

First Edition!

The Aging & Disability Resource Center of Dane County first opened its doors (and phones!) to residents in November 2012. Since the empty shell of an old Northside Madison hardware store was transformed into the ADRC, we've talked with and provided assistance to over 22,000 people!

And now we are very happy to offer this publication as another way to bring you good news about the variety of resources available in Dane County. We've tried our hardest to include something for everyone!

Be sure to check back for future editions and more interactive opportunities!

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"Connecting People With The Assistance They Need"

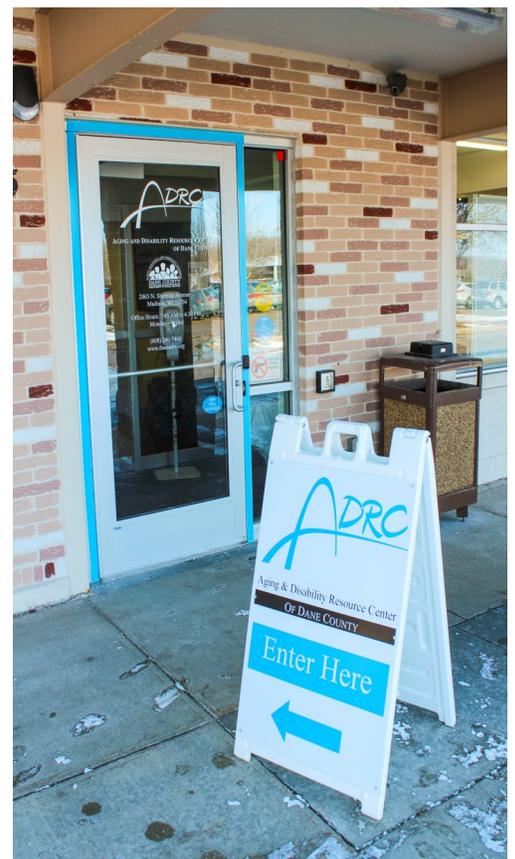
WHAT IS AN ADRC? The place for information and assistance!

The Aging and Disability Resource Center (ADRC) of Dane County is your first stop for accurate, unbiased information on all aspects of life related to aging or living with a disability. Our ADRC is a friendly, welcoming place where anyone - individuals, concerned family or friends, and professionals working with issues related to aging or disabilities - can go for information tailored to their situation.

The ADRC provides information on broad range of programs and services. We help people apply for benefits and we make referrals to other helping agencies. The ADRC serves as an access point for information about long-term care options, including publicly funded programs. We try to help people think through the pros and cons of various options— in light of their own strengths, values and preferences!

Our experienced staff can meet with you at the ADRC, over the phone or through a home visit, whichever is more convenient to you! Talk with us about:

- * Adaptive Equipment
- * Assisted Living/Nursing Home
- * Employment Programs
- * Financial Aid and Public Benefits
- * Health & Wellness
- * Housing Options, including senior and low income
- * In-Home Care and Home Maintenance
- * Nutrition Programs
- * Medical and Prescription Drug Coverage
- * Caregiver Support
- * Support Groups
- * Transportation
- * The choices you have in where to live, what kind of help you need, where to receive that care and help, and how to pay for it.



LINGO-BUSTER!

WHAT'S A "FOCAL POINT"?



"Focal Point" refers to 15 agencies located throughout Dane County responsible for a wide variety of programs and services for older adults (generally age 60+). Focal Point agencies are an entry point (i.e. a good place to start) for older persons—and their families—for such things as case management, dining sites, home delivered meals, transportation, support groups, classes and social activities. Sometimes

referred to as senior centers, the Focal Point network is unique to Dane County. Each Focal Point serves people right in their own communities – whether rural or city. For example, the Oregon focal point serves people in Oregon, Brooklyn and Rutland. The 15 Focal Point hubs include Belleville, DeForest, Fitchburg, McFarland, Middleton, Northwest Dane, Oregon, Southwest Dane, Stoughton, Sun Prairie

and Waunakee; the City of Madison has four of the Focal Points – divided into "Coalitions" - West, South, Northeast and East/Monona. So wherever you live in Dane County, a Focal Point has you covered! Caregiver stress? My house is a mess? I can't cut my nails! I need Part D details! A ride to the store? And a whole lot more! Call the ADRC for more information or a referral to your local Focal Point.

COMMUNITY SPOTLIGHT



To connect with these local agencies call:

Alzheimer's Association (608) 203-8500 and Alzheimer's and Dementia Alliance of WI (608) 232-3400

HAVE YOU, OR SOMEONE YOU LOVE, BEEN GIVEN A DEMENTIA DIAGNOSIS?

According to the Alzheimer's Association's *2013 Alzheimer's Disease Facts and Figures* report, more than 116,000 people in Wisconsin have Alzheimer's disease or another type of dementia. So, where can the many people affected by dementia turn for information and support?

The **Alzheimer's Association** is a national non-profit agency that works to eliminate Alzheimer's disease by supporting research and promoting brain health, as well as providing education and support for those affected. The Alzheimer's Association has a local South Central WI chapter offering a number of programs to the community, including informational and educational services, in-person support groups, social engagement programming, and a 24/7 Helpline. They also host special events to raise awareness about Alzheimer's and other dementias.

The 24/7 Helpline is 1-800-272-3900. Connect with the local chapter by calling 1-608-203-8500 or visit the Alzheimer's Association website at www.alz.org/scwisc.

The **Alzheimer's and Dementia Alliance of Wisconsin** is a non-profit agency that works throughout Wisconsin to provide a number of services and support to families affected by dementia. They provide information on community resources, and care consultations with families to discuss options and help problem-solve. They have a number of educational, social, and memory enhancement programs, as well as support groups for community members. They also host special events to raise awareness about Alzheimer's and other dementias.

Contact the Alzheimer's and Dementia Alliance of Wisconsin, by calling 608-232-3400 or email them at support@alzwisc.org. Learn more about the agency and the different programming they offer by visiting their website at www.alzwisc.org.

FYI: A New Housing Law



Wisconsin Act 76 was recently signed into law. This bill made a number of major changes to Wisconsin's landlord-tenant laws. As a

Important Info for Renters

result, renter's rights and responsibilities and the scope of landlords' authority have been altered. Some key areas affected by the law include: means to provide eviction notices, storage of tenant's personal property, disposing of tenant's personal property, potential tenant liability for bedbugs/pests, and less local control on tenant-landlord issues. Most

of the law's changes went into effect on March 1, 2014 and some local ordinances are no longer enforceable, so it is a good idea for renters to educate themselves on the law. You can find the updated law in Chapter 704 of the Wisconsin Statutes. The Tenant Resource Center can also provide information and analysis—call them at 608-257-0143 or check out their website www.tenantresourcecenter.org

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

*Princess
Diana*

The Social Security Administration in the Age of Computers

As the digital age expands, more and more business can be done on the computer. You can go on the web for quick and easy alternatives to phone trees, spending time on hold, and endless transfers. The Social Security Administration has a website to help you meet your information needs.

Visit <http://ssa.gov/> to:

- 🔗 Create a personal account
- 📄 Get your benefit verification letter
- 🔗 Check your benefit and payment information and your earnings record
- 🕒 Estimate your benefits
- ✂ Change your address and phone number
- ☎ Start or change direct deposit of your benefit payment
- 📄 Find links to related sites
- ? Have your questions answered
- 📁 Get forms and publications.
- 😊 Find a name for your baby/grand-baby/great grand-baby
- & more

And it's all just a click away!



Check it Out!



Medicare Wants You To Be Well

Medicare recipients -with Part B coverage- have an option for an annual preventative visit with a health care provider– with no deductible or copay! Newly enrolled Medicare members may ask for a “Welcome to Medicare Visit” (during the first 12 months you have had Medicare). Medicare members who have had Part B for longer than 12 months are entitled to a yearly “Wellness Visit”.

These visits are a chance to review your medical and social history, assess your health risks, receive counseling about preventative services and create a prevention plan. Some other screenings, shots, and referrals to follow up with other doctors may also be provided.

Keep in mind this Wellness visit is not an actual “physical” (which Medicare does not cover) and that Part B deductible and copays may apply for additional tests (such as lab work). When you call your doctor to schedule this appointment, be sure to specifically ask for the “Medicare wellness visit”.

74% of adults with Intellectual/ Developmental Disabilities who receive Dane County funded services have jobs at local businesses.

Goodwill = Job Search Success

Goodwill is more than just thrift stores! The organization also offers extra help for job seekers! Check out The Goodwill Career Center located at 6291 McKee Road in Fitchburg. Free services include:

- ◇ Access to high-speed Internet
- ◇ Help creating résumés and cover letters
- ◇ Practice job interviews
- ◇ Assistance in locating job databases
- ◇ Referrals to workforce training programs and services available through Wisconsin Job Centers

Other helpful resources include Goodwill’s on-line tools:

- ◇ goodprospects.goodwill.org for career information & advice and help with résumés.
- ◇ gcflearnfree.org offers more than 750 free, “go at your own pace” on-line lessons and tutorials regarding technology, computer basics, internet basics, setting up an email account, learning Microsoft Office, reading, math skills and more!

The Goodwill Career Center is open to the public 10:30 a.m. – 7 p.m. Monday – Friday. It is accessible via Madison Metro route 52.

Pet Food Pantry!



To help families keep their pets at home and healthy during times of financial hardship, Dane County Humane Society (DCHS) in partnership with Community Action Coalition for South Central WI, Inc. supplies pet food and cat litter to seven Dane County food pantries. Contact the ADRC or go to www.giveshelter.org/pet-food-pantry for a list of participating food pantries or for more information about this pet food pantry program.

If you are able, please keep in mind that your donations to this program will decrease the number of pets separated from their families - at times when a pet's love, loyalty and enthusiasm for life are needed the most! Monetary donations can be made online or by contacting program coordinator, Patty Zehl. You can also drop off pet food or cat litter (cans or bags, 10 lb. or less) in a donation barrel located at any local Mounds Pet Food Warehouse or Wholefoods.

Call-in Support for Caregivers

If you or a loved one provide care for a family member there is support available for you! The Kenosha County Aging and Disability Resource Center (ADRC) is offering an opportunity for family caregivers throughout Wisconsin to talk, share, support, and learn from others who are also going through the same journey. This is a chance to chat and/or hear

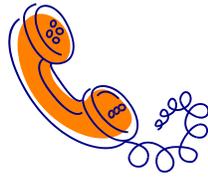
a speaker discuss topics chosen by the group. It's offered free to participants around the state. The call-in will occur on the 2nd Tuesday of each month from 1 to 2:30 pm. You can listen or talk from the comfort of your home. Space is limited, so call Kathy Ford at the Kenosha County ADRC at 262-605-6646 or 1-800-472-8008 today.

In 2012, The Elderly Nutrition Program's home delivered meals and congregate dining sites served more than 223 million meals to almost 2.5 million people.

Your mother always told you to eat your vegetables! Did you know that all 25 Dane County Senior Meal Sites (for older adults age 60+) offer a Vegetarian/Meatless meal choice?! Many sites also have a Salad Option Day – replacing your main dish with a salad entrée.

Remember to order in advance. For a listing of meal site locations, contact the ADRC or your local Focal Point.





I called the ADRC!

What would you do if you were living alone, in your eighties and dealing with the effects of Parkinson's Disease? And on top of that, you were spending 75% of your income on rent and had very little money in the bank? Does this seem like a hopeless situation? The Information & Assistance Specialist at the ADRC of Dane County didn't think so!

Consumer Sally was initially nervous about contacting the ADRC - understandably so. We know it can be hard to talk about personal subjects such as changing health and finances. But I&A Specialist Amanda reassured Sally and made her feel comfortable sharing her story. Their discussion of Sally's situation focused on what had led Sally to call the ADRC, what she had tried already, the things that were of the most concern to her, as well as the things that were going well in her life.

I&A Specialist Amanda reviewed Sally's budget (income and assets) and suggested some programs that might save money— such as Food Share, Energy Assistance and the Lifeline telephone discount. Sally could apply the savings from groceries and utilities towards her rent. Because Sally expressed worry about having to move into a nursing home, the I&A Specialist also discussed options about Long Term Care Programs for medical care and assistance in her home. These programs could meet many of Sally's care needs, now and in the future, to allow her to remain in her apartment for as long as possible. Amanda also told Sally about other community resources, such as the local senior Focal Point and how to access transportation to medical appointments.

Then I&A Specialist Amanda asked Sally, "Are you a veteran?" Sally said that no one had asked her that in a long time. But yes, she was indeed a veteran, having served as a nurse during the Korean War. Amanda helped Sally contact the Dane County Veteran's Service office. Based on a combination of Sally's military service, health and financial status she was eligible for a VA Pension with Aid & Attendance totaling \$1,500 per month. It was reported back to Amanda that Sally actually danced her way out of the Veteran's Services office!

And I&A Specialist Amanda was just as happy as Sally!

Name: Jennifer A. Fischer

Position/Title: Manager of the ADRC



Where did you work before the ADRC and why did you come here?

I was the supervisor of the Long Term Support Unit for Dane County Human Services. I came to the ADRC because I love the idea of an Aging and Disability Resource Center. It is nice to have a one stop shop and customers are no longer told they have called the wrong number. It is exciting to be able to empower people with information so they can make informed choices.

What do you do at the ADRC?

I am the Manager of the ADRC.

I manage our contract with the State of Wisconsin, keep costs within our budget, supervise staff and the overall ADRC operations for Dane County. I want to set a tone for a positive work environment at the ADRC so our staff can help our customers to the best of our abilities.

What's one thing about the ADRC you want people to know?

Contact us – we are here to help you.

What do you foresee as future goals of the ADRC?

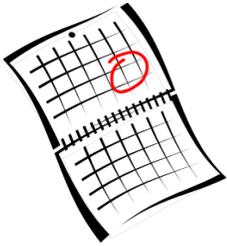
I would like the ADRC to be a familiar household name. When someone says “ADRC of Dane County” I want someone else to say “Oh yes I called there – they were very helpful”.

Any additional information you'd like to share?

I love to go camping with my extended family. I collect turtles, love to read books, and am an avid Packer Fan. I am married and we have two wonderful children. We also have two cats that complete our family.

**Who's
Who
at the
ADRC?**





The Sampler! Interesting events going on in your community:

- **Take the HINT! Housing Information Network Training**: a free workshop for people with disabilities in need of housing. Offered July 17th or September 18th at Access to Independence, 3810 Milwaukee St. Madison. Call Tracy at 242-8484 to register or request sign language or other accommodations.
- **Mental Health First Aid Course**: an innovative public education program that helps people identify, understand, and respond to signs of mental illnesses and substance use disorders. Intended for variety of audiences/anyone interested in learning more! May 6th & May 13th 5-9pm at Journey Mental Health Center – Nolen Building 710 John Nolen Dr. Madison. \$80 Call (608) 280-2700 for more information.
- **Free \$ Workshops**: Improve your Financial Literacy! 4/16 Credit Scores; 4/23 Dealing with Debt & other Challenging Financial Issues. Where: Access to Independence 3810 Milwaukee St. Madison, WI. Time: 2:00-4:00 p.m. RSVP to attend 608-242-8484.
- **Gay & Gray**: drop-in discussion group held the 1st & 3rd Thursday of each month from 1-3pm at the Madison Senior Center, 330 West Mifflin Street Madison, WI 53703. Call (608) 266-6581 for more information.
- **9th Annual Multicultural Senior Health Fair**: Friday, May 9th 9am-11:30am at Warner Park Community Center. Health Screenings, Information, Snacks, Bingo, Freebies! Pre-register for lunch. For more information contact the North/Eastside Senior Coalition at (608) 243-5252.
- **Madison's 2014 Disability Pride Festival**: July 26th at Brittingham Park, 829 W. Washington Ave., Madison. Celebrate the talents, skills, arts, energy and pride of people with and without disabilities. The Disability Pride Festival brings families, friends and neighbors together to forward the possibility of every life. Join in for a free, summertime celebration of community with entertainment, food and fun!

April is National Autism Awareness Month!

The Autism Society has recognized April as National Autism Awareness month since the 1970's. Autism and Autism Spectrum Disorder (ASD) are used to describe a group of complex disorders of brain development. The ASD diagnosis includes: autistic disorder, childhood disintegrative disorder, pervasive developmental disorder -not otherwise specified (PDD-NOS) and Asperger Syndrome. Currently one in every 68 children in America are autistic. Characteristics of the disorders range in varying degrees but typically include: difficulty with social interaction, difficulty with communication (both verbal and nonverbal), and repetitive behaviours. Often the signs and symptoms are noticed as early as 2 or 3 years of age and autism is 4 to 5 times more common in males than females. You can learn more by contacting the Autism Society of Wisconsin at 1-888-428-8476 or the local Autism Society of South Central Wisconsin office at 608-283-7806.



Wise Ways to Spend Your Tax Refund

- *Reduce your debt: pay down high interest credit cards or other loans.
- *Save for retirement. Open an IRA.
- *Open a savings account, money market account or certificate of deposit and start a rainy day fund.
- *Make an extra mortgage payment or pay additional principal on your home loan.
- *Basic home maintenance. Today's small problem could become a safety hazard or a budget busting catastrophe if left unattended.
- *Spending on some preventative auto maintenance is both smart and safe. A tune-up, a set of new tires and wheel alignment, a new timing belt if your vehicle has over 100,000 miles, may help you keep your current vehicle a little longer.
- *Smile. Invest in yourself by scheduling that dental work you've been putting off.
- *Shape up. Use part of your refund to jump-start your health—a gym membership, sessions with a trainer, or purchase of home gym equipment can improve your well-being and save money on future medical costs.
- *Take a break. People who take an annual vacation have lower risk of heart problems. Spending on vacations and other life experiences can deliver a long lasting positive impact.
- *Invest in estate planning. Revocable living trusts, powers of attorney for finances and healthcare and an advance directive can buy some serious peace of mind for you and your loved ones.

Register your home and cell phones on the Wisconsin No-Call List at 1-866-9NOCALL. (1866-966-2255) Or online at <https://nocall.wisconsin.gov/web/registration.asp>





Are you on Medicare and looking to save a little money?

Medicare Savings Programs can help offset Medicare costs, such as the Part B monthly premium, copayments and deductibles. Eligible individuals with assets below \$7160 (\$10,750 per couple), and monthly income of \$1312.88 (\$1769.63 per couple) or below in 2014, may benefit from one of these programs. Individuals who have income from working may be eligible with a larger monthly income. For additional information about the Medicare Savings Programs, or to find out if you might be eligible, please call the Aging & Disability Resource Center (ADRC) of Dane County at 608-240-7400.



Are Last Winter's Heating Bills Still Giving You a *chill*?

The Wisconsin Home Energy Assistance Program (WHEAP) provides funding to assist individuals to pay for their heating and electric costs.

Individuals found eligible for the WHEAP program will typically have a one-time payment made to their energy supplier to help offset their heating and electric costs. WHEAP may also help provide funding for people in a heating crisis.

You may be eligible for energy assistance funding if your annual income in 2014 was \$24,692 or less for a household of one.

Individuals in Dane County can apply for the WHEAP program from October 1 – May 15 of each year by calling Energy Services, Inc. at 608-333-0333.

Energy Services, Inc. is located at 1225 South Park Street in Madison, WI. You can find additional information on this program by visiting the WHEAP website at <http://homeenergyplus.wi.gov>.



BadgerCare Plus Health Coverage

Although the open enrollment into the new Federal Health Insurance Marketplace ended March 31, Wisconsin residents with low incomes (100% of the poverty level, or \$972.50 for a single person) may still apply for BadgerCare (basic medical and preventative care) any time during the year. There are no open enrollment periods for BadgerCare; applications are accepted on an ongoing basis. Check your eligibility and apply online at Access.WI.gov or contact the ADRC for more information.

Come Visit The Aging and Disability Resource Center of Dane County!



We've come a long way from a gutted out hardware store...



We are located next to Family Dollar in the Northside Town Center



Experience a comfortable space to talk privately with staff



Visit our Resource Library & Enjoy our Monthly Awareness Information





2865 North Sherman Avenue
 Madison, WI 53704
 Web: www.daneadrc.org
 Email: adrc@countyofdane.com
 Phone: 608-240-7400

STOP IN – CALL– EMAIL– REQUEST A HOME VISIT

OFFICE HOURS:

MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE

The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

Our Experts can help you with information about:

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Rental & Energy Assistance
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

Our Services are Confidential!