

THE ADRC CONNECTION

AGING & DISABILITY RESOURCE CENTER NEWSLETTER

*Calumet County Courthouse
206 Court St. Chilton, WI 53014
Chilton 849-1451 Appleton/Sherwood 989-2700
For Transportation 849-1440*

May - June 2014

Issue 47

OLDER AMERICANS MONTH 2014



Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.



This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While the Calumet County Aging & Disability Resource Center (ADRC) provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Contact the Calumet County ADRC office by calling 1-(920)-849-1451 or toll free 1-(888)-739-2372 to find ongoing opportunities to celebrate and support older Americans.



ADRC NEWS



From the Supervisor's desk.....Joann Dewhurst

Wisconsin has at least 110,000 adults with dementia, according to Rob Gundermann, public policy director and lobbyist with the Alzheimer's & Dementia Alliance of Wisconsin. Nationally, almost half of the adults age 85 or older have a diagnosis of dementia. This number will only grow, as our population continues to age and live longer.

Many things have been going on statewide and locally, to provide education and resources to persons who suffer from dementia, their family members, caregivers, medical facilities and the community in general. In February, the Wisconsin Department of Health Services released the following document "Wisconsin Dementia Care System Redesign: A Plan for a Dementia Capable Wisconsin". This document lays out the State's five year plan to provide appropriate, safe and cost-effective care for people throughout the course of the disease. These plans for strengthening Wisconsin dementia care system have been organized into five broad categories: 1) community awareness and services 2) facility based long-term care 3) care for people with significant challenging behaviors 4) dementia care standards and training 5) continue data collection, research and analysis. The full 60 page document can be located at.

<http://www.dhs.wisconsin.gov/publications/P0/P00586.pdf>

State legislatures recently passed an assembly bill creating a "Silver Alert" system in Wisconsin, allowing law enforcement agencies to use the crime alert network to disseminate reports of missing at-risk older adults with cognitive impairments- dementia or Alzheimer's disease. "Silver Alerts" will work similar to the successful "Amber Alerts" that are sent out when a child is believed to be abducted. In this case, a "Silver Alert" will be broadcast when an elderly at-risk senior is missing.

The Fox Valley Memory Project is a collaboration of organizations in the Fox Valley area, to offer programs and services that improve the quality of life for persons with dementia, as well as their family, caregivers and friends. The project consists of the following seven primary components: Memory Cafes, Memory Assessment, Memory Loss Resource Center, Workplace Enrichment, Community Education, Long-Term Care Outreach, and Research and Sustainability. To learn more about the Memory Project, and resources to live well with dementia, you can call (920)225-1711 or visit the website: www.foxvalleymemoryproject.org. There will be a brief presentation on the Memory Project on Thursday, May 29 at 8:30 am at the monthly Calumet Area Aging Network meeting at the Chilton Fox Valley Technical College. Beth Belmore, UW Fox Valley Family Medicine, will be the presenter. All are welcome to attend this special presentation.

In Calumet County, the annual **Senior Fest**, which will be held **Thursday, June 12 at Chilton High School**, will have a focus on dementia. At 9:30, there will be a presentation entitled "Could it be Dementia?" by Kathleen Alberts of the Alzheimer Association. Kathleen will explain what dementia is and the changes that occur in the brain of a person who suffers from dementia. She will also talk about the five domains of a "brain healthy lifestyle".

At 10:45, nutrition specialist and registered dietician Mike Glasgow, will be presenting "Food for Thought: How Nutrition Affects the Brain". Mike will explore the current evidence and recommendations regarding food, alcohol intake and the effectiveness of nutrition supplements on your brain.

The keynote speaker, Charles Schoefield, is an author of the book "A Funny Thing Happened on My Way to the Dementia Ward- Memoir of a Male CNA". Charles retired from a twenty-seven year job as a truck driver and became a certified nursing assistant providing care to dementia and Alzheimer's residents at a nursing home in Wausau.

Seniors, family members and caregivers are encouraged to attend Senior Fest. More information about the day is listed in the newsletter or you can call the ADRC. Plan to spend the day, or at least a portion. Be sure to stop and see us at the ADRC table, where we will have many resources and information to share.

From the desk of Kathy Groeschel, *Benefit Specialist/Volunteer Coordinator*

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

Medicare covers preventive services if you have Part B under Original Medicare or you're enrolled in a Medicare Advantage plan. Medicare Advantage Plans must also cover the full cost for these services as long as you follow the plan's rules. In this edition of the newsletter, you will find the Medicare-Covered Preventative Services that Medicare covers.

Changes May Be Coming for Medicare Advantage Plans- *Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center.*

Medicare Advantage Plans — also known as Medicare Part C plans — will likely see some changes in the next few years due mostly to decreases in federal reimbursements as part of cost-saving efforts in the Affordable Care Act. The push for bringing Advantage Plan reimbursements in line with Original Medicare (i.e., Medicare Part A and B) stems from statistics that showed in 2008, the government spent 12% more on Medicare Advantage Plans than on provider reimbursements under Original Medicare. A significant portion of people on Medicare choose Advantage Plans with numbers growing each year. It is estimated that 29% of the 52 million Americans on Medicare choose an Advantage plan. Perks of Advantage Plans vary but can include incentives such as low co-payments, Medicare Part D drug coverage, gym memberships, and vision and dental coverage among other benefits. The drawback to Advantage Plans, however, is they are typically run through networks and beneficiaries are limited to in-network providers. Those on traditional Medicare may see any Medicare-accepting provider.

Under the Affordable Care Act, the government plans to cut around \$150 billion in Advantage Plan reimbursements over 10 years in hopes of closing the 12% gap in reimbursement rates between Advantage Plans and Original Medicare. In February 2014 the latest proposal from Washington estimated this year's cuts at 1.9%; however, the final cuts will likely not be decided upon until April 2014.

Regardless of the final amount of this year's cuts, Advantage Plan companies are reacting and consumers will likely notice changes. Some plans are reducing the number of providers they cover, thereby shrinking the network available to its enrollees. Other cost-cutting strategies include increased premiums and copays. The Kaiser Family Foundation estimates that the average Advantage Plan premium will increase 14% in 2014. Other private insurance companies are dropping their Advantage Plan offerings altogether leaving some consumers to find either a new Advantage Plan that fits their needs and offers coverage to their existing provider, or transition to Original Medicare.

Medicare Advantage Plans are certainly experiencing change. It is important to fully investigate your options as a consumer and determine if the plan you have currently is still appropriate for your needs and in line with your financial situation. The annual enrollment period for Medicare Advantage Plans runs from October 15 – December 7 each year with changes taking effect January 1 of the following year. During open enrollment, individuals may change their plan or switch to/from an Advantage Plan to Original Medicare. In addition, there are other special situations in which a person may change their Medicare coverage. Your local elder benefit specialist can assist you if you have questions about whether any of these special enrollment periods apply to your situation.

Medicare-Covered Preventive Services

Services Medicare Covers with No Deductible or Coinsurance

Care/Screening	Service and Frequency
Welcome to Medicare Exam	One time within first 12 months on Medicare B
Annual Wellness Visit	Every 12 months after first year on Medicare B (Not a full physical)
Abdominal Aortic Aneurism	Once if referred during "Welcome To Medicare" exam due to risk factors
Alcohol Misuse Screening	Once a year, if do not have dependence on alcohol
Bone Mass Measurement	Once every 24 months (more often if medically necessary)
Cardiovascular (Heart) Disease Screenings	Blood test (Cholesterol, Lipids, & Triglycerides) every 5 years One doctor visit per year (May pay 20% co-insurance for office visit)
Colon Cancer Screening	Colonoscopy: Every 120 months (or 24 months if high risk)
	Fecal Occult Blood Test: Every 12 months if age 50+
	Flexible Sigmoidoscopy: Every 48 months if 50+ (or every 120 months after previous screening if not high risk)
Depression Screening	Once a year, if done in primary care setting
Diabetes Screening	Up to 2 tests per year if at high risk
HIV Screening	Once a year (May pay 20% for office visit)
Mammogram	Once a year after age 40
Nutrition Therapy (Medical)	With referral if certain criteria met (diabetes, kidney disease or transplant)
Obesity Screening	Screening Once a year. Counseling covered up to 12 months if BMI \geq 30
Pap Test/Pelvic Exam	Every 24 months (12 months if high risk)
Prostate Cancer Screening	PSA test every 12 months
Smoking Cessation	Up to 8 visits in 12 month period IF considered preventive
Vaccinations	Flu Shot: Once per flu season
	Hepatitis B Shot: Covered if at high or medium risk
	Pneumonia Shot: Usually once in lifetime
	Shingles Shot Not Covered by Medicare A or B. Check with Part D plan

Services Original Medicare Covers with Coinsurances or Deductibles

(If you are in an Advantage Plan, check with your plan on costs)

Care/Screening	Service & Frequency	What You Pay
Barium Enema (Colon Cancer Screening)	Every 48 months (or 24 months if high risk)	Part B ded + 20%
Diabetes Self-management Training	With MD order or referral	Part B ded + 20%
Glaucoma Screening	Annually if high risk (diabetic or family history)	Part B ded + 20%
Prostate Cancer- Digital Exam	Every 12 mo for men 50 +	Part B ded + 20%

Telework Loan Program

The Wisconsin Telework program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites away from the office, such as work on the road or at a Telework center. Loan funds can be used to purchase equipment, training to use equipment, extended warranties, and cost of maintenance and repairs.

You can apply for the amount you need, but actual loan amounts will depend on the item purchased and your ability to repay the loan. The interest rate is 6.5%. Term length depends on the amount of the loan and the item purchased. For more information contact the staff at *Options for Independent Living* at 1-888-465-1515 (V/TTY) or 920-490-0500 (Voice) or 920-490-0600 (TTY).

This program is made possible through a grant from Rehabilitative Services Administration and authorized by section (303)b of the Rehabilitation Act of 1973. The Department of Workforce Development-Division of Rehabilitation received the grant and provides programmatic and fiscal oversight. IndependenceFirst, a community based and consumer-controlled independent living center based in Milwaukee, administers the program in partnership with BMO Harris Bank and WI Independent Living Centers.

EASY LIVING HOME HEALTH CARE At Willowpark in New Holstein

Join us the 2nd Tuesday of every month for our series of programs focusing on topics to make life easier for residents and their families. After the program, stay for Bingo and refreshments.

When: May 13 at 10:00 am for:
"Live Longer-Sing Your Way to Health"

When: June 10 at 10:00 am for:
"Mind Games that Prevent Alzheimer's"

Where: Willowpark, 1706 Hoover St.

For more information, or to arrange for FREE transportation, call Al Wells at (920) 898-5553.

Sponsored by: Willowpark Residence and Easy Living HHCA, inc.

TRIVIA



1. What is a Capon?
 - a. A castrated rooster
 - b. A pygmy giraffe
 - c. A wild dog
 - d. An unfertilized eagle egg
2. What part of a horse is known as "the frog"?
 - a. Chest
 - b. Head
 - c. Hoof
 - d. Tail
3. Which species contains the most poisonous animal in the world?
 - a. Butterfly
 - b. Frog
 - c. Snake
 - d. Spider
4. What is stored inside a camel's hump?
 - a. Hair
 - b. Fat
 - c. Water
 - d. Their young
5. Which of the following animals was never a resident of the White House?
 - a. Alligator
 - b. Bobcat
 - c. Ostrich
 - d. Pygmy hippopotamus



Memories Dinner Theatre

(All shows \$60.00 and include transportation, meal and show)

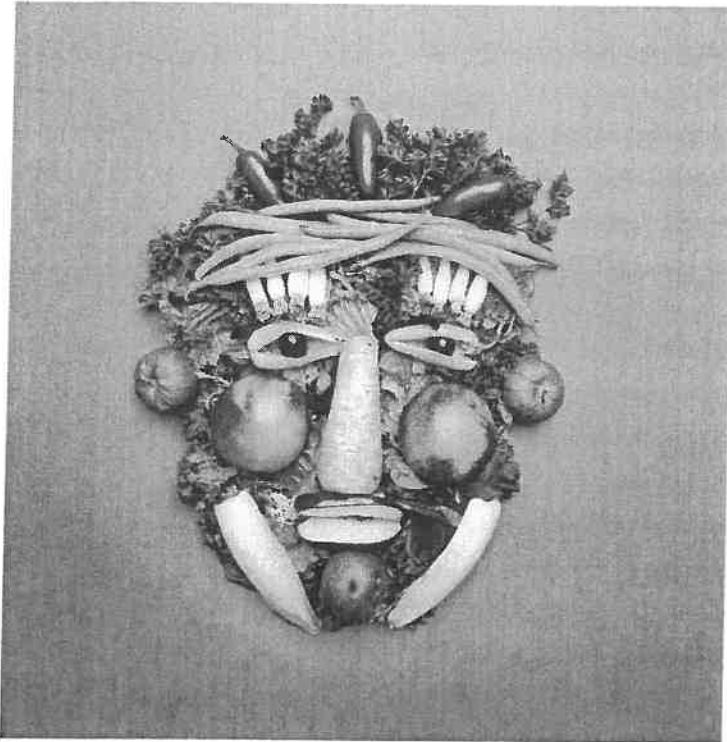
June 3 "Fox on the Fairway"

For more information contact:

R & J Trucking
N1538 Clark Drive
New Holstein, WI
(920) 898-5936 or (920) 418-5936

Add Some Color to Your Diet

By Khara Krueger, RD, CD



Spring is here, and summer is right around the corner. This means lots of good fresh produce. To ensure you are getting all the vitamins and minerals your body needs, try to find fruits and vegetables of all colors. Try some of these:

- ◆ Strawberries are low in calories and high in fiber and vitamin C
 - ◆ Asparagus is a good source of iron, B vitamins and vitamin C
 - ◆ Apricots contain beta-carotene, potassium, vitamin C and fiber
 - ◆ Blueberries are loaded with fiber, vitamin A and vitamin C
 - ◆ Cherries are one of the few foods that contain melatonin, which can help you sleep
- ◆ Melons (cantaloupe, honeydew and watermelon) are good sources of vitamin C and potassium
 - ◆ Peas contain B vitamins and zinc and are also a good source of protein.

<http://www.eatright.org/public/slideshow.aspx?id=6442469515#1>

Calumet County Family Caregiver Support Group

The **Calumet County Family Caregiver Support Group** will meet on **Thursday, May 29 and Thursday, June 26 from 1:30 p.m. to 3:00 p.m. in Room 301 of the Courthouse, located at 206 Court St. in Chilton. (this group meets the last Thursday of every month)** Parking is located in the west parking lot of the courthouse and you can take the elevator to the third floor and follow the room numbers to room 301.

Trained facilitators lead the Caregiver group at their monthly gatherings that focus on specific topics along with time for sharing at every session. At press time, both meetings will be open meetings with no specific topic.

For more information on the group, transportation, or respite services please **contact the Aging & Disability Resource Center at (920) 849-1451 or (920) 989-2700.**



VETERANS..... Milwaukee County's

“ 3-Day Pass”

For Wisconsin's Active Military/Veterans and Their Families

In appreciation for your service to our nation, Summerfest, the Milwaukee County Zoo, the Mitchell Park Domes, Discovery World, and the Milwaukee Art Museum are offering **FREE** Admission/Zoo Parking for Military Personnel and Veterans and up to 9 immediate family members. Tickets are available at the Calumet County Veterans Service Office (Courthouse-Rm. 234), or call Bill Krizek, Calumet County Veterans Service Officer for more information. (920) 849-1452.

WHEN: Friday thru Sunday, July 4-6, 2014

July 4 only: Noon-3pm Summerfest-free admission to military/veteran + 4 family members

July 5 only:

- Milwaukee Public Museum 9am - 5pm
- Mitchell Park Domes 9am-4pm
- Discovery World 10am - 5pm

Free admission to military/veteran + 5 family members at all 3 venues

July 6 only:

- Milwaukee County Zoo 9am - 5pm

Free admission (includes parking) to military/veteran + 9 family members (must pick up tickets at local county veterans service office in June)

- Milwaukee Art Museum 10am - 5pm

Free admission to military/veteran + 5 family members

ID required for entry: For all venues EXCEPT the zoo, present any of the following: some form of military/veterans ID (e.g., military/military retired ID card, VA patient ID card, Milwaukee County Purple Heart Pass, DD Form 214, NGB Form 22, American Legion/VFW/AGIF/DAV/AMVETS/etc. membership card, Vet Identifier on WI driver's license) For the Zoo only, special free tickets must be picked up during the month of June at your local County Veterans Service Office in County of residence.

Veterans Service Office

The purpose of the Veterans Service Office is to assist Veterans, their dependents, and survivors who are seeking benefits and services available to them through local, state and federal programs. If you have any questions, please feel free to contact the office at 920-849-1452.

Have you heard? Veterans may apply for a Veteran Identifier to be added to their Wisconsin Driver's License. This allows you to have proof of your Veteran status anywhere you go and to take advantage of discounts available at many stores and restaurants throughout the year. First you would need proof of eligibility. We can assist you in applying for this. The proof of eligibility can be taken to the Motor Vehicle Department when you are applying to renew your Driver's License, or if it is not time for you to renew, a duplicate license application can be processed to obtain your Veteran Identifier on your Driver's License.



The **Milwaukee Brewers** are offering **FREE** tickets on **Sunday home games** all season to Veterans! For each Sunday home game in 2014, the Brewers offer two FREE Terrace Level tickets to active and retired military personnel. The offer applies to all branches of the

military service. Active and retired military personnel must present valid military identification which entitles them to two FREE Terrace Level tickets redeemable at windows 7-12 at Miller Park on the day of game only. This offer is based on ticket availability. Please contact the Brewer Ticket office directly at (414) 902-4000 for more information.



ADRC Consortium Advisory Committee Meeting

Thursday, May 8

Goodwill Industries, Obeya Rm.
1800 Appleton Rd. Menasha
2:00 p.m.

Aging & Disability Resource Center/ Long Term Support/Transportation Advisory Committee Meeting

Monday, June 2

Calumet Co. Courthouse-Chilton
206 Court St., Lower Level, Rm. 017
9:00 a.m.

Wisconsin Home Energy Assistance Program (WHEAP)



The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000

Wisconsin households annually.

Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. This program is a one-time payment to help pay a portion of heating costs. This program is available from October 1 until May 15.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call 1-866-432-8947, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

INCOME GUIDELINES FOR THE 2013-2014 WHEAP HEATING SEASON

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

Household Size	One Month	Three Months	Annual Income
1	2,058.00	6,173.00	24,692.00
2	2,691.00	8,073.00	32,290.00
3	3,324.00	9,972.00	39,887.00
4	3,957.00	11,871.00	47,485.00
5	4,590.00	13,771.00	55,083.00
6	5,223.00	15,670.00	62,680.00
7	5,342.00	16,026.00	64,105.00
8	5,461.00	16,382.00	65,529.00

Things That Make You Go...hmmmmmm!!!!

- ❖ Worms reportedly taste like bacon
- ❖ People who ride on roller coasters have a higher chance of having a blood clot in the brain
- ❖ Oak trees do not have acorns until they are fifty years old or older
- ❖ McDonald's is the world's largest distributor of toys!
- ❖ The chances of you dying on the way to get your lottery tickets is greater than your chances of winning

Health & Wellness Happenings

Powerful Tools for Caregivers

A six week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver. Respite care can be provided if needed.

Dates: Fri., May 23 – June 27

Location: Kiel Community Center, 510 3rd St., Kiel

Time: 9:00am-11:30am

Fee: \$10 to cover cost of text book

Registration and More Information: Contact Wendy Jacobs at (920) 209-1494

Age Well's "Trip to Germany"



Spend a couple hours exploring Germany through video, tasting authentic German treats, German trivia with prizes and listening to German music.

May 8th at the Uptown Commons at 1:30

May 21st at the New Holstein Senior Center at 1:00

May 28th at the Kiel Community Center at 1:00

"FREE FRIDAY MOVIE MATINEES"

Presented by

Willowdale & Comfort Keepers

Join us on the Friday listed below and enjoy a movie matinee on us! Bring a friend!

Where: Chilton Cinema
26 N. Madison St.
Chilton, WI

Time: 2:00 p.m.

Bonus: Show includes a free small 16 oz soda and a 46 oz popcorn. Refills are \$.50.



May 16th – "On Golden Pond"

Don't miss this classic film starring Henry and Jane Fonda.



Senior Fest 2014

*An event for both Seniors and.....their
Caregivers!*

Thursday, June 12, 2014

8:30 – 3:30 PM

Chilton High School

(Use Entrance A in rear of High School)

FREE

Health Screenings

Exhibits

Demonstrations

Seminars

Bingo & Cards

Door Prizes

~Keynote Speaker~

Charles Schoefield

(Certified Nursing Assistant)

***“A Funny Thing Happened on My Way to
the Dementia Ward-Memoir of a Male
CNA”***

After retiring from a twenty-seven year job as a truck driver, Charles went to work at North Central Health Care in Wausau, providing care to dementia and Alzheimer’s residents.

Watch the paper for more information.

Lunch

Contact Kaye Radder,

Community Bank & Trust at 849-8888

Catered from Calumet Medical Center for \$6.00

Transportation

Transportation to the Senior Fest is available through the Calumet County Aging & Disability Resource Center.

Call them **before June 7th** at (920) 849-1440 or 989-

2700, ext. 440 to make a reservation.

Thriving Caregiver Event

Tuesday, May 6 10:30 – 11:30 am

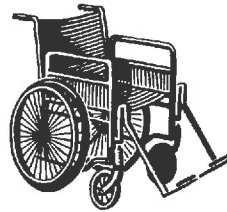
Thompson Community Center

820 W College Ave, Appleton, WI

(RSVP to 225-1700 before May 6)

***“Personal Communication When There is
Cognitive Difference”***

Jeanne Knapp, Family Support Specialist, will share information, ideas and strategies in communicating with someone with cognitive differences. Everyday situations in life at home with a partner or parent aging and declining in cognitive capacity means that we, as caregivers, get to learn and grow in our communication abilities to help us live well with these differences. We will practice with some specific hands and “minds on” strategies designed to make a difference in supporting a positive home environment.



Wisconsin WisLoan Program

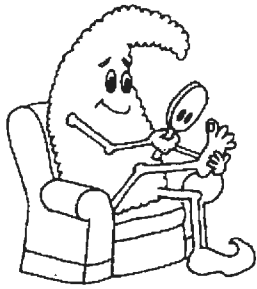
WisLoan is a state-wide alternative loan program helping Wisconsin's residents with a disability to purchase assistive technology that assists them in living more independently and productively. Any Wisconsin resident with a disability over the age of 18 in need of assistive technology or home modifications is eligible to apply for a loan.

Some examples of assistive technology include wheelchairs, hearing aids, CCTV's, and vehicles with modifications such as ramp construction and roll-in showers. Loan amounts range from \$500.00 to \$50,000.00, but the actual loan amount will depend on the items purchased and your ability to repay.

Current interest rate on a WisLoan is 6.5%. If you have bad credit, including bankruptcy, your application will still be considered. Reasons for bad credit are taken into consideration. For more information or to apply for WisLoan call *Options* at 920-490-0500 or toll-free at 1-888-465-1515.

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation, and a cooperative service of the WI Department of Health Services, IndependenceFirst, and BMO Harris Bank.

FOOT CARE CLINICS OFFERED



The Calumet County Home Health Care and Hospice Agency will once again be offering foot care clinics for citizens in our community that require assistance with their foot care due to physical or medical needs. The clinics

consist of soaking a person's feet and trimming and filing his or her toenails. The clinics will be offered at the following locations:

**Thursday, May 1 from 12:30-2:00 p.m.
At the Sherwood Community Center**

**Monday, May 5 from 1:00-3:00 p.m.
At Stanton Place**

**Wednesday, May 7 from 1:00-3:00 pm
At the Kiel Community Center**

**Monday, May 12 & June 9 from 1:00-3:30 p.m.
at the
Calumet County Courthouse Health Department
in Room 212**

**Tues., May 13 & June 10 from 1:00-3:30 p.m.
At the Brillion Community Center**

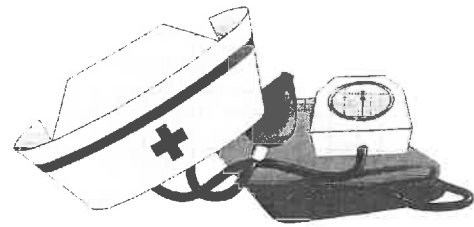
**Thursday, May 15 from 1:00 -3:00 p.m.
At St. Nazianz Senior Center**

**Mon., May 19 & June 16 from 1:30-3:30 p.m.
At Progressive Step Rehab Center
in New Holstein**

The cost will be \$20 per person, payable at the time of the appointment. Each person is responsible to bring along two clean towels for his or her appointment.

**For an appointment time, please contact the Calumet County Health Department and Home Health Care/Hospice Agency at 849-1432.

WARNING: DO NOT EVER provide your Social Security Number or any bank account information (savings account, checking account or credit card numbers) to a person that CALLS YOU! The Federal and State Agencies NEVER call individuals to ask for money!!!



How Much Physical Activity Do Older Adults Need?

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

10 Minutes at a Time is Fine

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed at:

www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html. The information in this article was obtained from this CDC website.

TRIVIA ANSWERS

1. A.
2. C.
3. B.
4. B.
5. C.



GRIEF SUPPORT GROUP



Have you recently lost a loved one and need someone to listen?

Willowpark

Residence, 1706 Hoover

Street, New Holstein, hosts a monthly **Grief Support Group** the **third Tuesday** of each month (**May. 20 & June 17**) at **3:00 pm**. Drop in's are welcome and refreshments are provided. For more information contact, Al Wells at 920-898-5553 or email him at awells@alcco.com



WELLNESS WEDNESDAYS

Affinity Visiting Nurses and Willowpark Residence present "**Wellness Wednesdays at Willowpark,**" a program designed to improve the quality of life for seniors. A new topic will be presented each month, with bingo and refreshments to follow. Open to all seniors. Contact Al Wells at (920) 898-5553, or awells@alcco.com for more information.

When: Fourth Wednesday of each month

Time: 10:00 am

Where: Willowpark, 1706 Hoover St. New Holstein



FREE Veterans Benefits Seminar



If you are a veteran or the spouse of a veteran, you may qualify for veteran's benefits. For more information, attend the **Veteran's Benefits Seminar** on May 8.

Learn what benefits are available, who qualifies and how to apply. Also receive answers to your most important benefit questions.

Presented by: Bill Krizek, Calumet County Veterans Service Officer

When: Thursday, May 8

Time: 1:30pm – 2:30pm

Where: Willowpark, 1706 Hoover St. New Holstein

CarFit Event

Tuesday, June 17th, 9:00am - 12:00pm

June 17th event in New Holstein offers education and information to ensure driver safety. (FREE \$10 Kwik Trip Gift Card to FIRST 3 PRE-REGISTERED participants!)



CarFit, a free community event designed to assist mature drivers, will be held on Tuesday, June 17th on Jordan Street next to Willowdale Nursing & Rehabilitation in New Holstein. The CarFit event runs from 9:00am until 12:00pm, and is sponsored by the Aging & Disability Resource Center (ADRC), Affinity Health System and Willowdale Nursing & Rehabilitation.

CarFit comes complete with trained professionals who will review the program's 12 steps to driver safety and comfort, including seat belt placement, mirror placement and steering wheel adjustments for airbag safety, along with many more helpful tips.

An Occupational Therapist from Affinity Health System will also be on hand to demonstrate assistive devices such as wedge cushions, seat belt extenders, gas cap wrenches and other devices to help with vehicle safety and maneuvering.

Each checkup takes about 15 minutes and every participating driver will receive a goody bag filled with valuable driving resources.

There is no age limit – all ages (including new drivers) are encouraged to attend.

Pre-registration is strongly encouraged, but "drive-ins" will be accepted. The first 3 participants to pre-register will receive a \$10 Kwik Trip gift card! To register, contact Nancy Krueger at (920) 740-9572.



The A B C and D's of Medicare

Join us for a Medicare Information Session presented by:

Calumet County ADRC

Kathy Groeschel, Elder Benefit Specialist

Thursday, June 12th

1:30PM to 3:00PM

SeniorFest

Chilton High School, 530 W. Main St., Chilton

"TV Comedians & Comediennes"

E	X	Y	I	D	N	G	O	L	D	I	E	H	A	W	N	Y	H	S	Q
Z	K	U	N	M	O	R	E	I	A	L	E	S	H	U	S	R	Z	R	F
G	Y	Y	A	N	E	N	C	J	L	I	H	F	K	U	I	M	G	E	W
T	R	K	D	D	E	K	R	A	E	E	C	E	I	N	R	E	Q	V	D
E	C	O	F	N	M	B	B	I	L	R	A	B	D	T	O	R	S	L	O
A	N	O	U	A	A	E	K	L	C	R	R	J	M	R	H	I	S	I	M
B	X	O	R	C	L	V	E	C	C	K	O	Y	G	G	W	G	R	S	D
X	I	T	S	L	H	Y	K	A	A	E	L	E	C	E	Z	S	E	L	E
R	I	L	I	A	B	O	M	C	Y	J	B	E	L	O	X	A	V	I	L
N	H	C	L	E	E	A	M	B	I	U	U	Y	S	R	L	M	I	H	U
M	U	A	R	C	L	L	I	A	R	D	R	G	Y	G	M	O	R	P	I
L	U	M	L	I	O	S	G	N	R	R	N	P	J	E	Y	H	N	T	S
R	A	V	E	T	H	S	S	E	E	X	E	E	E	K	R	T	A	N	E
N	M	H	J	O	R	X	B	J	I	R	T	N	E	I	O	Y	O	U	A
I	S	V	P	Y	W	E	W	Y	E	K	T	B	A	R	N	N	J	Q	S
E	E	G	C	M	R	E	B	B	I	F	C	T	Z	B	C	N	M	W	Y
P	E	T	E	R	S	E	L	L	E	R	S	A	Z	Y	O	A	V	D	K
R	E	L	L	I	D	S	I	L	L	Y	H	P	J	P	H	D	Y	G	I
I	M	O	G	E	N	E	C	O	C	O	J	I	B	T	E	M	E	U	M
D	O	N	K	N	O	T	T	S	T	R	A	H	W	E	N	B	O	B	P

Bert Lahr
 Bill Cosby
 Bob Newhart
 Carol Burnett
 Danny Thomas
 Dick Martin
 Dick Van Dyke
 Dom Deluise
 Don Knotts
 Don Rickles
 Fibber McGee
 George Burns
 George Kirby
 Goldie Hawn
 Groucho Marx

Imogene Coca
 Jack Benny
 Jackie Gleason
 Jerry Colonna
 Jerry Lewis
 Joan Rivers
 Joey Bishop
 Lucille Ball
 Myron Cohen
 Peter Sellers
 Phil Silvers
 Phyllis Diller
 Red Foxx
 Sheila Macrae
 Shelley Berman

With hopes that spring WILL arrive soon, I thought you might want to try these bars at your Memorial Day picnic.

LEMON SQUARES

1 cup flour
½ cup butter
¼ cup confectioners sugar
2 eggs
1 cup granulated sugar
½ tsp. baking powder
1.4 tsp. salt
2 tbs. freshly squeezed lemon juice



Combine flour, butter and confectioners sugar until they reach the consistency of fine crumbs. Press evenly into a greased 9 by 9 inch square pan. Bake about 20 minutes in a 350° oven.

Beat the remaining ingredients until light and fluffy. Pour over crust and bake an additional 25 minutes. Refrigerate before serving.

THE ADRC CONNECTION CALENDAR



May 6 Thiving Caregiver Event-See newsletter
May 8 ADRC Consortium Advisory Committee Meeting – See newsletter
May 8 Veterans Benefits Seminar-See newsletter
May 11 Happy Mother's Day!
May 16 Free Movie Matinee- see newsletter for more information
May 20 Grief Support Group -See newsletter
May 27 Memorial Day (All nutrition sites closed- No Home Delivered Meals)
May 29 Family Caregiver Support Group – See newsletter for more information.

June 2 ADRC/LTS/Transportation Advisory Committee Meeting- 9:00 a.m. in Rm. 015 (lower level of courthouse)
June 12 Senior Fest – See newsletter
June 17 Grief Support Group -See newsletter
June 17 Car Fit See newsletter.
June 26 Family Caregiver Support Group- See newsletter for more information.

If you would like to contact the ADRC by email, our address is: adrc@co.calumet.wi.us.

For further information about services offered through the ADRC, please see our websites at: www.co.calumet.wi.us (under Human Services) or www.yourADRCresource.org

THE ADRC CONNECTION

Lynn Michels, *Editor*

The *ADRC Connection* is published bi-monthly by the Calumet County Aging & Disability Resource Center, Courthouse, Chilton, WI 53014. The Resource Center provides Information & Assistance services to the elderly population, in addition to persons with physical & developmental disabilities and those in need of mental health or substance abuse services. We are your "One-Stop Shop" for information and assistance.

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Secretary



The mission of **United Way 2-1-1** is to provide easy, simple access to health and human services, to give callers an opportunity to give or get help, and to serve as a hub for community information in times of disaster.

2-1-1 phone service is free and confidential, available 24 hours a day, 7 days a week.