

# The Portland Resource

Fond du Lac County  
Aging and Disability  
Resource Center

Summer  
2014



Edition 1, Volume 1

Happy summer! Here at the ADRC, we are excited about a new way for us to deliver information about the services we offer. The Portland Resource will be distributed four times a year. We hope you find the information helpful and enjoyable.

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Pick up copies at the Fond du Lac Senior Center, Ripon Senior Center, Senior Services (city/county building) or at the ADRC.

**Any feedback or questions, please contact Linda at (920) 929-3429.**

## Contact Us



The Fond du Lac  
Aging and Disability  
Resource Center is  
located at

**50 N. Portland  
Street  
Fond du Lac,  
WI 54935**

Office Hours:

Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466

**Walk-Ins  
Welcome!**

# A Word from the Disability Benefit Specialist... 2

## By Lynnette Benedict

### How to Document a Young Adult's Living Expenses for Full SSI At Age 18 or Older

#### **Background**

When a child reaches age 18 and applies for adult SSI benefits it is necessary to set up a formal living arrangement so the SSI program can determine the proper payment level. There are various levels of benefit payments based on how the young adult shares expenses from their own funds. Also, to get the additional SSI-E WI State Supplement (i.e., \$95.99) the SSI recipient must be receiving the full payment level from the federal SSI determination. This factsheet will help you decide which payment level is appropriate for your young adult.

#### **Living in the household of another – the “B” living arrangement**

If there is no formal or informal rental or expense sharing arrangement, the SSI rules will define the situation as “living in the household of another”. This reduces the federal portion of the SSI payment about 33%. The benefit from this arrangement is that there is no documentation or paperwork to manage. The loss is that the SSI payment is less than the full payment and the additional SSI-E WI State Supplement is not payable.

#### **Paying a Fair Share of Household Expenses – the “A” living arrangement**

All household expenses are tabulated and an equal share is determined for the number of people living in the household. If the young adult is paying at least their fair share of the household expenses, they are determined to be in a sharing arrangement. The benefit from this arrangement is they receive the full federal SSI payment and are eligible to file for the SSI-E WI State Supplement benefit. The loss is that expenses must be recorded, reported and receipts saved to ensure ongoing full payments.

#### **Flat Fee Rental Arrangement – the “A” living arrangement**

A third way to establish a formal living arrangement that requires less paperwork is a flat fee agreement. If the young adult pays a monthly rental fee for both food and shelter at least equal to 34% of the federal benefit plus \$20.00 per month (e.g., in 2012 this is  $\$698.00 \times .34 = \$237.32 + \$20.00 = \$257.32$ ), the SSI rules allow the full federal SSI payment. The benefit is less paperwork and also eligibility to apply for the SSI-E WI State Supplement payment. There is no loss in using this arrangement. The young adult uses a portion of their own funds to support themselves, even if they remain in their parent's house hold. This arrangement meets the SSI program definition that establishes the young adult in their own “economic household”

#### **Summary**

At age 18 a young adult's parent's income and assets are no longer counted in determining SSI eligibility. However, SSI payment levels rise or fall depending on the type of financial arrangements for paying of household expenses. Choose the type of arrangement listed above that best fits your situation. Make the arrangements and if possible put them in writing. Begin using this arrangement as a household business practice at least one month before applying for SSI.

Reference: Social Security Administration's Policy Manual - [SI 00835.120 Rental Liability as Living Arrangement Basis](#) - Prepared by: Ron Konkol, Staff Assistant

# Have You Heard?

3



Falls are not a normal part of aging and can be prevented!

Just because you're growing older is no guarantee that at some point you'll fall and hurt yourself. You can learn how to significantly reduce the risk of falling.

**The classes are fun, free and definitely worth your time!**

Stepping On classes will be offered:

**Wednesdays July 9 to August 20**

9:00 a.m. to 11:00 a.m.

N. Fond du Lac Community Center  
280 Garfield St. North Fond du Lac

**Thursdays August 7 to September 18**

10:00 a.m. – 12:00 p.m.

Ripon Senior Center  
100 Jackson St. Ripon

**Tuesdays September 16 to October 28**

9:00 a.m. – 11:00 a.m.

ADRC at 50 N. Portland St. Fond du Lac

**If you are age 65 or older, please call 920-929-3466 to find out more about Stepping On.**

*"The guest speakers were great and I enjoyed talking to all of the other participants- we always had good conversation related to the topic at hand."*

*Al from Oakfield, Wisconsin- Stepping On Participant*

Fond du Lac County ADRC (920) 929-3466 50 N. Portland St Fond du Lac WI

# WHAT IS AN ADRC?

The place for information and assistance!

Aging and Disability Resource Centers (ADRCs) are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone – Individuals, concerned families or friends, or professionals working with issues related to aging or disabilities – can go for information tailored to their situation. The ADRC provides information on a broad range of programs and services, helps people understand long term care options, assists in applying for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC, via telephone, or through a home visit, whichever is more convenient to the individual seeking help.

## SERVICES PROVIDED BY THE ADRC:

An Aging and Disability Resource Center provides the following services and more:

### Information and Assistance:

Information about local services, resources and assistance in finding services to match your needs such as:

- In-home care, chore and housekeeping services
- Home modifications for safety and adaptive equipment
- Health (healthy lifestyles, management of chronic conditions, dementia, etc.)
- Respite
- Transportation
- Nutrition, home delivered meals
- Housing, including senior and low income housing

- Assisted Living, nursing homes and other long term care facilities
- Financial assistance (e.g., Social Security, SSI, Disability, Medicare, Medicaid and other benefit programs)
- Legal issues (guardianship, power of attorney, client rights advocacy)
- Abuse, neglect, self-neglect and financial exploitation of older adults and adults-at-risk
- Mental health, alcohol and drug abuse, crisis intervention information

### **Long Term Care Options**

#### **Counseling:**

- Information about choices you have when making decisions. Information such as: where to live, what kind of help you need, where to receive that care and help, and how to pay for it.
- One-on-one consultation to help you think through the pros

and cons of the various options in light of your situation, values, resources and preferences.

#### **Benefits Counseling:**

- Benefit specialists help older adults and individuals with disabilities understand and access benefits such as Medicare, Medicaid, Social Security, FoodShare, low-income housing and health insurance.

#### **Access to Funding for Long Term Care:**

- The ADRC can determine if you will be eligible for public funding for your long term care.
- The ADRC can explain the program choices that will provide for your long term care. In Fond du Lac County, these programs include Family Care and IRIS.

#### **Health and Wellness:**

- ADRC can connect you to wellness programs to help keep you healthy and independent

\*\*Used with permission from the Wisconsin Department of Health Services website.

**If you need information or assistance on any of the above information, call the local office at (920) 929-3466!**



A natural part of the aging process involves changes in sensory organs of the body. Look for changes in these areas.

**Vision:** Any change in your vision should be immediately checked out by an eye specialist. Many vision changes can be halted or compensated for if discovered early enough.

**Peripheral vision:** What you see out of the corner of your eyes can diminish as part of the natural aging process, or due to eye disease. Compensate for this problem by turning your head more often to observe traffic on both sides of your car or truck.

**Depth perception:** Your ability to judge distances may not be quite as good as it once was. To compensate for this, leave more room between your car and the car in front of you. Use a three second rule: when the vehicle in front of you passes an object, count slowly to three and see at the end of three seconds if you pass that same object. If you pass the object sooner than three seconds, you may be following the car in front of you too closely.

**Night vision:** Your ability to adjust to low light conditions and to recover from the glare from the headlights of other cars may diminish because your eyes may not be able

## **Physical Changes of Senior Drivers**

to focus as quickly, or because of the effects of medication.

- At the age of 45, you need four times as much light to drive as you needed when you were 19.
- At the age of 55, you need eight times as long to recover from glare as when you were 16.

If nighttime driving is a problem, plan errands or events for the daytime, or get someone else to drive.

**Clarity:** Fine detail such as the writing on road signs or the numbers on the speedometer may become more difficult to see. If you have trouble seeing the wording on road signs or details seem "fuzzy" a consultation with an eye specialist will often lead to a practical solution.

### **Hearing high frequency sound:**

The ability to hear sirens and horns is important, but may become more difficult as you get older. Modern cars with interiors well-isolated from road noise compound this situation. Lower the volume on the radio and check your mirrors more often to see if emergency vehicles are near.

**Mobility:** Aging often affects your joints and muscles. Stiffness, pain, and loss of strength make driving more difficult, in addition to less enjoyable. You can improve your strength and flexibility by exercising regularly (follow your doctor's recommendations). Also, devices such as

power steering, larger mirrors, and automatic transmissions may make driving easier for you.

**Reaction time:** As you age, your ability to react quickly to changing conditions diminishes. Give yourself more time to react to other vehicles and road conditions.

**Medication:** Prescription drugs and medications sold over the counter, such as decongestants and cold remedies, may cause drowsiness, impair hand/eye coordination, and affect judgment. Be

especially cautious when taking medicine for pain and arthritis. Alcohol often intensifies the effects of medication! Be sure to read all warning labels on the medication you take and ask your pharmacist or doctor about precautions to take before getting behind the wheel of a car.

\*For more information call (888) 560-3382  
Used with permission of the Wisconsin Department of Transportation. Please visit their website at: [www.dot.state.wi.us](http://www.dot.state.wi.us) for more information about older driver safety.

## Health News

### Heat Wave Safety

In recent years, excessive heat has caused more deaths than all other weather events. A heat wave is a prolonged period of excessive heat, often combined with excessive humidity.



#### **What should I do during a heat wave?**

- Listen/watch for weather updates
- Stay hydrated by drinking plenty of fluids- avoid caffeine or alcohol
- Eat small meals, eat more often
- Wear loose-fitting lightweight clothing
- Slow down, stay indoors, avoid strenuous exercise during the hottest part of the day
- Postpone outdoor games and activities
- Use a buddy system-check on friends and neighbors

Information provided by [www.redcross.org](http://www.redcross.org) and used with permission.

## Alzheimer's Association Local Services

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Our vision is a world without Alzheimer's, and since our founding in 1980, we have moved toward this goal by advancing research and providing support, information and education to those affected by Alzheimer's disease and related dementias.

The Alzheimer's Association, Southeastern Wisconsin Chapter got its start in March 1980 when four wives of persons with Alzheimer's disease met with a social worker at a community day care program their husbands attended to explore the possibility of forming a support group. They announced their intention in the *Milwaukee Journal Sentinel* and invited other families and professionals

to attend an organizational meeting.

Out of this grassroots effort, a local chapter of the national Alzheimer's Disease and Related Disorders Association (ADRDA) was formed in 1981 with a budget of a few hundred dollars and one support group as its primary service. It became incorporated as a non-profit 501(c)3 corporation in Wisconsin two years later. Paid staff were added in 1984 with funding from the Faye McBeath Foundation.

Since those humble beginnings, the Southeastern Wisconsin Chapter has grown to become a vital community resource for thousands of families and healthcare professionals dealing with the realities of Alzheimer's disease and other forms of dementia. As one of 79 local chapters of what is now the Alzheimer's Association, we exist to serve the needs of people in



local communities throughout an 11-county region. As the prevalence of Alzheimer's disease continues to grow and until a cure is found, we will offer help and hope to everyone in our area who is affected by the disease, and build public support and awareness for the Alzheimer's cause.

Our local coordinator in Fond du Lac County, Ginny Nyhuis, provides services in our community, where it is estimated over 2,200 people are living with a diagnosis of Alzheimer's disease or related dementia. One service offered by Ginny at the ADRC on a monthly basis, is a time for one-on-one meetings to ask questions and get information. Question may include concerns regarding memory loss; steps to assessment, diagnosis, and treatment; strategies for coping

with cognitive and behavioral changes; or planning for future care needs.

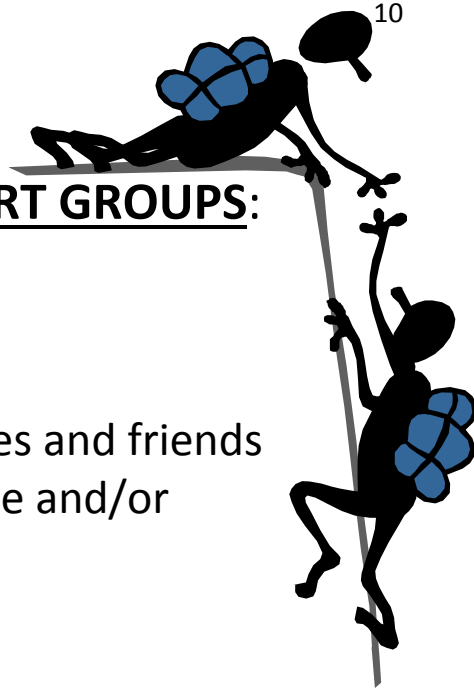
Ginny is available on site each first Wednesday of the month from 10:00 AM – noon. Services are provided at no cost, however an appointment is needed. To schedule a meeting, you may call Ginny directly at (920) 838-1311 or email: [gnyhuis@alz.org](mailto:gnyhuis@alz.org).

The Alzheimer's Association is here to assist you in your journey. Whether you are a person with memory loss or a caregiver, the Alzheimer's Association can provide the help you need.

Look for future articles from Ginny regarding tips and techniques for living with and caring for someone with Alzheimer's disease or related dementia.

#### The Joke Corner:

If you have a joke you would like to have considered for publication in the next edition of the Portland Resource, please contact Linda Berg by mail at 50 N Portland Street Fond du Lac WI 54935 or email at [linda.berg@fdlco.wi.gov](mailto:linda.berg@fdlco.wi.gov)



## ALZHEIMER'S/DEMENTIA SUPPORT GROUPS:

### PURPOSE:

To provide education and support to families and friends caring for someone with Alzheimer's disease and/or related dementia

### INFORMATION AND MEETINGS:

- Agnesian Adult Day Services 2nd Tuesday, 1:30 – 2:30
  - 420 East Merrill, Fond du Lac 920-921-5812
  - Respite care available with 24-hour advance notice
  
- Christian Home 1st Monday, 6:00 p.m.
  - 331 Bly Street, Waupun 920-324-9051
  
- FDL Senior Center 4th Thursday
  - 151 E. 1st St. Fond du Lac 6:30-8 p.m.
  - 920- 948-7884
  - No Meeting Held in November or December

**COMING IN LATE JULY 2014 –  
Fond du Lac County's website has  
been redesigned. Same address, whole  
new look!**

# Vegetables Word Search Puzzle

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

ASPARAGUS	ONION
BEAN	PARSNIPS
BEET	PEAS
BROCCOLI	PEPPER
CABBAGE	POTATOES
CARROT	RADISH
CAULIFLOWER	RHUBARB
CHARD	RUTABAGA
COLLARD	TURNIP
CUCUMBER	WATERCRESS
EGGPLANT	
GARLIC	
KOHLRABI	
LETTUCE	
MELON	

Source: Bing.com

Watch your thoughts, they become words.  
 Watch your words, they become actions.  
 Watch your actions, they become habits.  
 Watch your habits, they become your character.  
 Watch your character, it becomes your destiny.

Unknown Author



50 North Portland Street

Fond du Lac, WI 54935

If your organization is interested in submitting an article to the newsletter, please contact 920-929-3429, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list for our newsletter please call**

**(920) 929-3466, TTY: Use Relay, or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Fall Edition of  
The Portland Resource in  
September 2014!!**