

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

**SPRING
2018**

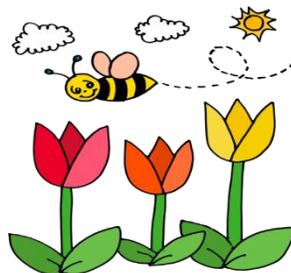


Happy Early Spring! In this edition, you will find helpful information for the months of March, April, and May.

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



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!**

Proof of Disability now needed for Non-Tax-Filing Wisconsin Homestead Credit Applicants

The Wisconsin Homestead Tax Credit program directs property tax relief to low income homeowners *and* renters. Relief is provided as a credit reducing individual income tax liability OR as a cash refund if the credit exceeds income tax due.

New for 2017 tax filing season, Wisconsin residents filing for the Homestead Credit who (1) don't file taxes; but are (2) eligible for a credit due to their disability (or that of their spouse) now must prove that they meet the definition of disability as required by new program rules:

Disabled

"An individual who is unable to engage in any substantial gainful employment by reason of a medically determinable physical or mental impairment which has lasted or is reasonably expected to last for a continuous period of not less than 12 months."

In order to show disability, the non-IRS-filing Homestead applicant now must provide one of the following for themselves or their spouse:

1. Physician's Statement - A statement from your physician which states the beginning date of the disability and that you meet the definition of disabled (described above)
2. Veteran's Statement - A statement from the VA certifying that the claimant is receiving a disability benefit due to 100 percent disability.
3. SSA Document - A document or copy of a document from SSA stating the date the disability began.

Please remember that VITA sites are available throughout the state to help low-income, disabled and elderly tax filers.

Most sites are open from February 1 through April 15.

To find a VITA or TCE site near you, use one of the following methods:

VITA sites: (site locator available in February)

- Call (800) 906-9887
- Visit [irs.gov](https://www.irs.gov), keyword VITA
- Call "211" for a site near you
- Call (608) 266-2486

To read the Homestead Credit instructions, click here:

<https://www.revenue.wi.gov/TaxForms2017through2019/2017-ScheduleHandH-EZ-inst.pdf>

Protect Yourself from Con Artists' Latest Tricks

Every year, thousands of Americans are impacted by fraud and scams – but you can beat con artists at their own game by joining the AARP Fraud Watch Network. When you sign up, you'll get:

- The latest, breaking scam alerts, delivered right to your inbox
- Prevention tips based on thousands of hours of interviews with con artists and law enforcement
- Access to resources from our network of experts
- Access to a special network of people like you who are sharing their experiences with scams, so you know what to watch out for



The Fraud Watch Network is **free of charge** for everyone – members, non-members, and people of all ages. You'll learn how to shop and bank safely, create strong passwords, protect yourself from identity theft and scams, use social media risk-free, and more.

Protect yourself and your family. Join the AARP Fraud Watch Network today!



Source:

https://action.aarp.org/site/SPageNavigator/FWN_Registration_Page.html

AARP Fraud Watch Helpline

Call 877-908-3360 to share your story and receive assistance from our call center

Daylight Savings Time
Don't forget to "spring forward" on
Sunday March 11





Take a Minute for Medicare

Welcome to 2018!!

This year, Disability Rights Wisconsin will be updating you on hot Medicare topics monthly. Everyone on Medicare, whether disabled or over the age of 65, needs to know about their Medicare benefit. The topics will be posted every month to the DRW website and Facebook page. Check in with us at www.disabilityrightswi.org or follow us on Facebook. Make sure to click on the like button!!

January - What's New in 2018?

Your Medicare premiums, deductibles and coverage can and does change each year, so it is important to understand and review your benefits.

Part A- Hospital Benefit cost changes

Original Medicare Part A Costs: 2017 vs. 2018		
	2017	2018
Part A premium	\$0/month if you've worked more than 10 years	\$0/month if you've worked more than 10 years
	\$227/month if you've worked between 7.5 and 10 years	\$232/month if you've worked between 7.5 and 10 years
	\$413/month if you've worked fewer than 30 quarters (7.5 years)	\$422/month if you've worked fewer than 30 quarters (7.5 years)
Hospital deductible	\$1,316 each benefit period	\$1,340 each benefit period
Hospital coinsurance	\$0/day for days 1 – 60 once you've met your deductible	\$0/day for days 1 – 60 once you've met your deductible
	\$329/day for days 61–90 each benefit period	\$335/day for days 61 – 90 each benefit period
	\$658/day for days 91–150 (non-renewable lifetime reserve days)	\$670/day for days 91 – 150 (non-renewable lifetime reserve days)
Skilled nursing facility coinsurance	\$0/day for days 1 – 20 each benefit period (after a minimum 3-day inpatient hospital stay)	\$0/day for days 1 – 20 each benefit period (after a minimum 3-day inpatient hospital stay)
	\$164.50/day for days 21–100 each benefit period	\$167.50/day for days 21 – 100 each benefit period

Part B – Medical Benefit cost changes

Original Medicare Part B Costs: 2017 vs. 2018		
	2017	2018
Part B premium*	\$134 was the standard premium if your annual income was below \$85,000 (\$170,000 for couples). If you are covered by hold harmless, on average you paid \$109 . Most people paid a premium that was lower than the standard premium because of the hold harmless rule.	\$134 is the standard premium if your annual income is below \$85,000 (\$170,000 for couples). Most people with Medicare will pay \$134, but you may pay less if you are protected by hold harmless.
Part B deductible	\$183/year	\$183/year
Part B coinsurance	20% for most services	20% for most services
* If your annual income is higher than \$85,000 for an individual (\$170,000 for a couple), you will pay a higher Part B premium. See question #4 for more information.		

If you have a Medicare Advantage plan, it provides your Part A and B coverage, and in some cases, Part D. Most people with Medicare, whether they have original Medicare or a Medicare Advantage plan, pay the Part B monthly premium. Some with a Medicare Advantage plan may also pay an additional monthly premium for the plan.

Part D – Prescription Drug benefit cost changes

Medicare Part D Costs: 2017 vs. 2018		
	2017	2018
Part D maximum deductible	Up to \$400/year	Up to \$405/year
Part D coverage gap threshold You reach the coverage gap, or donut hole, when you and your plan together have spent this much on covered drugs since the start of the year.	\$3,700	\$3,750
Part D catastrophic coverage limit You get out of the donut hole and reach catastrophic coverage when you have spent this much out of pocket* since the start of the year. This doesn't include what the plan has paid toward your drugs.	\$4,950	\$5,000

For general Medicare questions, call DRW at 1-800-928-8778. For Medicare Part D questions, call the Disability Drug Benefit Helpline at 1-800-926-4862. You can also call 1-800-MEDICARE (1-800-633-4227), or visit www.medicare.gov to find out if Medicare covers your test, service, or item.

Source: <http://www.disabilityrightswi.org/wp-content/uploads/2018/01/Take-a-Minute-for-Medicare-1-18.pdf>

Recipe Corner



Chickpea Salad



Prep
15 m

Ready In
15 m



Ingredients

1 (15 ounce) can chickpeas (garbanzo beans), drained
1/2 onion, chopped
1/2 cucumber, sliced

1 small tomato, chopped
1/2 cup red wine vinegar
1/2 cup balsamic vinegar

Directions

- 1 In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar. Mix well and serve.

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Source: <http://allrecipes.com/recipe/21070/chickpea-salad/print/?recipeType=Recipe&servings=4&isMetric=false>

Stepping On

© Clemson & Swann (2017)

Thursday's April 19 to May 21
from 1 pm to 3 pm at
ADRC- 50 N Portland St Fond du Lac
Call the ADRC at 920-929-3466 to sign up!

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

St. Patrick's Day Word Search

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

SHAMROCK
RAINBOW
CLOVER
IRISH
TRADITION

BLARNEY
MISCHIEF
COINS
LEGEND
MARCH

LEPRECHAUN
CELEBRATE
GREEN
GOLD
LUCK



Created by superheroesandteacups.com / Graphics from www.pinterest.com

Source: <https://superheroesandteacups.com/free-printable-st-patricks-day-word-search/>

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



Introductory education program
For family members caring for
persons with dementia

Effective Communication Strategies and Dementia

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Location:

Aging and Disability Resource Center
50 N. Portland Street
Lower Level Conference Room A
Fond du Lac, WI 54935

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association

Date and Time:

Tuesday, March 13, 2018
2:00-4:00 PM

Registration:

Call: 800.272.3900
gnyhuis@alz.org

alzheimer's  association®

Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811



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



Introductory education program
For family members caring for
persons with dementia

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease and other forms of dementia.

Location:

Aging and Disability Resource Center
50 N. Portland Street
Lower Level, Conference Room A
Fond du Lac, WI 54935

Presented by:

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

Date and Time:

Tuesday, April 10, 2018
2:00-4:00 PM

Registration:

Call: 800.272.3900
Email: gnyhuis@alz.org

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

fond du lac county caregiver conference

the more you know:
a day of education and
support for those who care



family caregivers
welcomed

professional caregivers
welcomed

SAVE THE DATE

2018 Caregiver Conference

TUESDAY SEPTEMBER 27th, 2018

Watch upcoming newsletters for
more information!

alzheimer's  association[®]



Dementia Care Network
of Fond du Lac County



Money Smart Week

April 21-28, 2018

Mark your calendar for local educational
opportunities!

Mark your Calendar!

World Elder Abuse Awareness Day

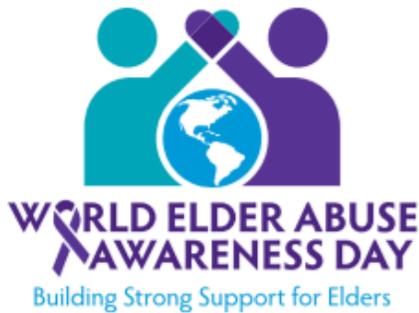
Friday June 15th, 2018



Help us take a stand against elder abuse. If you or someone you
know are a victim, please call the ADRC.

Adult Protective Services Fond du Lac County–920-929-3466

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



PROTECT YOURSELF FROM SCAMS!

There are many scams out there than can ensnare even savvy consumers. Many are designed specifically to target seniors. Scammers are professional liars and can be very convincing. They may contact you through the mail, email, social media, on-line dating sites, on the phone, or even in public. This guide will help you learn to recognize common warning signs of scams and simple steps that you can take to protect yourself.

Is It A Scam?

1. Is the sales person using high pressure sales tactics? Scams often say things like, "Act Now!"; "Time is running out!"; "This is a onetime offer!"
2. Are you being asked to pay upfront fees? Lottery and sweepstakes scams often employ this tactic. If you really won something the fees can be taken out of your winnings.
3. Are you being told that you won a contest that you didn't enter? Lottery and sweepstakes scams almost always start this way. You can't win a contest that you didn't enter.
4. Have you been scammed in the past? Often scam victims have their personal contact information sold to other con artists. You may get unsolicited calls from people promising to get your money back or provide other remedies or offers. These 'offers' can be scams too. Beware!
5. Did you receive unsolicited mail, emails, or phone calls for services that you were not seeking? Research the companies that you want to employ. Many scams begin with someone knocking on your door offering services, or sending out promotional materials. This often happens in the case of home repair scams.
6. Are you being contacted by the police over the phone? Verify that they are who they say they are. Some scams begin with a person pretending to be a police officer who tells you that they are concerned that you have been a victim of a crime. They then proceed to solicit your personal information. In truth, the police will contact you in person if they have questions for you or believe that you have been a victim of a crime.

How To Protect Yourself

1. Sign up for the Do Not Call Registry at www.donotcall.gov.
2. When no longer needed, shred junk mail, old bills, bank statements and any other documents that have personal identifying information.
3. Don't give out personal information over the phone unless you originated the call and you know with whom you are talking. Particularly safeguard your social security number.
4. It is ok to be rude. If a sales person calls you or comes to your door who does not seem to be taking no for an answer, it is ok to terminate the conversation. Hang up the phone or close the door. You don't have to let yourself be pressured into anything.
5. Never sign something that you don't understand. Have a trusted and unbiased professional assist you when enter contracts or signing legal documents.
6. If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.
7. Learn about scams and stay informed
 - Sign up for AARP's Fraud Watch: https://action.aarp.org/site/SPageNavigator/FWN_Registration_Page.html
 - Check out AARP's interactive national fraud map: <http://action.aarp.org/site/PageNavigator/FraudMap.html>
 - Consumer Financial Protection Bureau offers information and tools for older Americans: www.consumerfinance.gov/older-americans
 - The Financial Fraud Enforcement Task Force offers resources and reports to help protect yourself against common types of frauds and scams: www.stopfraud.gov/protect.html
 - Stay alert to common frauds and scams by checking consumer protection sites such as www.Fraud.org
 - External Web Site Policy and FBI Common Fraud Schemes: www.fbi.gov/scams-and-safety/common-fraud-schemes

Source: http://eldermistreatment.usc.edu/wp-content/uploads/2017/02/WEAAD_Scams_508web.pdf

Caregivers and Exercise—Take Time for Yourself

Taking care of yourself is one of the most important things you can do as a caregiver. Finding some time for regular exercise can be very important to your overall physical and mental well-being.

Physical activity can help you:

- Increase your energy level so you can keep up with your daily caregiving activities.
- Reduce feelings of depression and stress, while improving your mood and overall well-being.
- Maintain and improve your physical strength and fitness.
- Manage and prevent chronic diseases and conditions like diabetes, heart disease, and osteoporosis.
- Improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks and plan activities.

Some ways for caregivers to be physically active:

- Take exercise breaks throughout the day. Try three 10-minute “mini-workouts” instead of 30 minutes all at once.
- Make an appointment with yourself to exercise. Set aside specific times and days of the week for physical activity.
- Exercise with a friend and get the added benefit of emotional support.
- Ask for help at home so you can exercise.
- If possible, find ways to be active with the person you’re caring for. Both of you can benefit from physical activity!



Quick Tip

Pick an activity you really enjoy to make exercise something you *want* to do, not *have* to do.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



National Institute on Aging



Parkinson's Movement & Dance Class

Fond du Lac Senior Center

151 E 1st Street, Fond du Lac

During 1st Street reconstruction, Senior Center is accessible
via Gillett Street

4th Tuesday of month | 3:30-4:30pm

March 27 through August 28

Instructor Kate Mann will lead this FREE class including chair and standing movements to music for group fitness and fun. Come alone or bring a care partner to participate with you!



WISCONSIN
PARKINSON
ASSOCIATION

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

NATIONAL DIABETES PREVENTION PROGRAM

A wellness program for people with prediabetes.

THE PROBLEM

Prediabetes occurs when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with prediabetes are at great risk of developing type 2 diabetes, a leading cause of death and disability in the U.S. **Nearly four in ten Wisconsin adults has prediabetes** – that's 1.5 million Wisconsin adults – and about 90% of them don't know they have it. Without weight loss and moderate physical activity, up to 30% of people with prediabetes will develop type 2 diabetes within five years. Diabetes is also a costly disease. Average medical costs for a person diagnosed with diabetes are about \$13,700 per year; about \$7,900 (57%) of this amount is attributed to diabetes.¹

THE PROGRAM

The National Diabetes Prevention Program (DPP) is an evidence-based, year-long behavior change course introduced by the Centers for Disease Control and Prevention (CDC) for people who have prediabetes or are at risk for developing type 2 diabetes (www.cdc.gov/diabetes/prevention/). The course, facilitated by a trained Lifestyle Coach, consists of 16 one-hour weekly classes and six to ten one-hour monthly or twice-monthly classes held over a 12-month period that include topics such as eating healthy, increasing physical activity, and losing weight.



THE DIFFERENCE

The National DPP has been proven through a large-scale research study and is CDC-endorsed and led. The program is also available through multiple delivery methods such as digital medicine providers, community and faith-based communities, at the job site, and in clinics. The National DPP is much more than a weight loss or diabetes prevention program – it is designed to dramatically change a participant's lifestyle so they not only become healthier, they stay healthier for life. In fact, successful National DPP participants can cut their risk of developing type 2 diabetes in half.

THE EVIDENCE

The Diabetes Prevention Program research study found that, over the 3-year study, improved nutrition and exercise (lifestyle intervention) reduced the chances that a person with Impaired Glucose Tolerance (IGT) would develop diabetes by 58%; and, if the person was over age 60 the risk reduction increased to 71%. The drug metformin also reduced risk, although less dramatically, by 31%.² Even after 10 years, those who had participated in the lifestyle change program had a 34% lower rate of type 2 diabetes.³

THE HEALTH IMPACT

According to numerous studies, for every 100 high-risk adults (age 50) completing the National DPP:

- ❖ 15 new cases of type 2 diabetes are prevented
- ❖ 162 missed work days are prevented
- ❖ The need for blood pressure or cholesterol medications in 11 people are prevented
- ❖ The equivalent of 20 perfect years of health are added
- ❖ \$91,400 in health care costs are avoided

THE COST

Typically, the cost to participate in the year-long National DPP ranges from \$200-\$500 depending on the provider. There are even National DPP providers that offer the program free or for a minimal fee if participants meet the income eligibility criteria. It's important to note that the cost of preventing diabetes is typically much smaller than the cost of managing the complications of type 2 diabetes. CDC has determined that intensive lifestyle interventions to prevent type 2 diabetes among people with impaired glucose tolerance to be "very cost-effective" and, in many cases, a cost savings.⁴

THE SOLUTION

- ❖ **LEARN ABOUT THE HEALTH AND ECONOMIC EFFECTS** of the National DPP on your population with CDC's Diabetes Prevention Impact Toolkit: <https://nccd.cdc.gov/Toolkit/DiabetesImpact/>.
- ❖ **EDUCATE ABOUT PREDIABETES** through internal websites, bulletin boards, newsletters, social media, and other available channels by sharing websites such as www.DollHavePrediabetes.org and by using resources from www.DollHavePrediabetes.org/spread-the-word.html.
- ❖ **ENCOURAGE PROCEDURES FOR SCREENING AND TESTING FOR PREDIABETES** by using resources from the AMA/CDC Prevent Diabetes STAT initiative: www.PreventDiabetesSTAT.org/index.html.
- ❖ **REFER THOSE WITH PREDIABETES OR WHO ARE AT-RISK** to National DPP providers (www.PreventDiabetesWI.org).
- ❖ **WORK WITH INSURERS AND EMPLOYERS** to cover the National DPP as a health benefit using resources from the National DPP Coverage Toolkit: <http://NationalDPPCoverageToolkit.org>.



FOR MORE INFORMATION

Pam Geis, Health Promotion Specialist (contracted)
 Chronic Disease Prevention Program
 State of Wisconsin | Division of Public Health
 (262) 573-3983 | Geis.Pamela@gmail.com

¹ American Diabetes Association. Economic costs of diabetes in the U.S. in 2012. *Diabetes Care*. 2014; 36 (4): 1033-1046.

² Knowler, WC, Barrett-Connor, E, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403.

³ Diabetes Prevention Program Research Group. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*. 2009;374:1677-86.

⁴ Li R, Zhang P, Barker LE, Chowdhury FM, Zhang X. Cost-effectiveness of interventions to prevent and control diabetes mellitus: A systematic review. *Diabetes Care*. 2010; 33(8): 1872-94.



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 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 Summer edition of
The Portland Resource in June 2018!!**