

The Portland Resource

Fond du Lac County
Aging and Disability
Resource Center

Winter
2014



Let it Snow, Let it Snow,

Let it Snow!!

Happy Winter Season to all! This newsletter is the final copy for 2014! From everyone at the ADRC, we want to wish you a Happy Holiday Season!

Please keep warm and safe through these Wisconsin Winter months!

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
- Picking up a copy 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

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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
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

A Word from the Disability Benefit Specialist By: Lynnette Benedict

Reminder! You still have some time to review Medicare Part D or supplement plans.

Open enrollment ends DECEMBER 7th!!

Call if you need to look over your plan!

****The Disability Benefit Specialist will be available for appointments to review Medicare Part D during open enrollment for those individuals ages 18-59. To schedule an appointment, please contact (920) 929-3466, tty: use Relay, or email adrc@fdlco.wi.gov.**

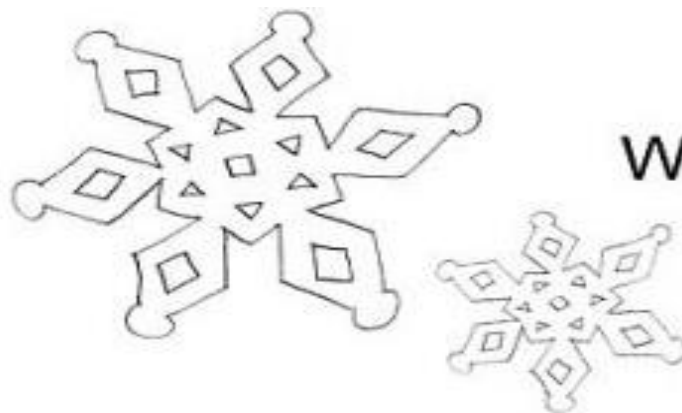
****Those individuals who are 60 +, contact the Elder Benefit Specialist, Julie Hilbert, Department of Senior Services, located in the City/County Building at (920) 929-3521.**

Check out the new Fond du Lac County Website & the ADRC page at www.fdlco.wi.gov/adrc

“What good is the warmth of summer, without the cold of winter to give it sweetness?”

-- John Steinbeck

WINTER



Word Search

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COLD
EVERGREEN
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SLED
SLEDDING
SNOWBALL
SNOWFLAKE
SNOWMAN
WINTER

www.ZiggityZoom.com

Fair Housing: How Much Do You Know?

Every day, throughout our community, people seek one of our most basic needs: housing. While many people go through a housing transaction with few obstacles, others are illegally denied housing. The US Department of Housing and Urban Development estimates that over two million acts of housing discrimination occur annually, yet few incidents are reported. The reasons for this discrepancy are simple: discrimination is often subtle, and few people know or understand the fair housing laws that protect them.

How well do you understand fair housing laws?

Take this quiz and find out.

Q: Is it okay for a landlord to place all families with children on one floor of the building and all other occupants on a separate floor?

A: No. The Federal Fair Housing Act prohibits the discrimination on the basis of familial status. That means that no one can be denied access to housing opportunities based on their

household composition, including the presence of children. Segregating a housing complex by floor or building is a violation of this law.

Q: I am single. Can a housing provider tell me that he prefers a household with a married couple?

A: No. A housing provider cannot deny anyone housing because of his or her marital status.

Q: I use a wheelchair. Can a landlord charge me a higher security deposit than other tenants?

A: No. A housing provider cannot create additional charges or fees for someone who requires a wheelchair or for any person with a disability.

Q: True or false: It's legal for real estate agents to direct African-American home seekers to predominately African-American neighborhoods.

A: False. Steering restricts an individual's housing choices and perpetuates segregation.

Q: True or false: Landlords who live in their own buildings don't need to comply with fair housing laws.

A: False. The Wisconsin Open Housing Law has no exemptions for owner-occupied housing.

Q: I have a disability and use a dog as a service animal to help me live independently. When I applied to live at an apartment complex, the manager told me that no pets are allowed in the complex. Can I keep my dog?

A: If you have a disability and need a service animal in order to live independently, you have the right to request an accommodation to the housing provider's "no pets" rule in order to keep your service animal. Housing providers are obligated to allow reasonable accommodations for persons with disabilities.

Q: I'm 23 years old. A rental manager told me that he doesn't rent to people under 25. Is this legal?

A: No. The Wisconsin Open Housing Law protects people 18 years of age and older from discrimination based on age. However, there are exemptions based on age for housing for the elderly.



If you think you may have been illegally denied housing on the basis of your race, national origin, sex, familial status, disability, age, lawful source of income, sexual orientation, or another characteristic, please contact the Fair Housing Center of Northeast Wisconsin at 920-560-4620 or call a toll-free statewide complaint intake hotline at 1-877-647-FAIR (3247). For more information, please see the Fair Housing Center's website, www.fairhousingwisconsin.com

The Fair Housing Center of Northeast Wisconsin also provides educational presentations to neighborhood groups, social service agencies, religious congregations, and others about fair housing law and illegal housing discrimination. For more information on fair housing presentations, please call 920-560-4620.

Dates for the 2015 "Stepping On" Falls Prevention Classes will be released soon! Watch the next edition of the newsletter for additional information about when and where the classes are!!

Home Modifications and Advanced Planning:

Making the Difference Between Remaining At Home & the Need for Institutional Care

(Article #2 of a four part series about aging in place)

By: Linda Berg

Jean and Ralph Simons married in 1950. At the time of their marriage, Jean had been a high school teacher and Ralph worked as an architect. They raised four children in a lovely old farmhouse a few miles from town. One by one, the children grew up, got jobs in other states and settled down there. Ralph died in 2003 and Jean recently gave up her driver's license due to failing eyesight.

Now in her 80's, Jean lives alone in the old farmhouse. The house has needed serious work for many years. Jean no longer goes upstairs, especially since she heard loud squeaks and thumps up there. Squirrels, mice, something worse? Jean doesn't have the money for the repairs, she just keeps the door to the upstairs firmly shut and has piled things up against it so that it can't be pushed open.

The wooden outdoor steps are steep and the holes on the stairs just keep getting larger. Jean has misjudged the distance between the stair steps twice now and has fallen down the last few stairs. She doesn't want her children to know that their well-educated mother is having problems coping or that their childhood home is literally falling down around her ears.

Life has become difficult and lonely. She can't always afford the \$20 round trip taxi ride to her physician's office. She worries about the next time she falls, will she be able to get up again? Jean is proud of her fierce independence, but secretly wonders if she actually would be better off in an assisted living facility or nursing home. What happened to the lovely dreams she and Ralph had had for their life? Why had things turned out the way they had?

Jean didn't want her life to be the way it now was, few people would want to live that way. What makes the difference between

safely remaining in your home for as long as possible and having no choice but to leave your home because things have gotten so bad? One of the biggest predictors of safely living in your own home well into old age is a comprehensive plan for the future.

Advance planning takes into account the effects of aging on the body and how those effects can be compensated for. Advance planning is a thorough and written out strategy of how needs will be met, whether those needs are personal, financial, or practical. Advance planning, designed and put into place long before it is needed, can go far in remaining at home or having the need for institutional care.

Chances are that the home you are living in now was built for strong, healthy young people with excellent hearing and vision. This is one of the first areas where advance planning begins to make a difference. Turning a house built for young people into a home for older adults is a process, most likely an expensive process if done all at once. Understanding what adaptations may be needed and planning how and when those modifications can be done are all part of advance planning.

The next article in this series will discuss the reasons behind some of the first possible modifications to make and how those revisions can increase safety for the older adult.

Make sure to check out the next edition of the ADRC Newsletter in March for this information!

"Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat."

~Author Unknown

HOLIDAY TIPS FOR FAMILIES LIVING WITH A PERSON WITH DEMENTIA

Taken from www.alz.org Caregiver Center

The holidays are a time when family and friends often come together. But for families living with Alzheimer's and other dementias, the holidays can be challenging. Because of the changes he or she has experienced, the person with Alzheimer's may feel a special sense of loss during the holidays. At the same time, caregivers may feel overwhelmed maintaining holiday traditions while caring for their loved one. In addition, caregivers may feel hesitant to invite family and friends over to share the holiday for fear they will be uncomfortable with behavior changes in the family member.

Here are some suggestions that may help to make holiday's happy, memorable occasions.

Familiarize others with the situation: If the person is in the early stages of Alzheimer's, relatives and friends might not notice any changes. But the person with dementia may have trouble following conversation or tend to repeat him- or herself. Family can help with communication by being patient, not interrupting or correcting, and giving the person time to finish his or her thoughts.

If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last time an out-of-town friend or relative has visited. These changes can be hard to accept. Make sure visitors understand that changes in behavior and memory are caused by the disease and not the person.

You may find this easier to share changes in a letter or email that can be sent to multiple recipients.

Adjust Expectations:

- Call a face-to-face meeting or arrange for a long-distance telephone conference call with family and friends to discuss holiday celebrations. Make sure that everyone understands your caregiving situation and have realistic expectations about what you can and cannot do. No one can expect you to maintain every holiday tradition or event. Be honest about any limitations or needs, such as keeping a daily routine.
- Give yourself permission to do only what you can reasonably manage. If you've always invited 15-20 people to your home, consider inviting five for a simple meal. Consider having a potluck dinner or asking others to host the holiday at their home.
- Do a variation on a theme. If evening confusion and agitation are a problem, consider changing a holiday dinner into a holiday lunch or brunch. If you do keep the celebration at night, keep the room well-lit and try to avoid any known triggers.

Involve the Person with Dementia:

- Involve the person in safe, manageable holiday preparation activities. Begin slowly by asking the person to help you prepare food, wrap packages, hand you decorations or set

the table. (Avoid using candies, artificial fruits/vegetables or other edibles as decorations. Blinking lights may confuse or scare the person.)

- Maintain the person's normal routine so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on you and the person. Plan time for breaks and rest.
- Build on past traditions and memories. Focus on activities that are meaningful to the person with dementia. Your family member may find comfort in singing old holiday songs or looking through old photo albums.

Adapt Gift Giving:

- **Encourage safe and useful gifts for the person with dementia.**
Diminishing capacity may make some gifts unusable or even dangerous to a person with dementia. If someone asks for gift ideas, suggest items the person with dementia needs or can easily enjoy. Ideas include: an identification bracelet (available through MedicAlert® + Alzheimer's Association Safe Return®), comfortable clothing, audiotapes of favorite music, videos and photo albums.
- **Put respite care on your wish list.**
If friends or family ask what you want for a gift, suggest a gift certificate or something that will help you take care of yourself as you care for your loved one. This could be a cleaning or household chore service, an offer to provide respite care, or something that provides you with a bit of rest and relaxation.

When the person lives in a care facility:

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs and ask if other residents can join in
- Read a favorite holiday story or poem out loud

Alzheimer's Association 24/7 Hotline

1-800-272-3900

**Appointments also available with Ginny on
the 4th Wednesday of the month at the
ADRC. Contact Ginny at (920) 838-1311**



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Linda Berg at 920-929-3429, TTY: Use Relay (711), or email 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.

Please watch for our Spring Edition of The Portland Resource in March 2015!!