

Aging & Disability Resource Center (ADRC): 715-258-6400 • Toll Free: 1-866-739-2372

E-mail: ADRC@co.waupaca.wi.us • 811 Harding Street • Waupaca, WI 54981 • Monday–Friday 8:00 a.m.–4:30 p.m.



MAKE YOUR PLAN TO VOTE



Partisan Primary: August 9, 2022
General Election: November 8, 2022



Step 1: Check your voter registration status at myvote.wi.gov.

Questions?

Call your municipal clerk for assistance.

Find your clerk at

myvote.wi.gov/en-US/MyMunicipalClerk.



Step 2: Register or re-register (if you moved since the last election).

August 9th Partisan Primary Deadlines:

- Deadline to register online or by mail: July 20
- Deadline to register in person at your clerk's office: August 5
- Register at your polling place: August 9

November 8th General Election Deadlines:

- Deadline to register online or by mail: October 19
- Deadline to register in person at your clerk's office: November 4
- Register at your polling place: November 8





Step 3: Fill out a registration form if you are not registered.

- Register online at myvote.wi.gov, or by mail, or in-person at your clerk's office, or at your polling place on Election Day.
- To register online, you need a WI driver's license or WI ID Card.
- *Don't have a valid WI State ID or Driver's License?* Complete a registration form. Mail it to your clerk with a Proof of Residence document with your name and current address, such as a utility bill, bank statement, or a bill or letter from a government agency with your current name and address.



Step 4: To vote by mail, request an absentee ballot ASAP.

- **Online:** Request an absentee ballot at myvote.wi.gov. Use your smartphone to take a picture of your WI ID or WI Driver's License and upload it with your application.
- **By Mail:** Can't request online? Mail your completed absentee ballot request to your clerk with a copy of your photo ID. 
- **By Email:** Email your clerk to request an absentee ballot. Include your name, voting address, and a copy of your photo ID.

- **In-Person:** Complete the request form at your clerk's office. 

Voter Tip: A voter who is indefinitely confined because of age, physical illness, or infirmity, or disabled for an indefinite period may select "indefinitely confined" when requesting an absentee ballot. This requests an absentee ballot be sent to the voter for every election. Indefinitely confined voters are not required to provide a copy of their photo ID with their request.


Step 5: Learn about the candidates at vote411.org.

Offices to be elected: Governor and Lt. Governor, Attorney General, Secretary of State, State Treasurer, U.S. Senator, Congressional Representative, State Senator (odd numbered districts), Assembly Representatives, County Offices of Sheriff, Clerk of Circuit Court and Coroner (where applicable)

Step 6: Complete your absentee ballot and ballot envelope.

- Carefully follow the directions to ensure your vote will be counted. Use a black pen.
- Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18 years old, and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your clerk.
- Put your absentee ballot in the return envelope and seal it.
- Your witness must sign the return envelope and write their address on the line marked "Signature of Witness".
- Sign and date the return envelope on the line "Signature of Voter".

Step 7: Return the completed witnessed absentee ballot ASAP.POST

- Your absentee ballot must be received by 8 PM on Election Day. 
- **AS SOON AS POSSIBLE**, return your completed and witnessed absentee ballot by mail or to your clerk. **DO NOT WAIT.**
- Check with your clerk for locations and schedules to drop off your completed and witnessed absentee ballot. Some municipalities provide witnesses.

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**Waupaca County
Dept. of Health &
Human Services:**
715-258-6300



Current and past issues of *The ADRC Connection* are available on our website www.co.waupaca.wi.us.

Visit the national website www.yourADRCresource.org

"Like" the ADRC on Facebook!

 Aging & Disability Resource Center – Waupaca County Branch www.facebook.com/adrcwaupacacountybranch/

Our mission is to be a resourceful place of information and respectful provider of support for the elderly and disabled residents of Waupaca County and their caregivers and to help them achieve dignity and quality of life through maximum independence and choice.

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



Family Caregivers Breaking Under Pressure

Families provide **80%** of care for children and adults with disabilities and older adults



1 of **3** expect to continue caregiving next **30 years**.



4 of **5** have been caregiving at least **10 years**.

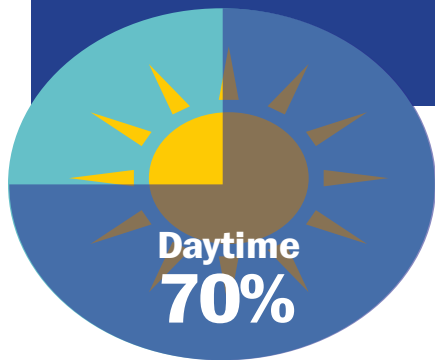
10 YEARS

20 YEARS

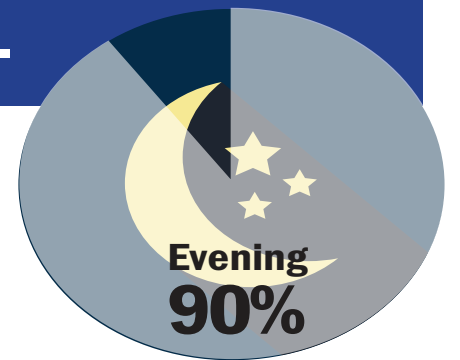
30 YEARS

Friend and family caregivers fill in the gaps for **decades**.

Families are caregiving all the time.



In 24 hours,
1 of 2 are providing more than
12 hours of caregiving per day.



84% are weekend caregivers.

When there is no worker, families' lives are thrown into **crisis**.

CALENDAR

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8



In a week, **3 of 5** spend more than **40 hours** – the equivalent of a full-time job—on caregiving duties.

ANNOUNCING...

A NEW DINING LOCATION FOR THE

BISTRO SIXTY



In 2021, the Waupaca County Senior Nutrition Program launched its restaurant dining program Bistro Sixty. Due to the popularity of the program, we have been working diligently to expand...

We are very excited to announce our second location The Hotel Fremont

Hotel Fremont will begin honoring Bistro Sixty meal vouchers
Sunday - Saturday, 7 am-9 pm starting on
Tuesday, October 11th, 2022

To offer participants (you!) **more flexibility and choice**,
this Bistro Sixty location will offer **breakfast, lunch, and dinner** options.

Current Bistro Sixty Participants....

As a reminder, meal vouchers can be used at any of the program locations.
However, you are limited to 12 meal vouchers per month please plan accordingly.

If you are not a Bistro Sixty Program participant....

The eligibility requirements of the program are simple, if you are over the age of 60 you can participate! To take advantage of this exciting opportunity **request that registration materials be mailed to you by calling the ADRC at 715-258-6400!**

***Please note you must register and receive your personalized vouchers before you are able to receive a program meal at the participating locations.**

This project was supported, in part by grant number 90INNU0040, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

BISTRO SIXTY PARTICIPATING LOCATIONS

Smith's Manawa Steak House
960 Depot St.
Manawa, WI 54949
920-596-2811
Accepting Vouchers:
Tuesday - Thursday
4:30pm-Close

The Hotel Fremont
218 Wolf River Dr.
Fremont, WI 54940
920-446-2402
Accepting Vouchers:
Sunday - Saturday
7am - 9pm

MORE TO
COME!

VOTING from page 1

- If you mail your ballot, mail it as soon as possible to allow time for delivery. The US Post Office recommends at least a week.

Step 8: If you vote in-person, bring your photo ID.

In-person Absentee Voting (Early Voting): Your clerk may offer in-person absentee voting and voter registration before Election Day. Ask your clerk for information about early voting locations.

- Early Voting for the August Partisan Primary may begin July 26th.
- Early Voting for the November General Election may begin October 25th.

Election Day, 7:00 AM - 8:00 PM: You may register and vote at your polling place. Find your polling place at myvote.wi.gov or ask your clerk – it may have changed.

Voter Tip: Curbside voting is required by law for any voter who cannot enter the polling place due to a disability. This may include voters who are immunocompromised or have symptoms of COVID-19. Contact your clerk before Election Day to ask about curbside voting or ask at your polling place.

HAVE A VOTING QUESTION?

- **Contact your Municipal Clerk:** myvote.wi.gov/en-US/MyMunicipal-Clerk
- **Disability Rights Wisconsin Voter Hotline:** 1-844-347-8683 / 1-844-DIS-VOTE | info@disabilityvote.org
- **Wisconsin Elections Commission:** 1-866-VOTE-WIS | elections.wi.gov
- **Department of Motor Vehicles (DMV) Voter ID Hotline:** 844-588-1069
- **WI Disability Vote Coalition:** disabilityvote.org





Meal Contributions

The Nutrition Program is funded by a combination of federal, state, local public & private funds as well as participant contributions. The Waupaca County Senior Nutrition Program pays on average \$12.79 in expenses to provide a meal. Based on this the suggested contribution is:

\$5.00 per meal

Participants are encouraged to contribute towards the cost of their meals, however, no eligible participant will be denied a meal due to an inability or unwillingness to contribute. Participant contributions are confidential.

Expanded Payment Options



To offer more flexibility to participants, we are expanding the ways we accept meal contributions. The Senior Nutrition Program will be able to accept meal contributions via **e-check, debit, or credit cards** through our website.

<https://www.waupacacounty-wi.gov>

Click Departments, Health & Human Services, then Pay Bill/Make Donation on the left-hand side

Additionally, recipients of **WI FoodShare benefits** may opt to use some of their FoodShare funds to contribute to the meal program. **Simply call 715-258-6400 to request a FoodShare Payment Authorization Form.**



PUMPKIN CHILI & SAGE BISCUITS



Chili:

- 1 Tbsp. Olive Oil
- 4 cloves garlic, minced
- 1 cup canned tomatoes
- 1 onion, chopped
- 1 cup pumpkin puree
- ½ can garbanzo beans
- 1 can black beans
- 1 cup vegetable stock
- 1 Tbsp. chili power
- 1/2 Tbsp. cumin

1. In a large pot or skillet, cook onion and garlic in oil for about 5 minutes on medium heat.
2. Add the remaining ingredients. Reduce to a simmer and cook for 20 minutes.
3. Enjoy!



1. Preheat oven to 425 degrees. Line baking sheets with parchment paper.
2. Combine dry ingredients. Cut in the cold butter using two forks until pea-sized pieces form. In a separate bowl combine pumpkin puree and Greek yogurt.
3. Combine wet ingredients with the dry and knead dough about 6 times on a floured surface.
4. Roll out the dough to a half-inch thickness. Cut into 2-3 inch circles.
5. Bake 11-14 minutes. Serve warm.

Yields 10 biscuits.

Extra biscuits can be frozen and thawed individually.

Biscuits:

- 1 ½ cups Flour
- ½ tsp. Salt
- ½ tsp. Baking Soda
- 2 tsp. Baking Powder
- 3 tsp. Dried Sage
- 2 Tbsp. Cold Butter, cubed + 2 tbsp. Melted Butter
- ¾ cup Pumpkin Puree
- ½ cup Greek Yogurt

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WISCONSIN DEPARTMENT
of HEALTH SERVICES

Wisconsin ADRC, Tribal, and Aging Resource and Benefit Specialist Program Partners

Issue for former SSI Members

Due to a system error, the State of Wisconsin stopped paying Medicare Part B premiums for 550 Medicaid members through their Medicare Savings Program. Affected members have begun receiving letters from the Social Security Administration (SSA) informing them that their Part B premium is now being deducted from their Social Security monthly check. The first deduction is for two months of premium payments and therefore may result in a significant reduction in the September payment that they receive in October.

Wisconsin is working with the Centers for Medicare and Medicaid Services (CMS) and SSA to correct this mistake. Wisconsin will resume making premium payments for members and members will be refunded any deductions taken out of their benefit checks. We expect that these refunds will be transmitted to members in late October and early November, and end of November at the latest.



Medicare Open Enrollment

PLANS CAN CHANGE YEARLY!

2023 Annual Enrollment Period

October 15 - December 7

Appointments available from 9:00 am - 3:00 pm
for the following dates:

- Waupaca Senior Center, 407 School Street:**
Wednesday, October 19th & Thursday, November 17th
- New London Washington Center-600 W. Washington St:**
Tuesday, October 25th & Thursday, November 10th
- Clintonville Community Center, 30 South Main St:**
Wednesday, October 26th & Tuesday, November 15th
- Manawa City Hall, 500 South Bridge Street:**
Tuesday, November 1st
- Weyauwega City Hall, 109 E Main Street:**
Thursday, November 3rd
- More dates/times available upon request/need**
Waupaca ADRC, 811 Harding St.

Keynotes:

*Medicare Part B cost for 2023 will be \$164.90

*Public Health Emergency is set to end, be sure to check your Medicaid/badger care eligibility or find alternative options

*General Enrollment for those that have missed enrolling in Medicare is January-March

*Contact me with any questions you may have



Iris Duran
Elder Benefit Specialist

(715) 258-6341



Meet Our Staff Members



Andrea

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Miles of Miracles stories from the road



by Janna Taylor,
Waupaca County Transportation Coordinator

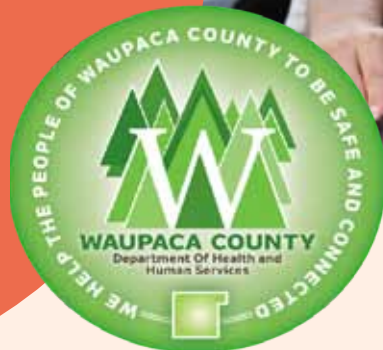
It was 3 ½ years ago when John first came in my office and applied for becoming a volunteer driver for Waupaca County Volunteer Driver Transportation program. John's wife had

already been volunteer driving for Waupaca County for 2 years. I asked John how often he thought he would like to drive? To date John has taken over 400 rides for Waupaca County and John's motto is, "Any time, any place, anywhere, any day! Let's do this! I'm on the team!" It's not just a ride, it's so much more. The riders and their families rely on the drivers for not only the rides, but it evolves and becomes so much more. One of John's regular riders, Donny, and he have become special friends not only with each other, but their families as well. This week John and Donny will have taken over 55 rides together. John and Donny have had their personal challenges in life and have also celebrated their triumphs in life with each other. Donny, a former champion speed skater with Special Olympics, recently celebrated a birthday with his family and John. Donny's mother Nancy says, "I don't know what we would do without the Volunteer Driver program!"

Here's too many more rides together John and Donny! Waupaca County Volunteer Driver program is so blessed to have you on the team John!



Waupaca County Transporation Program



Serving residents of Waupaca County who are aged 60 or older or individuals with a disability regardless of age (who do not receive Medicaid) are eligible to use the service.

WE CAN HELP WITH...

- **Doctor & Healthcare Appointments**
- **Dental Appointments**
- **Grocery & Essential Shopping**
- **Hair Appointments**
- **Personal Appointments**
- **Elderly Nutrition Program**
- **Congregate Dining**
- **Bistro 60**

RIDE COPAYS

In-town trip- \$2.25

In county trip- \$5.00

Out of county trip < 100 miles- \$10.00

Out of county trip 100-200 miles- \$15.00

Out of county trip > 200 miles- \$55.00

TO SCHEDULE A RIDE



715-258-6279

**Dispatch Hours:
Monday-Friday
7:30am- 3:30pm**

TO SCHEDULE A RIDE PLEASE HAVE...

- **Appointment date and time**
- **Approximate length of appointment**
- **Facility name and address**
- **Additional information for the driver**



Jesse P. Cuff
 Waupaca County Veterans
 Service Officer
 Courthouse,
 811 Harding Street
 Waupaca, WI 54981
 715-258-6475
[www.facebook.com/
 WaupacaVeteransOffice](http://www.facebook.com/WaupacaVeteransOffice)

Hours: Monday – Friday 8am-4pm

Veterans Day originated on November 11, 1918. Originally known as “Armistice Day”, in recognition of the end of hostilities in WWI, Congressional action in 1926 officially established November 11 as a federal holiday highlight-

ing cessation of the war and celebrating the resumption of peaceful relations among nations. The word “Veteran” replaced “Armistice” in 1954 to include recognition of WWI, WWII, and Korean War veterans. Today, Veteran’s Day celebrates and honors US veterans from all periods of service for their patriotism, love of country, and willingness to serve and sacrifice for the common good. Veteran’s Day differs from Memorial Day (observed on the last Monday of May, annually). The purpose of Memorial Day is for mourning and honoring U.S. Military Personnel killed in action in service to the nation. However, national memorial observances are held at

Arlington Cemetery for both Memorial Day and Veteran’s Day each year in honor of America’s war dead. This November 11th, take a moment to reflect on our country and thank the veterans in your life for their service and sacrifice.

Understanding these and other VA Benefits can seem daunting, but the Waupaca County Veterans Service Office can help. If you could use a little help navigating the VA Benefit system, please schedule an appointment today!

Note: To determine your eligibility, check eBenefits, contact VA Eligibility Center at 1-888-768-2132, or contact our office at 715-258-6475



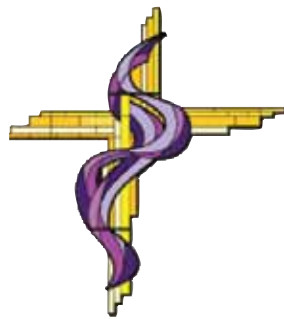
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Autumn

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



By Jimmy and Evelyn Johnson - www.qets.com

- | | | |
|------------|-----------|-----------|
| Apple | Deciduous | November |
| Autumn | Halloween | Nuts |
| Chestnuts | Harvest | October |
| Chilly | Harvest | Pumpkin |
| Cider | Hayride | Reap |
| Cornucopia | Hayride | Scarecrow |
| Cranberry | Leaf | September |



HIDDEN QUOTATION BY Albert Camus

COPY AUTHORIZATION BY THE AUTHORS

You may make unlimited copies of this original large print word search puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Jimmy and Evelyn Johnson



Evidence-Based Health Promotion Classes



well-being for people with chronic pain.

The program covers many topics related to pain management and how to improve social, physical and mental well-being.

Tai Chi

Tai Chi is a slow, graceful exercise that promotes calm mental focus and alignment while building leg strength, endurance and stability. Ideal for increasing stamina, flexibility and coordination, Tai

Chi promotes efficiency of movement and economy of effort.

Mind Over Matter: Healthy Bowels, Healthy Bladder

Developed by Dr. Heidi Brown- UW-Madison

This workshop designed to help women build the skills and confidence they need to adopt strategies and exercises that help them prevent or improve incontinence symptoms. This workshop has been scientifically proven to reduce leakage! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Call Nancy: (920) 740-9572
nkrueger@vpind.com
www.yourADRCresource.org



StrongWomen™ (AKA Strong Bodies)

Developed by Tufts University

An evidence-based strength training program for middle-aged to older men/women. Proven to help with: increased muscle mass and strength; improved bone density and reduced risk for osteoporosis and related fractures; reduced risk of diabetes, heart disease, arthritis, depression and obesity; improved self-confidence, sleep and vitality.

Stepping On: Falls Prevention Workshop

Developed by Dr. Linda Clemson

Stepping On is a seven-week workshop using adult education to develop knowledge and skills to prevent falls in older adults. The Stepping On program focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls.

Stanford Self-Management Programs:

Developed by Stanford University

Living Well with Chronic Disease: Self-Management Workshop:

Chronic conditions may cause you to lose physical conditioning and suffer problems over many years.

Learn the skills to deal with your illness, continue your normal life, and handle your emotions.

Healthy Living with Diabetes:

This program is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence level in managing their diabetes.

Healthy Living with Chronic Pain:

A researched program proven to improve health and



Stepping On: An Evidence Based Fall Prevention Program

A Participant's first-hand account of attending this class.

By Pat Huber,
ADRC Clerk

After experiencing two falls this year, I decided to attend this class to try to reduce my risk of further falls. I wanted to share with others the valuable information I learned to encourage others to join future classes.

The Stepping On class, is sponsored by the Aging and Disability Resource Center, is co-taught at the Waupaca Senior Center with instructors Nancy Krueger and Sue Wunderlich.

The Stepping on Class consisted of seven classes each week a guest speaker joined the class to share important safety information with the participants.

In the first session, Ben Gerloff, physical therapist, from ThedaCare at Home explained the eight core exercises, which when practiced regularly help prevent the risk of falls. The first four exercises focus on balance, and second four exercises work on strength training. These exercises are the "core" of the program.

The second session reviewed the exercises with physical therapist, Ben Gerloff, and discussed limitations and ways to make the exercises more comfortable. We discussed the use of walking sticks to assist participants in their confidence while moving about in the community. Since I already use a cane, the therapist had me demonstrate correct usage, which he said I did very well!

The third session guest speaker was Officer Bret Rodenz from the Waupaca Police Department discussed pedestrian

safety. Participants learned about fall hazards and how to deal with slippery surfaces.

Session four included a visit from Deen Amusa, our local representative from the Office of the Blind and Visually Impaired; He discussed in-home assessment and adaptive equipment available through that office. Participants learned what they should look for in footwear and the type of footwear which are considered safe.

In the fifth session, we had a visit from a local pharmacist, Corrina Sambs, from Hometown Pharmacy, who discussed common prescriptions that can cause us difficulty when it comes to our stability. We also discussed supplements that could help us in strengthening our bones and our overall health. Foods that contain essential nutrients were also highlighted.

In our sixth session, by physical therapist, Ben Gerloff we reviewed the use of a HandyBar, discussed how to navigate curbs and outdoor obstacles. We learned about Yaktrax, which is an adaptive aid that attached to your shoes to assist when walking on pathways in the winter.

Our last session was a wrap-up on things we wanted more information for and discussion about airline travel, walking outdoors, and things that we need to alert our physician about.

I thoroughly enjoyed Stepping On and highly recommend the class to others!

It is UP TO ME, to continue what I have learned so that it will benefit me in the future.



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920.250.6051

Heidi Stein
Independent
Representative
920.982.2978
Heidi@lynntankagencyllc.com

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Holiday Tips

By the Andrea Brace,
Dementia Care Specialist

With the holiday season approaching it can be hard to navigate the stresses and holidays visits when caring for someone with dementia. Through planning and adjusting expectations the holiday season can be a happy time full of great memories. There are many ways to prepare for the holidays and here will be some suggestions that may work to help ease some of the stress associated with caring for someone with dementia and holiday plans. With some helpful tips for both the care partner and the person with dementia to help reduce stressful situations, familiarizing others about the situation, and adjusting expectations the holiday season can be enjoyed by everyone.

Teepa Snow who is an expert and care consultant is such a great resource for learning about handling difficult situations. She has an article in Alzheimer's Music Connect listing tips for the person with dementia and tips for the care partner during the holiday season. Some of the tips for the person with de-

mentia are;

- Take time out to relax.
- Consider letting people know when you need a break or are having trouble.
- Get some exercise every day.
- Drink plenty of water each day.
- Be careful about too many sweets or treats.
- Work with a partner to do familiar and fun activities (Snow, 2014).

These are just a few tips that the person with dementia can try to help ease some of the stress that can make the holiday season difficult. Care partners are equally important and Teepa offers suggestions for them as well that are;

- Keep gatherings small or visits shorter.
- Offer time out.
- Encourage visitors to understand before interacting.
- Take breaks from each other.
- Get some exercise and take care of your stress levels.
- Consider cutting back on traditions if they seem distressing (Snow, 2014).

This is just a small amount of tips that a care partner can try to help in-



reducing the stress that can come with the holiday season. It is never easy preparing for the holiday season and exploring ways to prepare others of the situation may be another way to reduce stress during this time.

The holidays are often stressful and full of emotions, so talking to family and other guests on what they can expect before arriving can ease some of that for the care partner and person with dementia. With early stages of dementia, the person has a hard time following conversations so it can be important for others to be patient, not to interrupt, and give that person time to get their compete though out before speaking. This can allow the person with dementia to be a part of the conversation and not feel left out. With middle and late stages in dementia the changes are significant in cognitive abilities. This can be hard to see for visitors that don't see that person often throughout the year. Just letting them know that these changes in cognition and behaviors are from the disease and not the person. Having these conversations with family and friends can be hard to have and often needed for many people to be told, so it could be easier to write a letter to give those updates to many recipients. All of this takes time and planning and often time adjustments will need to take place as well.

Adjustments from traditions are hard but it can help ease the time when caring for someone with dementia. Caregiving is very stressful but even more when the holidays come around. It can be important take the time for planning and seeking support from family and friends for upcoming events. Having a face-to-face meeting with family and friends or over the phone can allow for everyone to have an understanding of the caregiving situation and what can be expected

when the visit takes place. Allow yourself to be honest about things and what some of the limitations or needs that can be expected. If you are planning to have an event at your home be good to yourself. Allow yourself to limit who comes if less people would make it more manageable, let others help and make it a pot luck so you are not responsible for all the food, and consider breaking up the group into smaller groups to all the person with dementia to have time with everyone in a way that will not get them overtired if in a larger setting. The time of the day can also make it hard for the person with dementia and having a gathering in the evening may be hard to attend. If confusion and behaviors present themselves more often in the evening maybe changing the time to a brunch or lunch time event, it could allow avoidance of those triggers. Adjustments can be hard but it can help reduce stress for the caregiver and the person with dementia during this holiday time.

Caring for someone with dementia is hard work and takes some planning and adjustment to ease some of the stress when going to different places or having people over for the holidays. Everyone is different and you will know what will work best but the hope is some of these tips and suggestions will give caregivers and the person with dementia some guidance to ease the stress that may surround the holiday season. Enjoy each moment and have a happy and safe holiday season!

Resources

Snow, T. (2014, December 11). Alzheimer's Tips For The Holidays. Alzheimer's Music Connect. Retrieved October 7, 2022, from <http://alzheimersmusicconnect.com/dementia-alzheimers-tips-holidays-teepa-snow/>

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- Wisconsin Rapids (2 locations)

Income restrictions may apply. CAP Services is an equal opportunity provider and employer.



Transforming People
and Communities



2020/25

Looking for relief from rising inflation costs?

The Medicare Savings Program can help you save money every month if you meet the income and asset limits shown below. *Your gross Social Security amount is used in this determination, along with gross pension amounts you may receive.* If you are eligible, you will no longer have the Medicare Part B premium withheld from your Social Security income. In the future, your Social Security check may increase by as much \$170.10 per month.

There are three different Medicare Savings Programs. The Qualified Medicare Beneficiary Program has the benefit of paying for Medicare A and B premiums, and all deductibles and co-pays. The Specified Limited Medicare Beneficiary Program pays for Medicare

Part B premiums. You can qualify for these two programs even if you are on a Medicaid program. The third program is the Specified Limited Beneficiary Program +. This program has a higher income limit to qualify, but cannot be used with any other Medicaid program.

The table below can give you an idea of the asset and income limits, but I would encourage you to contact the CARES Call Center at 1-888-256-4563 to apply. Their hours are Monday –Friday, 8 am- 4 pm. They will need verification of your income and assets.

This is something you can do for yourself to make a positive change in your finances.

Cara Frias
ADRC Eligibility Specialist

Group	Asset	QMB	SLMB	SLMB+	Medicare
1	\$8,400	\$1,073.33	\$1,288.00	\$1,449.00	\$170.10*
2	\$12m600	\$1,451.67	\$1,742.00	\$1,959.75	*income based 01-01-22 **may be lower if **grandfathered

Gross Social Security Income is used .

**SLMB+ can't receive any other type of Medicaid - it is an either/or choice



Gift Card Scams

As the Holiday season is upon us, Waupaca County Adult Protective Services would like to talk to you about Gift Card Scams as they are an active problem in our county.

Submitted By:
Abby Zehner

What is a gift card scam?

A gift card scam is when someone asks for payment using a gift card. They ask for all the numbers on the back. Once that information is provided, the money from the card is gone. If someone asks you to provide payment via a gift card, know they are scamming you.

What might a gift card scammer say?

They may use urgency. They could say it needs to be paid immediately. This causes fear and pressure to follow their instructions. The scammer may also specify what type of gift card to get or where to get the gift cards. The scammer will then asked for the card number and a code on the back if needed. Once you give this information, the money is already gone from that card.

Gift Card Scammers will portray themselves to be someone of importance. They may say they are someone pertaining to a government agency, a utility company, or an emergency. These type of scammers like to use stories to help their case in getting you to purchase gift cards. If you feel it is a scam, hang up the phone and report it.

What to do if you have been scammed?

You can often times contact the company that the gift cards are for or who you purchased from. Make sure to keep the physical card and a receipt to provide information when asked. Many companies have information regarding this type of scam on their websites. Follow the instructions they provide to you.



There is no guarantee money can be refunded, but the sooner you act, the better the outcome could be.

How to safely buy and use gift cards.

Purchasing gift cards for stores you are familiar with. Be sure to look at the gift card before purchasing. If on the back the pin number is showing or it looks tampered with, don't purchase it. It is also helpful to keep your receipt from the purchase in case there are any issues with using it.

How do you report fraud?

Fraud relating to gift card scams can be reported directly to the company the card was purchased for. It can also be reported to your state attorney general, the Federal Trade Commission (FTC) and local law enforcement. Even if you were not a victim, but you were asked to purchase gift cards, reporting it can help prevent it from happening to someone else.

<https://consumer.ftc.gov/articles/gift-card-scams#what%20the%20scam%20looks%20like>

Hebert, A., Hernandez, A., Perkins, R., & Puig, A. (2022, August 19). Gift Card Scams. Consumer Advice. Retrieved September 8, 2022, from <https://consumer.ftc.gov/articles/gift-card-scams#what%20the%20scam%20looks%20like>

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The file is missing!

Prepare for the Fall and Winter Seasons with Flu and COVID Vaccinations

Submitted by: Sarah J. Rhone RN BSN,
Public Health Nursing Supervisor

As the cold months approach us, so does the increased risk for illness. Wisconsin Department of Health Services

reported that during the 2019-2020 flu season, there were 36,175 cases of the flu in Wisconsin. Of these, there were 4,425 flu-related hospitalizations and 183 deaths. Individuals age 65 and older have increased risk of severe flu illness,

hospitalization, and death in comparison to those of younger age. Prevention is key, getting vaccinated can help avoid getting the flu or decrease the severity of it. The Center for Disease Control (CDC) released its Advisory Committee Immunization Practices (ACIP) including influenza vaccine recommendations for 2022-2023. Specific flu vaccinations, including higher dose and adjuvanted vaccines for those 65 and older were included in these recommendations. Talk to your health care provider to determine which vaccine will be best for you.

Did you know, you can get your Covid-19 vaccine the same day as you get your influenza vaccine? COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and dying according to the CDC. As with other diseases, you are protected best from COVID-19 when you stay up to date with the recommended vaccines, including recommended boosters. Updated COVID-19 boosters can both help restore protection that has decreased since previous vaccination, and provide broader protection against newer variants. The updated, or bivalent boosters, target the most recent Omicron subvariants, BA.4 and BA.5, which are more contagious and more resistant than earlier strains of Omicron.

Waupaca County Public Health offers the initial primary series or booster dose (s) to protect against Covid-19. Anyone can come to the 2nd floor of the courthouse on "Walk in Wednesday's" from 9 a.m. until 4:00 p.m. no appointment needed. Supplies may be limited. For most current updates on which vaccines are available, check out our website at https://www.waupacacounty-wi.gov/departments/health_and_human_services/health_services.php or follow us on Facebook: <https://www.facebook.com/WaupacaCountyHealthServices/>

***Note, Waupaca County does NOT have the influenza vaccine available.**

Prevent yourself from serious illness this winter season, and GET VACCINATED!



Introducing.... Rural Health Initiative

TheDaCare Rural Health Initiative (RHI) is a non-profit, community supported, program focused on improving and sustaining the health and safety of rural families through a unique concept of Kitchen Wellness. NOT an insurance company, NOT a government funded program, and NO income limits.

Serving

Anyone who contributes to agriculture (ages 18 years and older). Common participants include family farms (with and without hired staff), dairy farms (of any size), hobby & crop farms, Amish, and agribusinesses. Spanish interpreters are provided, as needed.

Serving the areas of:

Shawano • Outagamie • Waupaca • Waushara • Winnebago • Marquette • Green Lake

Services Provided

- Kitchen Wellness:
- In-Home/On-Site Preventive Health Screening(s). Health professional comes to you at a convenient time. Visits are casual and take about 20 minutes per person.
- IMMEDIATE Test Results of your health screening, including: blood pressure, blood glucose (blood sugar), triglycerides, cholesterol, height, weight, and body mass index (BMI). Other services also offered, upon request.
- Health Coaching on a variety of topics relevant to your health.
- Referral Information to local community resources.

For More Information....

thedacare.org/ruralhealth

Waupaca- Tara Knaack

715.250.0941

Email:

Tara.Knaack@thedacare.org