



Aging and Disability Resource Center of  
Ozaukee County

# Facts for Life



Summer 2017

## New Location for Memory Café

Memory Café is a free program that offers people living with dementia as well as those who are caring for them the chance to have fun and develop new friendships in a safe and relaxed environment.

If you and your loved one have ever attended the ADRC's Memory Café held at the Flipside Grill and Café in Grafton on the 3<sup>rd</sup> Thursday of the month, we want to let you know that we recently had to move our location.

We started out at the Flipside Grill and Café in April of 2014. Our first meeting we had 6 attendees. It's now three years later and our cafes are averaging about 30 individuals each month. We are disappointed to have to say goodbye to the great wait staff and management of the Flipside, but we have simply outgrown their space.

We recently relocated to the Cedars III bowling alley at W53N404 Park Circle in Cedarburg. We still meet from 2:30-4:00pm the third Thursday of each month so the only thing that has changed is the location. Come check us out and see what the buzz is all about! It's a great time – guaranteed! If you need more information or would like to be on the Memory Café mailing list, please contact Kathy Jeans Glaser at (262) 284-8124.

## Walk to end Alzheimer's Coming to Ozaukee County

We are excited to announce the first ever Ozaukee County Walk to End Alzheimer's® to be held on Saturday October 7<sup>th</sup>. The Walk will begin at Veteran's Memorial Park in Port Washington.

We would love to see families, facilities and businesses form their own teams to honor a loved one, raise funds, and build awareness and comradery by walking in the walk. If you are interested in walking or forming a team, there is no cost to register. We also welcome anyone to join the The ADRC team! To sign up, donate or join a team go to: <http://act.alz.org/Ozaukee>.

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## SO WHAT IS AN ADRC?

Aging and Disability Resource Centers (ADRCs) are the first place to go to get free, accurate, and 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 for information tailored to their situation. 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 via a telephone call, an office visit, or an in-home appointment, whichever is more convenient to the individual seeking help. In Ozaukee County, the ADRC is part of County government and is located on the third floor of the County Administration Center in Port Washington.

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## MEMORY SCREEN APPOINTMENTS

**Did you know?** Alzheimer's disease is the most common type of dementia. Because this disease is underdiagnosed, as many as **half of the estimated 5.2 million Americans** living with Alzheimer's may **not even know they have it!**

Dementia caught early can mean more control of your life and a higher quality of life. While treatments do not exist to cure dementia, the treatments available to increase quality of life work more effectively when taken at the beginning of a diagnosis. If you notice changes in yourself or a loved one, the best thing is *to do something*.

This first step can be scary, and that is where the ADRC can be helpful to you. We offer free, confidential memory screens that only take about 10 minutes to complete. These screens do not provide a diagnosis, but they can catch potential changes in your memory that would encourage follow-up with your doctor. Think of them as wellness tools, like a blood pressure, cancer, or stroke screen.

**Remember: Your cognitive health is just as important as your physical health!**

If you are interested in obtaining a memory screen, please contact the ADRC at (262) 284-8120 or (262)-238-8120 for a free and confidential appointment.

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## BIG "Thank You"

We would like to send out a BIG "Thank You" to the Tavern League's Ice Fishing Jamboree! This is the 11<sup>TH</sup> year we have received a generous donation from them. Because of the wonderful donations we receive, we can continue to support and provide services to those over the age of 60 in Ozaukee County.

*Thank you so much! It is truly appreciated!*

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## BRIGHT IDEA AWARD

Caregivers who face the greatest burdens and challenges – and greatest risk to their own health – are often the ones who can't attend a face to face support group or educational program like Powerful Tools for Caregivers.

So, when Dr. Katrina Serwe – a professor in the Occupational Therapy Department at Concordia University – asked Valeree Lecey for help researching a bright idea to connect homebound caregivers with a Powerful Tools workshop, the answer was “YES!” Dr. Serwe's idea? Offer a complete Powerful Tools for Caregivers workshop using telehealth - a computer program that allows participants to see and hear each other live over the internet - without ever leaving home.

Over the past year and half, Valeree, Caregiver Support Coordinator at the ADRC of Ozaukee County, recruited caregivers and co-led the on-line workshops with Dr. Serwe – herself a Powerful Tools leader.

Valeree's trademark warmth and her reputation for recognizing bright ideas continues to extend the reach of programs like Powerful Tools for Caregivers to places they haven't reached before...like right into the homes of the very people who need their help the most. Congratulations, Valeree Lecey, on helping to bring this bright idea to fruition!



## ACCESSIBLE CABINS FOR PEOPLE WITH DISABILITIES



For those who like to camp but are unable to use outdoor campsites, the Wisconsin state park system offers ten accessible cabins located in various Wisconsin State Parks and Forests. There are eight larger cabins with amenities in the Wisconsin State Park System. These cabins feature amenities such as lowered counters in the kitchen for wheelchair users, adjustable hospital beds and Hoyer lifts, and bathrooms with roll-in showers and commode chairs. There are also two smaller, rustic cabins. The accessible cabins are available only to people with disabilities and their guests and must be reserved ahead of time.

For individuals who might be looking for a unique way to experience the outdoors, Buckhorn, Council Grounds, Devil's Lake, Mirror Lake and Perrot State Parks now have specialized kayaks available exclusively for people with disabilities. The adaptive kayaks are equipped with adjustable outriggers which provide incredible stability on the water and a raised back with side supports that offer the user a comfortable and secure seat while paddling. A paddle with hand adaptations is also provided which offers ease to individuals with limited grip. All of these elements can be adjusted or removed altogether depending on the user's level of function.

For more information on any of the above information, contact the Wisconsin Department of Natural Resources at: (1-888-936-7463). You can also check out the DNR's website at: <http://dnr.wi.gov>.

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## ***2017 FREE Power of Attorney Event***

***\*\*Open to Anyone 55 years and Older, and those with a Disability Determination***



**An opportunity to meet individually with an Ozaukee County Bar Association Attorney to create your personalized Power of Attorney for Health Care**

Why complete Power of Attorney (POA) documents?

\*POAs allow **YOU** to choose the individual you would want to make decisions for you in the event that you are unable to make them for yourself. If incapacity occurs and you are without one, it will likely be necessary for your family or others to ask the Court to appoint a guardian—a process that can be costly, time-consuming and cumbersome.

### **2017 Schedule**

September 26	Port Washington Senior Center	5:30pm-8pm
October 4	Grafton Senior Center	5:30pm-8pm
October 10	Cedarburg Senior Center	9:00am-12:00pm
October 19	Mequon-Range Line School	9:00am-12:00pm

\*Appointments scheduled on the 1/2 hour.

Call Human Services at 262-284-8200 (metro:262-238-8200).

**This Free event jointly Hosted by the Ozaukee County Bar Association and the Ozaukee County Elder/Adults At Risk Interdisciplinary Team**

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# ARE YOU LONELY TONIGHT...AND DOES THIS AFFECT YOUR HEALTH?

So what is loneliness? And is it the same as being alone? Merriam Webster dictionary tells us loneliness is being without company, cut off from others: solitary, sad from being alone, producing a feeling of bleakness or desolation. Researchers tell us it is the *subjective* feeling of being alone and that these are some of the myths that accompany loneliness:

It is a normal part of aging

It is synonymous with depression

It cannot occur if you live with others and have friends

It does not exist in married couples

It will go away if you join a social group

According to an Administration on Aging report, in the United States, 43% of adults living in the community report feeling lonely. So if you are lonely, you aren't alone in that feeling. Researchers also tell us there are dramatic physical effects of loneliness including frailty, a decline in functional status, cognitive decline and increase in mortality.

Life circumstances and changes in relationships are guaranteed to happen. We are encouraged to look at the various realms in our life – family, friends, work/ volunteering, cognitive/emotional status, spirituality, other interests, and look at who is in our web of relationships and whether there are opportunities to add relationships or make existing ones stronger.

Locally there are also options to be with others. The ADRC offers the Sip and Swipe café to help seniors use technology available to them or train others to do so, utilizes volunteers for the senior dining and home delivered meal program and offers Memory Cafes for people with cognitive changes and a care partner to be out socially and connect with others in similar circumstances and the ADRC also offers a number of health and wellness classes. The Ozaukee County Caregiver Connection offers coffees hosted by former caregivers for people caring for a family member. A number of local health clubs offer programs for seniors to stay physically healthy while building social relationships. The Volunteer Center of Ozaukee County, Interfaith Caregivers and Family Services have a variety of opportunities for volunteers. People can attend local senior groups at a senior center or their congregation utilizing Shared Ride taxi or other volunteer ride programs.

If you want more information about this topic or any of these resources, please call the ADRC at (262) 284-8120. Although there are no easy answers, being open to discussing this and pursuing solutions may be a first step.

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# THIS YEAR'S CAREGIVER JOURNEY SERIES HAS BEGUN!

Taking good care of yourself is one of the most important things you can do as a caregiver. Although maintaining a healthy lifestyle as a caregiver is important, it's often easier said than done. The focus of this year's Caregiver Journey Series is: *Dimensions of Wellness for Caregivers*. Because wellness means much more than eating right and exercising, the monthly presentations by various experts will help caregivers understand the "whole-person wellness model" as an approach to healthy living. Information on the various dimensions of wellness which contribute to overall health for caregivers will be presented. Here is a list of upcoming sessions, each from 1:00-3:00 pm at the Ozaukee Fairgrounds Pavilion. Sessions are free, but registration is required. Please call the ADRC to register at 262-284-8120.

## **Tuesday, July 18: Emotional and Spiritual Well-being for Caregivers**

- How do we find meaning and purpose in our lives while caregiving?
- Maintaining a positive attitude and remaining optimistic as a caregiver
- Coping and adjusting to challenges: Compassionate care and the value of caring touch

## **Tuesday, August 15: Financial Health: What does this Mean?**

- Take charge of your financial situation
- Make the most of your income, savings and assets
- Critical documents to have in place

## **Tuesday, Sept. 19: Purposeful Living While Caregiving**

- How participating in your daily activities positively influences your health
- The value of volunteering to your health and how to volunteer while caregiving
- Fulfilling the need to be productive: How you can still share your time, talents, knowledge and life experiences while caregiving

## **Tuesday, Oct. 17: Socializing for the Health of it!**

- Don't let busy schedules, fatigue, and even fair-weather friends who stop calling leave you feeling isolated and lonely— we all need friendships and stimulating conversation as caregivers
- Enjoy life! Stay engaged socially – you AND your loved one will benefit!
- Journey series wrap-up: SPECIAL SOCIAL ACTIVITY



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## **Upcoming Powerful Tools for Caregivers**

The next Powerful Tools for Caregivers workshop will begin Thursday, Oct. 26 from 6:00-7:30 pm. The workshop meets once a week for six weeks at the Administration Center in Port Washington. Watch for more information.

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## IT'S OKAY TO ASK FOR HELP

As a caregiver, you may someday be tasked with providing more personal care or help with a loved one's daily living activities like bathing and grooming, dressing, homemaking, finances and medication management. Are you able to handle those needs? Families often find that they struggle to manage complex care needs for a loved one whose needs are increasing, but they are trying to stay living at home. Professional home care agencies can help support caregivers who are concerned with the health and safety of their loved ones, but struggle to meet their caregiving needs. It may be difficult for a caregiver to ask for help, but it may be the right thing to do in order to help prevent caregiver worry, stress and burnout. The Aging and Disability Resource Center can work with you and your loved one to help provide caregiving assistance and respite so both you as the caregiver and your loved one can stay healthy and remain home successfully! Call the ADRC for more information.

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## NEED A CAREGIVER BREAK?

One of the best things you can do for yourself as a caregiver is talk to caregivers who are on a similar journey and understand what you're dealing with. The Caregiver Coffees provide an informal time to meet other caregivers and enjoy socializing with others. Please join one of the coffees, you'll feel very welcomed, even as a newcomer!

**First Tuesday of every month:** 6 P.M. - 7:30 P.M. The Providence Place, 815 Washington Street, Grafton. RSVP: Barbara Lindholm at 262-376-4328

**Second Tuesday of every month:** 10 A.M. - 11:30 A.M. County Administration Building, 121 N. Main Street, Port Washington. RSVP: Ruth Ellen Zach at 414-702-7246

### ***NEW MEN'S COFFEE BEGINNING IN AUGUST:***

**Third Tuesday of every month:** 9:30 A.M. - 11:00 A.M. American Legion – Rose Harms Post 355, 1540 13th Avenue, Grafton. RSVP: Barbara Lindholm at 262-376-4328

**Fourth Wednesday of every month:** 9:30 A.M. - 11:00 A.M. St. John Lutheran Church, 1193 Lakefield Rd, Grafton (on the corner of Port Washington and Lakefield Rd) ***RESPIRE AVAILABLE AT THE ADULT DAY CENTER.***  
RSVP: Barbara Lindholm at 262-376-4328

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## THE CAREGIVER CONNECTION HAS A NEW WEBSITE!

If you haven't checked it out, the Caregiver Connection website is new and improved! Here you'll find information, articles and resources to help with caregiving, access websites of the Caregiver Connection partners, calendars with events specifically for caregivers, Caregiver Coffee support group information and more!

Go to <https://www.ozccc.org>.

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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

### **ADRC Board**

Katie Callen—Chair  
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Ginger Ayres  
Cheri Farnsworth  
Supervisor Karl Hertz  
Colleen Kasper  
Jim Kasum  
Art Laubenstein  
Jeanne Peterson  
Ross Rintelman

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Jodie Kanneberg  
Laurie Susen

### **Director**

Michelle Pike

### **Information & Assistance Specialists**

Ashley Bintz  
Cathy Bonvicini  
Monica Lewein  
Kathy Schmitz  
Cassie Sierakowski

### **Benefit Specialists**

Kay Ella Dee (*Disabilities*)  
Laura Schimberg (*Elder*)

### **Dementia Care Specialist**

Kathy Glaser

### **Aging Services Manager**

Kari Dombrowski

### **Caregiver Specialist**

Valeree Lecey

### **Dining Center Managers**

Jill Casper  
Lynn Crevcoure  
Patty Gylland  
Louann Lazzari  
Deb Sheets

### **Meal Program Drivers**

Ralph DeWall  
Mike Dow  
Jeff Rozek

*"Ozaukee County agrees, in accordance with applicable state and federal law, not to discriminate on the grounds of age, race, religion, color, handicap, sex, physical condition, developmental disability as defined in Wis. Stat. 51.01 (5), sexual orientation or national origin."*