

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

FALL
2017



Happy Fall from those of us at the ADRC! We hope you enjoy our fall edition of the Portland Resource and the great information included!



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 & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact ADRC at (920)-929-3466.



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

**Walk-Ins
Welcome!**

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 2017. Information on 2017 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 3rd 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>

Save the Date!!

Fond du Lac County Care Giving Conference

The More You Know

A day of education and
support for those who care



Tuesday, September 26, 2017

8:30 a.m. - 3:30 p.m.

Holiday Inn Conference Center
625 W. Rolling Meadows Drive
Fond du Lac

alzheimer's  association®



Dementia Care Network
of Fond du Lac County

Registration Form

Registration deadline: Friday, Sept. 15, 2017

Name: _____

Address: _____

City/State/ Zip: _____

Phone: _____

Email: _____

Workshop A 1. 2. 3. 4.

Workshop B 5. 6. 7. 8.

Conference Fees:

\$5 Family Caregiver

\$15 Professional Caregiver

Certificates of Attendance will be provided
for professionals attending the full day.

1/2 day attendance is an option

Mail completed registration form
and check made payable to:

Alzheimer's Association
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

Contact Ginny Nyhuis with questions:
gnyhuis@alz.org or call: 920.838.1311

Care options available for your loved
ones. Call for details: 920.906.4792



alzheimer's association®

Memory Café

Memory Cafés provide opportunities for persons diagnosed with MCI, early to moderate Alzheimer's disease or other types of dementia, their care partner(s) and/or family to engage with peers in a relaxed, unstructured environment. It's a time and place to share stories, laugh, cry, share concerns and celebrate without feeling embarrassed or misunderstood in an atmosphere that promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

July 27, 2017 | Fond du Lac Public Library | 1:00 – 2:30

MAKE YOUR OWN KIND OF MUSIC

“Make Your Own Kind of Music. Sing Your Own Special Song. Even if Nobody Else Sings Along.” Let's make some good old fashioned music. Research indicates the effects of listening to and singing along with music is beneficial to all involved. What are your favorite tunes? Who are your favorite performers? What style of music gets you moving? Music lovers of all ages welcome.

AUGUST 8, 2017 | Annie's Fountain City Cafe | 1:00 – 2:30

A PICTURE IS WORTH A THOUSAND WORDS. PHOTOGRAPHY BESTS & BLUNDERS.

August 24, 2017 | Fond du Lac Public Library | 1:00 – 2:30

STAR LIGHT. STAR BRIGHT

On August 21st the first total solar eclipse in the continental U.S. in 38 years will have occurred. The last one occurred February 26, 1979. This eclipse will be the most-viewed ever. Come and share your star gazing stories.

September 12, 2017 | Annie's Fountain City Café | 1:00 – 2:30

WE'RE NEVER TOO OLD TO CREATE.

September 28, 2017 | Fond du Lac Public Library | 1:00 – 2:30

SARA SCHNEIDER OF BALANCED MASSAGE SHARES THE POWER OF HEALING TOUCH & ARM CHAIR TRAVEL

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

Fall is a time for visiting old favorites and exploring new spots. Wisconsin's extensive state park system offers ample opportunities to explore the rivers, lakes and trails of the region. Bring your favorite stories and photos of Wisconsin Parks and beyond.

October 10, 2017 | Annie's Fountain City Café | 1:00 – 2:30

TAI CHI IN CHAIRS. STEPPING ON DEMO.

October 26, 2017 | Fond du Lac Public Library | 1:00 – 2:30

OLD TIME RADIO

No television. No internet. How about listening to the radio. Today's Café takes us back to a few favorites including Jack Benny, Gun Smoke, Dragnet, Suspense, Our Miss Brooks, The Whistler, An Evening with Groucho, Sherlock Holmes, Inner Sanctum, Abbot & Costello, Burns & Allen, Bob Hope and Life of Riley to name a few. And we'll try our talent and become the characters for our own mini-radio program.

November 7, 2017 | Annie's Fountain City Café | 1:00 – 2:30

JAZZ PAINTING - PAINT TO MUSIC

November 16, 2017 (Notice Date Change) | Fond du Lac Public Library | 1:00 – 2:30

YOU'VE GOT A FRIEND IN ME - CELEBRATING OUR CARE PARTNERS

This month, let's celebrate caregivers for all they do, and for the impact they have in the lives of people with Alzheimer's, which cannot be overstated. We are taught important life lessons every day, but the most memorable seem to come from those we love the most. Caring for a loved one with Alzheimer's disease teaches us many great unexpected lessons that leave a lasting impression on our lives.

December 14, 2017 (Notice Date Change) | Fond du Lac Public Library | 1:00 – 2:30

MAN'S BEST FRIEND. Dogs, cats, or birds? Fido, Buddy or Daisy, Kitty, Misty or Oscar. Who have you shared your love with? Photos and stories welcome. Plus ... Once Upon a Time Story Creators.



Putting 'CAFÉ' back into Memory Café
 Join us on Tuesday (see above) at
Annie's Fountain City Cafe | 72 South Main Street

Contact: Mary Patricia Voell | 414.779.8484

CAFÉ PARTNERS

Fond du Lac Public Library | Annie's Fountain City Cafe

www.alz.org/sewi

24/7 Helpline 800.272.3900

Hablamos Español 414.431.8811

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

Education program

For family members who need to have or will have conversations about important dementia topics.

Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

This education workshop offers helpful tips to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. The objectives are to share tips about having these tough conversations, to reinforce the need to plan ahead and create a care team, connect all attendees to helpful resources to enhance the quality of life for all involved and to provide the opportunity to hear from others who are dealing with similar issues.

Location:

Campbellsport Library
220 N. Helena Street
Campbellsport, WI 53010

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association
Southeastern Wisconsin Chapter

Date and Time:

Thursday, September 28th, 2017
5:30-7:30 PM

Registration:

Call 800.272.3900

alzheimer's  association®

Southeastern Wisconsin Chapter
820 S. 78th Street, Suite 180
Milwaukee, WI 53214

800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811



Upcoming Parkinson Disease Dance/Movement Class



WISCONSIN
PARKINSON
ASSOCIATION

Parkinson's Movement & Dance Class

Fond du Lac Senior Center
151 E 1st Street, Fond du Lac

Tuesday, October 3 | 3:30-4:30pm
Tuesday, October 24 | 3:30-4:30pm
Tuesday, November 14 | 3:30-4:30pm

Instructor Kate Mann will lead a class for people with Parkinson's.
Come alone or bring your care partner to participate with you.



Learn more and sign up
at wiparkinson.org
or 414-312-6990.



Alzheimer's Family Caregiver Support Program

There is a program through the State of Wisconsin known as the Alzheimer's Family and Caregiver Support Program (**AFCSP**). This program was created by the Wisconsin legislature in 1985 in response to the stress and service needs of families caring at home for someone with irreversible dementia.

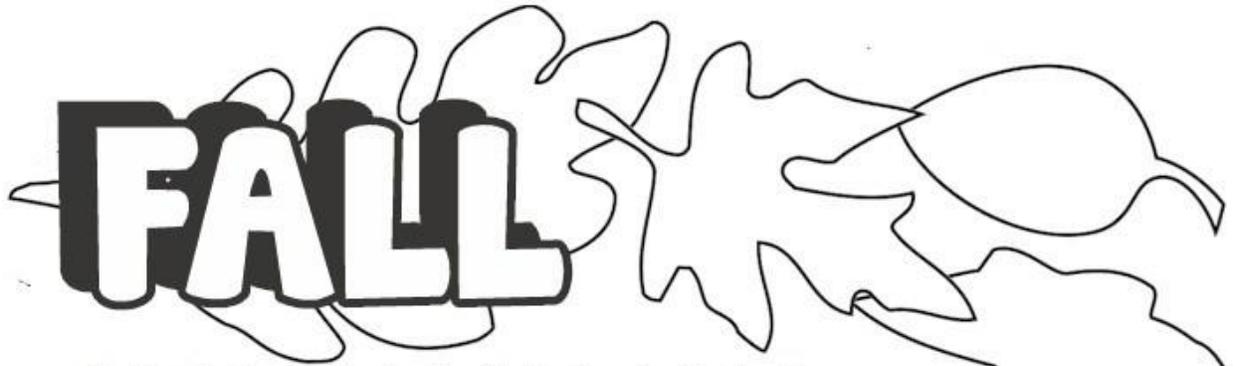
Funds through the **Alzheimer's Family Caregiver Support Program** (**AFCSP**) can help eligible families pay for services which could allow a family caregiver to have a break (respite) from their caregiving responsibilities. Some examples of services could be any of the following: assistance in the home to help with household chores; companion care so the Caregiver can get away and feel comfortable that their loved one is well cared for and safe; Adult Day Service centers in the community offer a fun, structured environment for a loved one to go to during the day; short-term overnight respite.

For those families affected by Alzheimer's, other irreversible dementias and Parkinson's Disease, contact Lori Anderson at **920-906-4792**, Department of Senior Services of Fond du Lac County, for more information and eligibility requirements of **AFCSP**.

Stepping On Falls Prevention Save the Date for 2018!

The first 2018 class will be held at the
Fond du Lac ADRC 50 N Portland
on April 19-May 24th.

Wait for more details in another newsletter!



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

AUTUMN
 HARVEST
 PUMPKINS
 THANKSGIVING
 HALLOWEEN
 LEAVES
 SQUASH
 FALL
 HAYSTACK
 RAKE

Avoid skimmers at the pump

June 22, 2017 by Colleen Tressler Consumer Education Specialist, FTC

Skimmers are illegal card readers attached to payment terminals — like gas pumps — that grab data off a credit or debit card's magnetic stripe without your knowledge. Criminals sell the stolen data or use it to buy things online. You won't know your information has been stolen until you get your statement or an overdraft notice.

Skimmers are nothing new, but technology has made them smaller and harder to find. Sometimes, they're even hidden inside a gas pump.

Here are tips to help you avoid a skimmer when you gas up:

- Make sure the gas pump panel is closed and doesn't show signs of tampering. Many stations now put security seals over the cabinet panel. This is part of a voluntary program by the industry to thwart gas pump tampering. If the pump panel is opened, the label will read "void," which means the machine has been tampered with.



Photo credit: National Association of Convenience Stores (NACS) and Conexus

- Take a good look at the card reader itself. Does it look different than other readers at the station? For example, the card reader on the left has a skimmer attached; the reader on the right doesn't.



Photo credit: Royal Canadian Mounted Police in Kamloops, Canada

You can try to wiggle the card reader before you put in your card. If it moves, report it to the attendant. Then use a different pump.

- If you use a debit card at the pump, run it as a credit card instead of entering a PIN. That way, the PIN is safe and the money isn't deducted immediately from your account. If that's not an option, cover your hand when entering your PIN. Scammers sometimes use tiny pinhole cameras, situated above the keypad area, to record PIN entries.
- Monitor your credit card and bank accounts regularly to spot unauthorized charges.
- If you're really concerned about skimmers, you can pay inside rather than at the pump. Another option is to use a gas pump near the front of the store. Thieves may target gas pumps that are harder for the attendant to see.

If your credit card has been compromised, report it to your bank or card issuer. Federal law limits your liability if your credit, ATM, or debit card is lost or stolen, but your liability may depend on how quickly you report the loss or theft.

For more information, read [Lost or Stolen Credit, ATM, and Debit Cards](#). Consider placing a fraud alert or a credit freeze on your credit report. This requires businesses to confirm your identity before approving applications in your name.

If you think you see a scam, talk with someone. Your story could help someone avoid that scam. Then report it to FTC.

Article from: https://www.consumer.ftc.gov/blog/avoid-skimmers-pump?utm_source=govdelivery

Start A Team for the Walk to End Alzheimer's®

In Fond du Lac County

Saturday, October 7 at Moraine Park Technical College

Walk Co- Chairs Donna Freund and Jody Goebel invite you to **Join the Fight for Alzheimer's First Survivor!** Register for the Walk to End Alzheimer's on Saturday, October 7th at Moraine Park Technical College in Fond du Lac. At the Alzheimer's Association Walk to End Alzheimer's, people carry flowers representing their connection to Alzheimer's – a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30 a.m. Enjoy a lovely 2 mile walk, plus pre-Walk festivities including complimentary breakfast provided by the Kiwanis Club, A & W root beer floats, live music by Rock River, team photos, and the Purple Clubhouse activity area featuring family activities, temporary tattoos and a crazy Purple selfie station.

Lead the way to Alzheimer's first survivor. Sign up today as a Team Captain, join a team or register to walk as an individual at alz.org/walk.



Support Groups

Why attend a Support group?

Support groups bring together people facing similar issues. Members of support groups often share experiences, advice, ideas and can provide a clearer understanding of what to expect in your situation. It can be helpful just getting to talk with other people who “get what you’re going through”!

While not everyone wants or needs support beyond that offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges; they can be a valuable resource to help you improve your coping skills.

Listed below are some Support Groups that meet in Fond du Lac County:

Parkinson Disease

Date: Second Monday of the month

Time: 10:00-11:00 am

Where: Aurora Healthcare Center, 210 Wisconsin American Drive, Fond du Lac

Contact: Lori, 920-906-4792

Dementia/Alzheimer’s Disease

Date: Second Tuesday of the month

Time: 1:30-2:30 pm

Where: Agnesian Healthcare Adult Day Services, 420 E. Merrill Ave. Fond du Lac

Contact: Kathy Kempf, 920-921-5812 Respite available with advance notice

Date: Fourth Thursday of the month (no December meeting)

Time: 6:30-7:30 pm

Where: Fond du Lac Senior Center, 151 E. 1st St., Fond du Lac

Contact: MaryAnn, 920-517-0830 or Lori, 920-906-4792

Date: First Thursday of the month

Time: 5:00-6:00 pm

Where: Grace Evangelical Lutheran Church, 430 Griswold St., Ripon

Contact: Karen Kelm, 920-229-2675

New Foot Care Services Available

Beginning Monday Sept. 11, foot care clinics will be offered at the ADRC, by appointment. K & L Footcare (nurses, Keren & Lisa) will offer seniors a warm foot soak, trim toenails, reduce corns and calluses, and apply lotion with a light massage, all for \$25! Both nurses have been specially trained to provide foot care and are excited to offer services in our area. To schedule an appointment, call 1-920-637-0754. Keren & Lisa will be at the ADRC building (50 N. Portland St., FDL) on the 1st, 2nd, and 3rd Mondays of every month. Beginning in November, they will also be at the Ripon Senior Center, on the 2nd Wed. of every month (starting Nov. 8th). For an appointment in Ripon, call the Ripon Senior Center, 920-748-6225. You can also email Keren & Lisa at klfootcare@gmail.com.

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



What is Music & Memory?

Music & Memory is a free program of the Aging and Disability Resource Center (ADRC) of Fond du Lac County.

This program brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life.

Music & Memory has been shown to stimulate the mind, energize the body, nurture the spirit and reduce the stress and anxiety that is experienced by many dementia patients and their caregivers.



See Results First Hand!

Meet Henry, one of seven patients profiled in the documentary "Alive Inside," a heart-warming look at the power of music to help those in nursing homes.



To watch Henry's story, visit www.youtube.com and search "Henry's Story Music and Memory".



Participant Eligibility

To participate in Music & Memory of Fond du Lac County, participants must be a resident of Fond du Lac County and meet the following criteria:

- Participant cannot reside in an assisted living or other institutional setting.
- Participant must show signs of Dementia or Alzheimer's
- Participant must have a family member willing to assist
- Participate in home and phone visits

To enroll in Music & Memory of Fond du Lac County, contact the Aging & Disability Resource Center of Fond du Lac County at 920-929-3466.



Fond du Lac County Health Department Influenza Vaccine Clinics

Here is a list of influenza vaccine clinics the Fond du Lac County Health Department has scheduled. High Dose flu vaccine is available; it is licensed for people age 65 and over. Studies have shown that the high dose vaccine provides a stronger immune response in senior citizens. Cost of the High Dose vaccine is \$75, standard flu vaccine is \$30. The Health Department can bill Medicare Part B, Medicare Advantage Plans (Anthem Blue Cross Blue Shield, Network Platinum Plus, United HealthCare, & AARP Medicare Complete) or Medicaid; please bring your current insurance card with you (the same card that you show at medical appointments). Please note we are not able to bill Humana Medicare plans.

The flu clinic schedule is updated throughout the fall, visit www.fdlco.wi.gov for updates or additional clinics. Contact the Health Department at (920) 929-3085 with any additional questions.

Date	Time	Location
Tues, Sept 26	12:30 – 3:00 PM	Salem United Methodist Church, Eldorado
Wed, Sept 27	12:00 – 2:00 PM	Fond du Lac County Health Department
Thurs, Sept 28	10:00 – 11:00 AM	St. Cloud Village Hall, 1105 Main Street
Thurs, Sept 28	11:15 – 12:15 PM	Oakfield Community Center
Fri, Sept 29	11:00 AM – 12:00 PM	Ripon Senior Center
Fri, Sept 29	2:30 – 3:30 PM	TowerView Villa, Rosendale
Tues, Oct 3	10:30 – 11:30 AM	Pipe Senior Center (Jim & Linda's), W3496 Hwy W Pipe
Tues, Oct 3	10:30-11:30 AM	Eden Community Center, (East Main & Pine St)
Fri, Oct 6	8:30 – 10:30 AM	Fond du Lac Senior Center
Sat, Oct 7	3:00 – 4:00 PM	Sacred Heart Church, 200 S Peters Ave., FDL
Sun, Oct 8	8:45 – 10:00 AM	Holy Family Church, 271 Fourth Street Way, FDL
Wed, Oct 11	9:00 – 11:00 AM	Fond du Lac County Health Department
Thurs, Oct 12	9:00 – 11:00 AM	National Exchange Bank, FDL, 130 S. Main St.
Thurs, Oct 12	9:30 – 11:00 AM	Piggly Wiggly, Campbellsport
Thurs, Oct 12	11:00 – 12:00 PM	Waupun Senior Center
Fri, Oct 13	11:00 – 12:00 PM	National Exchange Bank, Mt. Calvary
Tues, Oct 17	11:30 – 1:00 PM	North Fond du Lac Community Center
Fri, Oct 20	12:00 – 1:00 PM	National Exchange Bank, Campbellsport
Fri, Nov 3	9:00 – 10:00 PM	National Exchange Bank, FDL (676 W Johnson St)
Mon, Nov 13	3:00 – 6:00 PM	Fond du Lac County Health Department
Mon, Dec 11	3:00 – 5:00 PM	Fond du Lac County Health Department

Health Living with Diabetes



Healthy Living with Diabetes?

It's a big promise... but we can keep it!

People who complete Healthy Living with Diabetes have a **53% reduction in emergency department visits.**

Tens of thousands of people nationwide have learned the **Healthy Living with Diabetes** approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes — even a year later.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

Healthy Living doesn't replace your diabetes treatment plan — far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life.

Find a Healthy Living with Diabetes workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.



What is Healthy Living with Diabetes?

Healthy Living is a six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

"I wasn't taking care of myself — but I am now. I finally see how important that is."

Led by trained leaders, some of whom have diabetes themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

How is this program different?

You set your own goals. The changes you see are things that matter most to you.

You learn hands-on with others. The group brings fun and wisdom as you apply new skills in your own life.

Healthy Living helps you build confidence in your ability to manage your condition.

You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



"I never knew how much my emotions affected my physical health. Now I know my stress signals and I pay attention!"



Public Health
Prevent. Promote. Protect.
Fond du Lac County
Health Department



1414 MacArthur Rd, Suite B
Madison, WI 53714
(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Upcoming workshops:
Mondays, October 30 to December 4
6 to 8:30 p.m. • **FREE!**

**Agnesian HealthCare
Health Resource Center**
430 E. Division Street
Fond du Lac

For more information, call (920) 926-5418

Register online at
agnesian.com/know-and-go-classes.com

Cost: Optional workbook purchase of \$20

Healthy Living with Diabetes



A diabetes diagnosis brings big changes. Find solutions that work for you.

Healthy Living with Diabetes is proven to make a big difference in your health and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.



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



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact
Jaclyn Jaeckels (920) 929-7506, 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 Winter Edition of The Portland
Resource in December 2017!!**