

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

## MAY IS OLDER AMERICANS MONTH



**Connect**  
WITH FRIENDS, FAMILY, AND SERVICES THAT SUPPORT PARTICIPATION.

**CREATE**

THROUGH ACTIVITIES THAT PROMOTE HEALTH AND PERSONAL ENRICHMENT.

**Contribute**  
TIME, TALENT, AND LIFE EXPERIENCE TO BENEFIT OTHERS.

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and

their communities to:

- **Connect** with friends, family, and services that support participation communities to:
- **Create** by engaging in activities that promote learning, health, and

personal enrichment communities to:

- **Contribute** time, talent, and life experience to benefit others
- Communities that encourage the contributions of older adults are

stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

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

### "Like" the ADRC on Facebook!



**Waupaca County Aging & Disability Resource Center:**

[www.facebook.com/adrcofwaupacacounty](http://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



Visit [acl.gov/oam](http://acl.gov/oam) for more information.



# 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 Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

## 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, 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.



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WEYAUWEGA 717 E. Alfred St., Weyauwega, WI P: 920.867.3121 [www.cccwega.com](http://www.cccwega.com)



CROSSROADS  
CARE CENTER





# Spring -INTO- Shape

Adapted From: U.S. Department of Veterans Affairs: [https://www.maryland.va.gov/publications/newsreleases/2010/03-08-10\\_SpringIntoShape.asp](https://www.maryland.va.gov/publications/newsreleases/2010/03-08-10_SpringIntoShape.asp)

## Getting started:

Check with your doctor before starting any exercise program if you do not exercise regularly, are older than 50, are significantly overweight, or have a chronic health condition

such as diabetes, asthma, heart disease, or high blood pressure.

## What senior citizens can do to spring into shape:

- Taking the stairs – stair climbing exercises the same muscles necessary for keeping your balance while rising from a chair, so it is important to keep these muscles strong.
- Making little changes that add up – parking farther away from

church, or a store entrance and walking the extra distance – every little bit helps.

- Exercising at home with exercise programs on TV, or with a DVD or home workout video.
- Swimming – check into the local YMCA, community colleges, fitness centers or gyms.

## Be Safe:

- Wear shoes with rubber grips to prevent falls in slick weather conditions.
- Remember to warm up before and cool down and stretch after any exercise activity to lower risk for injury and to keep you motivated to continue.
- Drink water to stay hydrated.
- Make increasing physical activity part of a daily routine.



## Eat better while eating less:

- We need fewer calories as we age, so the quality of the diet is even more important. Make every calorie count by including nutrient-rich foods: whole grains, lean protein, low-fat or non-fat dairy, healthy fats, and plenty of fruits and vegetables.
- Choose fiber rich foods such as whole grain breads and cereals, beans, fruits and vegetables to help control weight, keep you regular, and lower your risk of heart disease and diabetes.
- Balance your plate by filling half your plate with vegetables, and the other half with moderate portions of starch like potatoes, pasta, rice or other grains, and lean protein, such as fish, skinless chicken, or lean cuts of pork or beef.
- Add-in small amounts of healthy fats like nuts, seeds, or avocado to salads, yogurt, or cereal and cut back on unhealthy fats like bacon, butter, cream, and cream cheese.
- Don't eat out of the bag or box. Place one serving in a small bowl or cup to limit how much you have of high fat and high sugar snacks like chips, crackers, candy, ice cream or cookies.

# SPRING AHEAD

March 10,  
2019



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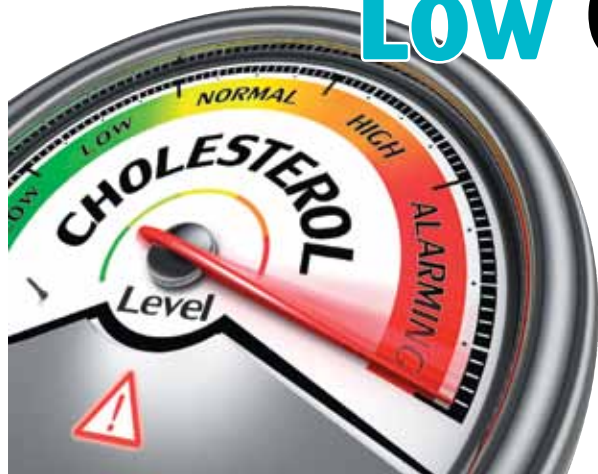
Information From:  
[www.disabilityrightswi.org](http://www.disabilityrightswi.org)

Disability Rights Wisconsin is a private nonprofit organization which was founded in 1977. Designated by the Governor to ensure the rights of all state citizens with disabilities through individual advocacy and system change, DRW is part of a national system of federally mandated independent disability agencies. DRW is completely independent of government and the disability service system in order to be free of any conflicts of interest which would undermine their capacity to advocate vigorously on behalf of the human and legal rights of people with disabilities. Disability Rights helps people across Wisconsin gain access to services and opportunity through its advocacy and legal expertise. DRW regularly challenges the systems and society to create positive change and improve the lives of people with disabilities. Committed board and staff members are among the strongest advocates in the state. DRW supports the right of each person to live in dignity, to work and to attend school in the mainstream.

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



# Low Cholesterol / Low Fat Diet



Source: [www.gwaar.org](http://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 moderations. 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.

# It's tax season!

The AARP Tax Aides will be offering free tax preparation every Tuesday at the Waupaca Senior Center from 2/5/2019 – 4/9/2019 from 10:00 AM – 3:00 PM. Must be 55 and older.

They will also be in Clintonville and New London on the dates listed. Additionally, see calendar for Homestead "only" Tax Credit assistance. Must be 60 and older.

DATE	ASSISTANCE	LOCATION
Wednesday February 27th	AARP Tax Aides & Homestead 10 AM – 3 PM	Clintonville Community Center 30 S Main St
Thursday February 28th	Homestead "Only" Tax Assistance 9 AM – 2 PM	Living Oaks – Iola 505 Iola St
Tuesday March 5th	AARP Tax Aides & Homestead 10 AM – 3 PM	Waupaca Senior Center 407 School St
Tuesday March 12th	AARP Tax Aides & Homestead 10 AM – 3 PM	Waupaca Senior Center 407 School St
Tuesday March 19th	AARP Tax Aides & Homestead 10 AM – 3 PM	Waupaca Senior Center 407 School St
Thursday March 21st	AARP Tax Aides & Homestead 10 AM – 3 PM	Clintonville Community Center 30 S Main St
Tuesday March 26th	AARP Tax Aides 10 AM – 3 PM	Waupaca Senior Center 407 School St
Tuesday April 2nd	AARP Tax Aides 10 AM – 3 PM	Waupaca Senior Center 407 School St
Tuesday April 9th	AARP Tax Aides 10 AM – 3 PM	Waupaca Senior Center 407 School St

\*\*\*All assistance is based on a first come first served – no appointments are taken \*\*\*

# Your local Family Care option for personal care and support



Some of the services we manage with you include:

- Care Management
- Medical Supplies & Equipment
- Personal Care
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)





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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**  
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 SMOKEHOUSE

**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**



Scan QR codes with your phone to connect with us now!



Bethany is an equal opportunity provider.

05343161



## United Healthcare Drops SilverSneakers Program

*By the GWAAR Legal Services Team  
(for reprint)*

As of January 1, 2019, 1.3 million customers with Medicare supplement (Medigap) plans in nine states – including Wisconsin – will lose benefits to the popular SilverSneakers program.

Instead, United Healthcare is offering members a package of fitness and wellness benefits, a move that is intended to give the company more control over its benefits in an attempt to save money. In place of SilverSneakers, seniors will get 50 percent off memberships at gyms, telephone access to wellness coaches, and access to various online communities and health-related resources.

United Healthcare believes that the change will reach “a broader portion of its membership” and offer a “wider variety of fitness resources,”

according to a spokesperson. Many SilverSneakers beneficiaries, however, enjoy group classes tailored to seniors, gym access at over 15,000 sites, exercise programs under the guidance of certified instructors (rather than fitness coaches), and classes not necessarily utilized for exercise, but for seniors to fight isolation and form new relationships. These types of accessibility and social benefits will not exist under the new program.

Humana is stepping in to make SilverSneakers broadly available to Medicare Advantage and Medigap policy holders; however, consumers who signed up for a United Healthcare plan, in large part because of the SilverSneakers program, may not be able switch plans. This is because consumers would need to pass medical underwriting, meaning they do not have “guaranteed issue” into another plan.

For more information, visit <https://khn.org/news/seniors-steamed-over-cuts-to-silversneakers-fitness-program/>



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**Waupaca County Aging & Disability Resource Center:**

**[www.facebook.com/adrcofwaupacacounty](http://www.facebook.com/adrcofwaupacacounty)**



# Choosing an Elder Law or Estate Planning Attorney who is Familiar with Medicaid Laws

By the GWAAR Legal Services Team  
(for reprint)

Elder law is a legal specialty area focused on the specific legal needs of older adults. Elder law attorneys have a wide variety of expertise with trust and estate planning, Medicare, Social Security, retirement, guardianships, health and long-term care planning, public benefits including Medicaid, and many other legal issues affecting older adults.

That said, not all elder law attorneys are familiar with every aspect and every detail of the law that may affect older adults. Some elder law attorneys may be well-versed in estate planning and guardianships but not know much about Medicaid law.

If you are in a Medicaid program or are likely to ever need Medicaid, especially for any type of long-term care, it is important to find an elder law attorney who is experienced in Medicaid law (sometimes called "Medicaid planning.") Even if this attorney focuses on drafting a will or a trust for you, it is important that the attorney is aware of and can spot potential issues with Medicaid in the future.

**The issues related to Medicaid that could arise, could be prevented, or that could be minimized may include:**

## Eligibility

For example, an estate plan with careful attention to Medicaid planning could include setting up burial trusts or other types of exempt assets that may make someone eligible for Medicaid services.

## Divestment penalties

Long-term care Medicaid programs have income and asset limits to qualify. If someone gives money away or sells something for less than fair market value in order to qualify for Medicaid, that could be seen as a divestment and the



Medicaid recipient would be subject to related penalties. An attorney who is familiar with Medicaid laws may be able to find ways to prevent this from happening or lessen its impact.

## Estate Recovery

Medicaid law allows the state to recover some costs that were paid on behalf of a Medicaid recipient. This includes placing a lien on the person's home and/or making a claim against their estate. An attorney who is familiar with Medicaid laws may be able to help with estate recovery as a potential issue.

The types of Medicaid services that may be affected by these issues include long-term care nursing home Medicaid, Medicaid recipients who are considered "institutionalized" in the hospital, and community-based waiver programs such as Family Care, IRIS, Community Options Program (COP), and others. Also, it does not matter whether you are currently a member of any of these programs, if there is even a possibility that you may need these services in the future, it is a good idea to find an attorney who is familiar with Medicaid laws.

Please note that ADRC staff and Elder Benefit Specialists do not provide estate or Medicaid planning services or advice. You will need to contact a private attorney for that. Below are some resources to help you find one, and again, if Medicaid is a concern for you, make sure to ask that attorney if they are familiar with Medicaid laws and Medicaid planning.

## National Academy of Elder Law Attorneys (NAELA)

[www.naela.org](http://www.naela.org)

NAELA is a professional association of attorneys that is dedicated to improving the quality of legal services provided to people as they age. NAELA can help locate an attorney who specializes in Elder Law issues including Medicaid planning.

## State Bar of Wisconsin Lawyer Referral and Information Service (LRIS)

(800) 362-9082

[www.wisbar.org/forPublic/INeedALawyer/Pages/Lawyer-Referral-Request.aspx](http://www.wisbar.org/forPublic/INeedALawyer/Pages/Lawyer-Referral-Request.aspx)

LRIS is a service provided by the State Bar of Wisconsin that assists prospective clients in finding an attorney to represent them given their specific legal needs. Attorneys

referred through LRIS agree to charge no more than \$20.00 for the first consultation, up to 30 minutes.

## Martindale-Hubbell

[www.martindale.com/Find-Lawyers-and-Law-Firms.aspx](http://www.martindale.com/Find-Lawyers-and-Law-Firms.aspx)

Martindale-Hubbell, in existence since 1868, operates an expansive online database of attorneys, law firms, and more. The database also includes both peer and client ratings for attorneys. Prospective clients can search for attorneys based on name, law firm affiliation, location, practice area, and more.

## Avvo

[www.avvo.com/find-a-lawyer](http://www.avvo.com/find-a-lawyer)

Avvo, founded in 2007, is another online database that includes comprehensive tools for locating attorneys and law firms as well as finding answers to a variety of legal questions. Avvo's attorney database also includes ratings and reviews of individual attorneys and allows prospective clients to search by state, city, and practice area.

## Friends, Family, and Personal Referrals

Friends, family, and business colleagues have often either hired attorneys themselves or know someone who has. Discussing others' personal experiences can be extremely helpful in locating the right attorney.



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Website: [manawacommunitylivingcenter.com](http://manawacommunitylivingcenter.com)  
 Manawa Community Living Center



## 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



## Get Medicare's new "What's covered" app!

Not sure if Medicare will cover your medical test or service? Medicare's free "What's covered" app delivers accurate cost and coverage information right on your smart-phone. Now you can quickly see whether Medicare covers your service in the doctor's office, the hospital, or anywhere else you use your phone.

"What's covered" is available for free on both the App Store and Google Play. Search for "What's covered" or "Medicare" and download the app to your phone. Once "What's covered" is installed, you can use it to get reliable Medicare information even when you're offline.

The app delivers general cost, coverage and eligibility details for items and services covered by Medicare Part A and Part B. Search or browse to learn what's covered and not covered; how and when to get covered benefits; and basic cost information. You can also get a list of



covered preventive services.

Easy access to accurate, reliable Medicare coverage information is just one new feature of the eMedicare initiative. To stay up to date on eMedicare improvements and other important news from Medicare, sign up for our email list and follow us on Facebook.

Try the What's covered mobile app!



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715/258-7803 OR 800-773-4746  
MONDAY - FRIDAY 9 A.M. - 5:30 P.M.  
SATURDAY 9 A.M. - 4 P.M.



## "WHAT MAKES MUTUAL INSURANCE A BETTER CHOICE?"

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[www.ellingtonmutual.com](http://www.ellingtonmutual.com)



**Lynn Tank Agency**  
221 W North Water St,  
New London, WI 54961  
[lynntankagencyllc.com](http://lynntankagencyllc.com)

**Heidi Stein**  
Independent  
Representative  
920.982.2978  
[hsteinins@gmail.com](mailto:hsteinins@gmail.com)



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## National Take Back Day is April 27, 2019

10:00am—2:00pm

*National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. The last Take-Back Day brought in more than 900,000 pounds of unused or expired prescription*

*You can play an important role in preventing drug addiction and overdose deaths. Safely dispose of unused or expired medications.*

### Drop Off Locations in Waupaca County:

Waupaca County Sheriff Dept:

1402 E. Royalton Street Waupaca, WI 54981

Clintonville Police Dept:

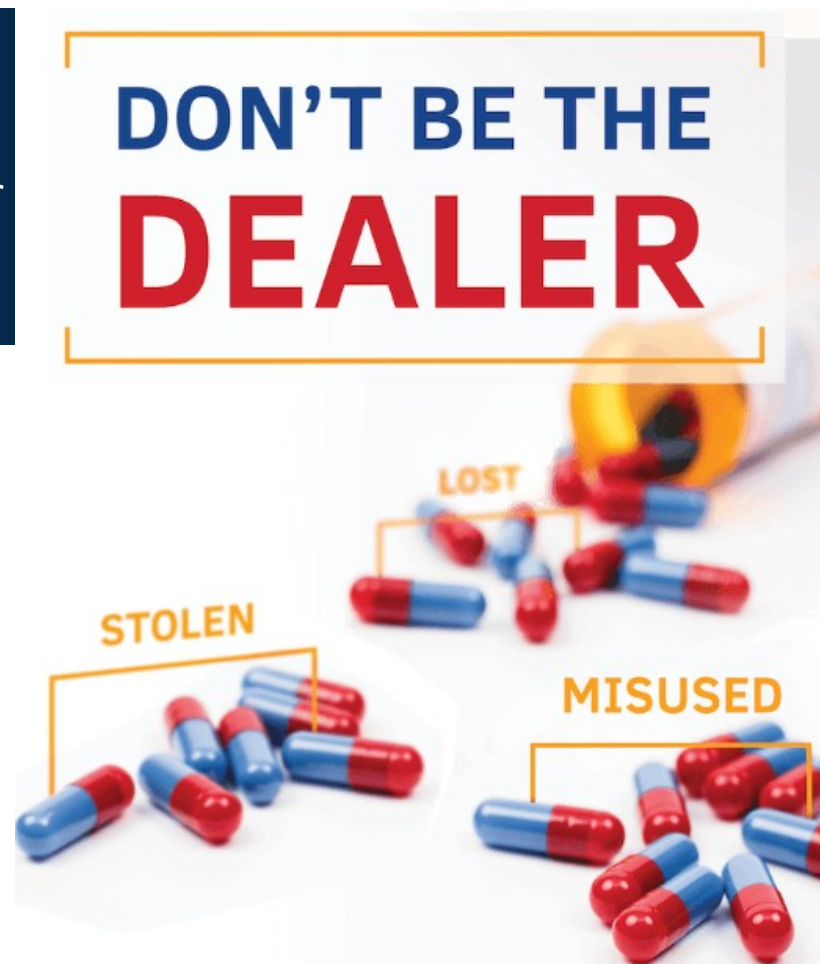
35 S. Clinton Avenue Clintonville, WI 54929

New London Police Dept.

700 Shiocton St. New London, WI 54961

Weyauwega Police Dept:

109 E. Main Street Weyauwega, WI 54983



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



# 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> VACANT <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> Jeff Green <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> Beth Wells <b>Phone:</b> (920) 538-6286 <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





A special **'Thank YOU'**

To all of our  
Waupaca County  
Volunteers as we  
celebrate

**National Volunteer  
Week!**

**April 7-13, 2019!**



**NATIONAL VOLUNTEER WEEK**  
Celebrate Service

# Health Promotion Opportunities

The Aging & Disability Resource Center along with Waupaca County Department of Health and Human Services offers Health Promotion classes to the public two times per year. Each Spring and Fall season, the below classes are offered at no cost to individuals 60+ years of age.

Call the Aging & Disability Resource Center for more information!

**Call today!**  
**715-258-6400**



## Stepping On: Falls Prevention Workshop

*Developed by Dr. Linda Clemson*

Proven to reduce falls and build confidence in older people, this workshop is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks. Workshops are facilitated by trained Leaders and provide a safe and positive working experience. Classes are highly participative; mutual support and success build participant's confidence in their ability to manage their health behaviors, reduce their risk of falls, and maintain active and fulfilling lives.

## Living Well with Chronic Conditions: Self-Management Workshop

*Developed by Stanford University*

This workshop is designed for people who have one or more chronic conditions. A chronic condition is an on-going health problem or disease such as diabetes, heart disease, arthritis, and other long-term problems. This workshop meets for 2 ½ hours a week for six weeks. This workshop is best for anyone who: has, or lives with someone who has one or more chronic conditions and is living in a home or apartment and not suffering from dementia. Benefits of this workshop include but are not limited to improved general health, fewer days of hospitalization, fewer out-patient health care visits and a healthcare cost savings.

## Healthy Living with Diabetes

*Developed by Stanford University*

This workshop is for individuals who have diabetes and who would like to learn how to manage and live healthfully with diabetes in their home. People who have taken this workshop show better health and increased confidence in managing their diabetes as well as improvements in blood sugar and A1C levels. This workshop meets for 2 ½ hours a week for six weeks. Topics discussed include monitoring blood sugars, healthy eating and nutrition, relaxation techniques, planning for the future, prevention and communicating effectively with friends, family and medical team.



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For more information, to set up a tour  
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800-713-6549



[www.khearts.com](http://www.khearts.com)



05494878





# TERMINOLOGY TIME

## Power of Attorney for Finances and Property:

A Power of Attorney for Finances and Property is a document that you (the "principal") complete and sign, naming another individual (the "agent" or "attorney-in-fact") to manage your finances. The agent's authority takes effect immediately after you execute the document unless you expressly indicate otherwise

Source: [www.gwaar.org](http://www.gwaar.org)

## Power of Attorney for Health Care:

A Power of Attorney for health care is a document that you (the "principal") complete and sign, naming another individual (the "agent") to make your health care decisions for you if you ever become unable to make those decision yourself.

Source: [www.gwaar.org](http://www.gwaar.org)



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# Powers of Attorney: Planning for Future Decision Making

By: Adult Protective Services Team



Amy Temby, Tracy Wisner & Shawna Hansen

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

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

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

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

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

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

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

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

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

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

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

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

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

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# Long Term Care Medicaid

**You can get your Long Term Care Medicaid Benefits Faster if You Have the Following Up to Date Information Available When You Apply.**

*Cara Frias*

*ADRC Eligibility Specialist*

*Waupaca County Human Services*

*715-258-6280.*

What is Long Term Care Medicaid? Long Term Care Medicaid can help with the cost of nursing home, group home, and assisted living expenses. It can also provide you help in your own home, so that you can remain living in your home. To qualify for this program you have to meet functional (physical) and financial eligibility.

Having current verifications can speed up the process in finding out if you are financially eligible for Long Term Care services. Examples of Asset verifications are; Stocks, Bonds, cash, certificates of deposit, interest in annuities, retirement accounts, checking, savings, Money Market accounts, properties, and rental properties. At this time one vehicle for a single person, and two vehicles for a married couple are exempt assets. If you have more vehicles than the allowed exempt amount, then those vehicles are counted as an asset. \*The two most valuable vehicles will be counted as exempt\*. A title or vehicle registration is sufficient verification. If you live in your own home, it is also an exempt asset.

Verification of a life insurance policies are needed. The face and cash values of the policies need to be verified within the last three months.

If you have any burial assets such as an Irrevocable Burial Trust, Burial Insurance, or Life Insurance Funded Burial Contracts, then veri-



fication of these assets will be needed as well.

Income also needs to be verified. Current verifications of income examples are; Social Security retirement, pension and Veteran's benefits. In regards to pensions, the gross amount before taxes and deductions is needed. An award letter or 1099R tax form can give you this information. Other incomes could be; employment income, annuity or trust income, rental income, money owed to another person, or promissory note repayments.

As your Aging and Disability Resource Assistant I am able to help you with the Long Term application, and assist you in gathering the verifications you need. Please feel free to call me anytime with your questions at 715-258-6280. I look forward to your call.



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