



A Publication of the Aging & Disability  
Resource Center - Wolf River Region

January 2024                      Serving Shawano, Oconto and Menominee Counties and the Stockbridge-Munsee Community

**All About ADRCs**  
Aging & Disability Resource Centers (ADRCs) are Here for YOU!

**What are Aging and Disability Resource Centers (ADRCs)?**

ADRCs provide Wisconsin residents with unbiased information related to aging or living with a disability. The goal is to help people maintain their independence by connecting them with the right resources!

**Whom do ADRCs serve?**

ADRCs serve older adults and people with disabilities, as well as the families, friends and caregivers who work with and care for them.

**How much do ADRC services cost?**

Information provided at ADRCs is free of charge to Wisconsin residents.

**Where can I find my local ADRC?**

ADRCs serve every county and tribe in Wisconsin. To contact the ADRC of the Wolf River Region, please call 855-492-2372.

**2024 ADRC Resource Directories Now Available**

The ADRC 2024 resource directory is now available. This directory includes information for Oconto, Menominee and Shawano counties, and the Stockbridge-Munsee Community. Resources include, but are not limited to:

- In-home care and nursing home options
- Housing resources
- Adaptive equipment
- Transportation
- Caregiver support

The goal of the ADRC is to help maintain their independence by connecting them with appropriate resources. ADRCs serve older adults and people with disabilities, as well as families, friends and caregivers who work with and care for them.

To request your copy of the 2024 resource directory, contact the ADRC at **855-492-2372** or visit our website at **www.adrcwolfriver.org** and download the PDF version.



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The ADRC is committed to providing  
unbiased services. Endorsements should  
not be implied or assumed.



## *In the Know –*

### **What Are Publicly Funded Long-Term Care Programs?**

Long-term care is any service or support that a person may need as a result of getting older or having a disability that limits their ability to do the things that are part of their daily routine. This includes things such as bathing, getting dressed, making meals, going to work, and paying bills.

Individuals interested in learning more about their options for long-term care should contact their local aging and disability resource center (ADRC) or tribal aging and disability resource specialist (ADRS), where available. ADRC and tribal ADRS services are available to everyone, whether or not they are eligible for publicly funded long-term care or other Medicaid programs. Publicly funded long-term care programs in your area include Family Care and Include, Respect, I Self-Direct (IRIS). It may take one to three months to determine eligibility and enroll into a long-term care program.

### **Steps to Enrollment:**

#### **1. Functional Eligibility**

The ADRC or tribal ADRS will visit with you to complete the Long-Term Care Functional Screen. The screen will assess your level of need for services and determine your functional eligibility for a publicly funded long-term care program.

#### **2. Financial Eligibility**

If you are a full-benefit Medicaid recipient, you will not need to complete the financial application process, but will need to answer some additional questions to ensure that you meet the financial eligibility criteria for publicly funded long-term care programs.

If you are not a current full-benefit Medicaid recipient, the ADRC or Tribal ADRS will help you contact an income maintenance agency and provide needed assistance with the application that determines your financial eligibility.

#### **3. Enrollment Counseling**

The ADRC or ADRS will contact you to share the long-term care options available to you and help you understand what it means to become a member of a publicly funded long-term care program. The ADRC or tribal ADRS will assist you with completing your enrollment or referral documents if you choose to enroll. Your enrollment or referral date will be determined during enrollment counseling. Enrollment dates cannot be backdated.

For more information or assistance regarding publicly funded long-term care programs, contact the ADRC of the Wolf River Region at 855-492-2372.







## Ask a Benefit Specialist –

### Q. What is the Medicare General Enrollment Period (GEP)?

**A.** Each year, from January 1 through March 31, the Medicare GEP provides individuals with the opportunity to sign up for Medicare Part B if they did not already enroll during their Initial Enrollment Period (IEP) or during a Part B Special Enrollment Period.

Beneficiaries who have to pay a premium for Medicare Part A are allowed to sign up for Part A during the GEP if they did not enroll during their IEP. Most people do not have to pay a premium for Part A and can enroll in it at any time after they become eligible for Medicare. Individuals who sign up for Part A or Part B during the GEP may have to pay a penalty for late enrollment.

When a person signs up for Part A or Part B during the GEP, their coverage begins the first day of the following month. So, if someone signs up for Medicare Part B in February, their coverage would start on March 1.

New in 2024, if a person has to pay a premium for Part A and they sign up for Part B during the GEP, they can also join a Medicare Part D drug plan after they sign up for Part B. They will have 2 months to join a drug plan after signing up for Part B. Their drug coverage will start the month after the plan receives their enrollment request.

If an individual already has Part A coverage and signs up for Part B for the first time during the GEP, they can also join a Medicare Advantage Plan. Their coverage will start the first day of the month after signing up for the Medicare Advantage Plan.

**Special Note:** If the GEP ends on a Saturday, Sunday, or legal holiday (and in 2024, it will end on a Sunday), Social Security will allow beneficiaries to enroll at its offices the following Monday (or first regular workday). In addition to in-person enrollment, Social Security will honor a written enrollment request, as long as it is stamped by the last day of the GEP (March 31).

### Q. What is the Medicare Advantage Open Enrollment Period (OEP)?

**A.** January 1 through March 31 is also the annual Medicare Advantage OEP. This is a time when someone who already has a Medicare Advantage Plan can switch to a different Medicare Advantage Plan, with or without drug coverage. An individual can also drop their Medicare Advantage Plan and go back to Original Medicare. If they return to Original Medicare, they can also join a Medicare Part D drug plan.

An individual can only make one change during the OEP, and any changes they make will be effective the first of the month after the plan receives their request. If a person is returning to Original Medicare and joining a separate Medicare Part D drug plan, they do not have to contact their Medicare Advantage Plan to disenroll.

The disenrollment will happen automatically when they join the drug plan.

**Note that certain actions cannot be taken during OEP.** These actions include:

- An individual who does not already have a Medicare Advantage Plan on January 1 is not allowed to enroll in one for the first time during OEP. So, for example, a person with Original Medicare cannot switch to a Medicare Advantage Plan during the OEP.
- Individuals with special types of Medicare plans, such as Medicare Savings Accounts, cost plans or Programs of All-Inclusive Care for the

**MEDICARE HEALTH INSURANCE**

Name/Nombre  
**JOHN L SMITH**

Medicare Number/Numero de Medicare  
**1EG4-TE5-MK72**

Entitled to/Con derecho a  
**HOSPITAL (PART A)**  
**MEDICAL (PART B)**

Coverage starts/Cobertura empieza  
**03-01-2024**  
**03-01-2024**

Elderly (PACE), cannot make changes, including dropping their plan or switching to a different plan, during the OEP.

- Individuals with Original Medicare cannot join a separate Medicare drug plan during OEP.
- Persons with a stand-alone Medicare prescription drug plan cannot switch or drop their Part D plan during OEP.

**For more information, please contact the ADRC of the Wolf River Region at 855-492-2372.**

# DEMENTIA Live®

## A Deeper Insight into What It's Like to Live with Cognitive Impairment & Sensory Change

### Come and experience Dementia Live®!

It is a 30-minute session that allows you to experience what it is like to live with dementia. It will provide you with a deeper appreciation of cognitive impairments and sensory deprivation. By participating in this simulation experience, you will be given ideas to use in your own home and/or work environment to improve communication

and interactions with others. It is perfect for family members, caregivers, and any business that provides customer service in order to create a dementia friendly environment. Contact the ADRC for more information or to schedule a time by calling our Dementia Care Specialists at 855-492-2372.



*Leadership Oconto County members participate in a Dementia Live® session that simulates cognitive impairments and sensory deprivation often experienced by those living with dementia.*

## Review Your Social Security Benefits –

Cost of Living Adjustments (COLA) should now be reflected for the current year!

### What is a COLA?

Legislation enacted in 1973 provides for cost-of-living adjustments, or COLAs. With COLAs, Social Security and Supplemental Security Income (SSI) benefits keep pace with inflation.

### Latest COLA

The latest COLA is 3.2 percent for Social Security benefits and SSI payments. Social Security benefits will increase by 3.2 percent beginning with the December 2023 benefits, which are payable in January 2024. Federal SSI payment levels will also increase by 3.2 percent effective for payments made for January 2024. Because the normal SSI payment date is the first of the month and January 1 is a holiday, the SSI payments for January are always made at the end of the previous December.





# How to Prevent Falls This Winter!

Whether or not we want to admit it, snow and ice is here to stay! Take some time to prepare so you can prevent falls and have a safe and healthy winter. Here are some things you can do to maximize safety and minimize injury:

- 1. Have a Plan**  
When it snows, is there someone who will come over and shovel or plow for you? Be sure to purchase salt ahead of time and use it as needed.
- 2. Use Assistive Devices**  
There are many things you can use for extra stability. Attach an ice tip to your cane or add ice cleats to your shoes and boots. These things can be purchased online or at local sporting goods stores.
- 3. Improve Safety in Your Home**  
You may spend more time indoors during the winter. As most falls happen at home, take some time to check on potential fall hazards in your home.

- 4. Go Slowly**  
When out and about, take extra care. Ice may not always be visible. When walking, take smaller steps and widen your stance (keep your feet further apart).
- 5. Keep Your Bones Strong**  
Talk to your provider about your Vitamin D intake. It can be difficult to get enough Vitamin D in the winter. Your provider can check your levels and help you get the recommended amount.
- 6. Carry a Cell Phone**  
Additionally, always keep your cell phone on you in case of an emergency. Being prepared is key to preventing falls this winter.



## Wisconsin Home Energy Assistance Program

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

### Heating Assistance

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of the heating costs, but the payment is not intended to cover the entire cost of heating a residence.

The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases, the energy assistance benefit is paid directly to the household energy supplier.

### Electric Assistance

Your household may be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits. Wisconsin's Public Benefits non-heating electric assistance is a one-time benefit payment during the heating season (October 1-May 15). The funding pays a portion of the household's non-heating electrical costs, but the payment is not intended to cover the entire cost of the non-heating costs.

The amount of the non-heating assistance benefit varies depending on a variety of factors, including the household's size, income, and non-heating costs. In most cases, the non-heating assistance benefit is paid directly to the household energy supplier.

Apply for WHEAP benefits online at [www.energybenefit.wi.gov](http://www.energybenefit.wi.gov) or, to complete a phone application, call the WHEAP statewide Customer Care Center at **1-800-506-5596**.

Stockbridge-Munsee Tribal members should call 715-793-5632 if their last name is A-Ma or 715-793-4862 if their last name is Mb-Z.

### INCOME GUIDELINES FOR THE 2023-2024 HOME ENERGY PLUS PROGRAM YEAR

HOUSEHOLD SIZE	MONTHLY INCOME	ANNUAL INCOME
1	\$2,820.67	\$33,848
2	\$3,688.58	\$44,263
3	\$4,556.50	\$54,678
4	\$5,424.50	\$65,094
5	\$6,292.42	\$75,509
6	\$7,160.33	\$85,924
7	\$7,323.00	\$87,876
8	\$7,485.75	\$89,829

# Dementia Care Specialist Program

Our Dementia Care Specialists support people with dementia and their caregivers in order to ensure the highest quality of life possible.

## Support for Individuals with Dementia

Dementia is a set of symptoms resulting from disease, such as Alzheimer’s, or other conditions such as stroke, that damage the brain and interfere with a person’s ability to carry out daily activities.

- **Boost Your Brain** – The 8-session course aims to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.
- **Cognitive Screening** – Worried about your memory? A cognitive screen is a brief evaluation of memory, judgment and the ability to understand visual information. Contact the ADRC to schedule a free evaluation.
- **Dementia/Caregiver Comfort Bags** – Comfort bags are available to families living with dementia and include comfort activities for both the person with dementia and caregiver.
- **Independence** – Dementia Care Specialists can help connect you with all of the opportunities available in your community to keep you active and involved.
- **Music & Memory** – Designed to help people with Alzheimer’s and related dementia find renewed meaning and connection in their lives through the gift of personalized music.
- **Time Slips** – Time Slips supports a global movement to bring meaning to life through creative engagement.

## Support for Family Caregivers

A Family Caregiver is anyone providing physical, emotional, financial or other types of assistance to a family member or friend, who has a chronic disease or other condition, requiring ongoing car and attention.

- **Assistance with Care Planning** – Dementia Care Specialists can help to address your current situation and plan for the future, including advance care plans and connections to legal and financial planning experts.
- **Connections to Support Groups and Other Programs** – Dementia Care Specialists are knowledgeable about all of the opportunities and resources available in your community and can help you find information and make connections.
- **Describe, Investigate, Create, Evaluate (D.I.C.E)** – The DICE approach provides caregivers with strategies to help them understand and respond to a variety of situations that occur when caring for a person living with dementia.

## Support for Our Community

A collaboration with businesses and organizations to build dementia friendly communities and to improve the experiences people with dementia have in the community, when doing everyday tasks.

For more support or information about the Dementia Care Specialist Program, please contact Johanna or Ericka at the ADRC of the Wolf River Region at 855-492-2372.

*See page 7 for a list of upcoming Dementia Care Specialist Program Events!*





# Upcoming Events for the Dementia Care Specialist Program

## SUPPORT GROUPS

### Caregiver Support Group

Meets the 4th Wednesday of the month from 1:00-2:00pm at Beans and Books Coffee Shop on Main Street in Shawano.

### Parkinson's and Memory Changes Support Group

Meets the second Tuesday of the month from 10:00-11:00am at the Shawano Municipal Building.

## MEMORY CAFÉS

### Shawano Memory Café

Tuesday 2/13/2024 from 1:00-2:00pm at the Shawano Civic Center. Join us to create some Valentine's Day art, watch a Valentine's Day classic film and enjoy a hot chocolate bar! Register by calling 855-492-2372.

### Keshena Memory Café

Wednesday 2/14/2024 from 1:00-2:00pm at the Omaeqnomenewak Wetohkatikamek Center in Keshena. Join us to create some Valentine's Day art, watch a Valentine's Day classic film and enjoy a hot chocolate bar! Register by calling 855-492-2372.

### Oconto Memory Café

Tuesday 2/20/2024, 1:00-2:00pm at the Bond Center in Oconto. Join us to create some Valentine's Day art, watch a Valentine's Day classic film and enjoy a hot chocolate bar!

### Regional Memory Café

Packers Hall of Fame. Tuesday 3/12/2024 at 1:00pm. Transportation will be available from the Tigerton Senior Center and the Shawano Civic Center. Registration is required. Please call 855-492-2372 to register.

### Shawano Memory Café

Tuesday 4/9/2024 1:00-2:00pm at the Shawano Civic Center. April Showers Bring May Flowers!! We will be starting some flowers from seed and painting clay pots to take home to watch your flowers grow! Register by calling 855-492-2372.

### Keshena Memory Café

Wednesday 4/10/2024 from 1:00-2:00pm at the Omaeqnomenewak Wetohkatikamek Center in Keshena. April Showers Bring May Flowers!! We will be starting some flowers from seed and painting clay pots to take home to watch your flowers grow! Register by calling 855-492-2372.

### Oconto Memory Café

Tuesday 4/16/2024, 1:00-2:00pm at the Bond Center in Oconto. April Showers Bring May Flowers!! We will be starting some flowers from seed and painting clay pots to take home to watch your flowers grow! Register by calling 855-492-2372.

### Regional Memory Café

The Green Bay Automobile Gallery. Tuesday 5/14/2024 at 1pm. Transportation will be available from the Tigerton Senior Center and the Shawano Civic Center. Please call 855-492-2372 to register.

## BRAIN CHECKUPS

### Menominee County

Friday 2/16/2024, 8:00-11:00am at the Menominee County Human Services Building. Please call 855-492-2372 to reserve a time slot.

### Farnsworth Public Library in Oconto

Tuesday 3/13/2024 from 8:00-11:00am. Please call 855-492-2372 to reserve a time slot.

## LUNCH AND LEARN – Alzheimer's Education Series

No one should have to face Alzheimer's or dementia alone. This free education series will help you navigate the challenges of living with or caring for someone with dementia.

### Understanding Alzheimer's and Dementia

Thursday 2/21/2024, 11:30am-1:00pm at the Shawano County Human Services building. Register by calling 855-492-2372.

### Healthy Living for Your Brain and Body

Thursday 3/21/2024, 11:30am-1:00pm at the Shawano County Human Services building. Register by calling 855-492-2372.



# Enjoy this Month's Recipe!

## Baked Oatmeal with Banana, Raisins & Walnuts

### Ingredients

- 2 cups rolled oats
- 2 cups reduced-fat milk
- ⅓ cup walnuts, chopped
- ¾ cup low-fat plain yogurt
- 1 ½ teaspoons ground cinnamon
- ⅓ cup raisins
- ½ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon ground allspice
- 2 tablespoons canola oil
- ¼ cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 large banana, halved lengthwise and sliced



### Directions

1. Preheat oven to 375°F. Coat an 8-inch-square baking dish with cooking spray.
2. Mix oats, walnuts, cinnamon, baking powder, salt and allspice in a large bowl. Combine milk, yogurt, oil, brown sugar and vanilla in a medium bowl. Add the milk mixture to the dry ingredients; stir until completely incorporated. Stir in bananas and raisins. Pour the mixture into the prepared baking dish.
3. Bake in an 8 x 8 square baking dish until golden on top and firm to the touch, 45 to 50 minutes.

# Enjoy this Month's Word Search!

## Wisconsin Winter

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

- Silver Sneakers
- Snowman
- Shovel
- Boots
- Hot Chocolate
- Reading
- Movies
- Fireplace
- Sweater
- ADRC
- Ice
- Chili



## Aging and Disability Resource Center - Wolf River Region 855-492-ADRC (2372)

**Shawano County**  
W7327 Anderson Ave. | Shawano, WI

**Menominee County**  
W3272 Wolf River Rd. | Keshena, WI

**Oconto County**  
229 Van Buren St. | Oconto Falls, WI

**Stockbridge-Munsee Community**  
N8651 Maplewood St. | Bowler, WI