



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

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

## Older Americans Month 2024

A Celebration each May to Encourage and Recognize the Countless Contributions Older Adults Make to Our Communities

Every May, the Administration for Community Living leads the nation's observance of **Older Americans Month (OAM)**. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

OAM gives us all an opportunity to acknowledge and explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others – following are some ideas:

- Share facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.



- Connect older adults with local services, such as transportation, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage partners to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- Inspire older adults to share what connection means to them on social media using the hashtag #PoweredByConnection.

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## ALZHEIMER'S AWARENESS WALK!

The ADRC, in partnership with the Alzheimer's Association, is hosting this awareness event for our Community. There is a 1- or 2-mile walk option.

# SAVE THE DATE

**June 21, 2024 • Franklin Park, Shawano**

Registration begins at 9:00am and the walk begins at 10:00am.  
Call the ADRC at 855-492-2372 to register for this free event.  
*Registration is not required, though appreciated!*



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



## What is SeniorCare?

SeniorCare is a program for Wisconsin residents who are 65 or older and need help paying for medicine. The program helps seniors pay for prescription drugs and vaccines.



You can apply for SeniorCare the month you turn 65, or at any time after. Coverage begins the month after you apply. Your annual income determines how much of your prescription drug costs SeniorCare will cover. The amounts are based on federal guidelines, which change each year. The SeniorCare annual income limits and coverage information, along with applications, are

available online (<https://www.dhs.wisconsin.gov/seniorcare/index.htm>). Applications can also be picked up at your local ADRC office.

Once your application is complete, mail the application and the \$30 application fee to:

SeniorCare | PO Box 6710 | Madison, WI 53716-0710

If you have questions, contact SeniorCare Customer Service at 800-657-2038.

You'll need to complete a renewal process each year to stay enrolled in SeniorCare. About six weeks before your current benefits end, you will receive a packet with instructions for renewing in the mail. If you do not receive a packet, you can download a new application form, fill it out, and send it in with the \$30 annual fee to initiate your renewal.

For more information about the SeniorCare program, reach out to the ADRC of the Wolf River Region at 1-855-492-2372.

*Article information provided by: Wisconsin Department of Health Services*



## Think Spring

### Prep for Gardening as Nature Awakens from Winter Slumber

Spring is the perfect time to reconnect with the earth and indulge in the therapeutic art of gardening.

In this article, you will find some ideas for getting started, along with laying the groundwork for later-season gardening, as well.

- Start by preparing your garden beds, loosening the soil and mixing in compost to enrich its fertility.
- Embrace the season's spirit by planting bright, cheerful flowers such as daffodils, tulips, and pansies to add pops of color to your garden beds.

- Don't forget to prune back any dead or overgrown branches from shrubs and trees to encourage healthy growth.
- Get your hands dirty by starting a compost pile with kitchen scraps and yard waste, turning them into nutrient-rich soil for your plants.
- And as you dig into the soil, take a moment to appreciate the beauty of nature awakening from its winter slumber.

With these "think spring, get your hands dirty" garden tips, you'll cultivate a space that's not only beautiful but also nourishing for the soul.



## Ask a Benefit Specialist –

### Q. Which ADRC Benefit Specialist is Right for Me?

**A.** The ADRC has Benefit Specialists here to help YOU!  
There are two types of Benefit Specialists – the one that's right for you is determined by your age. Read on to learn more.

#### Disability Benefit Specialist

A Disability Benefit Specialist (DBS) can provide information about services to people ages 18-59 with physical disabilities, developmental/intellectual disabilities, mental illness and substance use disorders. They can also assist with Medicaid, Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Medicare, Medicare Part D, Prescription Drug Assistance, FoodShare, Insurance Issues and much more!

#### Elder Benefit Specialist

An Elder Benefit Specialist (EBS) can help older adults, age 60 and over, figure out what benefits they are entitled to and what steps must be completed to receive them. The EBS can assist with Medicare, Social Security, Medical Assistance, Housing, FoodShare, Social Security Disability (SSDI), Long Term Care and much more!

**Contact the ADRC at 855-492-2372 to get connected!**

## How to Avoid a Scam

### Tips for Protecting Yourself from Social Security Scams

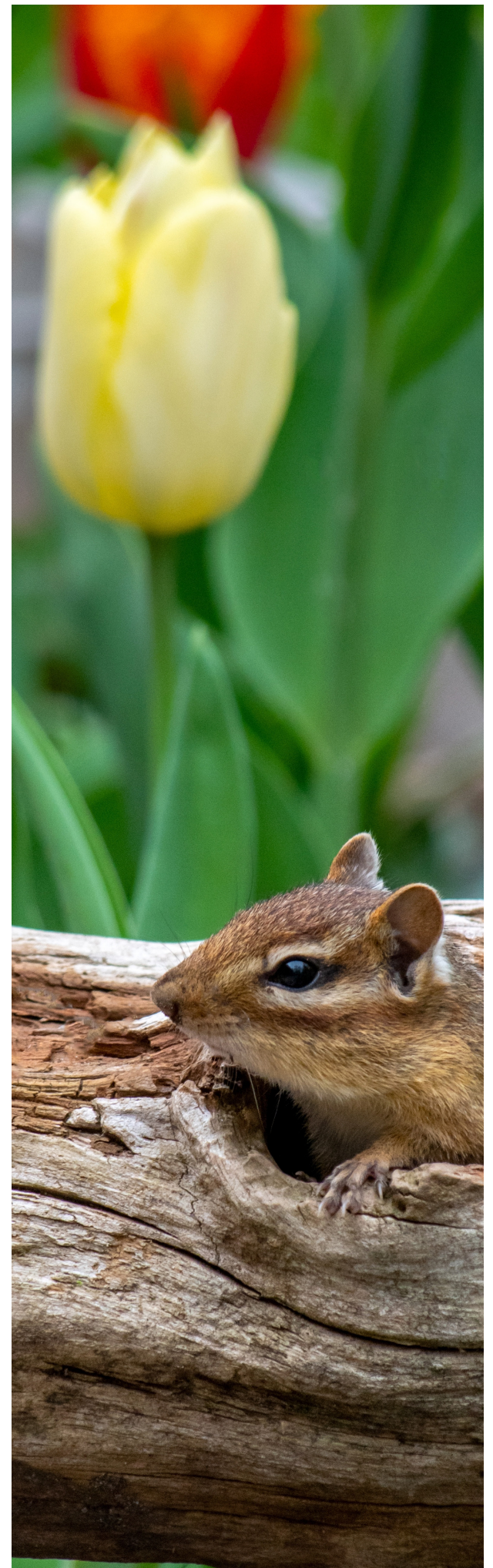
Protect yourself, friends, and family –

If you receive a suspicious call, text, email, social media message, or letter from someone claiming to be from Social Security:

- 1. Remain calm.** If you receive a communication that causes a strong emotional response, take a deep breath. Talk to someone you trust.
- 2. Hang up or ignore the message.** Do not click on links or attachments.
- 3. Protect your money.** Scammers will insist that you pay with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
- 4. Protect your personal information.** Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize, even if the caller has some of your personal information.
- 5. Spread the word** to protect your community from scammers.
- 6. Report the scam** to the Office of the Inspector General at [oig.ssa.gov/report](https://oig.ssa.gov/report).

Learn more about signs of a scam, known tactics scammers use, what to do if you were scammed, and more by visiting our website at [www.ssa.gov/scam](https://www.ssa.gov/scam).

*Article content by Social Security Administration*



# Youth Transition — What's Next

## Information and Assistance for Young Adults with Disabilities

Completing high school is a very important time for all students. This is especially true for students with disabilities as they transition into adult life.

What options and supports are available after high school? How do students plan for employment, independent living, and postsecondary education? These important questions are part of the transition planning process.

Transition is a time when high school ends and adult life begins. If you already have an idea of what you would like to do, great! Now is your time to explore those ideas and learn how to accomplish your goals.

If you aren't sure what you want to do, transition planning may help you with the decision-making process. Beginning to plan early may be helpful and make the process go more smoothly.

The Aging & Disability Resource Center (ADRC) offers a single-entry point for information and assistance for young adults with disabilities regardless of income. As early as when a student turns 17.5 years old, families can contact the ADRC to request an options counseling meeting.

Topics that may be discussed include:

- Transition process from Children to Adult Services

- Disability benefits such as SSI (Supplemental Security Income) and Medicaid
- Prevocational and vocational services
- Advanced decision-making options (Supported Decision-Making, Powers of Attorney, Guardianship)
- Eligibility determination for publicly funded long-term care programs (Family Care, Family Care Partnership, IRIS)

Contact the ADRC for more information on transition services by calling us toll-free at 1-855-492-2372.



**Call New View today!**

**OUR MY GOAL**

New View's aim is to provide outstanding vocational training and life enrichment as well as therapeutic support to enable participants to discover their best life!

- Employment & Vocational Training** at New View Industries is tailored to adults with disabilities or other barriers to community employment.
- Day Services** are designed to assist with increasing or maintaining skills, achieve goals, and have a meaningful day through positive interaction and community involvement.
- Community Employment** opportunities are offered to individuals with any disability. New View is a provider for Wisconsin's Department of Vocational Rehabilitation program (DVR).

920.855.2128 • [nvindustries.org](http://nvindustries.org)  
222 W. Park St., Gillett, WI

Discover YOU with New View!




**ACCEPTING REFERRALS**

# Lakeland Industries

*- A Community Rehabilitation Program -*  
W7327 Anderson Ave, Shawano

We serve individuals with intellectual/developmental disabilities and/or chronic mental health by promoting healthy living, work experiences and community integration.

### ADULT DAY SERVICES

(18 years and older)

**FOCUSES ON:**

- mobility
- social advancement
- emotional evolution
- personal development
- communication
- community access

**PROVIDES ACTIVITIES THAT ARE:**

- meaningful
- routine
- scheduled
- inside & outside our facility
- based on their needs
- achieve desired outcomes

### PREVOCATIONAL SERVICES

(25 years and older)

**PROVIDES:**

- opportunities inside & outside our facility
- prevocational training

**SERVICES & ACTIVITIES:**

- promoting community integration
- highlighting community employment
- that are personalized

Services are offered Monday through Thursday hours range from 7:45 am to 3:30 pm  
**For more information contact Amy Neumann at 715-524-6857**

Lakeland Industries is a non-profit organization that is a division of Shawano County Department of Human Services.

## Out and About — Stockbridge-Munsee Memory Café in Kaukauna

The Stockbridge-Munsee Memory Program group went on their first 2024 Memory Café trip on Monday, February 12, to the Kaukauna Library. The group was invited to join a Memory Café that was hosted by Susan McFadden, Professor Emerita of Psychology, author of seven books and co-founder of the Fox Valley Memory Project.

The Kaukauna Library used to actually be the old Thilmany paper mill that was created in 1889, and one of our elders who joined us on our trip used to work at the mill years ago as one of the machine operators. It was just seven years ago that the city of Kaukauna decided to turn the shut-down structure into their public library and was able to restore and keep a lot of the mill's originality.

If you or someone you know is living with memory loss or any type of Dementia (Alzheimer's) and would like to join the program, please contact Briana Terrio at 715-793-3035.

To learn about the Fox Valley Memory Project, visit their website at [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)



## Out and About — February Memory Café in Keshena



Families had a wonderfully festive afternoon of watching a timeless movie together and making memories while enjoying sweet treats at our February Memory Café in Keshena.

## Upcoming Medicare Basics Classes: "Welcome to Medicare Parts A, B, C, & D"

Want to learn more about Medicare basics and other Medicare options? Please join us at one of the following locations/dates:

**College of Menominee  
Nation Culture Building**  
N172 Hwy 47/55  
Keshena, WI 54135

- **Tuesday, July 16**  
10:00 am - noon

**RSVP Required -**  
Call 855-492-2372

**ADRC Office  
Oconto Falls**  
229 Van Buren St.  
Oconto Falls, WI 54154

- **Thursday, May 23**  
9:00 am - 11:00 am
- **Thursday, July 25**  
5:00 pm - 7:00 pm

**RSVP Preferred -**  
Call 855-492-2372

**NorthLakes  
Community Clinic**  
15397 WI-32  
Lakewood, WI 54138

- **Wednesday, May 8**  
9:00 am - 11:00 am

**RSVP Preferred -**  
Call 855-492-2372

**Oconto County  
Commission on Aging**  
1210 Main St.  
Oconto, WI 54153

- **Wednesday, June 26**  
9:00 am - 11:00 am

**RSVP Preferred -**  
Call 855-492-2372

**Shawano County  
Human Services, Room 115**  
W7327 Anderson Ave.  
Shawano, WI 54166

- **Wednesday, May 1**  
1:30 pm - 3:30 pm
- **Tuesday, June 18**  
9:30 am - 11:30 am
- **Wednesday, July 24**  
5:30 pm - 7:30 pm

**RSVP Required -**  
Call 855-492-2372

**Wittenberg  
Community Center**  
208 W. Vinal St.  
Wittenberg, WI 54499

- **Wednesday, May 15**  
1:30 pm - 3:30 pm

**RSVP Required -**  
Call 855-492-2372

# June is National Alzheimer's Awareness Month!

As June rolls in, so does a crucial opportunity to raise awareness about Alzheimer's disease, a progressive neurological disorder that affects millions of individuals worldwide. Designated as National Alzheimer's Awareness Month, June serves as a platform to educate, advocate, and support those impacted by this debilitating condition.

## Understanding Alzheimer's Disease:

Alzheimer's disease is the most common form of dementia, characterized by memory loss, cognitive decline, and changes in behavior and personality. It gradually impairs an individual's ability to carry out daily tasks and eventually leads to the loss of independence. While the exact cause of Alzheimer's remains unknown, researchers believe a combination of genetic, environmental, and lifestyle factors contributes to its development.

## The Importance of Awareness:

National Alzheimer's Awareness Month aims to shine a spotlight on the impact of Alzheimer's disease on individuals, families, and communities. By raising awareness, we can foster understanding, empathy, and support for those affected by the disease. Additionally, increased awareness can promote early detection, access to resources, and advancements in research toward effective treatments and, ultimately, a cure.

alzheimer's  association®

For more information and resources regarding Alzheimer's disease and Dementia in general, contact the ADRC at 855-492-2372.

## Taking Action:

There are several ways individuals and communities can participate in National Alzheimer's Awareness Month:

- 1. Educate Yourself:** Learn about Alzheimer's disease, its symptoms, risk factors, and available treatments. Understanding the disease is the first step toward promoting awareness and supporting those affected.
- 2. Spread Awareness:** Share information about Alzheimer's disease through social media, community events, and educational workshops. Encourage open conversations about dementia to reduce stigma and increase support for individuals living with the condition.
- 3. Support Caregivers:** Caregivers play a crucial role in supporting individuals living with Alzheimer's disease. Offer your assistance, lend a listening ear, and provide respite care to caregivers who may be feeling overwhelmed or isolated.
- 4. Get Involved:** Participate in fundraising events, advocacy campaigns, and research initiatives dedicated to Alzheimer's disease. Your contributions can make a meaningful difference in advancing research efforts and improving the quality of life for those affected by the disease.



# Upcoming Events for the Dementia Care Specialist Program

## SUPPORT GROUPS

### Caregiver Support Group

This support group is designed to help caregivers share stories, learn tips and interact with others who are in similar situations. Meetings are held at a number of locations, as follows:

- **Bond Center in Oconto**  
1st Monday of the month, 10:00-11:00am
- **Gillett Community Center**  
1st Monday of the month, 2:00-3:00pm
- **Lakewood Public Library**  
1st Wednesday of the month, 2:00-3:00pm
- **Bonduel Village Town Hall**  
4th Tuesday of the month, 2:00-3:00pm
- **Tigerton Senior Center**  
4th Wednesday of the month, 10:00-11:00am
- **Beans & Books Coffee Shop in Shawano on Main St.**  
4th Wednesday of each month, 1:00-2:00pm

## SPECIAL EVENTS

### Alzheimer's Awareness Walk — Free Public Event

The ADRC is hosting an Alzheimer's Awareness Walk on Friday, June 21, at Franklin Park in Shawano. **Registration begins at 9:00am; Walk begins at 10:00am.** There is a 1 or 2 mile walk option. Register by calling the ADRC at 855-492-2372. *Registration is not required, though appreciated!*

## MEMORY CAFÉS

The Memory Cafés provide an innovative form of social engagement for people living with dementia, cognitive decline or other memory loss. This event is intended to be enjoyed by those with memory loss as well as their caregivers, family and friends.

### Shawano Memory Café

2nd Tuesday of the Month, 1:00-2:30pm; locations rotate monthly. For more information, contact the ADRC at 855-492-2372.

### Keshena Memory Café

2nd Tuesday of the Month, 1:00-2:30pm; locations rotate monthly. For more information, contact the ADRC at 855-492-2372.

### Oconto Memory Café

3rd Tuesday of the Month, 1:00-2:30pm; locations rotate monthly. For more information, contact the ADRC at 855-492-2372.

### Regional Memory Café — May

Green Bay Automobile Gallery. Tuesday 5/14/2024 at 1:00pm. Limited transportation available. Please call for details! Registration is required by May 10. Please contact the ADRC at 855-492-2372 to register.

### Regional Memory Café — June

Oneida Museum in Green Bay. Tuesday 6/11/2024 at 1:00pm. Limited transportation available. Please call for details! Registration is required by June 5. Please contact the ADRC at 855-492-2372 to register.

*continues next column...*

### Regional Memory Café — July

Green Bay Botanical Gardens. Tuesday 7/9/2024 at 1:00pm. Limited transportation available. Please call for details! Registration is required by July 3. Please contact the ADRC at 855-492-2372 to register.

## BOOST YOUR BRAIN

Fridays, April 5 through May 24, 9:00-10:30am

Location: Gillett at the Community Center

**This free, 8-week class** is an evidence-based class where you will learn how to implement new habits to maintain your cognitive health and enhance memory performance. For more information, contact the ADRC at 855-492-2372.

## 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.

### Effective Communications Strategies

The ADRC is offering this free class that will discuss different communication strategies when caring for a loved one with dementia. Thursday 5/16/2024, 11:30am-1:00pm at the Shawano County Human Services building, room 115. Register by calling the ADRC at 855-492-2372.

### Understanding & Responding to Dementia Related Behavior

The ADRC is offering this free class that will discuss behaviors that may happen when your loved one has been diagnosed with dementia. Thursday 6/20/2024, 11:30am-1:00pm at the Shawano County Human Services building, room 115. Register by calling the ADRC at 855-492-2372.



## Enjoy this Month's Recipe!



### Fruit Smoothie *(Serves 1)*

#### Ingredients

- 1/2 cup water
- 1 cup frozen fruit *(any frozen fruit will work great)*
- 1/2 cup yogurt *(regular or Greek)*
- 1 cup ice *(or to preference)*

#### Directions

1. Place the water in the blender
2. Then add frozen fruit and yogurt
3. Place lid on blender and blend for a few minutes until it is smooth
4. Add the ice into the blender 1/2-cup at a time and blend between each addition until the smoothie is the consistency you prefer
5. Serve immediately and enjoy!

## Enjoy this Month's Word Search!

### Spring is in the Air

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

Green Grass  
 Flowers  
 Renew  
 Fresh  
 Mosquitoes  
 Walking  
 Robin  
 Thaw  
 Awakening  
 Bicycle  
 Bubbles  
 Bunny  
 Bees  
 Kite



### 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