



Facts for Life

Let's Recognize Older Adult Champions of Ozaukee County

In the last issue of Facts for Life, we asked for readers to identify and nominate someone they felt was a model of an outstanding champion older adult (60 years of age or older). Do you know someone who you believe fits the bill? Consider filling out the nomination form found on page 6. We would love to read more stories about older adults who make a difference in our community! The ADRC will continue to accept nominations through March 26th, 2018.

We are looking for nominations of older adults who make a positive impact in their communities, who perhaps have contributed their time and talent to benefit others less fortunate, or someone who selflessly puts others needs before their own.

The Aging and Disability Resource Center would like to recognize and thank these individuals. These champions will be recognized in May 2018 at the Older American's Celebration held at the Ozaukee Pavilion. We will also plan to feature an article highlighting the individuals chosen in our summer issue of Facts for Life.

If a specific someone has come to mind, please consider completing the nomination form on their behalf. The ADRC Board of Directors will be reviewing submissions during their April Board meeting so the deadline to submit is March 26, 2018. See the actual nomination form for more details!

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2018 Senior Conference to be held at Country Inn & Suites

Area senior adults are invited to attend the **16th Annual Ozaukee County Senior Conference**

on Tuesday, June 12, 2018. This year's event will take place at the Country Inn & Suites, Port Washington. (Cont. page 2)



2018 Senior Conference to be held at Country Inn & Suites (continued)

“We’re excited to have a new and fun location for this year’s event”, indicates Angela Willms, one of the event coordinators. “Country Inn & Suites offers a great venue, allowing us to continue this highly popular event for our area seniors”, explains Willms. The change in location derives from the current construction underway at the Grafton High School.

Bonnie Blair, world record-holding speed skater, six-time Olympic medalist and the most decorated woman in Winter Olympic history, will be this year’s guest speaker. The focus of this year’s event will be based around the theme, *Be Your Best*.

Registration information will be available in May and will be available at the ADRC in Port Washington, local libraries and senior centers.



Looking for Sip N Swipe Coaches

Amazing program seeks: warm, friendly, kind, people to assist others whose heart’s desire is to learn to use a computer tablet.

Being a tablet expert is NOT required.

Learners read the on-screen instructions and follow directions. Volunteer coaches are needed in the Port Washington area to guide, encourage and answer learner’s questions. **Please consider helping.**

Learn more by calling
Kari Dombrowski 262-284-8120

**Brought to you by a generous grant from
Bader Philanthropies**

Expanded Services for Interfaith Caregivers

Interfaith Caregivers of Ozaukee County has a new van and an expanded purpose. Since taking delivery of its new handicapped accessible van in 2017, Interfaith Ozaukee is able to transport seniors who use wheelchairs to medical appointments and on essential errands.

With the new van also comes a greater need for volunteers, who may either use their own car or the new van to transport seniors. If you have even a small amount of free time in your schedule, please consider signing up. The need is great and rewards are bountiful.

Interfaith Ozaukee is a non-profit organization that has been a part of our community for almost 25 years. It relies on a loyal group of volunteers to fulfill its mission of helping seniors remain independent in their homes. For information on becoming an Interfaith Ozaukee client or volunteer, call (262) 376-5362.

A Gathering Place

It is close to noon and there is a hum of people talking in the dining area. This is my first time coming and I don't think I will know anyone here. I see a hostess walking towards me. I introduce myself and she welcomes me with a big smile. She recognizes that this is my first time, and introduces me to some folks who invite me to eat with them. The table is set with placemats and a centerpiece. It feels comfortable here. There are a few servers bringing us our lunch. Wow, what a nice hot meal. As the conversations start, I am surprised to learn, I am having lunch with an old friend of my brothers. They used to hang out together in the neighborhood. Lunch was great. I ask who makes the food and I learn that Monday through Friday a caterer prepares the meal. I don't like to cook anymore. It's no fun cooking for myself.

As the tables are being cleared, I am asked to stay and play Sheephead. Really? The last time I played Sheephead, was when we went to our family for the holidays. I have no one to go home to and everyone has been so nice, so I decide to stay.

Honestly, this is what it is like at the Ozaukee County Dining Centers. Yes, some are housed in the Senior Centers, but you do not have to be a member of the Center to come and enjoy friends and a meal. Some gathering places in the more rural areas are at churches, legion halls, and fire stations. The location does not matter, what matters is that I have a place to go to meet new friends and see old friends. I have been a regular for some time now. If I need a ride to an appointment, I have friends here who will take me. We watch out for each other. Life can get lonely as you age. This is my gathering place to keep my spirits up, a place to get out of the house, a place to enjoy talking with others while having a great meal.

Come and give our gathering places a try. Call 262-284-8120 to make your reservation for the first time.



Aging Mastery Program[®]

National Council on Aging

The Aging Mastery Program[®] (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well. AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

The upcoming workshop will be on Mondays, April 9-May 21, 2018 at the Grafton Senior Center. Time for workshops will be 3:00-5:45 pm. For more information, contact Catherine Kiener at 262-284-5821.

Wisconsin is a Great State for Caregivers!

According to The 2017 Long-Term Services and Supports State Scorecard compiled by AARP, the Commonwealth Fund and the SCAN Foundation, Wisconsin ranks 7th in the nation's *Best States for Family Caregivers!*

This study looked at several factors to determine what makes a state a good place for caregivers. These factors include:

- Understanding the complexities of caregiving, including support for working caregivers.

- Availability of home health care.

- Availability of supportive home care to provide companionship and assist with activities of daily living such as bathing, dressing, meal preparation and other non-medical tasks.

- Accessible transportation.

- Quality senior care living options, such as assisted living and nursing home facilities.

- Funding to assist with caregiving expenses.

- In-person instructions and training that caregivers may need to complete complicated medical tasks such as providing injections or catheter care for a loved one.

Additionally, in Wisconsin, Aging and Disability Resource Centers (ADRC) function as a one stop source of information and assistance for older adults, adults with disabilities, their families, friends and caregivers. The ADRC helps to advocate for individuals and caregivers and links them with resources and services that enable maximum independence.

Locally, the Caregiver Connection of Ozaukee County is another resource for caregivers. The group consists of family caregivers, local organizations involved with helping caregivers, and community members committed to the needs and interests of family caregivers in Ozaukee County. The Caregiver Connection supports caregivers through educational and supportive events. Visit their website at www.ozccc.org for more information on offerings for 2018.

Dr. Jean Accius of the AARP Policy Institute states, "Always remember to take care of yourself in the process of providing care; don't lose your sense of identity. It's important for caregivers to realize that it's OK to ask for help and seek help – and that they are not alone."

For more information, call the ADRC at 262-284-8120.

Emergency Preparedness Tips for Seniors

We don't know when a disaster will strike. Are you ready? Follow these simple steps:

Stay Informed

Know your risks - weather related, home fires, leaking pipes, medical emergencies or ...

Keep a battery-powered NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and cell phone or computer apps.

Make a Plan

Determine any special assistance you may need, and include in your emergency plan.

Create a support network of family, friends and others who can assist you. Practice your plan with them. Make sure they have an extra key to your home.

If you undergo routine treatments at a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

Don't forget your pets or service animals. Not all shelters accept pets, so plan for alternatives.

- Consider loved ones or friends outside of your immediate area
- Prepare an emergency kit for your pet

Consider getting your benefits electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes.

Make a Kit – Keep it accessible

Pack enough non perishable food for 96 hours	Toilet paper and moist towelettes, blankets and spare clothes
Cell phone charger	Spare car and house keys
Spare glasses or contacts	Contact lenses solution
Cash or coins	Spare hearing aid batteries if you need them
Can Opener	A Swiss Army knife
A wind up or battery powered flashlight	Plenty of bottled water
Enough of your medication for three days	A windup or battery powered radio
Waterproof matches	First Aid Kit

For detailed information and more resources, check out the Public Health Department's website: <http://washozwi.gov/Services/Emergency-Preparedness>

CHAMPION OLDER ADULT NOMINATION FORM

To nominate someone as a Champion Older Adult, he or she must be 60 years of age or older and have a record of making a positive impact on the Ozaukee County community through civic involvement, volunteerism, and/or community leadership. All qualifying nominees will be considered and all nominations are confidential. Individuals holding an elected office are ineligible for nomination as a Champion Older Adult.

The top four qualified nominees will be recognized during the May, 2018 Older American's Event (specific date to be determined) at the Pavilion on the Ozaukee County fairgrounds and will be featured in the summer edition of Facts for Life.

Award Nomination Form

Name of Individual Nominated: _____

Individual's Address: _____

Individual's Phone Number: _____

Individual's Age: _____

Nominated By: _____

Nominator's Address: _____

Nominator's Phone Number: _____

Please include narrative information on: (no more than one page please)

- **Background (include some basic background information such as family, work history, hobbies, awards, recognitions, honors, outstanding personal traits, organizational involvement, etc.**
- **Outstanding contributions and achievements for which the nominee should be recognized, the impact of their contributions, and how the nominee presents a positive image of aging.**
- **Anything else you believe is pertinent to your nomination.**

Nominator notification:

Nominators will receive a confirmation of receipt of nomination by March 30th, 2018

If you do not receive a confirmation, please contact Kari Dombrowski at (262) 284-8120.

Please return this form and your narrative no later than Monday March 26th, 2018 to:

Kari Dombrowski, Aging Services Manager, Aging and Disability Resource Center of Ozaukee County.
121 W. Main Street Port Washington, WI 53704.

Medicare beneficiaries will see some changes in 2018

All Medicare recipients will receive a new identification card that contains a unique Medicare number – one that does not include your Social Security number. Cards will be mailed between April 2018 and April 2019. Word on when our region's mailing will happen has not yet been released.

The Centers for Medicare and Medicaid Services, in conjunction with the Social Security Administration, have recognized the need to keep your information more secure and protect your identity. Your new Medicare card will only be used for your Medicare coverage. It will not change your coverage or your benefits.

You can begin using your new card when it arrives. You should destroy your old card. Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at www.ssa.gov/myaccount or 1-800-772-1213. Beware of anyone who contacts you about your new card. Neither CMS or SSA will ask you for personal or private information to get your new number or card. Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends or neighbors.

As far as your Medicare benefits go, there are no changes to the coverage, just changes in some of the costs.

There have been slight increases in the Medicare Part A deductible and co-insurance costs. The deductible for each Part A benefit period has increased to \$1,340. The inpatient hospital stay for each benefit period will cost \$0 for days 1-60, \$335 per day for days 61-90 and \$670 per day for days 91-150. Medicare will continue to pay fully for the first 20 days of rehab in a skilled nursing facility after a three-day inpatient hospital stay. Beneficiaries will pay \$167.50 for days 21-100.

The standard Medicare Part B premium will remain at \$134 however, some people who received Social Security benefits prior to 2017 pay less than that amount (\$130 on average). People with higher incomes may pay more than that amount.

The Medicare Part B deductible remains at \$183. After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services, outpatient therapy and durable medical equipment.

These costs will be different if you have a Medicare Advantage plan. See your plan's Summary of Benefits for details on your coverage.

There are 25 Medicare Part D plans in Wisconsin for 2018. Premiums range from \$19.70 to \$155. There are 15 Medicare Advantage plans that include drug coverage, five of them with \$0 premium.

Aging and Disability Resource
Center of Ozaukee County

121 W. Main Street
Port Washington, WI 53074

Phone: (262) 284-8120
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E-mail:



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.

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