

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

Summer 2019



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
- Going to the ADRC website
- Picking up a copy 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



DEPARTMENT OF HEALTH & HUMAN SERVICES

Premiums for 2019 weren't collected for some Medicare Advantage Plans and Medicare Prescription Drug Plans

Because of an issue with Social Security payments that affected how premiums are withheld, some 2019 Medicare plan enrollees didn't have their Medicare Advantage Plan or Medicare Prescription Drug Plan premiums taken out from their Social Security benefit check beginning in February 2019, as these enrollees asked for.

Who is affected?

You may be affected if you enrolled either in a Medicare Advantage Plan or in a Medicare Prescription Drug Plan for coverage starting January 1, 2019, and you asked to have your plan premiums taken out of your Social Security payments.

Your Medicare Advantage Plan or Medicare Prescription Drug Plan may send you a bill for any premiums that weren't yet taken out of your Social Security payments.

What should I do now?

Follow any instructions from your Medicare plan regarding your premiums. The systems issue has been corrected. Unless you told your plan you now want to pay your premiums a different way, your plan premiums will be taken out properly from your Social Security payments beginning in June or July 2019 through the rest of the year.

If you receive a bill from your plan, your plan must offer you a "grace period" to repay your premium payments that were missed. This period must last at least as long as the delay in billing. Contact your Medicare plan directly with any questions or concerns. If you aren't sure which Medicare plan you're enrolled in, check your plan card or materials. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

We apologize for any inconvenience this issue has caused.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/nondiscrimination/accessibility-nondiscrimination.html](https://www.medicare.gov/about-us/nondiscrimination/accessibility-nondiscrimination.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

Source: WI DHS



WORLD ELDER ABUSE AWARENESS DAY³

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, **103 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. Each pinwheel at this display represents an investigation that the ADRC of Fond du Lac County completed in 2018.



RECIPE BOX

Summer Corn Salad

Ingredients:

- 6 ears corn, husked
- 3 large tomatoes, diced
- 1 large onion, diced
- ¼ cup chopped fresh basil
- ¼ cup olive oil
- 2 tablespoons white vinegar
- Salt and pepper to taste



Directions:

- Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
- In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Nutrition Facts:

Per Serving: 305 calories; 15.6 g fat; 42.8 g carbohydrates; 6.2 g protein; 0 mg cholesterol; 9 mg sodium.

Source: <https://www.allrecipes.com/recipe/25160/summer-corn-salad/>

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.

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.

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.



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:™



Register now for Stepping On!

When: Wednesdays June 19th through July 31st
from 9 am to 11 am

Where: Ripon Senior Center

To register please call the Ripon Senior Center: 920-748-6225

~**Mark your calendar!** ~

Fond du Lac County Caregiver Conference

When: Thursday September 19th

Where: Radisson Hotel & Conference Center
625 Rolling Meadows Drive Fond du Lac

Waupun Senior Expo

When: Thursday October 3rd, 9:00 am to 1:00 pm

Where: Central Wisconsin Christian School
301 Fox Lake Road Waupun





Contact Bobbi Hicken
Telephone 920-929-7647
Email Bobbi.hicken@fdlco.wi.gov

FOR RELEASE ON April 15, 2019

FOND DU LAC COUNTY ENHANCES 9-1-1 SERVICES WITH SMART911

Fond du Lac County Communications Center announced today that Smart911 is now available in Fond du Lac County, the first county in Wisconsin to provide this service.

"Smart911 saves critical time in an emergency and has proven to save lives nationwide," said Allen Buechel, Fond du Lac County Executive. "We are excited to be able to provide this service to the residents of the county."

Smart911 allows individuals to [create a Safety Profile](#) for their household at www.smart911.com or on the Smart911 App that includes any information they want 9-1-1 and responders to have in the event of an emergency. When an individual makes an emergency call, their Safety Profile is automatically displayed to the 9-1-1 call taker, allowing them to send the right responders to the right location with the right information. The Smart911 app provides greater access to the lifesaving benefits of Smart911 and targeted location-based alerts to all individuals. The Smart911 App is available on the Apple Store or Google Play.

With Smart911, individuals can link both home and work addresses to mobile phones, which can be passed on to responders in the field for a more detailed, rapid response. Additional information including pets in the home, vehicle details in the event of an accident, and even emergency contacts can all be included in a Safety Profile. All information is optional, and the individual has the ability to choose what details they would like to include.

"The benefits of this information on a 9-1-1 call from a cell phone are immeasurable," said Bobbi Hicken, Director of Communications and Emergency Management. "Cell phones do not always provide an accurate location to the 9-1-1 call taker, especially when someone is calling from inside a home or building. Having this information as soon as the call is answered will allow us to be able to send help, even if the person isn't able to tell us their location."

Smart911 is currently available in 40 states and more than 1,500 municipalities across the country, and has been credited with positively impacting emergency outcomes including a missing child in which the girl's photo and physical description were immediately available to 9-1-1 and responders, as well as a heart attack victim where an address and medical notes allowed responders to be dispatched to his location quickly.

Individuals are encouraged to create their Safety Profile with Smart911 today to have their information immediately available to 9-1-1. Smart911 is private and secure, is only used for emergency responses, and only made available to the 9-1-1 system in the event of an emergency call.

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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 2019!