

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

Summer 2018



We hope you enjoy the Summer Edition of The Portland Resource. As always, 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, Ripon Library, Senior Services (city/county building) or at the ADRC.



Any feedback or questions, please contact Jackie 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!**

A Word from the Disability Benefit Specialist... Lynnette Benedict

\$100 Tax Rebate Available to Wisconsin Parents

The application period is now open for Wisconsin taxpayers to apply online for a \$100 per-child tax rebate. The rebate was proposed by Governor Scott Walker and approved by the Wisconsin State Legislature earlier this year. Applications opened on May 15, 2018 and are accepted through July 2, 2018.

Rebates will be sent by September

To qualify, children must have been under age 18 as of December 31, 2017 and applicants must be a Wisconsin resident.

To learn more or apply check out the website: <https://childtaxrebate.wi.gov>

Incorrect Medicare 800 Number

Social Security sent notices to some Medicare beneficiaries that contained the wrong 1-800 phone number for Medicare beginning April 1, 2018. The correct Medicare 800 number is 1-800-633-4227

ADRC Updates!

- Call us for upcoming classes for Stepping On Falls prevention and Healthy Living with Chronic Conditions.
More classes are being formed for 2018.
- Our new FREE 78-page resource guides are here.
Stop in today and pick one up!
- Save the Date for the Falls Day Event at Moraine Park Technical College on September 21st



WORLD ELDER ABUSE³ AWARENESS DAY

Building Strong Support for Elders

June 15th is World Elder Abuse Awareness Day!

If you suspect someone is a victim of Elder Abuse, contact the ADRC at (920) 929-3466 to make a report.



Help us take a stand against elder abuse!



Last year, **129 Adult Protective Services Cases** were investigated in Fond du Lac County. Of those **129, 97** individuals were considered elderly (age 60+).

In honor of World Elder Abuse Awareness Day, the ADRC will be setting up a banner and pinwheels in Fond du Lac County Veterans Park on the corner of 4th and S. Main Street from 6/11/18 to 6/18/18. Each pinwheel at this display represents an investigation that the ADRC of Fond du Lac County completed in 2017.

Please come check out the display and helps us take a stand against elder abuse!



RECIPE BOX

Apple Crumb Cake

Servings: 16 Prep time: 20 minutes Cook time: 30 minutes Total: 50 minutes Calories per serving: 88

Ingredients

- vegetable cooking spray
- 1 cup all-purpose flour
- 1/3 cup rolled oats
- 1/3 cup one-to-one sugar substitute
- 1/4 cup brown sugar substitute
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 4 tablespoons cold margarine, cut into small pieces
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup unsweetened apple juice
- 1 teaspoon vanilla extract
- 1/4 cup egg substitute
- 2 Braeburn apples, about 1-pound total, peeled, cored, and chopped



Directions

1. Preheat oven to 350° F. Lightly coat an 8-inch square baking pan with cooking spray.
2. In a bowl combine the flour, oats, sugar substitutes, cinnamon, nutmeg, and salt. Cut in the margarine with a pastry blender, or two knives, until the mixture looks like coarse meal. Set aside 1/2 cup.
3. Combine the remaining flour mixture with the baking powder, baking soda, apple juice, vanilla, and egg substitute. Beat at a medium speed with an electric mixture until blended. Fold in the apples.
4. Spoon the cake mixture into the pan and level out. Sprinkle with the reserved flour mixture. Bake for 30 to 35 minutes until the cake springs back in the center when lightly touched. Cool the cake until warm. Cut into 16 squares. Serve warm or cooled.
- 5.

Nutrition Information

Per serving: 88 calories (30% calories from fat), 2 g protein, 3 g total fat (0.5 g saturated fat), 14 g carbohydrates, 1 g dietary fiber, 0 cholesterol, 116 mg sodium

Diabetic exchanges: 1 carbohydrate (bread/starch), 1/2 fat

Source URL: <https://www.ontrackdiabetes.com/recipes/breakfast/apple-crumb-cake>





Join Us as We Go Purple in June!

June is Alzheimer's & Brain Awareness Month — an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. Everyone who has a brain is at risk to develop Alzheimer's, the only leading cause of death that cannot be prevented, cured or even slowed. During the month of June, the Alzheimer's Association® asks people around the world to wear Purple and use their brains to fight Alzheimer's disease.

The Alzheimer's Association, Southeastern Wisconsin chapter, asks for your support in raising awareness of Alzheimer's disease and the critical importance of early detection and diagnosis by participating in our **Go Purple in June campaign**.

Show your true Purple and then promote your efforts via your social media channels! Whether you host a Purple with a Purpose Event, show your love on The Longest Day, June 21, for someone living with Alzheimer's, begin Walk to End Alzheimer's team recruitment or just ask everyone to wear purple on a designated day in June, let the world know! And we will too! Tag us and we will cross promote your efforts to #ENDALZ through our social media channels. Join us on Facebook, Twitter or Instagram @alzheimersSEWI.

Let's put our Purple to Work to End Alzheimer's!

[Attend our upcoming awareness education programs:](#)

Know the 10 Signs. Early Detection Matters.

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others. Offered twice:

- Monday, June 25, 6:00-7:30 PM
Community Church
N6717 Streblov Drive, Fond du Lac, WI 54937
- Monday, July 16, 6:00-7:30 PM
St. Peter's Lutheran Church
1600 S. Main Street, Fond du Lac, WI 54937

To register for any of these education programs or for more information contact the Alzheimer's Association at **800.272.3900**. Or visit our website www.alz.org/sewi

Memory Loss, Dementia and Alzheimer's Disease: The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

- Tuesday, July 24, 12:30-2:30 PM
Aging & Disability Resource Center
50 N. Portland Street, Fond du Lac, WI 54935

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



6 Tips for Approaching Alzheimer's

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Early detection makes a world of difference, and so does the way you approach the conversation with a family member or a friend. If you notice a pattern of memory loss or behavioral issues that are affecting one's ability to function, it's essential to talk about it so they can be evaluated. The Alzheimer's Association offers these tips:

1. Have the conversation as early as possible – Ideally, it's best to talk about the Alzheimer's warning signs with a family member or friend before they even occur, so that you can understand how someone would want you to approach them about it. However, many people aren't planning for Alzheimer's before it happens. If you're noticing signs of dementia, start a conversation as soon as possible, while mental functioning is at its highest and before a crisis occurs.
2. Think about who's best suited to initiate the conversation – There might be a certain family member, friend or trusted advisor who holds sway. Consider asking this person to step in and plan around how to have the most supportive and productive conversation.
3. Practice conversation starters – The following phrases can help broach the conversation.
 - a. "Would you want me to say something if I ever noticed any changes in your behavior that worried me?"
 - b. "I've noticed a few changes in your behavior lately, and I wanted to see if you've noticed these changes as well?"
 - c. "Lately I've been considering my own long-term care plans, and I wanted to see if you've done any advance planning you can share with me?"
4. Offer your support and companionship – Seeing a doctor to discuss observed warning signs of Alzheimer's may create anxiety. Let your family member or friend know that you're willing to accompany them to the appointment and any follow-up assessments. Offer your continuous support throughout the diagnosis process.
5. Anticipate gaps in self-awareness – It can be the case that someone showing the warning signs of Alzheimer's is unable to recognize those signs in themselves. Be prepared to navigate confusion, denial and withdrawal, as people may not want to accept that their mental functioning is declining.
6. Recognize the conversation may not go as planned – Despite your best intentions, a family member may not be open to discussing memory or cognitive concerns. They may get angry, upset, and defensive or simply refuse to talk about it. Unless it's a crisis situation, don't force the conversation. Take a step back, regroup and revisit the subject in a week or two. If they still refuse to get help, consult their physician or the Alzheimer's Association for strategies that may help.

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association

THE BRAINS BEHIND SAVING YOURS!

Managing Chronic Conditions

**Workshop set for July 11 - August 15, 2018 1-3:30 pm,
Moraine Park Technical College in Fond du Lac, 235 N. National
Avenue**

Those with chronic health issues can learn ways to cope with these challenges and improve their quality of life. Entitled "Living Well with Chronic Conditions," the workshop empowers those living with conditions like arthritis, heart problems, asthma, stroke, pain, osteoporosis, diabetes, obesity, high blood pressure and cancer.

The workshop meets once a week on Wednesday, for six weeks. Two trained leaders will cover the following topics:

- Symptom management
- Dealing with emotions such as anger and depression
- Goal setting and problem solving
- Improving nutrition & developing a suitable exercise program
- Medication management
- Breathing exercises and managing stress
- Communicating with family, friends and health care professionals

Reserve your seat now because space is limited. Registration is required by calling Marion at 929-3114. This **FREE** annual workshop is sponsored by Fond du Lac County Senior Services.



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!

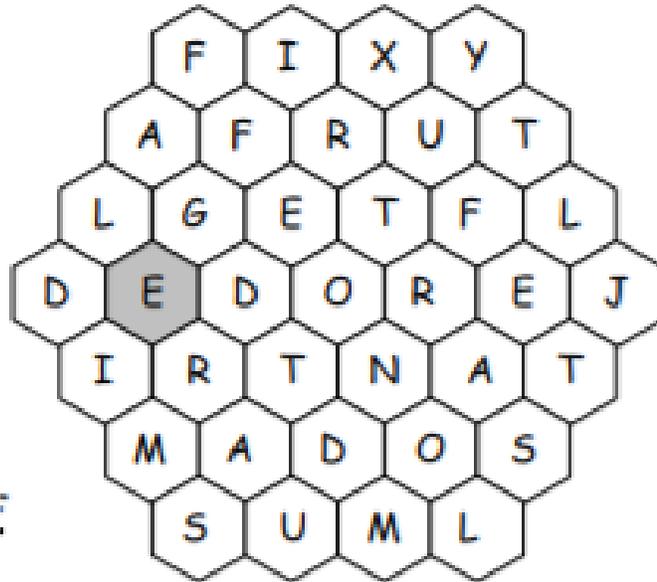
Sign up at www.aarp.org!



The shaded E and the six letters surrounding it spell GRIDDLE, which matches one of the clues below. Find 7-letter words for the remaining clues. Shade the center letter of each word.

1. flat cooking pan griddle-E
2. wave gently _____
3. betrayal _____
4. spicy condiment _____
5. long-necked mammal _____
6. swirling windstorm _____
7. something permanently attached _____

Now unscramble all 7 of the center letters to spell today's BUZZWORD.
showy display _____



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Buzzword: FANFARE
2. flutter-F 3. treason-A 4. mustard-A
5. giraffe-F 6. tornado-N 7. fixture-R

<https://www.word-game-world.com/adult-word-games.html>

Supported Decision Making

By: Angie Liner, CAPSW-Fond du Lac County Aging and Disability Resource Center

For many years and still today, it's not uncommon to hear, "He/she needs a guardian". I think it's safe to say that the reason people are referred for guardianship is because we want to keep our loved ones safe and protect them from the unknown. However, there's more to guardianship than just trying to keep one safe, especially since guardianship does not guarantee safety. Guardianship is a legal and court process that ultimately takes all or some of an individual's rights away. Meaning that they lose the ability to make choices/decisions and understand the consequences (good and bad) of their choices. According to Wisconsin Board for People with Developmental Disabilities, 2018 "being able to make choices about your life is crucial for the independence and happiness of all people, including those with disabilities."

Did you know that by law, an individual is considered an adult at the age of 18, regardless if they have a disability? This means that they are their own decision maker. As a parent or family member of a loved one who has a disability and doesn't make good choices you're probably wondering and asking yourself, "Now what?"

I have great news for you! There are many alternatives to guardianship and supported decision-making is one of them. Wisconsin Law has formally recognized Supported Decision-Making (SDM) agreements as legal arrangements that allow a person to keep their decision-making rights while allowing them to choose a trusted supporter to assist them. Even though we all use SDM in our daily lives, only certain individuals in the state of Wisconsin can use the formal SDM agreements. According to Wisconsin Law, only people with the following "functional impairments" can use the SDM agreement: people with intellectual/developmental disabilities; people with physical disabilities; people with mental health conditions; and people of any age with degenerative diseases or conditions that substantially limit one or more major life activities or the ability to provide self-care.

For more information about Supported Decision-Making contact the Aging & Disability Resource Center of Fond du Lac County at 920-929-3466.

~Mark your calendar! ~
Music and Memory Open House



Open House & Informational Session:

June 26th

1:00 pm – 2:30 pm

ADRC

50 N Portland St Fond du Lac

Join us this month for an open house and informational session on Music and Memory! This event will provide you with information on the FREE Music and Memory program that is offered in Fond du Lac County and will provide you with knowledge on the benefits of participating. Additionally, this fun afternoon will have snacks, an activity, and music, of course!

Feel free to bring your iPod's and binders if you need any help or want updated music.





50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jackie 920-929-3466, 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 Fall Edition of the Portland Resource in September 2018!