AGING AND DISABILITY RESOURCE CENTER OF RACINE COUNTY

ADRC Connections

Newsletter Date Summer 2025

Connecting You to Your Community's Resources

Inside this issue:

https://www.flickr.com/photos/40315625@N08/42151815312

The Aging and Disability Resource Center (ADRC) of Racine County is the place to start when you need information and options. We help older people and adults with disabilities, along with their families and caregivers, find services and resources to keep them living well and independently. We are dedicated to assisting older adults and people with physical or developmental/ intellectual disabilities, and caregivers by providing the information and resources needed based on their needs. Our goal is to empower individuals to live with dignity and security, and achieve maximum independence and quality of life.

The ADRC provides Information & Assistance, Options Counseling, Caregiver Support, Benefit Specialists and more at no charge to you.
Call us Monday- Friday, 8:00 am 4:30 pm at **262-833-8777.**

Find What You Need For Outdoor Adventure

Everyone can have fun in the sun in the Wisconsin State Park System this summer. Whether you want to stay on land or cool off in the water, properties across the state have universally accessible recreation opportunities like beaches, playgrounds and kayak launches for people of all abilities.
See this article on the Wisconsin DNR website at: https://issuu.com/wisconsinnaturalresources/docs/wisconsin_natural_resources_magazine_summer_2025/s/93043068

Many beaches and recreational areas including North Beach in Racine have special mats or big wheeled wheelchairs to allow access to the water.
Check the DNR's Open the Outdoors webpage (https://dnr.wisconsin.gov/topic/OpenOutdoors) to discover the many accessible recreation opportunities in Wisconsin's state parks, forests and recreation areas.

Consider traveling to Sheboygan for accessible sailing lessons: If you've ever dreamt of setting sail out on the open water, Wisconsin is the perfect place for this kind of adventure. The Sailing Education Association of

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Sheboygan (SEAS) is a nonprofit organization that is a world leader in adaptive sailing programs for people with a range of mobility impairments as well as blind and visually impaired sailors. https://www.seasheboygan.org/#boatingforeveryone Take a beginner's lesson on their 23-foot-long keelboat with one of the experienced instructors.

Image: at right https://www.flickr.com/photos/juggernautco/9164062718
Sailboat on Lake Michigan

Adults with disabilities Often Struggle to Achieve Independence.

Tips for Caregivers

1. Seek to support, not control
For example, *asking* your loved one what they would like to do rather than *telling* them.
2. Establish a trusted support network
Create a small group of supporters that your loved one feels comfortable with can meaningfully contribute to their wellbeing.
Placing trust in others can be difficult, but trying to do everything yourself can be limiting for all.
3. Search for meaning, rather than judging
Pause to view the world through their eyes and try to understand the meaning behind their actions or words.
4. Lead with positivity
Emotions are contagious – negative and positive. Celebrate the small wins.
5. Learn from each other
Embrace your own opportunities to learn and develop, as it is not just a one-way street.
6. Recognize multiple identities
We all have the right to be recognized by the things that make us unique.
7. Start slowly with daily decisions
Independence requires patience.
8. Allow choice about friends/lifestyle
We all deserve the opportunity to choose our own friends, hobbies and interests.
9. Provide decision-making power
10. Get into community activities
Promote self-determination further afield.
11. Join mainstream community groups
Seek community groups that align with interests and hobbies. This will accelerate the building of self-confidence.
12. Encourage interactions with others
13. Promote the right to vote
14. Encourage others to embrace diversity
15. Support a healthy lifestyle
16. Talk about sex
17. Provide adequate training
Increased independence often comes with the need for a new skill set.
18. Consider options for learning or employment Work provides us all with a sense of purpose.
19. Start with daily living skills
20. Use technology to develop skills
21. Use repetition by creating daily routines

A quick summary of the **key takeaways** for promoting independence in people with disabilities:

- Empower your loved one to make decisions and actively involve them in decision-making
- Trust others and build a support network in the community
- Be positive and celebrate small improvements
- Make learning a daily habit for both of you
- Be patient. Change does not have to happen overnight

Article at right Excerpted from https://www.endeavour.com.au/about-us/our-stories/blog-posts/21-tips-promoting-independence-adults-with-disability

ADRC Aging and Disability Resource Center of Racine County

Transition to Adulthood in Racine County

Plan Ahead for Emergencies

Emergencies can happen fast and without any warning. An emergency is any occasion that requires action to save lives and to protect the public's health, safety, and property. There are many kinds of emergencies, such as natural disasters, human-caused disasters, and disease outbreaks.

For people with disabilities, emergencies can be especially dangerous. A disability is any condition of the body or mind that makes it more difficult for those with a disability to do certain activities or interact with the world around them. For example, a person with a disability may have access and functional needs related to seeing, hearing, moving, understanding, or communicating.

For **Plain Language information** about planning see: https://www.cdc.gov/disability-emergency-preparedness/communication-resources/emergency-plan-easy-read.html

Local Information/resources:
Racine County Emergency Management: https://www.racinecounty.com/departments/emergency-management

Image: SSA Office Racine

The Racine County Social Security Office has Moved.

New Location:
132 Globe Dr
Ste 208
Sturtevant, WI
53177

Appointments are preferred. Call:

Local
866-270-8629

Or the National number below

Social Security
Toll Free
Number:
800-772-1213

Representative Payees Help You Manage Your Social Security

Some people who receive monthly Social Security benefits or Supplemental Security Income (SSI) payments may need help managing their money. When we receive information that indicates you need help, we'll work with you to find the most suitable representative payee to manage your benefits. A representative payee is someone who receives your monthly benefit payment on your behalf and must use the money to pay for your current needs, including: Food, Clothing, Personal care items, Housing and utilities, Medical and dental expenses, and Rehabilitation expenses (if you have a disability).

If you need help managing your benefits, tell a Social Security representative that there is someone you want to be your representative payee. Your representative payee should be someone you trust and interact with often, and who clearly understands your needs. Social service agencies, nursing homes, or other organizations are also qualified to be a representative payee. Ask them to contact Social Security.

You can write to them within 60 days of being assigned a representative payee if you don't agree that you need one or if you want a different one.

They also offer Advance Designation, which allows you to name up to three people who could serve as a representative payee for you if the need ever arises You and your family will have peace of mind knowing that someone you trust may be appointed to manage your benefits for you. Submit your Advance Designation request when you apply for benefits or after you are already receiving benefits. You may also do so through your personal *my* Social Security account at www.ssa.gov/myaccount or by calling and speaking to a Social Security representative. You can find more information at www.ssa.gov/payee.

If you have a change of address to report or would like to be removed from the ADRC Connections Newsletter mailing list, please contact the ADRC. Phone: 262-833-8777 Email: adrc@racinecounty.com Mail: 14200 Washington Ave, Sturtevant, WI 53177

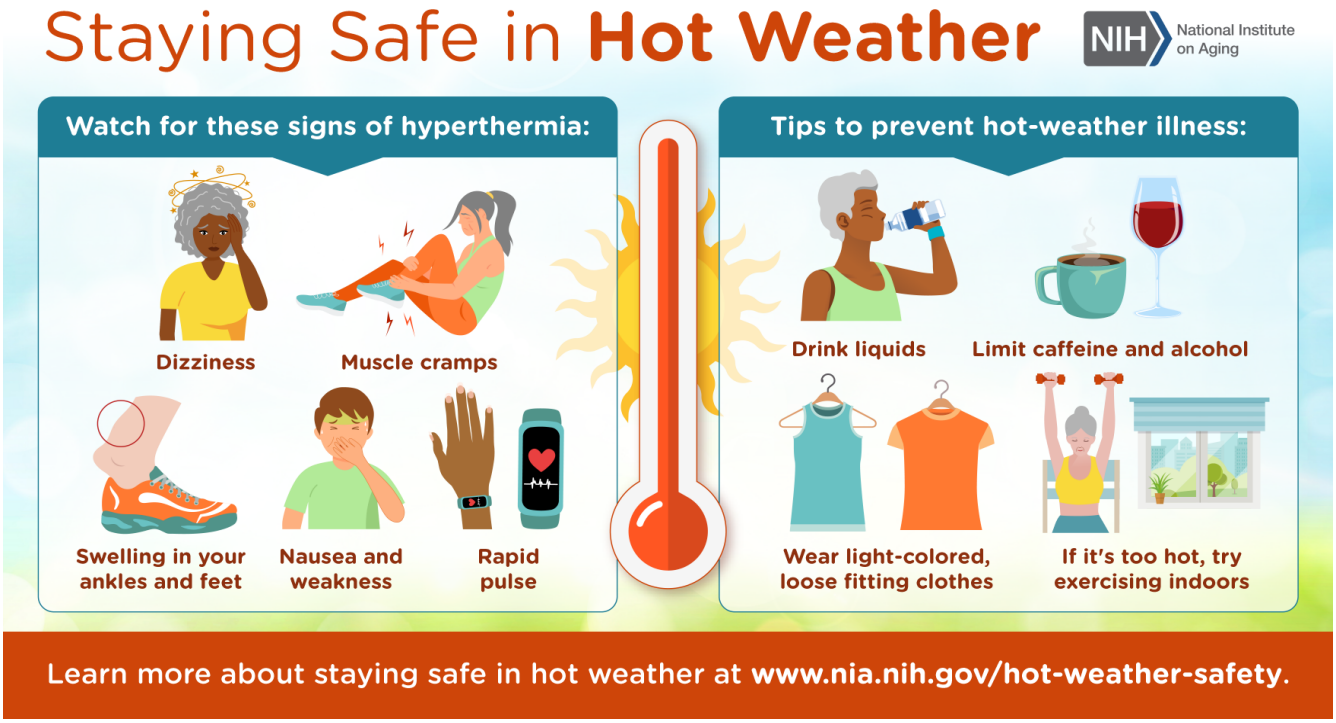
September is Falls Prevention Month

Chances are you or someone you know has experienced a fall. If you have, you're not alone, more than 1 in 4 older adults (ages 65+) have a fall each year and 1 out of every 10 falls causes an injury. The good news is that falls are preventable! There are things you can do to reduce your risk and age with confidence. The Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has just the thing for you – https://fallsfreewi.org/ – an interactive website that gives you the information and tools to prevent falls.

What You'll Find:

- Take the Falls Free CheckUp and find out your risk of falling and what increases your risk.
- Learn simple balance and strength exercises that you can do from the comfort of your own home.
- Go through our interactive Home Safety Challenge and identify hazards and helpful tips to make your home safer.
- Find information about falls prevention programs, such as Stepping On (which has been proven to reduce older adult falls by 31%) near you.
- See how medications, footwear, vision, and hearing can affect your risk of falling.

With videos, interactive quizzes, printable handouts, helpful links and more, Falls Free Wisconsin provides you with the steps, tools, and resources to help you stay safe.



What if I Fall

We talk a lot about how to prevent falls but what about if you do fall?

While we can't always control it, here are some things to keep in mind to learn how to fall in a way that may be safer and protect you from injury…

- Protect your head AND your hips! Falls are the leading cause of traumatic brain injuries (TBI) and are also the leading cause or hip fractures, which can significantly impact independence and have long -lasting negative effects.
- Try to relax. The more tense you are, the more likely you are to be injured.
- If possible, aim to fall on soft surfaces, not concrete and away from things that may cause injury like dressers or gardening tools, for example.
- Fall on areas of your body that are closer to the ground and "meatier", like your butt and thighs. Falling on these areas can protect places like your hips, knees, and wrists, which may be more likely to fracture. According to the Centers for Disease Control and Prevention (CDC), over 95% of hip fractures are caused by falls. Hip fractures are very hard to recover from.
- Bend your knees and elbows and keep your feet down as long as possible. Keeping your arms outstretched may cause you to lock your arms to stop your fall, which could lead to a broken wrist or elbow.
- To spread the impact and hopefully prevent injury, as you are coming to a stop on the ground, try to roll in a ball to your side. This can help stop you from going even further.

- After a fall, do not panic and avoid getting up too quickly. Take a few minutes to determine if you are injured.
  – If you aren't injured, you can attempt to get up from the floor. If using furniture for support, ensure that it is stable.
  – If you are injured, call for help.

In the split second before a fall, it can be hard to think about these things. But, with awareness and mindfulness, it can make all the difference! Of course, preventing the fall in the first place by practicing balance and strength exercises, reviewing your medications, making your home safer, wearing safe shoes, getting your vision and hearing checked regularly, or using assistive devices is the goal.

See more at Falls Free Wisconsin https://fallsfreewi.org/

Falls Free® Wisconsin

For this article: https://fallsfreewi.org/prevent-falls/what-if-i-fall/

Image at right: *https://www.flickr.com/photos/11uckyducky/50003221176/ Sailing on Beaver Lake*

Your Benefits

Important Numbers

Social Security
Local: 866-270-8629
National: 800-772-1313
Web: https://www.ssa.gov/

Medicare
1-800–Medicare
800-633-4227
Web:
https:www.medicare.gov/

Wisconsin Medicaid Member services:
800-362-3002
Web: https://access.wisconsin.gov/access/

Wisconsin Kenosha Racine Partners Consortium
(WKRP)
888-794-5820

Image below of Kathrenia Elder Benefit Specialist

Welcome Elder Benefit Specialist Kathrenia!

Hello everyone! My name is Kathrenia, but I always go by Kat. As the new Elder Benefit Specialist, I am looking forward to being able to provide access to benefits, entitlements, and legal rights for older adults. It is exciting to be a part of a program that promotes and preserves autonomy, dignity, independence, and the financial security of older people in my community.

A few fun things to know about me is that I love nature and in my free time you will find me volunteering at Hawthorn Hallow Nature Sanctuary & Arboretum to help with restoration and conservation work. And I also love spending time at home in the backyard with my two fur babies; An independent, full of personality, orange tabby cat named Rupert and a sweet and caring, German Shepherd named Sophie.

Need assistance with your benefits?

You can call and speak with ADRC information and assistance and if your issue is more complicated a referral to a Benefit Specialist can be made.
262-833-8777.

Helpful Agencies

Wisconsin Office of the Deaf and Hard of Hearing
See information about the Office at: https://www.dhs.wisconsin.gov/odhh/index.htm
or you can reach local contact Caroline Ludka at: 262-565- 6349.

The Wisconsin Office for the Blind and Visually Impaired
See information about the office at https://www.dhs.wisconsin.gov/obvi/index.htm or Call 888-879-0017

Independent Living Center—Racine County
https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm#assets
Society's Assets.
Call them at 262-637-9128

Snowballs in Summer (or anytime really)

Scammers chain together different scam techniques to lure consumers into using common, tried-and-true tactics like impersonation, pop-ups, calls, and texts. But these small-scale scams can "snowball" into a much bigger, more elaborate scheme. Many consumers expect a scammer will quickly steal their money or data and move on to the next target. But that's not the case; it might be just the beginning and go downhill from there.

Individual consumers have lost hundreds of thousands of dollars to professional scammers, who gain the target's trust, establish their credibility, then present a problem. Something has gone wrong, and the consumer is in financial or legal jeopardy! The scammer claims the target's identity is being stolen, their life savings are being accessed by a stranger, there is a warrant out for their arrest, or something else just as alarming. The scammer offers a solution: the target must transfer their funds somewhere for safekeeping. The specific excuses they give can vary, but they ultimately want the target to willingly give their money to a stranger, usually through gift cards or cryptocurrency. DATCP has even received reports of scammers asking for gold bars!

When scams snowball, multiple scammers are often involved in the scheme. The first person you speak with might pretend to be tech support, then they transfer you to someone else claiming to be a government employee who has you enter your information on a fake government website, then a third person from yet another agency calls you, making the scam more believable. "Snowballing" is not one specific scam. It is a tactic scammers use to maximize their gains, employing multiple methods in a scheme targeting just one person at a time. With new technologies like artificial intelligence, or A.I., this has become even easier for scammers to pull off than ever before.

Be wary of unsolicited calls, texts, emails, and other messages you receive from strangers. Even if they appear to come from a company you know or an online romantic interest, these messages could be the start of a problem that gets bigger and bigger the more you try to solve it. If you become suspicious of a scam, end contact immediately and reach out to DATCP for assistance

Resourced from Wisconsin Department of Agriculture, Trade and Consumer Protection Wisconsin Consumer News, March 12, 2025 by the SMP Scoop Summer 2025

DATCP Home Consumer Tips and Information
https://datcp.wi.gov/Pages/Publications/ConsumerProtectionFactSheets.aspx
Call 800-422-7128 or
email DATCPHotline@wi.gov

Wisconsin Senior Medicare Patrol can be reached at 888–818-2611
or by email, smp-wi@gwaar.org

ADA 35 Celebrate July 26, 2025

July marks the 34th anniversary of the Americans with Disabilities Act (ADA)! The Americans with Disabilities Act (ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools, transportation, and many public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.
Connect on:
Facebook
#ThanksToTheADA

Racine County Nutrition congregate Meal Program

Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals at a community dining site, provides tailored nutrition, social connection, safety and more.

Dining Center Locations:

◊ Mount Pleasant Place
◊ Salvation Army
◊ Burlington Senior Center
◊ Bruno's –Restaurant Model location

For Racine County Senior Nutrition Home Delivered Meal Program, or information abut the congregate meal program please call us at:

262-833-8766

Toll free at: **1-866-219-1043**

Menus:

You can find the menus for the coming month in your local newspaper, or online at: https://adrc.racinecounty.com Or call **262-833-8766**

We need you!

Racine County Senior Nutrition Program is looking for help delivering meals to those who need it most. Call 262-833-8766 or use the QR code below.

Volunteer Spotlight

Marlyn & Bob Johnson
For over a decade, Marlyn and Bob Johnson have generously donated their time, energy, and hearts to the Meals on Wheels Program of Racine County. Come rain or shine, their commitment never wavers—their mission is simple: to serve our community with kindness, consistency, and compassion.

Marlyn and Bob embody the very spirit of volunteerism. Their unwavering dedication is a testament to the impact that love and service can make. We are incredibly fortunate—and proud—to have them as part of our Meals on Wheels family.

Marlyn and Bob's story is one of many that make our Meals on Wheels family truly extraordinary.

Thank you for all you do!

Fresh and in Season—Produce

Warm weather often brings out a desire for cooling salads and other lighter foods. Try this simple tasty recipe. You can also add other ingredients as you like. For example, add some chickpeas for a protein boost.

Gazpacho Salad

Image of Gazpacho Salad

INGREDIENTS

½ c fresh cherry tomatoes
1 cucumbers
1 red bell peppers
1 stem fresh cilantro (can use dried if needed) or to taste
½ small onion, diced (red or green onions can be used if desired)
1 pinch salt
2 Tbsp. olive oil
2 Tbsp. vinegar
1 clove garlic, minced

DIRECTIONS

1. Wash hands with soap & water.
2. Wash produce under cold running water. Dry with paper towel.
3. Prep Produce:
   - **Tomatoes**, quartered
   - **Cucumbers**, peeled, halved lengthwise and cut into ½ inch pieces
   - **Red Bell Pepper**, stemmed, seeded and cut into ½ inch pieces
   - **Cilantro**, minced
   - **Onion**, diced
4. Toss tomatoes and cucumbers with salt in colander and let drain for at least 15 minutes.
5. Whisk oil, vinegar, onion and garlic together in a bowl.
6. Add tomato mixture, bell pepper and cilantro.

Gently toss to coat. Season with pepper to taste and let sit at least 15 minutes.

Store in refrigerator at or below 41 degrees.

2 Servings

Adapted from a recipe by Americas Test Kitchen—The Complete Diabetes Cookbook

Image below: https://photoeverywhere.co.uk/escape/slides/sailing_sunset.htm

Seasonal Farmers Markets Open for Business

Benefits of Farmers Markets:
Fresh and Local Food: Supports local farms and offers the freshest possible produce, often at peak ripeness.
Economic Impact: Direct sales benefit farmers and contribute to the local economy.
Healthier Eating: Provides access to a wider variety of fresh and nutritious foods.
Community Building: Connect s residents with local producers and fosters a sense of community.
Educational Opportunities: Provides a chance to learn about farming practices, food preparation, and nutrition.

Farm stands and farmers markets in Racine County
See: https://visitracinecounty.com/things-to-do/farm-stands-farmers-markets-in-racine-county/

Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

Second Wednesday
1:00 - 2:30 pm
Christ Church United Methodist
5109 Washington Ave Racine

First Thursday
6:30 - 7:30 pm
Zoom/Call in
See contact below to connect

Third Thursday
6:00 – 7:30 PM
Christ Church United Methodist
5109 Washington Ave Racine

First Friday
Noon - 1:30 pm
Zoom/Call in
See contact below to connect

For registration, or group information contact Ruth at 262-833-8764 or email ruth.stauersbol@racinecounty.com

From the Dementia Care Specialist

Staying Hydrated with Dementia

If you are caring for someone living with dementia, it may be difficult to know if they are staying hydrated. With the hot summer months ahead, dehydration can quickly become a concern since those living with dementia may not be able to communicate that they are thirsty or they may forget to drink. Dehydration can cause headaches, UTI's, constipation, and increased confusion which can make dementia symptoms worse. So how do you know if your loved one is getting enough fluids?

Look for these signs of potential dehydration:
Dry mouth or cracked lips
Feeling lightheaded
Infrequent trips to the restroom
Dark colored urine with a strong smell

Tips to increase hydration:

- Serve fluids with every meal and snack
- Encourage a variety of fluids every day such as tea, coffee, milk, water, lemonade, iced tea, flavored water and juices
- Serve foods that have high water content, such as smoothies, plain yogurt, soups, Jello and fruits and vegetables such as watermelon, strawberries, oranges, tomatoes, peppers, zucchini, and cucumbers.
- Use color contrasting cups or cups with handles
- Try using fun and interesting straws
- Provide prompts to drink throughout the day and plan frequent hydration breaks

Mark your calendars for the ADRC of Racine County's annual Kudo's for Caregivers event. This event will offer a time for caregivers to gather, learn and have fun. Respite care available on site. Registration will open up October 1 by calling the ADRC. 262-833-8777

When a Parent's Changing Life Upends Yours

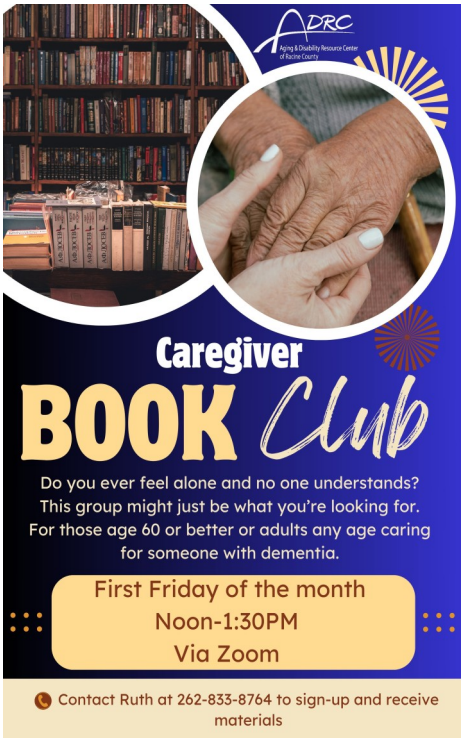
"Mom's Gone Missing is not a how-to book. It's a here's-what-unfolded book, a story of a daughter's experience with a father's decade-long Alzheimer's journey and a mother's lightning fast dementia decline and both of their deaths.

The narrative includes sibling tensions, a bewildering array of healthcare, financial and legal decisions, reconciliation of lifelong hurts, and the emotional tsunami that surges through all.

This book takes you inside a family's experience and walks you through the practical and sometimes mundane steps taken to prepare for and ultimately accompany parents in death. It invites you in, encourages you to find familiar thoughts and emotions, and provides compassion for your worst moments, your rawest reactions, and your urge to laugh in sometimes inopportune moments.

It is a true story of a thoughtful writer's journey with her parents, written with clarity, honesty, and vulnerability. Its ultimate wish is to create a community within which to share stories and offer support. You, in whatever stage of angst or pain, are welcome here."

Book Club is held the 1st Friday of the month via Zoom. Our first meeting to discuss this book will be held Friday, August 1, from Noon – 1:00pm. We have a limited number of books to share if you would like to join us. Please call Ruth at 262-833-8764 or email her at ruth.stauersbol@racinecounty.com for more information.



Are You Living With a Physical Disability?

Sometimes as we age, or perhaps if we have experienced an accident, physical limitations can result. In some cases, you generally get back to everyday activities following healing or by making adaptations. Sometimes that is not possible. Physical disability can also result from a condition or disease progression. This could include an anatomical loss, or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder. A physical disability can significantly interfere with or significantly limit at least one major life activity of a person.

These activities include self-care, performance of manual tasks unrelated to gainful employment, walking, receptive and expressive language, breathing, working, participating in educational programs, mobility other than walking, and capacity for independent living.

For information, and resources to help navigate contact the ADRC.

As we work on putting together our Fall Schedule of Class offerings, contact us regarding your interests or if you know of locations willing to host.

262-833-8777
Find class info:
Website:
https://adrc.racinecounty.com
Or on our Facebook page

14200 Washington Ave
Sturtevant, WI 53177

https://adrc.racinecounty.com

Caregiver Opportunities

Book Club for Caregivers
1st Friday Caregiver Book Club – Noon – 1:30 pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

Support Groups—See page 10

Memory Cafés
Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm
Grace Church, 3626 Highway 31, Racine, WI 53405
For information contact 262-833-8777.

2nd Tuesday of each month 1:00pm - 2:30pm
Yorkville United Methodist,
17645 Old Yorkville Rd, Union Grove
For information contact 262-878-2388.

2nd Friday of each month 10:00—11:30 pm
Emmaus Lutheran Church (English and Spanish)
1925 Summit Ave, Racine, WI 53404
For information contact 262-636-9217.

3rd Friday of each month**10:00am– 11:00am
Burlington Aurora Wellness Center,
300 McCanna Pkwy, Burlington, WI 53105
For information contact Chad at 262-212-3596
****NO CAFÉ IN JUNE OR JULY***

Image: *https://www.flickr.com/photos/jmiske/16135892578 Sailboat Sunset*