



AGING & DISABILITY RESOURCE CENTER

SPECIAL INTEREST ARTICLES!

ADRC Upcoming Classes - pg 8

Are You Interested in Receiving the COVID-19 Vaccine in Your Home?- pg 11

Senior Farmers' Market Vouchers - pg 13

Beat the Heat This Summer, Cooling Sites Available in Washington County - pgs 15-16

INSIDE THIS ISSUE...

- 2-3 Elder Benefit Specialist's Corner
- 4-5 Disability Benefit Specialist's Corner
- 6-7 Caregiver's Corner
- 10 Transitional Resource Services Corner
- 12 Nutrition, Health & Wellness Corner
- 14 ADRC Corner

Do you have questions about Medicare?
See Page 9



WE ARE STILL HERE TO HELP

The Aging & Disability Resource Center (ADRC) is the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability.

Although things looked a little different this past year, the ADRC of Washington County has continued to provide the same level of services. We are back to providing our services via walk-in. However, if you feel more comfortable we can also work with you over the phone, email or any other electronic means that is available. We also still have a drop box located outside of the Public Agency Center to collect documents, if needed or can arrange for a socially distanced pick up or drop off of documents if you prefer.

We will do our best to meet your needs and help you along the way while maintaining safety precautions to help everyone feel safe and stay healthy.

ELDER BENEFIT SPECIALIST'S CORNER

WHAT COVID FRAUD AND SCAMS SHOULD I KNOW ABOUT? - JENNIFER FECHTER

Unfortunately, there are scammers who will take advantage of the current COVID situation and try to trick you out of your money and personal information. Don't be fooled!

No government agency will contact you offering COVID-19-related grants or economic impact payments in exchange for personal financial information, an advance fee, or gift cards. Please do not respond. These are scams. Visit the Treasury's website at <https://home.treasury.gov> if you suspect economic impact payment fraud.

Below are some of the scams we know about, but there can be many variations:

The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19-related office closures. We will not suspend or discontinue benefits because our offices are closed to walk-in visitors.

The U.S. Department of Health and Human Services (HHS) Office of Inspector General is alerting the public about fraud schemes related to COVID-19. For example, scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate.

The Federal Trade Commission (FTC) is alerting



people about various COVID-19-related fraud and scams. Scammers are increasing their efforts to swindle people out of their money and personal information. These scams can include contracting, treatment, vaccines, government imposter scams, and fraud related to economic impact payments.

Getting vaccinated is very important. As more people are eligible to get vaccinated, scammers see new opportunities to trick you. The FTC and the National Association of Attorneys General are teaming up to remind you that no matter what anyone tells you, you cannot buy COVID-19 vaccines online and there's no out-of-pocket cost to get the shots. **COVID-19 vaccines are free.** The FTC website (www.consumer.ftc.gov) lists some ways to avoid vaccine-related scams. If you know about a COVID-19 vaccine scam, tell the FTC about it at <https://reportfraud.ftc.gov>. You can also file a complaint with your state or territory attorney general through their website www.consumerresources.org/file-a-complaint/. Source: ssa.gov

FEMA ASSISTANCE FOR FUNERALS FOR COVID DEATHS

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. FEMA will begin to implement COVID-19 funeral assistance in April.

Additional guidance is being finalized and will be released to potential applicants and community partners as soon as possible. In the meantime, people who have COVID-19 funeral expenses are encouraged to keep and gather documentation.

FEMA will begin accepting applications for Funeral Assistance on **Monday, April 12, 2021 through their dedicated call center.**

To be eligible for funeral assistance, a person must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia. (Continued Next Page)
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

If you had COVID-19 funeral expenses, please keep and gather documentation. Types of information should include:

(Continued on Next Page)

ELDER BENEFIT SPECIALIST'S CORNER (CONTINUED)

- **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- **Funeral expenses documents** (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
- **Proof of funds received from other sources** specifically for use toward funeral costs. FEMA will not duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies or other sources.

People who are eligible for funeral assistance will receive a check by mail, or funds by direct deposit, depending on which option is chosen upon application for assistance.

The COVID-19 Funeral Assistance Line number is 844-684-6333. (TTY 800-462-7585).

FEMA's Funeral Assistance Program has controls in place to mitigate fraudulent activity. **FEMA will not contact anyone until they have called FEMA or have applied for assistance.** Do not disclose information such as the name, birth date or social security number of any deceased family member to any unsolicited telephone calls or e-mails from anyone claiming to be a federal employee or from FEMA.

Fraud Alert:

FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. **FEMA has not sent any such notifications and will not contact people prior to them registering for assistance.**

If you doubt a FEMA representative is legitimate, hang up and report it to the FEMA Helpline at **800-621-3362** or the **National Center for Fraud Hotline at 866-720-5721**. Complaints also may be made by contacting local law enforcement agencies.

3



Care Wisconsin Medicare Dual Advantage

\$0 premium | \$0 deductible


Medicare Dual Advantage is a 5-Star Rated Medicare Plan.
Care Wisconsin offers a plan in your area.

Doctor Visits | Hospital Stays | Prescription Drugs
+Extra Benefits like Personal Care Items Catalog and \$150 for Eyeglasses and Contacts

Call 1(800)963-0035 or visit carewisc.org (TTY WI Relay 711)

Every year, Medicare evaluates plans based on a 5-star rating system. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. If you need help in another language, please let us know. Call 1(800)963-0035 (TTY WI Relay 711) for more information.

H5209-2019Ad-M Accepted 2/1/2019



Jackson Crossings

Assisted Living | Memory Care

N168 W22022 Main St., Jackson, WI 53037 262-993-2838
www.fivestarseniorliving.com/communities/wi/jackson/jackson-crossings



My Choice Wisconsin
is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

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

DHS Approved 4/22/2021

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

 **CALL 800.950.9952**



For ad info. call 1-800-950-9952 • www.lpiconmunities.com

Aging & Disability Resource Center, West Bend, WI

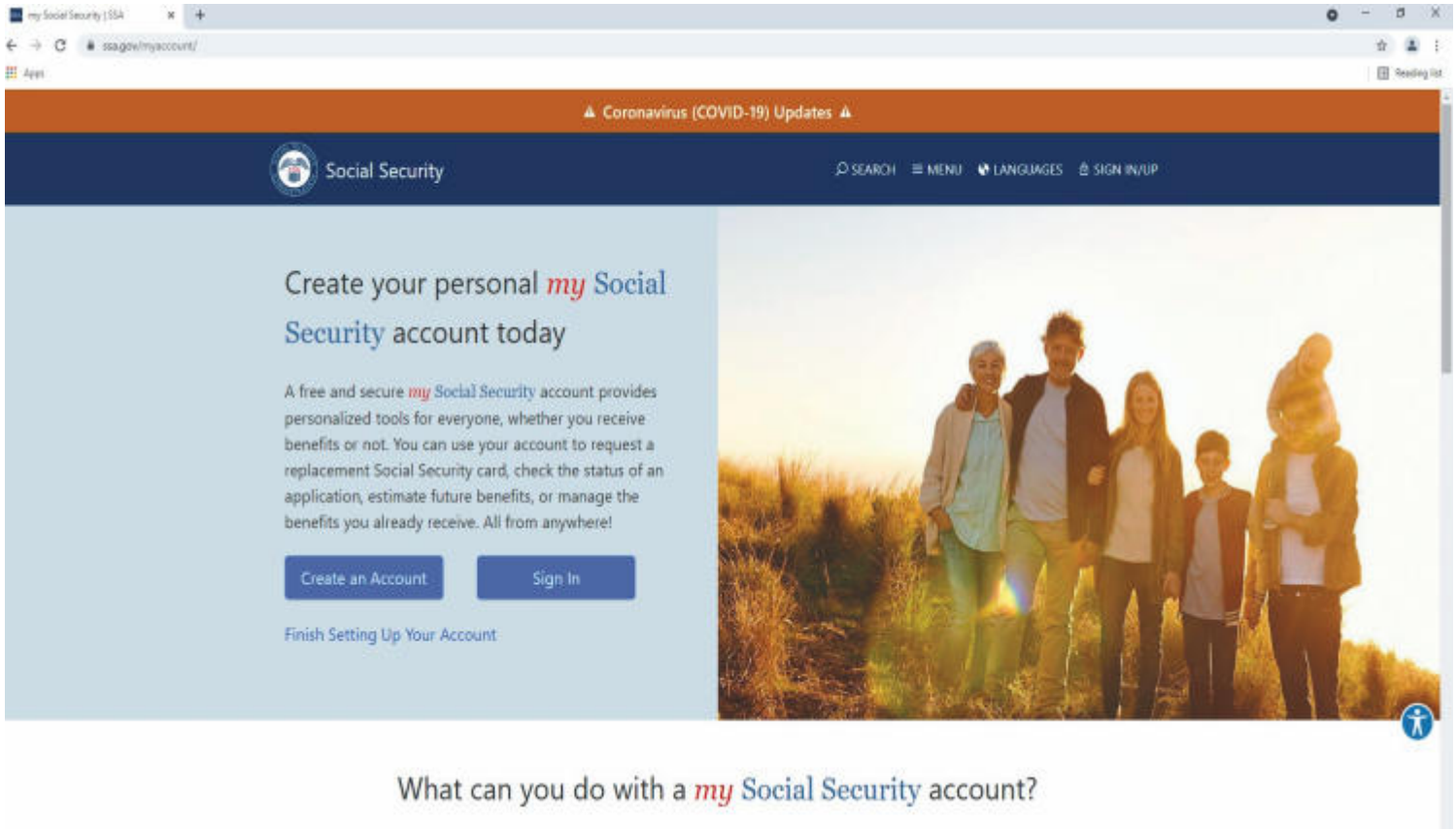
A 4C 01-1457

DISABILITY BENEFIT SPECIALIST'S CORNER

CREATING A MY SOCIAL SECURITY ACCOUNT - HOLLIS SECOR, MSW

Are You Considering Applying for Social Security Disability or Supplemental Security Online?

You may want to create a [my Social Security](#) account. The Social Security Administration is now requesting that applicants who use the online system to file for disability benefits establish a my Social Security account. This account allows you to verify your identity online and stay informed as your claim progresses. It is a useful tool when applying and is recommended.

A screenshot of the my Social Security website. The browser address bar shows 'ssa.gov/myaccount/'. The page features a dark blue header with the Social Security logo and navigation links for 'SEARCH', 'MENU', 'LANGUAGES', and 'SIGN IN/UP'. A prominent orange banner at the top reads 'Coronavirus (COVID-19) Updates'. The main content area has a light blue background with the heading 'Create your personal my Social Security account today'. Below this, a paragraph explains the benefits of the account, and there are two buttons: 'Create an Account' and 'Sign In'. A link 'Finish Setting Up Your Account.' is also visible. To the right, there is a photograph of a diverse group of people walking in a field at sunset. A small blue icon of a person is in the bottom right corner of the image area.

What can you do with a [my Social Security](#) account?

If you chose to apply online, you should create your account prior to starting your claim. You can create your account at: <https://www.ssa.gov/myaccount/>

In order to create an account, you must be able to verify some information about yourself and:

- Have a valid email address
- Have a Social Security number
- Have a U.S. mailing address and
- Be at least 18 years of age

(Continued on Next Page)

DISABILITY BENEFIT SPECIALIST CORNER (CONTINUED)

You can only create an account using your own personal information and for your own exclusive use. You cannot create an account on behalf of another person or using another person's information or identity, even if you have that person's written permission.

If you are planning on seeking assistance from the Aging and Disability Resource Center to apply online for Disability, creating a my Social Security Account is still recommended. If you are able, you should create your my Social Security Account prior to contacting the Aging and Disability Resource Center to apply.

Can I still apply for Disability without a **my Social Security** account? The answer is **YES!**

If you are unable to create an account for any reason, you can still apply for benefits and the Aging & Disability Resource Center can still help you! Having a my Social Security account makes it easier to apply but is not required. Don't let this extra step get in the way of applying for benefits.

5

SUPPORT OUR ADVERTISERS!



**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Alex Nicholas**
to place an ad today!
anicholas@lpicommunities.com
or **(800) 950-9952 x2538**

STAND OUT

with a **PREMIUM DIGITAL AD**
on **MYCOMMUNITYONLINE.COM**



CONTACT US AT 800-950-9952



CAREGIVER'S CORNER

IT'S TIME—TAMMY DICKMAN, CBSW, DEMENTIAL CAREGIVER SUPPORT SPECIALIST

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.

There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- Are the person's needs being met at home?
- Is constant care required beyond my physical capability?
- Is it always safe in the home?
- Is there a concern that the person may harm themselves or others?
- Does the person need specialized care not available or affordable at home?
- Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- Would moving the person to a long-term-care facility allow me to devote needed time to my family/job/self?
- Am I healthy and physically strong enough to take care of the person?
- Is there a care facility in the area that I trust?



The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC of Washington County has resources available to help you if you are considering long-term care placement. Call the ADRC at (262) 335-4497 for more information.

*Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources*



Washington County

Caregiver Coalition

We're back!

The WCCC resumed meeting in June and we've begun planning for our fall and winter events! Mark your calendars for these annual events:

Caregiver Day of Renewal
Wednesday, November 10

Holiday Respite
Saturday, December 4

Details are being worked out at this time. Additional information will be released when available.

ADRC UPCOMING CLASSES / SEMINARS

SAVVY Caregiver



Coming in September

Savvy Caregiver Training

For those caring for a person with dementia

6 Week Series

Classes will meet six consecutive Thursdays

September 9, 16, 23, 30, and October 7, 14, 2021

1:30-3:30 pm

Public Agency Center

333. E. Washington Street

Room 3005

West Bend

PRE-REGISTRATION IS REQUIRED
Contact Tammy Dickman 262-335-4497
for registration or questions.



Healthy Living With Chronic Pain

Coming in September

Healthy Living with Chronic Pain

6 Weeks. 15 hours. A lifetime of new opportunities

Science has shown that the mind and the body are interconnected in the experience of pain. Our mind has an important influence over our body. Our emotions, feelings and thoughts directly influence our pain and how it affects us. Join the *Healthy Living with Chronic Pain (HLCP) workshop to explore ways to better manage your chronic pain.*

You are not alone. Let's help each other learn & manage.

Upcoming workshop:

Wednesdays, September 15 thru October 20th

9:00 AM-11:30 AM

Public Agency Center

333 E. Washington Street, Room 1113 A

West Bend

Space is limited!

Please call to register today!

PRE-REGISTRATION IS REQUIRED
Contact Kristen at 262-335-4497
for registration or questions.

Coming in October

Powerful Tools for Caregivers

6 week Series

Tuesday, October 5, 12, Wednesday, October 20 and Tuesday, October 26,
November 2, 9, 2021

1:30-3:30 p.m.

Public Agency Center, 333 E. Washington Street , Room 1113, West Bend

Space is limited; register early!

Powerful Tools FOR Caregivers



Cost: Donation \$15 per person which covers cost of *The Caregiver Helpbook* and materials. Scholarships are available.
Pre-Registration is Required. For Registration or questions call Mona or Kathy at 262-335-4497.

HAVE QUESTIONS ABOUT MEDICARE? WE CAN HELP

Jennifer Fechter, Elder Benefit Specialist, has posted educational Medicare videos on the Washington County Website.

To view the videos, go to: www.washcowisco.gov
 Departments
 Health & Human Services
 Aging & Disability Resource Center (ADRC)
 Medicare

You will find 5 videos explaining:

- Medicare Part A & B
- Medicare Advantage Plans (Part C)
- Medicare Supplement Plans, and
- Medicare Prescription Drug Plans (Part D)



Jennifer has also prepared a printed Welcome to Medicare packet to supplement the Medicare videos. Call 262-335-4497 to request a Welcome to Medicare packet or for more information.

IN HOME CARE. YOUR NEEDS ARE OUR CONCERNS.

The Careing Hand
 We Love What We Do!

The CAREing Hand offers skilled caregivers with customized hours and services to meet your specific needs.

Activities of Daily Living • Companionship • Transportation
 Personal Cares • Light Housekeeping • Overnight Care

Local Business with Local Caregivers
262-353-0462

Serving Washington, Fond du lac, Ozaukee, Dodge Counties Fully Insured and Bonded

www.thecareinghand.com

Concerned about Medicare fraud? Give us a call...

PROTECT your personal information
DETECT suspected fraud, abuse, or errors
REPORT suspicious claims or activities

Toll-free Helpline:
888-818-2611
 Email: smp-wi@gwaar.org
gwaar.org/senior-medicare-patrol
[WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

1-855-225-4251

Joy Manor of West Bend

Assisted living facility for Seniors

262-365-0056

370 N Forest Ave., West Bend 53095

At Home Personal Care
 To us, it matters.

In-Home Personal Care for the ones you love.

262-245-3301
www.athome-pca.com

TRANSITIONAL RESOURCE SERVICES CORNER

REBA FREDERICKSEN, INFORMATION AND ASSISTANCE SPECIALIST

My name is Reba Fredericksen and I am an Information and Assistance Specialist at the ADRC. I am also the contact person for Youth Transition Services. At the ADRC we provide information and resources on future planning for young adults (age 16 – 21) who have physical or intellectual disabilities. The Transitional Resources offered are as follows:

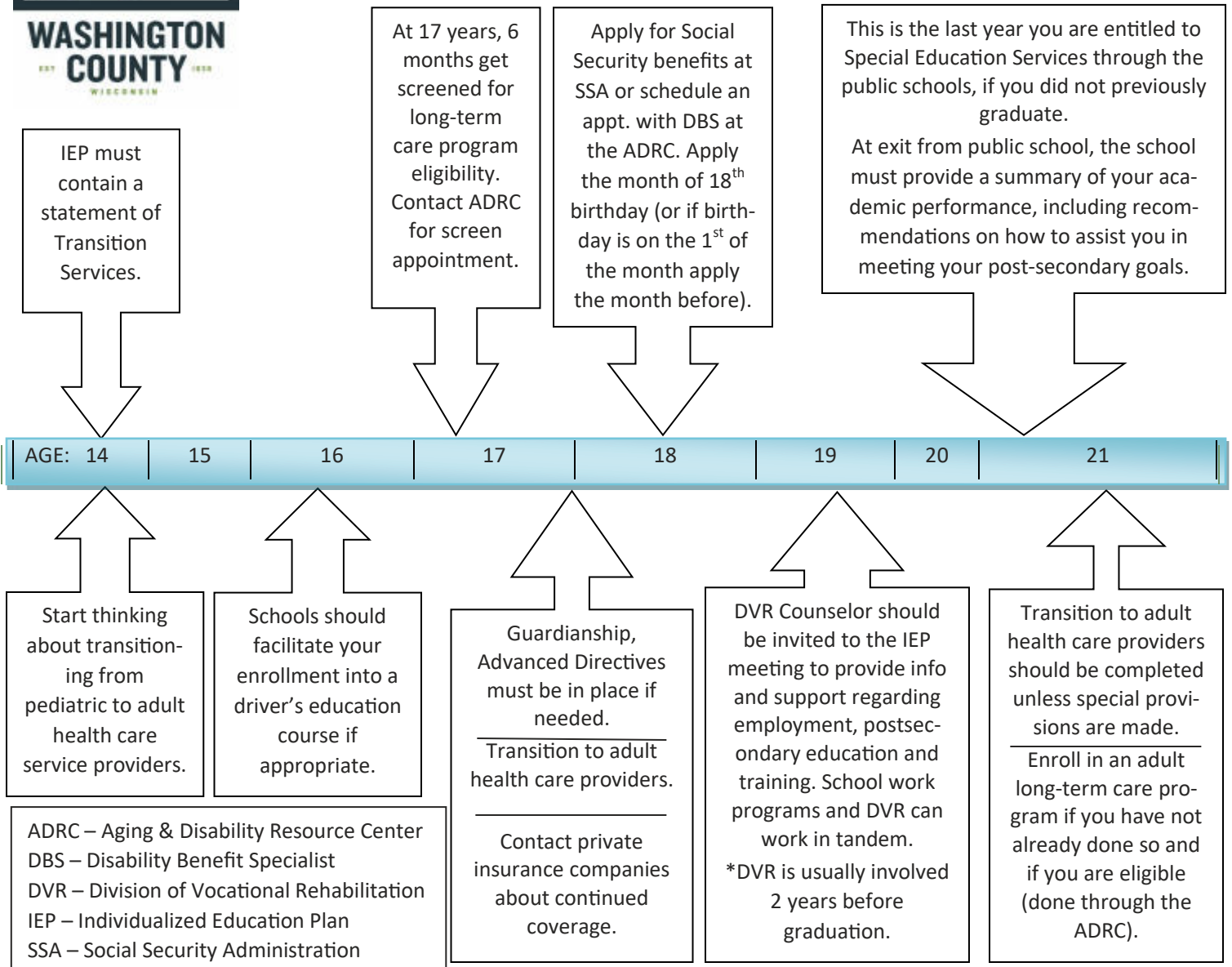
- Information, assistance and referral to local community resources
- Provide information on publicly funded Long Term Care Programs (i.e. Family Care, Partnership, Self-Directed Supports and IRIS)

- Screen for Long-Term Care Program functional and financial eligibility
- Attend student’s IEP when needed
- Refer to the ADRC Disability Benefit Specialist regarding the Social Security Application process or Medicaid related questions

Please feel free to contact me at the ADRC if you have any questions or would like to schedule an appointment to further discuss Transitional Resource Services. I can be reached at 262-335-4497 or at reba.fredericksen@washcowisconsin.gov.



Transition Timeline for Students with Intellectual & Physical Disabilities



ARE YOU INTERESTED IN RECEIVING THE COVID-19 VACCINE IN YOUR HOME?

Are you interested in receiving the COVID-19 vaccine in your home? If the answer is **YES**, the Aging & Disability Resource Center is here to help!

The ADRC is working with the Health Department to administer vaccines, **free and in your home for adults ages 18-59 who are living with a disability or those who are 60 and older**. Please call the ADRC at 262-335-4497 for more information.

The Wisconsin Dept. of Health Services (DHS) announced the Vaccine Assistance Hotline. Wisconsinites can now call 844-684-1064 (toll-free) for personal assistance with their vaccine-related questions. If you would like further information on any questions you might have about the COVID-19 vaccine, DHS has also launched a website at <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>. COVID-19 vaccines are safe, effective, and free. In fact,



everyone 12 and up is now eligible for the vaccine, and you do not need an ID or insurance to get it.

Learn more about the vaccine and how living protected from COVID-19 can help you get back to safely doing more of what you've missed during the pandemic. The DHS website can also tell you what to expect after getting the vaccine and what it means to be fully vaccinated. It's your best chance to get safely back to the people and experiences you love.

RENARD LAW OFFICE, LLC
ELDER LAW,
TRUSTS &
ESTATE PLANNING
AND PROBATE
31 YEARS OF PRACTICE
262-629-5937
WWW.RENARDLAW.COM
LINDA@RENARDLAW.COM
BRING IN THIS AD FOR
10% DISCOUNT ON FINAL BILL!
(EXCLUDES PROBATE ADMINISTRATION INVOICES)



Let us do the Driving

Washington County Shared Ride Taxi

www.rideWCCE.com



Need a Lift - Call the Washington County Shared Ride Taxi Service
Contact the Shared Ride Taxi for trips throughout Washington County and the northern portion of Menomonee Falls. For people traveling within the cities of West Bend and Hartford, call your city taxi.

\$20 Discounted Punch Card Available (\$25 Value)

Call 1-888-285-TAXI (8294)

or 262-338-2908 for fare information
Hours: Monday - Saturday: 5 AM - 11 PM
Sunday: 8 AM - 4 PM



Weekday service on a deluxe motor coach to Wisconsin Avenue, Milwaukee Regional Medical Center (Froedtert Hospital), VA Medical Center, Marquette University and the Milwaukee Co. Research Park.

With the WCCE there is no worry about the traffic and parking hassles, and save your money too. Just sit back, relax and ride the WCCE.

For schedule, ticket information and boarding locations, visit www.RideWCCE.com or call 1-888-675-WCCE (9223).

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Alex Nicholas**
to place an ad today!
anicholas@lpicommunities.com
or **(800) 950-9952 x2538**

**SUPPORT OUR
ADVERTISERS!**



NUTRITION, HEALTH & WELLNESS CORNER

FRUITS, VEGETABLES AND FOOD SAFETY - KRISTEN HOSKING, RD, CD

It is that time of year when we have a lot of fruit and vegetable choices! From grocery stores, to farmers' markets, to farm stands, the variety of produce is amazing. While we all know that fruits and vegetables add nutrients to our diet that help protect us from many chronic health conditions, we often don't associate food safety with fruits and veggies. Eating a diet with plenty of fruits and vegetables gives us a lot of health benefits, but it is important to select and prepare them safely. Here are some tips to help keep your fruits and vegetables safe:

At the Store or Market:

- Choose produce that isn't bruised or damaged.
- Keep pre-cut fruits and vegetables cold by choosing produce that is refrigerated or kept on ice.
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.



At Home:

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation.

- Wash cutting boards, dishes, utensils, and countertops with soap and hot water before and after preparing fruits and vegetables.
- Clean fruits and vegetables before eating, cutting, or cooking, even if you plan to peel the produce or cut it out of the peel (watermelon, cantaloupe, pineapple, etc.). Germs on the peel or skin can get inside fruits and veggies when you cut them.
- Wash all produce thoroughly under running water



before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmers' market. Washing fruits and vegetables with soap or detergent or using commercial produce washes **is not** recommended.

- Do not use bleach or other disinfecting products on food.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with paper towel to further reduce bacteria that may be present.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Throw away any produce that looks rotten.
- Remove the outermost leaves of a head of lettuce or cabbage.
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if the outside temperature is 90° or warmer). Chill them at 40°F or colder in a clean container.

What About Pre-Washed Produce? Many pre-cut, bagged, or packaged produce items are pre-washed and ready-to-eat. If so, it will be stated on the packaging. Per the Food & Drug Administration (FDA), you can use the produce without further washing.

If you choose to wash produce marked as "pre-washed" or "ready-to-eat," be sure that it does not come in contact with unclean surfaces or utensils.

SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Aging & Disability Resource Center is proud to present the Senior Farmers' Market Nutrition Program. This program provides seniors the opportunity to receive \$25.00 worth of coupons to be used at local Farmers' Markets and participating farm stands.

You qualify for the coupons if:

- You are a resident of Washington County
- Your age is 60 years or older
- Your monthly income is at or below \$1,926.00 (one person household) or \$2,607.00 (two person household).

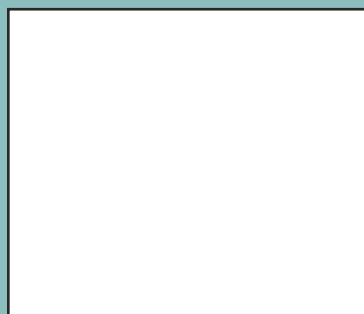


There are a limited number of vouchers available and they are provided on a first come first served basis. Contact the ADRC for further information or to schedule an appointment 262-335-4497 or 877-306-3030.

Washington & Dodge Counties

ReStore
 Shop. Donate. Volunteer.
 GERMANTOWN
262-255-7470
www.hfhrestore.org
 W190N10768 Commerce Circle
 Germantown, WI 53022
Hours:
Monday-Friday: 9am-6pm
 Donations from 9am-5pm
Saturday 9am-4pm
 Donations from 9am-3pm
FREE HOME PICK-UP

Thrive
Locally

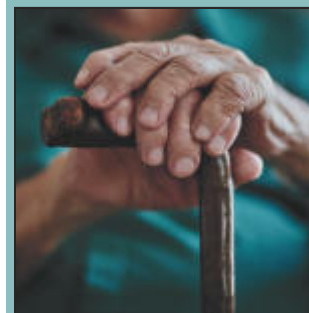


**BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
 Expense Reimbursement | Travel Required

 Contact us at: careers@4lpi.com
www.4lpi.com/careers



"It's my life and they respect that."

Local long-term care supports and services delivered with a focus on Life. Defined by you.


 inclusa.org | 877-376-6113

**PROTECTING SENIORS NATIONWIDE
 MEDICAL ALERT SYSTEM**

 **\$29.95/MO**
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



ADRC CORNER

GETTING TO KNOW OUR ADRC STAFF - MEET STEPHANIE KNIGHT, INFORMATION & ASSISTANCE SPECIALIST

My name is Stephanie Knight. I am excited to have joined the Aging and Disability Resource Center (ADRC) of Washington County in my role as an Information and Assistance Specialist. It is an honor and privilege to serve this community. I have truly enjoyed getting to know my coworkers so far and I cannot say enough good things about the amazing people within the ADRC.

I was born in Madison and raised in Beaver Dam from the age of two. When I graduated high school, I went to Concor dia University Wisconsin, where I graduated with a bache- lor's degree in Rehabilitative Science and minors in Business Communication and Marketing. After graduation, I started my career working at a long term care setting called Capri Communities in Life Enrichment. It was there that I truly found my passion to serve the elderly and at risk population. I was able to grow my skill set and knowledge through pro- grams such as the Alzheimer's Association Memories in the Making art program and other dementia related trainings and education that was provided.

Through my time spent at Capri Communities and being in- troduced to the ADRC department, my interest in the social services side of aging become more clear and sparked my next career move, which led me to Milwaukee Center for Independence (MCFI). It was there I worked as an IRIS Con- sultant for First Person Care Consultants. I am incredibly grateful for all the opportunities MCFI provided me and the ability to grow my knowledge base to serve older adults and adults with disabilities as they entered the Long Term Care program, IRIS. I am honored and excited my career path led me to my dream role working for the ADRC of Washington County.

I currently live in Port Washington with my boyfriend, Jere- my, and our two pets. Our dog, Lacy, and our cat, Dixie, keep us busy but in my free time I love spending time out- doors. I also love collecting vinyl records and have about 200 different records right now. Some of my favorites in- clude Fleetwood Mac - Rumours, Billy Joel - Live at Carnegie Hall and Willie Nelson - Stardust. I'm always looking for new spots to listen to live music.

The ADRC has my heart, and I am excited to be a part of this team and serve the citizens of Washington County!



How can Information and Assistance Services help you?

Information and Assistance Specialists provide unbiased, objective information on a wide variety of topics, including:

- Long-term care including:
 - Living arrangements related to long-term care (*assisted living, nursing home or other settings*)
 - Paying for long term care (*private pay, long-term care insurance or accessing public programs*)
 - Long term care related services (*in-home services and supports, care management, respite, home health equipment*)
- Health and chronic conditions
- Disability conditions, services and supports
- Aging services and supports
- Alzheimer's disease and other dementias
- Mental health services and supports
- Alcohol and other drug use services and supports
- Employment, training and vocational rehabilitation
- Assistance in meeting basic needs (*food, utilities*)
- Transitional services for students and youth
- Transportation
- Nutrition - including food pantries and home delivered/ congregate meals
- Housing - including senior, low income, accessible and special needs housing
- Legal issues - including consumer rights, advocacy, discrimination, complaints & grievances
- Caregiver services and supports

BEAT THE HEAT THIS SUMMER

July and August are two of the hottest months of the summer. In extreme heat your body works extra hard to maintain a normal temperature.

Remember:

- Extreme heat can occur quickly and without warning
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by heat index.

If you are under an extreme heat warning:

- Find air conditioning.
- Avoid strenuous activities.
- Watch for heat illness.
- Wear light clothing.
- Check on family members and neighbors.

- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Never leave people or pets in a closed car.

Be Safe

- Take cool showers or baths.
- Don't rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot, they won't prevent heat-related illness.
- Use your stove and oven less to maintain a cooler temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.

Source: www.ready.gov

(See Page 16 for locations of Cooling Sites located in Washington County)

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



COOLING SITES AVAILABLE AROUND WASHINGTON COUNTY

The Washington Ozaukee Public Health Dept. is offering cooling sites to help beat the heat. The cooling sites listed below are locations where people can escape the elements during extreme weather. Please follow all COVID-19 policies in place at each location. Host sites do not provide showers, food, or other services.

Cooling Sites in Washington County:

- West Bend Library, 630 Poplar St, West Bend, 262-335-5151, Mon-Thurs 9am-9pm, Fri 9am-6pm, Sat 9am-1pm
- Kettle Moraine YMCA, 1111 W. Washington St., West Bend, 262-334-3405, Mon-Fri 4:30 am-9pm, Sat-Sun 6am-4pm *Photo ID required*
- Kettle Moraine YMCA - River Shores, 705 Village Greenway, Suite 201, West Bend, 262-247-1050, Mon-Fri 5am-7pm, Sat 6am-12pm *Photo ID required*
- Hartford Senior Friends, 730 Highland, Ave., Hartford, 262-673-4005, Mon, Tues, Thurs 9am-4pm, Fri 9am-12pm *Call ahead for availability-hours change monthly*
- Jack Russell Memorial Library, 100 Park Ave., Hartford, 262-673-8240, Mon-Thurs 9am-8pm, Fri 9am-5:30pm, Sat 9am-2pm
- Germantown Senior Center, W162 N11960 Park Ave., Germantown, 262-253-7799, Mon-Fri 8am-4:30p
- Germantown Library, N112 W16957 Mequon Rd, Germantown, 262-253-7760, Mon-Thurs 9am-8pm, Fri 9am-5pm, Sat 9am-4pm
- Slinger Library, 220 Slinger Rd, Slinger, 262-644-6171, Mon-Thurs 9am-7pm, Fri 9am-5pm, Sat 9am-12pm
- St. Peter’s Catholic Church, 200 E. Washington St., Slinger, 262-644-8083, Mon, Tues, Fri 11am-3pm, Thurs 8:30am-7pm, Sun 7:30-11:30am
- Kewaskum Library, 206 First St., Kewaskum, 262-626-4312, Mon-Wed 10am-8pm, Thurs-Fri 10am-6pm, Sat 10am-2pm

Please contact the Washington Ozaukee Public Health Department with questions: (262) 284-8170.

CONTACT INFORMATION

AGING & DISABILITY RESOURCE CENTER OF WASHINGTON COUNTY

333 E. Washington St, Suite 1000
West Bend, WI 53095
Phone: 262-335-4497
or 1-877-306-3030
Fax: (262) 335-4717

Hours of Operation:
Monday: 8:00 am – 7:00 pm
Tuesday – Friday: 8:00 am – 4:30 pm

HARTFORD RESOURCE CENTER

1121 E. Sumner Street
Hartford, WI 53027
Phone: (262) 673-0200

Email:
ADRC@washcowisconsin.gov

Website:
www.washingtoncountyadrc.org

Facebook:
www.facebook.com/washcoADRC

STAFF DIRECTORY

DIRECTOR

Tammy Anderson

SUPERVISOR ELDER NUTRITION AND WELLNESS

Kristen Hosking

ADRC ASSISTANT

Joyce Tuchscherer

ACCOUNTING TECHNICIAN

Heidi Fellenz

AGING SERVICES TECHNICIAN

Kim McIntyre

BENEFIT SPECIALIST ASSISTANT

Nancy Bindas

BENEFIT SPECIALIST TECHNICIAN

Sharon Reichert

DEMENTIA CAREGIVER SUPPORT SPECIALIST

Tammy Dickman

DISABILITY BENEFIT SPECIALIST

Hollis Secor

ELDER BENEFIT SPECIALIST

Jennifer Fechter

ADRC SUPERVISOR

Alissa Grosh

INFORMATION & ASSISTANCE SPECIALISTS

Kathy Beimborn

Mary Delgado

Mona Dickmann

Stephanie Knight

Ashlie Koerber

Reba Fredericksen

MEAL SITE MANAGERS

Monica Cammack – Germantown

Erin Peters – Hartford

Margaret Schowalter – Jackson

Jo Hoffman – Kewaskum

Jennifer Beine – Meadowbrook Manor

Kim Mueller – Slinger

Sharon Tesker – West Bend

The ADRC takes no position as to the quality of businesses or the services advertised. The fact that a paid advertisement appears in the ADRC newsletter does not mean the ADRC of Washington County is recommending, supporting, or promoting the advertised business or services. Please shop wisely.