

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 33 Number 3

Fall 2016



The Elderly and Voters with Disabilities Guide

Information Provided by the Wisconsin
Government Accountability Board

DO I NEED TO SHOW A PHOTO ID?

- Wisconsin law requires voters to show an acceptable photo ID to vote at the polling place.
- A valid photo ID, or acceptable substitute, must be provided when voting by absentee ballot, unless you are part of a group exempted by law. Voters who are indefinitely confined (meaning you have trouble getting to your polling place due to age, illness, infirmity, or disability), or who reside in nursing homes or other residential facilities, may have their witness verify their identity instead of submitting a copy of their photo ID.

WHEN MUST I PROVIDE A PHOTO ID WITH MY ABSENTEE APPLICATION OR BALLOT, AND WHEN ARE ALTERNATIVES AVAILABLE?

- **Indefinitely confined voters** may provide a copy of their photo ID, but may also choose

to have their absentee witness verify their identity. The completed witness section would serve as a substitute for the photo ID requirement. These electors must indicate on their ballot request application that they are indefinitely confined because of age, illness, infirmity, or disability.

- **Voters residing in facilities visited by Special Voting Deputies** (usually **nursing homes**) may provide a copy of their photo ID, but may also have the Special Voting Deputies verify their identity before signing as witnesses to the absentee ballot. The completed witness section would serve as a substitute for the photo ID requirement.
- **Voters residing in other facilities** that are eligible for Special Voting Deputy procedures, but are **not visited by Special Voting Deputies**, may provide a copy of their photo ID or ask an authorized representative of the facility to verify their identity by signing the absentee certificate envelope. If the voter is indefinitely confined, the signature of an authorized representative is not required, but a witness must

still sign the certificate envelope (see above).

- **Hospitalized electors** must provide a copy of their photo ID with their absentee application unless another exception applies. These electors may have another person serve as their agent in signing the necessary ballot re-

quest forms and delivering them to the municipal clerk.

- **Other absentee voters** must provide a copy of their photo ID with their absentee ballot request. Once photo ID is provided, the voter no longer has to provide proof of ID with any ab-

See **Voters** page 2

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

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

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

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

Voters from page 1

sentee ballots sent by mail, until they re-register (their name or address changes). Regular absentee voters may apply for absentee ballots for up to one calendar year.

WHAT ACCOMMODATIONS ARE AVAILABLE IF I VOTE AT MY POLLING PLACE?

- **Curbside voting is available** if a voter cannot enter the polling place due to a disability on Election Day. Two poll workers will bring a ballot to the individual needing assistance, and conduct voting at their vehicle, or at the polling place entrance. Proof of residence must be provided if a voter is not registered. Proof of identification must also be provided in order to receive a ballot. These voters are not required to sign the poll list. Instead, the poll workers will write "Exempt by order of inspectors" in the signature space on the poll list.

- **If a voter inside the polling location cannot sign the poll list** due to a physical disability, they should inform a poll worker. The poll worker will write "Exempt by order of inspectors" in the signature space on the poll list.
- **An accessible voting machine will be available in every polling place.** This machine will allow voters to independently mark the ballot. These machines will be set up to allow voters who use a wheelchair to reach the controls, and have an audio ballot-marking option for voters with visual impairment.
- **If a voter needs help marking the ballot**, he or she may have a person assist them. That person does not need to be qualified to vote. The voter may not receive assistance from an employer or a representative of that voter's labor organization. Any other person, including a poll worker, may assist the voter to mark the ballot. The assisting elector must sign their name on the ballot

under the section entitled "Signature of Assisting Individual." Poll workers must record the fact that the voter received assistance, and the full name and address of the assisting person, in the poll list. Voters who have difficulty reading and writing in English may also receive assistance in marking their ballot.

- **Other reasonable accommodations can be requested.** Speak to the chief inspector at the polling place or the municipal clerk.

WHAT ACCOMMODATIONS ARE AVAILABLE IF I VOTE BY ABSENTEE BALLOT?

- **If a voter needs help registering to vote**, any person may assist them with filling out the form and returning it to their municipal clerk. The assisting person must sign the voter registration form in the space provided.
- **If a voter needs help requesting an absentee ballot**, any person may assist them with filling out the form and returning

it to their municipal clerk. The assisting person must sign the absentee ballot request form.

- **If a voter needs help marking the ballot**, see the section above.
- **No one may mark or cast a ballot without the voter's knowledge or contrary to the voter's wishes**, even if they have power of attorney or other guardianship status.

For detailed information about the Voter Photo ID law, visit bringit.wi.gov. For other information on the Government Accountability Board, visit <http://gab.wi.gov> or call the G.A.B. Help Desk at 608-261-2028.



About Us

Our pledge is to serve each resident with kindness, respect, compassion and professionalism. While we encourage our resident's independence, we will be nurturing their spirit, preserving their dignity and involving their families. The foundation of our program is based on our theory that the quality of life for a person can be significantly improved by creating an environment that allows individuals daily life choices. We believe that proper training, ongoing education, and specialty enhancement programming are the key ingredients to ensuring excellence in care. Our main goal is to ensure that our residents and their loved ones can see the difference in the care received. We operate with the same philosophy throughout all of our facilities, namely, the provision of quality care with a "Family" touch.



www.carepartners-countryterrace.com

Care Partners Assisted Living

Paula Hunter-Wilhelm—Director
3349 Whiting Avenue
Stevens Point, WI 54481

Phone: 715-345-9904
E-mail: cp14stevenspoint@cpalct.com

Stacie Urban—Director
59 Industrial Avenue
Clintonville, WI 54929

Phone: 715-460-3466
E-mail: cp44clintonville@cpalct.com

Understanding VA “Presumptive” Disability Benefits

WHAT IS “PRESUMPTIVE” SERVICE CONNECTION?

VA presumes that specific disabilities diagnosed in certain veterans were caused by their military service. VA does this because of the unique circumstances of their military service. If one of these conditions is diagnosed in a Veteran in one of these groups, VA presumes that the circumstances of his/her service

caused the condition, and disability compensation can be awarded.

WHO IS ELIGIBLE / WHAT CONDITIONS ARE CONSIDERED “PRESUMPTIVE”?

Veterans in the groups identified below: Entitlement to disability compensation may be presumed under the circumstances described and for the conditions listed.

Veterans within one year of release from active duty: Veterans diagnosed with chronic diseases (such as arthritis, diabetes, or hypertension) are encouraged to apply for disability compensation.

Veterans with continuous service of 90 days or more: Veterans diagnosed with amyotrophic lateral sclerosis (ALS)/Lou Gehrig’s disease at any time after discharge or release

from qualifying active service is sufficient to establish service connection for the disease, if the veteran had active, continuous service of 90 days or more.

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

Former Prisoners of War	Vietnam Veterans (Exposed to Agent Orange)	Atomic Veterans (Exposed to Ionizing Radiation)	Gulf War Veterans (Undiagnosed Illness)
<p>(1) Imprisoned for any length of time, and disability at least 10 percent disabling:</p> <ul style="list-style-type: none">• psychosis• any of the anxiety states• dysthymic disorder• organic residuals of frostbite• post-traumatic osteoarthritis• heart disease or hypertensive vascular disease and their complications• stroke and its residuals <p>(2) Imprisoned for at least 30 days, and disability at least 10 percent disabling:</p> <ul style="list-style-type: none">• avitaminosis• beriberi• chronic dysentery• helminthiasis• malnutrition (including optic atrophy)• pellagra• any other nutritional deficiency• irritable bowel syndrome• peptic ulcer disease• peripheral neuropathy• cirrhosis of the liver	<p>Served in the Republic of Vietnam between 1/9/62 and 5/7/75:</p> <ul style="list-style-type: none">• acute and subacute peripheral neuropathy*• AL amyloidosis• B-cell leukemias• chloracne or other acne-form disease similar to chloracne*• chronic lymphocytic leukemia• diabetes type 2• Hodgkin’s disease• ischemic heart disease• multiple myeloma• non-Hodgkin’s lymphoma• Parkinson’s disease• porphyria cutanea tarda*• prostate cancer• respiratory cancers (lung, bronchus, larynx, trachea)• soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi’s sarcoma or mesothelioma) <p>*Must become manifest to a degree of 10 percent or more within a year after the last date on which the veteran was exposed to an herbicide agent during active military, naval, or air service.</p>	<p>Participated in atmospheric nuclear testing; occupied or was a POW in Hiroshima or Nagasaki; service before 2/1/92 at a diffusion plant in Paducah, KY, Portsmouth, OH, or Oak Ridge, TN; or service before 1/1/74 at Amchitka Island, AK:</p> <ul style="list-style-type: none">• all forms of leukemia (except for chronic lymphocytic leukemia)• cancer of the thyroid, breast, pharynx, esophagus, stomach, small intestine, pancreas, bile ducts, gall bladder, salivary gland, urinary tract (kidneys, renal pelves, ureters, urinary bladder and urethra), brain, bone, lung, colon, ovary• bronchiolo-alveolar carcinoma• multiple myeloma• lymphomas (other than Hodgkin’s disease)• primary liver cancer (except if cirrhosis or hepatitis B is indicated)	<p>Served in the Southwest Asia Theater of Operations during the Gulf War with condition at least 10 percent disabling by 12/31/11. Included are medically unexplained chronic multi-symptom illnesses defined by a cluster of signs or symptoms that have existed for six months or more, such as:</p> <ul style="list-style-type: none">• chronic fatigue syndrome• fibromyalgia• irritable bowel syndrome• any diagnosed or undiagnosed illness that the Secretary of Veterans Affairs determines warrants a presumption of service connection <p>Signs or symptoms of an undiagnosed illness include: fatigue, skin symptoms, headaches, muscle pain, joint pain, neurological symptoms, respiratory symptoms, sleep disturbance, GI symptoms, cardiovascular symptoms, weight loss, menstrual disorders</p>

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
Hours: Monday – Friday 8a-4p
Source / for more information:
<http://benefits.va.gov/BENEFITS/factsheets/serviceconnected/presumption.pdf>





Open Enrollment



Submitted by
Peggy Strey,
Elder Benefit
Specialist

***If you are unable to make it to any of these locations,
contact Elder Benefit Specialist Peggy Strey at 715-258-6278.

The Annual Enrollment Period for Medicare Part C and/or Part D health and prescription drug coverage starts October 15th and runs through December 7th.

This is the time for Medicare beneficiaries to review their current Part C and/ or Part D health and drug plans and enroll in a new one that best suits them for the coming year (2017). There are generally a wide variety of plans from which to choose. Plans **do** change from year to year, so it is always wise to review the current plan and compare it to other plan choices to make sure it is the best fit.

Seniors and their family members can do this themselves by using the online *Medicare Plan Finder*. Go to www.medicare.gov, click on the green Find Health and Drug Plans button, and follow the prompts. It is wise to have an accurate list of one's current prescription drug needs beforehand to help in the plan selection.

If you need help with this, Elder Benefit Specialist Peggy Strey will be assisting people from 9 AM - 3 PM at the following locations:

Please call 715-258-6400 to schedule an appointment: (see schedule on the right)

DATE	LOCATION
Thursday – October 27	Clintonville Public Library 75 Hemlock St
Tuesday – November 15	Clintonville Community Center 30 S. Main St
Tuesday – November 1	Fremont Location to be determined
Wednesday – October 19 Wednesday – November 9	Iola Senior Center - Living Oaks 505 W Iola St
Wednesday – October 26	Manawa City Hall 500 S Bridge St.
Tuesday – October 25 Thursday – November 3	Marion Senior Center Lions Point-325 W. Garfield Ave.
Wednesday – November 2 Wednesday – November 30	New London Senior Center 600 W. Washington St
Tuesday – November 8	Waupaca Nutrition Center Trinity Lutheran Church - 206 E. Badger St.
Thursday – November 10	Weyauwega Location to be determined

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A Few Small Steps. A Great Big Difference.

Falls prevention program offers practical solutions and builds confidence

It can happen in a dimly lit hall, or on an icy driveway – places where anyone, any age, might miss a step or lose traction. Suddenly, the ground under your feet disappears, and for a few heart-stopping moments the world is spinning as you fall. Seconds later you land, and realize the pain you feel means something is really wrong - and you don't have a way to get help.

April Miller knows how lucky she was that her older son heard her call for help when she tumbled down a flight of stairs in his newly-built home. "I came into the house for a cup of coffee, and I didn't know the layout yet. I was walking down the hall and I didn't see the stairs at the end - I have low vision, and there wasn't a light over the stairwell. I fell down an entire flight of stairs."

"I was yelling 'I've fallen!'...you know, just like the commercial," April says with wry humor. But her injuries were no joke. The Chetek, Wisconsin woman broke her hand in 3 places that day. Although her kids knew their mom's vision was deteriorating, her son admitted, "It's getting really real now."

Falls are the leading cause of accidental injury or death for adults over 65, according to the National Council on Aging. Wisconsin has more than twice the national rate of deaths due

to falls, with a financial cost of over \$1.2 billion annually. Injuries like April's broken hand and worse happen in about 20% of falls. More than 95% of hip fractures are caused by a fall, and falls are the most common cause of traumatic brain injury. Falling once doubles your risk of falling again.

Despite the high personal and financial cost of falls, discussing them can be taboo. The CDC estimates that most Medicare beneficiaries who had a fall in the previous year didn't tell their health provider. The powerful link between falls and losing independence frightens people into denial. Unfortunately, this means people overlook another important fact: falls are not an inevitable part of aging. Research shows they can be prevented. Wisconsin seniors who completed the 7-week Stepping On falls prevention workshop have shown a 35% reduction in falls within 12 months of taking the class.



At 78, Merrill, Wisconsin resident Deloris Bauman lives alone and maintains her own home. "I am very independent," she stated. After she fell twice while clearing snow from her driveway, her daughter-in-law was concerned and wanted her to get a medical alert device. These devices can be life-saving, but they don't prevent falls. They help you

summon help after a fall. "I heard the ad for the Stepping On class," Deloris recalls. "I said, 'That's perfect for me.'"

April found her Stepping On class through the low-vision group at the ADRC. Chris Hagen, Outreach Coordinator at the Aging & Disability

See **Prevention** page 11



"Like" the Waupaca County Aging & Disability Resource Center on Facebook!

Keep posted on events, activities & information important to connect you to resources.

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Asking for Help

Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources

Everyone needs help from time to time. Sometimes a crisis occurs – an accident, major change in health or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we find we are unable to do all of the things we used to do. As a caregiver, the responsibilities can simply feel overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

Sometimes it is so hard to ask for help. We are taught to take care of ourselves and see asking for help as a sign of weakness. Often we tell ourselves that it will get better or that there isn't anything anyone else can do anyway. In our caregiving role we may feel that no one else can really do our job. We even talk ourselves into thinking we actually

don't need help, but deep down, we know we could use some assistance. When we are thinking these things, we are in fact admitting that we need help, and accepting this is the first step to getting help.

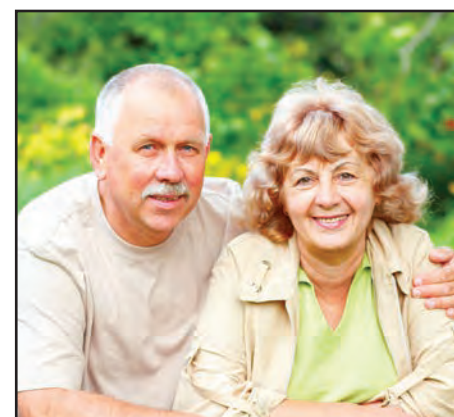
When you have decided that you could use some help think about specific things you need most. Sometimes you may need something tangible like a ride to the store, your lawn mowed, your house cleaned, a meal prepared or an hour or two of respite from caregiving. Other times you may need someone to talk to or a shoulder to cry on. If you can't figure out what you need, ask a friend, relative or counselor to help you. Then write your needs down.

As you review your list of needs, think about the people you know who you might be able to help. Consider neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help.

The next step is directly asking for

help. It is best to be specific in your request, including what you need and when you need it. "Could I get a ride to the grocery store sometime today or tomorrow?" or "Would you please rake my leaves for me this weekend?" or "Would you like to have coffee with me tomorrow – I need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping if they know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who is able to assist you. Another option is to ask a close friend or relative to assist you in recruiting people to help.

Sometimes when people offer to help it may catch us off guard and we can't think of anything we need right at the time. To remedy this, keep a pencil and paper handy and write down the various things you could use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remem-



ber the things you would like assistance with and it also allows people to choose something that they feel most comfortable with.

Once you have successfully allowed others to assist you, keep evaluating your situation. Needs change. You may find that you no longer need the help you did before. Or there may be different areas that you could use some help with. Just make sure you continue to get all of your needs met so you can be as healthy and happy as possible.

For more information about caregiving, contact the Aging & Disability Resource Center in Waupaca County:

811 Harding Street
Waupaca, WI 54981
715-258-6400

www.yourADRCresource.org

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Aging & Disability Resource Center (ADRC)

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

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



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*Kristine Wiegman
Volunteer Program
Coordinator &
Health & Wellness
Coordinator
715-258-6277*

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A home delivered meal with a smile can do amazing things for those we serve.

Lunch is delivered to home bound residents Monday – Friday (no holidays). Delivery times & length of route vary by nutrition site. If you can offer even one hour a month to deliver, it would make a huge difference in someone's life that needs a meal & appreciates the visit!

Opportunities available in:

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- New London/Royalton/Northport
- Waupaca/King
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For more info contact: Kristine Wiegman,
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Christi Beilfuss,
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Provided by Christi Beilfuss, Wisconsin Nutrition Education Program (WNEP) Coordinator. Article content from USDA ChooseMyPlate.gov available at: <http://www.choosemyplate.gov/saturated-unsaturated-and-trans-fats>

The saturated fat, sodium, and added sugars found in foods and beverages are important for you to think about as you build your healthy eating style. Saturated fat and sodium are sometimes found naturally in foods and beverages. Sugars, sodium, and ingredients high in saturated fat can also be added during processing or preparing foods and beverages. Eating more unsaturated fat than saturated and trans fats can

reduce your risk of heart disease and improve "good" (HDL) cholesterol levels.

UNSATURATED FAT is liquid at room temperature and typically comes from plant sources such as olives, nuts, or seeds – but unsaturated fat is also present in fish. Unsaturated fat are usually called oils. A few food products such as coconut oil, palm oils, or whole milk remain as liquids at room temperature but are high in saturated fat.

SATURATED FAT are solid at room temperature and are most often found in animal products such as beef, pork, and chicken. Leaner animal products, such as chicken breast or pork loin, often have less saturated fat.

TRANS FAT can be made from vegetable oils through a process called hydrogenation. Trans fat is naturally found in small amounts in some animal products such as meat, whole milk, and milk products. Trans fat can often be found in many cakes, cookies, crackers, icings, mar-

garines, and microwave popcorn.

Cut back on foods containing saturated fat including:

- Desserts & baked goods such as cakes, cookies, and donuts
- Many cheeses, ice cream and other dairy desserts
- Sausages, hot dogs, bacon & ribs
- Fried potatoes
- Regular ground beef and cuts of meat with visible fat
- Fried chicken and other chicken dishes with the skin
- Whole milk and full-fat dairy foods

Choose foods higher in unsaturated fat and lower in saturated fat as part of your healthy eating style.

- Use oil-based dressings and spreads on foods instead of butter, stick margarine, or cream cheese.
- Drink fat-free (skim) or low-fat (1%) milk instead of reduced-fat (2%) or whole milk.

- Buy lean cuts of meat instead of fatty meats or choose these foods less often.
- Add low-fat cheese to homemade pizza, pasta, and mixed dishes.
- In recipes, use low-fat plain yogurt instead of cream or sour cream.

Replace foods high in saturated and trans fat such as butter, whole milk, and baked goods with foods higher in unsaturated fat found in plants and fish, such as vegetable oils, avocado, and tuna fish.



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 Waupaca County - Nutrition Centers	E-Mail and/or Telephone	Waupaca County - Nutrition Centers	E-Mail and/or Telephone
Clintonville Senior Center Clintonville Community Center Bldg. 30 S. Main St. - Clintonville, WI 54929 Serving Time: 11:30 (M-F/9:30 a.m.-12:30 p.m.)	(715) 823-7667 <i>Site Manager: Danima Stewart</i> Danima.Stewart@co.waupaca.wi.us Caterer: Steve & Mary's Main St. Café - Marion	New London Senior Center 600 W. Washington St. New London, WI 54961 Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)	(920) 982-8522 <i>Site Manager: Kim Ebert</i> Kimberlee.Ebert@co.waupaca.wi.us Caterer: Steve & Mary's Main St. Café - Marion
Iola Senior Center Living Oaks 505 W Iola St. - Iola, WI 54945 Serving Time: 11:00 (M-F/10 a.m.-1 p.m.)	(715) 445-2548 <i>Site Manager: Pat Rosemann</i> Pat.Rosemann@co.waupaca.wi.us Caterer: Living Oaks - Iola	Waupaca Nutrition Center Trinity Lutheran Church 206 E. Badger St. - Waupaca, WI 54981 Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)	(715) 258-9598 <i>Site Manager: Joanne Samack</i> Joanne.Samack@co.waupaca.wi.us Caterer: Lakeview Manor - Weyauwega
Manawa Senior Center Town of Little Wolf Town Hall E6325 County Rd. N P.O. Box 98 (mailing address) Manawa, WI 54949 Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)	(920) 596-3320 <i>Site Manager: Mona Golla-Kolosso</i> Mona.Golla-Kolosso@co.waupaca.wi.us Caterer: Living Oaks - Iola	Weyauwega Nutrition Center First Presbyterian Church- 200 S Pine Street P.O. Box 628 (mailing address) Weyauwega, WI 54983 Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)	(920) 867-3213 <i>Site Manager: Shani Appleby</i> Shani.Appleby@co.waupaca.wi.us Caterer: Lakeview Manor - Weyauwega
Marion Senior Center Lions Point-325 W. Garfield Avenue P.O. Box 253 (mailing address) Marion, WI 54950-0253 Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)	(715) 754-2482 <i>Site Manager: Mary Riske</i> Mary.Riske@co.waupaca.wi.us Caterer: Steve & Mary's Main St. Café - Marion		



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Waupaca County Committee on Aging Seeks Additional Members!

Leah Klein

Aging & Disability Resource Unit Manager

The Waupaca County Committee on Aging is currently seeking new members! The Committee on Aging is the designated oversight body that assists the Waupaca County Aging & Disability Resource Unit Manager on policies, decisions and regulations that govern the aging programs offered in Waupaca County.

The Committee on Aging meets every other month at the Waupaca County Courthouse. The Committee Members discuss issues that elderly people are facing today. Committee Members are also asked to be advocates in their communities regarding the needs of the

elderly population and educate others on the services and supports offered through the Aging & Disability Resource Unit at the Waupaca County Department of Health & Human Services.

If you or someone you know is 60+ years of age and is interested in having an impact on the aging programs and services offered in Waupaca County, please use the contact information below to express your interest. If you have questions about becoming a Committee on Aging member, please give Leah Klein a call using the information below.

811 Harding Street
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Walk-King TOGETHER for Dementia Awareness 2016

Saturday, September 24th.

Registration will take place at the Wisconsin Veterans Home at King from 8am-9am in Quadrangle Park

Walk will start at 9:30 am

Cost is \$20 per person for those 16 years of age and over, t-shirt included; 15 and under can walk for FREE. Group discounts are also available.

Entertainment by the Hi Jinx band

Participants will be given a choice of walking 5K or 1 mile. Basket raffles will be available with all proceeds going to the Waupaca County Caregiver Coalition.

Deadline for registration is September 14th.

Together, let's spread awareness on Dementia and help those we care about.

Register now at www.WisVets.com.

This event is sponsored by the
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Veterans Home - King



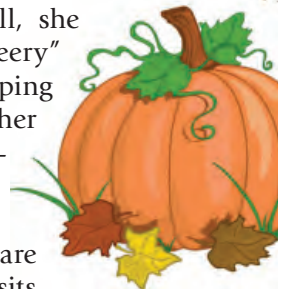
Prevention from page 5

Resource Center of Barron, Rusk & Washburn Counties, invited her to attend the first program tailored for those with low vision. "I learned new things on the first day," she said. "It was fun!"

Strengthening muscles and improving balance top the list of the Stepping On approach to fall prevention. "It's about keeping your body going - and strong!" says April. "The exercises keep my legs strong - because my low vision can keep me from walking as much as I know I should. I still do them every day." Deloris recalls how everyone in the group needed steadying when her group practiced heel-toe walking for the first time. "Now I can do it and not hang on to anything!" She noticed other physical changes, too. "I myself can see the muscle I gained, so I don't give up on the exercises. I am busy, busy, busy, but I do them every day I possibly can."

Participation and group support is another key to effectiveness of Stepping On. The group setting helps people overcome isolation and anxiety. Using the "prevention framework" in class, the group learns from each other how to modify ideas that didn't work, and finds support to keep trying. Worries about limitations soon turn to encouragement as attendees share their progress, and gain a realistic understanding of their fall risk.

"I've learned how to be honest with people," Deloris said. "Being with this group has opened me up a little more." April seconds that observation. After her fall, she was naturally "leery" of stairs. The Stepping On course helped her overcome any shyness about asking whether there are any stairs to be aware of when she visits new places.



For someone who has had a fall, fear of future falls is one of the most debilitating outcomes - even if the person wasn't injured. Stepping On sessions address this worry with practical solutions. Community professionals - from firefighters to pharmacists - share ways to avoid hazards that can lead to falls. April found out that colorful duct tape could help her be safer on the stairs. "I put pink duct tape along the edge of the stairs in my home. With my low vision, the steps were all one color before. Now, I can see each one." When April's son saw her new pink stair

See **Prevention** page 15

CAREGIVER BOOK LIST



Title	Author
A Funny Thing Happened on My Way to the Dementia Ward	Charles Schoenfeld
A Guided Journal for Caregivers	Marion Karpinski
Ambiguous Loss: Learning to Live with Unresolved Grief	Pauline Boss
Coach Broyles' Playbook for Alzheimer's Caregivers	Frank Broyles
Confessions of a Prayer Wimp	Mary Pierce
Coping With Caring	Lyn Roche
Creating Moments of Joy	Jolene Brackey
Daily Comforts for Caregivers	Pat Samples
Finding Hope When Dreams Have Shattered	Ted Bowman
I Still Do, Loving and Living with Alzheimer's	Judith Fox
I'm Still Here: A New Philosophy of Alzheimer's Care	John Zeisel
Life is Change, Growth is Optional	Karen Kaiser Clark
Loss of Dreams: A Special Kind of Grief	Ted Bowman
Mayo Clinic book series on various conditions	
My Journey Into Alzheimer's Disease	Robert Davis
Share the Care	Cappy Capossela & Sheila Warnock
Still Alice	Lisa Genova
The 36-Hour Day	Nancy L. Mace & Peter V. Rabins
The Best Friends Approach to Alzheimer's Care	Virginia Bell & David Troxel
Through the Wilderness of Alzheimer's	Robert and Anne Simpson
When Did My Life Become a Game of Twister?	Mary Pierce

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The therapists were amazing! I truly enjoyed my therapy sessions as I knew this was all going to help me in the long run. I can't say enough about the nursing team as everybody was always so positive, which was the best medicine for my recovery. The whole team at Iola Living Assistance always went above and beyond, which is one of the reasons why I love this facility.

Last but not least...I want to thank the transportation drivers as they were always so patient with me while at doctor appointments. They did the job just like a family member would. Through the months of rehabilitation at Iola Living Assistance I have made so many great friends...friends that I now consider family."

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Caregiving Basics

Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all of their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down the specific needs such as housecleaning, grocery shopping, meals, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members and the person's health care provider.

Research community resources. Contact your Aging & Disability Resource Center (ADRC) at 715-258-6400 for local resources and services. Explore options like home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the

disease such as the Alzheimer's Association or the Stroke Foundation. Keep the information you gather in a file for use later on.

Plan for immediate care. Find out the person's wishes for immediate and long term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Include an alternate emergency plan in case you are unable to carry out your duties.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for.

Plan for the future. Get information about the long term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who

See **Caregiving** page 15



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- 9:30-11 a.m. in the Ainsworth Hall multi-purpose room (immediately to your left when you enter the main door)

Questions?

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Michele Guyant, AT - 715-258-5586, ext. 2513
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Caregiving from page 13

is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and

keep doing some activities or hobbies that bring you pleasure. Let go of less important commitments. No one can do it all! Make sure you are eating well, getting enough sleep and exercise and are spending time with family or friends in order to keep yourself healthy.

Call The Aging & Disability Resource Center (ADRC) at 715-258-6400 for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Prevention from page 11

edges, he was impressed. "This is nice, Mom," he told her. "I can see where it will really make a difference for you going up and down the stairs." Stepping On led April to make other changes in her home. "I rearranged my house after the program," she says. "It has meant picking up shoes from the bedroom floor at night - and throw rugs I really didn't need in my kitchen!"

Each Stepping On guest expert demonstrates simple fall prevention strategies to use at home and in the community. "The physical therapist got right down on the floor with us," Deloris said with admiration. "She showed us what to do if we fell."

What Deloris learned that day became life-changing when she lost her footing again on her icy driveway. Even though she was wearing her medical alert device, getting back on her feet under her own power meant a lot to her. "I lay there and I thought, 'How am I ever going to get up?' Then I said to myself,

what did they teach us? Roll over...get on your knees...crawl. So that's what I did. I crawled into the snowbank - and once I was there, that was it. I could get up!"

The next opportunity to attend this FREE Stepping On workshop is just around the corner!

Topics included: Simple and fun balance and strength training, the role vision plays in keeping your balance, how medications can contribute to falls and staying safe in your surroundings. Workshops are lively and interactive making the learning experience both interesting and fun!

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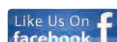
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