

GENERATIONS NS

AGING & DISABILITY RESOURCE CENTER OF OZAUKEE COUNTY



121 W. Main St., Port
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FALL
2021

MISSION

Our mission is to provide a one-stop source of information and assistance for older adults, adults with disabilities, their families, friends, and caregivers by advocating for and linking them with resources and services that enable them to live as independently as possible.

2 ABOUT US

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Deb Sheets, Cedarburg (262) 483-2876

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Willard Steiner
Dave Weyker

A WORD FROM OUR DIRECTOR

With the arrival of the fall season, it is the perfect time to venture outside, admire nature, and practice mindfulness and appreciation. The cooler weather, receding light of summer and vibrant foliage together set the perfect stage for reflection and acknowledgement of all that is important and meaningful to us.

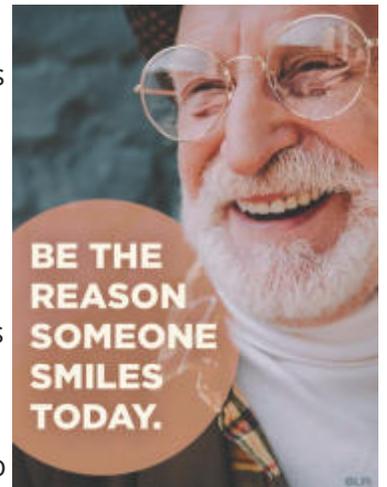
Exercising gratitude is the intentional practice of recognizing and appreciating all the things, people, and circumstances of our lives. It relates to anything that makes us feel grateful, fortunate, or blessed.

Gratitude helps to direct our attention to the things we do have, rather than focusing on what we don't. It helps to maintain a more balanced perspective by appreciating the positives in our lives, particularly when we are going through difficult times.

Various studies such as Emmons and McCullough's (2003), show that practicing gratitude enhances our quality of life and has positive emotional, physical and psychological benefits. More specifically, gratitude makes us happier, more optimistic, increases our self-esteem, and improves our relationships.

We can cultivate gratitude in a multitude of ways such as sharing your appreciation with others through a compliment or praise; saying "thank you" or sending a thank you note; remembering others who have showed you compassion; paying it forward through a donation; or performing a random act of kindness toward a stranger.

What's more is that we don't need to wait for a holiday, a special event, or a random act of kindness to feel or be grateful for what we have. We can choose to exercise gratitude every day by simply appreciating the small things in our lives that we often take for granted.



Kay-Ella Dee

MEAL SITES ARE NOW OPEN

It's been a long time coming, but Ozaukee County's Congregate Dining sites are once again open. Share a hot noon lunch with friends at sites in Belgium, Fredonia, Port Washington, Saukville, Grafton and Cedarburg. Contact the Aging & Disability Resource Center of Ozaukee County at (262) 284-8120 for details on the schedule for each site. Reservations may be made by calling the dining center coordinator for your site. Phone numbers are listed in the column to the left.

ADRC Board Members

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Cheri Farnsworth
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Arthur Laubenstein
Jeanne Peterson
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EARLY DETECTION CAN BE KEY TO IDENTIFYING MEMORY LOSS

Just as blood pressure, cancer, diabetes or stroke screenings contribute to prevention and better treatments, so do Memory Screens.

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored.

The Aging & Disability Resource Center of Ozaukee County is hosting two Memory Screen events this Fall. The free 15-minute test will be offered at the Port Washington Senior Center on November 3 and the Grafton Senior Center on December 9. Screens will be done by appointment only.

Participants will get immediate results. Keep them for future

STAY WARM THIS WINTER

Ozaukee County Home Energy is accepting applications for heat and electric benefits for the new program year.

The one-time payment is available during the heating season and can be used whether you use wood, propane, natural gas, electricity or fuel oil for heat.

The amount of the benefit is based on household size, income and prior year usage. A credit is forwarded to your heat/energy provider. Benefits are not

comparison or to share with family or physician.

Early detection of memory changes is important. Some types of dementia are reversible, like those caused by nutritional and vitamin deficiencies, depression or thyroid issues.

Dementias that are not reversible can often be treated with medications that can help manage symptoms and preserve quality of life for a longer period of time.

To register for an appointment in Port Washington, call (262) 284-5821. For an appointment in Grafton, call Karin at (262) 375-5311.

For more information, contact Dementia Care Specialist Sarah Prohuska at (262) 284-8120.

intended to cover the entire cost of your home energy needs.

The monthly income guideline for a household of one is \$2,591.92 and for a household of two is \$3,389.42.

Contact Ozaukee County Home Energy at (262) 284-8101 to schedule a phone appointment or request a paper application. Applications can be returned by mail to 121 W Main St., Port Washington, 53074 or email to homeenergy@co.ozaukee.wi.us.

PROGRAMS

Aging Services

Connects adults to programs and services that support healthy aging. Programs include Home Delivered Meals, Grab n' Go Meals and Prevention Programs

Caregiver Services

Offers resources about support services and options available to the caregiver and the person being cared for

Dementia Care

Assists, educates and supports individuals and families living with dementia, memory loss or cognitive changes

Disability Benefit Services

Assistance for adults ages 18-59 to apply for public and private benefits including Medicaid and Social Security Disability Insurance

Elder Benefit Services

Assistance for people ages 60 and older to access health and public benefits such as Medicare, Medicaid, Social Security

Information & Assistance Services

Guidance for adults of any age to navigate community resources and also learn about long term care needs.



This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant numbers 2001WIMIDR, 2001WIMISH, 2001WIMIAA, and 90SAPG0091 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

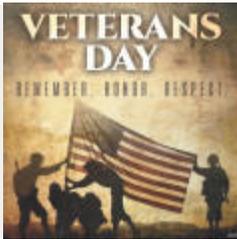
The ADRC takes no position as to the quality of the businesses or services advertised in this newsletter. The fact that paid advertisements appear in this publication does not mean the ADRC of Ozaukee County recommends, supports, or promotes the advertised business or service.

OCTOBER CALENDAR

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 01
				International Day for Older People
MONDAY 04	TUESDAY 05	WEDNESDAY 06	THURSDAY 07	FRIDAY 08
Mental Illness Awareness Week Active Aging Week	Coffee, Caregivers & Conversations 9-10 am	Virtual Dementia Caregiver Support Group 1-2 pm	Power of Attorney Event 9 am-12 pm Range Line School, Mequon Riveredge Memory Café 1-2:30 pm	
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
	Power of Attorney Event 5:30-8 pm Port Washington Senior Center	Medicare 101 1-3 pm Administration Center, Port Washington	Flu Shot Clinic 8 am-12 pm Grafton Senior Center	Start of Medicare Annual Enrollment Period
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Monarch Memory Café 1-2:30 pm		Full Moon (Hunter's Moon) County Board 9 am Power of Attorney Event 9 am-12 pm Cedarburg Senior Center		
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
		Power of Attorney Event 1-4 pm Grafton Senior Center		World Stroke Day

NOVEMBER CALENDAR

5

MONDAY 01	TUESDAY 02	WEDNESDAY 03	THURSDAY 04	FRIDAY 05
	Coffee, Caregivers & Conversations 9-10 am	County Board 9am Virtual Dementia Caregiver Support Group 1-2 pm Memory Screen Event Port Washington Senior Center	Riveredge Memory Café 1-2:30pm	
MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Respite Care Presentation 1 pm Ozaukee County Administration Center				
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Monarch Memory Café 1-2:30 pm		County Board 9 am In the Garden Virtual Event 3-5 pm	Great American Smokeout	Full Moon
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
			Thanksgiving Day ADRC Office Closed	Black Friday ADRC Office Closed
MONDAY 29	TUESDAY 30	WEDNESDAY 01	THURSDAY 02	FRIDAY 03
Cyber Monday	Giving Tuesday			



DECEMBER CALENDAR

MONDAY 29	TUESDAY 30	WEDNESDAY 01	THURSDAY 02	FRIDAY 03
		County Board 9am Virtual Dementia Caregiver Support Group 1-2 pm	Riveredge Memory Café 1-2:30pm	
MONDAY 06	TUESDAY 07	WEDNESDAY 08	THURSDAY 09	FRIDAY 10
	Coffee, Caregivers & Conversations 9-10 am Last Day of Medicare Open Enrollment	Medicare 101 1-3 pm & 6-8 pm Administration Center, Port Washington	Memory Screen Event Grafton Senior Center	
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 17	FRIDAY 18
		County Board 9am		Full Moon (Cold Moon)
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Monarch Memory Café 1-2:30 pm	First Day of Winter		ADRC Office Closed	Christmas Eve ADRC Office Closed
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
			ADRC Office Closed	New Year's Eve ADRC Office Closed



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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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HEALTH NEWS

RECOGNIZE & REBOOT BEFORE BURNOUT

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** - a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of caregiver burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family

about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

Ask others for help. Be as specific as possible and think of things that would be easy for others to do.

Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group or caregiver coffee to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.

Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good. This is necessary, not selfish.

Do all you can to maintain your physical and emotional health – eat well, take a nap if you can, meditate or journal. Be kind to yourself and know you are doing the best you can.

Stay involved in at least one hobby or activity you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

Attend a Caregiver Class to learn more about coping, stress, recalibrating and developing a plan.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout.

For more information on caregiver burnout and other caregiver issues, contact Kathy Jeans Glaser, Caregiver Specialist at the ADRC of Ozaukee County at 262-284-8297 or kglaser@co.ozaukee.wi.us. Additional supports can also be found at www.wisconsinicaregiver.org.

SAFE DISPOSAL SAVES LIVES

Ozaukee County will host a Drive-Thru Drug Take Back Day Saturday, October 23 from 10 am to 2 pm. County residents can bring expired or unused medications to the Ozaukee County Transit Center at 741 W. Oakland Ave., Port Washington or to Concordia University at 12800 N. Lake Shore Dr., Mequon.

Drug take-back days offer a safe way to dispose of medications that do not allow waste to go into the waterways, landfills or other people's hands.

Participants can simply drive up and hand their medications to volunteers. For safety reasons, a

mask is required when handing over a medication. Acceptable items include expired or unwanted prescription medication, vitamin or herbal medication, over-the-counter medicines, veterinary medicines, inhalers, patches, non-aerosol sprays, medicated liquids, ointments and creams and vape cartridges and devices (as long as batteries are removed.)

Please do not bring illegal drugs, sharps/needles, biohazardous materials, personal care products, household hazardous waste, acids or any vape devices containing batteries of any kind.



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- Memory Care • Aging Geriatric Care
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OUR COMMUNITY

MEDICARE ADS OFTEN TOO GOOD TO BE TRUE

If you watch television, you've seen commercials for Medicare insurance. Some of these commercials feature famous athletes delivering "important information if you are on Medicare". Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to.

These types of commercials are intensifying due to Medicare's Open Enrollment Period, which is October 15 - December 7. This is the time of year that Medicare health and drug plans can make changes - things like cost, coverage, and what providers and pharmacies are in their networks. It is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

IMPORTANT THINGS TO KNOW BEFORE YOU CALL THE NUMBER ON THE TV SCREEN:

- While the commercials use the word Medicare or the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.

- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a "one size fits all" type of option.

- Some commercials mention that you may qualify for up to \$144 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. All states do offer Medicare Savings Programs for lower income individuals, so check with your county Human Services Department to see if you qualify.

- The commercials might also state that you may qualify for a \$0 premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Plans with no premium may also have co-payments and coinsurance that can apply. And

again, these types of plans may not be available where you live.

What's the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs you weren't anticipating. And since the new plan doesn't go into effect until January 1, 2022, you may not find out these things until it's too late.

WHAT CAN YOU DO TO MAKE SURE YOU UNDERSTAND ALL YOUR OPTIONS?

Do your homework to become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medicare (Medigap) Supplements. Yes, it can be complicated, but there are resources available across the state of Wisconsin that provide unbiased information, at no cost to you.

- Benefit specialists at the Aging & Disability Resource Center of Ozaukee County can help research different plan options to make sure you have the coverage that is right for you. Contact the office at (262) 284-8120.

- Contact Medicare directly by calling (800) 633-4227 or visiting www.medicare.gov.

- The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, Long Term Care Insurance and related topics.

- The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.

- The Disability Drug Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.

- Office for Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.

- Wisconsin Judicare, Inc. (800-472-1638) provides outreach and benefits counseling to Native American Medicare Beneficiaries.

- The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries to call to report suspected Medicare fraud, errors and abuse.

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**Any corrections to names,
addresses, notification of a
deceased relative still
receiving this newsletter or
to be added to our email list
please call (262) 284-8120.**

The Aging and Disability Resource Center (ADRC) of Ozaukee County is primarily supported by State and Federal funds. We also rely on donations from the public to help support our services. Due to the current economy, each of these funding sources has decreased in the past several years. If you have received services from the ADRC and are able to make a monetary contribution of any amount, please consider donating to the ADRC. You may also want to consider the ADRC as a recipient of a memorial in honor of a loved one who has passed away. Thank you for your consideration.

"Ozaukee County agrees, in accordance with applicable state and federal law, not to discriminate on the grounds of age, race religion, color, handicap, sex, physical condition, developmental disability as defined in Wis. Stat. 51.01 (5), sexual orientation or natural origin."

PROTECT YOURSELF FROM PHONE SCAMS

PROTECT YOUR MEDICARE INFORMATION

A scam has been reported locally where the caller ID indicated a call from "Ozaukee County." The caller, alluding to be a county employee, stated they are sending out plastic Medicare cards and asked for the resident's Medicare number. Because the caller had their name, address and date of birth they assumed this was a real call and gave out the information.

It is important to know that Medicare employees do not contact participants through unsolicited calls, emails or visits. Medicare communicates with people via mail. Medicare will never ask for your personal information or Medicare number unless you contact Medicare yourself.

If you suspect Medicare fraud report it to the [Office of Inspector General](#) or call (800) 447-8477.

COVID SCAMS ARE REAL

Scammers are using the COVID-19 pandemic to benefit themselves. Scammers may offer COVID-19 testing or treatment through phone calls, social media, and/or door-to-door visits. These services are not real and will not help you.

The scammers want to steal your personal information, such as your Social Security number, bank information, ForwardHealth ID, and QUEST card number or PIN. Scammers use this information to steal money or your identity.

You should not answer any ads for COVID-19 testing or treatment or give out any personal information in this emergency unless you know who you are talking to. If someone calls or visits you about COVID-19 and you think they are a scammer, you can report it. Call the National Center for Disaster Fraud Hotline at (866) 720-5721 or email disaster@leo.gov. You can also report it to the Federal Trade Commission.

BE AWARE OF FRAUDULENT SURVEYS TARGETING FOODSHARE MEMBERS

The Wisconsin Department of Health Services (DHS) has learned of a fraudulent survey offering cash and additional benefits for FoodShare members.

DHS does not give any member additional FoodShare benefits or cash rewards for doing something like completing a survey. FoodShare benefit amounts will only change when there is new information that affects a household's eligibility, or when there is a federal increase based on emergencies like the COVID-19 pandemic.

Sometimes organizations or agencies outside of DHS conduct surveys that may include a cash reward. However, always look more into any survey before completing it, so that you can make sure it is safe to complete.

For more information about the FoodShare program, visit the [DHS FoodShare website](#).