

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 2

Summer 2016

World Elder Abuse Awareness Day 2016

Article submitted by



Amy Temby, Michelle Gardner, Tracy Wisner

Adult Protective Services –

Waupaca County Department of Health and Human Services

tion. Abuse and neglect of older adults is a complex and multi-faceted problem. Often times an elder is experiencing more than one type of abuse and can occur in domestic, community, or institutional settings (nursing home or other long term care facilities). However, experts believe that for every case of elder abuse or neglect reported as many as 23 cases go unreported.

The opportunistic strangers who prey on the vulnerable through scams are more widely published or reported in the news, but this is a very small percentage. Perhaps what is the most surprising is that the mistreatment is most often perpetrated by the individual's own family members or someone they know and trust. Abusers may be spouses, family members, personal acquaintances, or professionals in positions of trust. While scams sometimes involve

large amounts of money being exploited in a quick period of time, the majority of abuse and exploitation cases occur slowly over the course of several years.

In Wisconsin an elder is defined as a person age 60 or older who has experienced, is cur-

rently experiencing, or is at risk of experiencing abuse (physical, emotional, sexual, treatment without consent, unreasonable confinement or restraint), neglect, self-neglect, or financial exploitation. Statewide the numbers of reported cases continues to increase. In 2014 the total number of reports was 7008 – 105 cases for Waupaca County. The total number of reports statewide for 2015 was 7279 – 109 cases were investigated in Waupaca County.

The baby boomers are reaching age 60 and better at an alarming rate. Older

adults are living longer, but not necessarily better. Potential declines in cognitive and physical functions could make them more vulnerable to victimizations.

Many victims are reluctant to report abuse because they may:

- feel ashamed and embarrassed, particularly if a family member is the abuser
- be afraid that the abuser will get in trouble

See **Awareness** page 11

Each year on June 15 World Elder Abuse Awareness Day (WEAAD) provides an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. WEAAD was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. It serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse,

Each year an estimated 5 million or 1 in 10 older Americans are victims of elder abuse, neglect, or exploita-



2016
**WORLD ELDER ABUSE
AWARENESS DAY**

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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/communitycare/home.aspx

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

Understanding the VA Home Loan Guaranty



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

- VA limits certain closing costs a Veteran can pay
- Can be assumed by qualified persons
- Minimum property requirements to ensure the property is safe, sanitary, and sound
- VA staff dedicated to assisting Veterans who become delinquent on their loan

WHAT IS A VA GUARANTEED HOME LOAN?

The VA Home Loan Guaranty program is a benefit for eligible Veterans looking to purchase a home as a primary residence. This includes existing homes, pre-construction homes, and the refinance of an existing home loan. You will need a Certificate of Eligibility (COE) which can be obtained via eBenefits, or through your lending institution. The VA home loan is not a one-time benefit. Once a VA home loan is satisfied, you can use the benefit again.

WHAT ARE THE ADVANTAGES TO A VA GUARANTEED HOME LOAN?

- Equal opportunity for all qualified Veterans to obtain a VA loan
- Reusable
- No down payment (unless required by the lender or the purchase price is more than the reasonable value of the property)
- No mortgage insurance
- One time VA funding fee that can be included in the loan 1
- Veterans receiving VA disability compensation are exempt from the VA funding fee

WHO IS ELIGIBLE?

Generally, the following people are eligible:

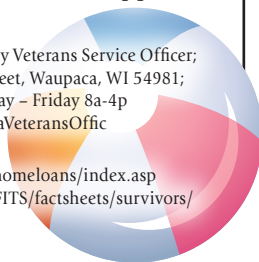
- Veterans who meet length of service requirements
- Service members on active duty who have served a minimum period
- Certain Reservists and National Guard members
- Certain surviving spouses of deceased Veterans

Note: There are other groups of individuals who may be eligible. To determine your eligibility, check eBenefits, contact VA Eligibility Center at 1-888-768-2132, or contact our office at 715-258-6475.

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

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

For more information:
<http://www.benefits.va.gov/homeloans/index.asp>
<http://benefits.va.gov/BENEFITS/factsheets/survivors/SurvivorsPension.pdf>



Are you turning 65 soon?



As part of Waupaca County's Aging & Disability Resource Center (ADRC), we are offering a presentation on **Medicare**:

When:

**Wed - August
24, 2016
5:00 - 7:00 PM**

Where:

**Manawa City Hall -
Large room
500 S Bridge St,
Manawa 54949**

Medicare is a U.S. government program of hospitalization insurance and voluntary medical insurance for persons aged 65 and over and for certain disabled persons under 65.

Brought to you by:



Elder Benefit
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Peggy Strey



and
Disability Benefit
Specialist -
Karen Engel

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Questions: ADRC- 715-258-6400

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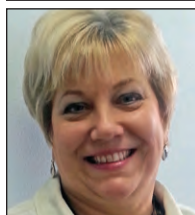


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Medicare Basics



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

Seniors face a bewildering array of health plan choices. Should you stick with Original Medicare, which provides only hospital and medical coverage? Original Medicare, plus a Medicare Supplement from a private insurer? Or should you opt to buy a Medicare Advantage plan through a private insurer to take care of all your health insurance needs?

What Is Medicare?

Medicare is health insurance for the following:

- People 65 or older
- People under 65 with certain disabilities
- People of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant)

The Different Parts of Medicare

The different parts of Medicare help cover specific services:

Medicare Part A (Hospital Insurance)

- Helps cover inpatient care in hospitals
- Helps cover skilled nursing facility, hospice, and home health care

Medicare Part B (Medical Insurance)

- Helps cover doctors' services, hospital outpatient care, and home health care
- Helps cover some preventive services to help maintain your health and to keep certain illnesses from getting worse

Medicare Part D (Medicare Prescription Drug Coverage)

- A prescription drug option run by Medicare-approved private insurance companies
- Helps cover the cost of prescription drugs
- May help lower your prescription drug costs and help protect against higher costs in the future

Medicare Advantage

Medicare Advantage plans (also called "Part C") take the place of Original Medicare. Written by private insurance companies, they include all the benefits of Medicare Parts A and B, and often include other coverage, such as Medicare prescription drug coverage (Part D).

If you have a Medicare Advantage plan, you do not need (and cannot use) a Medicare Supplement policy.

Medicare Advantage Plans

(like an HMO or PPO) are health plans run by Medicare-approved private insurance companies. Medicare Advantage Plans (also called "Part C") include Part A, Part B, and usually other coverage like Medicare prescription drug coverage (Part D), sometimes for an extra cost.

Medicare Supplement, or "Medigap" Plans

If you have Original Medicare (Parts A and B), a Medicare Supplement plan can fill the "gaps" left in your coverage, including deductibles, co-payments and uncovered services.

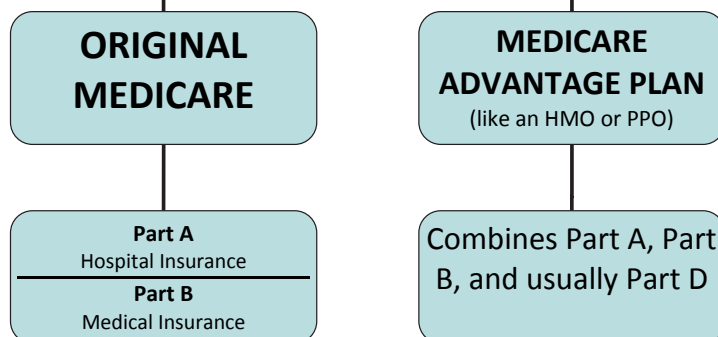
Medicare Part B has a monthly premium (2016 - \$121.80). For an additional monthly premium (cost varies based on area, age, options, etc.) you can purchase a Medigap plan which can help you avoid unpleasant financial surprises. Policies cover individuals only (no family coverage), so you and your spouse will need separate policies.

Your Medicare Coverage Choices at a Glance

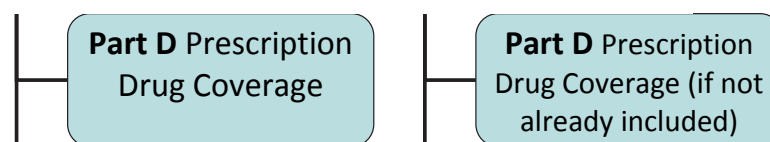


There are two main ways to get your Medicare coverage: original Medicare or a Medicare Advantage Plan. Use these steps to decide which way to get your coverage

Step 1: Decide how you want to get your coverage



Step 2: Decide if you need to add drug coverage



Step 3: Decide if you need to add supplemental coverage



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

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

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



"Like" the ADRC on Facebook!
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<https://www.facebook.com/adrcofwaupacacounty>

Waupaca County Courthouse

811 Harding Street, Waupaca - Second level

Caregiver Support Program



Who is a caregiver?

A caregiver cares for another person who may be a spouse, friend, neighbor or adult child living nearby or long distance.

Our program was created to help with resources, alleviate stress, meet others that are caregivers.

Mosquito Hill Nature Preserve

N3880 Rodgers Road—New London

Starts April 27th and meets the 4th Wednesday of each month

1:30 pm to 2:30 pm

Contact Deb 715-252-3892 or Julie 920-538-2974

Respite available - There will be caregivers to care during the program.

Sponsored by



Deb, Independent
Community Outreach Specialist





Volunteer Spotlight



Kristine Wiegman
Volunteer Coordinator
Kristine.Wiegman@
co.waupaca.wi.us
715-258-6277

Summer is finally here! When I think of summer, family reunions come to mind. Families are as varied as the flowers in a field; each one unique & special in their own way. Every September a Volunteer Appreciation Celebration is purposely planned for that reason – to bring our volunteer family together & to celebrate our bond! Please be sure to join in the fun September 16. The details are on page 13.

It is my pleasure to introduce you to these two lovely members of our volunteer family who have found incredible joy by way of serving others.



Rose Dorow



Doris Camann

While conversing with **Rose Dorow** of Waupaca about her tenure as a Home Delivered Meals Volunteer, I could instantly hear the enormous positivity & enthusiasm in her voice! Rose began delivering meals in 2006. "I see the need is so great & to be able to help where I can, it's my pleasure – it really is!" Rose went on to say that the recipients are so appreciative to not only get a nutritious meal but to actually have someone to talk to. "They enjoy the conversations. We are the sunshine in their day & many times – the only person they see all day." Joan was quick to mention that it is a

pleasure to volunteer when the Waupaca Site Manager, Joanne Samack is wonderfully suited to be there. "Joanne makes it easy to volunteer. She goes above & beyond daily. Volunteers are willing to work hard for someone who does the same." Rose's enthusiasm for the Home Delivered Meals Program is difficult to contain. She was insistent that everyone knows "You get much more in return than you get! Helping someone just makes you feel good than you are doing good." Thank you, Rose. You are a shining star!

After retiring as the Secretary from St. Martin's Lutheran Church in Clintonville, **Doris Camann** was looking for something to do in the community. Besides continuing to volunteer at the church in many capacities & becoming a hospice volunteer, Doris noticed there was a need to serve the elderly population & wanted to help. Since 1995, Doris continues to faithfully deliver meals

several times a month because as she stated, "You get to meet so many wonderful people & get attached to them. Friendships & special bonds have developed over the years." Doris added, "If I am ever in the situation to need home delivered meals, I hope someone would do the same for me. Volunteering is easy. You ride along with another volunteer to see how it's done and you set your own schedule." Doris, you are a great example of what it means to give abundantly!



Share some sunshine this summer



Kristine Wiegman
Volunteer Coordinator
Kristine.Wiegman@
co.waupaca.wi.us
715-258-6277

YOU CAN BE THE SUNSHINE IN SOMEONE'S DAY BY VOLUNTEERING TO SERVE IN THE FOLLOWING WAYS!

VOLUNTEER DRIVER

Are you retired or looking for something meaningful to do? Enjoy meeting new people? Maybe this is for you! Provide safe & dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutrition or employment needs. Background check required. Volunteers utilize their own vehicle & are paid for mileage. Valid Wisconsin driver's license & clean driving record are required.

SENIOR NUTRITION CENTERS

Do you enjoy the company of seniors? If so, please join us at any of the 7 Senior Nutrition Sites!

Sites are located in: Clintonville, Iola, Manawa, Marion, New London, Waupaca & Weyauwega.

- Assist at the meal site – food server, meal set up & clean up.
- Offer your talents to the participants through music, art or professional abilities.
- Hours are approx 10:00 am – 1:00 pm, Monday – Friday. (no holidays) Flexible schedule! Choose the day(s) you're available.



WE HAVE A GREAT NEED FOR HOME DELIVERED MEAL VOLUNTEERS IN ALL COMMUNITIES!

Can you commit to giving 1 hour a month? That's all it takes to change a life! Consider becoming a Home Delivered Meals driver in Clintonville, Iola, Manawa, Marion, New London, Waupaca or Weyauwega/Fremont.

A home delivered meal with a smile can do amazing things for those we serve. Consider being a Home Delivered Meals Driver!

Meals are delivered to home bound residents Monday – Friday (no holidays). Delivery times & length of route

vary by the local nutrition site. Approximate times are between 10:45 a.m. – 12:30 p.m. If you can offer even one day a month to deliver, it would make a huge difference in someone's life that needs a meal & appreciates the visit!



'Like' 'Waupaca County DHHS Volunteer Program' on Facebook!

<http://www.facebook.com/waupacacountydhhsvolunteerprogram>

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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/10 a.m.-1 p.m.)	(715) 823-7667 <i>Site Manager: Leah Klein (Interim)</i> Leah.Klein@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	The Waupaca County Nutrition Program has been in existence for over 30 years. Thanks to the dedication of wonderful volunteers, we now serve over 80,000 meals a year in the Program! The actual cost of each meal is \$7.35, which includes food, transportation, equipment, supplies & administrative costs. Funds used to maintain the nutrition program include federal dollars through the Older Americans Act, funding through the State of Wisconsin, Waupaca County Levy, and donations from participants. For persons age 60 and older the recommended donation for each meal is \$4.00. Contributions are voluntary and confidential. No one will be denied service because of the inability to contribute to the cost of meals.	



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Grill It Safe



*Provided by
Christi Beilfuss,
Wisconsin
Nutrition Education
Program (WNEP)
Coordinator*

Many people grill food year round, but it is especially popular way to cook when the weather is warm. Below are easy to-follow recommendations and tips from the U.S. Department of Agriculture’s Food Safety and Inspection Service for preventing foodborne illness while grilling.

- Avoid the “Danger Zone!” Bacteria can grow rapidly between 40 to 140 °F.

USDA’s Recommended Safe Minimum Internal Temperatures

Fish	145 °F
Pork, Beef, Veal, Lamb— ROASTS, Steaks & Chops	145 °F, with a 3 minute rest time
PORK, Beef, Veal, Lamb – Ground	160 °F
Turkey, Chicken & Duck – ROASTS, Pieces & Grounds	165 °F
Hotdogs	Reheat until steaming hot

- It is important that the grill is hot enough to safely cook your food. One way of gauging this is when you can’t keep your hand over it for 2 seconds.
- Clean cutting boards and food thermometers in hot, soapy water between uses. Use a clean plate for cooked foods that you remove from the grill.
- Discard marinades or sauces that have come in contact with raw meat juices. Keep raw meat juices away from cooked foods by using a clean plate.
- Completely thaw meat or poultry before cooking.
- Always marinate foods in the refrigerator using a glass or plastic food-safe container

Grilled Salmon Skewers with Garlic & Dijon

These salmon skewers take less than 30 minutes to make and you end up with such juicy, flaky and flavorful salmon...you’ll want seconds.

Ingredients

- 1.5 lbs salmon fillets, cut into 1-inch squares
- 2 large lemons thinly sliced
- 16 (10-inch) bamboo skewers

For the Salmon Marinade:

- 2 Tbsp parsley
- 2 large or 3 small garlic cloves, pressed
- 1/8 Tbsp Dijon mustard
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 Tbsp light olive oil (not extra virgin, pick something with a higher smoke point)
- 2 Tbsp of fresh lemon juice from 1/2 large lemon or 1 small lemon

Instructions

1. Prep: Soak bamboo skewers at least 1 hour to keep them from catching fire. Preheat Grill to medium heat (about 375°F).



2. In a medium bowl, stir together all of the marinade ingredients
3. Double skewer the salmon and lemon slices folded in half intermittently onto two skewers at a time (The double skewer aids in turning the salmon kebobs on the grill). Brush both sides of skewered salmon with marinade.
4. Oil the grates then carefully place salmon skewers onto the hot BBQ. Grill kebobs for 3-4 minutes per side or until salmon is cooked through and opaque.

<http://natashaskitchen.com/2015/06/12/grilled-salmon-skewers-with-garlic-and-dijon/>

For more information about food safety, nutrition and healthful eating contact the Waupaca County UW-Extension office at (715) 258-6230 or visit their website at <http://waupaca.uwex.edu>

Care Partners Assisted Living

“Partners In Caring For You”

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

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E-mail: cp14stevenspoint@cpalct.com

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Clintonville, WI 54929

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

June is Alzheimer's & Brain Awareness Month

June is an opportunity to join the global conversation about the brain, Alzheimer's disease and other dementias. Everyone who has a brain is at risk to develop Alzheimer's, a fatal disease that cannot be prevented, cured or even slowed. During the month of June, the Alzheimer's Association® asks people around the world to take the Purple Pledge and use their brains to fight Alzheimer's disease.

SUPPORT PEOPLE WITH ALZHEIMER'S

Worldwide, 47 million people are living with Alzheimer's and other dementias. **Help us turn the world purple.** Commit to raising awareness in June for Alzheimer's & Brain Awareness Month.

GET THE FACTS

- By learning the facts, you can help change the numbers.
- Each time you talk about Alzheimer's disease, you help raise awareness and inspire action.

47 million worldwide

Worldwide, 47 million people are living with dementia.

604 billion USD per year

The annual global cost of dementia is \$604 billion in U.S. dollars.

ALZHEIMER'S & BRAIN awareness month

alzheimer's association®

2030: 76 million people

The number of people living with dementia worldwide is set to skyrocket to 76 million by 2030.



Every 66 seconds someone in the United States develops Alzheimer's.



Alzheimer's disease is the sixth leading cause of death in the United States.



Alzheimer's is the only cause of death in the top 10 that can't be prevented, cured or slowed.

10 WAYS TO LOVE YOUR BRAIN

Show your brain some love! Your brain is the command center of your body — and just like your heart, lungs and other critical organs, it deserves to be a priority when it comes to your health. Use these 10 tips to help reduce your risk of cognitive decline.



Break a sweat.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



Hit the books.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



Butt out.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



Follow your heart.

Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



Fuel up right.

Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.



Catch some Zzz's.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



Take care of your mental health.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.



Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

There's No Place Like Home...

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The following FREE workshops are sponsored by:



Waupaca Area THRIVES* Coalition



» 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. Classes will be held at the Maasch Education Center – Theda Care Medical Center, Waupaca - 902 Building.

Tuesdays, Starting September 20, 2016 – October 25, 2016 from 1:00 pm – 3:30 pm.

Class meets for six consecutive weeks!

» 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! Classes will be held at the Maasch Education Center – Theda Care Medical Center, Waupaca - 902 Building

Thursdays, Starting September 22, 2016 – October 27, 2016 from 1:00 pm – 3:30 pm.

Class meets for six consecutive weeks!

» STEPPING ON FALLS PREVENTION

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. Classes will be held at the Maasch Education Center – Theda Care Medical Center, Waupaca - 902 Building.

Wednesdays, Starting October 5, 2016 – November 16, 2016 from 9:00 am – 11:00 am.

Class meets for seven consecutive weeks!

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

Pre-Registration Required

TO REGISTER:

Call 715-258-1119 or visit the

ThedaCare website @

www.thedacare.org

*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.

For more information on any of the THRIVES workshops, contact the Theda Care Medical Center, Waupaca Health and Wellness Department at 715-258-1183 or the Waupaca Senior Center at 715-258-4437.



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What do all the terms mean?

In our day to day lives we are exposed to numerous terms, abbreviations & acronyms - not to mention an entirely new "language" if you text. It's often challenging to understand all the terms that are thrown at us daily. Professionals use a variety of terms and sometimes forget that not everyone knows the meaning.

The following list is not all inclusive but rather a sampling of some of the most frequently used terms and acronyms related to caregiving.

ADRC (Aging and Disability Resource Center)

Locally, we are the Aging & Disability Center of Calumet, Outagamie & Waupaca Counties. According to the Wisconsin Department of Health Services, "ADRCs are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone -- individuals, concerned families or friends, or professionals working with issues re-

lated to aging or disabilities -- can go for information specifically tailored to their situation. The ADRC provides information on broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care."

ADLs (Activities of Daily Living)

Activities of Daily Living include dressing, bathing, and eating and all the necessary activities required to function on a daily basis such as cooking meals, managing finances and completing housework.

Adult Day Care

An Adult Day Care facility provides services during business hours Monday through Friday in a group setting. A variety of activities are provided for socialization, physical and mental stimulation. Utilizing an Adult Day Care is a great way for you, the caregiver, to take some time

for yourself and have peace of mind that your loved one is safe, engaged and cared for.

Advance Directives

An advance directive is a legal document that allows you to communicate your health care wishes. The advance directives used in Wisconsin are the Power of Attorney for Health Care and the Living Will. Both are excellent documents to complete. They allow you to "speak for yourself" and allow your wishes to be known in the event you are no longer able to.

CBRF (Community Based Residential Facility)

CBRFs are staffed group living settings that provide room, board, supervision and other supportive services to 5 or more adult residents. They are intended for people who cannot live alone but do not require a nursing home level of care.

HDM (Home delivered meals or meals on wheels)

This service delivers hot, nutritious meals to people who are homebound. A great way to get the nutrients both you and your loved one needs without having to take the time to prepare the meals. Many people are surprised by how good these meals really are!

Respite or respite care

Respite care provides a temporary break from the responsibilities of caregiving. Respite care is provided in-home, at Adult Day Care centers or in a care facility (such as a CBRF).

It benefits both you the caregiver and your loved one. By taking some time for yourself, you are able to recharge.

SNF (pronounced "sniff" - Skilled Nursing Facility)

Also known as nursing homes or long term care facilities, these facilities provide medical care to persons who reside in them. Most provide both short term (rehabilitative) and long term care and are staffed with Registered Nurses, Certified Nursing Assistants, Physical, Occupational and Speech Therapies.

Supportive home care.

Supportive home care provides in-home non-medical care. Services include (but are not limited to) housekeeping, meal preparation, companionship and assistance with personal cares. Utilizing supportive home is a great way for caregivers to run errands and keep their own medical appointments.

So many programs, services and resources are available to assist on your caregiving journey. If you would like to meet with someone to discuss services and options that can assist you, please call us at Aging & Disability Resource Center of Waupaca County at 715-258-6400 we would love to hear from you!

Source: Wisconsin Department of Health Services. What is an ADRC? <http://www.dhs.wisconsin.gov/lrcare/adrc/>



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to find out how our staff can help you achieve
your rehabilitation needs.**




Arthur's story:
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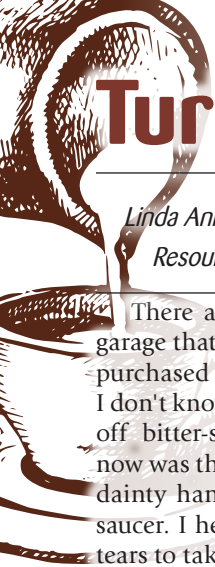
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Turkish coffee - A Memoir

Linda Ann Bowman, Aging & Disability
Resource Center Clerk, Waupaca

There are two boxes that sit in my garage that I haven't unpacked since we purchased the house seven months ago. I don't know why, perhaps, I am putting off bitter-sweet memories? I decided now was the time to open it. I found the dainty hand painted espresso cup and saucer. I held it gently and allowed my tears to take me back in time.

Meema was a feisty 71 year old, Albanian neighbor, whom was a dear friend and had become the Grandmother I never had. Meema loved to cook and sing. I looked forward to our evenings, in her small kitchen, where she would tell me stories of her childhood in Albania. I was fascinated by her life- though it was rough; I could tell it made her strong. I eagerly, swallowed the last of my coffee grounds and turned my cup upside down on the saucer. Meema was going to read my cup. Heck, I didn't believe in fortune telling, but Meema enjoyed it, and well I think it must of have given me a little hope. We didn't have a lot of money; we lived in an apartment building where families were crammed in to two-bedroom

apartments. Meema would peer in my cup, the way the grounds thickened and dripped along the sides. She would tell me, that I was moving away, and that I was going to buy a house, that I would be rich. This prediction always made me smile, as Meema, had been telling me these predictions for the past 19 years.

Over time, Meema, was diagnosed with Alzheimer's disease, and moved into a nursing home. Before we moved to Waupaca, from New York, I visited Meema, she didn't recognize me. I leaned down and kissed her cheek, she didn't respond, as tears filled my eyes I whispered in her ear, that we bought a house and I was moving away. Meema looked at me and I smiled through my tears and said we aren't rich, but we will be comfortable.

As this memory fades, I am standing in my garage, cup and saucer in hand. This cup holds such powerful emotions. I don't want to tuck it away, but I don't want to use it, for fear of it breaking or becoming worn. I decide I will display it in my sunroom. My sunroom, is filled with sunlight and warmth, it brings me comfort to be in there.

Meema may not be a blood relative, but she is my family and I will always cherish this cup of Joy.

Awareness from page 1

- worry that they will be forced to live in a nursing home – and this sometimes happens
- feel guilty or somehow to blame
- be in denial that the abuse is occurring, or unaware that what they are experiencing is abuse or neglect
- be afraid that if they report, the abuse will get worse.

Some victims are unable to speak out due to symptoms of dementia or other impairments, or may not be believed when they do.

It is up to each and every one of us to do our part in raising awareness. Elder abuse has no limits as to who it affects. Elder abuse can happen to any older individual – your neighbor, your loved one – it can even happen to you. One person, one action, one nations united against elder abuse.

Each county in Wisconsin has an agency that is responsible to respond to concerns of elder abuse. Waupaca County Department of Health and Human Services is the lead elder abuse agency for Waupaca County. For more information please visit <http://www.dhs.wisconsin.gov/aps/>.

If you or someone you know is in a life threatening situation or immediate danger, contact 911 or the local police or sheriff's department.

To report suspected abuse, please contact the Waupaca County Aging and Disability Resource Center (ADRC) at 715-258-6400 or 1-866-739-2372. All calls can be made anonymously and you do not need to prove that abuse is occurring. A social worker will investigate your suspicions and based on circumstances will offer support, assistance or connections to the right services.

Warning Signs of Elder Abuse

- S**udden changes in behavior or finances
- P**hysical injuries, dehydration, or malnourishment
- E**xtrême withdrawal, depression, or anxiety
- A**bsence of basic care or necessities
- K**ept away from others
- U**nsanitary living conditions
- P**ersonal items missing

SPEAK UP for seniors!



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

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

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



Survey Questions for Waupaca County Caregiver Coalition

Win a \$50 gas card by completing this survey and returning it by August 1, 2016. Caregivers must be providing care in Waupaca County to be eligible for the prize. All entries must be postmarked no later than August 1st. The winner will be drawn from all completed surveys on August 5th.

Demographics

1. In what township do you provide care?

Personal

1. Your Age _____
2. Your Gender ☐ Male ☐ Female
3. Age of the Person you are caring for:

4. Primary Diagnosis of the person you care for:
- ☐ Autism
 - ☐ Alzheimer's/Dementia
 - ☐ CVA
 - ☐ Spinal Injury
 - ☐ Cognitive Disability
 - ☐ Parkinson's
 - ☐ Cancer
 - ☐ Physical Disability
 - ☐ Other _____

Caregiver Questions

1. Are you the primary caregiver?
- ☐ Yes
☐ No
2. Do you receive any services from outside sources?
- ☐ Yes
☐ No
3. Respite is defined as a break from something that's difficult or unpleasant. As a caregiver, respite would be a few hours away from the duty of care giving to help you renew and refresh. Are you familiar with the term "respite"?
- ☐ Yes
☐ No

4. What type of services do you receive?
- ☐ In-Home Care
- ☐ Therapy
- ☐ Respite
- ☐ Other _____
5. Do you know about the services available to you in Waupaca County?
- Nursing Home Care ☐ Yes ☐ No
- In-Home Care ☐ Yes ☐ No
- Therapy ☐ Yes ☐ No
- Respite ☐ Yes ☐ No
- Hospice ☐ Yes ☐ No
- ADRC (Aging and Disability Resource Center) ☐ Yes ☐ No
- Caregiver Coalition ☐ Yes ☐ No
- Iris ☐ Yes ☐ No
- Support Groups ☐ Yes ☐ No

6. What is your greatest frustration as a caregiver?

11. What do you do for yourself as a caregiver to get refreshed?
12. Are you aware there is a free caregiver conference in the fall for all caregivers in Waupaca County?
- ☐ Yes
☐ No
13. What type of conference would you most likely attend?
- ☐ Educational with specific topic _____
- ☐ A day of Relaxation—Pampering for the caregiver
- ☐ Combination of Education, Laughter and Pampering
14. What else would you like healthcare providers, family or friends to know about being a caregiver?

Your Name: _____

Phone Number: _____

Please return this Caregiver Survey to:
Caregiver Survey (Attn: HG)
1226 Berlin Street
Waupaca, WI 54945

Thank you for taking the time to complete this survey. Your information will help us to identify needs in Waupaca County and work to fill gaps in the services provided.

Results from this survey will be presented at the Waupaca County Caregiver Coalition Caregiver Conference on Friday, November 4th at Crystal Falls Banquet Facility in New London. This **FREE** conference is for all caregivers. Save the date on your calendar. More information on registration will be available by September of 2016.



Mission Statement
We educate and support caregivers through community awareness, identifying needs and filling gaps in service.

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

ENDURING A LOSS IS A CONFUSING AND DISORIENTING TIME, BUT THERE IS COMFORT TO BE FOUND IN KNOWING THAT WE ARE HERE TO HANDLE THINGS FOR YOU. A.J. HOLLY & SONS IS HERE TO SERVE YOU WITH A TRADITION OF CARE AND A LEGACY OF EXCELLENCE.

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PROST TO VOLUNTEERS!

Thanks to the approximately 500 awesome Waupaca County Dept. of Health & Human Services Volunteers who selflessly give of time, talent & treasure, our community is a shining example of altruism!
To express our deep appreciation, a celebration is planned in your honor!

WHAT: Waupaca County Dept. of Health & Human Services 23rd Annual Volunteer Appreciation Celebration

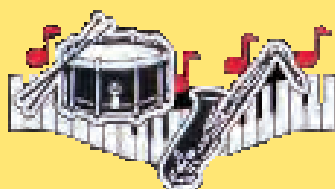
WHEN: Friday, September 16

TIME: 11:00 am – 1:00 p.m.

WHERE: Iola Old Car Show Activity Building, 130 Jenson Dr, Iola

COST: **FREE** For Waupaca County DHHS Volunteers
Non-Volunteers: \$6.00

RSVP: Please complete & return the registration by September 7.



Live music:

The Jerry Schneider Polka Band will get our toes tappin' thanks to a very generous contribution from The Shamrock Club of New Dublin!



GERMAN THEMED LUNCH:
Brats, sauerkraut, potato salad, pretzels & Black Forest cake



PROST TO VOLUNTEERS!

(PLEASE PRINT)

VOLUNTEER NAME _____

PHONE _____

In which community do you primarily volunteer? (Circle the city)

Clintonville

Iola

Manawa

Marion

New London

Waupaca

Weyauwega

GUEST NAME (If applicable) _____

AMOUNT ENCLOSED _____

Volunteers are free. Non-volunteers are \$6.00 per person. Please do not send cash.

Send completed registration along with check made out to:

Waupaca County DHHS Attn: Volunteer Celebration

811 Harding St., Waupaca, WI 54981

For more information, please call 715-258-6277

Email: Kristine.Wiegman@co.waupaca.wi.us

Please complete & return this registration by September 7.

Sundowning

Late afternoon and early evening can be difficult for some people with Alzheimer's disease. They may experience **sundowning**—restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade—often just when tired caregivers need a break.

Sundowning can continue into the night, making it hard for people with Alzheimer's to fall asleep and stay in bed. As a result, they and their caregivers may have trouble getting enough sleep and functioning well during the day.

Possible Causes

The causes of sundowning are not well understood. One possibility is that Alzheimer's-related brain changes can affect a person's "biological clock," leading to confused sleep-wake cycles. This may result in agitation and other sundowning behaviors.

Other possible causes of sundowning include:

- being overly tired
- unmet needs such as hunger or thirst
- depression
- pain
- boredom



Coping with Sundowning

Look for signs of sundowning in the late afternoon and early evening. These signs may include increased confusion or anxiety and behaviors such as pacing, wandering, or yelling. If you can, try to find the cause of the person's behavior.

If the person with Alzheimer's becomes agitated, listen calmly to his or her concerns and frustrations. Try to reassure the person that everything is OK and distract him or her from stressful or upsetting events.

You can also try these tips:

- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favorite snack, object, or activity. For example, offer a drink, suggest a simple task like folding towels, or turn on a familiar TV show (but not the news or other shows that might be upsetting).

SAVE THE DATE!

Waupaca County
Caregiver
Coalition

FREE

Caregiver Conference

A special event for caregivers to learn and be re-energized!

Friday, November 4th
9 am to 2 pm

at the Crystal Falls Banquet Facility
1500 Handschke Drive, New London

"It is not selfish to refill your own cup so that you can pour into others. It is not a luxury. It is essential."

Frequently Asked Questions

Q. What is a Caregiver?

A. Anyone who helps to take care of another person.

Q. What is the Caregiver Coalition?

A. A group of community members and professionals who want to help.

Q. What help does the Coalition provide?

A. Coalition members include many helping organizations that connect caregivers to resources and support. The Coalition hosts an annual Caregivers Conference each fall.

Q. Where does the Coalition meet?

A. The monthly meetings rotate between Waupaca, Clintonville and New London throughout the year.

Q. Why should I become involved?

A. The need is greater than most realize. In 2012 29% of the adult U.S. population were caregivers. YOU can help make a difference!

For more information call your local Aging & Disability Resource center at (715)-258-6400 or visit <http://ow.ly/KiOk5>

Waupaca County

Caregiver
Coalition

Here for you because you're there for them

Our Mission: We educate & support caregivers through community awareness, identifying needs, and filling gaps in service.



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- **Attached garage with electric opener (most units)**
- Private entry with covered porch (most units)
- Mailboxes on site
- Community Room (most locations)
- Smoke free property

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- Colby
- Iola
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- Montello
- Seymour
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w/elevator, no DW)
- Weyauwega
- **WI Rapids - 2**
Locations
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Rapids

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