Proposed Changes to Long-term Care

The long-term care system in Wisconsin assists nearly 53,000 older adults and individuals with disabilities with help and support to stay in their home or in a community setting such as assisted living or a group home.

The current long-term care system of Family Care, IRIS, Partnership, and Aging & Disability Resource Center’s was the outgrowth of four years of intensive reform planning involving consumers and families, aging and disability advocates, providers, and counties/state officials. Wisconsin’s reformed long-term care system, which eliminates waiting lists for service, has a very high customer satisfaction rating and is proposed to be implemented statewide by January 1, 2017.

The 2015-2017 state budget proposals include some significant changes to how Wisconsin will operate long-term care, including the elimination of the IRIS program (I Respect, I Self-direct), a self-directed services option designed for people who want to manage their own care. A self-directed care option would remain in the Family Care program.

The budget proposal will restrict participation in Family Care to MCOs that can operate on a statewide basis only and be licensed as a Health Maintenance Organization (HMO). It also transfers oversight of the MCOs to the Office of the Commissioner of Insurance instead of the Division of Health Services, a movement toward a medically-focused and insurance-based model.

The proposed budget also eliminates the current structure that gives counties and tribes the first right of refusal to operate the Aging & Disability Resource Centers (ADRCs), allowing a bidding process for other non-profit or for-profit entities to provide some or all of the ADRC functions. ADRCs provide help on a local basis to seniors and individuals with disabilities, regardless of income, and have become a nationally recognized model and a very important role of county government. The budget also proposes elimination of ADRC governing boards and regional advisory committees that are made up of both County Board and consumer representatives.

Since its implementation, Family Care has reduced long-term care costs, creating savings for taxpayers while maintaining quality: reducing the Medicaid portion of the budget from 53% in 2002 to 43% in 2011, reducing the nursing home population by 11,000 people, keeping administrative costs for Family Care down to 4.2%, and limiting MCO surpluses to 2%.

Both the ADRC Governing Board and the Commission on Aging at their recent meetings discussed the implication of the proposed changes. With no input from stakeholders prior to proposing the overhaul of long-term care service, there is a lack of understanding and support as to how these changes will improve services for older adults and individuals with disabilities.

These two boards are sharing their concerns with state legislators.

Some aging advocates are describing the proposed changes as the most significant change in Wisconsin’s long-term care history. Those who will be impacted by these changes should take the time to learn more and tell your story to your legislators.

Celebrate Service

National Volunteer Week, April 12-18, 2015, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities.

National Volunteer Week, established in 1974, is about taking action and encouraging individuals and their respective communities to be actively demonstrating their collective power to make a difference.

In 2014 President Obama stated, “Through countless acts of kindness, generosity, and service, Americans recognize that we are all bound together by caring for those around us. Every day, Americans carry forward the tradition of service embedded in our character as a people. And as we celebrate National Volunteer Week, we embrace our shared responsibility to one another.”

The Department of Aging/ADRC has much to celebrate, with nearly 100 registered volunteers providing service each year. These volunteers, during the month of April, will be recognized in a special way to honor this year's theme, “Celebrate Service.”

With multiple volunteer groups, including board and committee members, workshop leaders, volunteers at meal sites, the newsletter distribution crew, home repair workers, volunteer drivers, and those who help with a variety of special projects as needed, our department assures adequate programs and services for those we serve.

As one volunteer stated to a staff member recently, “I volunteer now while I can, and I hope that someday when I need help, there will be a volunteer there for me.”

Spring Fling at Plainfield

Come sing along or dance to the music of Hal Smith at the Plainfield Dining Center on Tuesday, April 21 from 11-11:45 a.m. Hal is a local favorite who entertains with classic country and gospel music. Those staying for lunch will enjoy a pork chop, mashed potatoes, vegetable and tropical fruit dinner. Call (920)787-0403 or 1-877-364-5344 to make a reservation.
Announcements

Office Closed: The Department of Aging office and nutrition sites will be closed on Friday, April 3, 2015 in observance of Good Friday. There will not be any home delivered meals or transportation. Frozen meals may be ordered in advance.

1st Brigade Band: 2015 marks the 150th commemoration of the end of the Civil War. The Wild Rose Kiwanis Club has planned a one-of-a-kind event with music, acting and education for Sunday, April 12, 2015, 2 p.m. at the Wild Rose High School Auditorium. More than eighty volunteers of all ages and from many communities, make up the 1st Brigade Band. While the abundant written and pictorial materials remain, the mellow sounds of the brass bands of the Civil War days were lost until the band, starting in 1964, began to locate and restore the dented and broken instruments and to retrieve and reconstruct the yellowed and torn music. Through their work you will hear what Presidents Lincoln and Davis, Generals Lee and Grant experienced. Tickets are available at the Patterson Memorial Library, Wild Rose, Waushara Argus, Wautoma, Office Outfitters, Waupaca, or by phone at (920) 622-3088.

Caregiver Support: The caregiver support group will meet Tuesday, April 14 at the Wautoma Library with a light lunch at 12:30 p.m. The Alzheimer's caregiver support group will meet Monday April 20 at 1 p.m. at the Wautoma Library.

Community Prom: The Junior Class of 2016 is sponsoring a community prom, April 19 at Camp Lakota, N1875 21st Avenue, Wautoma, from 12:30 - 4 p.m. This 20th anniversary celebration will feature Larry Albright and his band. Enjoy this FREE event with food, dancing and fun!

Grief Support Group: The Agnesian Grief Support Group will meet Wednesday, April 22, at 2:30 p.m. at the Wautoma Library. Call (920) 907-3940 for information.

Free Skin Cancer Screening: The Waushara County Public Health Department is offering FREE skin cancer screenings on Saturday, April 11 from 8 a.m. - 2 p.m., by appointment only. The screenings will be conducting by two dermatological surgeons, and will only take 10-15 minutes. To schedule your FREE skin cancer screening appointment call (920) 787-6590.

For those who spend a good deal of their lives in the sun the risk of getting skin cancer is increased. Skin cancer is growing at a faster rate than any other cancer in America; one death almost every hour. But with early detection, melanoma has nearly a 100% five-year survival rate. A 5-year and 10-year survival rate refers to the percentage of patients who live at least this long after their cancer is diagnosed. Of course, many people live much longer than 5 or 10 years (and many are cured).

Proposed Transportation Changes

The proposed 2015-2017 state budget includes these two proposals related to transportation.

Specialized Transportation Program — s.85.21

Each county receives a percentage of s.85.21 funding based on their proportion of older adults and individuals with disabilities to the rest of the state. The population of older adults is rapidly increasing and s.85.21 allocations have not kept up. According to the 2013 population projections from the Wisconsin Department of Administration, by 2025 adults over 60 will comprise 26.9% of the population in Wisconsin. Older adults overwhelmingly want to age in place and transportation is one service that allows them to do so. A 10% investment is needed to plan for and provide services for older adults and individuals with disabilities in Wisconsin.

The proposed state budget renames the s.85.21 program to Seniors & Individuals with Disabilities Specialized Transportation Aids and provides an inflationary increase of 1% or $437,600 for the biennium.

Non-emergency Medical Transportation (NEMT) Brokerage

Since the non-emergency medical transportation brokerage was implemented statewide, there have been significant and ongoing issues with service delivery and customer satisfaction. This statewide system of administering the Medicaid transportation benefit has not been successful. It has not contained costs, nor provided consistent, quality service. At the same time, the number of private, local tax paying transportation providers across the state has declined. The Legislative Audit Bureau has been studying this system for several months and it is hopeful their findings will be available soon.

NEMT is a valuable benefit that enables those on Medicaid access to their appointments. A regional brokerage model operated by a local non-profit or governmental entity would better serve those who need this service and would strengthen the transportation provider network for those needing transportation.

The state budget proposal eliminates the NEMT broker but it is unclear how the Medicaid NEMT benefit will be administered and what the program will look like.

Transportation Schedule MINI BUS

Monday – Friday, 8 a.m. - 4:30 p.m.
Wheelchair Accessible Mini Bus Service is available to all Waushara County registered residents on scheduled service areas. $4/day for 3 stops of your choice within Waushara County. Three days notice is required and cooperation to coordinate transportation needs is expected.

Berlin – Every Monday and Thursday
Transportation is available for Wautoma and eastern area residents of Waushara County to go to medical appointments, shopping or other errands. Cost is $8 round trip for up to three stops of your choice in the Berlin area. Minimum number of three riders required.

Stevens Point – Tuesday, April 14
Transportation is available for Wautoma and western area residents of Waushara County to go shopping, medical appointments or other errands. Sign up by Thursday, April 9. Cost is $10 round trip for three stops of your choice in the Stevens Point area. Minimum of five riders is required.

VOLUNTEER DRIVER

Out of County Medical Trips Monday – Friday
Transportation is available for Veterans, those age 60 and over, and individuals with disabilities, and is provided by volunteer drivers in their personal vehicles. Riders must be able to get in and out of vehicles on their own. Co-pay is based on location of medical appointment. Shopping trips may also be available if coordinated with a medical trip.

To schedule a ride call (920) 787-0403 or 1-877-364-5344
Happy Feet are Healthy Feet

Our feet are one of the most important parts of our body. They allow us to walk, run, dance, jump, and explore the world around us. When our feet hurt due to blisters, impaired circulation, arch pain, or corns, it can make it difficult for us to be active, which can also have a negative effect of the rest of our bodies.

Preventing foot problems is the first step in keeping your feet healthy. Proper hygiene practices are an important part of prevention. Remember to wash your feet daily with mild soap and dry thoroughly between your toes with a soft towel. You should check your feet regularly for blisters, soft corns, or cracking between toes. It is also good practice to apply talc or powder to your entire foot, change socks daily, always wear shoes to avoid puncture wounds and warts, and have at least two pair of shoes that are alternately worn.

Proper shoe selection can also help prevent foot problems. Remember to check your shoes both inside and out for rough or uneven edges. When purchasing shoes, it is best to buy them in the afternoon as your feet can swell a half size during the day, and ensure that there is at least a thumb’s width between the longest toe and the end of the shoe.

Most common foot problems can be prevented before they develop into more serious conditions that limit mobility. The following list contains common foot ailments and techniques to prevent and treat these problems:

**Athlete’s Foot:**
- To prevent athlete’s foot, it is important to thoroughly dry in between toes after bathing, change socks daily, and use talc or powder on your feet to keep them dry.
- If itching, scaling or redness appears between toes, try an over-the-counter, anti-fungal medication. If symptoms persist, seek medical help.

**Blisters:**
- Obtain well-fitting shoes. Break in new shoes slowly by wearing for short periods of time.
- Apply Vaseline-type lubricants to areas prone to blister.
- Do not uncap or remove loose skin as it acts as protection.
- Keep the blistered area covered with gauze or mole skin. If drainage, pain or redness persists, seek medical help.

**Ingrown Nails:**
- Trim nails straight across the width of the toe. **DO NOT** cut into the corner of the nail.
- Soak toes in warm water 2 – 3 times daily. If swelling or redness persists, seek medical help.

**Tired/Sore Feet:**
- Sit or lie down frequently with feet elevated above the heart.
- Wear stiff-soled, supportive shoes.
- Soak feet for 10-20 minutes in a warm Epsom salts bath, adding one TBSP of salt per quart of warm water.

If left untreated, foot problems can develop into more serious conditions that require medical attention. Below is a list of other foot problems that can be experienced at any age, followed by symptoms that require medical attention.

- **Discolored or loosened nails:** Reddened toenails, pain in toes, or discolored or darkened nails
- **Impaired circulation:** Numbness or tingling, toes are cold, nails have thickened, any change in nail texture, or hair loss on the top of the foot
- **Leg cramping:** Chronic cramping following walking or moderate exercise
- **Hammer toe/ bunion:** Toes are crooked or the big toe joint is enlarged
- **Neuroma:** Numbness or burning is present in two adjacent toes
- **Warts:** Hardened areas of tissue are present on the bottom of the foot
- **Heel/Arch Pain:** Continuous pain, or pain during activity
- **Corns/Calluses:** Painful thickening of skin on toes or the ball of the foot, or pain when running or walking (Commercial removal formulas are not advised.)

— Article contributed by Lisa Zimmerman, Social Services, Wild Rose Manor

**Foot Care Clinic Opportunities**

April is Foot Care Health Awareness Month. Be kind to your feet. Years of wear and tear can be hard on them. Practice good foot care, look at your feet often for cuts, blisters, or in-grown toenails. Tell your health care professional if you have problems. Here are two opportunities for foot care:

**WILD ROSE MANOR:** The nursing staff offers a toenail clinic on the first Tuesday of each month from 9 a.m.-1 p.m. at their facility located at 425 Summit Street in Wild Rose. Community members are welcome to attend and have their toenails cut free of charge. Call Allison Rose, Director of Nursing, with any questions regarding the toenail clinic: (920) 622-4342. In April, the clinic will be held on Tuesday, April 7.

**WAUSHARA COUNTY PUBLIC HEALTH:** Every Tuesday, 8-11:30 a.m. by appointment only. A fee of $20 for initial appointment, and $15 for future visits. Call (920) 787-6542.

Please note: Weyauwega Health Care Center is no longer able to provide foot care service.
Plan Ahead for Emergencies

Without a plan in place you and the people you love may face serious challenges if an emergency occurs. 

The registry is voluntary and does not ensure immediate or preferential treatment. But it does help emergency planners to develop an effective response for those registered. It will help emergency responders to better understand your unique situation and to provide more effective emergency assistance.

Volunteer Emergency Assistance Registry applications are available at Waushara County Courthouse Emergency Management Office, Department of Aging, Human Services, and Public Health. Completed forms should be returned to Emergency Management. If you need assistance filling out the application, you may call the Department of Aging at (920) 787-0403.

Elderly and Disabled: Consider having an extra pair of eyeglasses, hearing aids or dentures, if possible. Give at least one other person a key to your home and be sure to make an emergency contact list.

Although disaster planning can be frightening, having a plan in place can help you, and the people you care for, feel more secure.

For more information you can visit the website: www.ready.gov, and if you need help creating a plan, the Department of Aging has a free handbook available “Plan Ahead …for Emergencies”.

WISCONSIN TORNADO AND SEVERE WEATHER AWARENESS WEEK
April 13-17, 2015
Drill Day is Thursday, April 16, 1 p.m.

The Wisconsin Emergency Management team and the five National Weather Service Forecast offices that service Wisconsin are asking that everyone take time to go over their safety plans so they will be ready when severe weather strikes.

YOUR HEALTH MATTERS DAY OR NIGHT!

Walk-In
Monday-Friday 8 a.m.-6 p.m.
Saturday & Sunday 8 a.m.-2 p.m.
920-361-5535

Emergency Department
24 Hour Full Service Care
920-361-5525

Berlin Memorial Hospital Campus
225 Memorial Drive, Berlin

Wild Rose Manor

Skilled Nursing - Rehabilitation
Alzheimer’s & Memory Care
Compassionate care, skilled staff, onsite therapy, private rooms
Come visit our beautiful campus at 425 Summit St. in Wild Rose, WI
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www.wildrosemanor.org
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Presentations and Support for Caregivers

Keys to Parkinson’s Caregiving
Tuesday, April 14, 1 p.m.

If a person close to you, someone you care for, has been diagnosed with Parkinson's disease (PD) it is natural to feel like the rug has been pulled out from under both of you. Parkinson's disease is a complicated illness that involves both physical and emotional symptoms. The symptoms and challenges faced by a person coping with PD may vary greatly and it is often difficult to know what to expect.

PD is a progressive illness which means the symptoms will change and often worsen over time. Understanding that this will occur can help prepare the caregiver for the future. Learning about what issues are related to PD can assist both you and your loved one to ask important questions, and make educated choices during health care visits. A better understanding of PD by everyone concerned will result in more effective coping, proper long-term management, and a more successful therapeutic outcome.

In addition to learning about PD it is important to acknowledge your feelings, develop coping strategies, keep your own needs in mind, ask for and accept help, prepare for the future and make tough choices.

Know that you are the most important person that cares for the person with PD and keep both this person and yourself in the highest regard. The American Parkinson Disease Association can help by providing literature and information to assist caregivers. To obtain free literature, call 1-800-223-2732 or visit the website apda@apdaparkinson.org.

Jordan Mooney, Information and Referral Coordinator of the Wisconsin chapter of the American Parkinson Disease Association will give a presentation at the Waushara County Department of Aging caregivers support group on Tuesday, April 14, 1 p.m. at the Wautoma Library. Topics to be discussed include treatments, adaptive equipment, tips and helpful hints, “freezing” gates, medications, and the referral process. For more information call Sue at the Department of Aging (920) 787-0403.

Understanding Dementia Behavior
Tuesday, April 28, 1 p.m.

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia.

To help caregivers decipher behaviors and determine how best to respond, the Alzheimer’s Association will offer the Understanding and Responding to Dementia Related Behavior program. By the end of the session, attendees will be able to:

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address some common dementia-related behaviors.

Through practical information, resources and interviews with experts, this program will help caregivers to address the challenges of dementia related behaviors. Understanding and Responding to Dementia Related Behavior will be presented by Kathleen Albert, Outreach Specialist, Greater Wisconsin Alzheimer’s Association on Tuesday, April 28, 1 p.m. in Conference Room 25, lower level of the courthouse. All of those who are caring for someone with Alzheimer’s or a related dementia are encouraged to attend, whether caring for someone at home 24/7 or someone in a care facility. There is no cost to attend.

Benefits of Support Groups

Caring for a loved one can be rewarding, as well as challenging, exhausting and stressful. Caregivers may over time, start to feel alone and isolated. But it doesn't have to be this way.

Support groups have a number of benefits. They can provide an opportunity where caregivers can talk, share their experiences, exchange personal stories, and interact with other caregivers. In addition, caregivers have the opportunity to form new friendships and networks, while gaining knowledge about resources in their local community from their peers.

Support groups offer a safe place to feel understood and supported. Consider joining one or both of these options:

- Caregivers Support meet second Tuesday each month at Wautoma Library, lunch 12:30 p.m., meeting 1 p.m.
- Alzheimer’s/Dementia Support meet third Monday each month at Wautoma Library, 1 p.m.

Local Alzheimer’s Association Office Hours – Tuesday, April 28

Kathleen Albert, Alzheimer's Program Specialist, is a trained professional knowledgeable about Alzheimer's and its effect on family life. Kathleen will hold office hours at the courthouse for individuals or family members who would like to have an opportunity to ask questions and learn more about the warning signs, how to get a diagnosis, where to turn after that diagnosis, how to cope with the changes, and how to access resources and support services as needed.

Confidential consultations are available on Tuesday, April 28 in the morning, for those who have questions about their own memory issues or those who care for someone with the challenges of dementia or Alzheimer's.

To schedule a confidential appointment, call the Waushara County Department of Aging at (920) 787-0403 or toll free 1-877-364-5344.
The Redgranite Dining Center is housed in the Redgranite Civic Center (see picture, page 7), a building as unique and diverse as its participants. The Civic Center was built in 1900 and has been transformed several times; from General Mercantile store, to jewelry store, to feed store, Masonic Lodge, funeral home, and when the Village of Redgranite purchased it, it served as a library for a time, and finally became the Community Center. Like all of the dining centers, its best qualities are the friendly people and the delicious variety of food. As one person remarked, “I could never cook as many different and tasty meals as we get here!”

The Redgranite Dining Center is PARTY CENTRAL! Our motto is .. You might come in as a stranger, but you leave a friend. As Dorothy said, “We can make a celebration out of any event!” Linda, our official party planner, orchestrates the holiday decorations and favors. We’ve celebrated unique milestones, such as the publishing of Walt Disney’s first cartoon character; Mickey Mouse, also National Sugar Cookie Day, and even Elvis’s birthday! Plus, we participate in different health awareness events by wearing red for women’s heart health or wearing blue for colon health month. Of course, individual birthdays are celebrated with gusto, well wishes, hearty singing and cake!

Roy Kiiskila, our oldest participant, has a wonderful sense of humor and unique jigsaw puzzle skills that are a welcome addition. Norma, our second longest-attending participant, loves hearing about the latest antics of the group. While many originally came because an active participant invited them, Faye, on the advice of her hairdresser, arrived by herself one day – just to give us a try – and continues to come five days a week.

Stories about family, pets, pictures of grandchildren, and jigsaw puzzles are part of a daily routine at the Dining Center. But competition can become fierce when county-wide contests between dining centers are announced, and WII Bowling tournaments, which will take place in May.

Special thanks to our volunteers: servers Sue and Dorothy; kitchen clean-up Dorothy, Kaarina, Patty, Lois, Helen, Faye, Marion, Joan, Jean, and Bob. And the paperwork team: Roy, Chris and Dellos. Operations depend on their help! Jeanne Williamson, Redgranite Dining Center Manager remarks, “Every day is a joy, regardless of the weather, it’s always sunny at the Redgranite Dining Center. We invite you to stop by and give us a try!”

~ Submitted by Jeanne Williamson

At the Dining Centers...

Learn more about Living with Heart Disease, the detection and screening for cancer, receive tips from Master Gardeners, enjoy music by Hal Smith, and Marv Nielsen and more!

**Roy Sippi:** Do the Bunny Hop on April 1. Enter your guess of how many Jelly Beans are in the jar (during the entire month of April); winner announced April 30. Mary Ann Schilling, Family Living Educator with UW-Extension will present a Cancer Screening and Detection class Wednesday, April 8, 11:30 a.m. The class will help you understand the importance of early cancer. Participants will receive a general summary of recommended cancer screening tests. This class is part 3 of Cancer Clear & Simple curriculum that included (1) Cancer Basics, and (2) Prevention.

**Hancock:** Bill Rosenau, County Veterans Service Officer, will be available on April 9, before lunch.

**Redgranite:** National Jelly Bean Day Celebration, April 22.

**Coloma:** John Eyerly will present an update on the Westfield School and the nearby Habitat for Humanity project, April 9, 11:45 a.m. Lorna Miller, from the Wild Rose Hospital, will present “The In’s and Out’s of Living with Heart Disease,” April 15, 11:30 a.m.

**Plainfield:** Sing and dance along with Hal Smith, April 21 before lunch.

**Wautoma:** June and Craig Olson, members of the Waushara County Master Gardeners, will present Environmentally Friendly Gardening, April 9.

**Sa Xe v ile:** Bill Rosenau, Waushara County Veterans Service Officer, will be available on April 13 before lunch. Volunteer Appreciation party will take place after lunch.

**Cherry Cheese Mini Treats**

(Makes 16 Treats)

8 oz. pkg. cream cheese
1/2 cup powdered sugar
1 egg yolk
1/3 tsp. vanilla
2 - 8 oz. pkg. refrigerated crescent rolls
21 oz. can cherry pie filling (options: peach or apple)
Glaze:
1 cup powdered sugar
2 Tbsp. milk
Food coloring

Preheat oven to 350°. Blend together cream cheese, powdered sugar, egg yolk, and vanilla in bowl. Remove the rolls from the container and lay each one flat. Spread the cream cheese mixture over each piece of dough. Add a bit of pie filling on top of the cream cheese mixture. Fold the pointy side over to the wide side and pinch the dough together to stick. Bake for 25 minutes. Let cool.

To make a colorful glaze, mix the powdered sugar and milk until smooth. Separate the glaze into 2-4 small bowls and add a small amount of food coloring to each one. Drizzle the different colors of glaze over the rolls.

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April is Volunteer Appreciation Month! Thank you to all of our volunteers! We would not be able to serve as many people or prepare as many meals without you. You brighten our lives! If you are interested in volunteer opportunities, please call the Department of Aging at (920) 787-0403 or 1-877-364-5344.

Dining Center Locations:
Coloma Community Center, 155 Front St — (715) 228-3145
Monday, Wednesday, Thursday, Friday
Hancock Community Center, 420 Jefferson St — (715) 249-5872
Monday — Friday
Plainfield Senior Center, 114 W. Clark St — (715) 335-6735
Monday — Friday
Poy Sippi House Next Door, W2306 Prospect — (920) 647-0066
Monday — Thursday
Redgranite Civic Center, 202 Pine River St — (920) 290-5918
Monday — Friday
Saxeville Town Hall, W4022 Archer Ave — (920) 647-0667
Monday and Wednesday
Wautoma Senior Ctr, W8220 Cottonville Ave — (920) 787-0403
Monday — Friday
Wild Rose Community Ctr, 500 Wisconsin — (920) 622-3835 Ext 3
Monday — Friday

The Redgranite Civic Center building serves as a Senior Dining Center. It’s located at 202 Pine Street (City Road E) with parking available on Franklin Street, by the Veteran’s Memorial Park shelter. The “Welcome” mat is always out.

### April 2015 Menu

#### Monday
- **Cassoulet (Pork Casserole w/ Vegetables)**
- **Dinner Roll**
- **Apricots**
- **Busy Day Cake**
- **OR Diet Dessert**

#### Tuesday
- **Potato Soup w/ Bacon Crackers**
- **Turkey & Lettuce Sandwich**
- **Fruit Pizza**

#### Wednesday
- **Easter Dinner**
  - Cranberry Glazed Ham
  - Baked Potato
  - w/ Sour Cream
  - Candied Carrots
  - Dinner Roll
  - Pie OR Diet Pie

#### Thursday
- **Cheeseburger on Bun**
  - w/ Lettuce, Tomato, Onion, Pickles
- **Baked Beans**
- **Macaroni Salad**
- **Cookie OR Diet Dessert**

#### Friday
- **NO MEALS Office Closed**

#### Volunteer Week
- **Beef Roast w/ Gravy**
- **Mashed Potatoes**
- **Country Blend Vegetables**
- **Multigrain Bread**
- **Éclair Cake**

#### Birthday Party
- **Birthday Cake**
- **OR Diet Dessert**

#### Meat Choice
- **Poorman’s Lobster (Baked Fish) OR Ham**
- **Baked Potato**
  - w/ Sour Cream
- **Vegetable Blend**
- **Marble Rye Bread**
- **Lazy Daisy Cake OR Fruit**

#### Earth Day New Menu Item
- **Meatball Stew w/ Vegetables**
- **French Bread**
- **Fruit Cocktail**
- **Cookie Bar**
- **OR Diet Dessert**

#### Brunch For Lunch
- **Caramel French Toast**
- **Breakfast Sausage**
- **Applesauce**
- **Orange Juice**
- **Strudel Stick**

#### New Menu Item
- **Chicken Pot Pie**
  - w/ Vegetables
- **Garden Salad**
  - w/ Fresh Vegetable
- **Whole Wheat Bread**
- **Ice Cream OR No-Sugar-Added Ice Cream**

#### Volunteer Week
- **Chicken Chop Suey**
  - w/ Stir Fry Vegetables
- **Brown Rice**
- **Mandarin Oranges**
- **Assorted Bread**
- **Peanut Butter Buckeye Brownie OR Diet Dessert**

#### Sunday
- **Pork Chop w/ Gravy**
- **Mashed Potatoes**
- **Vegetable Blend**
- **Multigrain Bread**
- **Tropical Fruit**

#### Sunday
- **Birthday Party**
- **Birthday Cake**
- **OR Diet Dessert**

#### Sunday
- **Meat Choice**
- **Poorman’s Lobster (Baked Fish) OR Ham**
- **Baked Potato**
  - w/ Sour Cream
- **Vegetable Blend**
- **Marble Rye Bread**
- **Lazy Daisy Cake OR Fruit**

#### Sunday
- **Earth Day New Menu Item**
- **Meatball Stew w/ Vegetables**
- **French Bread**
- **Fruit Cocktail**
- **Cookie Bar**
- **OR Diet Dessert**

#### Sunday
- **Brunch For Lunch**
- **Caramel French Toast**
- **Breakfast Sausage**
- **Applesauce**
- **Orange Juice**
- **Strudel Stick**

#### Sunday
- **New Menu Item**
- **Cassoulet (Pork Casserole w/ Vegetables)**
- **Dinner Roll**
- **Apricots**
- **Busy Day Cake**
- **OR Diet Dessert**

#### Sunday
- **Potato Soup w/ Bacon Crackers**
- **Turkey & Lettuce Sandwich**
- **Fruit Pizza**

#### Sunday
- **Baked Chicken**
- **Baked Sweet Potato**
- **Peas N Onions**
- **Whole Wheat Bread**
- **Fruited Gelatin OR Sugar-Free Gelatin w/ Fruit**

#### Sunday
- **Pepper Steak**
- **Noodles**
- **Broccoli**
- **Rye Bread**
- **Fruit**

Menus are subject to change.
Scams and Rip-offs and Fraud...Oh My!

The combination of cold weather and tax season makes this a prime time for financial scams. People are at home more due to the cold and are more likely to answer phone calls. Older Americans are a favorite target of unscrupulous scam artists. According to research by Stanford University, those over the age of 65 are 34% more likely to have lost money on a financial scam than those in their 40s. Some scams to be on the lookout for include:

**Tax Identity:** Tax season presents many opportunities for theft and fraud.Fraudsters call or email people stating that they are from the IRS and provide an address to send money to, for back taxes owed. Others are stealing Social Security numbers and filing for tax returns with the stolen identity. The Department of Agriculture, Trade and Consumer Protection provided a press release outlining the following ways to reduce a person’s risk of falling victim to tax identity theft:

- File your tax return early in the tax season before identity thieves do. Use a secure internet connection if you file electronically.
- Don’t use unsecure, publicly available wi-fi hotspots at places like coffee shops or hotel lobbies.
- Mail your tax return directly from the post office. Shred copies of tax returns, drafts or calculation sheets you no longer need.
- Respond to all mail from the IRS as soon as possible.
- Know that the IRS won’t contact you by email, text, or social media. If the IRS needs information, it will first contact you by mail.
- Don’t give out your SSN or Medicare number unless necessary. Ask why it’s needed, how it’s going to be used, and stored.
- Get recommendations and research a tax preparer thoroughly before you hand over personal information.
- If your SSN has been compromised, contact the IRS ID Theft Protection Specialized Unit at 800-908-4490.
- Check your credit report at least once a year for free at annualcreditreport.com to make sure no other accounts have been opened in your name.

**Sweetheart Scam:** Scammers have also been targeting older women on online dating sites. The scammer will have conversations with the unsuspecting woman and eventually announce that he loves her. Then the scammer will find himself in some sort of predicament where he needs funds immediately, such as a stolen briefcase on business trip.

**Grandparent Scam:** The scammer calls and claims to be “your favorite grandchild” or close relative and is in some sort of crisis that requires immediate cash to remedy. The victim is then convinced to wire funds, send a prepaid credit card, or send cash via courier. If you receive this sort of call, you should ask questions only your grandchild would know, such as the name of a pet.

—GWAAR Legal Services Team

Aging Advocates Urge No Changes to SeniorCare

In response to Governor Scott Walker’s 2015-17 state budget proposal, the Wisconsin Aging Advocacy Network (WAAN) is calling on state legislators to keep SeniorCare as it is to ensure that the nearly 85,000 SeniorCare enrollees are not hurt by higher costs. Calling the program “well targeted and extremely successful in meeting the needs of very low-income older people,” WAAN asserts that proposed changes would significantly increase the out-of-pocket costs for those who can least afford it.

The Governor’s plan calls for SeniorCare recipients to first enroll in the Medicare Part D prescription drug program. According to Janet Zander, Advocacy and Public Policy Coordinator at the Greater Wisconsin Agency on Aging Resources, the average cost for a Medicare Part D plan in Wisconsin is $61 per month – significantly higher than SeniorCare’s low annual enrollment fee of $30. “Requiring SeniorCare enrollees to first purchase Part D insurance would increase their total out-of-pocket costs by an average of $732 per year,” says Zander. “Low-income seniors can’t afford that kind of financial hit.”

Medicare Part D requires seniors to have creditable coverage to avoid penalties and SeniorCare provides that coverage. Under the Governor’s proposal however, Wisconsin seniors who may have been using SeniorCare solely to maintain creditable coverage, would be forced to purchase a Part D plan or face a penalty.

Zander also notes that older people and their families like the administrative simplicity of SeniorCare. “The program requires a $30 annual fee and a $5 or $15 co-payment for each prescription with most drugs covered under the Medicaid formula,” says Zander. “The same simplicity does not apply to Medicare Part D which requires extensive research every year to determine the best plan in terms of costs and benefits.”

“We urge legislators to continue their strong bipartisan support for Wisconsin’s unique, successful, and popular SeniorCare program,” remarks Zander. The Waushara County Department of Aging would like to urge local residents, especially SeniorCare participants, to contact legislators and encourage them to support SeniorCare. It’s always appropriate to share you personal stories with legislators to help them understand. You will find the names, addresses, phone numbers and email addresses of state legislators on the next page under “Know Your Legislators.”

What Does Football and Health Insurance Have In Common?

Penalties! Did you get hit with a huge penalty on your 2014 taxes for not having health insurance? If so, it’s not too late to get covered for 2015 and avoid another fine! The Health Insurance Marketplace has added a special enrollment period from March 15-April 30, 2015, if you still need health insurance. There are five ways to get help:

1. For free, in-person assistance call Partnership Community Health Education Center (920) 820-6420 or call United Way 2-1-1 toll-free to find help in your area.
2. Contact your local health insurance agent.
4. Call the Healthcare Marketplace at 1-800-318-2596 to speak with a representative.
5. Saturday, April 11, 9 a.m.-3 p.m. attend free, in-person assistance for Marketplace and BadgerCare+ applications at the Goodwill Community Center, 1800 Appleton Road (Entrance 2), Menasha, sponsored by Partnership Community Health Education Center. For more information, call (920) 882-6420.
Medicare Coverage of New Colon Cancer Screening Tool

Colon cancer, also known as colorectal cancer, is the third most common cancer in the world and second leading cause of cancer-related deaths in the United States.

Like most forms of cancer, early detection is correlated with a greater chance of survival. The customary testing mechanism for colon cancer is a colonoscopy. A colonoscopy must be performed at a doctor’s office and involves bowel prep of 1-2 days before the procedure is performed. However, now an alternative method is on the market for screening colorectal cancer. In a study of 10,000 people of average risk for colon cancer, Cologuard found 92% of cancers.

What is Cologuard? It is a home test that is able to detect the presence of colorectal cancer. It was approved by the Food and Drug Administration in August 2014. It uses DNA technology to look for abnormalities in a stool sample. Cancerous or precancerous cells present in the colon will be picked up by the stool as it passes through the colon.

Cologuard must be ordered by a doctor and cannot be purchased over the counter. Once Cologuard is prescribed by a physician, a collection kit is shipped directly to the patient who then collects a stool sample and sends it to the lab in the mailer provided in the kit. Patients are informed by their doctors of the results in approximately 2 weeks. If the results are a positive, a patient will have to undergo a colonoscopy to verify the results. In a study of 10,000 people of average risk for colon cancer, Cologuard found 92% of cancer.

Medicare coverage of Cologuard: Medicare Part B will cover use of this test once every three years for beneficiaries who meet the following criteria:

- Age 50 to 85 years old
- Asymptomatic (no signs or symptoms of colorectal disease, including but not limited to, lower gastrointestinal pain, blood in spool, positive guaiac fecal occult blood test, or fecal immunochemical test), and
- At average risk of developing colorectal cancer (no personal history of adenomatous polyps, colorectal cancer, or inflammatory bowel disease including Crohn’s disease and ulcerative colitis; no family history of colorectal cancers or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer).

Medicare will NOT cover use of Cologuard if an individual:

- Has symptoms a doctor thinks may be related to colon cancer.
- Previously had a positive colonoscopy that found polyps or cancer.
- Is determined by a doctor to be at high-risk due to a family history of colon cancer.

For more information, visit: www.cms.gov/medicare-coverage-database/ — GWAAR Legal Services Team
Upcoming Health Programs

The Aging and Disability Resource Center (ADRC) Health Promotion Programs are off to a great start in 2015. New classes continue to be scheduled throughout the year. The various classes include Healthy Living with Diabetes, Living Well with Chronic Conditions, and Stepping On (Fall Prevention). All classes have a suggested donation of $15, or any amount of your choice, but donations are not required to attend. Here are the upcoming classes in and around Waushara County:

- **Stepping On**: April 6 – May 18 (Mondays only), 9 - 11 a.m. in Green Lake County, location to be announced.
- **Healthy Living with Diabetes**: April 23 – May 28 (Thursdays only), 1 - 3:30 p.m. at Family Health/La Clinica in Wautoma.
- **Healthy Living with Diabetes**: April 23 – May 28 (Thursdays only), 9 - 11:30 a.m. at the Community Center in Westfield.

Watch for other class announcements in your local newspapers, future issues of Loose Ends, and check out the ADRC website at www.adrcinformation.org, and click on “Community” to view the calendar. To register for a class or find more information about ADRC services and programs, call 1-800-883-5378.

### Healthy Living with Diabetes decreases encounters with the health system by one fifth, six months after taking a class.

- www.diabetes.org

### Happy Easter!

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Loose Ends Ads
Businesses interested in advertising in the Loose Ends publication during 2015 should call 920-787-3334 for 2015 pricing

Although the Department of Aging is unable to endorse any products or services being promoted in Loose Ends, the advertisement support is greatly appreciated.
Receive Proper Training Before Using a Walking Aid

Walking aids such as canes and walkers can be invaluable to people with mobility difficulties, but improper or insufficient training in their use may contribute to an increased risk of falls, according to a study conducted in Belgium.

A study published in the Journal of Geriatric Physical Therapy followed older adults, aged 63 to 94, in a residential care facility in Belgium. Approximately half of the study’s participants used a walking aid (most used a four-wheeled walker, while some used a two-wheeled walker, or cane). Even after accounting for falls that were contributed to by medication, previous falls, older age, or slower walking, researchers determined that those who used walking aids were nearly four times more likely to fall.

The researchers determined that older persons whose gait has been altered may be taking smaller steps and walking more slowly, contributing to an increased risk of falling. Losing the ability to freely swing ones arms can impact the likelihood for a fall. Researchers caution not to conclude from the study that walking aids themselves are problematic. Rather, they highlighted the correlation between the use of a walking aid and an increased likelihood of falls. Therefore, researchers say it is vital that older persons who utilize a walking aid be properly trained to ensure the device is used properly and provides safer mobility practices. One problem with walking aids is that individuals who lose balance may not be able to recover as quickly, due to gripping or holding the walking aid. When balance is lost, the aid may become a hindrance, rather than a safety device.

While it may be easily taken for granted, researchers suggest that someone who uses a walking aid should receive proper training to learn how to keep their balance, maintain a safe gait, as well as how to avoid falls. Training should include more complicated maneuvers such as opening and closing doors and navigating stairs.

The aging process requires individuals, caretakers, family members, and friends to rethink ideas that may seem simple. In order to safely use a walking aid, individuals who face mobility challenges must be able to safely incorporate the use of the device into their activities of daily living so that the device is used properly and does not accidentally cause a dangerous fall that it was designed to prevent.

Source: “Understanding the Relationship Between Walking Aids and Falls in Older Adults: A Prospective Cohort Study,” Journal of Geriatric Physical Therapy, January 15, 2015.

—GWaar Legal Services Team

For more information about fall prevention training and/or participating in Stepping On, a class designed to help people at risk of falling, read the articles on the previous page, or you may connect with the ADRC Prevention Coordinator Shannon Myers, (920) 787-6666 or 1-877-883-5378.

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**Waushara-Wautoma Senior Center**

**TRIAD Meeting**

Tuesday, April 7, 10 a.m. The April TRIAD meeting will take place at the Sheriff’s Department. Two guest speakers are planned. Detective Sgt. Curt Olson, will offer information to help keep your home from being burglarized. Curt will give some tips to avoid break-ins beyond the normal preventions of locking doors, windows, and installing outdoor lighting. Shannon Myers, Prevention Coordinator with the ADRC will share information about the File-Of-Life program, which is a magnetic packet that contains vital medical information. This will be a great opportunity to bring questions or concerns to the attention of the Sheriff and other law enforcement personnel. Local updates on recent issues will be provided. Give TRIAD a try!

**Waushara County Food Pantry**

Tuesdays and Fridays 11-4 p.m. Spring is around the corner and so is gardening. Fresh vegetables are an important part of a good diet, but they can be expensive. How about planting an extra row or two to share with the Pantry? Fresh produce is always accepted at the Pantry anytime, just bring it in on Tuesdays or Fridays. The Pantry is located on Oakridge Court in Wautoma and is open to any low income resident of Waushara County. Call (920) 787-0641.

**Wild Rose Manor**

April activities at Wild Rose Manor include the following and are open to the public. For information call Donna Krempleski at (920) 622-4342.

**Tuesday, April 7**: Toenail Clinic, 9-1 p.m. Get your toenails cut free of charge by our nursing staff.

**Wednesday, April 8**: Music by John Jenks, 2-3 p.m. Enjoy polkas and waltzes on the accordion.

**Thursday, April 9**: April Birthday party, 2-3 p.m. with gospel music by Daniel Lovett.

**Friday, April 17**: Music by Gary Wisner, 2-3 p.m., crooning the songs of Sinatra, Crosby, Martin and others.

**Saturday, April 25**: 2nd Annual Rummage Sale, 10-2 p.m. All proceeds to benefit the Activity Department.

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**I would like to make a contribution to Waushara County Department of Aging:**

Name: ______________________________ Address: ____________________________

I have included a donation in the amount of $______ for programs/services listed below.

___ Senior Dining Center  ___ Home Delivered Meals  ___ Newsletter/Loose Ends

___ Benefit Specialist  ___ Transportation  ___ Caregiver Program

___ Home Repair Program  ___ Health Programs  ___ Any Department Program

Checks made payable to Department of Aging. A receipt will be sent upon request. Your gift is deductible to the extent provided by law.

It is okay to acknowledge my donation in the Department’s “thank you” column of Loose Ends or other publications: ___Yes ___No

Return to: Waushara County Department of Aging, PO Box 432, Wautoma, WI 54982
Spring Home Repairs

Spring is here and it’s time to think of those little repair jobs that can help keep you safe in your home. The volunteer senior home repair program may be able to help with a re-modification or repair that will help to maintain independent living for individuals age 60 and older. There is a loan and/or grant program available for those who qualify. Some examples of skilled repairs requested:

- Securing or installing handrails or grab bars
- Repair/replace door, handles or locks
- Install smoke/carbon monoxide detector
- Repair steps
- Build a wheelchair ramp

After an individual submits an application, the Project Coordinator will perform an on-site evaluation of the project and write up an estimate for materials and mileage reimbursement for volunteers. The craftsmen will completely donate their skilled labor for doing the repairs or modifications. The applicant is responsible for all material and mileage reimbursement expense.

To learn more about the program or to request an application, contact Waushara County Department of Aging or the ADRC at the courthouse in Wautoma. This project is a collaborative effort between the Aging and Disability Resource Center, Waushara County Department of Aging Services, and Waushara County Human Services.