

# 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 32 Number 2

Summer 2015

## NEW BEGINNINGS



*Leah Bjerke  
Aging and Disability  
Resource Unit Manager*

Hello, I am the new Aging and Disability Resource Center Manager at Waupaca County Health and Human Services. I am excited about the opportunity to collaborate with the current ADRC staff and learn from their wealth of knowledge. The Wisconsin ADRC programs are new

to me but the concept of providing community residents with great services and support is something I am familiar with and passionate about.

My Social Work career began in Southwest Minnesota working at a Health and Human Resources agency. The community, like Waupaca County, was a rural area with many wonderful and unique qualities. My background revolves around working with individuals of all ages, abilities and need levels as well as various socioeconomic statuses; helping them identify their needs, problem solve and meet their needs

in a dignified and specialized manner. Working with such a diverse population of people deepened my understanding of the importance of the person-centered approach.

The person-centered approach is a perspective I have adopted. It allows Social Workers and other care team members to put what is important to and what is important for a person at the forefront of care planning. The person-centered approach fits hand in hand with the Trauma Informed Care perspective already implemented in Waupaca County Health and Human Services. I am

looking forward to learning more about the Trauma Informed Care principles and diving deeper into how those principles can continue to improve the already magnificent way the ADRC connects with the community.

For the staff I have already had the pleasure of meeting in Waupaca County, thank you for helping me feel welcome and an instant part of your team. I look forward to getting to know everyone better and learning my role as we continue the great progress the ADRC is making with the individuals we serve.

## Alert! Divesting Assets May Make You Ineligible for Medicaid



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

As people get older, many consider transferring assets to their children, grandchildren, or to charity. Some were fortunate to have inherited homes or other family assets from their parents or grandparents, so it is logical that they

would like to similarly transfer their wealth to younger members of their own families. While their intentions are honest and noble, individuals need to be aware of the risk of "divestment" in the event they need long-term care and do not have sufficient assets to pay for it.

Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family.

Divestment is a general term applied when an individual transfers assets —

See **Medicaid** page 8

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**"Like" the ADRC on Facebook!**

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

Current and past issues of the ADRC Connection are available on our website – [www.co.waupaca.wi.us](http://www.co.waupaca.wi.us)  
Select Aging/Disability Newsletter in the Health/Human Services column.

**Waupaca County Dept. of Health & Human Services: 715-258-6300 • Aging & Disability Resource Center (ADRC): 715-258-6400**  
**811 Harding Street • Waupaca, WI 54981**

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



In a constantly changing world, it is necessary to evaluate the services our Aging and Disability Resource Center offers its communities. When input, opinions and suggestions are needed, we turn to the experts; YOU! Below are a few questions on how we're doing. Thank you in advance for taking the time to tell us what you think.

Sincerely,  
*Leah Bjerke*  
ADRC, Manager, Waupaca

**What are the 3 most important issues older community members in our area face?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How would you prefer to be contacted about services that may be available to you? (Circle One)**

1. Mail    2. E-mail (Electronic)    3. Phone Call    4. Print (Newspaper, Newsletter)    4. Other: \_\_\_\_\_

**Suggestions? Anything we could be doing better?** \_\_\_\_\_

\_\_\_\_\_

**Please tell us about you! Below are some questions outlining who we're talking to. This survey is anonymous but please feel free to answer only the questions you feel comfortable with.**

1. I am: (Circle One)      Male    Female

2. In which category of the following age groups do I fall into? Please check one category.

- ☐ 18 to 50 years old
- ☐ 51 to 60 years old
- ☐ 61 to 70 years old
- ☐ 71 to 80 years old
- ☐ 81 to 90 years
- ☐ 91 years and older

3. Which option best describes my current living arrangement? Please check one category

- ☐ I own my home
- ☐ I rent a home
- ☐ I live with my adult child or other family member
- ☐ Assisted Living
- ☐ Nursing Home
- ☐ Other: \_\_\_\_\_

4. I am: (Circle)      Caregiver      Service Recipient      Community Member      Other: \_\_\_\_\_

Please Return To:      Leah Bjerke  
811 Harding Street  
Waupaca, WI 54981



# Understanding VA Pension



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

If you're a Veteran who served on active duty under honorable conditions you might be eligible for VA Pension. For Veterans who qualify, VA pension is a needs based benefit which pays a monthly benefit.

## WHO IS ELIGIBLE?

You may be eligible if:

- You were discharged from service under other than dishonorable conditions, **AND**
- You served 90 days or more of active duty with at least 1 day during a period of war time\*, **AND**
- Your countable income is below the amount listed in the chart below, **AND**

• You meet the net worth limitations, **AND**

• You are age 65 or older, **OR**, you have a permanent and total non-service connected disability, **OR**, you are patient in a nursing home, **OR** you are receiving Social Security disability benefits.

\*Veterans who entered active duty after September 7, 1980, must also serve at least 24 months of active duty service. If the total length of service is less than 24 months, the Veteran must have completed their entire tour of active duty.

## HOW MUCH DOES VA PAY?

VA calculates annual pension by first determining, for your particular circumstances, the Maximum Annual Pension Rate (MAPR) - an amount set by Congress. For example, if you are a Veteran with no dependents, the MAPR is \$12,868. Next, VA determines your countable income. VA determines countable income by subtracting from your total income, received in a particu-

lar 12-month period, the amount of those exclusions provided by law. VA then subtracts your countable income from the MAPR; the difference is your annual pension entitlement. VA divides this amount by 12 and rounds down to the nearest dollar, this is the approximate amount of your monthly pension payment.

VA deducts certain expenses paid by you, e.g., unreimbursed medical expenses, from your annual household income, which will decrease your countable income and increase your monthly pension payment. A complete list of these exclusions is provided in section 3.272 of title 38, Code of Federal Regulations. These

regulations are available at the [Government Printing Offices website](http://www.gpo.gov/dp/dpmain.html).

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!

For more information:

<http://benefits.va.gov/BENEFITS/factsheets/limitedincome/livepension.pdf>

<http://www.benefits.va.gov/pension/>

<http://www.benefits.va.gov/PENSION/wartimeperiod.asp>

[http://www.benefits.va.gov/pension/current\\_rates\\_veteran\\_pen.asp](http://www.benefits.va.gov/pension/current_rates_veteran_pen.asp)

## Aging & Disability Resource Center (ADRC)

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

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

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

**Waupaca County Courthouse**

811 Harding Street, Waupaca - Second level

**Hello**  
*It's nice to meet you.*

**CROSSROADS**  
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at Crossroads Care Center**

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717 E. Alfred St., Weyauwega, WI 54983  
P: 920.867.3121 F: 920.867.3997  
[www.cccwega.com](http://www.cccwega.com)

**Crystal River**

1401 Churchill St. Waupaca, WI 54981  
P: 715.258.8131 F: 715.258.0179  
[www.cccriver.com](http://www.cccriver.com)

# Scam Alert! Don't Be So Quick to Wire Money to Your "Favorite Grandchild" And Other Issues to Beware



Submitted by Elder  
Benefit Specialist  
Peggy Strey

Older Americans are a favorite target of unscrupulous scam artists. According to research by Stanford University, those over the age of 65 are 34% more likely to have lost money on a financial scam than those in their 40s. Some scams to be on the lookout for include:

## Tax Identity

Tax season presents many opportunities for theft and fraud and although tax season has now ended, fraudsters often continue to call or email people stating that they are from the IRS and provide an address to send money to for back taxes. Others are stealing Social Security numbers (SSNs) and filing for tax returns with the stolen identity.

The Department of Agriculture, Trade and Consumer Protection (DATCP) wants you to know that the IRS will not contact you by email, text, or social media. **If the IRS needs information, it will first contact you by mail.**

A recent complaint in the Wau-paca area involved an elderly person who called to report having received a call from 512-961-8514 stating they were the IRS and would be filing a federal lawsuit against this person. After further research the number was discovered to be a scam. Unfortunately, this is a nationwide issue and others have complained of this, having fallen prey to this threat mailing in numerous dollars believing it to be true. Although a formal complaint has been made to the DATCP it is wise to be reminded that unscrupulous practices by scheming criminals continue to abound. Here are some tips to follow should you receive a call from someone stating they are the IRS:

- Do not give out your SSN or

Medicare number unless absolutely necessary. First, be sure to ask who the caller is (get a name), telephone number, and address, and ask for their badge number, why the information is needed, how it is going to be used, and how it will be stored.

- Also, before divulging any information, be sure to get recommendations and research a tax preparer thoroughly before you hand over personal information.

- If your SSN has been compromised, contact the IRS ID Theft Protection Specialized Unit at 1-800-908-4490 and,

- Check your credit report at least once a year for a free report at [www.annualcreditreport.com](http://www.annualcreditreport.com) to make sure no other accounts have been opened in your name.

## Sweetheart Scam

Scammers have also been targeting older women on online dating sites. The scammer will have conversations with the unsuspecting woman and eventually profess his love

for her. Then the scammer will find himself in some sort of predicament where he needs funds immediately, such as a stolen briefcase on business trip or a lost passport.

## Grandparent Scam

The scammer calls and claims to be "your favorite grandchild" or close relative and is in some sort of crisis that requires immediate cash to remedy. The victim is then convinced to wire funds, send a prepaid credit card, or send cash via courier.

If you receive this sort of call, you should ask questions only your grandchild would know, such as the name of a pet.

AARP publishes a state-by-state search for scams and news alerts by law enforcements. Find them here: <https://action.aarp.org/site/SPageNavigator/FraudMap.html;jsessionid=19F0B5E0A9D3F0E6961261B76D66726E.app263b>

Permission to reprint by the GWAAR Legal Services Team

**Iola Living Assistance, Inc.**  
Welcomes you to explore three levels of living arrangements for rehabilitative, respite, assisted living, or long term care.

**"Old Fashioned, Neighborly Care"**



- **Iola Living Assistance**  
- Rehabilitation, Skilled Nursing and Housing Services.
- **Butternut Ridge Apartments**  
- Independent Living
- **Living Oaks** - Assisted Living

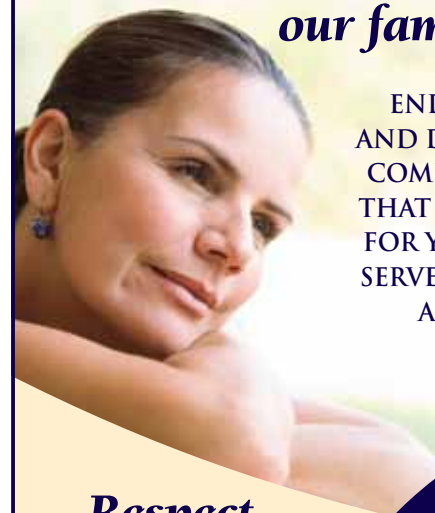
**715-445-2412**

Our mission is to provide  
Quality care in a Safe,  
Dignified environment.

**IOLA LIVING ASSISTANCE, INC.**  
185 S. Chet Krause Drive  
PO Box 237 • Iola, WI 54945

**[www.iolalivingassistance.org](http://www.iolalivingassistance.org)**

**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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Dignity  
Empathy**

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- Cremation
- Funeral
- Monument Services

**COMPASSION AND UNDERSTANDING  
IN YOUR TIME OF NEED**

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Amherst ..... 715-824-3221 Poy Sippi ..... 920-987-5135  
Wild Rose ..... 920-622-3774  
[www.hollyfuneralhome.com](http://www.hollyfuneralhome.com) • Email: [hollyfuneralhome@charter.net](mailto:hollyfuneralhome@charter.net)



# Are you a disabled veteran?



Submitted by:  
Karen Engel  
Disability Benefit Specialist

Did you know – starting in March 2014, veterans who have a VA compensation rating of 100% permanent and total (P&T) may receive expedited processing of applications for Social Security disability benefits.

Both Social Security and VA pay disability benefits. However their programs, processes, and criteria for receiving benefits are different. A VA compensation rating of 100% P&T does not guarantee you will receive Social Security disability benefits. To be approved for Social Security benefits you must meet Social Security's definition of "disability". Which means you must be unable to do substantial work because of your medical condition(s) and your medical condition(s) must be expected to last at least one year or to result in death.

You can apply for Social Security disability benefits online at [www.socialsecurity.gov](http://www.socialsecurity.gov), calling the national toll free number, 1-800-772-1213, or if you live in Waupaca County calling your local office in Appleton at 1-877-694-5495 and schedul-

ing an appointment. A Disability Benefit Specialist with the Aging & Disability Resource Center can also assist with applications. When applying be sure to let SSA know you are a veteran rated 100% P&T by telling the representative you talk to on the phone or entering it in the "Remarks" section of the online application.

The length of time it takes to process your application depends on several factors; the nature of your disability, how quickly medical records can be obtained, and whether it is necessary to send



you for a medical examination in order to obtain evidence to support your claim.

If you meet the criteria you can receive both VA and Social Security benefits. If approved, Medicare coverage will automatically begin after you have received Social Security disability benefits for 24 months.



## Emergency Preparedness for Seniors

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



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

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

### Create a Support Network

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

### Medications and Medical Supplies

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

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

## Cultivating Gratitude while Caregiving



When you're providing care for another person, you're balancing a lot of responsibilities. In addition to meeting the needs of the person you're caring for and spending time with them socially, many caregivers are balancing a job, family commitments, and their own health care needs. With all of these "to do's" it's easy to focus on what needs to be done, leaving little time to reflect on all the good things that surround you.

Gratitude, or appreciation for what one has, can help increase feelings of happiness, optimism, and well-being. Current research shows that it's actually possible to cultivate feelings of gratitude within ourselves – and doing so can lead to increased levels of energy, optimism, and empathy. For caregivers, it can be difficult to find the time to reflect on the positive aspects of life. Being up all night with an agitated parent, shuffling between doctor appointments, preparing meals, working through financial issues, and trying to manage uncooperative behaviors can leave a caregiver physically, mentally and emotionally

See **Gratitude** page 6

Wisconsin Emergency Management  
<http://ready.wi.gov>  
Phone: 608-242-3232 Fax: 608-242-3247

# Volunteer Spotlight



Kristine Wiegman  
Volunteer Coordinator  
715-258-6277

gratitude, a few volunteers will be highlighted in each quartely ADRC Connection! Our agency is fortunate to have volunteers serve in many capacities. THANK YOU to all Volunteers! You are needed & greatly appreciated!



Doris Schenck

Let me introduce you to **Doris Schenck**. She has been involved in the Senior Nutrition Program in various ways. She began her tenure about 10 years ago at the Iola Senior Nutrition Site by assisting with set up, serving & clean up of lunch. Doris was also a committee member of Nutrition Advisory Council for 3 years. When asked why she volunteers, Doris cheerfully exclaimed "It feels good to help & gets me out of the house!" Besides volunteering, she grows African Violets, enjoys embroidery and is a very active Mom & Grandma to three children, five grandchildren & twelve great grandchildren.



Mary Frings

Meet **Mary Frings**, a facilitator for the Stepping on Falls Prevention workshop in Waupaca. She is a married mother of two grown children. Mary is a retired teacher who enjoys working on projects with her husband such as woodworking, building, cleaning, traveling & gardening. Most of all, she loves being out in nature, whether it's snowshoeing or wolf tracking. In Mary's words, "As a volunteer I enjoy working with people. The material we are presenting in the Stepping On class is very important to a healthy lifestyle. I like being a part of sharing this information with as many people as possible. I enjoy facilitating with the leader of the class Kristine Wiegman. She is a dynamic leader. I also volunteer as an instrumentalist for our church. Volunteering is a way of sharing myself and my abilities."

## Gratitude from page 5

exhausted – and not in a mindset to notice the wonderful things around you.

Fortunately, it can be easy to bring feelings of gratitude to the forefront. To start cultivating gratitude, simply take a few minutes to sit quietly and ponder the different blessings or bright spots in your day. If possible, try writing them down. Some people keep a running list in a journal, others take a few minutes before bed to reflect on their day and add that day's blessings to their list. Even during the most challenging and frustrating days, there are positive moments to reflect upon. The "little things" definitely count! Perhaps you had 15 minutes to read a book, or the person you're caring for said "I love you."

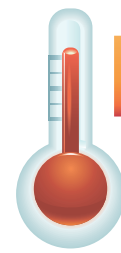
Similar to a garden which needs

There are approximately 500 dedicated Waupaca County Dept. of Health & Human Services Volunteers who graciously donate their time & talents to our various programs. Without these incredible people, many in our community wouldn't benefit from their generosity. In an effort to show our sincere

sun, water and fertilizer to flourish, you'll need to spend time cultivating feelings of gratitude. If you take few moments to reflect on the wonderful things you experience a couple times each week (or even every day!), you'll likely be surprised at how quickly your list grows! As Oprah Winfrey once said, "be thankful for what you have; you'll end up having more."

For more information on caregiving or resources available to assist you in your role as a caregiver, contact Aging & Disability Resource Center of Waupaca County, 811 Harding Street, Waupaca WI 54981; 715-258-6400

Erin Johnson,  
Caregiver Support Coordinator  
Aging and Disability Resource Center of  
Central WI



## BEAT THE HEAT: Extreme Heat

Heat related deaths are 100% preventable

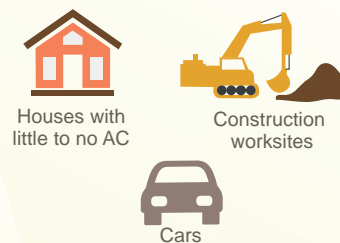
### WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

### WHO:



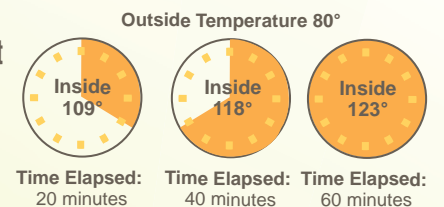
### WHERE:



### HOW to AVOID:



During extreme heat the temperature in your car could be deadly!



## HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
<b>Minor</b> Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours <b>Major</b>

## DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat disorders** occur because of overexposure to heat or over-exercising.

**Sunburn** can significantly slow the skin's ability to release excess heat.

**206** people died in the US as a result of extreme heat in 2011.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:  
<http://www.cdc.gov/extremeheat/>

CS241620-A



Centers for Disease  
Control and Prevention  
Office of Public Health  
Preparedness and Response





# “Volunteers are Heroes!”

**HERO:** [noun] a person admired or idealized for courage, outstanding achievements, or noble qualities.

As a token of our deep appreciation for the difference you make in the lives of those we serve, a celebration is planned in your honor! Without the almost 500 Volunteers, we could not possibly impact as many lives!

**THANK YOU!!**

**What:** Waupaca County Dept. of Health & Human Services 22nd Annual Volunteer Appreciation Celebration

**When:** Friday, September 11, 2015

**Time:** 11:00 am – 1:00 p.m.

**Where:** Iola Old Car Show Activity Building, 130 Jensen Dr, Iola

**Cost: FREE** For Waupaca County DHHS Volunteers

Guests of DHHS Volunteers: \$6.00

**All American lunch menu:** Ham sandwich, baked beans, potato salad, beverage, pie & ice cream

**RSVP:** Please complete & return the registration by September 1

**\*\*Please wear your favorite patriotic attire!**

This year's entertainment, the Starfire Family Band is sponsored by The Shamrock Club of New Dublin



## Get Medicare Ready!

Call Bruce A McCallum, CLU Your local, licensed, independent Humana sales agent

715-258-5816 or 920-450-6171 (TTY: 711)

9 a.m. to 5 p.m., Monday - Friday

**Humana.**

Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in this Humana plan depends on contract renewal. Call Humana sales at 1-800-336-6801,

TTY: 711, 8 a.m- 8 p.m., seven days a week.

Y0040\_GHHHKYAHH\_DEL Accepted 05182014

## “Volunteers are Heroes!”

**Waupaca County Dept. of Health & Human Services**



**22<sup>nd</sup> Annual  
Volunteer  
Appreciation  
Celebration**

**Friday, September 11, 2015  
11:00 am – 1:00 p.m.**

**Please complete & return the registration by September 1.**

(PLEASE PRINT)

VOLUNTEER NAME \_\_\_\_\_

PHONE \_\_\_\_\_

In which community do you primarily volunteer?

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





## How You Can Help!

### Reinvest in your community!

Looking for volunteers to give others a *hand up* in the community. Individuals can volunteer their time on the day of the event.

Strong participation by local businesses, churches, community agencies, and individuals is crucial to the success of this event.

Local businesses can donate goods or make a financial contribution. Churches can provide volunteers, goods, as well as a financial gift.

Professionals such as doctors, nurses, hairstylists, photographers, can donate their time on the day of the outreach.

**Date:** Saturday, August 22, 2015  
**Time:** 10:00 AM while supplies last  
**Place:** Bernegger River Walk on Wolf River Avenue in downtown New London, WI

### Volunteer Registration is simple:

1. [www.mission-of-hope.com](http://www.mission-of-hope.com)
2. Click on the *Volunteer* tab.
3. Complete the online form.
4. Tell others how easy it was and invite them to serve with you.

*Please remember that our community needs volunteers to give others a hand up all year long.*

### Our Mission:

May **Mission of Hope** be a catalyst to unite a community to meet the needs of others by engaging the community to embrace and encourage those in need while equipping all people with opportunities to volunteer, provide and/or receive education, support, and opportunities to reinvest in their community.

**Mission of Hope** is a program of CommunityIMPACT, Inc. which is a 501.c.3 charitable organization serving area congregations and community-based organizations for a more sustained community impact.

Our website is [www.mission-of-hope.com](http://www.mission-of-hope.com). All donations are tax deductible and should be payable to "Mission of Hope".

### CONTACT:

### Mission of Hope

N5961 Ava Lane  
 New London, WI 54961  
 (920) 359-0705 • (800) 725-5276  
[www.mission-of-hope.com](http://www.mission-of-hope.com)



### Community Outreach



**AUGUST 22, 2015**

**10:00 AM while supplies last**

**Bernegger River Walk**  
**Downtown New London, WI**  
[www.mission-of-hope.com](http://www.mission-of-hope.com)

## Guests of Honor

If you are unemployed or struggling to make ends meet each month, we are here to join with you in a day full of blessings! You are our Guest of Honor.

Volunteers across the region are gathering in New London on Saturday, August 22, 2015 to offer free of charge:

- Groceries
- Community Resources
- Educational Resources
- Health Screenings
- Haircuts
- Beauty Makeovers
- Family Portraits
- Shoes
- Lunch
- Activities for Children
- Prayer

Guests of Honor are also encouraged to volunteer in any way possible.

*Everyone has sacred value worthy of compassionate care!*

**COMPASSION**

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## Medicaid from page 1

money, possessions, or property — for less than fair market value or when someone refuses to accept an asset to which he or she is entitled. When an individual transfers an asset without getting back something equal in return, or gives up an interest in an asset, he or she now has fewer assets with which to pay for long-term care should the need arise. Because long-term care is so expensive, Wisconsin law includes provisions that prevent individuals from divesting assets and then requesting that the state pay for their long-term care.

To dissuade people from divesting, Wisconsin law imposes a penalty period based on the amount of divestment. An individual is ineligible to receive long-term care Medicaid or community waivers (programs that provide long-term care services in home and community settings rather than in a skilled nursing facility) during the penalty period. The more wealth that has been divested, the longer the penalty period. The penalty period will only apply if an individual divested assets during the "look-back period." This period is the 60 months immediately prior to an individual needing long-term care and applying for nursing home Medicaid or being approved for a community waiver program.

Transfers made more than 60 months

in the past do not result in a penalty period. Importantly, the penalty period does not apply to Medicaid card services or Medicare Savings Programs. It applies only to nursing home Medicaid and home and community-based waivers.

It is highly recommended that an individual consult with an elder benefit specialist or an elder law attorney if he or she receives a notice of divestment. In some cases, the divestment penalty period can be waived if the penalty period would deprive the institutionalized person of medical care that would endanger his or her life, or deprive the individual of food, clothing, shelter, or other necessities of life. There are some exceptions to the normal divestment rules, so it is important to quickly investigate a notice of divestment to determine whether an exception applies and whether to request an undue hardship waiver. Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family. For that reason, it is very important to understand the consequences of transferring assets if long-term care may be necessary in the following five years. While someone may have great intentions, transferring assets without receiving fair market value in return can unexpectedly create significant problems when

Unforeseen health issues or a need for long-term care arises.

## Compassionate People To Care For Those You Love.

### Honoring Life and Commitments.

- Meal Planning and Preparation
- Companionships and Conversation
- Light Housework and Laundry
- Medication Reminders
- Assist with Bathing, Dressing and Grooming
- Monitor Diet and Eating
- Answer the Telephone and Door
- Errands and Shopping

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## Imagine This!

A day set aside to intentionally meet the needs of our neighbors and to promote and celebrate community service (volunteering), and more importantly, a day to demonstrate love and offer a sense of Hope!

Mission of Hope was inspired by Brooke Prah, a 2012 graduate of New London High School. After volunteering at Convoy of Hope (a national outreach) in Appleton, she brought the event to New London. May dreams within our communities flourish.

We want to thank all non-profit, school, civic, and government programs available to meet tangible needs among our Guests of Honor. May Mission of Hope be a sustainable catalyst in service to existing programs already available to our Guests of Honor.

Because of our community's generous commitment and support, The Mission of Hope House is launching in 2015 for ongoing service to our Guests of Honor. Thank you for making a difference. Every idea counts. Imagine that.

*May we unite as a community to serve one another with open hearts and open doors!*

LOVE

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

### LIVING WELL WITH CHRONIC CONDITIONS

Join this 6-week 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, COPD, heart disease, chronic pain or anxiety – this workshop is for you! Classes will be held at the Maasch Education Center – Riverside Medical Center - 902 Building.

**Wednesdays, Starting September 9, 2015 – October 14, 2015** from 9:00 am – 11:30 am. This class meets for six consecutive weeks! **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 – Riverside Medical Center - 902 Building.

**Thursdays, Starting October 1, 2015 – November 5, 2015** from 9:00 am – 11:30 am. Class meets for six consecutive weeks!

### STEPPING ON

This is a 7-week 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 – Riverside Medical Center - 902 Building.

**Tuesdays, Starting October 6, 2015 – November 17, 2015** from 9:00 am – 11:00 am.

Class meets for seven consecutive weeks!

### POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is an educational program de-

signed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend. Participants will learn to reduce stress, improve self-confidence, better communicate feelings, increase their ability to make tough decisions and locate helpful resources. Classes will be held at the Maasch Education Center – Riverside Medical Center 902 Building.

**Thursdays Starting October 8, 2015 – November 12, 2015** from 5:30 pm – 7:00 pm.

This class meets for six consecutive

weeks!

**Class size is limited to 15 registrants ~ Bring a friend!**

**Pre-Registration required by calling 715.258.1119**

Or visit the Theda-Care website [www.thedacare.org](http://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 RMC Health and Wellness Department at 715-258-1183 or the Waupaca Senior Center at 715-258-4437.



## VOLUNTEER DRIVERS NEEDED

Provide safe & dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutritional or employment needs. Background check required. Training and orientation coming up soon. Paid mileage. Must have a valid Wisconsin driver's license & clean driving record. Vehicle must pass a safety inspection. Please contact Janna Taylor, Transportation Coordinator for information and application.

**Call Janna 715-258-6279**

**Waupaca County Dept. of Health & Human Services**

0

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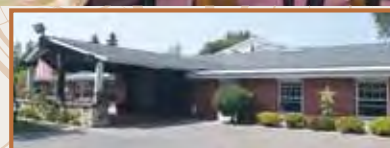
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# Change Lives. Volunteer!



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

Improve your life while making a difference in another's life! Volunteering is an excellent avenue to share your time talents & treasures! We'd love to have you join our family of awesome volunteers! Here are a variety of ways to be involved in the Waupaca County community.

## Health & Wellness Co-leader

Improve your health &

well being and help others do the same! Become a trained leader in any of our Health, Wellness & Prevention Programs!

Facilitate evidence-based programs geared for seniors in Waupaca County! Programs offered through the Aging & Disability Resource Center (ADRC). Help seniors make positive changes in their life by leading workshops geared

for their health & well being! Training is required & paid for. Mileage is reimbursed for the workshops you facilitate as well as a stipend. Current evidence based programs offered are:

## Stepping On:

Stepping On is a seven-week workshop using adult education to develop the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important in fall prevention.

## Living Well with Chronic Conditions:

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

## Healthy Living with Diabetes

If you have diabetes or care for someone

with diabetes, you may be ideal for co-leading this workshop! 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. This workshop meets for 6 consecutive weeks.

## Powerful Tools for Caregivers

Are you or have you been a Caregiver? Would you like to share your experience with others in the Care giving role? Powerful Tools for Caregivers is a 6 week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will learn to reduce stress, improve self-confidence, better communicate feelings, increase their ability to make tough decisions and locate helpful resources.

## Volunteer Driver

Are you retired or looking for something

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. Training and orientation is coming up soon. Volunteers utilize their own vehicle & are paid for mileage. Valid Wisconsin driver's license & clean driving record are required.

## Senior Meal 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 and 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.

## Meals on Wheels Drivers

A home delivered meal with a smile can do amazing things for those we serve. Consider being a Meals-On-Wheels 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 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!

To learn more about these opportunities, please contact:

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

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on Facebook!

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

Our organization is supported by the work of the Volunteer Center of East Central Wisconsin and by volunteers like you! Find volunteer opportunities in our community by visiting [www.VolunteerCenter.net](http://www.VolunteerCenter.net)

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*Honoring*  
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A gem like no other, the **Wisconsin Veterans Home at King** is a long term care facility serving Veterans and their eligible dependents. We offer quality medical and nursing care that enhances each individual's quality of life. Our highly trained and dedicated staff strive to meet the unique needs of Veterans by providing compassionate care built on the foundation of integrity, honor and respect.

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# Caregiver Stress



If you help a loved one with chores such as cleaning, cooking, grocery shopping, setting up medications and going to doctor appointments or even calling just to make sure someone is "ok", you may be a family caregiver. Family caregivers provide care to a spouse, a neighbor or friend. Others are caring for an adult child or a parent with a disability or illness. You do not need to live with someone to be considered a caregiver. According to the National Alliance for Care giving, 65.7 million Americans served as caregivers for an ill or disabled relative in the past year.

Care giving can be a very rewarding experience, but it can also be challenging. Caregivers often feel overwhelmed with the responsibilities of care giving. Feelings of loneliness, isolation, exhaustion, anger and even depression are common. Caregivers are more likely than the general population to have a chronic illness due to conditions of high strain. (82% vs. 61% per the American Psychological Association) Some signs of caregiver stress are:

- Inability to concentrate
- Feeling irritable
- Frequent crying

- Difficulty sleeping
- Lack of interest in activities
- Withdrawal from family and friends
- Increased physical illness

If you are a caregiver, it is important to recognize the warning signs of stress and GET HELP. Getting support can make a substantial difference and make care giving a matter of "thriving" and not just "surviving."

Here are some simple things that you can do as a caregiver to take care of yourself:

- Reach out to family and friends for support and accept help when it is offered.
- Maintain your hobbies and your friendships.
- Give yourself a treat at least once per week –no matter how small, as long as it is something that makes you feel special.
- Make a call today to get help. Take advantage of support that is available for caregivers.

There is more support available for caregivers as well. Call Aging & Disability Resource Center of Waupaca County, 811 Harding Street, Waupaca, WI 54981 715-258-6400 for more information about these available services:

**Support groups:** Support groups provide an opportunity to share strategies and coping skills to deal with care giving challenges. They also provide a chance to build new friendship connections.

**Workshops:** Powerful Tools for Caregivers is one of several workshops designed to teach self-care and increase care giving skills.

**Respite Grants:** The National Family Caregivers Support Program and the Alzheimer's Family Caregiver Support Program offer financial assistance for respite and other supplemental services to eligible caregivers.

**Veteran Programs:** Respite and other supplemental services may be available for those who are caring for a veteran who is eligible for those programs.

**Long Term Care Programs:** Family Care provides funds for services that help caregivers to keep eligible individuals in their homes in the community.

Make sure that you are a caregiver who "thrives" and not just "survives!"

*Kathleen Manny  
Aging & Disability Resource Center of  
Sheboygan County*



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## 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](http://www.carepartners-countryterrace.com)

## Care Partners Assisted Living

Come see our **new** assisted living care community. Contact Tracy Sirna and set up a day to tour the facility.

## Care Partners Assisted Living

Tracy Sirna—Director  
59 Industrial Avenue  
Clintonville, WI 54929

Phone: 715-460-3466  
Fax: 715-460-3477

E-mail: [cp44clintonville@cpalct.com](mailto:cp44clintonville@cpalct.com)

0512277

## Falls Prevention Awareness Event

Thursday,  
September 3, 2015



9 a.m. to 11 a.m.

**Waupaca Senior Center**  
407 School Street, Waupaca



### Join Us

for this educational event and learn how to prevent a fall and possible injury

Join us for this  
**Free**  
Community Event

### Program:

- Balance screenings
- Blood pressure checks
- Community safety
- Walker and cane evaluations
- Exercise demonstration
- Home safety education
- Medication presentation and consultations (bring your questions!)
- Door prizes!

Meet and talk with Waupaca Mayor Brian Smith

### Sponsors:

- Aging & Disability Resource Center
- Waupaca Hometown Pharmacy
- Office of the Blind and Visually Impaired
- Rehab Arisces
- Riverside Medical Center
- ThedaCare At Home
- Waupaca Police Department
- Waupaca Senior Center

**September is  
National Falls  
Prevention Month!**

9:00 am Welcome from Mayor Smith  
9:20 am to 9:40 am Community Safety Police Officer Hoelzel  
9:50 am to 10:10 am Exercise Demo  
10:20 am to 10:40 am Medication Management with Dennise Ross  
10:50 am Door Prize Drawing!

## WORLD ELDER ABUSE AWARENESS DAY 2015

STOP ELDER ABUSE: TAKE THE ROADMAP CHALLENGE



Article submitted by



Amy Temby, Michelle Gardner, Tracy Wisner

Adult Protective Services – Waupaca County Department of Health and Human Services

This year marks the 10 anniversary since the first World Elder Abuse Awareness Day (WEAAD). While there is more awareness of the issue of elder abuse, experts believe that for every case that is reported, as many as 23.5 cases go unreported. Abuse and neglect of older adults remains largely under reported and treated as an unspoken problem throughout the world.

Each year an estimated 5 million or 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. 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).

The opportunistic strangers who prey on the vulnerable through scams are more widely published or reported on 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. Abusers may be spouses, family members, personal acquaintances, or professionals in positions of trust. While the scam cases sometimes see 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 a person age 60 or older who has experienced, is currently 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 2013 the number of abuse and neglect cases reported was 6380 – 97 cases in Waupaca County. In 2014 the total number of reports was 7008 – 105 cases for Waupaca County. The largest number of cases reported in

Waupaca County is for folks age 80-89.

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
- 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!

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05041916





## Helping Mature Drivers Find Their Perfect Fit!

- ❖ Tuesday, June 16th
- ❖ 9:30 a.m. - 12:30 p.m.
- ❖ Pine Manor Rehabilitation Center  
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Approximately 1.5 miles North of County Road Y from the bank in Embarrass
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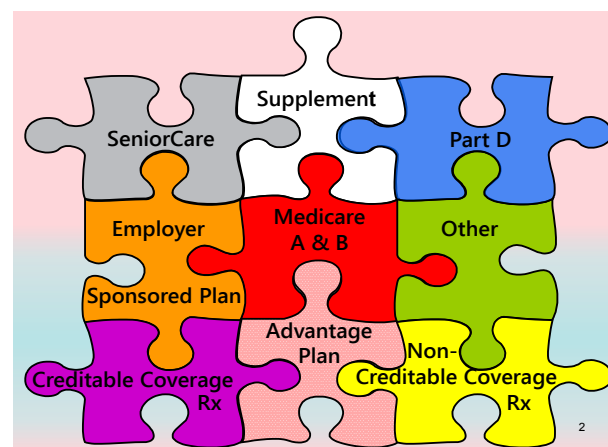
- ❖ Seat belt placement
- ❖ Positioning gas and brake pedals
- ❖ Adjustment of steering wheel tilt/head
- ❖ Mirror placement
- ❖ Gas cap wrenches
- ❖ Wedge cushions
- ❖ And much more!

To Register, please contact  
Nancy Krueger (920) 740-9572 or  
[nkrueger@vpind.com](mailto:nkrueger@vpind.com)  
**MUST REGISTER**  
Kwik Trip gift card to the first 10 registered!!!





## Fitting the Pieces Together with Medicare



**When:** Tuesday – August 18, 2015, 5 - 7 PM

**Where:** Clintonville Community Center, 30 S Main St., Clintonville

*Brought to you by:*

the Elder Benefit Specialist and Disability Benefit Specialist  
from the Regional Aging and Disability Resource Center (ADRC)

Waupaca County Branch office

Serving Calumet, Outagamie & Waupaca

**Questions:** ADRC- 715-258-6400



## Save the Date!

### Waupaca County Caregiver Conference

Friday, November 5, 2015 ~ Waupaca Ale House

*If you care for a friend or family member we invite you to attend!*

- ♦ **Free Event**
- ♦ **Speakers**
- ♦ **Lunch**
- ♦ **Door prizes!**



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For more information or to schedule  
a tour please contact our Admissions  
Coordinator Carrie Baxter-Crist at  
920-867-2183 ext. 2332 or  
via email at  
[Carrie.BaxterCrist@co.waupaca.wi.us](mailto:Carrie.BaxterCrist@co.waupaca.wi.us)



Lakeview Manor provides the  
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Speech Therapy  
Skilled Nursing  
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Bariatric Services  
Psychiatric Services

All of our services are provided  
in the comfort of a private room!

Waupaca County - Nutrition Centers		E-Mail and Phone		Waupaca County - Nutrition Centers		E-Mail and Phone	
<b>Clintonville Senior Center</b> Clintonville Community Center Building 30 S. Main St. - Clintonville, WI 54929 <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b> Ryan is a city/county employee so she can often be reached before 10 and after 1.		<b>(715) 823-7667</b> <i>Site Manager: Ryan Rockey</i> Ryan.Rockey@co.waupaca.wi.us Caterer: Steve & Mary's Main St. Café – Marion		<b>New London Senior Center</b> 600 W. Washington St New London, WI 54961 <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b> Kim is a city/county employee so she can often be reached before 10 and after 1.		<b>(920) 982-8522</b> <i>Site Manager: Kim Ebert</i> Kimberlee.Ebert@co.waupaca.wi.us Caterer : Steve & Mary's Main St. Café – Marion	
<b>Iola Senior Center - Living Oaks</b> 505 W Iola St - Iola, WI 54945 <b>Serving Time: 11:00 (M-F/10 a.m.-1 p.m.)</b> Pat is employed by Iola Living Assistance and is often available before 10 and after 1.		<b>(715) 445-2548</b> <i>Site Manager: Pat Rosemann</i> Pat.Rosemann@co.waupaca.wi.us Caterer: Living Oaks – Iola		<b>Waupaca Nutrition Center</b> Trinity Lutheran Church 206 E. Badger St.- Waupaca, WI 54981 <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b>		<b>(715) 258-9598</b> <i>Site Manager: Joanne Samack</i> Joanne.Samack@co.waupaca.wi.us Caterer: Lakeview Manor - Weyauwega	
<b>Manawa Senior Center</b> Town of Little Wolf Town Hall E6325 County Rd N - Manawa, WI 54949 <b>Mail:</b> to Mona's home address – 320 Union St., Manawa <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b>		<b>(920) 596-3320</b> <i>Site Manager: Mona Golla-Kolosso</i> Mona.Golla-Kolosso@co.waupaca.wi.us Caterer: Living Oaks – Iola		<b>Weyauwega Nutrition Center</b> First Presbyterian Church 200 S. Pine St P.O. Box 628 (mailing address) Weyauwega, WI 54983 <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b>		<b>(920) 867-3213</b> <i>Site Manager: Kristine Wiegman (interim manager)</i> Kristine.Wiegman@co.waupaca.wi.us Caterer: Lakeview Manor - Weyauwega	
<b>Marion Senior Center</b> Lions Point-325 W. Garfield Ave. P.O. Box 253, Marion, WI 54950-0253 <b>Serving Time: 11:30 (M-F/10 a.m.-1 p.m.)</b>		<b>(715) 754-2482</b> <i>Site Manager: Mary Riske</i> Mary.Riske@co.waupaca.wi.us Caterer: Steve & Mary's Main St. Café – Marion					
Waupaca County Courthouse - 811 Harding St., Waupaca WI 54981							
<b>Manager:</b> Leah Bjerke 715-258-6274 Leah.Bjerke@co.waupaca.wi.us		<b>Volunteer &amp; Prevention Coordinator:</b> Kristine Wiegman 715-258-6277 • Kristine.Wiegman@co.waupaca.wi.us				<b>Purchasing:</b> Kay Suehs 715-258-6486 Kay.Suehs@co.waupaca.wi.us	
<b>Elder Benefit Specialist:</b> Peggy Strey 715-258-6278 Peggy.Strey@co.waupaca.wi.us		<b>Transportation Coordinator:</b> Janna Taylor 715-258-6279 Janna.Taylor@co.waupaca.wi.us				<b>Community Care Inc.</b> 102 Grand Seasons Drive Waupaca WI 54981 715-256-3400	
<b>Aging &amp; Disability Resource Center (ADRC)   Clerk:</b> Linda Bowman • 715-258-6400 • Linda.Bowman@co.waupaca.wi.us							

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# Organic Versus Non-Organic



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

It is often asked whether buying organic is the healthiest choice? An article from the Wisconsin Nutrition Education Program Food \$ense Newsletter "Avoiding Nutrition Myths" (volume 15, issue1) explains why the idea that organic is healthier is indeed a myth.

Organic food differs from traditional produced food in the way it is grown, handled, and processed. Organic food is produced without using most common pesticides and fertilizers. The U.S. Department of Agriculture makes no claims that organically produced food is safer or more nutritious than conventionally produced food. Studies comparing organically grown food with conventionally grown food found very little difference between the two. They showed: No difference in the amount of vitamins. No difference

in protein or fat content between organic and conventional milk. Organic produce generally has a lower risk of pesticide contamination, but are not necessarily 100% free of pesticides. Both organic and conventionally grown fruits and vegetables, as well as lean proteins, have health benefits that will help you and your family for years to come. Weigh the proposed health benefits, environmental benefits, and cost to determine which choice is best for you. Source: Arizona Cooperative Extension, Organically grown foods vs. non-organically grown foods

Buying organic can be expensive and as stated above, there's no evidence indicating organic to be more nutritionally dense than non-organic. What was indicated in the Food \$ense article was the fact that organic foods generally are lower in pesticides. If buying organic is important or of interest to you, the Clean 15 and Dirty Dozen lists can help to determine which foods may be worth the extra money and which ones are ok to save your pennies on.

The Clean 15 list consists of



produce the Environmental Working Group (EWG) has indicated being the least likely to hold pesticide residues. These foods typically have a shell or peeling you remove from the food prior to eating. The clean 15 are the suggested produce ok to buy non-organic by EWG. The Dirty Dozen list contains the top 12 foods the Environmental Working Group

found to contain the highest concentrations of pesticides and are the suggested produce to buy organic if and when you choose to do so.

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



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