



Aging and Disability Resource Center of
Ozaukee County

Facts for Life



January 2017

Welcome Our New Aging Services Manager!

I wanted to take this opportunity to introduce myself as the new Aging Services Manager. My name is Kari Dombrowski, and I joined the ADRC team on January 2 of this year. I am very excited to meet new people and reunite with those that were a part of my life years ago. Most recently, I reunited with Paul at a meal site. He was my elementary school bus driver. What a great thing that was!

Previously, I worked at Portal, Inc. for 16 years. I can't say enough about that organization. An agency that supports over two hundred individuals with developmental disabilities to become active community members. My passion there was the Art Applause Program.

I look forward to bringing my experience and passion to this position. I will be visiting all the meal sites regularly, learning about the prevention programs and being part of the team with outreach. Can't wait to meet you!

Kari

Update On Port Washington Senior Center

The issues surrounding the permanent location of the Port Washington Senior Center are rather complicated. A full account on the history of the center is available at City Hall. At a recent Common Council meeting it was announced that the city now intends to buy the current building, formerly Franklin Energy offices, and to expend additional funds to provide necessary upgrades to this property. If you are affected by this topic and are interested in expressing your concerns or ideas please contact your alderman.



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Baby It's Cold Outside! Staying Safe in Wisconsin Winter

Winter has certainly brought us a blast of cold air and with it the inherent risks of exposure. These can be compounded by being outside longer than anticipated or being inappropriately dressed for the weather which can happen to any of us but especially to people who are having changes in their memory. Tasks can take longer, the ability to anticipate risk may be reduced and wearing adequate clothing for the weather may be an issue.

Ozaukee County has a number of safety nets in place to try to avoid an incident. These include the ADRC having a variety of technology options available to alert someone that someone is up at night or leaving the house. If someone does leave home unexpectedly and law enforcement is involved in looking for them, having them listed in the **Ozaukee County Safety Registry** can be very helpful. This is a free database that only law enforcement can access. The database contains a picture of the person, identifying information to assist in locating them and reuniting them with loved ones. We also have a program called Music and Memory that helps break up long days and evenings and reduce feelings of unease by providing a listening device filled with an individual's favorite music for them to enjoy. For more information about any of these, please call our dementia care specialist, Kathy Glaser at 262-284-8124 or email kglaser@co.ozaukee.wi.us. For those of you who are internet users, you can access the following link for more home safety information to consider if you have a loved one with a form of dementia. <https://www.alz.org/care/alzheimers-dementia-home-safety.asp>

Additionally, the following is the direct link to the Safety Registry information and enrollment form. <http://www.co.ozaukee.wi.us/472/Safety-Registry>

Free Memory Screening at the Aging and Disability Resource Center

For the last few years, the Aging and Disability Resource Center of Ozaukee County has offered free memory screens aimed at promoting early detection of memory problems as well as appropriate interventions. To date, more than 150 individuals have taken advantage of this free screening.

The Memory Screen consists of questions and tasks designed to screen for memory, language skills, and thinking abilities. While a memory screening is not the same as a memory evaluation, it can be a helpful test to indicate that further follow up is warranted. The person who administers the screening will review the results with the person being screened, and suggest whether the person should follow up with a physician or other qualified healthcare professional for more extensive testing.

The memory screen appointments offered at the ADRC take approximately 15-20 minutes and are performed by either the Dementia Care Specialist or by one of the Information and Assistance staff members.

The screenings are held in a confidential manner at the ADRC at 121 W. Main Street in Port Washington. A reservation is needed. Please call (262) 284-8120 or (262) 238-8120 to reserve an appointment time.

MARK UP THOSE CALENDARS!

Spring and summer are busy times for the Aging and Disability Resource Center. We plan many programs that hopefully meet the needs of many community members. Check the dates below and mark your calendars!

March-September: *Sit and Swipe Cafes* This program offers individuals who want to gain a greater understanding of the benefits those tablets/i-pads that you might have. However you do not have to own a device to sign up for this class. It is a one-on-one program with a coach. It has gotten rave reviews from the 50+ graduates. There is no cost to this program-even better!

April 4th-May 9th: *Living a Healthy Life with Diabetes.* This program is designed for individuals and those who may be living with someone with diabetes better self-manage the condition. Many positive comments come from those who have completed this program! This program meets once a week for 2 ½ hours. We ask a \$10.00 donation.

May 15th: Information will be available after this date for the 2017 Senior Farmers' Market Program. This program offers \$25.00 vouchers to be used at the markets for fresh fruits and vegetables. There are financial guidelines for this program. Vouchers will be available after June 5th-watch for more information.

May 17th- June 28th: *Stepping On-Falls Prevention.* This 7-week program, with the help of area experts and group members, has proven to reduce the risk of falls in older adults by over 35%! At this time, specific dates for this class are tentative, so watch for more information. A \$10.00 donation is requested.

Other activities that will be taking place; Older Americans Month Celebration (May) Senior Conference (June) and the Senior Picnic (August). So stay tuned and check upcoming issues of the Facts for Life newsletter for more details and dates as they become available!

For more information on any of the programs/activities or if you need transportation to attend an event, please call 262-284-8120 or 262-238-8120.

Join the Powerful Tools for Caregivers Class in March!

Powerful Tools for Caregivers is a six week workshop that will teach you how to take care of yourself while caring for someone else. This program will help you cope with the challenges that may come with your role as a caregiver!

The dates for the next session will be March 23 – April 27, 2017. Classes meet once a week on Thursdays from 1:30pm-4:00pm at St John's Church in Grafton. (This is also home of the Lakefield Adult Day Center). For more information contact Valeree Lecey, Caregiver Specialist, at (262) 284-8120.

HELPING A CAREGIVER

So you know someone who is a caregiver. You know that person is under stress and strain caring for a loved one, yet they won't ask for or accept help. It seems that caregiver wants to do it all on their own. You wonder, "Why won't they ask for help?"

There are many reasons why a caregiver won't ask for help. They may be in a state of denial, and asking for help may be an admission that there's a problem. Or, they may believe it's their duty to be the single provider of care for their loved one and they feel guilty asking for help, or perhaps they feel asking for help is an admission of failure in the most important job of their life. Additionally, they may be embarrassed by the inappropriate behavior of their loved one, or feel their loved one would refuse to stay with a friend or neighbor or attend an adult day program. The individual may also have a fear their funds will become depleted if they use community services. Does this sound like someone you know? Or is this possibly your own scenario?

If you've ever asked a caregiver if you could help in some way, you may have found that the person had a hard time accepting assistance. Caregivers are used to offering support but often struggle when they're on the receiving end. They don't want to be a bother or seem needy. Don't stop trying to help! Here is a list of some ways you may be able to be of assistance. It doesn't take a lot to lend a helping hand, and your efforts will be appreciated! If you are a caregiver, this may help you with ideas when someone says to you, "Let me know if you need anything."

- Pick up a prescription or run an errand to the drug store for other supplies, or shop for groceries
- Stay with the loved one so the caregiver can run errands, take a walk, or do something else for him or herself. Give them a gift certificate for a movie, dinner with a friend, haircut, massage, etc. so they have somewhere to go.
- Contribute financially to help pay for a housekeeper, adult day care, respite care, or other expenses.
- Prepare dinner at the caregiver's home. Maybe encourage them to take a nap while you prepare dinner (or lunch).
- Provide transportation to religious services, doctor appointments or other destinations for either them or their loved one.
- Take the time to visit and listen to what the caregiver is experiencing. Allow them to share their thoughts and feelings.
- A call just to see how the caregiver is doing means a lot. Or, simply send a heartfelt greeting card with a personal note inside. Knowing that someone is thinking about them during a difficult time can make all the difference in the world to a caregiver!
- Show you care by sending flowers, a care package, a CD of relaxing music. Be creative!
- Next time you make a meal, make double and share the extra portion with a caregiver.

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Helping a caregiver (Cont.)

- Provide some help around the caregiver's house. Shovel snow, rake leaves, trim bushes, or mow the lawn. Perform any "fix it" jobs if you're handy, or hire a handyman for an afternoon.
- Bring the caregiver a new journal, a pretty indoor plant, or just a good cup of coffee and their favorite indulgent dessert. Not only will it make someone smile to know you care, but you'll be fulfilling a need they may not have realized they had.
- Don't be afraid to share brochures, newspaper articles and other information about local services. Let them know about the ADRC of Ozaukee County, the Caregiver Connection, the Dementia Care Specialist, and the various programs for caregivers the county provides.
- Encourage the caregiver to attend one of the Caregiver Coffees held in Ozaukee County for support and friendship, shared with other caregivers who understand their situation.

For more information on caregiver programs or the Caregiver Connection, call the ADRC of Ozaukee County at 262-284-8120.

NEW YEAR'S RESOLUTION TO LOSE WEIGHT?

So you made a New Year's resolution to lose weight? Did you know more than a third of people give up on their new diets within the first week?

Here are just a few tips that may be helpful to you in reaching your weight loss goal:

1. Keep a food record of what you eat each day. Tracking EVERYTHING you eat may be a revelation as to just how many calories you are consuming each day.
2. If you've had a bad eating day, forgive yourself and move on. Tomorrow is a new day and an opportunity to get right back on track.
3. Do something you enjoy. Immerse yourself in a good book, play with your pet, spend time with family or friends, or listen to your favorite music.
4. Move. Exercise will boost your mood. Exercise doesn't have to be strenuous – just get your body moving! If you aren't able to get out and about, do 10-15 minutes worth of chair exercises to get your blood circulating!
5. List your triumphs. Have you lost some weight already? If so, this is a triumph, no matter how small the weight loss is. If the needle on the scale is decreasing, this is an accomplishment! Are your clothes feeling looser? Have you increased your intake of fruits and vegetables? Have you decreased your intake of sweets and carbohydrates? Recognize and be proud of even small triumphs.

This list of tips is certainly not all inclusive – there are hundreds of ideas regarding how to stay motivated and to reach your goal.

SIP AND SWIPE TO CONTINUE TO BRING TECHNOLOGY EVEN TO THOSE WHO DON'T WANT TO KNOW!

In a recent Stanford research project it was reported that “adults over the age of 80 years who use information and communication technology are more likely to report mental and physical well-being.” Researcher Tamara Sims went on to say, “There is a bright side to technology, especially for older people, who may not have the opportunity to connect with many family members to the extent they want to due to physical limitations or geographical separation.” Those who said they used technology mostly to learn new information reported being more physically fit. It was also noted in the study that contrary to stereotypes that older adults are technologically inept, most of the adults over 80 years who were surveyed used at least one technological device on a regular basis. And those adults who did self-reported higher levels of physical and mental well-being. “This group is viable for intervention,” Sims said. “I don’t think many people are spending time thinking about it. The key here is that if you get them using these technologies, we could probably see some real benefits to quality of life in very old age.”

Wow they need to hear about us!!! The Aging and Disability Resource Center is currently working with Generations on Line, an organization who does understand the benefits that technology can bring to everyone! With a grant through the Bader Philanthropies, the help of wonderfully generous coaches the ADRC has graduated over 50 adults in the program “Sip and Swipe Cafes”. This program provides one-on-one instruction with a trained coach to give each person confidence in using tablet technology. If you would like to sign up or just get more information, contact Kari at 262-284-8120 or 238-8120. You are never too old to learn something new!!!

Just More Reason To Be Thankful

For the past 14 years the Aging and Disability Resource Center, with the help of Nisleit’s Country Inn restaurant in Port Washington, has had the opportunity to deliver Thanksgiving meals to homebound seniors in Ozaukee County. This year with the help of the following families we were able to deliver over 30 meals to homebound individuals’ throughout the county. My sincere “Thanks” go to the Nisleit family, the DeGroot family, the Kasun family, the Howard family and the Winegren family.

But certainly my “Thanks” also go out to the 300+ volunteers who take the time each day to allow us to provide this much needed service in Ozaukee County. There are many organizations that are in need of the services that only volunteers are able to provide. I am deeply touched that you have chosen to give to us the amazing gift of your service. For this I am truly “Thankful.”

As more and older adults struggle to remain in their own homes services like home delivered meals will continue to expand, as will the need for volunteers. If you are available during the week over the noon hour and would like consider a volunteer opportunity, the Aging and Disability Resource Center has just the spot for you! Even one lunch hour a month can help us provide this much needed service. For more information, please contact Kari at the ADRC.

HARVEST OF THE MONTH

What is Harvest of the Month?

Harvest of the month highlights a locally available crop each month of the year in restaurants, workplaces, school cafeterias, and grocery stores. The program expands across Washington & Ozaukee counties to help the community learn more about healthy seasonal foods while supporting local farms.

For the Month of January, the Harvest of the Month is Cabbage.

Cabbage Serving and Storage Ideas:

Serve raw on salads or use leaves as a bread substitute.

Boil, use very little water, about $\frac{3}{4}$ inch. Cook briefly, as it easily overcooks.

Cabbage will keep for about two weeks in refrigerator.

Once cabbage is cut, keep in tightly sealed container for storage.

Cabbage can be frozen after being blanched—1 minute for shredded and 2 minutes for wedges.

Recipe: Cabbage Comfort Makes 4 Servings

Recipe courtesy of National Cancer Institute

INGREDIENTS

- 1 onion, sliced
- 1 tsp. vegetable oil

- 1 pound cabbage, sliced
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. caraway seeds

COOKING DIRECTIONS

1. Heat oil in large sauté pan.
2. Sauté onion over medium heat, until light brown, about 5-6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.



NUTRITIONAL INFORMATION

Calories: 50 Carbohydrates: 9g

Total Fat: 1.5g Cholesterol: 0mg

Saturated Fat: 0g Dietary Fiber: 3g

Sodium: 170mg Protein: 2g



OZAUKEE COUNTY SENIOR CONFERENCE

June 13, 2017

Details of the event will be provided in the next newsletter.

Aging and Disability Resource
Center of Ozaukee County

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ANY CORRECTIONS TO
NAMES, ADDRESSES,
NOTIFICATION OF A
DECEASED RELATIVE STILL
RECEIVING THIS
NEWSLETTER, OR TO BE
ADDED TO OUR EMAIL LIST
PLEASE CALL
(262) 284-8120 OR
(262) 238-8120 METRO

The Aging and Disability Resource Center (ADRC) of Ozaukee County is primarily supported by State and Federal funds. We also rely on donations from the public to help support our services. Due to the current economy, each of these funding sources has decreased in the past several years. If you have received services from the ADRC and are able to make a monetary contribution of any amount, please consider donating to the ADRC. You may also want to consider the ADRC as a recipient of a memorial in honor of a loved one who has passed away. Thank you for your consideration.

Staff and Committees

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Dementia Care Specialist

Kathy Glaser

Aging Services Manager

Kari Dombrowski

Caregiver Specialist

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Jill Casper
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Patty Gylland
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Meal Program Drivers

Ralph DeWall
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