" from law enforcement officers

([http://www.aarp.org/home-garden/transportation/info-05-2010/Warning\\_Signs\\_Stopping.html](http://www.aarp.org/home-garden/transportation/info-05-2010/Warning_Signs_Stopping.html))

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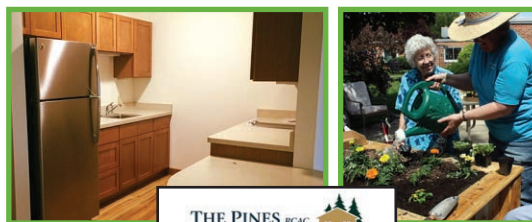


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**Shadow Woods** consists of 40 duplexes differing in sizes and layouts, serving those 55 years and older. All duplexes have riverfront, lakefront or wooded views.



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**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.



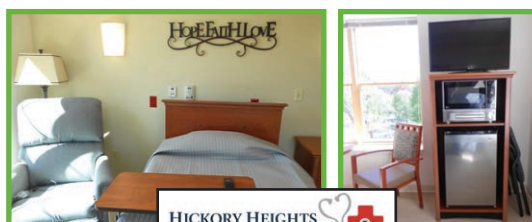
**THE SPRINGS**  
Wellness at Bethany

**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.

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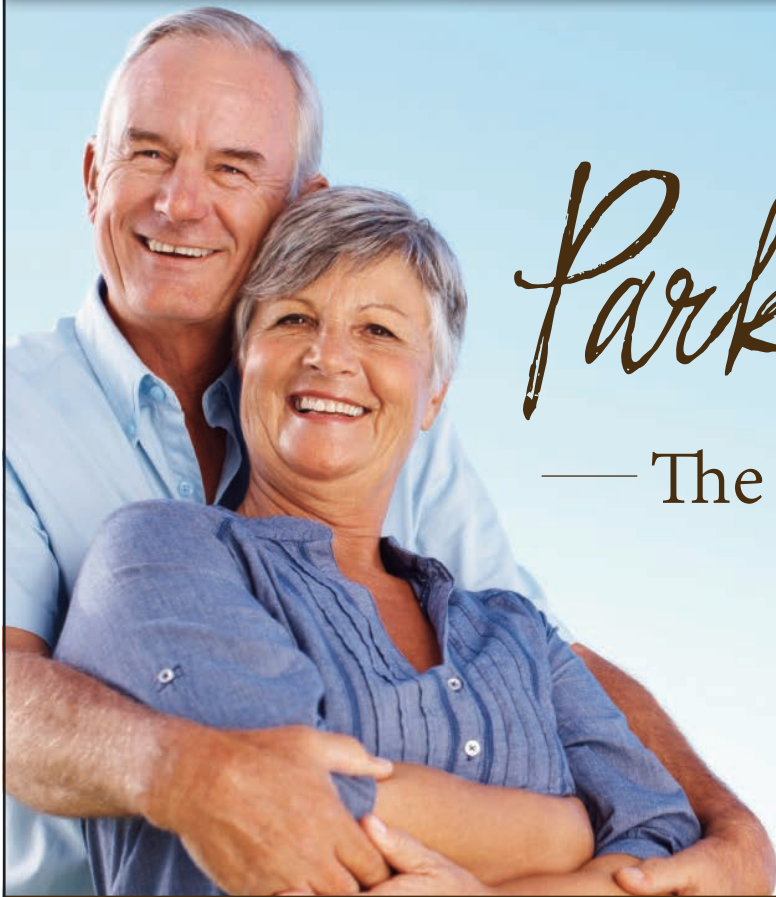


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