

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

SPRING
2019

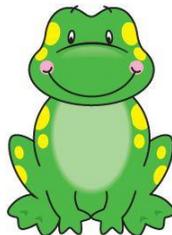


Happy Early Spring! In this edition, you will find helpful information for the months of March, April, and May.

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
- Going to the ADRC website
- Picking up a copy at the ADRC- 50 N Portland Street Fond du Lac WI

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!**

A Word from the Disability Benefit Specialist

By: Lynnette Benedict

VITA Assistance and Sites for Free Individual Tax Preparation

The VITA program is a free basic income tax assistance program provided by the IRS and the Wisconsin Department of Revenue. Most VITA sites have electronic filing. VITA assistance is available to people with disabilities as well as low-to-moderate income people, seniors, and people who qualify for Homestead Tax Credit and/or Earned Income Tax Credit. For more information and a site near you, call the IRS at (800) 906-9887; go to: <https://www.irs.gov/> keyword: VITA, or visit: <https://www.revenue.wi.gov/Pages/FAQS/pcs-vita.aspx>

New Medicare Card Mailing Complete

CMS has now finished mailing new Medicare cards to all beneficiaries nationwide. If a Medicare beneficiary has not received a new card, the appropriate steps are to:

- Look for unopened mail. CMS mailed the new Medicare cards in a plain white envelope from the Department of Health and Human Services. Wisconsin beneficiaries started receiving new cards in June 2018
- Sign into MyMedicare.gov to get their new number or print an official card. An online account will need to be created
- Call 1-800-MEDICARE where CMS can verify their identity, check their address and help them get a new card.
- Ask their health care provider, who might be able to securely look up the new number.
- Continue to use the current card to get health care services until the new card arrives. Beneficiaries can use old cards until January 1, 2020.

Information derived from Wisconsin DBS SharePoint information

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 2019 Caregiver Conference September 19, 2019

Watch upcoming newsletters for
more information!

alzheimer's  association®



Dementia Care Network
of Fond du Lac County



Workshop Sponsored by
Fond du Lac County Senior Services

On Tuesday's from
July 9 – August 13, 2019

1:00 – 3:30 PM

Classroom Provided by Holy Family
Congregation, Fond du Lac, WI

No Cost for Workshop

**Space is Limited &
Must Register to Attend**

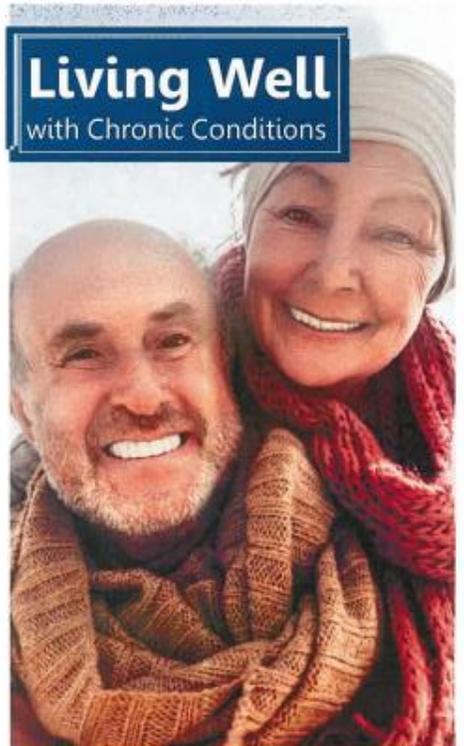
To Register Call:
Fond du Lac County Senior Services
At 920-929-3114

wiha

Wisconsin Institute
for Healthy Aging

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



Living Well
with Chronic Conditions

**Arthritis. High Blood Pressure.
Cancer. Depression.
Heart Disease. Diabetes.**

If you have these or any other on-going
health problems, Living Well can help you
live a healthier life!

Three Things to Protect Your Identity From Scammers



by Kathy Stokes, AARP Fraud Watch Network

Data breaches are now so commonplace that it's easy to feel overwhelmed and powerless. But even if your personal information is out there, you can protect your identity from scammers with these simple but important steps.

Rethink Your Passwords:

Use unique passwords for each of your online accounts. That way, if one account is hacked, it doesn't put your other accounts at risk. A good way to manage all of those different passwords is to use a digital password manager. These services can help keep all your passwords secure and help you create strong passwords for each of your online accounts.

Set Up Digital Access to Your Financial Accounts:

Scammers can easily use your personal data to open up accounts in your name – making it difficult to recover your accounts and hard-earned money. It's important to set up online access to all of your financial accounts – bank accounts, credit cards, 401(k)s, etc. That way you can regularly monitor the accounts so you can stay up-to-date on all transactions and quickly spot and report any fraudulent activity.

Freeze Your Credit:

Put a security freeze in place with each of the three major credit reporting bureaus: Experian, Equifax, and Transunion. That way no one can access your credit file or open a new credit account with your information. For a guide to the process, visit www.aarp.org/CreditFreeze. Traditionally there has been a fee for freezing (and unfreezing) your credit, but thanks to legislation passed by Congress in May 2018, the process will now be free as of September 21.

When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Please share this alert with friends and family.

Spotted a scam? Tell us about it. Our scam-tracking map gives you information about the latest scams targeting people in your state. You'll also find first-hand accounts from scam-spotters who are sharing their experiences so you know how to protect yourself and your family.

4The AARP Fraud Watch Network connects you to the latest information about ID theft and fraud so you can safeguard your personal information and your pocketbook.

Source: <https://states.aarp.org/three-things-to-protect-your-identity-from-scammers/>

MONEY SMART WEEK 2019 SET FOR SPRING!

Submitted by Michelle Tidemann-Extension Fond du Lac County

Are you Money Smart? Fact is we all could use a little help when it comes to managing our finances. Money doesn't come with instructions, and that's why banks, businesses, schools, libraries and lots of others in Fond du Lac County are joining together to help support financial education during Fond du Lac County's 14th annual Money Smart Week – March 30th through April 6th. Money Smart Week is a joint effort between the Chicago Federal Reserve Bank and the Fond du Lac County Money Smart Week Collaboration of business/agencies/organizations.

Why should you consider attending? Well, Money Smart Week provides a week of free educational classes and events aimed at helping consumers of all ages make informed choices when managing their personal finances. You can attend Money Smart Week classes at the Fond du Lac Public Library without signing up and without the concern of a sales pitch or sales call, as they are all free.

What kind of classes might be offered? Here are a few opportunities on the week's schedule but there are too many to list them all here! Learn how to save money on TV providers, Understanding Medicare, Youth events focused on a group Kids Read and decorating Piggy Banks, End of Life Preparations- Do Your loved ones know your wishes and whereabouts of your important papers/information, plus more.

A new feature this year is a whole day dedicated to "How To..." The whole day has been dedicated to showing individuals a large variety of "How To" skills we have wondered about but never knew "how to" do them! Be watching for the whole list of "How To" classes to be available soon!

Be a part of it. Learn to be Money Smart. For more information and activity listings visit the Fond du Lac Public Library website at: <https://www.fdlpl.org/> Look for the Money Smart Week logo/link.

Mark your Calendars- March 30 – April 6, 2019 Money Smart Week in Fond du Lac County! See you there!

For more information visit www.moneysmart.org



Romance scams rank number one on total reported losses

People looking for romance are hoping to be swept off their feet, not caught up in a scam. But tens of thousands of reports in Consumer Sentinel show that a scam is what many people find. In 2018, Sentinel had more than 21,000 reports about romance scams, and people reported losing a total of \$143 million – that’s more than any other consumer fraud type identified in Sentinel.¹ These reports are rising steadily. In 2015, by comparison, people filed 8,500 Sentinel reports with dollar losses of \$33 million.

Romance scammers lure people with phony online profiles, often lifting photos from the web to create attractive and convincing personas. They might make up names or assume the identities of real people. Reports indicate the scammers are active on dating apps, but also on social media sites that aren’t generally used for dating. For example, many people say the scam started with a Facebook message.

Once these fraudsters have people by the heartstrings, they say they need money, often for a medical emergency or some other misfortune. They often claim to be in the military and stationed abroad, which explains why they can’t meet in person. Pretending to

need help with travel costs for a long-awaited visit is another common ruse.

Scammers can reap large rewards for time spent courting their targets. The median individual loss to a romance scam reported in 2018 was \$2,600, about seven times higher than the median loss across all other fraud types.² People often reported sending money repeatedly for one supposed crisis after another.

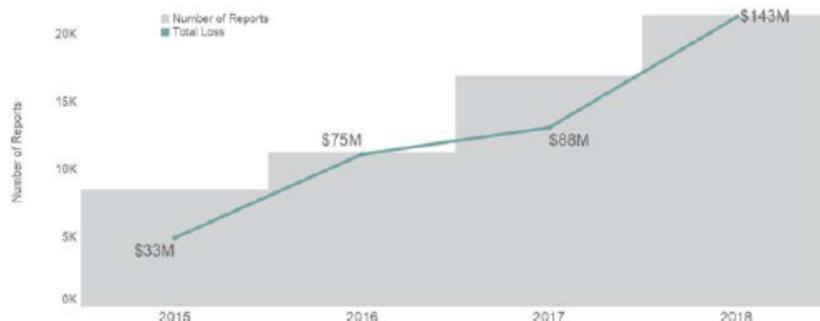
\$2,600

The **median reported loss** to romance scams is about seven times higher than for other frauds (2018).

People who said they were ages 40 to 69 reported losing money to romance scams at the highest rates – more than twice the rate of people in their 20s.³ At the same time, people 70 and over reported the highest individual median losses at \$10,000⁴

Romance Scam Reports Over Time

Reports more than doubled and reported losses increased more than fourfold from 2015 to 2018



Among people who told us how they paid the scammer, the majority said they wired money. The next largest group said they sent money using gift and reload cards (like MoneyPak), and reports of this type of payment increased in 2018. People said they mailed the cards or gave the PIN number on the back to the scammer. Con artists favor these payment methods because they can get quick cash, the transaction is largely irreversible, and they can remain anonymous.

Consumer Protection

Data Spotlight

FTC reporting back to you

So what can singles do to play it safe while dating online? Here are some tips to help spot bogus suitors:

- Never send money or gifts to a sweetheart you haven't met in person.
- Talk to someone you trust about this new love interest. In the excitement about what feels like a new relationship, we can be blinded to things that don't add up. Pay attention if your friends or family are concerned.

- Take it slowly. Ask questions and look for inconsistent answers. Try a reverse-image search of the profile pictures. If they're associated with another name or with details that don't match up, it's a scam.
- Learn more at ftc.gov/imposters.

Help stop these scammers by reporting suspicious profiles or messages to the dating or social media site. Then, tell the FTC at [FTC.gov/complaint](https://ftc.gov/complaint).

1 Figures based on 21,368 reports submitted directly to FTC and by all Sentinel data contributors in 2018 that were classified as romance scams.

2 Median loss calculations are based on reports submitted in 2018 that indicated a monetary loss of \$1 to \$999,999. Reports provided by MoneyGram, Western Union, and Green Dot are excluded for this calculation as these data contributors report each transaction separately, which typically affects calculation of an individual's median loss.

3 Reporting rates per million population by age calculated using population numbers obtained from the U.S. Census Bureau. U.S. Census Bureau, Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties and Puerto Rico Commonwealth and Municipios (June 2018), available at <https://www.census.gov/data/tables/2017/demo/ageest/nation-detail.html>.

4 Median loss calculations are based on reports submitted in 2018 that indicated a monetary loss of \$1 to \$999,999. Reports provided by MoneyGram, Western Union, and Green Dot are excluded as these data contributors report each transaction separately, which may affect the median loss.

The FTC uses reports from the public to investigate and stop fraud, for consumer education and outreach, and for analyses like this. File your fraud report at [FTC.gov/complaint](https://ftc.gov/complaint). To explore Sentinel data, visit [FTC.gov/data](https://ftc.gov/data).

Upcoming Monthly Support Groups, Memory Cafés & Presentations

By: Alyssa Sommerfeldt, Alzheimer's Association

3/5/19 Understanding & Responding to Dementia Related Behaviors: 2-3pm

Aging & Disability Resource Center- Large Conference Room, Lower Level

50 N Portland St, Fond du Lac, WI 54935

3/12/19, 4/4/19, 5/4/19 Caregiver Support Group: 1:30-2:30pm

Adult Day Services- 420 E. Merrill Avenue, Fond du Lac, WI 54935

3/12/19, 4/9/19, 5/14/19 Caregiver Support Group: 5-6pm

Ripon Medical Center-Green Lake Room, 1st Floor

3/28/19, 4/25/19, 5/23/19 Memory Cafe: 1-2:30pm

Fond du Lac Public Library-Lower Level

32 Sheboygan St, Fond du Lac, WI 54935

3/28/19, 4/25/19, 5/23/19 Caregiver Support Group: 6:30-7:30pm

Fond du Lac Senior Center

151 E 1st St, Fond du Lac, WI 54935

5/22/19 Effective Communication Strategies: 2-3pm

Aging & Disability Resource Center-Large Conference Room, Lower Level

50 N Portland St, Fond du Lac, WI 54935

alzheimer's  association®



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 & Disability Resource Center
Lower Level Conference Room A
50 N. Portland St.
Fond du Lac, WI 54935

Presented by:

Alyssa Sommerfeldt
Community Outreach Coordinator

Date and Time:

March 5, 2019
2:00PM - 3:00PM

Registration:

Call 800.272.3900 or
Register Online at alz.org/sewi

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

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



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:

Alyssa Sommerfeldt
Community Outreach Coordinator
Alzheimer's Association

Date and Time:

Wednesday, May 22, 2019
2:00-3:00 PM

Registration:

Call 800.272.3900 or email
alsommerfeldt@alz.org

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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

Fond Du Lac County

alzheimer's  association®

OUR MISSION: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

% Medicare beneficiaries with Alzheimer's / Dementia Diagnosis:

8.2%



Estimated Population with Alzheimer's / Dementia in 2020:

2,267

Estimated Population with Alzheimer's / Dementia in 2040:

4,169



Alzheimer's Association assistance in Wisconsin:

The number of Wisconsin chapter network service contacts in 2018:

238,555

Families can access our care and support services an unlimited number of times over their entire Alzheimer's journey by participating in support groups, education programs, calling the 24/7 Helpline, care consultations, safety services and accessing the care and support pages on our website.



alz.org | 24/7 Helpline 800.272.3900

Alzheimer's Caregiving Tips

Helping Family and Friends Understand Alzheimer's Disease

When you learn that someone has Alzheimer's disease, you may wonder when and how to tell your family and friends. You may be worried about how others will react to or treat the person. Realize that family and friends often sense that something is wrong before they are told. Alzheimer's disease is hard to keep secret.



There's no single right way to tell others about Alzheimer's disease. When the time seems right, be honest with family, friends, and others. Use this as a chance to educate them about Alzheimer's. You can:

- Tell friends and family about Alzheimer's disease and its effects.
- Share articles, websites, and other information about the disease.
- Tell them what they can do to help. Let them know you need breaks.

When a family member has Alzheimer's disease, it affects everyone in the family, including children and grandchildren. It's important to talk to them about what is happening. For tips on helping children cope when a loved one has the disease, see "Helping Children Understand Alzheimer's Disease," www.nia.nih.gov/alzheimers/publication/helping-children-understand-alzheimers-disease.

Tips for Communicating

You can help family and friends understand how to interact with the person with Alzheimer's disease. Here are some tips:

- Help family and friends realize what the person can still do and how much he or she still can understand.
- Give visitors suggestions about how to start talking with the person. For example, make eye contact and say, "Hello George, I'm John. We used to work together."



National Institute on Aging

National Institutes of Health
NIH...Turning Discovery into Health

- Help them avoid correcting the person with Alzheimer's if he or she makes a mistake or forgets something. Instead, ask visitors to respond to the feelings expressed or talk about something different.
- Help family and friends plan fun activities with the person, such as going to family reunions or visiting old friends. A photo album or other activity can help if the person is bored or confused and needs to be distracted.

Remind visitors to:

- Visit at times of day when the person with Alzheimer's is at his or her best.
- Be calm and quiet. Don't use a loud voice or talk to the person as if he or she were a child.
- Respect the person's personal space, and don't get too close.
- Not take it personally if the person does not recognize you, is unkind, or gets angry. He or she is acting out of confusion.

When You're Out in Public

Some caregivers carry a card that explains why the person with Alzheimer's might say or do odd things. For example, the card could read, "My family member has Alzheimer's disease. He or she might say or do things that are unexpected. Thank you for your understanding."

The card allows you to let others know about the person's Alzheimer's disease without the person hearing you. It also means you don't have to keep explaining things.



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

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.



July 2012

Help for you, the Caregiver

by Lori Anderson, Fond du Lac County Department of Senior Services

Caring for our family members is the most important job there is. Sometimes the kind of help or care we provide to our loved ones changes as we all age. Our roles might become more diverse and a bit unfamiliar. Adult children may become the caretakers of their parent(s) just as the parent(s) took care of them. Wives transition into roles their husbands used to very capably manage. Husbands find themselves taking on more of the household responsibilities that their wife previously handled so efficiently. Many siblings have taken on the task of looking out for and caring for a brother or sister. Change is an inevitable part of life for all of us. And at some point in our lives most of us will be a caregiver in some form or another.

There are definite rewards in caring for another person. The feeling of being useful, needed and engaged in a meaningful role that really makes a difference in the life of another, affirms to us the significance of our part in their life.

However, no matter how much a person loves and cares about their family member, caregiving can present many challenges. It can be both physically and emotionally draining at times. We take care of our family members because we love them and we want the best for them. In that process though, many people caring for another person neglect their own health and well-being, which in turn **can affect our care recipient**. As a caregiver, you need to take care of **yourself** too! Allow yourself to seek help from others, even though your loved one may object.

There are Supportive Home Care services that can provide help in your home; **non-medical** care provided in the home to help with daily tasks such as cleaning, bathing, laundry, meal preparation, medication reminders, companion care, etc. Specifically, companion care or respite, allows you to get away and feel comfortable that your loved one is well cared for and safe.

Adult Day Service centers in the community are another option that can offer a fun, structured environment for your loved one to go to during the day. This in turn allows you the Caregiver to pay attention to your own needs such as appointments or just having coffee with a friend.

There are Caregiving programs in Wisconsin that recognize and acknowledge the enormous responsibility that family caregivers take on. The programs are designed to provide information, assistance and in some cases, make available some funding support to help pay for the types of supportive services described earlier.

They are the **National Family Caregiver Support Program (NFCSP)** and the **Alzheimer's Family Caregiver Support Program (AFCSP)**. These programs were developed to help keep family members in their home for as long as possible, while providing much needed support to the family caregiver.

To find out more information, contact Lori at 920-906-4792, Fond du Lac County Senior Services.

Recipe Corner

Chocolate Protein Cookies

- Prep 10 m
- Cook 8 m
- Ready In 28 m

Recipe By: Megan Olson

Ingredients

- 1 small ripe banana
- 1/4 cup golden flax seeds
- 2 teaspoons chia seeds
- 2 scoops vanilla protein powder
- 1 tablespoon powdered peanut butter
- 2 tablespoons dairy-free mini chocolate chips



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
2. Mash banana in a bowl with an electric mixer until creamy. Blend in flax seeds and chia seeds. Mix in protein powder and powdered peanut butter. Fold in chocolate chips using a spatula.
3. Drop 6 cookies onto the baking sheet using an ice cream scoop. Flatten each cookie with the palm of your hand.
4. Bake in the preheated oven until cookies are firm in the center and edges are browned, 8 to 9 minutes. Transfer to a wire rack; cool for 10 minutes.

SOURCE: <https://www.allrecipes.com/recipe/256565/chocolate-protein-cookies/?internalSource=hub%20recipe&referringId=1692&referringContentType=Recipe%20Hub&clickId=cardslot%2010>



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 2019!!**