



ADRC Connection October

Special Days in October

Oct. 3rd Face Your Fears

Oct. 8 Fall Astronomy

Oct. 8 International Frugal
Fun Day

Oct. 9 Curious Events Day

Oct. 9 National Chess Day.

Oct. 10 World Mental
Health Day

Oct. 12 National Stop
Bullying Day

Oct. 12 Moment of
Frustration Day

Oct. 15 Poetry Day

Oct.16 Learn a Word Day

Oct17 Wear Something
Gaudy Day

Oct 20 Information
Overload Day

Oct22 Make a Difference

Did you know that 70% of men and women over the age of 65 will need some kind of long-term care services? This kind of care can be very expensive, and can take a toll on the family as a whole as they try to figure out payment, roles of family members, and other logistics of making long-term decisions for a loved one.

Long-term care is provided in different places by different caregivers, depending on a person's needs. Most long-term care is provided at home by unpaid family members and friends. It can also be given in a facility such as a nursing home or in the community, for example, in an adult day care center.

The most common type of long-term care is personal care—help with everyday activities, also called "activities of daily living." These activities include bathing, dressing, grooming, using the toilet, eating, and moving around—for example, getting out of bed and into a chair.

Long-term care also includes community services such as meals, adult day care, and transportation services. These services may be provided free or for a fee.

People often need long-term care when they have a serious, ongoing health condition or disability. The need for long-term care can arise suddenly, such as after a heart attack or stroke. Most often, however, it develops gradually, as people get older and frailer or as an illness or disability gets worse.



In this issue, we talk to Amy TenHaken, an Information and Assistance Specialist at the ADRC to learn more about planning for Long-Term Care.

Know Us Before You Need Us

Sheboygan County Senior Dining Sites

Adell Senior Center
510 Siefert, Adell WI 53001
Phone: 920-994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall
301 1st Street, Cascade WI 53011
Phone: 920-892-4821
Open: Mondays
Manager: Susan Wenzel

Cedar Grove—First Reformed Church
237 South Main, Cedar Grove, WI 53013
Phone: 920-207-2522
Open: Mondays
Manager: Darcy Vollrath

Howards Grove Village Hall
913 S. Wisconsin Dr.
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Allison Brunette

Oostburg Rich-Len Apartments
115 N.15th Street, Oostburg, WI 53070
Phone: 920-994-9934
Open: Wednesdays
Manager: Mary Kempf

Plymouth—Generations Building
1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Sheboygan—Bethany Church
1315 Washington Avenue
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls—ADRC
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Allison Brunette

Malnutrition Awareness Week is also observed in October and sponsored by the American Society for Parenteral and Enteral Nutrition. The purpose of this awareness week is to raise awareness of malnutrition and its negative effects on individuals and health care costs.

The promotion provides health care workers specific strategies for addressing and implementing programs and resources to combat malnutrition within the hospital and community settings.

Malnutrition is not just contained within the parameters of the hospital or in a certain population. It is also becoming a leading cause of hospital re-admissions for aging individuals across ethnic communities.

Malnutrition in Seniors May Lead To:

- Anemia
- Depression
- Poor memory
- Tiredness and fatigue
- A weak immune system
- Unintentional weight loss
- Muscle weakness/loss of strength



Contact Us At:

Aging and Disability Resource Center
650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

Email: adrc@sheboygancounty.com



Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>



MY WAY CAFE

Dine in only – Available Mondays, Wednesdays, and Fridays
 at Generations in Plymouth
 920-892-4821 Ext. 303

Wraps and Sandwiches

- ❖ **Chicken Bacon Ranch:** lettuce, cheddar cheese, and ranch spread served on a semmel roll or a whole wheat wrap
 - ❖ **Southwest Turkey:** lettuce, tomato, southwest mayo, and cheddar cheese served on a semmel roll or a whole wheat wrap
- *choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

From the Grill

- ❖ **Hamburger:** ketchup, mustard, pickles and onions
 - ❖ **Cheeseburger:** ketchup, mustard, pickles, onions
 - ❖ **Chicken strips:** BBQ or Ranch dipping sauce
- *choice of up to two sides--potato salad, coleslaw, steamed vegetables, or fruit*

Lighter side



- ❖ **Soup of the day and ½ sandwich**
 Ham, Turkey, Roast Beef, or Tuna (choice of cheddar or provolone cheese)
 Bread: Multigrain or White
- Condiments: Mayonnaise, Italian Mayonnaise, Southwest Mayonnaise, Ranch Spread, Honey Mustard, 1000 Island, Italian, Horseradish Sauce
- *choice of one side--potato salad, coleslaw, steamed vegetables, or fruit*

Daily Special Available only while supply lasts **unless reserved in advance*

- ❖ See daily specials listed to the right

**Milk, water, and/or one cup of coffee included with any meal*
No meal substitutions – Other items may be purchased through Pic-A-Deli

Please be aware that our food may contain or come into contact with common allergens such as dairy, wheat, peanuts and shellfish. Consuming raw or undercooked foods may increase your risk of foodborne illness.

Monday	Wednesday	Friday
3 Taco Salad Taco meat, cheese, lettuce, tomatoes, sour cream, chips, salsa Fruit Dessert	5 Baked Ham Scalloped Potatoes Vegetable Fruit Dessert	7 Meatball Sub with Cheese and Marinara Sauce Vegetable Fruit Dessert
10 Pork Schnitzel Potato Pancakes Vegetable Fruit Dessert	12 Chicken Parmesan Buttered Noodles Vegetables Fruit Dessert	14 Roast Pork w/ Gravy Wild Rice Vegetable Fruit Dessert
17 Hamburger Stroganoff w/mushrooms Buttered Noodles Vegetable Fruit Dessert	19 Swiss Steak Mashed Potatoes Vegetable Fruit Dessert	21 BBQ Chicken Breast Au Gratin Potatoes Vegetable Fruit Dessert
24 Homemade Meatloaf/Gravy Mashed Potatoes Vegetable Fruit Dessert	26 Beef Stew (beef, potato, green beans, peas) Cornbread Fruit Dessert	28 Baked Fish Potato Wedges Vegetable Bread Fruit Dessert
31 Spaghetti & Meatballs Vegetable Fruit Dessert		

Eating Tips for Diabetes Management

Millions of Americans live with diabetes, both diagnosed and undiagnosed. A change in eating habits can help to control diabetes but can be a challenging part of self-management. Managing diabetes means maintaining healthy blood sugar levels which may involve medication, physical activity, and balancing the foods you eat.



Here are some tips on how to get started:

- **Eat a variety of foods.** Choose foods from each food group every day. Include fruits and veggies, carbs, and protein. Vary your choices and don't be afraid to try new things!
- **Make half your plate fruits and vegetables.** Fruits are full of nutrients such as fiber, vitamins, and minerals. Include more non-starchy vegetables like leafy greens, asparagus, carrots, and broccoli. Opt for whole fruits rather than juices.
- **Focus on fiber.** Fiber is a complex carbohydrate and can help with blood sugar management. Increase the amount of fiber you eat by including whole-grain foods each day. Brown rice, buckwheat, oatmeal, whole-wheat breads, and cereals are good sources of fiber.
- **Eat less fat.** Choose lean meats, poultry, and fish whenever possible. Bake, broil, roast, grill, boil, or steam foods instead of frying. Also focus on choosing low-fat or fat-free dairy products. Enjoy meatless meals by swapping out meat for lentils or tofu.
- **Decrease salt.** When cooking at home, salting your food is important, but try to focus on adding other ingredients like pepper, herbs, and other favorite seasonings. Most of our excess salt comes from eating out or not checking the labels on packaged foods. Decreasing salt helps control high blood pressure.
- **Avoid skipping meals.** Skipping meals can make you hungrier, change your mood, and make it hard to focus. Learn what works best for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy and works for you!
- **Focus on your food.** Eating while doing other things may lead to eating more than you think. Aim to find a comfortable spot to eat with minimal distractions.
- **Pay attention to portions.** You don't need to cut out carbohydrate-rich foods but it is important to spread them out during the day and balance them alongside a variety of other foods. Read food labels and pay attention to portion sizes and carbohydrate content.



What is Long-Term Care?

- Health, mental health, residential, or social support provided to a person with functional disabilities over an extended period of time.
- The ideal is an integrated set of services that provides continuity of care over time and across settings.

Amy Ten Haken, Information Specialist for the ADRC with 31 years of Social Work experience, is quick to point out that the ADRC's motto, **Know Us Before You Need Us**, is particularly appropriate when it comes to planning for Long Term Care. She says "it plants the seeds to get one to start thinking about how these systems work."

Long term care is any service or support that you may need because of a disability, getting

older, or a chronic illness that limits your ability to do the things that are part of your daily routine. This includes things such as bathing, getting dressed, making meals, taking medication, going to work, and paying bills.

People often need long-term care when they have a serious, ongoing health condition or disability. The need for long-term care can arise suddenly, such as after a heart attack or stroke. Most often, however, it develops gradually, as people get older and frailer or as an illness or disability gets worse.

Amy adds that "One's needs don't have to be catastrophic. Any diagnosis of a serious health condition that changes the ability to perform ADL's (Activities of Daily Living) in yourself or a loved one. Services may include medical and non-medical care can be covered under the umbrella of Long Term Care. Long-term supports and services can be provided at home, in the community, in assisted living or in nursing homes."

Individuals may need long-term supports and services at any age. When the need is for in home services such as laundry or light housekeeping, the ADRC is able to steer one toward community based resources and privately paid individuals.

Medicare and most health insurance plans don't pay for long-term care. The goal of long term care is to help you maintain your lifestyle as you age. Medicare, Medicare supplement insurance, and the health insurance you may have at work usually won't pay for long term care. Amy says that 'regardless of financial need, you can benefit from a thorough understanding of systems and services that exist to accommodate your wishes.'

Family Care and IRIS are publicly funded long-term care programs designed to keep individuals out of nursing homes or other institutions. These programs fund services to keep an individual independent in the community. Long-term care programs will also provide funding for assisted living facilities and nursing homes if this level of care is deemed necessary. A person must meet a target group in order to qualify. The target groups that Family Care and IRIS serve are adults with: developmental disabilities, physical disabilities, or the frail elderly. Once a target group is identified, there are two areas of eligibility: functional and financial. Individuals must be both financially and functionally eligible to receive these services.

Amy explained that establishing eligibility for these services is a complicated process determined by a medical screen based on information from the consumer and medical provider that could take 30 days from start to finish. Then a referral is made to Economic Support to apply for Medical Assistance. They have 30 days to complete the financial application.

When families and individuals wait to plan, decisions often need to be made in a time of crisis. Unfortunately, in the scenario where someone is unable to be discharged to home from a hospital, they often find that their choices are limited as some nursing homes are unable to accept those who don't already have funding in place. And as long as someone is competent to do so, the consumer is the decision maker. When they are not, it often falls on adult children to be decision makers so it is important that both your wishes and financial circumstances are well known.

Your local ADRC can help you decide if you or your loved one is eligible for publicly funded long-term care. Its staff members can also help you prepare a Medicaid application.

In addition, the ADRC will provide:

- Information about Wisconsin's long-term care programs and help with local resources.
- Information on living options, the kind of help you or your loved one needs, where to receive care, and how to pay for it.
- One-on-one counseling to determine the best options based on personal needs, values, and preferences.

Long-term care can be expensive. Americans spend billions of dollars a year on various services. How people pay for long-term care depends on their financial situation and the kinds of services they use. Often, they rely on a variety of payment sources, including:

- Personal funds, including pensions, savings, and income from stocks
- Government health insurance programs, such as Medicaid (Medicare does not cover long-term care but may cover some costs of short-term care in a nursing home after a hospital stay.)
- Private financing options, such as long-term care insurance
- Veterans' benefits
- Services through the Older Americans Act



Editor's note: Amy Tenhaken (L), Social Worker III, Information and Assistance Specialist provided much of the information for this article. Any errors are the writer's.



Medicare's annual Open Enrollment period is a good time to review your current coverage and decide if there may be a better fit based on changes to current plans, your budget or health needs.

During Medicare Open Enrollment, which runs October 15, through December 7, 2022 you can enroll in or make changes to your Medicare health or prescription drug plan. Your changes take effect on January 1, 2023.

If you miss the deadline, you will likely have to wait a full year before you are able to make changes to your plan.

To evaluate plans during Medicare Open Enrollment follow these important

Review your current plan notice.

Read any notices from your Medicare plan about changes for next year, especially your "Annual Notice of Change" letter. Look at your plan's information to make sure your drugs are still covered and your doctors are still in network.

Think about what matters most to you. Medicare health and drug plans change each year, and so can your health needs. Take stock of your health status and determine if you need to make a change. Find out if you qualify for help paying for Medicare. Learn about programs in your state to help with the costs of Medicare premiums.

Shop for plans that meet your needs and fit your budget. The Medicare Plan Finder is a tool created by the Center for Medicare and Medicaid Services (CMS) to help you view and examine the drug plans and health plans available in your county. You can compare plan premiums, copays, estimated annual out-of-pocket costs, as well as coverage of the medications you take.

You can access the Plan Finder at www.medicare.gov. Remember, during Medicare Open Enrollment, you can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you're already in a Medicare Advantage Plan, you can switch back to Original Medicare during Open Enrollment.

Check your plan's Star Rating before you enroll.

Help is available to you by calling:

Wisconsin Medigap Helpline 1-800-242-1060.

1-800-MEDICARE or www.medicare.gov

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

October is National Disability Employment Awareness Month.

- Submitted by Monica Froh, Disability Benefits Specialist

At Social Security, we recognize and appreciate the roles people with disabilities play in the workforce. That's why we're celebrating and sharing Matt's story.

As a job seeker who is deaf and needs accommodations, Matt was reluctant to tell prospective employers about his disability. He worried that employers would not hire him if they knew about his disability.

That's when Matt connected with our Ticket to Work (Ticket) Program at choosework.ssa.gov. This program supports career development for people ages 18 to 64 who receive Social Security disability benefits and want to work. Through this free and voluntary program, approved service providers offer supports and services as participants move toward financial independence through work. Matt found the service providers at choosework.ssa.gov/about/meet-your-employment-team.

Matt's service provider told him about the Americans with Disabilities Act (ADA) and how it guarantees equal opportunities for people with disabilities and prohibits discrimination in the workplace. It accomplishes these goals through:

Anti-discrimination rules that prevent private employers from discriminating against qualified people with disabilities when they apply for jobs. See choosework.ssa.gov/blog/2018-07-26-the-eeoc-and-discrimination.

Regulations that require employers to provide reasonable accommodations to qualified employees with disabilities.

Matt and his service provider identified accommodations that would allow him to demonstrate his capabilities both during the application process and on the job. They created a plan for him to disclose his disability and request accommodations.

Since Matt also wanted to know how his employment might affect his benefits, his Benefits Counselor told him about our Work Incentives at choosework.ssa.gov/about/work-incentives. These rules and programs make it easier for adults with disabilities to enhance their job skills while maintaining access to benefits. Matt reviewed the process at choosework.ssa.gov/library/fact-sheet-benefits-counseling-and-the-path-to-employment.

Matt also learned about our Medicare-Related Work Incentive at choosework.ssa.gov/library/fact-sheet-medicare-and-medicaid-employment-supports. This allows him to pursue a career without worrying about health care coverage. Matt's Medicare coverage will continue for more than seven years after he begins full-time work, even if his income exceeds the amount to qualify for disability benefits.

And if Matt's disability interferes with work, he can return to receiving benefits, without having to file a new application, by using our Expedited Reinstatement Work Incentive process at www.ssa.gov/disabilityresearch/wi/exr.htm.

Matt now works full-time as a human resource analyst. Thanks to the ADA, he received accommodations for the interview process and time spent on the job. He also found that the Ticket Program helped him find a path to a better future.

The Ticket Program is here to help no matter where you are on your career journey. You can read Matt's full story at choosework.ssa.gov/library/matt-success-story. Please share Matt's experience with your friends and family.

Partnership with Options for used Medical Equipment Drive a Success



Options for Independent Living is a non-profit agency located in Green Bay committed to empowering people with disabilities and the elderly to lead independent and productive lives. It services several counties including Sheboygan.

RCS (L) and Pine Haven (R) were 2 of the agencies that heeded the call and delivered.

To our amazement, our community really responded with several agencies and private citizens donating 80 pieces of medical equipment. Some of the items donated included stair lifts, canes, wheelchairs, shower chairs, rollator and standard walkers. These items will be cleaned up and refurbished before being distributed to those in need.

Options is one agency Sheboygan County residents may request medical equipment from in the form of a loan. The Sharing Closet in Plymouth will also assist our residents with equipment they may need for mobility or to stay in their home.



Aside from the successful drive, Options displayed their newly purchased Action Track Chair available for no charge for the disabled who would need a safe means of mobility to hunt or hike in the woods along with other activities.

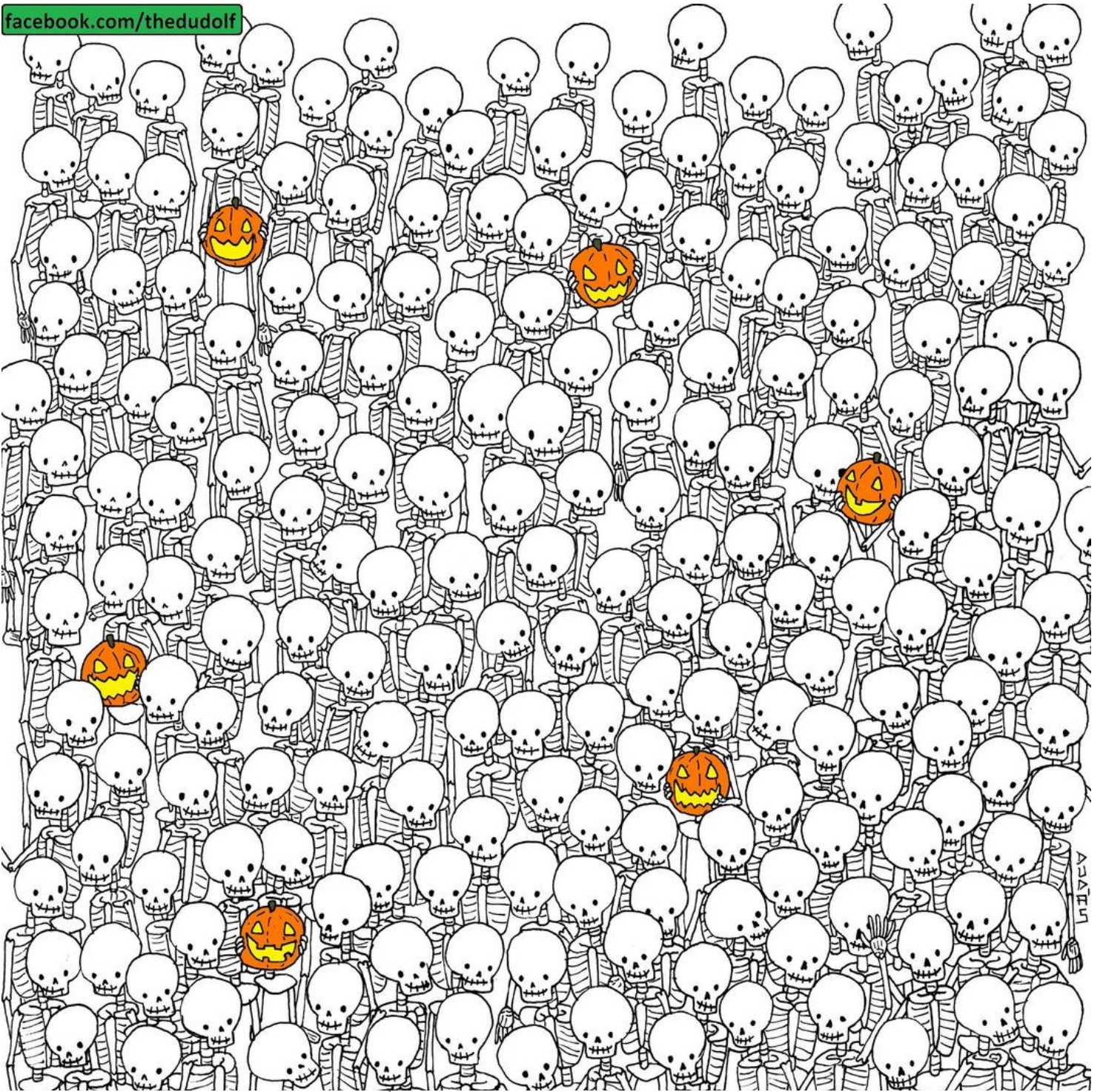
Luckily for Sheboygan County residents, this is not the only option for a Track Chair. The Sheboygan County Conservation Association also offers the use of a Tracked Wheelchair for local citizens.



For more information on any of the items discussed in this article, contact the ADRC at 929-467-4100.

Find the Ghost

facebook.com/thedudolf



NUTRITIONAL DRINK SCAM WARNING

Don't accept "free"
nutritional drinks from
anyone, for any reason.

Giving out your Medicare
number for these drinks,
which **Medicare generally
doesn't cover**, puts you at
risk for being enrolled in
hospice or other services
you don't need and could
be **harmful to you**.

877.808.2468

SMPRESOURCE.ORG


SUPPORTED BY GRANT # 90MPRC0002 FROM ACL



Scam Alert



ACTIVITIES

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>3 Sheboygan Seven-Eleven</p>	<p>4 Sheboygan Five Card Adell puzzles Howards Grove Benefit Specialist Mary Kempf</p>	<p>5 Sheboygan Golf Dice</p>	<p>6 Sheboygan Pumpkin Race Game Adell 11:45 Traci's Stock Box 12:30 Librarian Howards Grove Card BINGO</p>	<p>7 Sheboygan</p> 
<p>10 Sheboygan Price is Right Light</p>	<p>11 Sheboygan Keno Adell puzzles Howards Grove Music w/ the Accor- dion Club</p>	<p>12 Sheboygan Jingo</p>	<p>13 Sheboygan Penny Toss Adell 12:00 Medicare Part D open enrollment w/ Benefit Spec. Howards Grove</p>	<p>14 Sheboygan</p> 
<p>17 Sheboygan Ghost Dice</p>	<p>18 Sheboygan Millionaire Game Adell Word games and puzzles Howards Grove Card BINGO</p>	<p>19 Sheboygan Quarter Bingo (Bring one quar- ter)</p>	<p>20 Sheboygan Right Left Center Adell 11:30 The Price is Right Howards Grove</p>	<p>21 Sheboygan Closed</p>
<p>24 Sheboygan Trivia Bingo</p>	<p>25 Sheboygan Birthday Party w/The Accordion Club Adell games & puz- zles Howards Grove HG School District Referendum Presen- tation</p>	<p>26 Sheboygan TimeLine</p>	<p>27 Sheboygan Fifty-one Adell 11:30 Ghost- ly Bingo Howards Grove Price is Right</p>	<p>28 Sheboygan</p> 
<p>31 Sheboygan Halloween Celebration</p>				



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources



Balance your Life
Take Care of Yourself

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Dates: FRIDAYS: November 4, 11, 18
& December 2, 9, 16, 2022
(6 weeks)

Times: 10 am – 12 Noon
Light Lunch Served @ 11:30 am

Location: Sheboygan Senior Community
3505 Co Rd Y, Sheboygan, WI 53083

Cost: \$30.00 (cost of materials)

Brought to you by:

Sharon S. Richardson
COMMUNITY HOSPICE



CARING FOR OUR COMMUNITY

SSC Sheboygan Senior Community
Est. 1962
Short Term Rehab · Assisted Living · Skilled Nursing Care

Register Today! Space is limited
920-467-4079

Lisa.Hurley@SheboyganCounty.com

Call (920) 467-4079 and mail check for \$30.00 payable to:

Nov/Dec. 2022

ADRC of Sheboygan County, 650 Forest Ave, Sheboygan Falls, WI 53085.

Check covers cost of materials.

Name: _____ Phone: _____

Address: _____

City, Zip: _____

Email: _____

Are you a student with a disability planning for life after high school? Don't miss this great opportunity.

SHEBOYGAN COUNTY TRANSITION FAIR 2022



*JOIN US TO LEARN ABOUT WHAT SUPPORTS AND RESOURCES
ARE AVAILABLE FOR INDIVIDUALS WITH DISABILITIES
IN SHEBOYGAN COUNTY*

October 20, 2022

UW-Green Bay Sheboygan Campus

1 University Dr. Sheboygan, WI 53081

5:00-7:30pm

Light Refreshments & Raffle Prizes Available

Questions?

Contact Your School or Jaslyn Posewitz

(920) 459-3637 ext. 4115 -- transitionfair@sasd.net