



Facts for Life

Aging In Place Or Assisted Living?

Where do you want to live after you retire? Do you need to help a loved one make the decision to age in place or move to a senior living community? Having to make that decision becomes more real as a parent or loved one becomes frail, falls more frequently, shows signs of memory impairment or dementia, has difficulty keeping up the house and yard, etc.

Most people prefer to age in place with the familiar routines and comforts of their home, with family and friends nearby to help when needed. But according to a study done at the University of Florida, millions of older Americans now occupy "inappropriate residential environments". The home may not accommodate the now-needed wheelchair or walker. Safety features like grab bars, railings and adequate lighting for older eyes are missing. When living alone, age-related challenges like reduced vision, reduced mobility, dementia or chronic illness requiring special care can also jeopardize a loved one's safety. Perhaps your loved one's once-friendly neighborhood has changed over the years and you worry about your loved one's safety.

If your loved one has decided to age in place, they need to consider what it will take to allow them to keep living in their home for many years. Will there always be someone to call in an emergency or if they need help with daily activities and simple tasks around the home, shopping or meal preparation? Will they become isolated and lonely if they can no longer drive? Can they purchase and prepare food for nutritious meals? Can they manage any medical procedures like injections, medications, wound care? Have the costs of in-home assistance and updates to the home been considered?

While most of us might think we would never leave home, it's worth weighing the pros and cons, as there are pluses and minuses to both aging in place and assisted living. The best choice you can make and the best option for your loved one will depend on the health, social and emotional needs they may have and determining which arrangement will allow them to maintain a safe, well-rounded life in the residence of their *(cont.)*

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Aging in Place or Assisted Living? (Cont.)

choice. The decision likely won't be an easy one, but the most important thing is to make sure you do what's right for your loved one.

This year's Caregiver Journey presentations address this very issue. Please join us on the third Thursday of the month, July through September, from 1:00-3:00 pm at the Fairgrounds Pavilion in Cedarburg to hear experts from the community address topics related to aging in place vs. making the decision to move, as well as being prepared to making tough decisions related to other aspects of caregiving. Call the Aging and Disability Resource Center (ADRC) or check the Caregiver Connection website at <https://www.ozccc.org/newsevents> for more information. The ADRC can also provide information about community resources, financial assistance and living options in the county at 262-284-8120.

New Medicare Cards

It was announced nearly a year ago that everyone with Medicare will be getting a new card in the mail between April 2018 and April 2019, but a national survey in March showed that 76% of U.S. adults age 65 and older did not know they were going to be getting one.

Now it's even more important to get this message out because those cards will be coming soon. Wisconsin was scheduled for a June release and it was confirmed on June 25 that Wave 3 states have started mailing. Residents should keep an eye out for a plain white envelope from the Department of Health and Human Services, Centers for Medicare and Medicaid Services.

The new Medicare card will still be red, white and blue but there will be some marked changes from the old ones. The new card will no longer have a Social Security Number as the holder's claim number. A unique number will be generated to protect the identities of all Medicare patients. In addition, the new card will no longer require a signature on it, which is another identity-protection feature.

Beneficiaries can start using the new Medicare card as soon as they get it. Remember to show it at all of your medical provider offices and pharmacies. Patients with a Medicare Advantage plan will continue to use the card from their plan provider.

The old card should be destroyed after the new one comes. The best way to destroy it is to shred it. The Aging & Disability Resource Center of Ozaukee County would like to assist residents in destroying their cards and also in laminating the new ones. This can always be done at the ADRC office, 121 W. Main St., Port Washington, or at one of several events being planned in the community.

Definite dates where shredding and laminating of cards will take place include:

Health Literacy Fair – Saturday, August 18 from 9 a.m. to 12 p.m. at Grace Lutheran Church, Grafton

Additional dates will be scheduled in the fall and are expected to include all of the dining centers and some local housing units. For more information, call the ADRC.

Free Screening Of 'Being Mortal' On September 19th

The ADRC of Ozaukee County and Aurora Health Center are holding a free, community screening of the documentary "Being Mortal" on Wednesday, September 19th at 6pm at the Aurora Medical Center in Grafton. After the screening, attendees can participate in a conversation on how to identify and communicate wishes about end-of-life care and options to appoint someone to make medical decisions in the event that they are ever unable to do so themselves.

"Being Mortal" explores the hopes of patients and families facing serious illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end.

"Being Mortal" underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

In February 2015, "Being Mortal" aired nationally on the PBS program "Frontline." The film is adapted from Dr. Gawande's 2014 nationally best-selling book "Being Mortal". More information about the book is at <http://atulgawande.com/book/being-mortal/>.

We are looking for Home Delivered Meal Volunteers in Cedarburg and Port Washington. "All it takes is a moment to deliver a meal and bring a smile". We are looking for volunteers for one day a month or even one regular day every week.

Contact Kari for more information:
262-284-8120.



Part-Time
Help Wanted

**Are you looking for
flexible, part time
job?**

The Ozaukee County Nutrition Program is looking for Substitute Dining Center Coordinators. When our Dining Center Coordinators are on vacation or are ill, that is when we would call upon you to fill in at the sites.

Interested candidates should give

Kari Dombrowski at call at the ADRC,
262-284-8120.

Preventing Falls Among Older Adults



One in four people age 65 or older has a fall each year.

Don't be one of them!

Stepping On has been proven to reduce falls by 30%!

Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards both inside and outside your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

We are now taking registrations for our next Stepping On workshop.

Mondays August 13-October 1, 2018. (No class on Labor Day)

1:30-3:30pm

Aurora Medical Center Grafton

Asking for a suggested donation of \$10.00

To register call: Kari Dombrowski at the ADRC at 262-284-8120

How To Opt Out Of Junk Mail And Unwanted Phone Calls.

Register with Data & Marketing Association (DMA) at www.dmachoice.org. There is a \$2 fee to register online and the registration lasts for 10 years.

You can also cancel pre-approved credit or insurance offers. The OptOutPrescreen program works with the credit bureaus Experian, Equifax, TransUnion and Innovis for consumers to opt out of pre-approved and pre-screened credit and insurance offers. Register at OptOutPrescreen.com or 888-567-8688. Your opt out status will remain valid for five years.

We all know how bothersome solicitation phone calls can be. The frequency of these calls can be reduced or eliminated by registering your home and cell phone number on the Federal Trade Commission's national Do Not Call Registry. Call 1-888-382-1222 from phone number you wish to register or visit the website: www.donotcall.gov.

If you receive spam-type text messages on your cell phone, you can typically report it to your carrier by forwarding the text message to 7726. This works for AT&T, T-Mobile, Verizon, Sprint and Bell customers. They will add this to their identified spam messages list and in the future will attempt to block the sending number.

2018 FREE Power of Attorney Event

****Open to Anyone 55 years and Older, and those with a Disability Determination**



An opportunity to meet individually with an Ozaukee County Bar Association Attorney to create your personalized Power of Attorney for Health Care

Why complete Power of Attorney (POA) documents?

*POAs allow **YOU** to choose the individual you would want to make decisions for you in the event that you are unable to make them for yourself. If incapacity occurs and you are without one, it will likely be necessary for your family or others to ask the Court to appoint a guardian—a process that can be costly, time-consuming and cumbersome.

2018 Schedule

*Appointments scheduled on the 1/2 hour.

Call Ozaukee Human Services at 262-284-8200

October 4	Mequon-Range Line School 11040 N. Range Line Rd.	9am-12pm
October 10	Port Washington Senior Center 403 W. Foster St.	5:30pm-8pm
October 17	Belgium American Legion 655 Park St.	10am-12pm
October 23	Grafton Senior Center 1665 7th Ave.	5:30pm-8pm
October 30	Cedarburg Senior Center W63 N643 Washington Ave.	9am-12pm

*Appointments scheduled on the 1/2 hour.

Call Ozaukee Human Services at 262-284-8200

This Free event jointly Hosted by the Ozaukee County Bar Association and the Ozaukee County Elder/Adults At Risk Interdisciplinary Team

Interfaith Caregivers of Ozaukee County Ozaukee h.e.l.p. Corner

Interfaith Caregivers of Ozaukee County is now lending durable medical equipment, such as walkers, wheelchairs and canes, to those in need. The new program called the Ozaukee h.e.l.p. Corner, began in April. The Ozaukee h.e.l.p. Corner makes gently used equipment available to Ozaukee County seniors and other residents.

Whether someone is recovering from hip or knee replacement surgery, has had a stroke that makes them unsteady on their feet or is experiencing any other type of disability, adaptive equipment can help make their lives more manageable. Borrowing the equipment for as long as it is needed instead of having to purchase it is a way of saving money.

"For many people, the cost of this equipment poses a real burden," says Maureen Squire, Interfaith Caregivers of Ozaukee County Executive Director. "The Ozaukee h.e.l.p. Corner addresses this real need in our community."

The Ozaukee h.e.l.p Corner is located at Interfaith Ozaukee's offices in the Family Enrichment Center, 885 Badger Circle, Grafton. It is open from 1 to 4 p.m. on Tuesdays and on Thursdays by pre arranged appointment. The gently used medical equipment can be borrowed for a \$10 - \$20 deposit, which is refunded when the item is returned, inspected and put back into circulation.

Interfaith Ozaukee will also accept donations of walkers, wheelchairs and canes in good condition. At this time larger items are not accepted because of space restraints. To find out more about the program, go to www.ozaukeehelpcorner.org or call (262) 618-2191.

The program has been made possible through United Way Northern Ozaukee and other grants.

Memorials to Senior Dining Program

When our loved one passes away, we sometimes want to send a memorial to an organization that made an impact on their lives. Whether your loved one attended the senior dining meals or received the freshly prepared meals to their door, memorials can be sent in their name to the Aging and Disability Resource Center for the Ozaukee County Nutrition Program or as a birthday party donation. Because of the donations we receive, we can continue to offer this service without a waitlist. In 2017, Ozaukee County delivered 34,075 hot meals to homebound residents of Ozaukee County and we served 14,977 to those at the dining centers. These nutritious meals allow our older adults to re-cooperate after surgery or a hospital stay or rehabilitation, stay in their homes independently longer, or have a freshly prepared hot meal once a day at the dining centers.

Come Have Lunch With At Our Senior Dining Locations

Have you visited our senior dining program for lunch lately? They are located at the following locations: Port Washington, Grafton, Cedarburg Senior Centers (Monday—Friday), Mequon Range Line School Building (Monday—Friday), Fredonia Fire Station (Tuesdays), Belgium Legion Hall (Wednesdays) and Parkside Community United Church of Christ in Saukville (Thursdays). The staff are wonderful and inviting, the food is prepared fresh daily by a caterer and you do not need to be a member of the senior centers, church, or legion hall to attend. There are monthly activities such as bingo and birthday parties to name a few. Call 262-284-8120 to make your reservation 24 hours before the day you would like to come. Our menu is in the local paper weekly, on our website: <http://www.co.ozaukee.wi.us/520/Senior-Dining-Sites>, at our dining centers or give us a call and we will send one. Suggested donation of \$4.00.

Don't Get Scammed!

Unfortunately, there appears to be a new Medicare card scam circulating in the area. New Medicare cards are indeed being issued and will no longer contain social security numbers. Beware of calls from individuals claiming to represent Medicare or the Social Security Administration, asking for personal information so they can “issue a new Medicare card”. These callers may threaten beneficiaries with the loss of Medicare benefits if they don't comply by providing information. Beneficiaries are asked by these scammers to provide personal information, particularly their Medicare number and bank account number. In some cases, beneficiaries are told that they “have to pay” for this new Medicare card. Don't fall for any of these lies! It is important to remember that:

- Medicare beneficiaries will receive a new Medicare card automatically via the postal service;
 - Medicare cards do not expire;
 - Medicare will not call beneficiaries to offer a new card or request information in order to issue a new card;
 - Beneficiaries who lose their Medicare card can request a new one with a new Medicare ID number from the Social Security Administration. To report fraud or for more information, call 877-272-8720.
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Aging and Disability Resource
Center of Ozaukee County

121 W. Main Street
Port Washington, WI 53074

Phone: (262) 284-8120
Fax: (262) 268-7726
Toll Free: (866) 537-4261
E-mail:



ANY CORRECTIONS TO
NAMES, ADDRESSES,
NOTIFICATION OF A
DECEASED RELATIVE STILL
RECEIVING THIS
NEWSLETTER OR TO BE
ADDED TO OUR EMAIL LIST
PLEASE CALL
(262) 284-8120

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

Staff and Committees

ADRC Board

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Mark Roherty –Co-Chair
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Cheri Farnsworth
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Laura Schimberg (*Elder*)

Dementia Care Specialist

Kathy Glaser

Aging Services Manager

Kari Dombrowski

Caregiver Specialist

Valeree Lecey

Dining Center Managers

Jill Casper
Lynn Crevcoure
Patty Gylland
Louann Lazzari
Deb Sheets

Meal Program Drivers

Ralph DeWall
Mike Dow
Willard Steiner

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