

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

**WINTER
2017**



Happy Holidays and New Years from those of us at the ADRC! We hope you enjoy the Winter edition of The Portland Resource. Make sure to watch for our Spring edition which will be out in March 2018!

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 Jackie at (920) 929-7506.

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!**

Recipe Corner

Sweet Potato Banana Bread

Recipe By: Diabetic Living Magazine “Greek yogurt, pecans, and sweet potatoes give a nutritious twist to this banana bread recipe—great for lunchboxes or a morning snack.”

Ingredients

- Nonstick cooking spray
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon ground cloves
- 1 cup shredded sweet potato (4 ounces)
- ⅔ cup mashed ripe bananas (about 2 medium)
- 1 (6 ounce) container plain fat-free Greek yogurt
- ½ cup packed brown sugar (see Tips)
- ½ cup refrigerated or frozen egg product, thawed
- ⅓ cup canola oil
- ¼ cup chopped pecans, toasted



Directions

Preheat oven to 350°F. Coat bottom and sides of a 9x5x3-inch loaf pan with cooking spray; set aside. In a large bowl combine flour, baking soda, cinnamon, salt, and cloves. Make a well in the center of the flour mixture; set aside.

In a medium bowl stir together sweet potato, bananas, yogurt, brown sugar, eggs, and oil. Add egg mixture all at once to flour mixture; stir until evenly moistened. Fold in pecans. Spoon batter into prepared pan.

Bake 50 to 55 minutes or until a wooden toothpick inserted near the center comes out clean. If necessary to prevent overbrowning, cover loosely with foil for the last 15 minutes of baking. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on wire rack. Wrap in plastic wrap or foil; store overnight before slicing.

Tips: We do not recommend using sugar substitute for this recipe.

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Source: <http://www.eatingwell.com/recipe/259827/sweet-potato-banana-bread/>

CAREGIVERS CAN ENJOY THE HOLIDAYS!

Submitted by: Lori Anderson- Fond du Lac County Department of Senior Services

The holiday season is usually a happy time for reconnecting with family, friends and neighbors. For those who are caring for a loved one though, this season can also present challenges and sometimes generate feelings of sadness and stress.

Caregivers CAN enjoy this wonderful season of the year though! You should be the first person on your gift list: give yourself the gift of time for **you, the caregiver**. In order for you to be the best caregiver/care partner to your loved one, you really need to take care of yourself. It's crucial to take good care of your own health by getting enough sleep, exercise, and proper nutrition. By caring for your body as well as your emotional well-being, you'll be better prepared to handle the stress that can accompany holiday gatherings. Give yourself permission to ask for help, either from family/friends or hire a business that provides in-home respite. Another possibility is to utilize an Adult Day Services program to give you and your loved one a break (from each other!). Instead of being anxious about maintaining all the old traditions, try establishing a few new ones--using precut cookies can take away much of the stress of making them, but keeps the fun of frosting and creativity! If leftovers are something everyone looks forward to, consider purchasing the dinner all pre-made from a grocery store or restaurant that provides that service. Keep in mind the joy of the holidays is really about sharing time spent with loved ones.

Above all, find time to take pleasure in the peacefulness that the Holiday season can bring as well.

Residents of Fond du Lac County can get information and assistance related to family elder caregiving issues by contacting Lori Anderson at the Department of Senior Services 920-906-4792.

Other folks in Wisconsin can get help through the website www.wisconsin caregiver.org or by calling 1-866-843-9810.

The attached "Holiday Hints" was written for those caring for someone with Alzheimer's disease (AD) or other dementias, but many of the tips can also apply to other caregiving situations. It was provided by the Alzheimer's Disease Education and Referral (ADEAR) Center of the National Institute on Aging.

Alzheimer's Caregiving Tips

Holiday Hints

Holidays can be meaningful, enriching times for both the person with Alzheimer's disease and his or her family. Maintaining or adapting family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's, this link with a familiar past is reassuring.

The tips below can help you and the person with Alzheimer's visit and reconnect with family, friends, and neighbors during holidays.

Finding the Right Balance

Many caregivers have mixed feelings about holidays. They may have happy memories of the past, but they also may worry about the extra demands that holidays make on their time and energy.

Here are some ways to balance doing many holiday-related activities while taking care of your own needs and those of the person with Alzheimer's disease:

- Celebrate holidays that are important to you. Include the person with Alzheimer's as much as possible.
- Set your own limits, and be clear about them with others. You do not have to live up to the expectations of friends or relatives. Your situation is different now.
- Involve the person with Alzheimer's in simple holiday preparations, or have him or her observe your preparations. Observing you will familiarize him or her with the upcoming festivities. Participating with you may give the person the pleasure of helping and the fun of anticipating and reminiscing.
- Encourage friends and family to visit even if it's difficult. Limit the number of visitors at any one time, or have a few people visit quietly with the person in a separate room.
- Prepare quiet distractions to use, such as a family photo album, if the person with Alzheimer's becomes upset or overstimulated.
- Try to avoid situations that may confuse or frustrate the person with Alzheimer's, such as crowds, changes in routine, and strange places. Also try to stay away from noise, loud conversations, loud music, lighting that is too bright or too dark, and having too much rich food or drink (especially alcohol).



- Find time for holiday activities you like to do. If you receive invitations to celebrations that the person with Alzheimer's cannot attend, *go yourself*. Ask a friend or family member to spend time with the person while you're out.

Preparing Guests

Explain to guests that the person with Alzheimer's disease does not always remember what is expected and acceptable. Give examples of unusual behaviors that may take place such as incontinence, eating food with fingers, wandering, or hallucinations.

- If this is the first visit since the person with Alzheimer's became severely impaired, tell guests that the visit may be painful. The memory-impaired person may not remember guests' names or relationships but can still enjoy their company.
- Explain that memory loss is the result of the disease and is not intentional.
- Stress that the meaningfulness of the moment together matters more than what the person remembers.



For more caregiving tips and other resources:

- **Read** "Caring for a Person with Alzheimer's Disease": www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease
- **Visit** www.nia.nih.gov/alzheimers/topics/caregiving
- **Call** the ADEAR Center toll-free: 1-800-438-4380

Preparing the Person with Alzheimer's

Here are some tips to help the person with Alzheimer's disease get ready for visitors:

- Begin showing a photo of the guest to the person a week before arrival. Each day, explain who the visitor is while showing the photo.
- Arrange a phone call for the person with Alzheimer's and the visitor. The call gives the visitor an idea of what to expect and gives the person with Alzheimer's an opportunity to become familiar with the visitor.
- Keep the memory-impaired person's routine as close to normal as possible.
- During the hustle and bustle of the holiday season, guard against fatigue and find time for adequate rest.

The Alzheimer's Disease Education and Referral (ADEAR) Center is a service of the National Institute on Aging, part of the National Institutes of Health. The Center offers information and publications for families, caregivers, and professionals about Alzheimer's disease and age-related cognitive changes.



October 2012

Winter Driving Alert!

Across

- 1. Doo-___
- 4. About to explode
- 9. "Bingo!"
- 10. Allied (with)
- 11. "Rocky ___"
- 12. Leveled
- 13. From a spring
- 15. "___ Gal Sal"
- 16. Weight allowances, once
- 18. Idiot box
- 20. Warm welcomes
- 23. Language in Mumbai
- 25. Dos Passos trilogy
- 26. So far
- 27. Pig pen
- 28. Mother-of-pearl
- 29. Part of H.R.H.

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

Down

- 1. Homeless child
- 2. Its quarter says "Birthplace of Aviation Pioneers"
- 3. Do watercolors
- 4. Exodus participant
- 5. Venetian marketplace
- 6. Cutting tool
- 7. Abound
- 8. Small whirlpool
- 14. Wall Street figure
- 17. "Pipe down!"
- 18. Comparative word
- 19. MasterCard alternative
- 21. ___ Spumante
- 22. "___ who?"
- 24. Home to Columbia U.

The headline is a clue to the answer in the diagonal.

S	I	H		E	R	C	A	N
Y	T	S		T	E	Y	S	V
A	S	U		I	D	I	N	H
S	A	H	O	L	V		V	T
		S	T	E	R	T		
Y	M		L	A	T	N	O	F
D	E	Z	A	R		I	I	I
D	E	D	E	S		A	H	A
E				I	R	A	T	E

New Medicare Cards Debut in 2018

Here's what you need to know

by Eileen Ambrose, AARP, May 31, 2017

New Medicare cards arriving next year will no longer display Social Security numbers, a move designed to protect against fraud and identity theft.

Identity theft has been on the rise among those age 65 and older. According to the latest figures from the Department of Justice, the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

Here's what you need to know about the new cards:

- The Centers for Medicare & Medicaid Services (CMS) will begin mailing the cards to beneficiaries in April.
- The cards will automatically be mailed to all 58 million current beneficiaries. You don't need to do anything special to receive one.
- The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers.
- Your benefits won't change under the new MBI.
- Scams relating to the new card are already surfacing. Some Medicare recipients report getting calls from scamsters who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers. Don't give out either number.

“Anyone saying they are going to charge you for a card is a scammer,” says Paul Stephens, director of policy and advocacy with the Privacy Rights Clearinghouse in San Diego. “In the case of CMS, they will never need you to tell them what your Medicare card number is because they already know it.”

Source: <https://www.aarp.org/health/medicare-insurance/info-2017/new-medicare-cards-facts-fd.html>

Safer Travel for Those with Dementia

Holidays are a time when many people travel to celebrate with family and friends. Whether you're considering a weekend getaway or an extended stay, traveling with an individual who has Alzheimer's requires additional thought and preparation. People with Alzheimer's and their caregivers need to be prepared for a change in schedule and environment. Even if it is a trip you have taken before, it may feel new for the person with the disease.

Additionally, as Alzheimer's progresses, negotiating changes in environment will become increasingly challenging. Be prepared for the individual with the disease to experience some confusion or disorientation. Exercise caution, as wandering and getting lost are more likely during transitional times. The checklist below will help you plan for the trip and make it successful and safe.

Before going

- Call the Alzheimer's Association chapter in the area you will be visiting. Let them know you will be staying in the area and ask about available resources. You can locate any chapter by calling 1.800.272.3900 or visiting www.alz.org/apps/findus.asp.
- Enroll the person in MedicAlert® + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.
- If you are already enrolled in MedicAlert, update your records with temporary contact information (call 1.888.572.8566).

Upon arrival

- Let neighbors know a person with Alzheimer's is staying next door and ask them to keep their eye out for wandering or other unsafe behavior.
- During the first few days after arrival, keep your schedule light with lots of down time.
- Create opportunities to re-acclimate the person to the new environment.
- Keep familiar things around.
- Limit access to money and credit cards.
- Limit access to driving.
- Be aware that the change can be chaotic for the person.
- Recognize the warning signs of anxiety and agitation.

For more tips on safety for people living with Alzheimer's disease and related dementias, including concerns about wandering, disaster preparedness, home and medication safety, visit the Alzheimer's Association Safety Center at www.alz.org/care/alzheimers-dementia-safety.asp or call 1.800.272.3900 to find the Alzheimer's Association chapter closest to you.

24/7 Helpline 800.272.3900

Happy Holidays from the Alzheimer's Association

If you have a caregiver or a person with Alzheimer's on your gift-giving list, we've got some suggestions to make your shopping a bit easier.

Gifts for people with Alzheimer's

In the early stages:

- Magnetic reminder refrigerator pads
- Baskets or trays that can be labeled within cabinets or drawers
- A small pocket-sized diary or notebook
- Erasable white boards for key rooms in the house
- A memorable calendar featuring family photos (write special family occasions on calendar)
- Clock with the date and time
- Favorite musical CDs or DVDs

In the middle-to-late stages:

- Sensory stimulation gifts (scented lotions, soft blanket or afghan)
- Comfortable clothing (sweat suits, shoes with Velcro)
- Favorite musical CDs
- Framed photographs or a photo collage
- MedicAlert + Safe Return bracelet

Gifts for caregivers

- The gift of time
- Gift cards/certificates
- Books

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

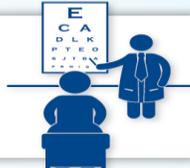
Stay safe with these tips!

- 1** Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.


- 2** Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.


- 3** Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.


- 4** Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.


- 5** Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.


- 6** Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.





To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

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09/17

Source: <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/take-control-of-your-health-6-steps-to-prevent-a-fall/>

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

Winter Craft Idea--Cupcake Snowman on Skis

Materials:

White cupcake with white frosting

2 white gumdrops

2 colored toothpicks

2 short kabob skewers

2 colored crafts sticks

2 white lifesaver candies

2 small candies for eyes; or craft candy eyeballs!

1 candy corn

Black or chocolate frosting in a squirt can or tub

White frosting in a squirt can or tub.

Hat: Flat chocolate candy for brim; chocolate covered marshmallow

White candy for hat topper.

Toothpick for misc.



Face – Attach the eyes and nose with white frosting, as “glue.” I then dabbed on spots of black (or chocolate) frosting in a tube for the mouth and buttons down the front.

Hat – Make a chocolate dipped marshmallow. Then attach it to a flat chocolate candy, with chocolate frosting as “glue.” Also attach a little round candy to the top. Set the hat on his head just before serving.

Arms & skis – Poke toothpicks into white gumdrops, then stick them into the base of the cupcake above the paper. The ski poles are round mints with short skewer kabobs in the middles, and simply leaning against the gumdrop hands.

To assemble – On individual plates or a large platter, first arrange the ski sticks, then put the cupcake snowman on them. Arrange the ski poles to lean against the snowman’s hands. Lastly, put on the hat, with a bit of frosting “glue.”

Source: <http://www.elder-one-stop.com/snowman-crafts.html>

Cold Weather-Related Health and Safety Tips (Hypothermia)

Hypothermia is a condition of abnormally low body temperature. Exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia. Body temperature that is too low affects the brain, causing unclear thinking and inhibiting body movement. This could cause a person to not know what is happening and he or she won't be able to respond normally. In Wisconsin, many of us participate in outdoor activities throughout the fall, winter and early spring. We should all be aware of the potential symptoms of and treatment for hypothermia.

Hypothermia is most likely at very cold temperatures, but can occur at temperatures above 40° F if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are most often:

- Elderly people with inadequate food, clothing or heating.
- Babies sleeping in cold bedrooms.
- People who remain outdoors for long periods - the homeless, hikers, hunters, etc.

Recognize the Warning Signs of Hypothermia

Adults and Children: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness.

Infants: bright red or cold skin, very low energy.

What to Do

If you notice any of the signs mentioned above, take the person's temperature. If it's below 95°F, the situation is an emergency: Get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first (chest, neck, head and groin) using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.

- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, cardiopulmonary resuscitation (CPR) should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

Taking Preventive Action

- Have furnaces checked annually for efficient and safe operation before the heating season arrives.
- Check on elderly relatives, friends and neighbors.
- Monitor the rooms where infants sleep or spend periods of time.
- When spending time outdoors, adults and children should dress warmly and stay dry.
- Layer clothing, preferably wind resistant, to reduce loss of body heat caused by the wind.
- Tell relatives and friends where you are going and when you expect to return.
- Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

For more information on hypothermia and frostbite, visit the Extreme Cold(link is external) website maintained by the U.S. Centers for Disease Control and Prevention. For a chart that shows Wind Chill Temperature Equivalents, visit the Wind Chill Equivalent Temperature Calculator(link is external) provided by the National Weather Service.

For more information, contact your Local Public Health Department.

Source: <https://www.dhs.wisconsin.gov/climate/weather/cold.htm>

happy
holidays!



Rent Smart 2018

*Free Workshops
To Help You
Find & Keep
A Decent Place
To Live*

Rent Smart provides practical education to help people looking for rental housing to acquire and keep decent housing. Rent Smart Workshops are FREE.



2018 Class Schedule

*Each month's class consists of 2 sessions. Participants **must** attend both sessions to receive the Rent Smart certificate.*

Registration is required.

Call UW-Extension Fond du Lac County at (920) 929-3174 to register.

January 16 & 18 - 9:30–12:30 p.m. at the FDL Public Library* (In McLane Meeting Room)

February 20 & 22 - 9:30 a.m.– 12:30 p.m. at the FDL Public Library*

March 27 & 29 - 1:00-4:00 p.m. at the FDL Public Library*

May 22 & 24 - 9:30 a.m. - 12:30 p.m. at the FDL Public Library*

July 24 & 26 - 5:30-8:30 p.m. at the City County Government Center**

September 11 & 13 - 5:30-8:30 p.m. at the City County Government Center**

November 13 & 15 - 1:00-4:00 p.m. at the

*Fond du Lac Public Library, 32 Sheboygan St. (Mid States Room)

**Fond du Lac City County Government Center, 160 S. Macy St. (Room F&G)

Topics Covered

1. How Much Will it Cost? And Can I Afford it?
2. Checking out the Rental Property and the Landlord.
3. Application Process
4. Who's Responsible for Maintenance, Repairs and Care?
5. Communications
6. Rental Agreements—Moving In, Moving On



"Landlords want good tenants who pay their rent, take care of a place, and get along with the neighbors."

Rent Smart

Provides practical information to help people find and keep a decent place to live.

Rent Smart emphasizes skills that may help tenants avoid legal confrontations. It stresses both tenant and landlord responsibilities and the advantages gained from viewing the landlord-tenant relationship as mutually beneficial rather than confrontational.

Target Audience

Rent Smart is designed to help those individuals who have little to no rental experience and those who have had difficulty obtaining rental housing. Participants may be first time renters, as they graduate from school, or homeowners, transitioning to renting, individuals with poor rental or credit history, or individual who have other issues that may cause potential landlords to perceive them as high-risk tenants



The Rent Smart Curriculum was developed by staff from the University of Wisconsin-Extension in consultation with the Wisconsin Apartment Association, the Wisconsin Trade and Consumer Protection Division, the Tenant Resource Center, the Apartment Association of Southeast Wisconsin, and other housing and tenant support groups.



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jackie at (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 Spring edition of
The Portland Resource in March 2018!!**