



# AGING & DISABILITY RESOURCE CENTER OF CLARK COUNTY

## MARCH 2018 NEWSLETTER



### Why did my Medicare Part B premium increase so much?

by Judy Norrish, Pepin County EBS

Several individuals have asked me to explain why their Medicare Part B premium increased by 20 dollars or more.

First of all, the Medicare Part B premium for 2018 is \$134.00. There will be about a quarter of people that will not pay the full \$134 premium because their Social Security benefits did not increase enough in 2018 to cover the increase in the Part B premium. Each year, the increase to the Part B premium cannot be greater than the "Cost of Living Adjustment (COLA)"; otherwise, a person's Social Security benefit amount would go down once the Part B premium is deducted. This cannot happen! Someone's benefit cannot decrease because of an increase in Part B premium.

This year, the COLA is 2%, which is higher than in past years. If you did not pay \$134 per month for Part B in 2017, part or all of your COLA will go toward paying the increase to your Part B premium. This may be easier to explain by showing a couple of examples how this works....

- Harry's social security income in 2017 was \$1500 per month and his Part B premium for 2017 was \$109 per month. In 2018, Harry's COLA will be 2% of \$1500 or \$30. The increase in his Part B premium will be \$25

(\$134 - \$109 = \$25). Harry will pay \$134 (\$109 + \$25 = \$134) for his Part B Premium, and he will see an increase of \$5 in his monthly Social Security earnings.

- Edna's social security income was \$950 in 2017 and her Part B premium was \$104. In 2018, Edna's COLA will be 2% of \$950 or \$19. Her increase of \$19 will be added to the \$104 and that makes her Part B premium \$123. Edna will not see an increase in her Social Security earnings.

If you have questions about your Medicare Part B premium increase, please call Amy Nigon at 715-743-5146.



## HOMESTEAD

The gross income limit to qualify for this program is \$24,680. If your income is below \$24,680 and you pay property tax or rent your home, you **may** qualify for the Homestead Tax Credit. The ADRC will continue to assist clients 60+ years of age with Homestead Tax Credit applications.

**It is very important that applicants have ALL necessary paperwork and verifications if the ADRC is assisting you with your application.**

- ✓ **Rent Certificate OR Property Tax Bill**
- ✓ **Applicants maintaining a life lease or life estate on their residence are required to provide a copy of that document.**
- ✓ **Statements/1099's of any and all 2017 income for applicant/spouse: wages, Social Security Benefits, SSI, interest, dividends, pensions, IRAs, CDs, etc.**
- ✓ **Regular bank statements are not an acceptable form of verification in most cases. However, those receive SSI benefits monthly and have not received any other verification of their Supplementary Security Income (this is different than Regular Social Security Retirement benefits) may bring a bank statement from 2017 to assist with calculating their 2017 SSI benefits**
- ✓ **Under Age 62 and disabled as of December 31, 2017 you need to provide documentation that you meet the Department of Revenue's definition of disability. Please see last month's newsletter for more information**
- ✓ **Verification of insurance payments with you at the time you apply so that a determination can be made if any deduction may be used**

## HOMESTEAD CREDIT ASSISTANCE SCHEDULE FOR PERSONS AGE 60+

Abbotsford	March 28	11am
Colby	March 27	11am
Granton	March 8	11am
Greenwood	March 20	11am
Loyal	March 26	11am
Neillsville (ADRC Office)	Monday-Friday	8:30am-4pm
Owen	March 1	11am
Thorp Senior Center	March 6	11am

# Midyear Formulary Changes

*By the GWAAR Legal Services Team*

Each Medicare drug plan has its own list of covered drugs (called a formulary). Many Medicare drug plans place drugs into different "tiers" on their formularies. Drugs in each tier have a different cost. During open enrollment, Medicare beneficiaries may pick a Medicare drug plan based on the drug plan's formulary and what drugs are in each tier. Typically, clients must make this decision from October 15 - December 7. Then, they have the drug plan throughout the upcoming year. However, what happens if – in the middle of the year – a Medicare drug plan wants to change its formulary, change the drug tier, or place restrictions on the use of a drug?

A Medicare drug plan can make some changes to its formulary during the year, yet, the Centers for Medicare & Medicaid Services (CMS) does restrict what changes a Medicare drug plan may make midyear. For example:

**(A) Changes not Caused by Medicare Part D Drug Plan** – A Medicare drug plan may remove a drug from its formulary at any time if the Food and Drug Administration deems a drug unsafe or a manufacturer removes a drug from the market.

**(B) Positive Changes for Beneficiaries** – A Medicare drug plan may add drugs to its formulary, place a drug on a lower cost-sharing tier, or remove restrictions on the use of a drug at any time.

**(C) Negative Changes for Beneficiaries** –

1. Until March 1 of any given year, a Medicare drug plan may not remove a covered Part D drug from its formulary or change what tier the Medicare drug plan placed a drug.
2. After March 1, a Medicare drug plan may make the following two types of changes :
  - Maintenance changes to its formulary, such as replacing brand name drugs with new generic drugs, or modifying its formulary because of new information on drug safety or effectiveness; and
  - More substantial changes, including the following:

- a. Remove a drug from its formulary;
- b. Move a covered Part D drug to a less preferred tier status; or
- c. Place restrictions on the use of a drug. For instance, a Medicare drug plan may add limits on how often a beneficiary may use a drug.

For these more substantial changes, CMS requires a Medicare drug plan to comply with the following protections:

- (1) The Medicare drug plan cannot implement the change until CMS approves the change; and
- (2) If a beneficiary has a Medicare drug plan and is currently taking the affected drug, the beneficiary is exempt from the change until January 1 of the next year. This, of course, would provide even more incentive to shop around during the annual open enrollment period. □



## **INCOME TAX ASSISTANCE**

The ADRC is working with AARP representatives to provide free income tax assistance for residents of Clark County age 60+.

Persons who would like assistance with simple (no farm or business) income tax forms should contact the ADRC office at 715.743.5166 to check March appointment availability. There is a difference between getting full federal and state income tax forms filled out and getting help with homestead only. Please call for an income tax appointment if you need full federal and state income tax forms done. If you need assistance with only the homestead credit form filled out, please see the information on page 2.

# What a Trip to the Emergency Room Means for an Older Person

*By the GWAAR Legal Services Team*

When we're young, a trip to the emergency room is usually for an unexpected illness or injury, and most of us take getting back to normal for granted. For older individuals, however, a trip to the ER can be a much different experience.

Consider these facts:

- Two-thirds of seniors who go to the emergency room are never admitted to the hospital – they return home immediately after their visits.
- Six months after visiting the emergency room, seniors are 14 percent more likely to have acquired a disability (for example, no longer being able to bathe, dress, climb down a flight of stairs, shop, or manage finances by themselves).
- The extent to which an older person gets up and about and out of the house after an emergency room visit is reduced drastically for at least a year without a full recovery.
- The leading cause of ER visits in older persons is a fall and injury.

Many wonder why emergency room visits become so critical for older patients. One theory is that many older adults may have been coping adequately, but the emergency room visit acted as a tipping point and now they need more help. Another theory is that seniors who fall and injure themselves may become afraid of falling again and limit their activities, which leads to deterioration. Finally, underlying vulnerabilities (depression, dementia, or delirium) may go undetected, leaving older adults susceptible to the ongoing impact of these conditions.

Starting in February 2018, the American College of Emergency Physicians is starting a program to certify emergency rooms in geriatric competence to make sure seniors leave the ER safely. At the basic level, medical staff will be educated in the principles and practice of geriatric care; assessing seniors to determine their degree of risk; screening older adults deemed at risk for cognitive concerns, falls and functional limitations; performing a comprehensive medication review; making referrals to community resources such as Meals on Wheels; and supplying an easily understood discharge plan.

The full article is available at Kaiser Health News: <https://khn.org/news/for-elder-health-trips-to-the-er-are-often-a-tipping-point/>.





# 10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



# Assistive Technology Can Help YOU!

Jane Mahoney, OAA Consultant, Greater Wisconsin Agency on Aging Resources

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, house keeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive technology is an *item, piece of equipment, or product* that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors and he or she is able to feed him or herself. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things on their own. That feeling of independence can mean a lot to a person who needs help with so many things.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat. Helping people to become aware of the assistive technology devices that are available is the biggest challenge.

A wide range of assistive technology is available to try at ADRC of Clark County. Some things, like a long-handled reacher, back scratcher and a jar opener are not new to you. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

- MOBILITY/TRANSFERRING
  - Swivel seat cushion
  - Furniture risers
  - Ceiling mounted pole
- EATING
  - Plate guard
  - Weighted forks
  - Forks with grips
- COOKING
  - Suction cup brushes
  - Rocking T knife
- BATHING/DRESSING
  - Sock aid
  - Shampoo trays
- MEDICATION MANAGEMENT
  - Talking pill bottle
- RECREATION
  - Lighted magnifying glass
  - Extra-large playing cards
  - Pocket talker
- GENERAL SAFETY
  - 3-prong plug with helper
  - Non-skid tape
- WANDERING PREVENTION
  - Door posters
  - Door alarms
  - Adaptive door knobs

If you are interested in exploring how assistive technology might help you, ADRC of Clark County. Assistive technology may be just the thing you need to make your role as a caregiver a little easier. Check it out!

If the ADRC of Clark County does not have the assistive technology you need on hand, we will do our best to refer you to other sources.

## USDA Rural Development Home Repair Loans

If your home needs repairs or improvements and you can't get a loan elsewhere, USDA Rural Development may be able to help.

For families and individuals with limited income and living in an eligible rural area, we offer loans at 1% interest and up to \$20,000 for repairs to improve or modernize a home. Some examples include access for persons with disabilities, a roof, a septic tank, a furnace, energy-saving upgrades and more.

For seniors age 62 and over who cannot afford a loan, grant funds are available to remove health and safety hazards. Maximum lifetime grant assistance of up to \$7,500 can be combined with up to \$20,000 in loan assistance as well, if repayment ability is sufficient.

USDA also partners with nonprofit organizations that offer additional assistance to homeowners to improve the condition of the home.

Contact your local USDA Rural Development office at 715-345-7601 to apply or visit our website [www.rd.usda.gov/wi](http://www.rd.usda.gov/wi).

## Daily Monitoring Right at Home

If you could stay in the comfort of your home, and know that someone was watching your vital signs and other important health statistics every day, wouldn't it be great? With Ascension At Home's telemonitoring program, you can have just that.

Ascension At Home's home health professionals are trained to use a whole host of state-of-the-art techniques and technologies to help people heal after an illness or surgery, remaining safely in their homes.

The combination of personal care with high-tech services makes home health services a strong option for many people who are working to regain their independence. Ascension At Home's professional staff work closely with your personal physician to provide the care specifically prescribed for you.

Home telemonitoring helps the medical staff to keep track of important vital signs and symptoms, even when they're not right there. Using small, wireless devices that are easily installed in your home, you learn to follow the simple steps to report your body's signals to the home health nurse. Using the devices, you can answer a few questions about how you feel and measure your blood pressure, heart rate, weight and blood oxygen level. The nurse watches for anything that might indicate a potential problem, and works closely with your physician to keep you safe at home and out of the hospital.

By checking your vital signs regularly with the telemonitoring equipment, our home care team can keep an eye on your health, keep you healthier, and potentially prevent another stay in the hospital. This daily information is a useful supplement to the care you get from your doctor – it is not a replacement for that important care. **To learn more, call Ascension At Home at 800.397.0270.**



Celebrate National Nutrition Month with the  
Aging and Disability Resource Center of Clark County's  
Nutrition Program!

Join us for a hot, freshly prepared meal at one of our 8 Nutrition  
Centers around Clark County!

*Please call 24 hours in advance to reserve or cancel a meal*

**Abbotsford Nutrition Center**

310 E Pine St  
Abbotsford, WI 54405  
(715) 223-8900  
Serving Mon-Fri 11:30am

**Colby Nutrition Center**

303 Lieders St  
Colby, WI 54421  
(715) 223-4195  
Serving Mon-Thur 11:45am

**Dorchester Nutrition Center**

188 S 2<sup>nd</sup> St  
Dorchester, WI 54425  
(715)229-4567  
Serving Mon-Thur 11:45am  
Temporarily Closed for Winter

**Greenwood Nutrition Center Owen Nutrition Center**

312 N Reese St  
Greenwood, WI 54437  
(866) 743-5144  
Serving Mon-Fri 11:15am  
BINGO Fridays 11:30am

**Loyal Nutrition Center**

500 N Division St  
Loyal, WI 54446  
(866) 743-5144  
Serving Mon-Fri 12:00pm

**Neillsville Nutrition Center**

602 Oak St  
Neillsville, WI 54456  
(715) 743-3177  
Serving Mon-Fri 11:30am  
Sheep head Wed 1pm-4pm  
BINGO Fri 1pm-3pm

112 E 5<sup>th</sup> St  
Owen, WI 54460  
(715) 229-4567  
Serving Mon-Fri 11:30a  
\*Available to seniors for  
planned activities, call  
to schedule\*

**Thorp Nutrition Center**

116 N Washington St  
Thorp, WI 54771  
(715) 669-5566  
Serving Mon-Fri 11:45a

*Suggested Meal Donation is \$3.75*

Information from SeniorCenterDirectory.com

**Congregate meals have the following benefits for people who participate:**

**Sense of Community**

People who regularly participate in congregate meals feel a sense of community and connection with their peers. Research shows that people at any age are much more fulfilled when they are part of a group.

**Decrease of Alzheimer's and Dementia**

Socializing as little as 30 minutes per day has been shown to increase brain health and cognitive ability that decreases the likelihood of brain diseases such as Alzheimer's and dementia. It's the old adage of use it or lose it.

**Purpose**

Seniors with a sense of purpose are happier, more fulfilled and healthier. Congregate meals give seniors a daily activity to look forward to. The social interaction provides an environment where peer to peer interaction takes place that leads to seniors becoming emotionally vested in the group. Seniors are able to contribute to other people's lives on an individual and group basis leading to a great sense of purpose.

**Positive Relationships Leading to Happiness**

Healthy relationships formed during congregate meal times have been proven to decrease stress and loneliness. Negative emotions such as stress have been linked to high instances of sickness and disease because they cause the body to release cortisol that eventually breaks down the immune system. Stress has been directly linked to high blood pressure, heart disease, stroke and type 2 diabetes.

**Healthy Nutrition**

Many seniors suffer from malnutrition because of unhealthy, unbalanced meals. Congregate meal plans are always hot and nutritious and meet nutritional standards. Seniors who come for the great conversation and activities will also get a well-balanced and great tasting meal.

**Decrease in Stress**

Congregate meal programs provide participants with a sense of structure that leads to a reduction in stress. Seniors tend to thrive on routine and structure. The best life for an elderly person one is one that is predictable and stable. Seniors who live in unpredictable environments live in fear and are far more insecure. Fear and insecurity cause elevated levels of stress that is deadly to emotional and physical well-being. When stress is reduced the body's systems function better, particularly the immune system.

A congregate meal program provides a sense of stability for the senior. They can count on going to the program and having their physical and emotional needs met which brings about a great sense of satisfaction.

**Increased Cognitive Function**

Congregate meal programs offer multiple ways for seniors to mentally engage. There's great conversation, engaging activities, and helpful speakers who discuss relevant subject matter relating to seniors. All of this activity forces the senior to utilize their minds and keep them active. Research shows that seniors that have low mental stimulation lose cognitive ability because their brains' synapses and dendrites actually lose the ability to function which leads to decreased cognitive function.

As you can see there are several benefits of congregate meal programs at senior centers. The emotional and physical benefits these programs provide have a real impact on the seniors who participate in them.

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.



### **Make half your plate fruits and vegetables.**

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

### **Make at least half your grains whole.**

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

### **Cut back on sodium and empty calories from solid fats and added sugars.**

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

### **Enjoy your food but eat less.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

### **Be physically active your way.**

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

### **Consult a registered dietitian nutritionist**

if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Visit [www.eatright.org](http://www.eatright.org) to find a registered dietitian nutritionist near you.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.  
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

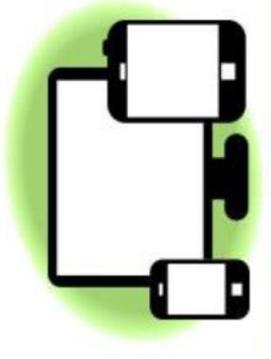
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# National Do Not Call Registry

En Español



Report Unwanted Calls



Verify Your Registration



Register Your Phone

**The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls**

**Friday, January 26, 2018**

**ALERT!**

Someone pretending to be from the FTC is sending out fake emails telling people that their Do Not Call registration is expiring. **Registrations never expire.** Once you add a number to the Do Not Call Registry, you do not need to register it again.

- You can [register](#) your home or mobile phone for **free**.
- After you register, **other types of organizations may still call you**, such as charities, political groups, debt collectors and surveys. To learn more, read our [FAQs](#).
- If you received an unwanted call after your number was on the National Registry for 31 days, [report it to the FTC](#).

**Sellers and telemarketers:**

Go to <https://telemarketing.donotcall.gov> to access the National Do Not Call Registry.

National Nutrition Month® 2018

# Soup's on!

## Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.

1. Celery
2. Onion
3. Beef
4. Leeks
5. Spices
6. Garlic
7. Navy beans
8. Barley
9. Broccoli
10. Lentils
11. Fish
12. Wild rice
13. Kale
14. Kidney beans
15. Split peas
16. Pasta
17. Chickpeas
18. Turnips
19. Beets
20. Clams

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



# ROUND-THE-CLOCK ALZHEIMER'S DISEASE INFORMATION & SUPPORT

**24/7 Helpline | 1.800.272.3900**

The Alzheimer's Association's **24/7 Helpline** allows people with Alzheimer's disease or dementia, caregivers, families and the public to:

- Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- Learn about the signs of Alzheimer's disease and other dementias.
- Find out about local programs and services.
- Get general information about medications and other treatment options, and legal, financial and care decisions.
- Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- Access support through our TTY service (TTY: [866.403.3073](tel:866.403.3073)) if assistance is required via a teletype device.

The 24/7 Helpline provides nationwide service while delivering personalized response and local follow up. An online knowledge bank and community resource database helps staff respond quickly and accurately to calls, providing disease information, caregiver education and local resources across the country. Helpline is always free-of-charge.

*The **Alzheimer's Association 24/7 Helpline** is supported in part by a grant number 90AC2811 from the US Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.*

## **Area Support Groups**

Neillsville Caregiver Support Group Meeting  
Second Tuesday of the month 1:30 p.m.  
Neillsville Senior Center, 602 Oak St.  
Next Meeting: March 13th

Sun Catchers Memory Café  
Third Thursday of each month 10-11:30am  
United Church of Christ – Lower Level  
515 W 2nd St  
Neillsville, WI  
Next Meeting : March 15th

Abbotsford Memory Café and Support Group  
Third Thursday of the month, 3-4:30pm Abbotsford  
Public Library  
203 N 1st St., Abbotsford  
Call ahead to make sure the group is meeting –  
715-223-3920  
Next Meeting: March 15th

ALS Support Group  
2<sup>nd</sup> Thursday of each month  
Chippewa Valley Bible Church  
531 E South Ave, Chippewa Falls  
Call 715-271-7257 for more information  
Next Meeting: March 8th

## MARY'S COMMENTS

### ADRC (Aging & Disability Resource Center Governing Board) Applications

Last month I mentioned that we will be accepting applications for community members to serve on the ADRC Governing Board. The application is included in this newsletter and includes the address where the completed application should be mailed or it can be dropped off at the ADRC Office, Room 201 of the Courthouse. There is a process in seeking candidates for the Governing Board. Once the applications are received, interviews will be set up and successful candidates will be referred to the County Board for an appointment to the ADRC Governing Board. If you have an interest in serving on the ADRC Governing Board in Clark, complete the application and return it. The application is due in the ADRC Office by March 12<sup>th</sup>. It is important that you specify which target population you wish to represent. Call Mary at 715-743-5145 (or toll free 1-866-743-5144) for more information.

### Meal Reservations:

Please call your local Senior Dining Site by 12:45 p.m. if you wish to reserve a meal for the following day (on Friday for Monday). When you call in late, our contractors may have to substitute a food item as they start the food preparation for the next day when we call the order in. We order our meals by the number of reservations we have – we do not order extra meals. Please order your meals at the senior dining site not the office to be sure the center has the correct number of meals needed. The office gets busy and we sometimes the center doesn't get the message on time as staff gets busy. Most of the centers do not have answering machines where we can leave a message. Thank you for honoring this policy.

### Healthy Living with Diabetes:

Susan Backus and I are again planning to facilitate a spring Healthy Living with Diabetes series. This is an evidence based program designed to help Type2 diabetics or pre-diabetics learn skills and increase their knowledge for managing diabetes. Tentative dates for the classes are April 5, 12, 19, May 3, 10, and 17 from 1:00-3:30 p.m. Location to be determined. If you are interested, please call 715-743-5144 to sign up. We need a minimum of 8-10 people to put on a class.

my favorite weather is  
bird-chirping weather  
-terri guillemets





Reason for interest in serving on ADRC Board:

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List organizations (programmatic, business, political, voluntary, etc.) where you are currently an active participant. Describe your role in the organization:

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Please list specific experience or knowledge that you feel makes you a qualified candidate for this Board.

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Please provide the names of 2-3 people who can be contacted as your references. They can be people who have worked with you as discussed in questions 1 and 2 or other individuals who know you well. Please give the person's name, title, address (work or home) and daytime phone number.

NAME:                      Title if appropriate    ADDRESS:                      PHONE CONTACT:

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Thank you for your interests in the Aging and Disability Resource Center of Clark County.

Please return application by March 12, 2018 to:

Aging & Disability Resource Center of Clark County  
Attention Doris Bakker, Chairperson  
517 Court St., Room 201  
Neillsville, WI 54456



# On Medicare?

## Need help covering the costs?

**You may be eligible for programs that could save you money.**

**Medicare Savings Programs** help people with limited incomes and assets pay for some or all of their Medicare premiums, deductibles, and copayments.

**Prescription Drug Assistance Programs** — such as the federal *Extra Help* program — assist people with limited incomes and assets pay their Medicare Part D premiums, deductibles, and copayments.

Wisconsin's *SeniorCare* program can help residents age 65 or older cover the cost of their prescription drugs.

**To talk to someone who can help you find out what you qualify for, contact:**

**Amy Nigon, Clark County EBS**

**715-743-5146**

**OR**

**Toll Free 1-866-743-5144**

Produced by the Greater Wisconsin Agency on Aging Resources (GWAAR) with financial assistance, in whole or in part, from the Administration for Community Living (ACL)



Local Help for People  
with Medicare



## March Schedule

### Senior Citizen Meetings

Abbotsford	March 13
Dorchester	March 8
Granton	March 8
Loyal	March 5
Neillsville	March 27
Thorp	March 5

### Nutrition Committee Meetings & Mary's Outreach Dates

See Homestead Credit Schedule



### Elder Benefit Specialist Outreach & Homestead Application Dates

<b>Granton</b>	<b>March 8</b>
<b>Greenwood</b>	<b>March 20</b>
<b>Abbotsford</b>	<b>March 28</b>

ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

### ADRC STAFF DIRECTORY

ADRC Toll Free Line                    1-866-743-5144

ADRC Local Number                    715-743-5166

ADRC Fax Number                      715-743-5240

ADRC Director                            715-743-5145  
Mary Sladich

ADRC Program Assistant              715-743-5166  
Natalie Guzman

ADRC Administrative Asst.            715-743-5144  
Lynn Crothers

Elder Benefit Specialist                715-743-5146  
Amy Nigon

Disability Benefit Specialist         715-7435218  
Julie Milz

#### Mailing Address

Aging & Disability Resource Center of Clark County  
517 Court Street Rm 201  
Neillsville, WI 54456

ADRC Email Address                  [clarkadrc@co.clark.wi.us](mailto:clarkadrc@co.clark.wi.us)

I&A Specialist                            715-743-5286  
Barb Freagon

I&A Northern Office                    715-229-0237

I&A Specialist                            715-743-5251  
Tara Halopka

Nutrition &                                 715-743-5288  
Prevention Coordinator  
Jennifer Dippmann