



APRIL, MAY, JUNE 2024



AGING & DISABILITY RESOURCE CENTER

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SAVE THE DATES!

Planning AHEAD Course
April 4th- May 16th, 2024

Washington County Caregiver Coalition
Confident Caregiver Conference
Wednesday May 29th, 2024

Judy Phillips Memorial
Influencers in Aging Award
Tuesday, May 21, 2024

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AGING & DISABILITY RESOURCE CENTER of Washington County



HERE to help

Contact us for information and assistance with:

- Senior Dining Meal Program
- Wellness Programs to help manage health conditions
- Resources To Keep You Independent In Your Home
- Dementia Support
- Resources Related To Aging Or Living With A Disability
- Private And Publicly-Funded Long Term Care Options
- Caregiver Support

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www.washcowisco.gov/adrc
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FOR MORE INFORMATION, VISIT OUR WEBSITE: WWW.WASHCOWISCO.GOV/ADRC

CAREGIVERS' CORNER

8 WAYS TO DEAL WITH FALSE DEMENTIA ACCUSATIONS— TAMMY DICKMAN, CBSW

Seniors with dementia might make terrible accusations

"You stole my wallet and all my money!"
"You're keeping me prisoner in my house!"
"You're trying to poison me!"

Seniors with Alzheimer's disease or dementia commonly accuse the people closest to them of theft, mistreatment, or other terrible things. While cases of true abuse do exist, oftentimes these accusations are completely untrue and are caused by delusions – strong beliefs in things that aren't real.

It's important to remember that your older adult isn't creating these delusions to hurt you. Their brains are failing and the delusions and paranoia are symptoms of the disease. We explain why this happens and share 8 ways to calm the situation and kindly deal with these dementia accusations.

Why seniors with dementia make false dementia accusations

Their accusations may sound crazy, but the situation is very real to your older adult. Their minds are trying to make sense of the world while their cognitive abilities are declining. People with dementia often feel anxiety, frustration, and a sense of loss. Those feelings, plus memory loss and confusion, can easily lead to paranoia.

That's why many seniors with dementia feel like people are stealing from them or mistreating them. When they can't find something they've misplaced, their brain leads them to believe that someone stole from them.

When you prevent them from wandering and getting lost, they think they're being kept prisoner. These dementia accusations can be extremely hurtful to hear, but it's important to remember that they're not personal attacks against you. Their brain can't make sense of what's happening and has created an alternate version of reality to compensate.

8 ways to deal with false dementia accusations

1. Don't take it personally

Remember that your older adult is only making these accusations because of their declining cognitive abilities. They're trying to make sense of their reality as best they can. Do your best to stay calm and not to take these accusations personally. Focus on reassuring them and showing that you care about how they're feeling.

2. Don't argue or use logic to convince

It's important not to argue or use logic to convince someone with dementia that they're wrong. You simply can't win an argument with someone whose brain no longer processes logic properly. And arguing will only make them upset and more insistent.

Instead, let them express their ideas, feelings, and opinions. It will be easier to calm and distract them if they feel heard and validated.

3. Use a calm, soothing tone and positive body language

When responding to someone who is worked up over something they strongly believe, it's essential to stay calm.

Bring the adrenaline level of the situation down by speaking in a gentle, calm tone of voice. You may also want to try reassuring them in non-verbal ways like a gentle touch or hug.

4. Create a calm environment

Creating a calm environment is another way to reduce the tension in the situation. Reduce noise and commotion by turning off the TV, asking other people to leave the room, or playing slow songs or classical music at a low volume.

Aromatherapy is another way to create a soothing environment.

5. Stick to simple answers

When you respond to their accusations, keep your responses short and simple. Long explanations or reasoning may be overwhelming and cause more agitation and confusion.

6. Distract with a pleasant activity

The best way to stop them from obsessing about their accusation is to validate, then distract.

Switch to a fun, engaging, or satisfying activity as soon as possible after sympathizing with how they feel.

Maybe it's a good time to offer a favorite snack or drink. Or you could ask for help with a no-fail task they enjoy, like folding "laundry" (aka lots of hand towels).

CAREGIVERS' CORNER (CONTINUED)

7. Keep duplicates of frequently misplaced items

If you notice a pattern where your older adult frequently hides and then loses a certain item, consider buying multiples of that item.

For example, if they're constantly misplacing their wallet, buy another of the same style so you can offer to help them "find" it.

8. Seek support and advice from people who understand

Being accused of stealing, abuse, or other terrible things can be devastating. Even if you can hide your true feelings to avoid further upsetting your older adult, it still hurts inside.

To help you cope, join a caregiver support group – either in person or online. You'll be surprised and relieved to learn that many other people have been accused of similar untrue things. It truly helps to know you're not the only one it's happening to.

Source: Connie Chow, Founder at DailyCaring



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or scan the QR Code

for help or to request a Transportation Service Directory.

Interfaith's Mobility Management program is supported by a grant through FTA's 5310 Mobility of Seniors and Individuals with Disabilities.



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corner

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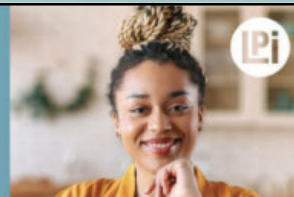
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THANK YOU ADRC VOLUNTEERS

NATIONAL VOLUNTEER WEEK IS APRIL 21- 27, 2024

For many years we have relied on the generosity of countless volunteers to deliver meals to Washington County's homebound adults in Germantown, Hartford, Jackson, Kewaskum, Slinger and West Bend. Every day, our fantastic volunteers offer a friendly smile, a caring heart and a nutritious meal. A heartfelt THANK YOU to each and every one of our volunteers for going above and beyond every day. We simply couldn't do it without you! Without our volunteers, we would not be able to provide this valuable service. THANK YOU DEARLY!

For information on joining these volunteers, please call 262-335-4497.



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

GERMANTOWN - Lauren Banas, Lester Borman, Ann Dragen, Judy Fleiss, Kathy Gaszak, Norm Grier, Kathy Gutsch, Sue Hafert, Wanda Heimerl, Tom Kolda, Katelyn LeTourneau, William Lucas, Vickie O'Neill, Annegret Paas & EJ, Mike Peckman, Jim Purtell, Alice Resch, Tami Schraufnagel, Nancy Sobczak, Bill Swanson, Chip Westenberger, Kathy Wolf, Jerry Zimmermann

HARTFORD - Lynn Abresch, Richard Beine, Lisa Coffey, Lydia Donner, Dan Filzen, Gail Filzen, Kathy Fleege, John Ganiere, Leah Hofstad, Mary Koehler, Jann Merry, Jeff Neu, Dean Oswald, Karen Rego, Mark Schaeffer, Sue Schaeffer, Janet Scholl, Mary Semler, Dennis Simon, Nancy Skinner, Jim Swanson, Juana Swanson, Charleen Wagner, Ken Weitz, Julie Wilk

JACKSON - Joanne Baumgartner, Kevin Berben, Paul Brinkman, Ruthann Gelson, Charolette Gruszynski, Jan Hanson, Len Hanson, Deb Kahn, Betty Jo Kiefert, Paul Kiefert, Kelly Kratz, Leona Ksioszk, Gary Malcolm, Jan Malcolm, Mike Nickel, Dean Oswald, Scott Peret, Maryann Rose, Nancy Skinner, Darlene Snow, Dennis Snow, Mary Weiland, Michael Wulf, Pam Wulf, Bonnie Yanke, Jeff Yanke, Lori Yochem, Cheryl Zimmerman, Rick Zimmerman, James Zopf

KEWASKUM - Cathy Anderson, Michael Anderson, Jean Bath, Thomas Bulin, Judith Cayner, Mark Cayner, Gerry Frank, Gregory Gutjahr, Dale Huhnke, Pat Kocher, Dean Larson, Nancy Lukas, Mary Meisser, Allan Mikulovsky

MEADOWBROOK MANOR - Raymond Bauer, Darlene Boehm, Karrie Bohn, Deb Chipman, Betty Ebert, Dan Galginaitos, Linda Gavin, Al Gengler, Larry Gill, Tama Gluck, Tricia Held, Jean Jordan, Matt Jordan, Roger Kissinger, Dottie Klemp, Connie Lecair, Kathy Loomans, Nan Moesch, Christy Ninneman, Ronny Polinski, Ann Polzean, Linda Reiss, Jennifer Robinson, Curt Rudy, Elaine Stecker-Kochanski, Linda Sternig, Mike Sternig, Sandy Tremore, Charlie Voigt, Kathy Weberg, Beryl Wynter

SLINGER - Ann Aler, Mark Aler, Cindy Behmke, Richard Fait, John Kreuser, Caroline Meyer, Rosemary Obermeyer, Ron Schmidt, Robert Stuetgen, Marlene Yogerst, Michael Yogerst

WEST BEND - Tom Anderson, Leslie Beistle, Fred Beste, Louise Blum, Sharon Brand, Kathy Champeng, Bonnie Conway, Ann Cording, Mark Dalton, Dennis Driver, Jan Eidys, Jean Eimon, Jenny Engel, Heidi Fellenz, Patti Geidel, Reiny Follmann, Rosalie Follmann, Matt Giovanelli, Nancy Giovanelli, Carol Gunsburg, Harvey Jaeger, Barbara Johnson, Janise Kern, Mitch Kirns, Gene Kissinger, Scott Kissinger, Denise Klink, Marge Koenitzer-Kraemer, Greg Lamberg, Mary Larson, Curtis Lewandowski, Leonard McGinnis, Sylvia Moore, Steve Niebauer, Derik Onward, Kieth Polster, Chuck Ritzenhaler, Dan Schneider, Kathy Schneider, Ken Simon, Lauri Simon, Michael Skurek, Christine Sprung, Cliff Sprung, Michelle Stanisch, Beverly Taylor, Henry Tesker, Tom Ulemann, Bonnie Unerti, Gus Unerti, Karen Vanbeek, Jim Vetter, Lori Yochem, Lee Zingler

MAY IS ADRC MONTH

Aging and Disability Resource Center (ADRC)

Help for Older People and Adults with Disabilities

If you have questions about aging or living with a disability, the ADRC can help. The ADRC provides information on a variety of programs and services. That includes long-term care options. The ADRC also helps people apply for programs and benefits, including publicly funded long-term care.

ADRC: A Full Life

The ADRC offers free, unbiased information and support so older adults and people with disabilities can stay independent. And so no caregiver has to go it alone. Find support for your full life at the ADRC.



You can access ADRC Services several ways:

- By calling your local ADRC on the phone
- By emailing your local ADRC
- By scheduling a home visit with your local ADRC
- By visiting your local ADRC in person

Washington County ADRC staff are available Monday through Friday 8 a.m. to 4:30 p.m. We are here to help you and your family with a wide variety of community resource options.

Please call 262-335-4497 or email adrc@washcowisco.gov for further information.

Source: Wisconsin Dept of Health Services



INFORMATION AND ASSISTANCE SPECIALIST CORNER

YOUTH TRANSITION- REBA FREDERICKSEN

My name is Reba Fredericksen, and I am an Information and Assistance Specialist at the ADRC. I am also the contact person for Youth Transition Services. At the ADRC of Washington County, we provide information and resources on future planning for young adults (ages 17 -21) who have physical and/or intellectual disabilities.

Why is it important to plan for the transition to adult life? Young people, nearing adulthood, have many decisions to make:

- What kind of job do I want?
- Where will I live and with whom?
- What do I want to do for fun?

In addition, young people with disabilities, who receive services and support as children, will also need to consider how to find services and supports as adults. If you are a teen or young adult receiving services as a child, or if you are the parent of a young adult, it is important to start planning for the transition to adulthood as early as possible. The sooner the planning begins for life after high school, the smoother the transition.

Family members, teachers, and the people you know and trust, can help during this planning process. Planning for transition gives you time to learn about and understand the changing roles, responsibilities, and opportunities as an adult.

Planning ensures that you make informed decisions about your life. Your Support and Service Coordinator, through the Children's Long-Term Support Waiver, can support you and your family with Transition Planning. You can also contact the ADRC of Washington County.

An Information & Assistance Specialist will educate and guide you through options related to:

- Publicly funded long term care programs (*Family Care, Partnership, and IRIS*)
- Decision making options including supported decision making, powers of attorney, and guardianship
- Transition to adult healthcare providers
- Education, vocation, and training programs
- Social security & supplemental security income
- Public benefits
- Housing
- Transportation
- Personal and systems advocacy
- An Information & Assistance Specialist can provide referrals as well as collaborate with county and community resources.

Please feel free to contact me at the ADRC if you have any questions or would like to schedule an appointment to further discuss youth transition services. I can be reached by phone at 262-335-4497 or by email at: reba.fredericksen@washcowisco.gov



INFORMATION AND ASSISTANCE SPECIALIST CORNER

TRANSITION TIMELINE FOR STUDENTS WITH INTELLECTUAL AND PHYSICAL DISABILITIES



Around age 14, you should start thinking about your future transition to adult services. Your IEP should start to include plans for adulthood.

The month of your 18th birthday, apply for Social Security benefits with the Social Security Administration or schedule an appointment with the DBS at the ADRC.

Age 21 is the last year you are entitled for Special Education Services through public schools. At 21, your transition to adult services should be complete.



When you are 17 and 6 months old, you can call the ADRC to begin transitioning to adult services. This will include screening for long-term care services and the need for Medicaid.

When you are 18, you should start transitioning to adult health care providers. You should also have powers of attorney for health care and finances, supported decision-making arrangements, or guardianship (if applicable) in place.

ADRC- Aging & Disability Resource Center
DBS- Disability Benefit Specialist
IEP- Individualized Education Plan

For more information regarding the youth transition process and timeline please contact Reba Fredericksen at the ADRC of Washington County at 262-335-4497 or email Reba at: reba.fredericksen@washcowisco.gov

FARMERS' MARKETS ARE JUST AROUND THE CORNER

Whether you're looking for a change of scenery on your weekly shopping trip or wanting to support small businesses, local farmers' markets have you covered. Shopping at your local market comes with some great benefits - here are just a few:

1. **Supporting your local farmers strengthens your community and local economy.** With produce at the grocery store, on average only 10 cents of each food dollar returns to the farmer. The other 90 cents goes to corporations for packaging, marketing, and transportation. Farmers who sell direct to consumers receive 80 cents of each food dollar—a needed economic boost during this time in our lives.

2. **Freshly picked, in season produce is at peak flavor and nutrition.** Not only is buying locally an economic win for your community, but you benefit by getting to know your neighbors and eating fresher, healthier food. That is a win, win!

3. **Farmers markets offer foods that align with a healthy eating pattern.** Guidelines for a healthy eating pattern recommend getting a variety of food from all five food groups. These food groups include fruits, vegetables, grains, protein, and dairy (or dairy alternatives). Visit different booths for seasonal fruits and vegetables, as well as local grain, protein, and dairy products so you can build a healthy plate. Don't forget, though, that a healthy relationship with food means enjoying treats. Whether they be sweet, salty, or savory, these foods are especially delicious when you don't have to prepare them yourself.

4. **Farmers often have recommendations for preparing their products.** If you're grabbing something fresh that requires preparation on your part, don't be afraid to chat with the vendor. Ask questions and share ideas for the best cooking methods and favorite recipes. These little inquiries can be extra helpful when buying a product with which you're less familiar.

5. **You can try a new fruit or vegetable!** Speaking of the more novel products one can find at a local market, be sure to approach each booth with a sense of adventure. They don't say variety is the spice of life for no reason.

Remember to Prepare Produce Safely:

- When preparing any fresh produce, begin with clean hands (wash hands for at least 20 seconds with soap and warm water).
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Throw away any produce that looks rotten.
- Wash all produce thoroughly under running water before preparing and/or eating, including produce grown at home or bought from a grocery store or farmers' market. Washing fruits and vegetables with soap, detergent, or commercial produce wash is not recommended. Produce is porous. Soap and household detergents can be absorbed by fruits and vegetables, despite thorough rinsing, and can make you sick. Also, the safety of the residues of commercial produce washes is not known and their effectiveness has not been tested.
- Even if you do not plan to eat the skin, it is still important to wash produce first so dirt and bacteria are not transferred from the surface when peeling or cutting produce.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- After washing, dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present on the surface.

It is recommended that everyone eat a minimum of 5 fruits and veggies every day. Going to the farmer's market is a great way to incorporate those items into your lifestyle while also supporting your community. If you have never been to the market, set a goal to try it out this summer. If you are a regular at the market, the vendors cannot wait to see you this summer!



RECIPE CORNER

Simple Sauteed Vegetables



INGREDIENTS:

- 2 Tbsp olive oil
- 3 garlic cloves, minced
- 1 cup carrots, sliced
- 1 lb. asparagus, ends trimmed and cut into 1 inch pieces
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 8 oz mushrooms, sliced
- 3 or 4 green onions, chopped.
- 1 tsp kosher salt
- 1/2 tsp Italian seasoning
- 1/2 tsp onion powder
- 1/4 tsp paprika
- 1/4 tsp black pepper
- Pinch of red pepper flakes

DIRECTIONS:

- 1) In a large non-stick skillet over medium-high heat, drizzle olive oil and sauté garlic for about a minute, stirring constantly so that it doesn't burn
- 2) Next add the carrots and asparagus and sauté for about 6 minutes, stirring occasionally. Then add in zucchini, bell pepper, mushrooms, green onions, and seasonings. Cook an additional 8 to 10 minutes, stirring occasionally so that all the vegetables will evenly cook.
- 3) Taste veggies, adjust seasonings as needed and serve immediately. Enjoy!

Source: <https://www.eatyourselfskinny.com/simple-sauteed-vegetables/print/17088/>

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Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

60 Years
the THRESHOLD
incorporated

Our Mission: Creating Opportunities to Enrich Lives.

For 60 Years, the Threshold has committed to providing meaningful service options that meet the needs of people with disabilities. We promote independence, employability, and inclusion in the community.

TOP WORK PLACES 2023

For more information, or to volunteer:
Email: info@thresholdinc.org Call: 262-338-1188
Visit us: our website, facebook or YouTube channel

Joy Manor
of West Bend

Assisted living facility for Seniors

262-365-0056

370 N Forest Ave., West Bend 53095

UPCOMING SPRING EVENTS IN OUR COMMUNITY

Kids Free Fishing Clinic	Learn to fish Ages 15 under	Regner Park (West Bend)	April 13, 2024 9am-3pm	No pre-registration req
Community Chorus	Choir group	Schauer Arts Center (Hartford)	Tuesdays 6:30 pm	Fee to join. No tryout required
Community Concerts	Music	Holy Hill (Hubertus, WI)	May 4, 2024 7:00 pm	Free, donation appreciated
Community Concert	Music	Schauer Arts Center (Hartford)	May 5, 2024 2:30pm	Free, donation appreciated
Fiesta Latina	Family festival	Regner Park (West Bend)	May 18, 2024 Noon	Free admission
Glow Walk	Family fitness walk	Kinderberg Park (Germantown)	May 3, 2024, 7:30pm	Free Event; Call to pre-order t-shirts and glow kits (for a fee) 262-250-4710
Maifest	Family festival	Germantown Marketplace shopping	May 18, 2024, 11am May 19 Noon	
Action in Jackson	Car show, food, festival	Jackson, WI	June 7 th -8 th , 2024	262-677-9665



Always available are your local **Senior Centers**. Call to get a calendar or newsletter mailed to you.

The **Public Libraries** offer MANY activities, book clubs, crafts, and free movies for all ages. Call or visit to get an updated listing of events.

Most communities have a **Rec Center** catalogue of activities. Request one be mailed to you or peruse online.

Lastly, the **Washington County Convention and Visitors Bureau** offers an updated calendar of events and full listing of the attractions, businesses, outdoor opportunities easily viewed on their website.

PLANNING AHEAD

Planning AHEAD is a 7-session course (1 hour each) that guides participants through the following topics:

- Getting Started
- Handling Financial Changes
- Advance Medical and Legal Directives
- Estate Planning
- Choices in End-of-Life Care
- Final Wishes
- Understanding Grief

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Sessions are being offered:

Thursdays at 3:00PM on April 4th, 11th, 18th, and 25th & May 2nd, 9th, and 16th

Location: Cedar Ridge- Club Room
113 Cedar Ridge Drive
West Bend, WI 53095

Contact us for more information:

Carol Bralich- Washington County UW Extension
carol.bralich@wisc.edu

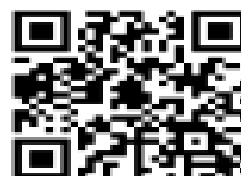
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Jennifer Fechter- ADRC

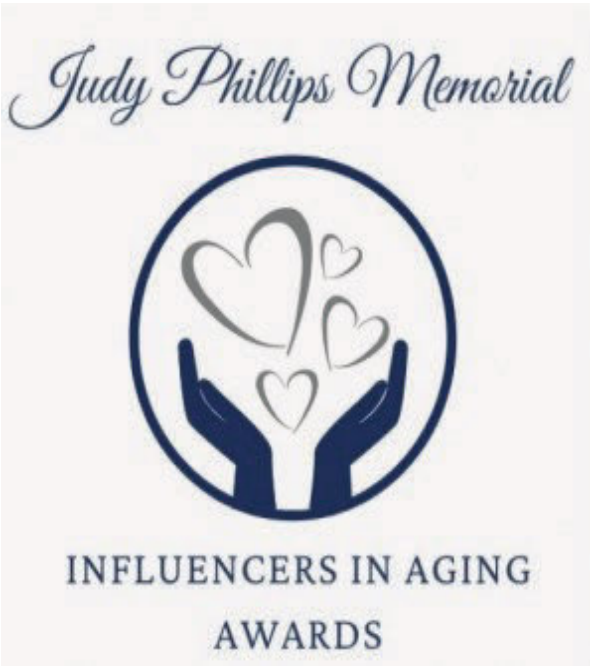
jennifer.fechter@washcowisconsin.gov

To register, use the link or QR code below:

<https://forms.gle/RNtgYqi44v9B3uC59>



Extension
UNIVERSITY OF WISCONSIN-MADISON



An evening to recognize those who influence the quality of life of seniors in Washington County.

Influences on Aging was established in 2022 by Interfaith Caregivers of Washington County. This event is a tribute to Judy Phillip's legacy of passionate work on behalf of older adults. It recognizes individuals, programs, or organizations that impact and enhance the lives of older adults in Washington County.

Tuesday, May 21, 2024
5:00 - 7:00 p.m.
Cedar Community's
Cedar Lodge
4724 Learning Center Drive
West Bend, WI

For more information please contact Interfaith Caregivers of Washington County at 262-365-0902



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DHS Approved 4/22/2021

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 Sunday: 8 AM - 4 PM

Understanding the Medicare Advantage and Medigap Dilemma – Beth Delaney

The growing enrollment in Medicare Advantage (MA) plans has raised concerns about the challenges beneficiaries who wish to switch between MA and Original Medicare face. Despite the increase in marketing tactics to sell people on MA plans, many MA enrollees feel buyers' remorse and decide that they prefer coverage under Original Medicare. But those who wish to switch back to Original Medicare sometimes find that the out-of-pocket costs can be higher because they cannot get Medigap insurance.

Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare (not with MA). They are sold by private insurance companies and pay part or all of certain remaining costs after Original Medicare pays first. Medigaps may cover outstanding deductibles, coinsurance, and copayments and may also cover health care costs that Medicare does not cover at all, like care received when traveling abroad.

But unlike beneficiaries who choose a Medigap when they initially enroll in Original Medicare, those transitioning from MA plans may face barriers to this form of coverage.

There are federally protected times to purchase a Medigap. In most states, people looking to buy a Medigap policy outside this protected enrollment period run into trouble. For instance, insurance companies can refuse to offer this coverage or impose certain medical requirements. If an insurance company does agree to sell a policy, they may charge a higher monthly premium and require a six-month waiting period before the Medigap will cover pre-existing conditions.

In response to these challenges, there are changes that can improve beneficiary protections and access to Medigap coverage.



These include:

- Ensuring that beneficiaries who switch from MA to traditional Medicare are guaranteed access to Medigap policies without being subject to waiting periods or increased prices.
- Implementing measures to enhance transparency and consumer education regarding the differences between MA and Original Medicare, as well as the implications for Medigap eligibility.
- Addressing concerns about aggressive sales tactics and misleading coverage claims by MA insurers to better protect beneficiaries making informed enrollment decisions.

At Medicare Rights, we support commonsense changes that give people with Medicare true freedom of choice concerning their coverage options. To learn more, view our fact-sheet *Access to Medicare Supplemental Insurance Policies (Medigaps)*.

Source: <https://www.medicarerights.org/medicare-watch/2024/01/25/understanding-the-medicare-advantage-and-medigap-dilemma>

ELDER BENEFIT SPECIALIST CORNER

An Arm and a Leg- Jennifer Fechter, MPA

“An Arm and a Leg is a show about why healthcare costs so freaking much, and what we can (maybe) do about it.”

Dan Weissmann is a reporter with an impressive background of working in audio and print journalism including Chicago’s WBEZ, NPR’s *Money Edition*, NPR’s *All Things Considered*, 99 Percent Invisible, Planet Money, *Reveal*, and *Code Switch*. Dan and his team at *An Arm and a Leg* podcast explore the different aspects of the American healthcare system and brings in experts from the field to help provide solutions and tools for their listeners to aid in their combat against healthcare giants.

Their team takes on big issues that have direct impact on Americans including big pharma and why prescriptions cost so much, less than transparent hospital billing, and why the cost of ambulance services is all over the map. The show “takes one of the most enraging, terrifying, depressing parts of American life, and brings

you a show that’s entertaining, empowering, and useful.”

On February 29, 2024 they released, “Our First Episode Ever on Medicare.” It deserves a listen.



Our first episode ever on Medicare

This one kind of blew our minds.

The Medicare Episode
When you turn 65 you have a high stakes decision to make: original Medicare or Medicare Advantage. And what you choose has major implications down the line. We break it down.

An Arm and a Leg podcast is available through most podcast streaming apps or online at : <https://armandalegshow.com/>



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Debbie Narus
Housing Program Coordinator
Waukesha County
Community Development

262-896-8170
dnarus@waukeshacounty.gov



THRIVE LOCALLY

Are High Energy Costs Putting the Squeeze On Your Limited Income?



ENERGY SERVICES FOR WASHINGTON COUNTY may be able to help!

2410 S Main St, Ste C, West Bend, WI 53095
*This site is fully accessible.

2 Simple ways to apply for a WHEAP Energy Assistance Grant!

1 Call 800-506-5596 Locally 262-353-3905

- For questions or to schedule an appointment.
- To complete a WHEAP application by phone with our experienced staff.

OR

2 You may now also apply online at HEAT.HELP



Our experienced team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

Don't delay, call us today! **262-353-3905**

ADRC CORNER

WELCOME AMANDA GIEBINK OUR NEW NUTRITION AND WELLNESS SUPERVISOR

Hello!

My name is Amanda Giebink and I am the new Nutrition & Wellness Supervisor with the Aging and Disability Resource Center (ADRC). I have a degree from UW Green Bay in Human Biology and Nutrition Sciences, and I attended Western Kentucky University for my dietetic internship. My husband and I lived in Bowling Green, Kentucky for 7 years before moving back to Wisconsin to be closer to family. I have been a registered dietitian for the last 8 years and in that time, I have worked as a K12 foodservice director, in corporate wellness and as a clinical inpatient dietitian. I am excited to use all my knowledge to serve the community in this role.

My husband and I have two precious little girls ages 3 years old and 2 months old and my family is very important to me. I grew up in Campbellsport and have family throughout Washington County. In my spare time I like to garden, cook and bake, go hiking/exploring new outdoor areas, travel and sew. Ultimately, I love being active and outside with my family as much as possible.

I can't wait to serve people in Washington County with the ADRC and look forward to all the new faces I will meet!

Fun Facts About Amanda:

- Favorite Food – Freshly baked bread
- Favorite Ice Cream – Cookies and Cream
- Favorite Season – Fall, I love the crisp air and warm sun
- Pets – one orange tabby cat named Chester and one Pitbull brindle named Zoey
- Bucket List Activity – Visiting all of the US National Parks as a family
- Favorite Podcast – 1000 Hours Outside



WE'RE SAVING A SEAT FOR YOU!

The Washington County congregate nutrition program offers people 60+ the opportunity to enjoy a hot lunch with other seniors. Meals are available weekdays, unless otherwise noted. You may eat at any location you choose. Bring a friend or meet a neighbor.

You are asked to make a contribution for the cost of your meal (\$5). You can sign up on a regular basis or sign up on a one at a time basis. Reservations must be made one day in advance by noon.

Meal sites are open from 9:00 am to 1:00 pm. Meal sites are closed on holidays.

For more information, call us at:
262-335-4497 to connect with a meal site location.

As we welcome Amanda to the ADRC, we would like to also thank and recognize Kristen Hosking for her 20 years of dedication with Washington County ADRC. Thank you for your contribution & time at our ADRC. We wish you success in your new chapter!



CONFIDENT CAREGIVER CONFERENCE

Wednesday, May 29, 2024

10:00 am- 2:30 pm

Moraine Park Technical College

2151 N Main St, West Bend

Join us for presentations by local professionals about in-home safety, care coordination and caregiver guilt.

REGISTRATION: \$5.00 -- DUE MAY 22

Contact Tammy Dickman for registration information at 262-335-4497 or email tammy.dickman@washcowisco.gov

Independent living at Cedar Community is a lifestyle we want you to enjoy, explore, and embrace!



The opportunities are endless when living in an active and engaging community!

- Full-sized pool and whirlpool, state-of-the-art fitness center, natural prairie, scenic walking trails, lake access
- Woodworking shop and artisan spaces
- Greenhouse and gardens
- Wellness programs
- Social, recreational, and educational activities
- Volunteer opportunities
- Carefree lifestyle

**Contact Abby at
262.338.4617
for a personal tour.**
cedarcommunity.org



cedar
community

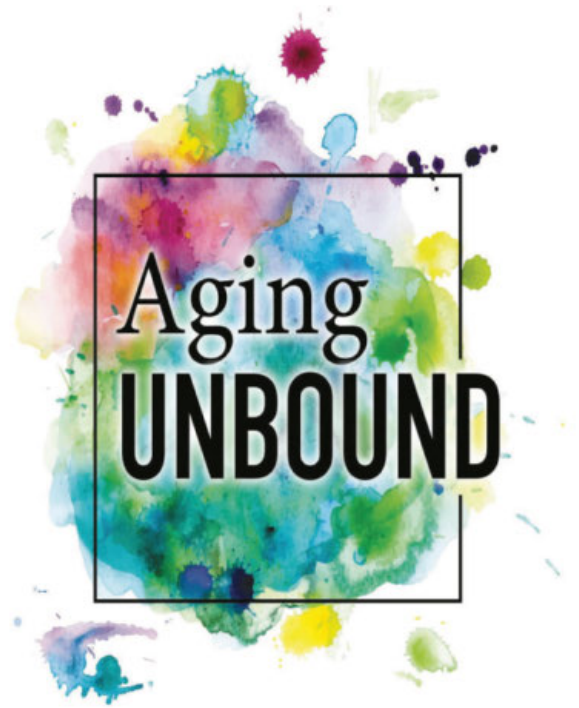


OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us in promoting the benefits of connecting with others.



CONTACT INFORMATION

AGING & DISABILITY RESOURCE CENTER OF WASHINGTON COUNTY

333 E. Washington St, Suite 1000
West Bend, WI 53095
Phone: 262-335-4497
or 1-877-306-3030
Fax: (262) 335-4717

Hours of Operation:
Monday- Friday: 8:00 am – 4:30 pm
Closed :May 27th

HARTFORD RESOURCE CENTER

38 Sell Drive
Hartford, WI 53027
262-335-4536
Mondays and Thursdays: 8:30am-4:00pm

Email:

ADRC@washcowisconsin.gov

Internet:

www.washcowisconsin.gov/adrc

Facebook:

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

STAFF DIRECTORY

ADRC DIRECTOR

Tammy Anderson

NUTRITION

AND WELLNESS SUPERVISOR

Amanda Giebink

ADRC ASSISTANT

Jenny Trick

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Jennifer Beine – Meadowbrook Manor

Kim Mueller – Slinger

Sharon Tesker – West Bend

The ADRC takes no position as to the quality of businesses or the services advertised. The fact that a paid advertisement appears in the ADRC newsletter does not mean the ADRC of Washington County is recommending, supporting, or promoting the advertised business or services. Please shop wisely.