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## FROM THE SUPERVISOR'S DESK

*By Jackie DeLaRosa and Brittany Borchardt*

Dear Friends,

As we bid farewell to another eventful year, we find it important to pause and reflect back on the fantastic year that we've shared. The holiday season, a time of warmth and joy, was immensely brightened by your unwavering commitment and exceptional service. You've not only enhanced the quality of lives for Dodge County's most vulnerable populations, but also brought a sense of community and cheer to the lives of so many individuals and families.

Your hard work and dedication, especially during seasons where you have had your own challenges, stand as a testament to the values we cherish in our volunteers at the ADRC of Dodge County. The medical rides you have provided, the meals you've packaged and delivered, the clerical support you've given, along with lending an ear to a new friend, go beyond mere sustenance; they represent the heart and soul of our mission in providing supports and resources to our aging and disabled throughout our communities.

Looking ahead to 2024, we are filled with excitement and optimism. We have so many opportunities to develop new innovative goals and resources for our residents. These endeavors would not be possible without the continued support of you; our cherished partners and volunteers. You are the true pillars in which our foundation is built. It is because of your commitment that we can continue to build and evolve to meet the ever changing needs of the populations that we serve. We are excited to hear your ideas and develop more leadership opportunities for you to share your skills and be part of touching lives in the most meaningful and valued ways.

As we step into the New Year, let us carry forward the spirit of unity and dedication that defines us. We are confident that with your support and participation, 2024 will be a year of significant growth and achievement for our most vulnerable and for each one of you.

Thank you for your extraordinary efforts and for being an integral part of this incredible journey.

With heartfelt appreciation,  
Jackie DeLaRosa and Brittany Borchardt

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**STAFF SPOTLIGHT**  
**VICKI ZIMMERMAN**

This month we want to spotlight one of our Resource Specialists. Vicki has been with the ADRC for 13 years! She shared that the most rewarding part of this job can't be summed up in one statement. It begins with being brought in to a work culture that is made up of very unique and incredibly talented, caring individuals, who share the same goal. Together this team works to provide the best possible information, resources, outreach and support to the individuals in Dodge County. It is meeting those clients, hearing their stories and working with them to prevent a crisis or work to resolve that issue. The satisfaction of being a small part in that process. A piece of advice that she would give to a new Resource Specialist would be: don't feel that you have to know everything when you begin this new adventure! Get to know your team members, ask lots of questions, use the resources available to you and work as a team and there will be success! Vicki plans to retire at the end of March and is looking forward to increasing her gardening skills and other home improvement projects, for sure more reading, definitely looking forward to traveling without so much planning ahead! And her priority is spending more time with family and friends. Vicki provides such a wealth of knowledge and is a valued member of our ADRC that will be missed dearly! As sad as it is to see her go, we wish her nothing but happiness in her new adventure! Congrats Vicki!

**ADRC/Aging Services Supervisor**

Brittany Borchardt

**Aging/Nutrition/Transportation Supervisor**

Jackie DeLaRosa

**Aging & Disability Resource Specialists**

Diane Coulter, Jordan Eberhardt, Heather Ehrlich, Karlee Holland, Morgan Haen &amp; Vicki Zimmerman

**Caregiver Program Coordinator**

Kaelan Pieper

**Community Health Educator**

Olivia Gerritson

**Dementia Care Specialist**

Rob Griesel

**Dining Site Coordinators**

Donna Gudex-Kamrath, Judy Hedstrom, Carrie Klipfel, Rose Newman, Marcey Sage, Jill Weisensel &amp; Joan Zehner

**Disability Benefit Specialist**

Jennie Farmer &amp; Ashley Sanborn

**Elder Benefit Specialist**

Jennie Farmer &amp; Amanda Higgins

**Nutrition Program Coordinator**

Hannah Rohlinger

**Program Assistants**

Edica Feuerhammer, Jessica Krueger &amp; Rachel Lee

**Transportation Program Coordinator**

Elaine DeBlare

**Van Drivers**

Keith Braunschweig, JJ Johnson, Greg Maier, Dawn Mergener, Dave Pasewald &amp; Melanie Siegel

**Nutrition Drivers**

Dallas Grosenick &amp; Fred Roethle

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**VOLUNTEER SPOTLIGHT**

**In Remembrance Of Ivan Elm:**

Ivan was a caring and dedicated volunteer in the ADRC of Dodge County's Senior Nutrition Program since March 2009. Not only did he deliver meals to homebound seniors, he also helped out each week in the kitchen. Ivan was also a valued member who served on the Nutrition Advisory Committee. Ivan displayed exemplary commitment, always picking up extra shifts and filling in as needed to ensure that everyone received their meals. He also did so with a huge smile. Ivan was caring and thoughtful, and enjoyed helping others in any way that he could. Ivan was a strong advocate for the program and we want to honor him with gratitude for his dedication and for touching the lives of so many.



Thank you for your top notch commitment to the Senior Nutrition Program and our community residents, you will be missed by all.

Looking to give back and make a difference?

**VOLUNTEERS NEEDED!**

We have a wide variety of opportunities for you to get involved such as:

- volunteer driver
- Medicare minute
- meal delivery driver
- kitchen helper
- class facilitator
- and more!!!

Give us a call to learn more 920-386-3580

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**DIVESTMENTS, WHAT ARE THEY, AND WHY ARE THEY IMPORTANT?**

SUBMITTED BY AMANDA HIGGINS & JENNIE FAMER,  
DODGE COUNTY ELDER BENEFIT SPECIALISTS

**What is a divestment?**

Divestment is a term related to long-term Medicaid. It means the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving some money, or unintentionally by not doing something that the person should have done.

Here are some examples of divestments:

- Selling one's home at a discounted price;
- Adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- Giving away a life estate or remainder interest in a home property without being paid for it;
- Agreeing to waive a debt that is owed by another person;
- Adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their personal spending;
- Paying off debts or loans that the person is not legally obligated to pay for;
- Donating more than 15% of a household's annual income to a religious or charitable organization;
- Refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to.

**Why is it important to be aware of divestment policy issues?**

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days-that is almost a full year!

**Do divestment penalties apply to all forms of Medicaid?**

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs (QMB, SLMB, and SLMB+).

**If a divestment penalty is assessed by inaccurate, how can that be resolved?**

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin.

**Be aware that there is a 45-calendar day appeal window and there is no provisions for late appeals.**

**Where can more information on divestments be found?**

For more information, look at the Medicaid Eligibility Handbook, section 17 or the WI DHS website.

If you have questions or a benefit related issue, contact the Benefit Specialists at the Aging and Disability Resource Center (ADRC) of Dodge County at 920-386-3580 or 800-924-6407.



## WHAT ARE COMMUNICABLE DISEASES?

Submitted by Olivia Gerritson, Community Health Educator

Communicable diseases are illnesses that spread from one person to another, from an animal to a person, or from a surface or a food.

Diseases can commonly be transmitted through:

Direct contact with a sick person, respiratory droplets spread from a sick person sneezing or coughing, and contact with blood or other bodily fluids.

### What is RSV?

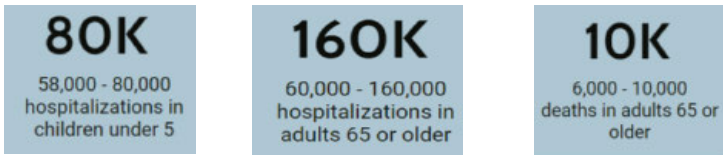
**Respiratory Syncytial Virus is a viral infect that can lead to inflammation of the respiratory track and lungs. RSV is so common, that most children have been infected with the virus by age 2.**

Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. If you are age 60 or older, a vaccine is available to protect you from severe RSV. Talk to your healthcare provider to see if it's right for you.

**People infected with RSV usually show symptoms within 4 to 6 days after becoming infected. Symptoms of RSV infection usually include:**

Runny nose    Sneezing    Decrease in appetite    Coughing    Fever    Wheezing

**Each year in the United States, RSV leads to:**



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## 5 FREQUENTLY ASKED QUESTIONS ABOUT WORKING WHILE YOU RECEIVE DISABILITY BENEFITS

SUBMITTED BY JENNIE FARMER & ASHLEY SANBORN,

### 1. Can I work while receiving Social Security Disability Benefits?

The short answer to this question is yes. Social Security wants to help you get started in the workforce without having to worry about your benefit status. Social Security's Ticket to Work (Ticket) Program and other Work Incentives are in place to help you see if working is right for you.

### 2. What is Ticket to Work?

Social Security's Ticket to Work (Ticket) Program supports career development for people ages 18 through 64 who receive Social Security disability benefits (SSDI/SSI) and want to work.

### 3. Am I eligible for the Ticket Program?

Individuals ages 18 through 64 who receive SSDI and/or SSI are eligible to participate in the Ticket Program.

### 4. How can I enroll in the Ticket to Work Program?

You can enroll in the Ticket Program by following these three steps:

1. Determine your eligibility for the program. (See above)
2. If you are eligible, find a service provider that offers the services you need by using the 'Find Help' tool.
3. Contact the service provider to determine next steps to create a work plan.

Once you connect with a service provider, they will contact Social Security to share that you are working together. Now, your Ticket is assigned to that provider, and you're enrolled!

### 5. What is the Substantial Gainful Activity (SGA) amount for this year?

Social Security uses the term "substantial gainful activity" (SGA) to describe a level of work activity and earnings. If you receive SSDI, Social Security uses SGA to decide if your eligibility for benefits continues after you return to work and complete your TWP. Social Security generally compares your monthly earnings to set amounts, known as earnings thresholds, to evaluate if your work activity is SGA.

If you have questions or a benefit related issue, contact the Benefit Specialists at the Aging and Disability Resource Center (ADRC) of Dodge County at 920-386-3580 or 800-924-6407.





**CAREGIVER  
CONFERENCE**

**SAVE THE DATE**

**Thursday, June 6th 2024**

Caregiving is not easy! Most caregivers never planned to be a caregiver and are not prepared. As a result, most caregivers are not trained for the various tasks that are necessary to provide care safely and confidently when caring for a spouse, parent, sibling or friend. The ADRC of Dodge County has lined up presenters and vendors to help with your caregiving journey.



**Powerful Tools  
FOR Caregivers**

Powerful Tools for Caregivers class series help caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being you become a better caregiver.

Classes meet for 6 consecutive Thursdays starting March 7- April 11 at the

**Tag Center**

1700 Breckenridge St.  
Mayville, WI 53050  
1:00 pm- 2:30 pm

Registration required!

Contact the ADRC at 920-36-3580 to register.

*Suggested donation of \$10 for class*

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For more information on your long-term care options, contact your local ADRC.

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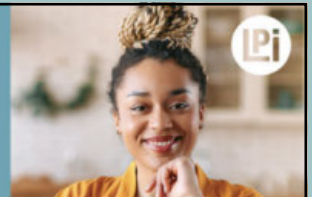
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## Eat Well. Age Well. February - Ginger and Cabbage



February is heart month. Ginger and cabbage are heart-healthy food options that reduce the risk of developing heart disease. Ginger has emerging heart-healthy attributes including reducing blood pressure, lowering lipid and cholesterol levels, and reducing blood clotting in atherosclerosis (a disease of the arteries characterized by the deposition of plaques of fatty material on their inner walls). It also has been long used to treat nausea and vomiting.

- Storage: Store in a resealable plastic bag container with air pushed out, in a refrigerator crisper. Can be grated and frozen in an ice cube tray for long-term storage.
- Preparation: Scrap the skin off with the tip of a spoon. Grate or mince as the recipe instructs.

Cabbage is an easy-to-grow vegetable available in many varieties each with a slightly different flavor profile. Cabbage is high in fiber, Vitamin C, Vitamin K, Vitamin A, Vitamin B, Thiamin, Folate, Potassium, Manganese, Calcium, and Iron. It is also low in saturated fat, cholesterol, and calories making it a heart-healthy option.

- Storage: Cabbage can be stored for many months making fresh cabbage available even in the winter months. Store in refrigerator for several weeks and up to 2 months if uncut. Do not wash until ready to use.
- Preparation: Can be eaten raw, braised, steamed, boiled, fried, or roasted. Be careful not to overcook and release stereotypical cabbage odor.

### **Did you know...**

Ginger has been used in China for medicinal purposes for over 2500 years!

Cabbage is known as one of the most nutritious vegetables.



Article adopted from GWAAR Nutrition Team by Katie Osterbauer, PHD February 2024

For more information on cabbage from Food Hero, please visit their website at:  
<https://foodhero.org/cabbage>





Tax Season is right around the corner. AARP will be offering free tax assistance at both the Watermark in Beaver Dam and the Senior Center in Watertown. Trained preparers will be available to complete federal and state returns, as well as Homestead Credit. All ages are welcome. Please note that preparers are not trained to complete complex returns such as farm, business or rental property returns. If you need assistance with these returns, please contact a local tax preparation service.

**ADVANCED APPOINTMENTS ARE REQUIRED.**

To make an appointment call:

Watermark- Beaver Dam  
920-887-4639 ext. 705  
Between 10:00a- 2:00p

Senior Center- Watertown  
920-262-8099



You are required to bring the following information to your appointment:

- Photo ID
- Social Security Card or 2023 Social Security Statement for everyone named on return
- Bank account routing number for your checking or savings account
- 2022 tax return
- Paperwork for Year 2023
  - Social Security Statement
  - Premiums paid for health insurance
  - Unemployment statements
  - W-2's, pension, interest, dividends, stocks, etc.
  - Property tax bill OR rent certificate, if you are filing Homestead

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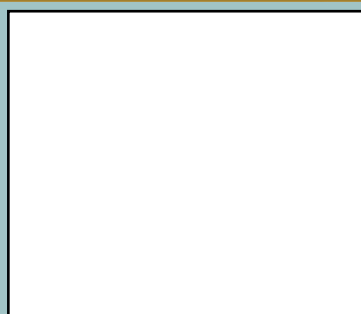
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## THRIVE LOCALLY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Pot Roast Baby Red Potatoes Baby Carrots Gala Apple Birthday Cake Dinner Roll	<b>2</b> Cranberry/Kraut Meatballs Garlic Mashed Potatoes Brussel Sprouts Applesauce Cookie Sliced Bread
<b>5</b> Pork Steak Mashed Potatoes Red Cabbage Honeydew Melon Cinnamon Roll Sliced Bread	<b>6</b> Chicken Teriyaki Patty Baked Potato California Blend Vegetables Pear Slices Frosted Cake Dinner Roll	<b>7</b> Swiss Steak Mashed Potatoes Tossed Salad Apricot Halves Cookie Sliced Bread	<b>8</b> Ham Roll Sweet Potato Bake Three Bean Salad Cantaloupe Butterscotch Pudding Dinner Roll	<b>9</b> Baked Spaghetti Broccoli Cuts Fruited Gelatin Chocolate Banana Torte French Bread
<b>12</b> Roast Turkey Mashed Potatoes Corn Applesauce Tapioca Pudding Sliced Bread	<b>13</b> Hawaiian Meatballs Baby Red Potatoes Spinach Salad Tropical Fruit Salad Cookie Dinner Roll	<b>14</b> Salisbury Steak Mashed Potatoes Green Beans Peach Slices Sweetheart Cake Sliced Bread	<b>15</b> Orange Chicken Patty White Bean Salad Cole Slaw Pineapple Tidbits Vanilla Pudding Dinner Roll	<b>16</b> Beef Frank on a Bun German Potato Salad California Blend Vegetables Orange Chocolate Sundae Cup
<b>19</b> Chicken Patty Mashed Potatoes Peas & Carrots Pineapple Tidbits Applesauce Cake Sliced Bread	<b>20</b> Chili Casserole Lettuce Salad Gala Apple Coconut Cream Pie Cornbread	<b>21</b> Meatloaf Calico Bean Casserole Health Slaw Pear Slices Cookie Sliced Bread	<b>22</b> Chicken Tetraxini Casserole Broccoli Cuts Petite Banana White Brownie Dinner Roll	<b>23</b> Pork Jaegerschnitzel Mashed Potatoes Carrots Applesauce Cookie Cinnamon Roll Sliced Bread
<b>26</b> Glazed Ham Baked Potato Three Bean Salad Tropical Fruit Salad Butterscotch Pudding Sliced Bread	<b>27</b> Burgundy/ Mushroom Chopped Beef Steak Mashed Potatoes Peas/Pearl Onions Peach Slices Cookie Dinner Roll	<b>28</b> Smoked Sausage Baby Red Potatoes California Blend Vegetables Honeydew Melon Chocolate Raspberry Torte Sliced Bread	<b>29</b> Honey Mustard Meatballs Mashed Potatoes Carrots Fruited Gelatin Sundae Cup Dinner Roll	

# 5 Cold-Weather Hacks for Winter Driving

As drivers bundle up to take on Old Man Winter this season, having a few tricks up your sleeve can be a big help in keeping your cool on the road. Here are five hacks for battling the elements and staying safe on the roads.

## **Got stuck? Snow problem!**

Hazardous winter weather requires that drivers take additional precautions. According to the latest Handbook Tire Gauge index, 72% of drivers indicated they would not want to drive in icy conditions. Further, 84% of Americans recognize the dangers of black ice, the most dangerous weather condition for driving.

If you find yourself stuck in the snow and ice, apply a bag of cat litter or sand under your wheels to provide much-needed traction to get out of a snowy situation. As an added bonus, the additional weight over the rear axle (especially for trucks and rear-wheel-drive cars) will further add traction. Floor mats can also come in handy. Place them under your tires in the direction you're looking to travel. The mats create a mini runway of traction for your vehicle.

## **Here comes the sun!**

When the snow starts to pile on the driveway, nearly a quarter of Americans (24%) rely on someone else to dig their vehicles out of the snow. In fact, 18% simply wait for the snow to melt! To help with the backbreaking chore, park your vehicle overnight facing east. The rising sun can help melt the snow before you even get out of bed.

## **Raid the pantry**

By using some items commonly found in your pantry, you can make your morning routines that much easier. For example, fit resealable freezer bags over your side-view mirrors to help prevent ice from forming. Other household items like cooking spray can also help melt ice. Spray it on your mirrors, let it sit for a few minutes, then wipe off the ice. You also can apply the spray to the rubber seals of your door on the particularly cold nights. This will help keep your door from freezing shut or damaging the rubber seals if you force open the door.

## **Right tools for the job**

As temperatures drop, so can your tire pressure, decreasing about one PSI for every 10-degree drop in temperature. If your car was built after 2000, you likely have a Tire Pressure Monitor System that will alert you when pressure drops below the manufacturer's recommended levels for your vehicle.

## **Always carry a spare...pair of socks**

Packing emergency clothes in your trunk is always a good idea should you find yourself stranded and in need of extra warmth. Interestingly, your socks may be your most versatile piece of clothing, and drivers can benefit from carrying an extra pair in the glove compartment. When expecting snow, simply lift your windshield wipers off the glass and place a sock over each blade to help keep snow off the blades and ice from forming. Additionally, when socks are put over your shoes (yes, that's right) they can provide an added level of traction when walking on ice.



# COME SAY HELLO!

**We will have staff available to talk with at both Senior Fairs. Stop by say "hi" and check out our table of resources!**

## GENERATIONS OF LIFE

### *Senior Fair*

March 11, 2024  
10:00 AM- 1:00 PM  
St. Andrew Hall,  
LeRoy  
W3081 Hwy Y  
Lomira, WI



## **WATERTOWN SENIOR CARE FAIR**

AN EFFORT TO SUPPORT AREA SENIORS LIVING WITH DEMENTIA, ALZHEIMER'S, AND AGING CHALLENGES, AND THEIR CAREGIVERS

**FREE EVENT!**

**WED, MAY 1, 2024**

**3:00 - 5:30 PM**

**WATERTOWN SENIOR & COMMUNITY CENTER**

HOSTED BY: Watertown Senior & Community Center, Aging and Disability Resource Centers (ADRC) of Dodge and Jefferson Counties, and The Watertown Clergy Roundtable



## Living with Dementia

Dodge and Jefferson County Dementia Care Specialists Rob and Tonya are teaming up to offer a new in-person support group in Watertown starting in March. Living with Dementia is a support group meeting at the Collective (672 Johnson Street) lower level Community Room from 1:30 until 2:30 p.m. the first Wednesday of each month. This group is intended for individuals that are newly diagnosed and/or new caregivers who are living with a person who has been diagnosed with dementia, memory loss, or mild cognitive impairment (MCI). We will divide into two groups and each group will meet separately to support one another.

For questions about this group, Dodge County residents can contact Rob at 920-386-4308 and Jefferson County residents may contact Tonya at 920-675-4035. Participants that live outside of these two counties may contact either person with questions.

We hope you can join us starting in March. You are not alone and we are here to help provide support for you and your journey!

Scan QR code, call 920-386-3580, or go to <https://www.co.dodge.wi.gov/dementiafriendlyregistration> to register for programs, education, groups, and getting involved.



## SAVE THE DATE!

March 20<sup>th</sup>  
1:00 PM- 4:00 PM in Beaver Dam  
More information to follow

Join us for **Making Sense of the Mess: Understanding the Grief of Dementia & the Power of Self-Care with Kay Adams.**

This in-person workshop addresses how caring for a person who is living with any kind of dementia inherently involves entering a world of uncertainty and grief. Doing so can feel chaotic, messy, and overwhelming for care partners. It's hard to understand what is going on, what to do next, and how to effectively help someone with a brain disease that is ever-changing.

This workshop helps "make sense of the mess" that can come with caring for someone impacted by dementia by exploring the underlying grief and loss involved, by empowering people to change their perspectives, and by understanding why self-care is not a selfish act, but an act of self-preservation.

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**THURS., 01 | 9 -10:00AM**

Strong Bodies -Juneau

**MON., 05 | 3:45 -5PM**

Spark -Imagine That -Waupun

**TUES., 06 | 9 - 10:30AM**

Strong Bodies -Juneau

**WED., 07 | 10:30 -12PM**

MCI Conversations Support Group -Online

**THURS., 08 | 9 -10:00AM**

Strong Bodies -Juneau

**FRI., 09 | 1 - 2:30PM**

Spark! Unmasked Expressive Therapies- Beaver Dam

**MON., 12 | 1PM**

Medicare Basics &amp; Beyond -Juneau

**TUES., 13 | 9 -10:30AM**

Strong Bodies -Juneau

**WED., 14 | 1:30 -3:30PM**

Lewy Body Dementia Support Group -Online

**THURS., 15 | 9 -10:00AM**

Strong Bodies -Juneau

**THURS., 15 | 10AM -12:00PM**

Memory Cafe -Watertown Senior Center

**THURS., 15 | 1:00 - 2:30PM**

Spark! DCCA -Beaver Dam

**THURS., 18 | 10:30AM -12:00PM**

Spark! Horicon Marsh -Horicon

**THURS., 22 | 9 -10:00AM**

Strong Bodies -Juneau

**THURS., 22 | 9 -10:00AM**

Strong Bodies -Juneau

**THURS., 22 | 10 -12PM**

Dementia Awareness Coalition -Watertown

**TUES., 27 | 9 -10:30AM**

Strong Bodies -Juneau

**TUES., 27 | 12 -2:00PM**

Memory Screening -Watertown

**WED., 28 | 1:30 -3:30PM**

Lewy Body Dementia Support Group -Online

**MON., 04 | 3:45 -5PM**

Spark! Imagine That -Waupun

**TUES., 05 | 9 -10:30AM**

Strong Bodies -Juneau

**WED., 06 | 10:30 -12PM**

MCI Conversations Support Group -Online

**THURS., 07 | 9 -10:00AM**

Strong Bodies -Juneau

**THURS., 07 | 1 - 2:30PM**

Powerful Tools for Caregivers -Mayville

**FRI., 08 | 1 - 2:30PM**

Spark! Unmasked Expressive Therapies- Beaver Dam

**WED., 13 | 1:30 -3:30PM**

Lewy Body Dementia Support Group -Online

**THURS., 14 | 1PM**

Medicare Basics &amp; Beyond -Juneau

**THURS., 14 | 1 - 2:30PM**

Powerful Tools for Caregivers -Mayville

**MON., 18 | 10:30AM -12:00PM**

Spark! Horicon Marsh -Horicon

**WED., 20 | 10:30 -12PM**

MCI Conversations Support Group -Online

**TUES., 26 | 00:00AM**

Memory Screening -Watertown Senior Center

**WED., 27 | 00:00AM**

Lewy Body Dementia Support Group -Online

**THURS., 21 | 1:00 - 2:30PM**

Spark! DCCA -Beaver Dam

**THURS., 28 | 1 - 2:30PM**

Powerful Tools for Caregivers -Mayville





**MON., 01 | 3:45 - 5PM**  
Spark! Imagine That –Waupun

**TUES., 02 | 1 –3:00PM**  
Mind Over Matter –Waupun

**WED., 03 | 10:30 –12PM**  
MCI Conversations Support Group –Online

**THURS., 04 | 1 - 2:30PM**  
Powerful Tools for Caregivers –Mayville

**TUES., 09 | 1PM**  
Medicare Basics & Beyond –Juneau

**WED., 10 | 1:30 –3:30PM**  
Lewy Body Dementia Support Group –Online

**THURS., 11 | 1 - 2:30PM**  
Powerful Tools for Caregivers –Mayville

**FRI., 12 | 1 - 2:30PM**  
Spark! Unmasked Expressive Therapies –Beaver Dam

**MON., 15 | 10:30AM -12:00PM**  
Spark! Horicon Marsh –Horicon

**TUES., 16 | 1 –3:00PM**  
Mind Over Matter –Waupun

**WED., 17 | 10:30 –12PM**  
MCI Conversations Support Group –Online

**THURS., 18 | 1:00 - 2:30PM**  
Spark! DCCA –Beaver Dam

**TUES., 23 | 12 –2:00PM**  
Memory Screening –Watertown

**TUES., 23 | 12 -2:00PM**  
Memory Screening –Watertown

Give us a call at the ADRC for more information and to register. 920-386-3580



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# Voting In Wisconsin



2024 is a big election year! Your vote matters!

## Accessible Voting

All Wisconsin voters have a right to cast a ballot privately and independently at their polling place on Election Day. The Wisconsin Elections Commission is committed to ensuring that all polling places in Wisconsin are accessible to all voters. The Help America Vote Act (HAVA) requires that every polling place in the State of Wisconsin meet Americans with Disabilities Act (ADA) accessibility standards. You can find your polling place at [myvote.wi.gov](https://myvote.wi.gov) or by contacting your municipal clerk.

## Registering

You can have an assistant when completing a voter registration application or absentee application. After completing the application, the assistor must then sign the form in the appropriate box and provide any additional required information. Explaining how to complete the form is not "assistance". You are able to register online at [myvote.wi.gov](https://myvote.wi.gov), by mail, in person at your clerk's office or at your polling place on Election Day. You can check your voter registration status at [myvote.wi.gov](https://myvote.wi.gov) or by contacting your municipal clerk for assistance.

## Voting & Election Day

Voters have multiple options to receive assistance with their voting process. All Wisconsin voters are eligible to request a by mail absentee ballot for any reason. Voters may also indicate indefinitely confined status, due to age, illness, infirmity, or disability and receive ballots for every election until they fail to return a ballot or indicate a change in status. Voters who receive assistance while absentee voting must have the assistor sign the absentee certificate envelope. All voters must also obtain a witness for their voting process who signs the absentee certificate envelope and provides their address. The assistor may also serve as the witness.

Voters voting at the polling place in Wisconsin are required to sign the poll list before receiving a ballot. You are exempt from this requirement if you cannot sign the poll list because of physical disability. The election inspectors will write "exempt by order of inspectors" in the signature line and issue you a ballot.

If you need help marking your ballot on Election Day, you may take anyone you choose with you into the voting booth, **except your employer or your labor union representative**. After you have marked your ballot, the person helping you must then sign the ballot in the space provided. Also, the election workers will write the name of your assistor on the voting list. Your assistor does not need to be qualified to vote.

You can request help with the accessible voting equipment. Anyone who helps you with a direct-recording electronic accessible voting machine (Edge, iVotronic, Populex or Accuvote) should position themselves behind the machine so that they cannot see how you vote. They are allowed to explain how the equipment works but cannot assist you with making your ballot choices.

- **All polling places must have accessible voting machines available for use at the polling place on election day.**
- **All polling places must also fulfill any requests from voters wishing to vote curbside, or voting without leaving your vehicle.**
- **Voters may also request accommodations from their local municipal clerk. These accommodations are confidential.**

**WE WANT TO HEAR FROM YOU!!**



The ADRC operates under the guidance of a three year aging plan. We are currently wrapping up our 2022-2024 aging plan and are in the early steps of preparing our 2025- 2027 plan. This plan is important as it guides our community programs and services. Throughout the remainder of the year we are going to be asking for your input to help us identify community strengths and weaknesses and help us create a vision for the future. If you'd like to be involved in developing our aging plan you can stay up to date on happenings by following our Facebook page, or you can call us at 920-386-3580 to receive any surveys or meeting notices by mail.

**COMING SOON!!!**

We are excited to announce that the Mayville dining site will be re-opening for congregate dining on March 4th!

Did you know that we currently offer the following services:

- Support for family caregivers
- Transportation to and from medical appointments
- Home delivered meals and congregate dining sites
- Assistance with benefit related issues
- Support for those living with dementia and their caregivers
- Health prevention classes

All of these services are offered on a voluntary contribution basis!

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This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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## What if I fall?

### ***We talk a lot about how to prevent falls but what about if you do actually fall?***

While we cannot always control it, here are some things to keep in mind to learn how to fall in a way that may be safer and protect you from injury:

- Protect your head AND your hips! Falls are the leading cause of traumatic brain injuries (TBI) and are also the leading cause of hip fractures, which can significantly impact independence and have long-lasting negative effects.
- Try to relax. The more tense you are, the more likely you are to be injured.
- If possible, aim to fall on soft surfaces, not concrete and away from things that may cause injury like dressers or gardening tools, for example.
- Fall on areas of your body that are closer to the ground and “meatier”, like your butt and thighs. Falling on these areas can protect places like your hips, knees, and wrists, which may be more likely to fracture. According to the Centers for Disease Control and Prevention (CDC), over 95% of hip fractures are caused by falls. Hip fractures are very hard to recover from.
- Bend your knees and elbows and keep your feet down as long as possible. Keeping your arms outstretched may cause you to lock your arms to stop your fall, which could lead to a broken wrist or elbow.
- To spread the impact and hopefully prevent injury, as you are coming to a stop on the ground, try to roll in a ball to your side. This can help stop you from going even further.
- After a fall, do not panic and avoid getting up too quickly. Take a few minutes to determine if you are injured.
  - If you aren't injured, you can attempt to get up from the floor. If using furniture for support, ensure that it is stable.
  - If you are injured, call for help.

In the split second before a fall, it can be hard to think about these things. But, with awareness and mindfulness, it can make all the difference! Of course, preventing the fall in the first place by practicing balance and strength exercises, reviewing your medications, making your home safer, wearing safe shoes, getting your vision and hearing checked regularly, or using assistive devices is the goal.



# Picture Puzzler

If you find the correct letter for each clue, you will spell a word at the bottom of the page that should make you happy!

1. Find a letter that is in



but not in



\_\_\_\_\_

2. Find a letter that is in



but not in



\_\_\_\_\_

3. Find a letter that is in



but not in



\_\_\_\_\_

4. Find the letter that is in



but not in



\_\_\_\_\_

5. Find a letter that is in



but not in



\_\_\_\_\_

Write your letters here, to spell the happy word:

\_\_\_\_\_

Answer: Smile



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