

ADRC of Marquette County is Celebrating!

NATIONAL FAMILY CAREGIVERS MONTH!

ADRC OF MARQUETTE COUNTY
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November 2020

Inside This Issue

ADRC thanks you.....	2
John & Lori Kampen	3
Sandy Lancaster	4
Carol Frolow	5
Judi Pugh.....	6
John Lane /Patricia Bradley 7	
Chad Marshall	8
Caregiver Pledge	9
Support Program	10
Get Connected	11
Breakfast	12
Recipes.....	13
Veteran	14
Technology	15
Fall Prevention	16
Benefits of Respite	17
Transitioning Youth	18
Live Well Age Well	19
Emergency Preparedness .	20
Support Lines.....	21
Product Ideas.....	22
ADRC	23



November is Caregiver Month



November 2020

Dear Caregivers,

I just wanted to say thank you to all the dedicated and loving caregivers for sharing your time in caring for those in our community. You may feel like you are just doing your job and upholding a civic or moral responsibility. However, to the people who need and depend on you, it is so much more. It is love, compassion, understanding, trust, respect, hope, support, reassurance, and a way of life that they have not chosen, but you have chosen to be all these things to someone.

It is people like you that set examples everyday on what humanity should and can be. I am proud you are members of our community. The past year has been met with more challenges and yet you have continued to help and support members of this community. Thank you for your devotion and courage to meet these challenges. Thank you for your commitment to our community members. Thank you for using your time and energy to make a difference. Thank you for caring and giving of yourself. Thank you! Thank you! Thank you!

Tremendous Gratitude,

Jan Krueger, ADRC Director
ADRC of Marquette County

2020 Caregivers of the Year John & Lori Kampen

At times events cause a complete change in one's life. Instead of looking for retirement and relaxation, these grandparents have stepped forward to care for and nurture the growth of three grandchildren. This in itself is an amazing act but when one of the grandchildren was seriously injured in a bike/truck accident, the role became even more vital. The grandparents spent the first week at his bedside in a hospital with hope and prayers for his recovery. The next weeks began an increase in caregiving needs.

Medical equipment was needed, medication monitoring, multiple Doctor appointments and rehabilitation. They had to learn wound treatments. They also worked fastidiously to support his two sisters who were also affected by this tragedy. They now have assumed the role of teaching online schooling. They are moving forward with courage and strength and faith. They are doing a good job but could certainly use some encouragement to continue, to persevere and to succeed in their roles of grandparents, caregivers and teachers and role models. Their love, support, trust, sacrifice, honesty, protection, acceptance, security, compromise, gratitude, respect and loyalty is what is keeping a family close and together. There is no way to be a perfect grandparent but a million ways to be a good one....and John and Lori Kampen are examples of very good ones.



Sandy Lancaster



Some caregivers are born with or acquire the interest in caring for others at a very early age. Our next nominee has worked as a caregiver from her teenage years to the present. It is her lifestyle. She has worked in nursing home care for many years and has helped community people remain in their homes. She is skilled and talented in physically caring for others but the quality that makes her an outstanding caregiver is her big heart. It is not the daily routine tasks that make the difference. It is not how much you do but how much love you put

in the doing. She is caring for one of our community residents and it is all the extras that makes her more of a friend and mentor than caregiver. She not only physically helps her to remain at home but pays attention to her social and emotional needs. Taking to appointments is necessary but the companionship during these times is priceless. Keeping her involved and active is also a goal. Helping her maintain a potted garden, taking her for a social ride, maybe lunch out on occasion are all tasks this caregiver voluntarily does. She has helped to organize family gatherings for others to keep their family close and involved. She also has done small, maybe unnoticed tasks that are so important to people. She has cared for their precious pets when they are ill or hospitalized allowing them to care for their own recovery without worries about the home front. This caregiver has touched many lives over the years and been touched by many in return. Her caring, compassionate, big heart and ability to be a friend to those in need has made a difference in their lives. A big thank you for sharing your time and talents Sandy Lancaster.

Did you know...there are Medicare Savings Programs that can help with your Medicare premiums and prescription plan and medication costs? Call our Elder Benefit Specialist at 608-297-3103.

Did you know....Marquette County has a transportation service that can take those 60 and over, Veterans and/or disabled individuals to medical appointments Monday thru Friday for a minimal charge? Reservations must be made 48 hours in advance (excluding weekends and holidays). There is also a monthly shopping trip to Portage. Call Adam at 608-297-3104 for information and reservations.

Carol Frolow

Our next caregiver has stepped up and stepped in to help a friend and has expected nothing in return. When her friend's spouse passed away, she saw that there would be many challenges left for him. Her friend had served his country in the Navy and had serviced his church and community and now she knew that it was time to return some service to give him some quality of life. Her friend had many health issues, so she became an advocate and organizer. She was on a mission. She cooked and got groceries, took him to Doctor appointments and arranged rides, visited during hospital stays, cared for pets when he was ill, navigated paperwork connected to the VA,



helped with household chores and arranged for yard work. In addition to all this, giving him the comfort that someone cared and would be there to do the best for him was the best gift. This is truly the definition of a friend:

F.....friends to the end

R.....ready to help in any way

I.....interest in your every need

E.....eager to go the extra mile

N.....nearby when the phone rings

D.....does everything it takes

S.....savors every moment

This friend is Carol Frolow. Her friend recently passed away, but her friends and family want everyone to know just what a good friend she has been.

Did you know...help is available with your heating costs depending on your income? To qualify, your income for the 3 months before your application must be under \$7168.25 for an individual or \$9372 for a couple. Call 608-297-3124 for more information.

Did you know....home delivered meals for people who meet eligibility requirements are available to Marquette County Residents 60 or older? There are frozen meals available for the days hot meals are not delivered. Call Amelia at 608-297-3146 for more information.



Judi Pugh

The ability to change people's lives by your empathy and actions is a great virtue. Our next caregiver is a personal caregiver and a community caregiver who is an example of this virtue. She is very active in the community so when she sees a need, she will try to meet that need. She will put her own personal energy into it and will also use and find new resources to help. She often is transporting residents to medical appointments, often quite far distances taking up the whole day. If they need medications, she will follow up on it. If they need groceries or food, she will pursue this. She has accrued a supply of medical equipment

so when may need a piece, she will loan it out or find a way to get what they need. She has done dog walking and sitting to help others maintain a balanced homelife. One of the best qualities is her "friendly visits" to many who just need someone to talk to, to discuss issues and laugh with. Her calmness and comfort have been precious to many. She also has a strong desire to help and care for her community. She headed the Salvation Army Red Kettle Program for many years (8), works with the Woman's Club on planting community flowers and the flower show, works at the Food Bank, works with Local Missions to gather and distribute school supplies and works with Operation Warmth in collecting and distributing coats for kids. She may get away for a few months in winter, but it is not all rest and relaxation. While traveling to warmer weather, she helps those communities by working in their food banks and participating in fundraising for their charity events...tirelessly. She is a leader. In essence, her biggest supporter calls her a "jewel". She gives inspiration, encouragement, comfort and joy through her loving actions. If there is a flower for every time she has made someone smile or helped them, there would be an abundant garden. She would say that helping others makes life worthwhile. A huge thank you to Judi Pugh.

Did you know....you can have a benefit check up done by our Elder Benefit Specialist? If you are 60 or older our EBS can discuss your situation and determine if there are programs available that you might qualify for. The EBS can also help counsel people about Medicare, Medicaid, Extra help with Medicare and prescription costs. Call Meg at 608-297-3103 for more information or assistance.

John Laine

This caregiver came to Wisconsin in 2017 to help his mother and father. His father was struggling with Alzheimer's Disease and his mother was his caregiver. He returned to help with the cares. He did all the chores, drove them to appointments and surgeries for both and cared for them during their recovery. He made many hospital visits with his father, but the support to his mother is what made the difference in the quality of life for all of them. And when the difficult decision had to be made, when care at home for his father was no longer feasible, he researched nursing homes and care and assisted through the process of placement. To help his mother, he started taking her to caregiver's meetings and support groups and this greatly helped her with the transition. His father passed away in 2018 and he remained and became the emotional support to his mother because family is everything to this son. His mother also struggled with failing eyesight, so he took over the book work, bill paying, shopping, arranging for meals on wheels and life alert. He even helped arrange for "talking books" to help her pass the time and stay connected. He tried to keep her active, but health issues increased and sadly was diagnosed with cancer. She has started treatment and again he is there to take to appointments and in these times, it means many hours spent waiting in his truck in a parking lot during her appointments. He has given such remarkable care and love to the people who cared for him and loved him first. What an honor it is to care for one's parents and honor to thank John Laine.

Patricia Bradley

When asking several people about this caregiver, the same descriptive word was used... sweet, nice and sweet, the sweetest and pure sweetness. She has helped many people by seeing their needs and being first in line to help out. It could be grocery shopping, running errands or watching pets while others need to be away. Whatever they needed she tried to accommodate. But all tasks were done with such kindness that it became a very special event done by a very special person. Kindness can transform someone's dark day into a bright day. It can be said that when she sees someone without a smile, she gives them hers. Her motto seems to be: think positive, be positive and positive things will happen. Her quiet kindness has touched many as she goes about her tasks without acknowledgement or praise. The greatest gift one can give is her time and attention to others. Her attempts to lift the spirits of others has not gone unnoticed. We applaud Patricia Bradley.



Chad Marshall

Many people needing assistance would not know what to do without their caregivers. This gentleman is one such who has suffered a stroke and wants others to know about his caregiver. It is said that what you do for someone, speaks so much louder than what you say. So what does this caregiver do? He cares for this gentleman's physical needs. He transfers him and moves him when needed. He organizes and puts away his belongings and everything is in its place to make it easier for him to find or get at. He takes him places and to appointments. He does the housework and keeps his environment safe and clean. He shops for him and makes sure he has what he needs or desires. He is able to fix things around the house and especially is able to fix his chair which allows him some independence. He helps with his bookwork and any other task that seems overwhelming for him. He is there. Medical professionals can diagnose and sometimes cure but caregivers make sense of it and put it all into practice. This caregiver also has a family of his own so it is so much appreciated that he takes the time to be a caregiver who is more like a family member. It is not just caregiving that makes him special, it is the caregiving done with kindness and respect. Much appreciation to Chad Marshall.



Thank you to the Marquette County Caregiver Coalition for their input and assistance planning for National Family Caregiver 's Month. A very special thank you to Nancy Charles for delivering our awards & prizes, being our photographer and helping with our nominee write-ups.

Celebrate Caregiving by Pledging to Care for Yourself

Submitted by Jane Mahoney, Caregiver Support Specialist GWAAR

November is National Family Caregiver Month, a time to recognize the many hard working and devoted people who make it their mission to keep a loved one happy and safe. There are thousands of caregivers across Wisconsin who are selflessly putting their own lives on hold to make sure their loved ones are being cared for. But who will care for the caregiver? Ideally relatives, friends, and neighbors are there to help but in order to truly be a healthy caregiver, there must be a promise to care for oneself. The Family Caregiver Alliance laid the groundwork for caregivers to do just that. Please read A Caregiver's Pledge and take the pledge to not only care for your loved one, but to care for YOU.

A Caregiver's Pledge

- I will understand that I can't care for anyone else if I also don't care for myself. I will keep an image in my mind of putting the oxygen mask on myself first.
- I will remember that the only person I can change is myself. I cannot change my loved one who is ill, nor my family members.
- I will find opportunities to laugh, daily. These might come in movies, jokes, television, or with friends who can see the humor in my situation and remind me to do the same.
- I will get away from my caregiving duties on a regular basis, even if it is just to walk around the block. But I will also find ways to have lunch with a friend, go to a movie, window shop, breathe in fresh air, watch the sunset, or eat a hot fudge sundae.
- I will visit a support group, either online (wisconsincaregiver.org) or in person in my community, so that I know that I am not alone. If a support group isn't right for me, I will find a friend to talk to, call my family consultant, or attend a workshop.
- I will learn as much as I can about my loved one's illness so I can better care for him or her with understanding. I will learn techniques that will make caregiving easier for both of us.
- I will say "yes" when people offer to help. I will make a list of things they can do and post it on the refrigerator, so that when those offers come, I'll be ready. When there are not offers, I will ask for help, even though it might be hard to do so.
- I will use community resources—such as Meals on Wheels, paratransit, day care programs, and volunteer respite programs—to help make my caregiving duties easier.
- I will find something I really like to do and make sure I find time to do it on a regular basis. Just because I am a caregiver, doesn't mean I have to give up everything that is meaningful to me. I will read, knit, garden, scrapbook, do genealogy or woodworking for a designated period of time every week.
- I will remember that I am loved and appreciated, even when my loved one can't tell me that. I will honor the nurturing, responsibility, caring and support that I provide to my loved one as a gift I give.

If you need information about local resources or have specific questions about your caregiving journey, please call

The ADRC of Marquette County (1-855-440-2372)



Wisconsin's Family Caregiver Support Programs

National Family Caregiver Support Program (NFCSP)

Alzheimer's Family Caregiver Support Program (AFCSP)

National Family Caregiver Support Program (NFCSP)

This program offers respite, information, support, and other resources to family caregivers.

HOW DOES THE PROGRAM WORK?

Caregiver support services are available to all families caring for a person aged 60 or older or someone with dementia. Grandparents and older relatives caring for minor children or an adult with a disability may also qualify for the program.

WHAT CAN THE PROGRAM PROVIDE?

Limited short-term respite care provided in the home, at a day program or a short stay in a facility.

Respite services for caregivers include:

- Chore services such as yard work, snow shoveling or heavy housework
- Personal care such as dressing, bathing or toileting
- Daily homemaking tasks such as meal preparation, shopping or light housework
- Companionship and general supervision for safety purposes

Services and items that assist the caregiver in provided care including:

- Transportation and assisted transportation
- Assistive devices (weighted silverware, adaptive clothing, door locks, bed alarms, etc.)
- Minor home modifications (wheelchair ramps, grab bars, etc.)
- Supplies (incontinent supplies, etc.)
- Safety equipment (emergency response system, Safe Return, etc.)

WHO IS ELIGIBLE?

- Any caregiver who provides unpaid care to a person age 60 or older, or to a person of any age who has Alzheimer's disease or related dementia.
 - Note: The older adult receiving care must need assistance with daily living.
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19 or who care for a person age 19 to 59 with a long-term disability.

HOW DO I APPLY?

There are no fees or income requirements to enroll in this program. Contact your County or Tribal Aging Office or Aging & Disability Resource Center for more information. To find your local office visit

www.wisconsin caregiver.org



Rev 4/2019

Did you know....Marquette County facilitates a Caregiver Support Group each month? The meetings are currently held virtually or by phoning in. When COVID subsides they will be in person again. For more information call Colleen at 608-297-3101.

Get Connected! Do you have a computer, laptop, or tablet? Have you connected virtually with friends or family? Have you attended a meeting or webinar? There is great information out there.

Watch future Marquette County Senior Citizen News for Sip and Swipe Programs to help you learn how to use your technology.

If you are a Senior and you would like to use technology, but don't feel you can afford it, contact the ADRC to see if there is a program to help you get connected.

Caregiver Teleconnection with WellMed Charitable Foundation

The Caregiver Teleconnection program has one-hour conference calls, at no cost. These sessions cover a wide range of interesting topics related to the care you provide to your loved one. You can get expert advice, ask questions and talk to other people who are also providing care. In addition to live call-ins, Caregiver Teleconnection provides archives of many recorded sessions on various topics on their website at: www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection

What is Triad?

Triad is a national program that brings together older adults, law enforcement and the community at-large to increase safety and reduce the fear of crime. Providing vital information about personal safety and crime prevention is key to our mission.

Triad Safety Presentations Live Online

Three Dane County community Triads sponsor monthly presentations on topics related to crime prevention and safety such as traffic safety, bullying, dementia, scams and frauds, emergency preparedness and many others. During the COVID-19 pandemic, these presentations have moved online using Zoom. For a schedule of upcoming presentations, refer to the RSVP Events page (www.rsvpdane.org/news/events).

Presentation Library

If you couldn't make it to one of our live Zoom presentations, no worries. Past presentations are archived on YouTube. You can watch them at your convenience on the Triad of Dane County [YouTube page](#) (search YouTube for Triads of Dane County). Some recent presentations include:

[Elders and Substance Abuse: The Invisible Crisis](#), Dr. Tracy Schroepfer, UW Madison

[Safely Navigating our Ever-Changing Roads](#), Eric Lee, Madison Police Department

[COVID-19 Scams and What You Need to Know](#), Tiffany Bernhardt Schultz, Better Business Bureau

Power Up with Breakfast

By Amelia Cisewski, RDN, CD

Start Your Day Off Right with Breakfast

Do you find yourself eating toast or cold cereal in the morning? Maybe skipping breakfast everyday because you may not have the time and energy to cook something else? Breakfast is one of the most important meals of the day. It helps give us energy in the morning and gets our metabolism going for the day by breaking the overnight fast. Older adults tend to have a larger appetite in the morning, so a nutritious breakfast with whole grains, fruits and vegetables, eggs and dairy can be a great way to get some essential vitamins, minerals, and protein in. Protein helps keep us full. Even if you may want to lose weight, breakfast gets us going for the day and fills us up. Those who do not eat breakfast, tend to eat more calories throughout the day.

Include fruits and vegetables:

- Have fresh fruit alone
- Add fruit to cereal or oatmeal
- Mix frozen fruits into yogurt
- Toss chopped vegetables into an omelet



Here are some quick and nutritious ideas to mix things up:

- Mix fruit and nuts or ground flaxseed into Greek Yogurt
- Make a smoothie– blend up any combo of fruit and vegetables and add yogurt or peanut butter for a twist
- Create a Breakfast Kabob– Shredded Wheat, bananas, strawberries, blueberries, grapes, etc.
- Oatmeal with all the toppings– fruit, nuts, raisins, cinnamon
- Crack an egg into a mug, microwave for 2 minutes. Put the egg on an English muffin and you have a quick breakfast sandwich.

Get Yourself Prepped

While it may be a challenge in the morning, a nutritious breakfast doesn't have to take longer to prepare. Try these tips:

- Get organized the night before. Get out any equipment needed. Set out boxes of cereal.
- Prep any fruit or vegetables the night before so you are ready to mix them into your breakfast.
- Set an alarm 10 minutes earlier. Hectic mornings can make it difficult to find time for breakfast. Waking up just a few minutes earlier provides time to squeeze in a quick morning meal.
- Pack your breakfast to go. If there isn't time to eat at home, plan a nutritious breakfast to eat on your way. Grab a banana, bag of trail mix and a carton of milk.
- Make sure you have an appetite for breakfast. Many snack at night and then wake up not hungry. Reduce snacking in the evening and you would be surprised how much hungrier you could be in the morning.

With these tips, you can create a nutritious breakfast for you and your family that doesn't have to be time consuming.

Did you know....you can get cans of Ensure Plus at the ADRC? A case of 24, 8oz cans are \$28.00. Call 608-297-3146 for more information.

Quick Nutritious Breakfast Recipes

Tomato and Spinach Egg Scramble

Ingredients

- Olive Oil
- 1 cup spinach
- 1 small tomato, diced (or 1/2 can diced tomatoes)
- 2 eggs
- 1 Tbsp. cheddar cheese, optional
- Sprinkle of parsley, basil, or other herb of your choice, optional



Directions:

1. Drizzle a tablespoon of olive oil into a nonstick skillet over medium heat. Add spinach and tomatoes and cook about 5 minutes.
2. Meanwhile, whisk eggs in a small bowl, then add to skillet.
3. Turn heat down to low and allow eggs to cook while gently stirring with spoon or spatula.
4. Once eggs are cooked, remove from heat and sprinkle with cheese and herbs.
5. Enjoy with whole wheat toast and fruit.

Nutrition Facts: for 1 cup

Calories	163	Saturated Fat	3g	Dietary Fiber	2g
Total Fat	12g	Carbohydrates	4g	Protein	8g

Yogurt Parfait

Ingredients

- 1/2 c nonfat plain Greek yogurt
- 1 Tbsp. honey
- 1/2 c fresh or frozen berries (strawberries, raspberries, blueberries, etc.)
- 1/4 c granola of choice

Directions:

1. Combine Greek yogurt and honey in a glass or dish.
2. Add fruit of choice on top of yogurt or mix in.
3. Cover with lid or plastic wrap. Place in refrigerator overnight or up to 5 days.
4. Add granola immediately before serving and enjoy!

Nutrition Facts: for 1 cup

Calories	265	Sodium	110g
Dietary Fiber	3g	Protein	15g
Total Fat	2g	Carbohydrates	51g

Apple Cinnamon Oatmeal

Ingredients

- 1 c water
- 1/2 c old-fashioned oats
- 1/2 tsp. cinnamon
- 1 1/2 tsp. brown sugar
- 1/2 c applesauce
- 1 Tbsp. chopped walnuts

Directions:

1. Mix the water, oats, and cinnamon in a sauce pan.
2. Bring to a boil and reduce heat to just above medium. Continue boiling for 3 minutes.
3. Stir in brown sugar and applesauce.
4. Scoop into bowl, top with walnuts and milk.

Nutrition Facts: for 1 cup

Calories	310	Sodium	14g
Dietary Fiber	7g	Protein	7g
Total Fat	8g	Carbohydrates	57g



★★☆☆☆☆☆☆☆☆☆☆
 ★
 ★ With respect, ★
 ★ honor, and ★
 ★ gratitude, ★
 ★ thank you ★
 ★ for your ★
 ★ service to our ★
 ★ country. ★
 ★
 ★★☆☆☆☆☆☆☆☆☆☆

Dementia is the result of physical changes in the brain that cause a slow and steady decline in thinking ability. The condition is a change in functioning from a prior level of social and daily living skills. It is not a normal result of aging, nor is it normal age-related memory loss.

ONE in NINE people 65+ has dementia. This number is expected to DOUBLE by 2030 and TRIPLE by 2050.

191,000 caregivers in Wisconsin are caring for family members with dementia providing "informal" care.

**Alzheimer's &
 Dementia Alliance of Wisconsin-
 Green Lake/Marquette/
 Waushara regional office-**
www.alzwisc.org
 1-888-308-6251 or
 (920) 294-4100

ADRC (Aging and Disability Resource Center) M-F, 8-4:30
1-855-440-ADRC www.adrcmarquette.org

The Aging & Disability Resource Center of Marquette County is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. We work with a population that is vulnerable to the effects of the Coronavirus (COVID-19), therefore our office will remain closed to walk-ins at this time, to minimize any chance of exposure. We will be happy to assist you over the phone or schedule an in person meeting if that is necessary. If you have questions or need assistance with any of the following: long term care, benefits, caregiver resources, dementia resources, Meals on Wheels, transportation, other ADRC services; or if you were planning to visit the Aging & Disability Resource Center office- please contact our office first.

New Caregiver Resource in Wisconsin - Tualta

With social distancing guidelines preventing the usual support groups, caregiving classes, and conferences from proceeding as usual, a new educational tool is now available in Wisconsin. **Tualta** is an online portal that helps caregivers develop skills and find local resources, all from the comfort and safety of home.

Tualta gives you unlimited access to articles, videos, audio lessons, and printable tip sheets to improve your caregiving journey. You can develop skills and feel more confident in your ability to handle challenging care situations including those related to personal care, safety, brain health, and even your own wellness. You will have access to trainings from Teepa Snow who teaches skills and techniques to improve your ability to care for someone with dementia. Alzheimer's Music Connect can also be accessed through the portal, which can improve the mood and behavior of someone with dementia. You can learn about strokes and how they affect a person's thinking, movement and communication. Providing hands-on care like shaving, showering and oral care are also covered. Topics such as Keep Your Cool, Caregiver Guilt and Balancing Work and Caregiving provide helpful tips for keeping yourself mentally and emotionally healthy as well as host of other topics related to caregiving; and new content is being added regularly.

With an on-demand learning library this big, you get to choose what you learn, how you learn, and when you learn. The lessons vary from 5 minutes to 2 hours, so you can pick what you want based on the time you have. With Tualta, you have access to materials any time of the day and anywhere you are, so you don't have to worry about fitting Tualta into your busy schedule. Once you create your Tualta account, you will continue to have access to the materials for the entire year.

Tualta is easy to use on a computer, laptop or tablet and is available at no cost to Wisconsin caregivers thanks to the National Family Caregiver Support Program. If you are interested in learning more about Tualta contact **Colleen Sengbusch at 608-297-3101**

Virtual Events for Caregivers

A new webpage has been created where caregiver-related virtual events will be posted: <http://wisconsin caregiver.org/virtual-events-for-caregivers> This gives caregivers one place to go to find virtual support groups, memory cafes and other presentations and events.

Technology Guides for Seniors

DOROT program experts created Tech Guides for public use. They contain step-by-step instructions on how to teach seniors, or people new to technology, to use their smartphone to check email, FaceTime, text and more. Guides for Zoom videoconferencing are also available for phones, iPads and Windows computers. The guides can be found at: <https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>

Did you know....Marquette County has a Veteran's Service Office? The Officers there can help Veterans and their dependents/survivors learn about and pursue programs to assist Veterans. Call 608-297-3182 for information.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.


- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.


- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.


- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.


- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.


- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
f @NCOAging

More YouTube Suggestions:

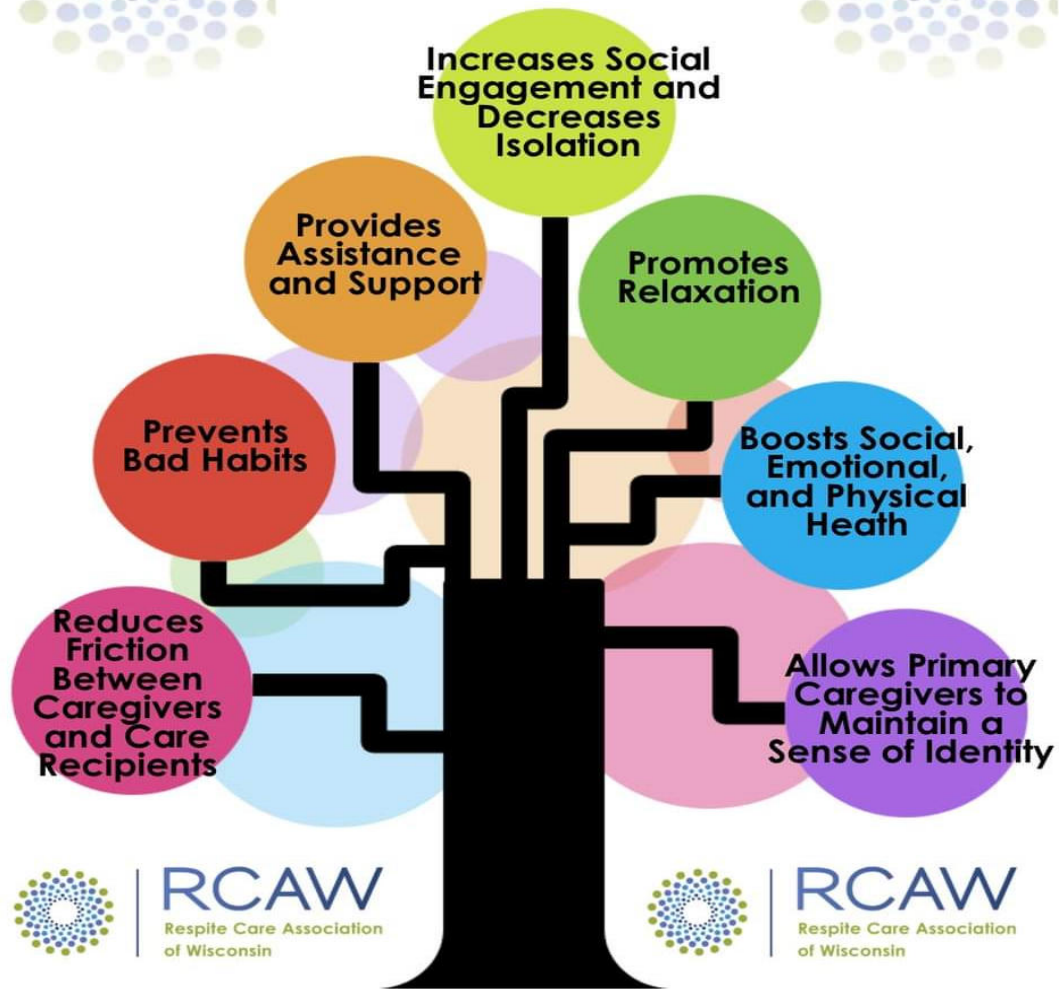
Golden Qi Gong- sitting and standing videos led by Joseph Rubino

Both routines are done slow and are pretty easy. They are designed for older adults. They are the same routines that he does in the Senior Centers that he teaches at.

Qigong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice qigong throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation, and training for martial arts.

The Wisconsin Institute for Healthy Aging (WIHA) and AARP WI have teamed up to talk about ways to prevent falls for older adults. AARP's Amber Miller and Kristi Hallisy, PT, DSc - Associate Professor in the Doctor of Physical Therapy Program at the UW-School of Medicine & Public Health discuss and demonstrate balance and strength exercises that can help you avoid a fall.
www.youtube.com/watch?v=l7netSMA2d0&t=7s

7 Benefits of Respite Care



Respite Care Association of Wisconsin (RCAW) is a statewide non-profit whose mission is to promote, support, and expand quality statewide respite care across the lifespan. RCAW offers free online training for respite care providers and family caregivers, has different grant programs to support family caregivers and professionals, and houses the Wisconsin Respite Care Registry.

To learn more, please visit www.respitecarewi.org

Tips for Transitioning Youth

Is your child 17 ½ years old and collecting Social Security benefits? If so, now is the time to start working on the age 18 re-determination. The criteria for childhood disability benefits and adult disability benefits are different. Once a child turns 18 and becomes an adult, their disability needs to be re-determined under the adult guidelines.

Why is important to start the re-determination process as soon as you can?

It can take a while to get Medical and School Records together

If your child needs a Guardian, the process can be long.

If your child was found disabled before the age of 22, they may be able to collect off of either yours or your spouse's Social Security.

The road for determining if an adult is disabled can be lengthy.

In addition to helping with the age 18 re-determination process. The disability benefit specialist is available to assist individuals 17 ½-59 years old apply for Social Security Income and/or Social Security Disability Insurance. What's the difference you ask? The main difference is that Social Security Disability Insurance is based off of a person's work history. Whereas Supplemental Security Income is a needs-based program, so if a person doesn't have a work history and has limited resources, they may be eligible for this program. Another difference between the programs is that once a person is determined disabled, Supplemental Security Income payments and Medicaid can start the month you are eligible. Social Security Disability Insurance there is a 5-month waiting period before payments begin, and an additional 24 month waiting period before becoming eligible for Medicare.

Here is a great resource to learn more about how to help your teenager starting at age 14: <https://beforeage18.org/>

Please do not hesitate to reach out to the ADRC at 855-440-2372 or by email at adrc@marquette.wi.us with any questions.

Did you know....there is a Disability Benefit Specialist who can help provide information, assistance and advocacy for disabled persons age 17 ½ -59? The DBS can help with initial applications, denials of eligibility, overpayments and help with Medicare and Medicaid. Call the ADRC at 855-440-2372 for a referral.

Live well. Do well. Age well.

Green Lake County Aging Mastery Program (AMP)

Dates:

Wednesdays
11-11-20
through
1-13-21

Time:

10:00 am-
11:15 am

Cost: **FREE** (\$60 registration fee is being waived)

Open to 55+ residents of Green Lake County and surrounding counties—spread the word!

Location:

Online via
Zoom
(can connect via phone if no computer/ iPad)

...AMP TOPICS...

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

To register, call 920-294-4032 or fill out the registration form: <https://forms.gle/dDrg76Te5fHWDur17> Please register by 4:30 pm on 11/10/20. All participants will receive an AMP workbook, exercise DVD, and more.



Extension
UNIVERSITY OF WISCONSIN-MADISON
GREEN LAKE COUNTY

Any questions email
Katie Gellings
Health & Well-Being
Educator
katie.gellings@wisc.edu



Aging
Mastery
Program

National Council on Aging

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.



PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards

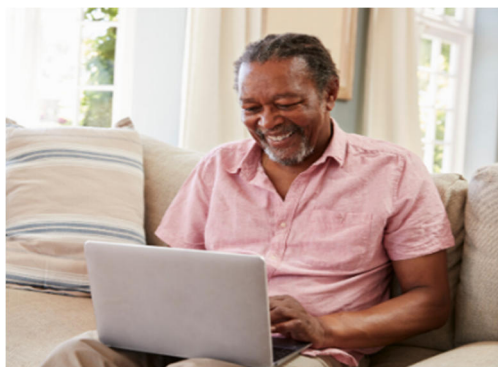
Learn more: acl.gov/programs/emergency-preparedness

If all the talk about Covid19 is making you feel overwhelmed or frightened, support is available. The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. www.samhsa.gov/find-help/disaster-distress-helpline

The Alzheimer's Round-The-Clock 24/7 Helpline allows people with Alzheimer's disease or dementia, caregivers, and families to speak confidentially with consultants for decision-making support, crisis assistance, and education on issues faced every day.

Call the 24/7 Helpline at 1-800-272-3900. www.Alz.org

Speak with a Caregiving Expert for Free Today!



Are you caring for a child with significant health care needs? A veteran that has returned from service with serious or aggravated injuries such as traumatic brain injury or psychological trauma? An older loved one with Alzheimer's? If you are a family caregiver and have questions or just need to talk, consider reaching out to the Caregiver Help Desk.

What is the Caregiver Help Desk?

Caregiver Help Desk offers free support to family caregivers across the country. It is staffed by caregiving experts who can help you find the information you need to navigate your caregiving challenges and support you on your caregiving journey. With Caregiver Help Desk you can:

- Have confidential conversations with caregiving experts about your caregiving questions

- Reach out by phone, email and live chat—whatever is most convenient for you

- Access our experts Monday through Friday, from 8:00 AM – 7:00 PM Eastern time.

Caregiver Action Network Help Desk provides information for general educational purposes only and is not a substitute for medical, legal, investment, tax, or other professional advice.

Are you a caregiver of a Veteran?

If you are a family member or friend providing care for a Veteran who is living with the effects of war, disabled, chronically ill, or aging, we are here to support you with resources, tools, answers, and a listening ear.

VA Caregiver Support Line
1-855-260-3274

www.caregiver.va.gov



Books



A Complete Guide to Alzheimer's Proofing Your Home
Item #2149



The Best Friend's Approach
Item #2316



Dementia Caregivers Guide
Item #2308



Mothballs in the Attic
Item #2240



Nostalgic America
Item #2201



Strengthen Your Mind
Item #2250

Dolls

"Someone to Love" Baby Dolls, Designed for dementia
See website for full collection



Baby Annie
Item #0508



Baby Petey
Item #0515



Baby Natalie
Item #0514

Aromatherapy



Therapeutic Elephant
Item #0601



Memory Kit
Item #7000



Therapeutic Teddy Bears
Item #0603

Safety For Seniors



Pill Dispenser
Item #0032



Fire Avert
Item #0106



Door Locks
Item #0247



Anti Scalding Device
Item #0200



Refrigerator Latch
Item #3012



Invisible Cabinet Lock
Item #0114



Safe Glider Rocker
Item #0103



Simple Lifting Aid
Item #0246



Safe Wander
Item #0199



I Have a Condition Cards
Item #0342

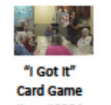


Please Be Patient Cards
Item #0187



Wheelchair Anti-Rollback Device
Item #0101

Games



"I Got It" Card Game
Item #0294



Ungame for Seniors
Item #H010



Shake Loose a Memory Game
Item #0339



Conversation Game
Item #H012



Conversation Game
Item #H012

Clocks



Day/Night Clock
Item #H006



Day Clox
Item #0043



Reminder Rosie
Item #0044



Wall Clock
Item #0042



Desk Clock
Item #0227



DayClocks
Item #0040



2-in-1 Calendar and Day Clock
Item #0041



Day Clock
Item #0292



Coupon Code
Use this code to receive a 5% Discount on your order.

Healthcare Products LLC
450 Oak Tree Avenue
South Plainfield, NJ 07080
1-800-752-3238
Email: contact@alzstore.com



Products designed for people with Alzheimer's and Dementia and their Caregivers

2018 Brochure

Wandering



Safetracks GPS Watch
Item #0900



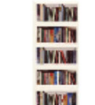
GPS Freedom Watch
Item #0920



GPS MX-LOCare Watch
Item #0940



Memory Boxes
Item #0287



Door Mural
Item #0364



Medical Alert ID Bracelet
Item #0910



SAFENBED Bed Exit Alarm
Item #0390



Door Alarm
Item #0067



Bed and Chair Pad Alarms
Item #0197

Music Therapy



Music Players
Item #2115



Musical Bear
Item #2112



One Button Radio
Item #2113

WWW.ALZSTORE.COM 800-752-3238

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The Alzheimer's Store is the #1 source for comfort and safety products designed specifically for those with Alzheimer's, Dementia, Stroke and other memory related conditions.

For over 8 years – our family owned business has been trusted and visited by millions of caregivers as a resource for activities, books, gifts, educational tools and safety devices that have been rigorously tested by us, our customers and by memory care professionals.

Almost 6 million Americans are currently living with Alzheimer's. Due to COVID-19, many of our loved-ones are isolated in memory care facilities or were moved back home. It has been our personal mission to assist those caring for someone with Memory Loss during this unprecedented time.

Whether caring for an Alzheimer's patient in a professional capacity or caring for a loved-one at home, The Alzheimer's Store can help you find the right tools to make our days easier, safer and more engaging!

Memory Screens

The ADRC offers free, confidential memory screens. Memory screens are suggested for anyone concerned about memory changes, at risk of Alzheimer's disease due to family history or who wants to check their memory now for future comparison. In general, the earlier the diagnosis, the easier it is to treat memory loss. Contact the ADRC for a Memory Screen



Did you know we have a Resource Room?

We have numerous books in our library that we can give out to Marquette County Residents to read and then ask that they pass them on to someone else that would use them. Books and Stories about Alzheimer's, dementia, caregiving, mindfulness, aging, loss. Contact us and we can send you the list of what we have.

We have many other resources that we can let you look at, try, and some even keep depending on the situation. If your not sure what you need, or you can't afford something that is needed– Reach out.

- Safety Alarms- Motion, door, and Pressure Alarms
- Computer Tablets and Power Banks
- Weighted Blankets
- Lifelike Baby Doll and Kitty Cat
- Clocks
- Fidget Toys
- Pill Organizers
- Large Playing Cards and Large Print Dice
- Medication Lock Boxes
- File of Life magnets
- Adaptive Equipment

Please give the ADRC of Marquette County a call at 855-440-2372 to learn more about the services we offer or Visit us at www.adrcmarquette.org for some great information!

MARQUETTE COUNTY
DEPT. OF HUMAN SERVICES
PO BOX 405
428 UNDERWOOD AVE
MONTELLO, WI 53949

ADDRESS SERVICE REQUESTED

They're your choices.

We help you make them informed ones.

Building a full life starts with considering all of your possibilities. They're not always easy to find—especially for older adults, people with disabilities and the loved ones who care for them. That's when you turn to your local Aging and Disability Resource Center (ADRC). From transportation and care to meals and more, our knowledgeable specialists can help you live the life you want—by providing unbiased information and connecting you to the services you need to stay independent.

Find support for your full life.

1-855-440-2372



humor
generosity
support
life
connections
thanks
selfless
caregiving
love
sacrifice
overwhelming
sickness
help
stressful
home
caregiver
difficult
hope
strength
dedication
family

