

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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Transitions: A Parent's Perspective

Parents of children and youth with special health care needs and disabilities have unique experiences with common threads. We often start out stunned, numb and feeling like we have just entered a new world. It takes time to learn about this new world, adjust our family lifestyle and develop a "new normal." After awhile, families seem to glide along, confident in their new roles and able to understand the various service systems in order to advocate for their child.

Once our youngsters grow up, many of the systems change. It can feel like starting over; deciding on new goals or enhancing existing ones, thinking about how our young adults will live their lives when they finish school. We need to think about where they will live, how they will spend their day, and what they will do for income. We need to think about whether they are able to make their own decisions (with or without support) and how they will maintain a healthy lifestyle.

There is a national and statewide movement to encourage ALL individuals with disabilities to work. Employment brings extra benefits that are less "tangible" than an income. Employment creates friendships, a sense of accomplishment, a routine to one's day and an opportunity to learn new skills while getting out into the community. If a youth has had volunteer experiences and responsibilities at home, it is easier to learn the "soft skills" of work, such as interacting with others, finishing a task, and teamwork. Many young adults with disabilities have not had those experiences and so it takes extra time and effort to learn these skills.

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As the parent of a young adult with significant disabilities, it has been a stretch to think about my daughter in the work world. She is completely dependent on others for her daily activities. She cannot see or hear and she doesn't have any formal communication. She would probably not understand the concept of work or a paycheck. So what would employment mean to her? It would mean learning new skills and meeting new people. It would mean having a routine that she can come to expect and anticipate. It would give her a sense of accomplishment, because she does seem to understand when she's done a good job! Emily's work would also provide employment to a coach or mentor who would be needed to help her get to the job, learn the tasks and take care of her personal needs along the way.

We have a long way to go to find a place for Emily to spread her wings and try out job skills. We have learned a lot over the years about her interests, talents and strengths. We know that she can learn and remember routine activities as long as they are meaningful to her. We know that she needs a coach that she trusts and that understands her. We know that she would probably not "work" for more than an hour or so per day. But we also know that it would greatly enrich her days and that work builds self-esteem. So we will continue to explore and think about possibilities for Emily to work in her community.



If you would like more information or assistance with the topic of employment for adults with disabilities, please contact Julie Turkoske at the Southeast Regional Center for Children and Youth with Special Health Care Needs: 414-266-3188 or jturkoske@chw.org

Making the Transition

A young person's 18th birthday marks an important milestone- leaving childhood behind and entering life as an adult. Many changes in disability services occur when a young person is between the ages of 18 and 21 years old as well. The ADRC can help you understand your new rights and responsibilities, determine your immediate and future care needs and evaluate your options for meeting those needs. We also provide links to resources and organizations that can help you make informed choices about living as an adult in Waukesha County.



Beginning 6 months before a young person's 18th birthday, the ADRC can assist you, your family and your transition team make the transition process as seamless, productive and stress-free as possible. We can also help you identify the questions to ask so you find answers specifically tailored to your situation.

In 2012 the ADRC developed the booklet **Transition: A Transition Guide for Young Adults with Special Needs and/or Disabilities** to further assist young people and their families in this process. Call the ADRC to request a copy of this guide or access it on-line through the ADRC's website at www.waukeshacounty.gov.

The Wheelchair “Lemon Law”

Did you know there is a “lemon law” for wheelchairs? In Wisconsin there is just such a law. Section 134.87 of Wisconsin statutes is known as the Wheelchair Lemon Law. It entitles the owner of a power chair or scooter that meets the statutory definition of a “lemon” to a refund or a replacement.



The law applies to new motorized wheelchairs and three- or four- wheel scooters for use by people with disabilities purchased on or after November 1, 1992. All motorized wheelchairs and scooters purchased after that date must be covered by a one year express warranty, effective from the day the consumer receives the product. If the manufacturer does not offer the warranty, the chair or scooter is still considered by law to be covered by a one year express warranty.

For a motorized wheelchair or scooter to be a “lemon” it needs to have a “substantial” defect significantly impairing the use, value, or safety of the chair or scooter. The manufacturer or its authorized dealer has to have unsuccessfully attempted repairs at least four times, or it has been out of service because of the defect for a total of 30 calendar days. The total days out of service need to total 30 but they don’t need to be consecutive. The repair attempts or time out of service must occur in the first year under the express warranty.

The defects covered must significantly impair the use, value or safety of the chair or scooter. For example, a defective motor would be included, but a rattling noise would not. Defects that are the result of any abuse, neglect or unauthorized modification of the equipment by the owner are not covered by the law.

If you have purchased or leased a wheelchair or scooter that meets the definition of a “lemon,” the law entitles you to choose either a comparable new replacement or a refund. You need to have tried to resolve the problem in the first year, but can file a claim after a year. To receive a replacement or refund, you should notify the manufacturer that you wish to return the chair or scooter for a replacement or a refund. Your dealer can supply you with the manufacturer's address. Expenses you have in connection with the repair of a defect, including the costs of obtaining an alternative wheelchair or other assistive device for mobility are to be paid if you choose a comparable replacement. If you decide to get a refund, you are entitled to the full purchase price (including any other charges paid at the time of sale) and all costs associated with the repair of the defect minus an amount based on when you were able to use the chair or scooter.



To help your complaint it is best if you have an invoice for each attempt that shows the problems you reported and attempts to get repaired. You should obtain a repair invoice even if the shop cannot determine or fix the problem every time you take it in. When your chair or scooter is in for repairs more than one day at a time, make sure the date it was brought in and the date it was returned are noted. Keep copies of all purchase contracts, warranties, warranty repair orders, letters and other materials on your chair or scooter.

If the manufacturer refuses your request, you can discuss your legal options with an attorney or advocacy group familiar with the law. The law does not designate any governmental agency to receive complaints.

Get 'em Before They're Gone!

A limited number of Farmer's Market Vouchers are still available for Waukesha County Seniors at the Aging and Disability Resource Center (ADRC) Office, Human Services Center, 514 Riverview Avenue, Waukesha WI Monday-Friday 8:00 am – 4:30 pm.

Vouchers are distributed on a first-come first-served basis and are limited to one pack of vouchers per household. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the ADRC in person to receive the checks. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must have the full name, address, phone number and date of birth of the eligible senior. Seniors must be 60 years of age or older (Native Americans 55 years of age or older) and will need to verify that their monthly income is at or below 185% of the federal poverty guideline.

SFMNP INCOME ELIGIBILITY GUIDELINES

Household Size	Monthly Income	Annual Income
1	\$1,800	\$21,590
2	2,426	29,101
3	3,051	36,612
4	3,677	44,123

For each additional household member, add **\$626** monthly, **\$7,511** annually.



In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Please visit our website (www.waukeshacounty.gov) for more details on the services we provide.

August 13th is Left-Handers' Day!

On August 13 1992, the Left-Handers club launched International Left-Handers day. This day is observed to promote awareness and celebrate their uniqueness. Lefties make up about 10% of the world's population according to Netscape. Events are scheduled in the U.K. in celebration of Left-Handers Day and include Left vs Right sport matches, a left handed tea party and other games.

Some fascinating facts; There is a high tendency in twins for one to be left handed, 5 out of the last 7 Presidents have been left handed, 1 in 4 Apollo astronauts were left handed. Lefties are also called Southpaws. During the 1600's, people thought left handers were witches and warlocks. Lefties tend to excel in fields that require excellent visual-spatial abilities, including architecture and graphic design, but are underrepresented in math and science. Studies have found that southpaws have higher rates of dyslexia, schizophrenia and autoimmune diseases, such as allergies and lupus

The world is built for right-handers. Have you ever seen a left handed desk in school? Many coffee mugs handles are on the right side and scissors and computer mouses are designed for right handers. There are sites on the internet that sell Left-Hander products. *Check out:* <https://www.leftyslefthanded.com/>

A left handers slogan: "Everyone is born right-handed. Only the greatest overcome it".

Brilliant Author unknown

Information for article came from www.lefthandersday.com and www.holidayinsights.com





What's In Your Beverage?

Water is important for hydration and is the healthiest beverage choice. So, what about the other beverages we drink? Fill in the missing words in the statements below to learn the health benefits of some other beverages. Then find the words in the word search. Some words have been filled in for you.

Antioxidants are substances in fruits, vegetables, **red wine**, coffee, tea, chocolate, and other plant-based foods that protect the body from damage and could have long-term disease-fighting and anti-aging effects.

Research suggests that _____ is rich in antioxidants and could have cancer and heart disease fighting properties. Types include: black tea which is served either hot or _____ (another word for “on the rocks”), _____ tea which is often sweetened with honey and lemon, and _____ tea which is caffeine-free and comes in many flavors such as chamomile.

Although _____ is often accused of being harmful due to its **caffeine** content, this brewed drink is high in antioxidants and may aid disease prevention, boost physical activity, and alleviate non-migraine headaches.

_____ is a beverage that counts as a fruit serving. Looking for “_____ percent” on the label ensures that this drink is made ONLY from fruit and has no added sugar.

_____ is a beverage known for being high in calcium. It is also a good source of protein and has vitamins A and D added.

Can you find another beverage? Hint: It's an espresso-based beverage made with frothy milk.

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

Answers: 1. Antioxidants, red wine; 2. Tea, iced, green, herbal; 3. Coffee; 4. Juice, one hundred; 5. Milk; **BONUS WORD: CAPPUCCINO.**

UW
Extension

Waukesha County

**Nutrition
Education
Program**

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

Spotlight on Muskego Dining Center

My name is Jack and I am the senior dining manager for the senior dining center in Muskego. Located in the lower level in the Muskego Room at the Muskego City Hall, we serve a hot lunch at 11:45 AM on Monday, Wednesday and Friday. We also deliver meals to homebound seniors in the Muskego area.

We try to make our dining center a place to have a balanced, nutritional meal and a social gathering. We like to celebrate every holiday and try to find an occasion to have a fun time. Twice a month we have someone in to do blood pressure tests, and twice a month we also discuss nutrition. We enjoy celebrating birthdays, and never pass up a chance to have a good time.



Once a year our caterer's Chef provides a special lunch. This year we are having a Hawaiian Luau. We would be happy to see many new faces, for this special event and at any lunch.

Please call (262) 679-3650 for a reservation for lunch. Please call by 1:00pm one business day in advance for reservations.

We look forward to seeing you soon,
Jack and the Happy Volunteers of Muskego

IEWC To the Rescue

Many companies feel it is important to give back to their community through volunteer efforts, therefore they



allow employees time off to do so. IEWC, a premier global supplier of wire and cable located in New Berlin, not only allows their employees time off to volunteer—they give each employee 8 hours a year of paid time to volunteer. The Aging and Disability Resource Center was delighted to be on the receiving end when in 2012 Stacy Jahn, an IT professional called to offer the services of her department. Arrangements and schedules were made to have department members deliver hot nutritious meals to seniors living in the New Berlin area. Through coordinated efforts of Stacy Jahn and Karina Van Doren

the partnership continues and has grown with additional IEWC departments wanting to help. Currently there are 19 IEWC employees scheduled throughout this year to help deliver meals to New Berlin seniors. Typically, one employee drives while the other navigates, and together they deliver the meals. Each employee goes out approximately 3-4 times per year.

During the month of June, I was fortunate to accompany two employees when they delivered meals to Janice Liban. Janice greeted us with a friendly smile and said “they have been life saviors.” Theresa, another recipient of the home delivered meal program said, “I love them, I love them all” and gave each volunteer a big hug before leaving. IEWC employees are finding their volunteer experience rewarding and enriching.

If you are an employee of a Waukesha County company looking for a way to give back to your community, we would love to talk to you or a company representative about this great opportunity. If you are an individual and have time over the lunch hour to volunteer we would also like to talk to you about this great opportunity. There are 10 meal sites throughout Waukesha County in which volunteer drivers help to deliver meals. Meal delivery to homebound seniors not only helps the senior remain independent in their own home, it also serves as a means to check in with that senior. In many cases it is the only person they may see in a day. For more information call the Aging and Disability Resource Center at 262-548-7829 or see our website at www.waukeshacounty.gov/adrc. Who knows, a big hug and a smile may be awaiting you.



**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU August 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i> ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>				Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Cantaloupe Choc. Chip Cookie Alt: Diet Cookie
4	5	6	7	8
Chicken Breast in Garlic Sauce Mashed Potatoes California Blend Veg Bread/Butter Fruit Cup Alt: Diet Fruit Cup	Pork Stir Fry over Brown Rice Soy Sauce Oriental Vegetables Dinner Roll/Butter Pineapple Frosted White Cake Alt: Plain Cake	State Fair Day Jumbo Hot Dog on Bun ketchup/mustard Baked Beans Prized Watermelon State Fair Style Cream Puffs	Roast Beef Mashed Potatoes Gravy Broccoli Salad Dinner roll/Butter Rice Pudding Alt: Diet Pudding	Beef Macaroni Casserole Creamy Cucumbers Bread/Butter Seasonal Fresh Fruit Oatmeal Cookie Alt: Diet Cookie
11	12	13	14	15
Roast Pork Thyme Gravy Mashed Potatoes Broccoli / Cauliflower Rye Bread / Butter Cinnamon Applesauce	Grilled Chicken Pasta Salad on Lettuce Leaf Tomato Slices Cantaloupe Wedge Muffin/Butter Strawberry Shortcake with topping Alt: Fresh Strawberries	Irish Fest Irish Stew Cabbage and Carrots Boiled Potatoes Rye Bread/Butter Fresh Fruit Shamrock Cake Alt: Plain Cake	Chicken Breast in Garlic Sauce Stuffing Two-Tone Beans Bread/Butter Mandarin Oranges Butterscotch Pudding Alt: Diet Pudding	Swedish Meatballs in Gravy Egg Noodles Stewed Tomatoes Bread/Butter Grapes Apple Pie Alt: Sliced apples
18	19	20	21	22
Chicken Parmesan Mostaccioli w/ Marinara Crinkle Cut Carrots Marinated Bean Salad Italian Bread Sliced Peaches	Cabbage Roll Garlic Mashed Potato Green & Wax Beans Bread w/ butter Apricots Rice Krispies Treat Alt: Applesauce	Mexican Fiesta Mexican Chicken Spanish Rice Ensalada with Ranchero Ranch Soft Shell Tortilla Butter Melon Cinnamon Churros	Barbecue Pork on Bun Broccoli Salad German Potato Salad Watermelon Brownie Alt Fruit cocktail	Tuna Noodle Casserole Peas Fresh Banana Marble Rye Bread Chocolate Chip Cookie Alt: Diet Pudding
25	26	27	28	29
Pepper Steak Over Brown Rice California Blend Dinner Roll w/ butter Fresh Orange	Egg Salad on Croissant w/ Lettuce & Tomato Fresh Carrot and Celery Sticks w/ ranch Pickled Beets Oatmeal Raisin Cookie Alt: Grapes	Meatloaf Baked Potato w/ Sour Cream Cabbage Bread/Butter Pear Halves	Roasted Turkey w/ gravy Stuffing Green Bean Casserole Dinner Roll/Butter Pineapple Chocolate Pudding Alt: Diet Pudding	Lemon Chicken Bow Tie Pasta Mixed Green Salad Whole Wheat Bread w/ Butter Fresh Peach Lemon Bar Alt: Lorna Doone

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What Happens In A Support Group?

Do I need it? Isn't it just one more thing to do?

In thinking about a Support Group, you may ask yourself those questions. Having never been to a group like that, you wonder what happens, what good will it do, will it just be a sharing of sadness? Can I talk to a stranger about my spouse, my life? These are fair questions to be asking.

Coping with the day-to-day problems and physical care of a person with dementia or Alzheimer's disease is both emotionally and physically draining. It is different from many other illnesses, and because the disease causes personality and behavioral changes in your loved one, you may find yourself feeling embarrassed, impatient, exhausted and even angry. We are left feeling that no one can understand what happens in our daily lives or the frustrations that we feel.

But something magical happens when people who share similar situations get together in a support group. Since everyone in the group has "been there" or "is there" now, there is a sense of trust. You can believe and learn from others. Maybe there is a creative way of handling a behavior that you had not thought of or a way to find humor in a most difficult day.

With other caregivers, it's easier to share your feelings. They share theirs and you find yours are not so different. In time, you hear yourself talking about what you "shouldn't" or "couldn't" with friends or even family. You may have a lot of mixed feelings, and it is hard to know what to do with them—sharing with our loved one is no longer possible. At support group meetings, heads nod with a lot of understanding as you speak. You can feel that magic sense of relief, the release of pent up tension that comes with knowing your problems or emotions are not so different and that you are not alone.

You can get just what you want. You can share as little or as much as you want to. If you only want solid information and how-to's, that is fine. You'll be part of a group where people can talk together, cry together and laugh together. You may find new friends, form special relationships or just find it helps you cope with day-to-day life.



1 call. 1000s of answers.
Alzheimer's Association Helpline
800.272.3900



**2014 Walk to End Alzheimer's
Waukesha County
Saturday, September 6, 2014
10:00 am Walk Start
Come join us for the fun!**

* Register Online at alz.org/walk or on-site at walk.
Pre-walk activities begin at 8:30 am.
* Southeastern Wisconsin area clinicians and researchers will be present to share trial and research information and to answer your questions. Resources will also be available.
Frame Park: 1240 Frame Park Drive, Waukesha, WI 53186

Support Group News

(See full Waukesha County Support Group list on next page.)
New Support Group: Wednesday: 8/6/14 from 6:30-8:00 pm
St. Jerome Catholic Church - Oconomowoc
Ice Cream Social: Friday: 9/12/14 from 1:00-2:00 pm
Linden Grove-Waukesha kicks off new support group date!

Would you like to discuss your concerns about Alzheimer's disease or related dementias? To schedule a meeting with Alzheimer's Association staff, call 262-548-7848.



Next Date: Wednesday, August 27th
Times: 1:15-2:15 pm or 2:30-3:30 pm

Location: Aging and Disability Resource Center of Waukesha County, 514 Riverview Ave., Waukesha

Services provided at no cost

alzheimer's association™

Waukesha County Support Group Meetings

The Southeastern Wisconsin Chapter sponsors numerous support groups in the eleven county region. They are open to all adults, **FREE OF CHARGE**. We urge you to attend regularly. You may benefit from attending more than one group per month. Although not required, we encourage new attendees to call the support group facilitator before attending to learn more about the group and to ensure the availability of the group.

► Waukesha County Caregiver Groups

Note: this listing is not to be used for any forms of solicitation.

Brookfield	2nd Tuesday	1:30-3:00PM	Wheaton Franciscan Healthcare Elmbrook Memorial Hospital 19333 W. North Ave Library Room #343 Brookfield	Laura Harvey 262-431-4079 Veronica Bugel 262-641-9559
Brookfield	4th Tuesday	2:00PM	Congregational Home 3140 Lilly Road 2 nd Floor Dining Room Brookfield	Sarah Calderon 262-781-0550
Menomonee Falls	1st Thursday	1:30—3:00PM	Menomonee Falls Public Library W156 N8436 Pilgrim Road Menomonee Falls	Laura Harvey 262-431-4079 Veronica Bugel 262-641-9559
Menomonee Falls	2nd Monday	6:30-8:00PM	Menomonee Falls Fire Department W140 N7501 Lilly Road Menomonee Falls	Judy Gunkel 262-548-7224
Mukwonago	2nd Tuesday	4:30PM	Linden Ridge 841 County Hwy NN Mukwonago	Holly Wise 262-363-6830
New Berlin	1st Tuesday	6:30-8:00PM	New Berlin Public Library 15105 Library Lane 2 nd Floor Conference Room New Berlin	Audrey Mecham 262-679-1180
New Berlin	2nd Wednesday	3:00-4:30PM	Holy Apostles Catholic Parish 16000 W. National Ave. Parish Center, Room 172 (Gathering Place entrance - west side door) New Berlin	Annette Jankowski 414-771-6063
Oconomowoc	1st and 3rd Tuesdays	10:00- 11:30AM	Shorehaven Center for Life Enrichment 1306 West Wisconsin Ave. Oconomowoc	Pamela Thomas 262-560-6915
Oconomowoc	1st Wednesday	6:30-8:00PM	St. Jerome Catholic Church 995 S. Silver Lake St. Parish Conference Room (Use canopied entrance) Oconomowoc	Diane Becker 262-354-4442 Brenda Stieber 262-569-9027
Waukesha	2nd Friday	1:00-2:00PM	Linden Grove – Waukesha 425 North University Drive Waukesha	Jane Narloch 262-524-6400
Waukesha NO November OR December meetings	4th Wednesday	6:00-7:30PM	Lutheran Social Services 2000 Bluemound Road (Park on east side of building and enter through courtyard) Waukesha	Krista Scheel 414-479-8800 Mary Lucey 414-231-4027

ASK INA



Dear Ina,

I have heard of a program called Family Care. My mother is 80. She lives in a low income apartment and needs help with her medications, cleaning and bathing. She gets home delivered meals from the ADRC. We kids are paying for caregivers to help but it is getting expensive. Can you tell me more about the qualifications for Family Care?

Thank you , Concerned Son

Dear Concerned Son,

Family Care is just one of the publicly funded Long Term Care programs offered in Waukesha County. It has both financial and functional eligibility requirements.

If your mom is single, her assets would need to be \$2000 or less. Assets include checking and savings accounts, annuities, money markets, IRAs, stocks, bonds, life insurance and any property that is not a primary residence. She would need to complete a Medicaid application providing all supporting documentation of assets as part of the assessment and enrollment process through the ADRC. Medicaid is also called Title 19, T-19, Medical Assistance and MA. Income is not counted as an asset. The look back period for divestment (giving assets away) is 5 years and could affect financial eligibility.

If you would like your mom assessed for Family Care and she is in agreement with this, an ADRC Specialist would schedule to meet with your mom and any family members in her home to review the Medicaid application and complete a Long Term Care Functional Screen. This screening is done to determine if she is functionally eligible for the program and includes discussion about how she manages all her daily living activities. These include bathing, dressing, toileting, mobility, eating, transferring, meal preparation, medication management, money management, laundry and chores, use of the telephone and transportation. It is very helpful to have documentation from your mother's physician regarding her medical diagnosis and current medications at the time of the visit.

Following the home visit all information is entered into the state screening tool by the ADRC Specialist and a "level of care" is calculated.

In addition to the Medicaid application and Functional Screening, the specialist may discuss what enrollment options are available to your mom and how the enrollment takes place once financial and functional eligibility is determined and a choice is made regarding which program might best suit her.

If she does not qualify for any publicly funded programs like Family Care, the ADRC Specialist can help you explore alternate options.

Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild? **You are?!** The ADRC has a group for you!

Grandparents over age 55 are eligible to join this group if you are raising a grandchild under 19 years of age or a grandchild 19-59 years of age that has a severe disability. The Grandparent's Group can help provide support, networking, education and respite.

Monthly meetings are held where you can talk and network with other grandparents who are in a similar situation as you. Education is provided by guest speakers on topics that are chosen by the group which will help them with their parenting skills. Respite is a break for the caregiver. This may include time at a summer camp for your grandchild or movie passes to have a fun family outing.

If this sounds like you or you know someone who is raising their grandchild, contact the ADRC at (262) 548-7848



From the Desk of Your Benefit Specialist

Affordable Care Act Update – 2014 Open Enrollment and Beyond

Overview

In 2014 a major piece of the Affordable Care Act went into effect, requiring that most people have health insurance or pay a penalty. If you have health insurance through an employer, or through Medicare, you will not have to pay a penalty.

For those who were previously uninsured or under-insured however, this meant that they needed to enroll in a new insurance plan during the Open Enrollment Period, which ended on March 31, 2014. Anyone who did not do that, or otherwise is uninsured for more than three consecutive months this year might have to pay a penalty, depending on their situation, as there are exemptions. For more information about exemptions from the penalty you can refer to this website: <https://www.healthcare.gov/exemptions/>

Enrollment Periods

Now that the Open Enrollment Period has ended, people may still be eligible to enroll in insurance depending on their situation. First, it's important to keep in mind that there is no enrollment period for BadgerCare. People with incomes below 100% of the FPL (Federal Poverty Level) can always apply for benefits directly through Access. For individuals with incomes above 100% of the FPL they may qualify for a Special Enrollment Period.

A Special Enrollment period allows someone 60 days to obtain coverage if they have a qualifying life event. In general, if someone loses their insurance through no fault of their own, such as losing a job, retiring, marriage, divorce, or moving out of state, they will likely qualify for a Special Enrollment Period. Other special situations include technical issues with the marketplace, gaining new immigration status, misinformation about a chosen plan, etc. For more information about qualifying life events or to screen someone for eligibility, refer to this website: <https://www.healthcare.gov/how-can-i-get-coverage-outside-of-open-enrollment/#part=1>

The Application Process

The application process itself has not changed. People still have the option of completing their application online at healthcare.gov, over the phone through the marketplace call center, or in-person with a Navigator or Certified Application Counselor. Individuals may still qualify for subsidies to help lower the cost of insurance if their household income is between 100% and 400% of the FPL. Even if someone's income is too high to qualify for the subsidy, they can still qualify for a special enrollment period due to the same qualifying life events.

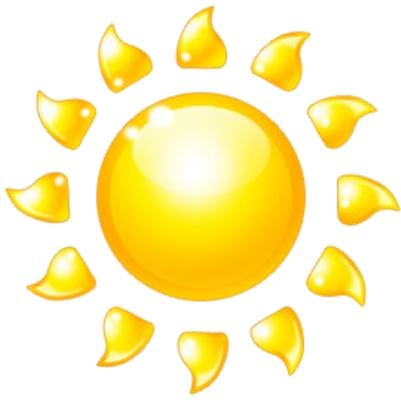
Once Enrolled

One important thing to note is that individuals currently enrolled in a plan must report any changes they experience, such as a change in income, address or household size. Changes can be reported through the call center, or online in their marketplace account. Many people have also been asked to provide the marketplace with additional information, even after enrollment. It is important that the requested documents are electronically uploaded, or sent into the marketplace, otherwise insurance could be terminated. People should refer to their eligibility notices to see if they need to provide this additional documentation.

Additionally, CMS recently launched a new initiative known as *Coverage to Care*, which provides individuals with information about how to make the most of their new insurance. There are videos that consumers can watch and other materials available for downloading. More information and resources can be found here: <http://marketplace.cms.gov/help-us/c2c.html>

Looking Ahead

If someone does not have insurance at this time, and they do not qualify for a Special Enrollment Period, they will have the opportunity to apply for coverage for 2015 during the next open Enrollment Period. This will run from November 15, 2014 to February 15, 2015. In addition, people who are currently enrolled will also have the opportunity to change to a different plan if they want during this time frame.



Skin Cancer:

What you need to know...

This is the most common of all human cancers. Skin cancer (which is the abnormal growth of skin cells) begins in the cells that make up our outer layer of skin (epidermis) – **typically developing on skin exposed to the sun**. However, these skin cancer cells can also occur on other areas of skin not normally exposed to sunlight. There are **three types of skin cancer** that typically affect older adults:

Melanoma - the *most AGGRESSIVE TYPE OF SKIN CANCER*

Basal Cell

Squamous Cell

Melanoma is malignant (cancer) cells that form in skin cells called melanocytes. When melanoma begins in the skin, it is called *cutaneous* melanoma, although it can occur anywhere in the body. In men, melanoma is often found on the trunk (from shoulders to hips), head, and neck – while in women, melanoma often develops on the arms and legs – but again, can occur anywhere on the body.

Risk Factors for Melanoma include: unusual moles on the body, exposure to natural sunlight or artificial ultraviolet light (i.e. tanning beds), family/personal history of melanoma, Caucasian over 20, natural red/blonde hair, light skin/freckles, and light eyes (blue/gray/green).

Warning Signs of Melanoma: changes in the appearance of a mole; irregular borders, different colors, or larger/dark appearance in a mole may signal melanoma; itching/oozing/bleeding of a mole or pigmented spot. Any new skin development or changes in an existing one may be indicative of any of the types skin cancers.

Treatment of skin cancer offers a number of different options with new and promising clinical trials. Generally, four different types of treatment are utilized – surgery, chemotherapy, radiation, and biologic therapy (which uses patient's immune system to fight the cancer) Much **depends on what type of skin cancer is found, and what stage the cancer is at** – indicating how deep the cancer has spread.

Prevention and early detection are always the key to good outcomes. Screening tests for skin cancer should be done by a doctor or nurse to examine the skin for areas that need attention, and biopsy (removal and look for cancer cells) suspicious areas – recommended annually. Doing a self-examination on a regular basis is essential in the early detection of skin cancers that may occur over a lifetime of sun exposure. Prevention is your best tool. Avoiding over exposure to sunlight. Stay in the shade, by wearing clothing that covers exposed skin including hats for head and face. Wearing sunscreens with at least a SPF of 15 or higher with both UVA and UVB protection. Try to avoid or use tanning beds minimally. Tanning beds are not recommended for teens and children as they are more likely to be harmed by the UV light.

From Esther Jensen Community Health Educator – Waukesha County Public Health Division



Upcoming class schedule

Evidence Based Health Promotion Program

Stepping On (falls prevention) workshop

<p>Tuesdays, August 26th – October 7th (7 weeks)</p> <p>9 am – 11 noon</p> <p>Location: Waukesha Memorial Hospital 725 American Ave, Waukesha, WI 53188</p> <p>Contact: Pro Health Care (262) 928-1000</p> <p>Cost: Free</p>	<p>Thursdays, October 2nd – November 13th (7 weeks)</p> <p>1:30 pm – 3:30 pm</p> <p>Location: Retzer Nature Center S14W28167 Madison St, Waukesha, WI 53188 (262) 896-8007</p> <p>Contact: Lee Clay (262) 548 – 7827</p> <p>Cost: \$10 donation suggested</p>
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Living Well with Chronic Conditions

Tuesdays August 19 – September 23rd (6 weeks)

11:00 am – 2:00 pm (light lunch offered)

Location: Galilee Lutheran Church
N24W26430 Crestview Dr off Hwy G
Pewaukee, WI 53051

Contact: Lee Clay (262) 548-7827

Cost: Donation appreciated (Book deposit required)

Healthy Living with Diabetes

<p>Mondays, August 18th – September 29th (6 weeks)</p> <p>2:00 pm – 4:30 pm</p> <p>Location: Community Memorial Hospital W180 N8085 Town Hall Road Menomonee Falls, WI 53051</p> <p>Contact: Mandie Reedy (262) 257-3048</p> <p>Cost: Donation appreciated</p>	<p>Mondays, October 20th – November 24th (6 weeks)</p> <p>2:30 pm – 5:00 pm</p> <p>Location: ADRC of Waukesha County Health and Human Services Building 514 Riverview Ave Waukesha, WI 53188</p> <p>Contact: Lee Clay (262) 548 -7827</p> <p>Cost: Donation appreciated (Book deposit required)</p>
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Powerful Tools for Caregivers

Wednesdays October 1st – November 5th (6 weeks)

1:30 pm – 3:00 pm

Location: ADRC of Waukesha County
Health and Human Services Building
514 Riverview Ave
Waukesha, WI 53188

Contact: Lee Clay (262) 548 -7827

Cost: (\$25 book deposit required)

Eat Better Move More

A nine week nutrition and fitness education workshop for older adults featuring the “My Plate Nutrition Plan”. Taught by Mount Mary University Dietetic Department in partnership with Muskego Library.

Tuesdays September 16 – November 18th (no class Nov. 4th)

9:30 am – 11:30 am

Location: Muskego Public Library
S73 W16663 Janesville Road
Muskego, WI 53150

Contact: Lee Clay 262-548-7827

Cost: Equipment and supplies donation of \$15 is suggested (stipends available)



Education is the First Step: Nuggets of Knowledge for Caregivers

Aging and Disability Resource Center (ADRC)
of Waukesha County
Annual Caregiver Conference

Whether you are caring for a friend, parent, spouse, child, or you are a professional caregiver, this is a great opportunity to connect and share with people who have “walked in your shoes”.

Over 25 exhibitors from community businesses and resources will be providing valuable information to participants throughout the day.

Friday,
September 5,
2014

8:00 am to 3:15 pm

Country Springs Hotel and
Conference Center
2810 Golf Road, Pewaukee, WI
53072



Agenda for the Day

8:00-9:00 am Registration/Exhibits

9:00-9:15 am Welcome - Luann Page, ADRC Manager

9:15-10:00 am Conference Overview

Aging and Disability Resource Center, Veteran's Administration
and Alzheimer's Association

10:00-10:15 am Stretch Break/Exhibits

10:15-11:15 am Session A

Nourish Your Noggin

Judy Gunkel, Community Outreach Coordinator, Alzheimer's Association

“The Conversation”

Phyllis Menseh-Brostoff, CEO and Co-founder, Stowell Associates

11:15-11:45 am Stretch Break/Exhibits

11:45-12:30 pm Lunch

Keynote Address - Self Care: Feeding Yourself

Reverend Russell Hurst, VITAS Innovative Hospice

12:30-1:30 pm Session B

Reconnect Through Activities -Tips and Hints

Diane Baughn, Education & Training Services Manager,
Alzheimer's Association

Defining Care Options

ADRC Specialists

1:30-1:45 pm Stretch Break/Exhibits

1:45-2:45 pm Session C

Nuggets of Knowledge: Caregiver Panel

Facilitated by Jody Krainer, Vice President, New Health Services

Sexuality & Intimacy with a Loved One with Dementia

Lynda Markut, Education and Family Support Coordinator,
Alzheimer's Association

2:45-3:15 pm Inspirational Call to Action

Reverend Russell Hurst, VITAS Innovative Hospice

From past conference participants:

“I wasn't sure what to expect and
came out with more than I could
have thought.”

“I feel recharged!”

For more information or to register call the ADRC at 262-548-7848

Please complete the registration form below:

A donation of \$15 for family/professional caregivers is requested to cover workshops, luncheon, and conference materials.

Name _____

Address _____

Email (Optional) _____

City _____ State _____ Zip _____ Telephone _____

Demographic information given below is required for Grant reporting purposes:

Female Male Date of Birth _____

Race: White Black/African American American Indian/Native Alaskan Asian Native Hawaiian/Other Pacific Islander

Ethnicity: Hispanic Non-Hispanic

Is the Income of Caregiver below \$958 if single or \$1293 if a couple: Yes No

Person you are caring for: Spouse Parent Family Member Friend Employer

Date of birth for the person you are caring for: _____

Hours you are caregiving per week: Less than 10 hours 10-24 hours More than 24 hours

Medical Diagnosis of one you are caring for: _____

Where did you hear about the conference? _____

****Respite Care may be available for Waukesha County residents over the age of 60.***

*Arrangements must be made through the Aging and Disability Resource Center by **Friday, August 22nd.***

Please call (262) 548-7835 to inquire on respite availability.

Please check the sessions you wish to attend:

Session A: Nourish Your Noggin "The Conversation"

Session B: Reconnect Through Activities Defining Care Options

Session C: Caregiver Panel Sexuality & Intimacy w/Loved One with Dementia

Advance Registration Is Required

Deadline: Friday, August 29, 2014

Return Registration and Donation of \$15 with check payable to:

Aging and Disability Resource Center of Waukesha County

514 Riverview Avenue

Waukesha, WI 53188

If you have any questions, please call (262) 548-7848.

This conference was made possible through funding by the Older Americans Act Title III E

National Family Caregiver Support Program.

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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electronically, please call the
ADRC at (262) 548-7848