



Aging and Disability Resource Center of Ozaukee County

Facts for Life



FALL 2015

2015 FREE Power of Attorney Advice

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

Offering you an opportunity to meet individually with an Ozaukee County Bar Association Attorney to create a personalized Power of Attorney for Health Care

Why complete Power of Attorney (POA) documents?

A POA for Health Care allows **YOU** to choose the individual you would want to make medical decisions for you in the event that you are unable to make them for yourself. If incapacity occurs and you are without a POA for Health Care, 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.

2015 Schedule

September 29	Port Washington Senior Center	1:00-4:00pm
October 6	Grafton Library	1:00-4:00pm
October 14	Cedarburg Senior Center	9:00am-Noon
October 22	Mequon-Range Line School	9:00am-Noon
October 28	Belgium American Legion Hall	1:00-4:00pm

Reservations Recommended- Call 262-284-8200 (metro:262-238-8200) to schedule an appointment

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

This newsletter is funded by Ozaukee County and the Older Americans' Act

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Happy Halloween



New Faces In Our Office

It is always hard to say good bye to our longtime staff members. But we are fortunate to have dedicated and knowledgeable individuals to fill their shoes!

After many years of assisting caregivers in Ozaukee County, Jan Braby retired in June. We have been lucky enough to have Valeree Lecey step into this role. Valeree comes to us from the Greater Wisconsin Agency on Aging Resources and has a strong background in caregiving supports, so please feel free to contact her to learn more about how we can assist you on your caregiving journey.

If you have had the opportunity to stop into our Port Washington office you might have known our receptionist Karen Chapman. Karen recently moved out of the area and we are happy to welcome Jodie Kanneberg as your first point of contact with the ADRC.

What's New Regarding Alzheimer's?

You can hardly pick up a newspaper or turn on the TV without hearing something about Alzheimer's disease. What an exciting turn of events from five or 10 years ago! You may have seen Julianne Moore win an Oscar for her portrayal of a woman with early onset Alzheimer's in "Still Alice" or the Glen Campbell movie "I'll Be Me" that captures how he and his family are coping with this disease. At the International Alzheimer's Association Conference in Washington D.C. information was shared regarding new medications being researched, the unique impact of Alzheimer's on women, and the need for increased funding for Alzheimer's research (visit www.alz.org for more information).

So what does all that mean for people in Ozaukee County with Alzheimer's or a related dementia?

Our hope at the ADRC is that this will encourage people to see this as a disease to be acknowledged, understood and addressed. We are hopeful that people will seek a diagnosis instead of ignoring the signs of memory loss and other cognitive changes. We are optimistic that family and friends will pursue resources from the ADRC and Alzheimer's Association to learn more about how they can support their loved one in the best possible, most respectful way.

Ozaukee County congregations and businesses have a role to play also in learning how to best support congregation members and customers with a dementia diagnosis so they feel welcomed in their establishment and valued as members of our communities. For people with Alzheimer's or another dementia being actively engaged (physically, spiritually, and socially), remains some of the best "treatment" they can pursue.

For more information about any of the above, please contact the ADRC at 262-284-8120, visit our Dementia Friendly Ozaukee County Facebook page or the Ozaukee County website and search dementia.

Take Care of Yourself

If you're a caregiver, it's very beneficial for you to have regular breaks from your caregiving duties in order to take time for YOU! This is called respite, and can help enhance the quality of life not only for you as the caregiver, but for your care recipient. Here are tips on how you can improve the quality of your respite time:

- Think about those activities you have enjoyed doing in the past, but stopped doing as a result of caregiving.
- Consider how you could engage in those activities again, or find substitutes that are still meaningful with a minimum of disruption.
- Consider using respite time to receive emotional or social support or improve your skills in a particular area, or learn something new. For example, attend a *Caregiver Coffee* sponsored by the Ozaukee County Caregiving Coalition to meet new friends, learn something new, receive support and enjoy the companionship of others.
- Take time to PLAN... after you have decided how you want to use your respite time, consider the time needed for your planned activity so you don't feel rushed.
- Seek assistance in planning your respite time if needed. Contact the ADRC for help in determining how you may best use respite time.

If used well, respite can help reduce caregiver burden and enhance the quality of your caregiving. You owe it to yourself as a caregiver to take time to engage in those activities that are meaningful and enjoyable to YOU!

Recognition and Thank You for Your Help

I would like to express my sincere "Thanks" to all who assist the Aging and Disability Resource Center in accomplishing wonderful things for the citizens of Ozaukee County. We could not accomplish so much without the help and generosity of many of you! So a big shout out to:

- The scores of volunteers who put aside time each month to assist the staff at our eight senior dining centers throughout the county, either by assisting at a site or delivering some of the 30,000 home delivered meals that are distributed each year to homebound individuals. We could not ensure a healthy meal for all of those people without your time, patience and devotion.
- Families, friends and business who have remembered us for the services that we have provided. Monetary donations, whether large or small, allow us to continue to increase and improve our work in the community.
- Those of you who have taken the time to respond to our satisfaction surveys or questionnaires. We are always looking to improve our services and we take your ideas and suggestions seriously.

Enjoy the rest of your summer and thanks for all you do!

Mary Ferrell, Aging Services Manager
ADRC of Ozaukee County

Family Caregiver Renewal Day

You spend much of your time caring for others, now it's time for you to care for yourself. Come enjoy a day to renew your energy as well as your spirit! The Caregiver Coalition of Ozaukee County and the Aging and Disability Resource Center of Ozaukee County invites you to join us as we hold our fifth annual Family Caregiver Renewal Day. This year's theme, "RENEW U" will offer fun and enjoyable sessions giving you the chance to experience and enjoy an "art expression" project, "stress relief" pampering. These activities will enable you to have fun while you relax and experience the joy of living in the present moment.

The event will take place on Friday, November 6th at the Ozaukee Congregational Church, 1142 Lakefield Road in Grafton from 9 AM - 1:15 PM. It is intended for caregivers who are caring for a family member, friend or loved one.

The cost to attend is \$10. Price includes a delicious lunch provided by Out and Out. Completion of a reservation form and payment are required. Unfortunately, we cannot accommodate walk-in's the day of the event. Space is limited, so take action now to register for a special day planned just for you.

Please contact the ADRC of Ozaukee County, 262-284-8120, for a registration form. Registration closes on October 30, 2015.

If the person you are caring for cannot be home alone during this time, please contact the ADRC for care options.

To learn more about the Caregiver Coalition of Ozaukee County, visit us on the web at www.ozccc.org.

Being Prepared in an Unprepared World!

Every once in a while Emergency Preparedness seems to become a "hot" topic, usually after some type of natural disaster takes place. So I am sure you might be wondering 'why now'? Was there a flood or tornado that I missed?

No, there has been no recent natural disaster, at least as of the writing of this article. However, it is important to begin to make plans for the small chance that we will be caught up in a situation, natural or man-made, that will test our ability to survive.

Experts remind us that in a disaster, first responders such as firefighters, police and other emergency personnel, will probably not be able to provide one-on-one support to members of the community. Their first job will be to stabilize the situation, not assist you to safety or help keep your shelter in place.

For this reason, it is critical for each of us to develop our own plan. Start to plan now with family and friends so that you will have a support system in place if something would happen. Plan for personal needs and those of others that might live with you and depend on you for support...and don't forget your pets!

The Aging and Disability Resource Center of Ozaukee County has information and checklists available to help start the process of making plans. Call for Mary for more information at 262-284-8120 or 238-8120. Ask about the "Pillow Case Plan," which is a new initiative that the American Red Cross is promoting to ensure if you had to leave your home quickly you would have those things that mean the most to you all ready to go!

Senior Picnic Carnival Food Fun and Friendship –For Sure!

August 13, 2015 was a beautiful day for a picnic, but in Ozaukee County we don't worry about the weather! Grafton High School provided a safe haven from any conditions and allowed over 150 seniors from all corners of the county to enjoy music by Steve and Friends, lively carnival games that were hosted by the men from the Grafton Football team and a wonderful lunch catered by Taher Inc. Following lunch the staff of Kemps Dairy dished up and served their fabulous ice cream and the icing on the "cake" were the exciting bingo games called by our own Jill Casper.

We received an array of donations from Ozaukee County Staff and local community businesses which were used as door prizes for the event. Earlier in the summer the staff and friends of the Aging and Disability Resource Center hosted a bake sale for all departments of the Administration Building-in all over \$250.00 dollars was donated to support the senior picnic! Other door prizes were donated by local organizations; please take time to offer your "Thanks" when you have the opportunity.

The following business and individuals contributed gifts and door prizes that made a great day that much more memorable! Twisted Willow Restaurant, Shopko Express, The Patio Bar and Grill, Like-Nu Express Car Wash, Eric von Schledorn, Nisleit's Restaurant, Milwaukee Ale House, Eddie's Service, Inc., Ashley's Confectionery, The Chocolate Factory, Vintage Café & City Deli, Birchwood Wells, Camping World, Michael's Craft, Anchor Men's Wear, Beanies Mexican Restaurant & Cantina, Amish Craftsman Guild II, Saukville Veterinary Clinic, Dairy Queen of Cedarburg, Lighthouse Florist & Wine Gallery, La Tulipe, Broadway Popcorn, The Charcoal Grill, Little Caesars Pizza, Smith Brothers Coffee, Rivoli Theater, Kemps Dairy, Schmit Brothers Ford, Port Washington Senior Center, Hidden Treasures, Jill Casper, Anne Curwin/SKY and Valeree Lecey .

Thanks again to everyone who made the day so wonderful. One thing to remember is that the most important part of the senior dining program is the participants. We want to extend a warm invitation to attend our program at one of the seven dining centers throughout the county. In addition to a delicious noon meal we offer the chance to catch up with old friends, make a new friend or pick up some information that is meant to make your life easier. Our dining center participants typically receive first notice for the opportunity to participate in one of our prevention programs – and 2016 promises some exciting new ventures!

Dementia Friendly Business Trainings

The ADRC and Dementia Friendly Ozaukee County workgroup continue to offer dementia friendly business training to our county businesses. This awareness training provides information on what customers with dementia may need to remain connected to our community businesses and services. We commend the following for receiving this training:

- USS Liberty Memorial Public Library - Grafton
- North Shore Bank – Grafton
- WJ Niederkorn Library - Port Washington

Look for the purple angel logo to indicate that a business is aware of the signs of dementia and how best to serve these individuals.

This training is offered to businesses free of charge at a time and location convenient for your staff.

Please call or email Kathy Glaser for more information. (262) 284-8124 Email: kglaser@co.ozaukee.wi.us



National Medicare Survey Taking Place

Select residents of Ozaukee County have been asked to participate in a survey by the Centers for Medicare and Medicaid Services, to give insight about their health care experiences.

NORC at the University of Chicago has been retained by CMS and the U.S. Department of Health and Human Services to conduct an important national study designed to provide information on the health care experiences of Medicare eligible persons across America.

This research project, called the Medicare Current Beneficiary Survey (MCBS), collects information about the health problems of people on Medicare, the types of medical care they receive, and the cost and affordability of the care and medicine they need. This information will be used to analyze health care policy issues and to improve planning of health care services. This survey has been conducted since 1991 and has been an invaluable tool in making sure Medicare policies reflect the needs of its users.

Approximately 16,000 Medicare beneficiaries were selected at random from across the country to participate in this edition of the survey. The ADRC of Ozaukee County has been notified that residents in Wisconsin are among those selected, with the survey being conducted in September. Those selected received a brochure in the mail informing them of their selection. They will be contacted by NORC and asked to allow a specially trained interviewer from the University of Chicago to come to their homes to complete the study. The interviewer will ask questions about the health care services used, opinions about those services and how much they cost.

Participation in the survey is purely voluntary, and interviewers must adhere to the strictest professional standards. The interviewers will be wearing photo ID badges which state they are NORC representatives. They have also signed legally binding pledges of confidentiality.

The MCBS collects data three times a year. The initial survey will last about an hour, with the remaining surveys lasting approximately 90 minutes.

According to literature from MCBS, this study is the only source of such in-depth data on health care costs and use. It helps CMS accomplish the following:

- Help us understand how Medicare affects your daily life, and what problems you might be experiencing with it.
- To help increase Medicare coverage and efficiency for you and other beneficiaries, both now and in the future.
- To provide legislators and policy makers with more information to create effective laws and regulations for people enrolled in Medicare. In fact, the Part D prescription drug benefit was created in part based on findings from the MCBS.
- To improve the quality of care you and other Medicare beneficiaries receive.
- To create reports using your data to describe key factors about how people use Medicare.

If anyone has questions about the study or would like more information, you are invited to contact MCBS staff at NORC at the University of Chicago toll free at 877-389-3429, by email at mcbs@norc.org or visit their website at www.mcbs.norc.org .

BRING IT TO THE BALLOT

Photo ID is now required to vote.

Wisconsin voters will need to show an acceptable photo ID to vote. **This is now the law.** The next scheduled primary, will be February 16, 2016. The Presidential Preference Primary and the Spring Election will be held on April 5, 2016.

There is no special “Voter ID” card.

There are many forms of Photo ID, which many already have, that can be used to vote.

The following are acceptable for voting purposes, and can be unexpired or expired after the date of the most recent general election (currently, November 4, 2014):

- A Wisconsin DOT-issued driver license (even if driving privileges are revoked or suspended)
- A Wisconsin DOT-issued identification card
- Military ID card issued by a U.S. Uniformed Service
- A U.S. passport book or card



The following photo IDs are also acceptable for voting purposes, but must be unexpired:

- A certificate of naturalization that was issued not earlier than two years before the date of the election at which it is presented
- A driver license receipt issued by Wisconsin DOT (valid for 45 days from the date issued)
- An identification card receipt issued by Wisconsin DOT (valid for 45 days from the date issued)
- A photo identification card issued by a Wisconsin accredited university or college that contains the following: date the card was issued, signature of student and expiration date no later than two years after date of issuance. Also, the university or college ID must be accompanied by a separate document that proves enrollment, such as a tuition fee receipt, enrollment verification letter, or class schedule.

The following photo IDs are also acceptable for voting purposes whether they are expired or unexpired:

- An identification card issued by a federally recognized Indian tribe in Wisconsin

An acceptable Photo ID for voting does not have to include a current address.

If you are eligible to vote but do not have Wisconsin driver license or ID card, you may obtain a free ID for purposes of voting from the DMV. It is recommended that you apply for the ID as soon as possible. You do not receive the ID immediately; it will be sent to you in the mail. Contact the Department of Motor Vehicles service center for more information on obtaining a free ID for voting. **Phone** (608) 264-7447 or on-line at <http://wisconsin.gov>.

Aging and Disability Resource
Center of Ozaukee County

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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 OR
(262) 238-8120 METRO

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

Katie Callen
Ginger Ayres
Michael Gottfried
Cindy Helm
Supervisor Karl Hertz
Colleen Kasper
Jim Kasum
Donna Kolanko
Stacy McCutcheon
Mark Roherty

Office Assistants

Laurie Susen
Jodie Kanneberg

Director

Michelle Pike

Information & Assistance Specialists

Cathy Bonvicini
Becky Johnson
Monica Lewein
Cassie Mayer
Kathy Schmitz

Benefit Specialists

Laura Schimberg (*Elder*)
Kay Ella Dee (*Disabilities*)

Dementia Care Specialist

Kathy Glaser

Aging Services Manager

Mary Ferrell

Caregiver Specialist

Valeree Lecey

Dining Center Managers

Jill Casper
Lynn Crevcoure
Lois Lanser
Louann Lazzari
Deb Sheets

Meal Program Drivers

Ralph DeWall
Jeff Rozek

"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."