AGING AND DISABILITY RESOURCE CENTER OF RACINE COUNTY

ADRC Connections

Newsletter Date Spring 2025

Your Bridge to Support

Image: https://www.pixelstalk.net/beautiful-spring-images-download/

The Aging and Disability Resource Center of Racine County is the place to start when you need information and options. We are here to help older people and adults with disabilities – along with their families and caregivers – find services and resources to keep them living well and independently. The ADRC of Racine County continues to address the needs of the community.

The ADRC is happy to answer your questions/needs over the phone or in person. In addition, we provide resources addressing the ongoing changes during challenging times. Find the resources and support that you are looking for. Call us Monday- Friday 8:00am - 4:30pm at 262- 833-8777.

Check our website at https://adrc.racinecounty.com/ or find us on Facebook at https://www.facebook.com/RacineADRC

Safer At Home

- "*May you live in interesting times*" is an English expression that is claimed to be a translation of a traditional Chinese curse. While seemingly a blessing, the expression is normally used ironically; life is better in "uninteresting times" of peace and tranquility than in "interesting" ones, which are usually times of trouble. - *Wikipedia entry*

A health crisis or a fall can create one of those interesting times that we would prefer to avoid. Being, "safe at home" has always been a part of things the ADRC considers in serving you. To be safe at home can have many meanings. We would like to share resources about home safety. When you look at your living spaces do you ever consider how safe it is to move about and access the items you need to use. If you look with a critical eye, do you notice any tripping hazards, places with bad lighting, areas that are overdue for some maintenance and so on. We have a great handout we can send to you or you can find it on our website at: https://adrc.racinecounty.com/site/445prevention_and_wellness.aspx There is also a dementia specific Safety booklet, which can be mailed to you.

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Image: Looking into a fresh spring tulip https://easterstockphotos.com/free_images/flowers/slides/closeup_tulip.htm

*Communication Techniques are taught as a part of the Powerful Tools for Caregivers course. Contact the ADRC regarding upcoming sessions including:

Tuesdays May 6-June 10th from 1:30-3:00 PM at Journey in Faith Church 6767 State Hwy 38 Franksville, WI 53126. See page 4.

continued from front page

Do you know how to properly use any Assistive devices and technology you may have, or do you think you might need something? The Independent Living Center is a good resource for trying things out or finding that just right item. They can be reached at 262-637-9128.

You can also speak with your doctor about your needs in this area and they can perhaps prescribe an appointment with a physical or occupational therapist to help determine your safety needs. Being safe at home should also take into consideration your need for connection to others, access to social opportunities, and having someone to talk with on a regular basis. Do you need helpers for tasks you need to accomplish? You are always able to contact the ADRC about programs and services available to address your specific needs, our goal is that you can remain safe at home for as long as possible.

Communication is Key*

Communication is the key to success in many things: marriage, parenting, at work and even planning fun activities. When there is a lack of communication, things inevitably go wrong. Relationships within a caregiving situation are no exception. Maintaining good communication with the person who is being cared for and other family members is the foundation of a healthy caregiver.

There are three keys to good communication: speak clearly, listen carefully and respond accurately. The first key is to **speak clearly**. First, when you are speaking it is important that you be specific with your request. Never assume the listener knows what you are thinking or feeling.

Second, try to stay focused and discuss only the issue at hand. We often get off track or bring up old issues, especially when strong emotions are involved. This can cause confusion and irritation.

Third, do your best to speak with tact. Be sensitive to the feelings of those listening and be descriptive rather than critical. Starting sentences with "I feel" or "I am" is less threatening to the listener and prevents the blame game.

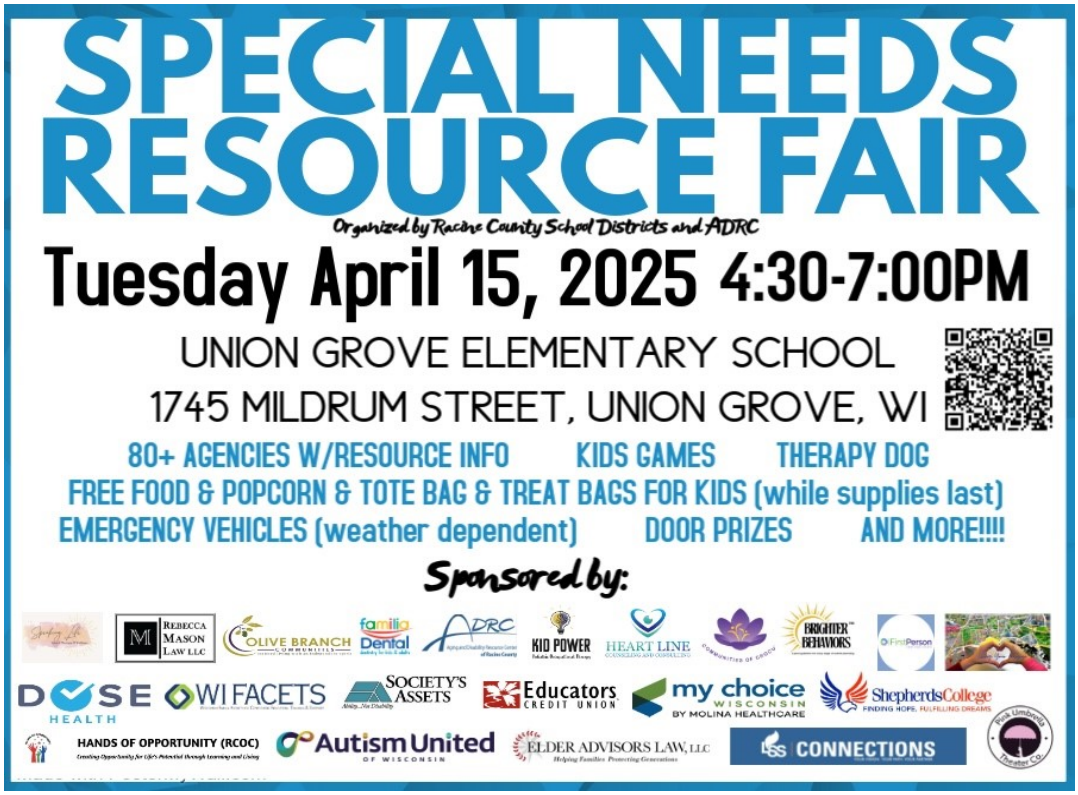
The second key is **listening carefully**. Listen without interrupting or giving advice. Eliminate all distractions and concentrate on what the speaker is saying. It is best to listen and support the person before offering advice. Listen with empathy. You don't have to agree with the other point of view to understand it. If you feel you are being criticized, receive it with an open mind and respond only to the facts, not the anger or fear behind it. Then, listen to yourself and the tone with which you speak. Be aware of your body language, stay positive and speak calmly so you don't put the listener on the defensive.

The final key to good communication is **to respond accurately**. It is important to be certain that you have heard the message correctly. Ask for clarification if there is anything you don't understand. Restate what you heard to be sure your interpretation is accurate. Pay attention to facial expressions, gestures and tone of voice to get a better understanding of the message. Even if you don't agree with what the speaker is saying, it is important to acknowledge that you understand how they are feeling.

No matter what you are trying to accomplish, speaking clearly, listening carefully and responding accurately will help you achieve your goal. For caregivers, it is an essential step to a healthy caregiving environment.

Jane Mahoney Older Americans Act Consultant Greater Wisconsin Agency on Aging Resources

Transition to Adulthood in Racine County



Too often, unused and expired medications find their way into the wrong hands. That's dangerous and often tragic. Bringing unused and expired medications to a Drug Take Back Day collection site protects you, your family, and your community. **The next Drug Take Back Day is April 26, 2025. See:** https://www.dhs.wisconsin.gov/opioids/drug-take-back-day.htm for what is collected and where.

Older Americans Month 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connections that come with aging.

Stories build community and connect us (even if we can't be physically together). Whether you're a group of friends, a neighborhood community, or an organization, stories are a great way to learn about and engage with others. Share your stories!

OLDER AMERICANS MONTH

FLIP THE SCRIPT ON AGING: MAY 2025

Steady Steps & Wagging Tails

Pets are wonderful companions who help keep us active, but they can also knock us off balance and increase our risk of falls!

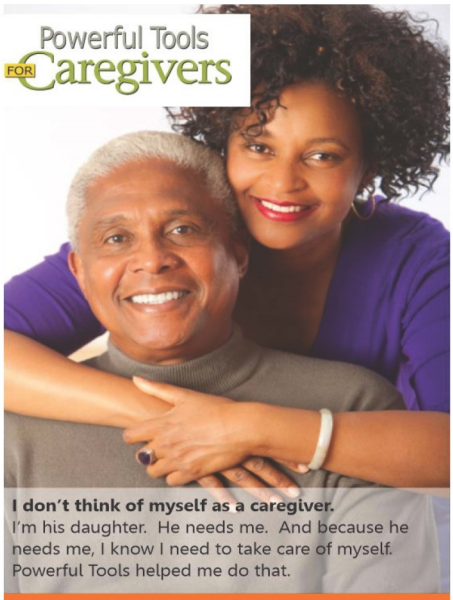
Stay Balanced And Prevent Falls

Take your time and pay attention to your surroundings. If you have pets, or regularly visit someone who does, consider these safety tips to reduce your risk of falls:

- Clean up spills around water dishes right away
- Pick up toys frequently, especially in walkways
- Train your pet so they don't jump or pull
- Make their presence known! Use a bright-colored collar or put a bell or light on their collar
- Keep your pet in a separate area during busy times or if someone comes to visit
- Be aware! Know where your pet is at all times and learn your pet's behaviors and habits

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



There's a Powerful Tools for Caregivers workshop starting soon near you!

Tuesdays

May 6 – June 10th

Class time: 1:30pm – 3:00pm

Attendance at all classes is encouraged

Journey in Faith Church
6767 State Highway 38
Franksville, 53126

Suggested contribution for textbook $10.00

Register today by calling Ruth 262-833-8764 or email ruth.stauersbol@racinecounty.com

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

ADRC Aging and Disability Resource Center of Racine County

wiha Wisconsin Institute for Healthy Aging

Healthcare Decisions Day

April 16th is National Healthcare Decisions Day.
Advance care planning involves making decisions on the care you would want if you are incapable of speaking for yourself. This is accomplished by documenting these decisions, sharing them with healthcare providers and choosing someone to advocate for your choices through using advance directive tools like the Power of Attorney for Healthcare and a Power of Attorney for Finances. There are other options but these two can be filled out and shared at no cost to you. You can request a packet of material on advance directives from the ADRC and we will mail that out to you, or we can speak with you about the options. Call us at 262-833-8777

World Elder Abuse Day

June 15th marks the annual World Elder Abuse Day

Things to Know about Elder Abuse

- It happens mostly at home. Elder abuse instances happen mostly in the home where the senior lives.
- One in every ten elderly adults experience some form of abuse in their lifetime.
- Finances are at the highest risk. The most common form of abuse is financial exploitation and extortion.
- Nine out of ten elder abusers are relatives. In about 90% of elder abuse and neglect incidents, the perpetrator is a family member.
- Many incidents go unreported. Only one of every six instances of elder abuse is reported.

Resources: Call the ADRC for local resources 262- 833-8777
Elder Abuse Link: https://elderjustice.usc.edu/national-center-on-elder-abuse/

WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

Your Benefits

What Can Benefit Specialists Do?

- Provide accurate and current information on your benefits.
- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solution is required.
- Refer you to an appropriate attorney when necessary.

Contact the ADRC for a referral at 262-833-8777.

Important Numbers

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

Medicare
1-800–Medicare
800-633-4227)
Continued...
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

Medicare Special Enrollment Periods

What is a special enrollment period?

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life, for example: if you move to a different area that is not covered by your plan, or you lose other insurance coverage because of retirement or job loss.

These chances to make changes are called Special Enrollment Periods (SEPs). Rules about when you can make changes and the type of changes you can make are different for each SEP. Who should pay special attention to a special enrollment period?

- Older adults that move to a new address.
- Someone moving back to the US from another country.
- Someone who involuntarily loses drug plan coverage from an employer or union (this includes COBRA coverage).
- Someone who has access to other drug coverage as good as Medicare such as TRICARE or VA coverage.

Why is it important for individuals to pay attention to a special enrollment period?

- If they do not take action, they will no longer be insured or the insurance they have will not serve them as needed.
- It is very important for individuals to pay close attention to SEP if they lose coverage from a former employer.
- No longer have a Special Needs Plan.
- It was not properly explained that you were losing private coverage (that was not as good as Medicare drug coverage).
- Just moved to the area.

Data Privacy Tips

By Tiffany Bernhardt Schultz, Better Business Bureau

https://www.bbb.org/scamtracker

The possibility of a cyberattack has gone from being science fiction to a common threat. Personal information that is stored or shared on the internet and can be accessed by cell phones, tablets, laptops, and/or any other device that connects to Wi-Fi or an internet provider. This makes it easy for you to access your information. It also makes it easy for con arts to scam you to get your information. Although it may seem like there is nothing you can do to stop cyberattacks, there are some best practices that you can do to help guard against losing your personal information to cyber thieves.

Share with care.
Posts on social media could last for a lifetime. Consider who will see the post, how readers perceive it, and what information it might reveal about you.

Manage privacy settings.
Check the privacy and security settings on web services and apps and set them to your comfort level. Each device, application, or browser will have different features to limit how and with whom you share information.

Personal info is like money: value and protect it.
Personal information, such as your purchase history, IP address, and/ or your location has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.

Make your passwords long and strong.
Use long passwords with a combination of upper-and lower -case letters, numbers and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Consider using a password manager to store passwords.

Keep tabs on apps.
Many apps ask for access to personal information, such as geographic location, and your contacts list and photo album, before using their services. Be thoughtful about who gets that information and be wary of apps that require access to information that is not required or relevant to the services they offer. Delete unused apps on your internet connected devices and keep others secure by performing updates.

Lock down your login.
For your online accounts, use the strongest authentication tools available. Your usernames and passwords are not enough; consider two-factor authentication for key accounts like email, banking, and social media.

Don't click on unfamiliar links.
Whether at home or at work, don't click on links from unfamiliar sources or unexpected correspondence. One false click can infect an entire computer.

Pay attention to internet-connected devices.
Smart thermostats, voice control systems, cars and even refrigerators are just the beginning of the growing list of devices that watch our homes and track our locations. Read the privacy policy and understand what data is being collected and how it will be used.

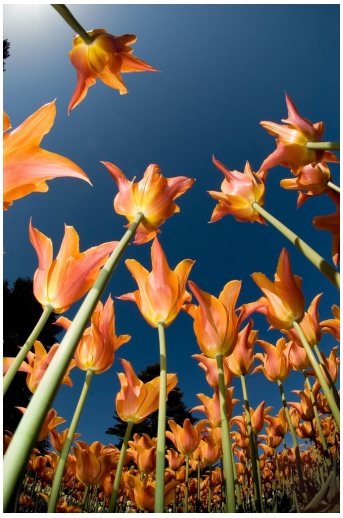


Image Orange Tulips: https://www.flickr.com/photos/51035730365@N01/1379841107

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.

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

Contact the program for specifics about these sites.

For Racine County Senior Nutrition Home Delivered Meal Program, please call us at:

262-833-8766

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

Herbs and Spices

Make Your Own Herb Blend

Ingredients

3 Tablespoons onion powder
4 Tablespoons garlic powder
1 Tablespoon cayenne pepper (see Notes)
1 Tablespoon paprika 1 teaspoon black pepper
2 teaspoons ground thyme

Directions

Mix ingredients well and store in an airtight container.

Notes

Comforting flavors of garlic, onion and thyme, with spicy red pepper and smoky paprika make this a versatile seasoning for veggies, meats, rice, tofu and soups. You can adjust the spice level you like by using less or more cayenne pepper.

Find more recipes with herbs at https://foodhero.org/herbs-and-spices

Recipes for 7 Salt-free Seasoning Blends
https://theoregondietitian.com/7-homemade-saltfree-seasoning-recipes/

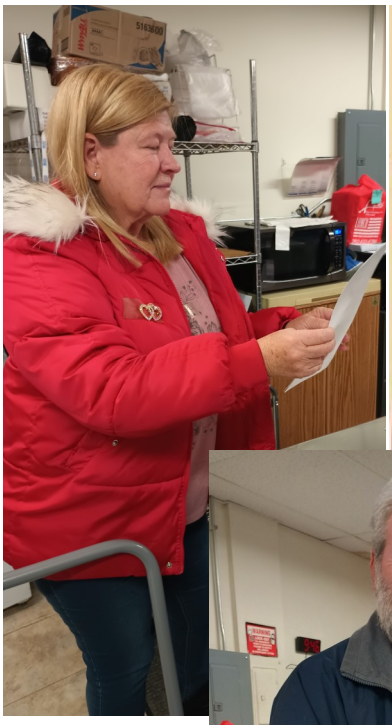
Hydration Tip:
Herb Infused Water Add a refreshing twist to your water by infusing it with fresh or dried herbs in an airtight container, like a pitcher or mason jar. Refrigerate for at least 10 minutes to enhance the flavor, then strain and enjoy! Can also infuse olive oil.

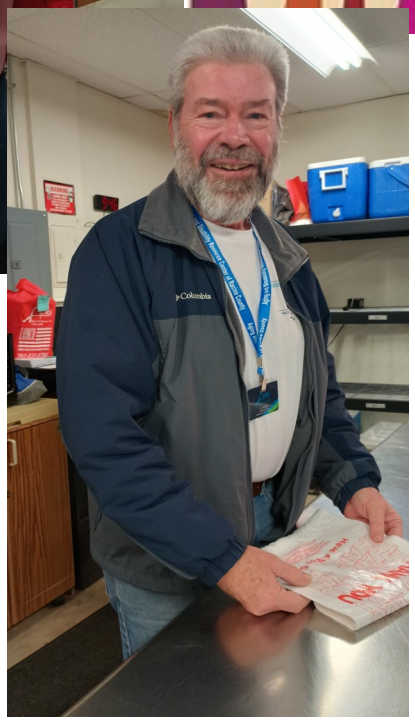
Learn About Herbs:
How to grow. What foods pair well. Health benefits, recipes at https://www.herbsociety.org/

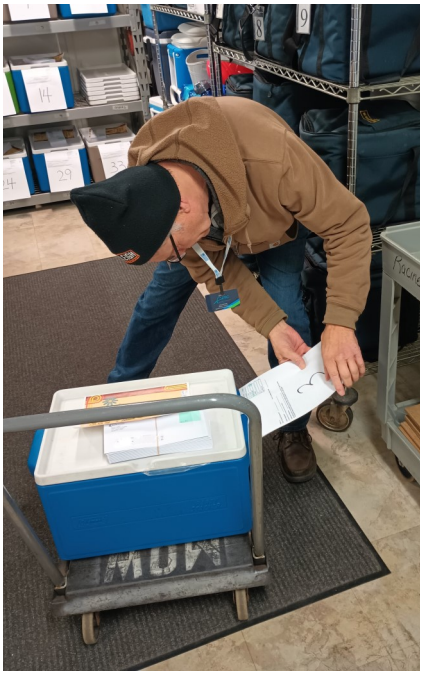
If you want more pep, take a NOURISH Step!
Information by GWAAR Nutrition Team Pam VanKampen, RDN, CD 5/25
Image above: https://pngimg.com/image/21347

April is National Volunteer Recognition Month

At the very heart of the Meals on Wheels Program lies a group of compassionate, dedicated individuals: our volunteers. Every day, they take time to make a meaningful difference to so many lives. They offer an extra set of eyes for families and provide a kind smile participants can always rely on. They deliver more than a meal; they bring joy, comfort and a sense of connection that brightens countless lives. Their resolute selflessness reminds us of the power of COMMUNITY. Through their unwavering kindness, our volunteers embody the spirit of Meals on Wheels and the power of giving back. Let us celebrate their contributions and continue to support the spirit of giving back that defines our community.







Some of our busy and valued volunteers **Jane Hardy, Jim McBrian,** and **Chris Nelsen** Thank You for All You Do!!!

Protein

A short Quiz on the importance of Protein in your diet.

Protein is important for older adults (those 60+) because:
A. It helps maintain muscle mass and keeps bodies strong
B. It supports the immune system
C. It helps blood carry oxygen around the body
D. All of the above

Answer Below:

Image left: https://guiadelbienestardelhada-maravilla.blogspot.com/2014/06/paginas-amigas-de-ayuda-al-desemplead-y.html

Answer: D; Eating enough protein can help prevent the loss of muscle mass that occurs naturally with age. Protein also support the immune system and helps blood carry oxygen around the body.

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

Programs for Groups and Businesses

A dementia friendly community is where people living with dementia are understood and supported. The ADRC provides several different education and training opportunities.

¨ Brain Health Awareness" discusses the benefits of healthy living and potential ways to reduce risk.

¨ Dementia Basics" is an overview of the disease and resources that are available to the community.

¨Dementia-friendly Business Training enables businesses to better understand how to support customers with dementia. Your business will receive a Purple Angel decal for your window identifying that you are a "dementia friendly" business.

During these trainings, we share tips and tricks such as how to approach someone living with dementia , how to effectively communicate and things to do and not to do.

If you are part of a business or group that would benefit from these trainings, please contact Kim Meitner at the ADRC.

Dementia Live– A Experience for Professional and Family Caregivers will be held on Wednesday May 7th. Sign up for a 20 minute session between 1 and 3 pm. Call Ruth for more info and location at 262-833-8764.

The Longest Day is Coming Our Way

Sun face image: https://www.flickr.com/photos/fire_brace/49866040/

"The Longest Day" is an annual event that encourages people worldwide to engage in activities they love while raising funds and awareness for the fight against Alzheimer's. The day is symbolic of the challenging journey faced by those with Alzheimer's and their caregivers. It represents their perseverance and the continuous effort required to navigate the complexities of the disease. By participating in "The Longest Day," individuals and communities come together to show support and solidarity, creating hope.
Please join the ADRC of Racine County and Racine Art Museum for a special SPARK! program at RAM's Wustum Museum.
SPARK! is a free, monthly creative engagement program for people with memory loss and their care families.

The Longest Day
Friday, June 20
4:00-6:00PM
RAM's Charles A. Wustum Museum of Fine Arts
2519 Northwestern Ave, Racine

Register by contacting Trish Blasko at RAM—**TBlasko@ramart.org**

Programs for You

Trualta is Back!

TRUALTA

Wisconsin has 580,000 family caregivers across the state
Are you one of them?
Get access to FREE online educational resources to help caregivers:

- •Develop essential skills
- •Learn about health issues
- •Manage care for loved ones
- •Take care of yourself

This helpful free program is available online at: https://wisconsincaregiver.org/

Sip & Swipe

Sip & Swipe is a four-week, one hour per week course that teaches older adults how to use a tablet computer. The learner needs no prior experience with any type of computer and does not need to bring their own. A coach is at each session to help guide learners through the tutorial program. Know your way around a tablet computer? Become a volunteer coach for the **Sip and Swipe Cafe Tablet training program**. Ask for Taylor 262-833-8777

The next Sip & Swipe will be on Wednesdays, June 4 - June 25 from 1 - 2 pm at the Racine Public Library Innovation Lab.

Music & Memory

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers. The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists through conversation with the listener and their caregiver about their life history and musical interests. The tailored playlists are downloaded onto an iPod that is then loaned out for the listener to use. Why Music & Memory? ¨ Beloved music helps to reduce depression and anxiety ¨ Music can also moderate pain as well as reduce reliance on pain and anti-psychotic medications ¨ Musical favorites tap deep memories and can improve quality of life ¨ Participants are happier, more social, and more receptive to care ¨ Music can be used to help with difficult behaviors or be a form of respite

This last year, we were able to connect with families and provide moments of joy for the care receivers while also providing some respite to the caregivers! There is such an appreciation for this program from both the caregiver and the care receiver.

Interested in Music & Memory? Call Taylor S. at the ADRC at 262-833-8777 to inquire about the Music & Memory program.

Image Orange Tulips: https://flickr.com/photos/37072378@N08/13763919734

&MUSIC memory

The ADRC of Racine County continues to offer the free wellness initiative called **Eat Smart, Move More, Weigh Less** online for those age 60+. Contact Taylor S at 262-833-8777 for more information.

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

Image Spring Flowers: http://www.freeimageslive.co.uk/free_stock_image/springflowers2210jpg