# THE PORTLAND RESOURCE

## FOND DU LAC COUNTY ADRC NEWSLETTER

## SUMMER EDITION 2023

(JUNE, JULY, AUGUST)

### INSIDE THIS ISSUE...



Resources: *Sunshine*

**CONTACT US**


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Office Hours: Monday-Friday | 8:00am – 4:30pm

www.fdlco.wi.gov/adrc

www.facebook.com/ADRC.FdL/


"Like" us on Facebook for consistent updates!

Any feedback or questions

please contact the ADRC: (920) 929-3446

Be sure to watch for our Fall edition which will be out in September!

ADRC Aging & Disability Resource Center of Fond du Lac County

**Aging and Disability Resource Center of Fond du Lac County**

**STAFF DIRECTORY**

| | |
|---|---|
| ADRC and Aging Division Manager | *Jaclyn Jaeckels* |
| Adult Protective Services Social Worker | *Cheryl Ketterhagen and Kira Bartow* |
| Dementia Care Specialist | *Alyssa Sommerfeldt* |
| Disability Benefit Specialist | *Lynnette Benedict* |
| Information and Assistance Social Worker (I&A) | *Laura Callahan, Briana Hauer, Angie Liner, Sue Ellen Miller, Heidi Page, Jackie Sutter, Shannon Boelhower* |
| Prevention Services Coordinator | *Kathryn Boris* |
| Aging Unit Supervisor | *Linda Spitzer* |
| Elder Benefit Specialist | *Melissa Chase* |
| Nutrition Program Coordinator | *Dawn Steckert* |
| Program Assistant | *Cindy Luedtke, Dawn Gottinger, Alyssa Peters* |
| Nutrition Van Drivers | *Brian Bartelt, Ed Benzel, Gayle Drehmel, Chris Brendelson, David Halbach, Liz Koechel, Diana Logterman, Ralph Mielke, Tim Pierce, Bill Schaefer, Margie Schneider, Debra Schwartz, Steve Tetzlaff, Debbie Wihelms, Jennie Zagorski* |
| Handi-Van Drivers | *Kincaid Carter, Dennis Faber, Ron Jagla, Mike Knutson, Don Theusch, Gary Trew, Dan Witthuhn* |
| Medical Appt. Driver | *Jim Bliefnick* |
| Elderly/Walk-On Driver | *Jim Blackburn* |

50 N. Portland St. Fond du Lac, WI 54935
920-929-3466


## VOLUNTEER SPOTLIGHT

April was National Volunteer Month!

During the month of April we celebrated all our wonderful dedicated volunteers.

We are very appreciative of their time and efforts and are grateful to have them as part of our team.

*It takes a Village and we couldn't do this without you.!*

*Volunteering has proven to reduce stress levels, improve feelings of self-worth and make a difference!*

Resources: Stars

## EDITORS NOTE:

I wanted to start this newsletter off with a small introduction of myself. My name is Kathryn Boris I am the new Prevention Services Coordinator, I started my new role mid April 2023. I began my career with Fond du Lac County Department of Social Services in 2020. I have had the pleasure of learning different rolls within the department, specifically the child protective and administrative side before beginning with the ADRC & Aging Division. My goal of the newsletter is to inform, educate, and introduce up coming events and classes. As future newsletter editions are published there will be more information about various classes and events happening throughout Fond du Lac County. Stay tuned for more!

I look forward to serving you all at one point or time in my career at the ADRC.

*If your organization is interested in submitting an article to the newsletter, please contact the ADRC at 920 -929-3466, TTY: Use Relay (711) or email the 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 (711), or email adrc@fdlco.wi.gov*

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The ADRC is the first place to go for information and assistance!

The ADRC serves older adults, individuals with disabilities and their families/caregivers to find services and resources to keep them living well and independently. Our information and assistance is completely free and confidential. Some services are based on program eligibility and available on a limited basis. Whether there are private or public resources needed, we are here to provide information and options available to stay in your home or community safely.

ADRCs provide accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone—individuals, concerned families or friends, or professionals working with issues related to aging or disabilities can go to for information. The ADRC provides information on a broad range of programs and services, helps people understand the various long-term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly funded long term care. These services can be provided at the ADRC, via telephone, or through a home visit.

***You can get a copy of the Portland Resource by:***

- Calling (920) 929-3466 or emailing adrc@fdlco.wi.gov and requesting your name be added to the mailing list.
- Or by picking up a copy at the ADRC building

Aging & Disability Resource Center (ADRC) of Fond du Lac County
50 N. Portland St. Fond du Lac, WI 54935
Phone: 920-929-3466
Fax: 920-929-3470
Email: adrc@fdlco.wi.gov

# 5 IMMUNE SYSTEM HEALTH TIPS FOR SENIORS

As we age, our immune system weakens with time, which makes us more susceptible to being sick and causes us to struggle with serious illnesses. Here are some ways to boost your immune system this summer!

1. **VITAMINS**

   The best vitamins for immune system health: Vitamin C, B-Vitamins, Vitamin D, and Zinc. If you're not getting enough of these vitamins for immunity support in your diet, discuss taking a supplement with your doctor.

*Vitamin C*

- *Supports your immune system by fortifying white blood cells while maintaining a strong skin barrier and protecting against oxidative stress.*

*B-Vitamins*

- *There are a total of eight different types of B-Vitamins, which are responsible for a range of metabolic and regulatory processes.*

*Vitamin D*

- *Vitamin D contributes to boosting immune health by regulating the innate and adaptive immune responses.*

*Zinc*

- *According to Centrum, Zinc helps produce white blood cells and helps protect your body against cellular damage.*

2. **EXERCISE**

   Regular exercise can boost your immune system by enhancing vaccination response, increasing T-cells, and boosting the function of the natural killer cells within the immune system. Exercising can be walking, running, water aerobics, yoga, cycling, or dancing. If you haven't been physically active for a while, consult with your doctor to determine an exercise regimen that is right for you.

3. **WATER**

   Staying hydrated is very important to everyday function and staying healthy. Water aids in the process of lymph production, transporting white blood cells and nutrients to all of your body's tissues. Water contributes to digestion, oxygenation, and detoxification.

4. **REST**

   Getting enough sleep at night will contribute to a healthy lifestyle. The ideal amount of sleep for an adult is 7 to 8 hours per night. Lack of sleep may be a contributing factor to how fast you may recover from an illness. During sleep, your body releases proteins that aid in fighting infections. Lack of sleep will cause infection-fighting antibodies and cells to decrease.

5. **DOCTOR VISITS**

   Visit your doctor regularly to ensure you make the right choices to support your health, including a strong immune system. Regular health screenings can detect any early symptoms that may occur during an illness. Ask your doctor for recommendations on how to boost your immunity based on your medical history.

Heart picture

Resource:

https://culpepperplaceassistedliving.com/5-immune-system-health-tips-for-seniors/

## WISCONSIN QUEST CARD


Did you know that your Wisconsin QUEST card is an easy way for you to use your FoodShare benefits?

Once your benefits are in your account you can use your QUEST card to buy food at grocery stores, and some farmers markets that accept EBT payments. In order to pay for your food, simply swipe your QUEST card at the terminal in the checkout line and enter your PIN number. When you receive your QUEST card in the mail instructions are included that tell you to select an easy to remember, 4 digit PIN number.


Each month you may use your QUEST card as often as you'd like. When using your QUEST card there is:

- No minimum dollar amount
- No fee to make a purchase

You can use your benefits to buy food such as:

- Breads & cereals
- Fruits & Vegetables
- Meats, Fish and Poultry
- Dairy Products
- Seeds & plants to grow food for your family

Fore more information go to the Resource: Quest Card– WI Food Share

## SCAM ALERTS
## MEDICAID RENEWAL AND FOODSHARE

***By the GWAAR Legal Services Team (for reprint)***

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS does not send text messages with this type of language and does not charge a recertification fee.

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipients SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact your local Income Maintenance agency.

# CALL FOR SENIORS

## FARMERS MARKET

## LOCALLY GROWN

## FARM FRESH

**ARE YOU:**

- Interested in free fresh fruits and vegetables from your local farmers market or farm stand?
- **Age sixty (60) or older (55 if Native American)?**
- **Making income at or below 185% of the federal poverty level?**

**LEARN MORE:**

- Contact the ADRC Fond du Lac County **920-929-3466** about Senior Farmers Market Nutrition Program Benefits.

ADRC
Aging & Disability Resource Center of Fond du Lac County

50 North Portland
Fond du Lac, WI 53061
920.929-3466

# RECIPE CORNER

Resource: Spring Greek Pasta Salad : Recipe

**Nutrition Facts**

3/4 cup (calculated without olives): 142 calories, 5g fat (1g saturated fat), 4mg cholesterol, 219mg sodium, 20g carbohydrate (3g sugars, 2g fiber), 5g protein.

**Diabetic Exchanges:** 1 starch, 1 fat.

## GREEK PASTA SALAD

**Ingredients**

- 4 cups veggie rotini or other spiral pasta (about 12 ounces)

**Vinaigrette:**

- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon water
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons minced fresh oregano or 1 tablespoon dried oregano

**Salad:**

- 3 large tomatoes, seeded and chopped
- 1 medium sweet red pepper, chopped
- 1 small cucumber, seeded and chopped
- 1 small zucchini, chopped
- 1 small red onion, halved and thinly sliced
- 1/3 cup sliced pitted Greek olives, optional
- 1 cup (4 ounces) crumbled feta cheese

**Directions**

1. Cook pasta according to package directions. Drain; rinse with cold water and drain well.
2. In a small bowl, whisk oil, lemon juice, vinegar, water, garlic, salt and pepper until blended. Stir in oregano.
3. In a large bowl, combine pasta, vegetables and, if desired, olives. Add vinaigrette and cheese; toss to combine. Refrigerate, covered, until serving.

# RECIPE CORNER

Resource: Caprese Salad on a Stick

**Nutrition Facts**
Serving size: 1 skewer
Calories: 110; Total fat: 9g; Saturated fat: 3.5g; Trans fat: 0g; Cholesterol: 15mg; Sodium: 320mg; Total carbohydrate: 2g; Dietary fiber: 1g; Sugars: 1g; Protein: 4g

## CAPRESE SALAD ON A STICK RECIPE

**Ingredients**

- **Per Stick**
- ¾ ounce fresh mozzarella cheese
- 3 basil leaves
- 3 cherry tomatoes
- 1 teaspoon extra-virgin olive oil
- ⅛ teaspoon sea salt (optional)
- Bamboo skewer

**Directions**

1. In order, assemble cheese, basil and tomato onto the skewer until all ingredients are stacked beautifully.
2. Drizzle olive oil over assembled skewer, and add a pinch of sea salt if desired. Enjoy!

Resource: Crumble

**Nutrition Facts**
Serving size: 1 slice
*Serves 6*
Calories: 260; Total Fat: 13g; Saturated Fat: 1g; Cholesterol: 55mg; Sodium: 34mg: Protein 10g.

## APPLE-BLUEBERRY CRUMBLE RECIPE

**Ingredients**

- 3 large Red or Golden Delicious apples (about 2 pounds), unpeeled and cut into ½-inch pieces (about 4 cups)
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 cup fresh or frozen blueberries

**Topping**

- ½ cup walnuts, very finely chopped
- ½ cup old-fashioned or quick-cooking oats
- 2 tablespoons brown sugar
- 2 tablespoons whole-wheat flour
- 2 tablespoons ground flaxseed or wheat germ
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 tablespoons canola oil

**Directions**

1. Preheat the oven to 400°F (204°C). Place the apples, brown sugar, flour, vanilla and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
2. Place the apple mixture in an 8 x 8-inch baking pan or dish and set aside.
3. To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.

Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly).

# RECIPE CORNER

## CHICKEN POT PIE BUNDLES RECIPES

**Nutrition Facts**
Serving size: 2 bundles
*Serves 6*
Calories: 360: Total Fat: 7g; Saturated Fat: 1g; Sodium: 680mg; Total Carbohydrate: 48g; Dietary Fiber: 3g; Protein: 24g; Vitamin A: 70%; Iron: 15%.

Resource: Pot Pie

**Ingredients**

- 1½ tablespoons canola oil, divided
- 1 large carrot, peeled and cut into ¼-inch dice (about 1 cup)
- ½ small onion, cut into ¼-inch dice (about ½ cup)
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast halves, cut into ½-inch dice
- 2 teaspoons chopped fresh tarragon or ½ teaspoon dried tarragon
- ½ teaspoon kosher salt
- Pinch of black pepper
- 1 cup all-natural chicken broth
- 4 teaspoons cornstarch
- ¾ cup frozen petite peas, thawed
- ¾ cup frozen corn kernels, thawed
- 12 egg roll wraps
- 2 tablespoons grated Parmesan cheese

**Directions**

1. Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently until softened (about 5 minutes). Add the garlic and cook 1 minute more.
2. Stir in the chicken, tarragon, salt and pepper. Cook until the chicken is no longer pink, about 5 minutes.
3. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4. To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5. Place a generous ¼ cup of the chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle.

Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.

# JUNE IS ALZHEIMER`S AND BRAIN HEALTH AWARENESS (ABAM) MONTH!

Purple Ribbon

This June, during Alzheimer's & Brain Awareness Month, help raise awareness of this devastating disease. You can start by learning and sharing 10 Ways to Love your Brain as well as Going Purple!

Nearly six million people in the United States, including over 2,000 people in Fond du Lac County, are living with Alzheimer's disease, according to the WI Department of Health Services. The sixth-leading cause of death and the only leading disease without a prevention, treatment or cure, Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined.

When possible, combine these habits to achieve maximum benefit for the brain and body:

1. **Break a sweat**: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

2. **Hit the books**: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. **Butt out**: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

4. **Follow your heart**: Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. **Heads up**: Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. **Fuel up right**: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

7. **Catch some ZZZ's**: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. **Take care of your mental health**: Some studies link a history of depression with increased risk of cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

9. **Stump yourself**: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.

10. **Buddy up**: Staying socially engaged may support brain health. Pursue social activities meaningful to you. Find ways to be part of your community – if you love animals, consider volunteering at a local shelter. Enjoy singing? Join a local choir or help at an afterschool program. Or, just share activities with friends and family.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial.
Visit alz.org/10ways to learn more.


Resource: Alzheimer's & Brain Awareness Month

**LOCAL EVENTS to participate in ABAM:**

- June 19th | 6:00pm | Healthy Living for Brain & Body presentation: | FDL Library
- June 20th | 5:30pm | Grandpa & Lucy play - A story About Love & Dementia: | FDL Library
- June 21st | The Longest Day | The summer solstice – people from across the world will fight the darkness of Alzheimer`s through fundraising activities of their choice

# TRAVELING WITH MEDICATIONS

*Written by Courtney Muche, a 4th year pharmacy student from Concordia University Wisconsin School of Pharmacy*

Do you prefer a sandy beach, a snowy mountain, a trip that lasts a few months, or a weekend getaway? For those that enjoy travel, managing medications while out of your everyday routine might be a big concern. Here are a few tips for traveling with medications. You can always reach out to your local pharmacist to assist with any travel related medication questions. Enjoy your trip!

1. **Planning for a change:** Traveling can throw a wrench in your daily routine from what time you wake up to what you are eating and drinking. Consider using a written schedule or setting alarms on your phone to remember to take medications on time and avoid missing doses. Keep in mind what medications need to be taken with or without food and any new interactions you may be introducing. For example, if your traveling endeavors involve consumption of alcohol or taking additional over-the-counter medications there are many prescription medications that will have potentially dangerous interactions. Always check with your pharmacist prior to making any adjustments.
2. **Storage:** Depending on the conditions of your destination, you may need to pay special attention to where your medications are stored. Many medications should be kept at a controlled room temperature, away from excessive heat, cold, or moisture. Storage information can be found in the medication packaging or by verifying with your pharmacist.
3. **Plan ahead:** Do you have enough medication or refills? Extended trips, especially those out of state, may require a prescription to be transferred to another pharmacy. Since regulatory requirements vary from state to state, it is a good idea to make these plans a few weeks prior to your travel to avoid delays.
4. **TSA requirements:** If an airport is within the scope of your travel plans, you will need to be aware of TSA requirements. It is recommended that all medications be clearly labeled and in original bottles to help the screening process run smoothly. Although this is not a TSA requirement, different states have regulations around this, making it strongly recommended. You are allowed to bring any medically necessary liquids or creams more than 3.4 ounces or 100 milliliters. These should be stored in a clear plastic bag, removed from your carry-on bag, and are subject to additional screening.
5. **Accessibility:** It is highly recommended to keep your medications in a carry-on bag instead of any checked luggage in case there is a delay in that luggage's arrival. Any medications that are for emergency use such as an EpiPen, nitroglycerin, or a rescue inhaler should be kept on your person or as nearby as possible.

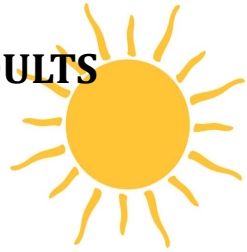
Resources:

- TSA.gov : https://www.tsa.gov/travel/frequently-asked-questions/i-am-traveling-medication-are-there-any-requirements-i-should-be
- FDA.gov : https://www.fda.gov/drugs/fda-drug-info-rounds-video/traveling-prescription-medications
- American Academy of Dermatology Association

# SUMMER FUN COLORING PAGE


Resource: Coloring Page

# SUN PROTECTION TIPS FOR OLDER ADULTS



Google—Sun

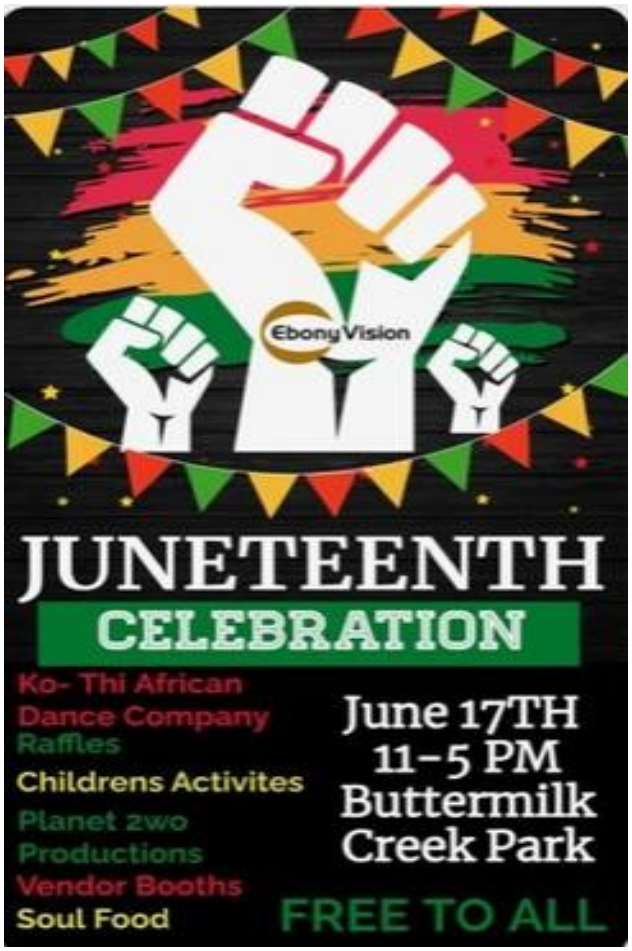
***By the GWAAR Legal Services Team (for reprint)***

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information visit: https://www.skincancer.org/blog/photoaging-what-you-need-to-know/ and https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm



# WISCONSIN MEDICAID MEMBERS

Wisconsin Medicaid programs will start implementing program rules that were suspended under the COVID-19 Federal Public Health emergency. These changes most importantly include the restarting of annual renewals. Medicaid renewals are required to be completed every 12 months and may require updated verification from members. You can submit your renewal online at www.access.wisconsin.gov, over the phone through Moraine Lakes Consortium 1-888-446-1239, by mail or in person at your local agency (walk-ins welcome, appointments preferred). After receipt of your renewal the agency will be in contact with any verification that is needed.

**Commonly Asked Questions:**

***What is a renewal?***

- When you first applied for benefits, you gave the state details about things like your household, income, and insurance. To see if you can keep your benefits, you need to update that information every year. This process is called a renewal.

***When do I renew?***

- Your renewal due date is set between June 2023 and May 2024. To find your due date:
    - Check the letter you received in late March or early April from the Wisconsin Department of Health Services.
    - Log in to your ACCESS account at access.wi.gov or use the MyACCESS app. If you don't have an account, you can easily create one at access.wi.gov to see your benefits information anytime, anywhere.

***What happens next?***

- About 45 days before your due date, you'll get a packet in the mail with renewal details. A digital version of the packet will also show in your ACCESS account. The packet will tell you what information to send in so we can see if you still qualify for your program. Do not renew early as it could take away any COVID protections you were entitled to until your renewal.

***What if I miss my renewal or due date?***

- Contact the consortium to talk about options—1-888-446-1239

***What else do I need to know?***

- Don't delay medical care! While your program membership continues, use your benefits. For example, if you have BadgerCare Plus, you can get vaccines, medical check-ups, and prescription refills. You can use mental health services, too.

Resources: https://www.dhs.wisconsin.gov/publications/p1/p10049.pdf

WISCONSIN DEPARTMENT of HEALTH SERVICES

# SPECIAL ENROLLMENT DETAILS FOR MEMBERS WHOSE MEDICAID COVERAGE IS ENDING

**Medicaid Members: Are you an older adult or an adult with a disability?**

Since March 2020, Medicaid has been keeping everyone enrolled. Normal enrollment rules will start again soon. When that happens, you will get a letter from the Wisconsin Department of Health Services asking you to update your information and complete a renewal. Your health insurance could end if you no longer meet the rules for Medicaid.

**If your Medicaid benefits end, you may be able to get Medicare if you**:

- Are age 65 or older
- Have a qualifying disability
- Have been getting disability benefits for two years

**Special Enrollment Timing**

**After Medicaid ends, you have six months to enroll in Medicare.** To get started, call Social Security at 800-772-1213 (TTY 800-325-0778) or visit ssa.gov/medicare/sign-up.

**If you already have Medicare and your Medicaid benefits end**, you will have a limited time to change your Medicare plan:

- **Three months** for a Medicare Advantage health plan (Part C)
- **Three months** for a Medicare Part D drug plan

**Two months** for Medicare Supplemental Insurance (Medigap), during which you cannot be denied coverage based on your health

**Are you worried about Medicare late enrollment fees?** You won't have late enrollment fees if you enroll in Medicare within **six months** after your Medicaid ends. You may have late enrollment fees in the future if you miss this enrollment opportunity or go without drug coverage.

**Free, expert help is available**. If you have questions about Medicare, including how to pay for it, a benefits counselor can help. Contact the **State Health Insurance Assistance Program (SHIP)** by calling:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862

Your local aging and disability resource center (ADRC)

# HELP END ELDER ABUSE

- Emotional Abuse
- Financial Abuse
- Physical Abuse
- Neglect or Self-neglect
- Harassment
- Sexual Abuse

## COUNTY HELPLINES

**DOMESTIC ABUSE VICTIM ADVOCATE:**

| | |
|---|---|
| Fond du Lac County Sheriff's Office | 920-929-3390 |
| Aging & Disability Resource Center | 920-929-3466 |
| Greater Wisconsin Agency on Aging Resources | 608-243-5670 |

## ROMANCE SCAM

Romance scams are when criminals steal photos of attractive people and create fake profiles on dating apps or social media platforms. Someone develops a relationship with the victim over a long period of time. These love interests involving victims include money laundering, cryptocurrency or gift card scams. The different scams vary, but the result is the same: people are left penniless and heartbroken with little recourse for justice.

The original romance scam was the infamous Nigerian Prince Scam that started during the infancy of the internet and AOL chat rooms. Wisconsin is ranked number 4 for the Average Money lost per victim in 2022 with about $53,000 lost.

**Lies used most often by Romance Scammers in 2022:**

- I or someone close to you is sick, hurt, or in jail
- I can teach you how to invest
- I'm in the military far away
- I need help with an important delivery
- We've never met, but let's talk about marriage
- I've come into some money/gold

⇒ 75% of Romance Scams Victims are College Educated

⇒ Middle and lower class Americans make up 84% of Romance Scam Victims

⇒ Romance Scams lead to Financial Ruins

**<u>Tips to Avoid Romance Scams</u>**

Romance scams can happen to anyone, but there are steps you can take to reduce the risk of falling victim to one.

1. Before entering a romantic relationship with someone online, conduct a reverse image search to confirm their true identity.
2. Research them thoroughly using search engines and social media to verify their identity and be cautious if you cannot find any information about them.

3. If someone you have just met online asks for money, be wary. Do not send money or provide financial information to anyone you have not met in person and built a trusting relationship with.
4. Scammers often initiate contact out of the blue, so be wary of messages or emails from people you don't know. Be particularly cautious if the message is overly flattering, or if they quickly profess their love for you.
5. Scammers often avoid meeting in person, so make sure you meet your potential partner face-to-face before getting too invested in the relationship. Meeting in person will also allow you to assess their true identity and intentions.
6. If something feels too good to be true or doesn't feel right, trust your instincts. Scammers often use emotional manipulation to gain their victims' trust, so be cautious of anyone who makes you feel uncomfortable.
7. If you use dating sites, make sure they are reputable and trustworthy. Check the site's safety guidelines and security features and be cautious of anyone who asks you to use a different platform or website to communicate with them.

**5 Steps to Take If You Have Been Scammed**

1. **Report the Scam to the Authorities:** File a report with your local law enforcement agency, the Federal Trade Commission (FTC) and the Internet Crime Complaint Center (IC3).
2. **Cease all Communication with the Scammer:** Once you have identified that you have been scammed, do not respond to any further messages or calls, and block them on all platforms. If you have sent money, don't send any more.
3. **Protect Your Identity:** Scammers may have collected personal information about you during the scam, so take steps to protect your identity. Change your passwords and enable two-factor authentication on all your accounts. Monitor your bank accounts and credit cards for any unusual activity.
4. **Get Help and Support:** Being a victim of a romance scam can be a traumatic and humiliating experience. Most victims never come forward and without seeking help many commit suicide. Seek help from family, friends, or a professional counselor. Don't feel ashamed or embarrassed to talk about what happened; remember that you are not alone.
5. **Be Cautious:** Often the same victim gets scammed multiple times. Once a person has been scammed, scammers know they are susceptible so they will approach them in multiple places and ways. It is important to stop giving money and personal information to anyone online that you have never met.

Resource: Romance Scams | Pinwheels

## UV AWARENESS MONTH: JULY

When it comes to safety in the sun, the first thing that comes to mind is taking care of your skin. We know the importance of wearing Sunscreen with an SPF of 30 or higher, or wearing sun-protective clothing to prevent burning, however it is just as important to look after your eyes. Overexposure to UV rays from the sun can cause sever skin and eye injuries including sunburn, skin cancer, cataracts, mascular degeneration and growths on our eyes including cancer. Moderate sun exposure can have health benefit, which help your body produce Vitamin D.

Ways to protect your eyes from UVA and UVB overexposure:

- Find sunglasses that block UV rays
- Always look for 100 % UV protection
- Don't be fooled by clouds
- Wear a hat
- Protect your eyes during peak sun times
- Never look directly at the sun

Resources:

- Summit Medical Group
- Protect your Eyes

## TIPS FOR AVOIDING DEHYDRATION THIS SUMMER:

With the weather getting warmer outside it's important to stay hydrated and drink plenty of fluids. Unfortunately many of us don't get enough to drink, especially older adults. Older people don't sense thirst as much as they did when they were younger.

So how much water should you really drink? The daily four to six cup rule is for generally healthy people. There isn't a one size fits all answer. Water intake must be individualized. It is possible to take in *too much water* if you have certain health conditions, such as thyroid disease, or kidney, liver or heart problems, or if you're taking medications that make you retain water. You should check with your doctor if you are not sure about the right amount for you.

Drink enough fluids or eat water-rich foods such as salads, fruit and applesauce to keep up with the fluid intake that you're losing from sweating or peeing as the day progresses. As your body loses fluids it also loses electrolytes. These are minerals in your blood and body fluids that affect how your muscles and nerves work. When you lose electrolytes you need to replace them. You can replace them by eating regular meals with meat, vegetables and fruit.

Resources:

- How much water should you drink?
- Dehydration Prevention

# SUMMER FUN WORD SEARCH

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

## Ice Cream
### Word Search

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

BANANA
BIRTHDAY
BOOTH
CAKE
CHERRY
CHOCOLATE
CONE
CUP
FLOAT
FREEZER
HOT FUDGE
MALT
NAPKIN
NUTS
PARFAIT
SCOOP
SHAKE
SMOOTHIE
SORBET
SPLIT
SPOON
STRAW
SUNDAE
SYRUP
TOPPING
VANILLA
WHIPPED CREAM



Resource: Ice Cream Word Search

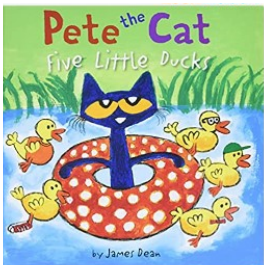
# Summer Book Nook

## Benefits of reading to a child

- Bonding
- Listening skills
- Cognitive and language development
- Expanded vocabulary
- Increased attention span
- Creativity
- Life lessons
- Social & emotional development

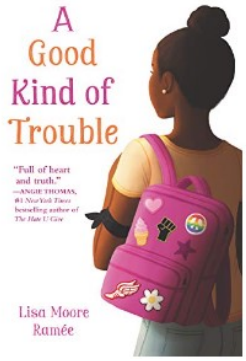
## Tips for reading to children

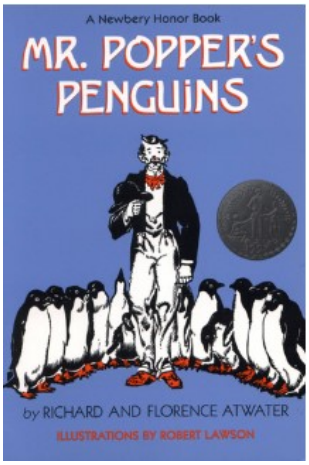
- Be consistent
- Take your time
- Make it fun
- Point out connections
- Don't stop with books




Resources: Benefits of reading

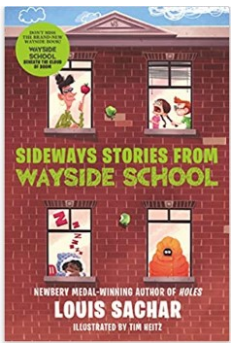
Ask your local Librarian or bookstore to help you find books to read to the children in your life.




## Early Childhood Books

- Be Kind | Pat Zietlow Miller
- How do Dinosaurs read | Jane Yolen
- Pete the Cat Five little ducks
- Corduroy | Don Freeman
- Madeline | Ludwig Bemelmans
- No such thing as normal |Magan Degarnett
- Lentil the Bear | Julie Gedemer





## Grade school Books

- Front Desk of the Zoe Washington | Jane Marks
- A Good Kind of Trouble | Lisa Moore Ramee
- Sideways Stories from Wayside School | Louis Sachar
- Mrs. Piggle Wiggle | Betty MacDonald
- Charlotte's Web | E.B. White
- The Baby-Sitters Club | Ann Martin
- Mr. Popper's Penguins | Richard and Florence Atwaters
- The Season of Styx Malone | Kekla Magoon

## EVENTS IN THE COMMUNITY

Brothertown BINGO

- Days: Every Tuesday & 1st & 3rd Saturday of each month
- Time: Doors open at 5:00pm | Playing starts at 6:00pm
- Location: BIN Community Center in Fond du Lac, WI 54935

Memory Loss Caregiver Support Groups in Fond du Lac County

- 2nd Tuesday | 1:30-2:30pm | 420 E. Merrill Ave. Fond du Lac, WI 54935
- 4h Thursday | 6:30-7:30pm | 151 E. 1st Street, Fond du Lac, WI 54935

Memory Café: Fond du Lac Public Library — Lower Level

- June 22 | Rock Painting with Judy and Barb
- July 27 | The county fair returns
- August 24 | Mixed Media Art

Bookmark Contest: Fond du Lac Public Library

- June 1 | All Day| dig your crayons, sharpen your colored pencils and gather your water colors | All Ages

Gottfried Arboretum & Prairie Walk

- June 10 | 8:00-9:00am | 400 University Drive, Fond du Lac, WI 54935
- July 8 | 8:00-9:00am | 400 University Drive, Fond du Lac, WI 54935
- August 12 | 8:00-9:00am | 400 University Drive, Fond du Lac, WI 54935

Family Bingo

- August 4 | 1:30pm | Fond du Lac Public Library — McLane Room

Music Under The Stars: Free | 7:00pm | Buttermilk Creek Park Bandshell, Fond du Lac

- June 12 | Del Rays
- June 19 | Page Four
- June 26 | Comin' in hot
- July 3 | Jesse Stratton Band
- July 10 | Talk of the Town
- July 17 | The Thelen Sisters
- July 24| Remington Ride
- July 31 | Three Card Stud
- Aug 7 | Good Time Dutchmen
- Aug 14 | Evergreen After hours
- Aug 21 | Groeschl Band
- Aug 28 | Second Hand Stereo

## EVENTS IN THE COMMUNITY

Plant Swap : Bring a plant—take a plant

- June 2 | 1:00—5:00pm | Nash Room, Ripon Public Library
- June 3 | 9:00am—12:00pm | Nash Room, Ripon Public Library

Ripon Homes: Every Home Has A Story| Ripon Historical Society

- June 5 | 6:00-7:00pm | Ripon Public Library

Bug Tussel University Tech Help: Learn the basics of how to use a computer and navigate different programs

- June 9 | 4:00-5:00pm | Ripon Public Library

Love your Library: Relax and listen to a good story.

- June 16 | 1:00-2:00pm | Ripon Senior Center

Community Puzzles: Mondays | June, July & August | Any time

- Grab a puzzle sheet from the Ripon Library and follow the clues to Ripon locations hosting letter cues. Unscramble the phrase that reflects the history of Ripon. Successful puzzlers are entered into drawing for Chamber bucks!

City of Waupun Recreation Program: Learn about the recreation programs from City of Waupun Program Director

- June 5 | 6:00pm | Waupun Public Library

Horicon Marsh History

- June 20 | 6:00pm| Waupun Public Library

Adult Craft Night

- 2nd Tuesday of Every Month | 6:00-7:00pm | Waupun Public Library

**Powerful Tools for Caregiver's class taking place April 5 - May 10 is Postponed until Fall.**

(Date to come - be sure to check the Fall Newsletter for dates!)

# VOLUNTEERS NEEDED

## SENIOR DINING VOLUNTEERS

Help with serving and clean-up of the senior dining meal at one of the meal sites in the area!

*Who we're looking for:*

Individuals age 18 years or older who enjoy being around and helping others. Must be available 10:00am-12:00pm

*How it works:*

A schedule is created based on your availability. *Contact the ADRC for further information.*

*Meal available for you on volunteer days!!*

### GET STARTED TODAY

*Help is needed to ensure seniors gets the nourishment and nutrition they need to stay well and healthy.*

ADRC Of Fond du Lac County

*For more information, call the ADRC at:* **920-929-3466**