

# The Portland Resource

Aging and Disability  
Resource Center of  
Fond du Lac County

Fall 2015



Happy fall from those of us at the ADRC! We hope you enjoy our fall edition of the Portland Resource.

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)
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

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



*Contact Us*

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The Aging & Disability  
Resource Center of  
Fond du Lac County 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](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

A Word from the Disability Benefit Specialist

By Lynnette Benedict

## **Medicare Part D (Prescription Drug Coverage)** **Open Enrollment**

October 15 to December 7 individuals with Medicare can change their Medicare health plan and/or prescription drug coverage for 2016. Information on 2016 plans will be available the beginning of October. If a person is satisfied that their current plan may meet their needs for next year, it is still a smart idea to review plans annually to see if the costs or coverage are changing for 2016. Assistance with reviewing Part D plans is available through either the Disability Benefit Specialist or the Elder Benefit Specialist.

To schedule appointments to review Medicare Part D Plans...

**Those who are 18-59 can schedule with the Disability Benefit Specialist.**

Call the ADRC at (920) 929-3466 to request an appointment.

Disability Benefit Specialist  
50 North Portland Street  
Fond du Lac WI 54935

**Those who ages 60+ can schedule with the Elder Benefit Specialist.**

Call the Department of Senior Services at 920-929-3521 and request an appointment.

Elder Benefit Specialist  
Fond du Lac County Department of Senior Services  
160 South Macy Street 3<sup>rd</sup> Floor  
Fond du Lac WI 54935

**Other Resources:**

- 1-800-MEDICARE
- <https://www.medicare.gov/part-d/>
- <https://www.dhs.wisconsin.gov/publications/p0/p00166.pdf>



# Stepping On

## Building Confidence and Reducing Falls

Call the ADRC at (920) 929-3466 to register!

### WHAT YOU WILL LEARN

The Stepping On workshop meets two hours a week for seven weeks.

Topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- Separating myths about falling from facts.

### Remaining 2015 Classes!

✕  
**Tuesdays September 15 to October 27**  
 9am to 11am  
 Rosendale Village Hall  
 211 N Grant St, Rosendale

✕  
**Wednesdays October 7 to November 18**  
 9am to 11am  
 N Fond du Lac Community Center  
 280 Garfield St, N Fond du Lac



**To Register:  
 Please Call  
 Fond du Lac County ADRC  
 920-929-3466**

### Low Vision Services at the ADRC!

Kathleen Connell from the Office of the Blind or Visually Impaired will be coming to the ADRC monthly on the 3<sup>rd</sup> Friday of the month from 1:00-3:00.

Kathleen Contact information:  
 141 NW Barstow Street, 4th Floor  
 Waukesha, WI 53188  
 Phone: 262-548-5862  
 Kathleen.Connell@wisconsin.gov



<https://www.dhs.wisconsin.gov/blind/index.htm>

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



## Nursing News



It's almost that time of year...  
to receive your annual flu vaccination!

Seasonal epidemics of influenza (flu) occur every year in the United States, beginning in the fall. Usually the flu epidemics cause thousands of deaths and about 200,000 people to be hospitalized. The flu virus is highly contagious and is spread from one person to another by coughing, sneezing, or talking.

Typical flu symptoms include fever, chills, muscle aches, cough, runny nose, congestion and difficulty breathing which can lead to pneumonia. Influenza is a virus and cannot be treated with antibiotics. Most cases of the flu can be prevented by receiving the vaccine. The vaccine prevents about 70 out of every 100 people who received it from developing moderate to severe flu infection-which means if the vaccine does not completely prevent the flu infection it will lessen the length and severity of the illness.

The vaccine can be given to people ages 6 months and up and should be given every year. There are two forms of the vaccine, the shot and the mist. The mist is only given to healthy, non-pregnant people ages 2 through 49. This vaccine does not prevent the stomach virus that many people mistakenly call the flu, and that is not the same as the respiratory influenza that causes more serious health problems and is prevented with the vaccine.

The vaccine can be received through your healthcare providers office or at the Fond du Lac County Health Department in the fall. Medicare and Medical Assistance can be billed to cover the cost of the vaccine.

**For more information call the Health Department at (920) 929-3085.**



The Fond du Lac County Falls Prevention Coalition presents  
**Falls Prevention Awareness Day: Strong Today, Falls Free® Tomorrow**

September 23, 2015  
Lighthouse Christian Church  
401 S National Avenue, Fond du Lac  
11:30 a.m. – 4:00 p.m.

**Schedule of Events**

- 11:30 a.m. Registration and visit with vendors  
Light lunch, finger foods provided
- 12:30 p.m. Vision and Falls Prevention  
Dr. Brian Hammes, Family Focus Eye Care
- 1:45 p.m. Falls Prevention: A Community Approach  
Jean Weston, Public Health Nurse, Fond du Lac County
- 3:00 p.m. Falls Prevention from a Physical Therapist's Point of View  
Tiffany Fisher, DPT, Aurora Health Care
- 3:45 p.m. Wrap up and door prizes

**Area vendors will be onsite during the event to offer a variety of health screens and discuss how they can assist you with preventing falls.**

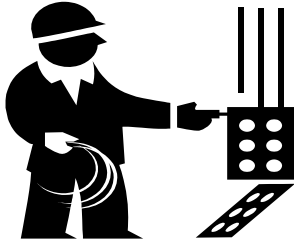
**TO REGISTER FOR THIS FREE EVENT, CALL THE FOND DU LAC COUNTY  
AGING AND DISABILITY RESOURCE CENTER (920) 929-3466**

**EVENT PRESENTED BY:**

**Fond du Lac County Falls Prevention Coalition**

In partnership with Above and Beyond Care Solutions, All About Life Rehabilitation Center, Aurora Health Care, Fond du Lac County Aging and Disability Resource Center, Rehab Arisces and Wink Chiropractic

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



## 2015 PROJECT HEATS ON

The Plumbers and Steamfitters Local 400 of the Fox River Valley and the Department of Senior Services of Fond du Lac County are sponsoring the “Heats On Program”

***On Saturday, September 26<sup>th</sup> beginning at 8:30 a.m.*** The “Heat’s On” community assistance program is working to improve the health and welfare of our communities by ensuring their heating systems are safe and reliable for the upcoming winter. The Project “Heats On” volunteers will come into your home to inspect your heating system, change furnace filters and inspect smoke alarms and put new batteries in them. This is will be an annual program for the senior citizen homeowners in Fond du Lac County. Application deadline is September 14, 2015.



### To Qualify:

- Need to be 60 years of age or older
- Homeowner and have a current property tax bill
- Reside in City of Fond du Lac or Village of North Fond du Lac
- Be within the income guidelines:
  - Single \$1,716 monthly/\$20,597 annually
  - Couple \$2,323 monthly/\$27,877 annually

Please contact Julie Hilbert, Benefit Specialist for Fond du Lac County at 929-3521 to sign up and register for this exciting free service.

## Mini Cinnamon Empanadas

**\*Diabetic Friendly\***

**Makes:** 2 servings

**Serving Size:** 2 mini empanadas

**Carb Grams Per Serving:** 18

### Ingredients

- 2 teaspoons butter
- 1 small apple, cored and chopped
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla
- 4 wonton wrappers (about 3-1/2-inch squares)
- Ground cinnamon
- 1 tablespoon sugar-free caramel ice cream topping, warmed (optional)



### Directions

In a small skillet, melt butter over medium heat. Add apple; cook for 6 to 8 minutes or just until tender, stirring occasionally. Remove from heat. Stir in the 1/2 teaspoon cinnamon and the vanilla.

For each mini empanada, lay a wonton wrapper on a work surface with a point toward you. Spoon one-fourth of the apple mixture on the lower half of the wonton wrapper. Brush edges of wonton wrapper with water. Working carefully, fold the top point down to meet the bottom point, forming a triangle. Gently press the edges together to seal.

Coat an unheated large skillet with nonstick cooking spray. Preheat over medium-high heat. Add empanadas. Cook for 4 to 6 minutes or until golden, turning once halfway through cooking.

Serve warm empanadas sprinkled with additional ground cinnamon and, if desired, drizzled with caramel topping. Makes 2 servings (2 mini empanadas each)

### Nutrition Facts Per Serving:

Servings Per Recipe: 2 PER SERVING: 117 cal., 4 g total fat (2 g sat. fat), 12 mg chol., 120 mg sodium, 18 g carb. (2 g fiber, 6 g sugars), 2 g pro.

### Diabetic Exchanges

Fruit (d.e): 0.5; Starch (d.e): 0.5; Fat (d.e): 1

Recipe found from: <http://www.diabeticlivingonline.com/recipe/desserts/mini-cinnamon-empanadas>





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](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 Winter Edition of The Portland Resource in December 2015!!**