

RESOURCE WISE

“Connecting People With the Assistance They Need”



Initial Vision for ADRC of Dane County Newsletter

Conscious decisions were made to determine how it would look and read.

There was a desire to differentiate our newsletter from other newsletters in the community.

Focus was on being easy to read, uplifting, and informative.

Our Process:

Each issue needs to be relevant to our three main target groups—the elderly, the physically disabled adult and the intellectual or developmentally disabled adult. This guides each decision in our process.

Create an outline (aka “The Skeleton”) based the Index.

Review themes based on seasonal timeliness

Brainstorm ideas for articles.

Determine task assignments, set timeframe for completion.

Finalize edits and complete layout.



Resource Wise

First Edition!

The Aging & Disability Resource Center of Dane County first opened its doors (and phones!) to residents in November 2012. Since the empty shell of an old Northside Madison hardware store was transformed into the ADRC, we've talked with and provided assistance to over 22,000 people!

And now we are very happy to offer this publication as another way to bring you good news about the variety of resources available in Dane County. We've tried our hardest to include something for everyone!

Be sure to check back for future editions and more interactive opportunities!

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VOL. 1 ISSUE 1

NEWSLETTER

"Connecting People With The Assistance They Need"

WHAT IS AN ADRC? The place for information and assistance!

The Aging and Disability Resource Center (ADRC) of Dane County is your first stop for accurate, unbiased information on all aspects of life related to aging or living with a disability. Our ADRC is a friendly, welcoming place where anyone - individuals, concerned family or friends, and professionals working with issues related to aging or disabilities - can go for information tailored to their situation.

The ADRC provides information on broad range of programs and services. We help people apply for benefits and we make referrals to other helping agencies. The ADRC serves as an access point for information about long-term care options, including publicly funded programs. We try to help people think through the pros and cons of various options - in light of their own strengths, values and preferences!

Our experienced staff can meet with you at the ADRC, over the phone or through a home visit, whichever is more convenient to you! Talk with us about:

- Adaptive Equipment
- Assisted Living/Nursing Home
- Employment Programs
- Financial Aid and Public Benefits
- Health & Wellness
- Housing Options, including senior and low income
- In-Home Care and Home Maintenance
- Nutrition Programs
- Medical and Prescription Drug Coverage
- Caregiver Support
- Support Groups
- Transportation
- The choices you have in where to live, what kind of help you need, where to receive that care and help, and how to pay for it.



Resource Wise

"Connecting People With The Assistance They Need"

VOL. 1 ISSUE 2 FALL 2014

NEWSLETTER

Good News!

The ADRC of Dane County is the 9th location in Wisconsin to register as a memory screening site with the Alzheimer's Foundation of America.

Residents can take advantage of free, confidential memory screenings at the ADRC, provided by our trained staff.

A memory screen is a simple and safe evaluation tool, it is not a diagnosis. It is an important first step, or indicator, of whether additional medical visits might be beneficial.

The ADRC is proud to be part of the effort to raise awareness about early detection of memory concerns.

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The Aging and Disability Resource Center of Dane County co-hosted an Open House with the Area Agency on Aging on May 21, 2014 in recognition and celebration of National Older Americans Month and Wisconsin's ADRC Month.

The Open House featured tours of our facilities. Staff were stationed throughout the building to answer questions and explain how the ADRC is able to help people when they call or stop in.

Dane County Executive Joe Parisi welcomed everyone with a brief speech to launch the event. Guests also got the opportunity to meet and hang out with Maynard the Mallard.



We're Ready to Help!



Assistive Technology Kit!



Northside Neighbors!



Resource Wise

ISSUE 2

NEWSLETTER

Outreach!

ADRC staff regularly goes out in the community to educate, inform and connect with people.

Word of mouth is often how people know to call ADRC for assistance. So it's important for us to attend public events and meet with groups to share what the ADRC is all about!

If you're interested in the ADRC presenting to your organization or appearing at your event, please contact us!

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"Connecting People With The Assistance They Need"

It's nearly 2015 and The Aging & Disability Resource Center of Dane County has big plans for the coming year! For our community members who are age 60+ or have a physical disability or an intellectual/developmental disability, the ADRC's goals for 2015 are:

- Increase awareness of the ADRC and what we do!
- Support those with Alzheimer's/dementia and their caregivers.
- Assist more people in relocating from nursing homes back to the community.
- Promote Healthy Living.
- Educate "Boomers" and others about planning for the future.
- Provide unbiased information about Long Term Care programs.
- Connect consumers with the many proven community organizations in Dane County.
- Be a resource to you and your neighbors.

Make it your New Year's Resolution to contact the ADRC if you, a family member or friend need information or assistance.

ADRC staff are often in the community, be sure to stop by and say, "Hello!"





Resource Wise

"Connecting People With The Assistance They Need"
SPRING 2015 NEWSLETTER

Speak Up!

"Never doubt that a small group of thoughtful, committed citizens can change the world" —Margaret Mead

As Americans, our input as citizens does not begin and end in the voting booth. Freedom of Speech gives us opportunity to make our voices heard!

Your opinion is powerful. Elected officials need your input to be effective. Contact your State Legislators about issues important to you:

Call the WI Legislative Hotline 1-800-362-9472 or in Madison 608-266-9960.

Search: <http://legis.wisconsin.gov>

Mailing Addresses:
Senate
P.O. Box 7882
Madison WI 53707

Assembly
17 West Main Street,
Room 401 Madison WI 53703

Governor
115 East Capitol
Madison WI 53702

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Substantial Changes Proposed for Aging & Disability Resource Centers

The current budget proposal for the State of Wisconsin contains the following changes for Aging & Disability Resource Centers (ADRCs):

- Allows the State to contract with a private entity for all or some of the services provided by ADRC's
- Allows the State to prohibit individual counties from choosing to operate an ADRC
- Reduction in the level of services that ADRCs are required to provide the public
- ADRC services could be provided on a statewide or regional basis rather than the current model of ADRCs serving individual counties
- Governing Boards that oversee local ADRCs would be eliminated

ADRCs began in Wisconsin during the Administration of Governor Tommy Thompson. Since then they have grown to serve all 72 counties in Wisconsin and have been replicated throughout the United States. ADRCs were started, in part, to meet the needs and reduce expenses of the growing aging population and citizens with disabilities in our State.

In February 2010, the US Administration on Aging honored the Wisconsin Department of Health Services with an Outstanding Achievement Award for "it's pioneering work and continued innovation with Aging and Disability Resource Centers." Federal officials recognized Wisconsin as the creator of ADRCs and emphasized that the Wisconsin Model is a model other states should follow.

External quality reviews conducted by the Wisconsin Department of Health Services have documented high customer satisfaction with services provided by ADRCs: 93% would recommend the ADRC to others.

The ADRC of Dane County opened in November of 2012 and has provided nearly 44,000 interactions with the community. At the ADRC of Dane County, we remain committed to:

- Serving as your one-stop shop for information and resources for all older adults and adults with disabilities
- Providing unbiased, comprehensive information on resources in your community
- Advocating for the needs of our customers and our community
- Assisting our customers in making well-informed decisions about their lives and their options

Call us at 240-7400 or 1-855-417-6892



Resource Wise

"Connecting People With The Assistance They Need"
SUMMER 2015 NEWSLETTER

Hooray for Summer! Please be sure to check out some wonderful suggestions for getting out and enjoying all that Dane County has to offer on pages 8 & 9

Dane County Human Service's Transition policies help students with developmental disabilities achieve and maintain employment after age 21. The policy recognizes that it makes fiscal sense for the students to be part of the local workforce, utilize the job skills they learned in school, and that work is an important aspect of their social well-being.

Over the past two years, 112 students throughout Dane County benefited from Transition services, with 92% successfully employed in the community.

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Meet Sam Filut. He's a successful young man. At age 22, he's a graduate of Madison East High School. He's employed locally by Shop bop - a globally recognized fashion merchant and part of the Amazon.com Inc. group of companies- where his boss sings the praises of Sam's work ethic. The son of Lorene and Leonard, he's strong and handsome with a charming smile! As a typical guy, he has the newest iPad, loves to watch "Family Guy" on TV, and likes bicycling and nature (frogs & snakes!) And, by the way, Sam is living with the challenging disability of Autism.

Autism impacts Sam's ability to learn, communicate, make decisions and interact with people. On a daily basis, Sam needs extra support from his family and other community resources.

Sam's mother Lorene shared that as Sam neared adulthood, planning for his future became very daunting. Fortunately, as Dane County residents, Sam and his parents had access to a variety of "Transition Services" as Sam prepared to leave school.

With the assistance of his teacher Jen Emmel at East High, he had on-the-job training experiences (at UW & VA hospitals) and learned other work skills



Sam, Hard at work at Shopbop

Sam, the Working Man!

(such as: arrive on time, wait your turn on an elevator, safety first, cooperating with co-workers, eating in a cafeteria, etc.) Meanwhile, a job developer, who knew Sam's abilities, helped find the right employer with the right position - which turned out to be Shopbop. Sam's Support Team changed from school staff to a case manager/support broker (with Avenues to Community) and a supported employment agency (Community Work Services, Inc.) He learned to use Madison Metro Paratransit to get to work.

Sam works in a busy warehouse setting at Shopbop, doing an assortment of tasks - unloading trucks, running a cardboard compactor, restocking boxes, setting up pallets. His job coach makes daily spot checks, and does 1:1 training if Sam is given a new duty. Sam likes routine, so once he masters a task, he can be quite independent. His job coach reports that Sam is a very hard worker who strives to do a good job.

Sam has become more confident, independent and social since beginning his employment. And he enjoys his job! His supervisor has said that Sam "sets the tone" for the warehouse and keeps his Shopbop co-workers hopping!



Sam, the High School Graduate



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"Connecting People With The Assistance They Need"
FALL 2015 NEWSLETTER

Alzheimer's disease and other dementias have a huge impact on our society ...

- 5.3 million Americans are living with Alzheimer's Disease
- Only about half of those living with the disease have been diagnosed
- Nearly 2/3 of those with Alzheimer's disease are women
- Alzheimer's disease is the 6th leading cause of death in the United States
- In 2014, 15.7 million family and friends provided 17.9 billion hours of unpaid care to those with Alzheimer's and other dementias - care valued at \$217.7 billion



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November is National Alzheimer's Disease Awareness Month

What can you do?

⇒ **Ask Yourself** : Have you noticed any of the following in yourself or a loved one?

- Memory Loss
- Difficulty Performing Familiar Tasks
- Problems with Language
- Disorientation to Time & Place
- Poor or Decreased Judgment
- Problems with Abstract Thinking
- Misplacing Things
- Changes in Mood
- Changes in Personality
- Changes in Normal Daily Activity

If you answered yes to any of these, consider talking with your physician about your concerns. Many health conditions can impact memory and cognition, not just dementias.

⇒ **Get a Free & Confidential Memory Screen!**

The ADRC of Dane County can complete a short memory screen for you at no cost. We provide you with the results immediately, and you can share them with your physician or keep them for future comparison. If potential changes are detected, it's very important to follow-up with your physician or a memory diagnostic clinic for further evaluation.

⇒ **Educate Yourself and Seek Support!**

Have you been given a diagnosis of Alzheimer's disease or another dementia and are feeling overwhelmed and scared about how this will impact your future? Are you caregiving for someone who has a dementia diagnosis? We are fortunate to have many resources available in the community to provide education, support, and help you connect with a community of people that are sharing similar experiences. You don't have to do this alone!

⇒ **Get Involved & Spread the Word!**

There are numerous ways to provide support and spread awareness. Attend educational events and seminars. Talk with and offer support to family, friends, neighbors, etc. Participate in annual awareness walks. Volunteer with local agencies. You can make a difference!

Memory Screening Certificate

ADRC of Dane County
2865 N Sherman Ave
Madison, WI 53704
608-240-7400

Early Detection is as important as a screening for blood pressure, diabetes, or stroke.

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored.

Redeem for one Free Baseline Memory Screen

Walk In or Call for an Appointment

Volunteers Needed! The ADRC of Dane County is looking for individuals who are interested in volunteering with the LEEPS Program (Language Enriched Exercise Plus Socialization). LEEPS is an evidenced-based program that provides opportunities for people in the early stages of Alzheimer's disease or mild dementia to engage in exercise and social opportunities. Volunteering with the LEEPS program would consist of working with someone with dementia on exercises and accompanying them on social outings. Contact the ADRC of Dane County if interested in volunteering for the LEEPS program, or for information on other volunteer opportunities available in the community.



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WINTER 2015-16 NEWSLETTER

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WI Talking Book and Braille Library (WTBBL)

This service enables individuals who are unable to read or handle regular printed materials, due to a physical or visual handicap, the ability to access audio books and equipment, and Braille materials. If eligible, you can receive these items and return them (postage free) through the U.S. Postal Service. For more information, call toll-free at 1-800-242-8822 or visit their website at <http://talkingbooks.dpi.wi.gov>.

FEBRUARY is National Low Vision and Age-Related Macular Degeneration Awareness Month

According to the National Eye Institute, Low Vision impacts approximately 135 million people worldwide.

What is Low Vision? Low vision is recognized as a visual impairment that can not be corrected with glasses, contact lenses, medicine, surgery, etc. and that limits your ability to perform everyday activities. Low vision is caused by a variety of conditions, diseases, and injuries. Glaucoma, cataracts, diabetic retinopathy, and age-related macular degeneration are some common causes of low vision.

WARNING SIGNS! Have you noticed any of the following, even when wearing your glasses or contact lenses?

- ⇒ Difficulty seeing at a distance (i.e. reading traffic or store front signs)
- ⇒ Difficulty seeing up close (i.e. reading books)
- ⇒ Trouble making out the faces of familiar people
- ⇒ Difficulty making out colors
- ⇒ Experiencing hazy or blurred vision
- ⇒ Feeling like it is dim, even when all the lights are on

If yes, consult an eye care professional for further evaluation.

Living with Low Vision

Low vision affects our ability to do everyday tasks, so it becomes necessary to find ways to minimize these limitations. There are a number of resources, including adaptive equipment and other modifications, available to help individuals with low vision maximize their abilities and live a fuller life. A good place to start is to consult with your doctor, and contact agencies that specialize in low vision services and supports. Please see our Community Spotlight article on page 4 for information on two resources that do just that!

NFB Newsline (Newspapers by Phone) Brought to you by the Wisconsin Talking Book and Braille Library, Newsline allows you to keep up on the latest news by accessing your preferred newspaper publication over the telephone. Folks with visual or physical limitations that prevent them from reading a traditional newspaper can call in 24 hours a day, 7 days a week and listen to over 300 publications. There are options to change the voice you hear, and the rate of speed of reading. Contact the Wisconsin Talking Book and Braille Library toll-free at 1-800-242-8822.



Resource Wise

"Connecting People With The Assistance They Need"

SPRING 2016 NEWSLETTER

The Older Americans Act (OAA), originally enacted in 1965, supports a range of home and community-based services, such as meals-on-wheels and other nutrition programs, in-home services, transportation, legal services, elder abuse prevention and caregivers support.



1 in every 7 people is an Older American
Since 1950, life expectancy has increased by **26 years!**

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OLDER AMERICANS MONTH



By Presidential Proclamation, May is celebrated as Older Americans Month. Every year since 1963, we make time in May to acknowledge past and present contributions of older persons to our country.

Older Americans Month highlights how people over age 65 are taking charge of their health, engaging in their communities and making a positive impact in the lives of others. The theme of this year's celebration is "Blaze a Trail".

When we look at various achievements of older adults

we know age has little to do with being a Trail Blazer:

- ⇒ Former President Jimmy Carter still building houses for Habitat for Humanity at age 91
- ⇒ Betty White, still charming TV and movie audiences at age 94
- ⇒ John Glenn made a space flight at age 77
- ⇒ Anna Mary Robertson took up painting at age 76; we know her as the famous artist Grandma Moses
- ⇒ Barbara Hillary at age 75 became the oldest explorer and first African American to reach the South Pole
- ⇒ 81 year-old Jane Goodall still trekking through African jungles to research chimpanzees
- ⇒ Teichi Igarashi climbed Mount Fuji at age 99
- ⇒ Mr. Mohr Keet, only 96 years young when he bungee jumped off a bridge with a 708 ft drop

A Trail Blazer is a guide to others. Not every older person can bungee jump (or would want to!) but they can share their experience and knowledge that only comes with age. To meet life's inevitable ups and downs and keep learning along the way takes strength and courage. A Trail Blazer has heart. And literally by the time a person is age 65, their heart has beaten over 3 billion times.

Older Americans Month is also a time to focus on how our local communities can improve and enrich the lives of older individuals through social inclusion and providing home-and-community based services for independent living. Check with your local Community & Senior Centers for "Older Americans Month" events throughout the month of May.

The Aging & Disability Resource Center of Dane County is proud to be a one-stop shop -throughout the year- to assist older adults and caregivers find options and support to Blaze Trails!



Resource Wise

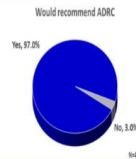
"Connecting People With The Assistance They Need"

SUMMER 2016 NEWSLETTER

Most Excellent!

The State of Wisconsin recently released results of a 2015 statewide survey about customer satisfaction with Aging & Disability Resource Centers. And the survey said...ADRC's are excellent! ADRC's are excellent at making it easy to get information. Excellent at providing useful information. Excellent at helping customers navigate the "system". Excellent at understanding your needs and preferences.

But if you need more proof to give us a try:



That's right! 97% of over 4000 ADRC customers stated they would recommend their ADRC!

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Good Old Summertime! When Fresh Eatin' is Easy!

Summer produce is simply the best. Red ripe strawberries, juicy sweet watermelon, big fat tomatoes, crisp green beans! And summer in Wisconsin wouldn't be the same without hot, buttery corn on the cob. Yum! We are lucky to live in an area where we have access to such an abundance and variety of locally grown fruits and vegetables. There are Farmer's Markets operating in most communities from Black Earth to Waunakee, and of course, the biggest market in the Nation - the Dane County Farmer's Market, every Saturday on the Square!

You don't have to break the bank to shop the Farmer's Markets either. There are a few programs designed to help:

Use your QUEST Card Many Farmers' Markets in the area happily accept Quest/FoodShare/SNAP benefit cards. Each market operates a little differently, so go to the Information Booth or other designated area at the market and present your Quest/EBT card. You authorize how much you would like to withdraw from your account, and the market will give you tokens in that amount to use throughout the market.

Madison Double Dollars for Quest Card users. Receive up to \$25 in matching funds when you use your Quest Card at the Northside, Eastside, Westside or Monona Community Markets or the El Mercadito de Centro. The Dane County Farmers Market also offers this incentive.

Senior Farmer's Market Vouchers. If you're over age 60 and earn less than \$21,978/year (or \$29,6370 as a couple) you may qualify for \$25 worth of vouchers to use throughout the season. Check with your local senior center/coalition or call Mary Browning at 608-261-5678, with the Senior Nutrition Program at the Dane County Area Agency on Aging.

Please contact the ADRC if you need more information about any of these programs, market locations or the FoodShare program.



Recently, the ADRC of Dane County had an open house to celebrate "ADRC Month". Thanks to all the community members and professionals who came out to see what we do!



Resource Wise

"Connecting People With The Assistance They Need"

FALL 2016

NEWSLETTER

Presidential Election Day is Tuesday November 8!

Long term care services, health insurance, accessibility, Medicare, Social Security, elder abuse, patient rights, employment discrimination, transportation, special education....these are just a few issues that disproportionately affect the lives of older adults and people with disabilities. Let your elected officials know what issues are a concern to you and remember....

You Can Vote for Whomever...Just Make Sure You Vote!

Did you know that the right to vote is mentioned five times in the U.S. Constitution, *more than any other right*? Unfortunately, health or physical conditions can pose obstacles to voting for some older adults and people with disabilities. Federal laws mandate accessibility at the polling place, and poll workers are available to assist individuals who require accommodations or help to cast their ballots. But, voting at the polls on election day isn't your only option. Options include:

- Advance/absentee voting at your local municipal clerk's office
- Absentee voting: absentee ballots can be completed by mail or in person at your municipal clerk's office. This fall's deadline to send ballots by mail is 5pm on November 3rd and the deadline for in-person ballots is 5pm on November 4th
- If you can't make it to the polls due to age, hospitalization or disability, you can request an absentee ballot be sent to you automatically at each election

A photo ID is needed in order to vote—if you don't have a photo ID, you may be able to get one free from the Department of Motor Vehicles. For details, call (608) 266-2353 or visit <http://wisconsin.gov> or use this link: <http://wisconsin.gov/Pages/dmv/license-drivs/how-to-apply/id-card.aspx>

You must be registered in order to vote. You can register by mail (deadline October 19th), at your municipal clerk's office (deadline 5pm on November 4th) or at your polling place on election day. You will need to provide proof of residence and a photo ID.

For questions about voting you can go to the website <https://myvote.wi.gov/> or contact your local municipal clerk. If you don't know how to contact your municipal clerk, information can be found at the Dane County Clerk's Office website <https://countyofdane.com/election/clerk.aspx> or by calling (608) 266-4121.



Donated Backpacks and school supplies are assembled by ADRC staff this past month.



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"Connecting People With The Assistance They Need"

WINTER 2016 - 2017

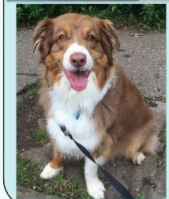
NEWSLETTER



Are you a pet owner? If so, there's a good chance that you treasure your pets, in part, due to the value they bring to our lives. Pets can be very helpful in enriching our lives! Research has proven that pets help significantly improve the lives of elderly individuals and/or folks with disabling conditions. Here's just a few reasons why we love our pets so much:

- Improved self esteem: Pet owners are shown to have higher self esteem than non pet owners.
- Reduced loneliness: One study found that people with dogs reported that their social needs were filled just as effectively by pets as by friends. Pets can produce feelings of belonging and meaningfulness. Plus, they're great companions!
- Support: If you feel like your pet is on your side, then you know that you're not alone. Pet owners can feel as though they receive as much support and love from their pets as they do from their family.
- Promote healthy lifestyles: Pet owners are healthier and more active than non pet owners. Dogs typically need to be walked and so both the pet and their owner are benefitting.
- Last but not least, did you know that pets can help reduce blood pressure? Elevated blood pressure due to tension and stress can be harmful to one's health. Studies show that pet owners have more stable blood pressure than those without.

Here at the ADRC, we also love our pets! So we've decided to celebrate "Love Your Pet" day on February 20, 2017! This unofficial holiday allows us to give some extra attention to our animal friends. Look throughout this issue for some of our beloved pets that we'll be celebrating!



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Resource Wise

"Connecting People With The Assistance They Need"

SPRING 2017

NEWSLETTER

Hey, gardeners!

Did you know that the Dane County UW-Extension Horticulture Program offers "Answers to Gardening Questions" for Dane County residents via the [Horticulture Hotline!](http://HorticultureHotline!) Call: 608-224-3721, email: horticulture@countyofdane.com or walk-in for assistance: 5201 Fen Oak Drive #138 Madison, WI 53718.



May is ADRC Month!

We love our work. Celebrate with us by keeping us busy! Stop by, email us at ADRC@countyofdane.com, give us a call, and tell a friend or family member about us too!

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Gardening for Good: The Supported Gardening Project

Gardening for Good is a Dane County sponsored pilot program in it's sixth season this year. Supported gardening assists people with developmental disabilities to explore gardening in a community setting, where the level of participation is individually tailored to meet the person's skills and interest.

A group of 15-20 adults with developmental disabilities, each with an accompanying support person, along with the project facilitator and a joyful collection of other neighborhood gardeners, gathers on Thursday evenings during the growing season from late May through August. The weekly sessions begin with the physical work of tending four shared community garden plots.

At each gathering, gardeners participate in a "mini-workshop," half-hour lessons about nature, art, cooking or story-telling and more, each led by a wise community member. They also eat garden-based snacks and socialize with other gardeners. Gardening for Good intertwines community-building and horticulture skills. People are energized by being together outdoors in a nurturing environment.

If you or someone you know is interested in attending, contact Caleb or Shelly at g4g@communitygroundworks.org (the program is currently at capacity, but they are happy to take applications in the spring; send them an email!).



Dig it! Container Gardening Workshops:

Gardening is one of the top outdoor leisure time activities. It's great exercise and stress relief! Gardening styles can be readily adapted to make gardening easier for people with disabilities and elderly gardeners.

Check with MSCR or Madison College for their frequently offered, hands-on workshops that cover setting up a container garden for vegetables, herbs or ornamental plants. Most workshops are appropriate for gardeners of any level. Contact Madison College at (608) 258-2301 or the MSCR Office at (608) 204-3000 for more information about their upcoming events.





Resource Wise

"Connecting People With The Assistance They Need"

SUMMER 2017 NEWSLETTER

ADRC Outreach!



Look for ADRC staff at various festivals and health fairs throughout Dane County this summer. We are always interested in meeting people, sharing our knowledge, and hearing your stories. We will be at the 2017 Disability Pride Festival Saturday July 29th from noon-5, and the Back to School Celebration Saturday August 12th at the Trux Campus of Madison College from 9-noon, just to name a couple of the upcoming events in Dane County. Take a moment to say "Hi!" and sign up for delivery of our newsletter directly to your door or inbox. We look forward to seeing you!

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August is "Happiness Happens" Month

Happiness! That elusive feeling we strive to obtain. One of the emotions that makes life worth living. Happiness can be a challenge to find or even recognize when faced with the many stressors of life. The good news is that according to research, approximately 40% of your happiness is determined by your own thoughts, behaviors and actions. Only about 10% is determined by your circumstances and the rest by genetics. This means we have more control over our own happiness than we might have realized.

So, how do we make the most of that 40% we have control over? People view and experience happiness differently, but research has discovered some common themes:

- Cultivate relationships with family and friends
- Engage in spiritual & meaningful activities or work towards meaningful goals
- Practice acts of kindness
- Develop a positive mindset (using gratitude, mindfulness, optimism)

An important aspect of happiness is being able to recognize and savor the moment. The Secret Society of Happy People, an online community (<http://sohp.com/>) focused on recognizing and sharing happiness, designated August as Happiness Happens Month. A month dedicated to recognizing and sharing our happiness with others. In celebration of Happiness Happens Month, the ADRC staff would like to share what makes each of us happy and invite you to do the same:

- Happiness is the sound of the crack of the bat by one of my kids at their baseball or softball game. ~Amy G.
- Videos of baby elephants! When the Brewers win! Hugs from my nephews. ~Amy H.
- Lazy Saturday mornings when all the kiddos snuggle into bed with me and my husband...followed by a nice cup of coffee and a long run in the SUNSHINE. ~Krista
- The Sun! ~LaShawne
- My partner's dimples. ~Anna
- My daughters' laughter...especially when they are laughing together. ~Amy E.
- Hanging out with my husband, approaching our 1st year wedding anniversary in June! Playing trivia. Golf: pretty new to it, but I love it! Just signed up for golf lessons starting in May. Hanging out with my 2 cats (Bart & Lisa). Traveling. Hiking (hiking at Banff National Park in Canada this July!). ~Jenny
- Moments when I remember to appreciate nature. Hiking a big hill and the view takes my breath away. Going on a walk with my daughter and she goes "stop, stop, look" and is pointing at a cluster of tulips. Oh, finishing a book in a quiet bookstore or outside on a picnic table on a lovely spring day. ~Abigail

—Keep reading to find more shared happiness throughout this edition...



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REBOOT ISSUE 2019 DANE COUNTY ADRC NEWSLETTER

We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to ADRC@countyofdane.com or call us at 608-240-7400



ADRC FUN FACT:

Our average daily intake call volume has increased **340%** since we opened **7** years ago. Thank you to our customers!

Other notable happenings since the fall of 2017 include

- 5 babies born to ADRC staff members, and 2 more on the way!
- 9 new employees joined the ADRC
- We said good bye to 7 employees

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We are Back!!!



Resurrected and Perfected!!

The ADRC of Dane County is pleased to announce the return of our newsletter after a two-year hiatus that enabled us to concentrate on Dane County's transition to Family Care programs. The break also gave creators of the newsletter time to focus on solo projects and pursue higher states of consciousness.

Over the past couple years, ADRC staff have...

- Assisted **2,173** people to transition from CIP/COP waiver programs in Dane County to the Family Care Model programs (Information and Assistance workers—I&As)
- Helped remove about **1,300** people from waiting lists and enabled them to obtain long term care services (I&As)
- Fielded **44,472** phone calls from people inquiring about services and assistance (I&As)
- Engaged in over **85,000** contacts with individuals, family members and community partners (I&As)
- Interacted with **1,436** people affected by Dementia (Dementia Care Specialist)
- Served **1,887** people, bringing **\$19,658,804** into Dane County in the form of benefits or services obtained, and saved or recovered money for our customers (Disability Benefit Specialists)



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FEBRUARY 2020 DANE COUNTY ADRC NEWSLETTER

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BEAT THE Winter BLUES

New Year Tip: Don't abbreviate 2020!

For all the advancements and technology we benefit from in 2020, we still have to be cautious for the scammers and cheaters and crooks! Police and other experts are advising people to be sure to write out the full year 2020, rather than abbreviating to '20 when signing documents. For example, the date 3/1/20 could easily be altered to read 3/1/2017 or 3/1/2019 or... Get in the habit of writing 2020 as a simple safeguard.

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The "Winter Blues" is a common ailment during the dark, colder months of the year. Difficulty getting out and about, feelings of isolation, limited sunlight and extreme weather can all have a negative impact on our mood and energy level. This can be especially tough for older adults and people with disabilities. Stress held over from the holidays or memories of lost loved ones also make this time of year even more difficult.

If you've got the blues, you're not alone. Here are a few things you can do.

- **Eat well:** Studies show strong ties between diet and mental health. Avoid overeating, especially comfort foods. Introduce yourself to a few new fruits and vegetables.
- **Exercise:** It's tempting to want to slow down this time of year. Making an effort to exercise or simply taking regular walks can boost your mood.
- **Turn up the music:** Listening to music you enjoy is linked to improved mood both short term and long term.
- **Talk to others/socialize:** It's easy to isolate yourself during the chill of a polar vortex. Fight this urge. Call a friend or visit someone you haven't seen in a while. You'll feel better!
- **Let the light shine in or get outside (or both):** Sunlight is linked to a positive impact on mood. Going outdoors, when it is safe to do so, can lower stress levels.
- **See your doctor:** If you are struggling with depression, reach out and call your doctor or other health professional.

Day to day life can bring many difficulties – a set-back financially, a rough sick day, feeling unheard by our doctors. Challenge yourself this winter to cultivate your happiness and overcome negative thinking by remembering there are things you can do to get on your path to wellness.

For your convenience, this newsletter has a handy "Clip and Keep" guide on page 15, "How To Beat the Blues"



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SPECIAL EDITION 2020 DANE COUNTY ADRC NEWSLETTER

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Emphasis on Gratitude

We asked staff to share what they are grateful for—look for their answers throughout!



Starting us off is Benefit Specialist Tiffany. She is grateful for Badger, who is a very good boy!

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Had enough of 2020???



That's probably a silly question, since we're all dealing with stress, the likes of which many of us have never experienced in our lifetimes! We've heard the phrase "Unprecedented Times" way too often. But most of us have also heard about *resilience* as what will get us through this, the need to join together and carry on in the face of the COVID-19 pandemic.

So, what is resilience?

- Resilience is dealing with a personal or health crisis one day at a time.
- Resilience is holding your head up and finding the inner strength to carry on despite personal burdens you are carrying.
- Resilience is ending a relationship or experiencing loss, but eventually finding a path to go on and create new connections, friendships, partnerships and finding new opportunities.
- Resilience is looking for optimism, having a thick skin, and showing tolerance.
- Resilience is finding a fly in your soup, and then throwing the fly out and finishing what's left in the bowl. (*Okay, this one can be debated.*)

Tough times don't last forever. Light always follows the darkness. How we react to the daily pressures we are now facing, and how we treat one another throughout the remainder of 2020 and beyond, will set us on a path to better days ahead. Together we can make this journey and the ADRC of Dane County is here to offer help along the way. Throughout this edition of *Resource Wise* we've included information, education and inspiration for being **resilient**. We believe in you.



Escape Into Art

Each year, ARTS for ALL Wisconsin "Call for Art" invites submissions of artwork from Wisconsin residents with disabilities. Ten artists and their work are selected by a jury of arts professionals to earn the Creative Power Award. Look for pictures of some of the recent winners throughout this newsletter.



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The Dane County Department of Human Services has just unveiled a brand new logo! The design was created with input from Human Services staff using themes we value: connectedness, inclusiveness and community.

The logo highlights the vision of DCHS which is "Empowered people thriving in safe, just, and caring communities".

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On To The Future!



This past year has tested us. And frankly, what a year it continues to be! We've made progress but we're still not finished. With hope for a better tomorrow and a plan to get there, we can overcome the problems that hold us back.

Commitment, belief and persistence make it possible to overcome obstacles. If we can also be empathic, open-minded and have the ability to ask for help—our path forward is more easily achievable, for all of us.

And sometimes, we just have to have faith that we'll land safely on the other side.



We bring you this issue of our newsletter with a sense of hope in what we can achieve together. Let us know how we can help you!

"I decided to fly through the air and live in the sunlight and enjoy life as much as I could" —Evel Kniesel

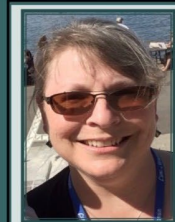


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MARCH 2022 DANE COUNTY ADRC NEWSLETTER

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It is with deep sadness that we share news of the passing of I&A Specialist Joy Wiggert. Joy was the epitome of her name—warm, cheerful, witty genuinely kind, thoughtful and committed to helping others. Joy is dearly missed, and will remain in the hearts and thoughts of all of us at the ADRC.

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Make Your 2022 Happy with Hygge!

One of our I&A's at the ADRC recently read a book that left her so enthusiastic she wanted to share the topic with our readers and customers: the concept of *hygge*.

Huh?

Hygge (pronounced "hoo-ga") is a Danish word for "a mood of coziness and comfortable warmth, with feelings of wellness and contentment". Hygge is an important part of the culture of Denmark and Scandinavia, where people are always found to be some of the world's happiest. Over time, hygge has gained popularity in America and globally.

Especially as so much of our day-to-day feels stressful or hopeless and we're bombarded by negative news, there is huge appeal to the idea of practicing a hygge lifestyle: Being comfortable, relaxed, enjoying the simple pleasures that bring you comfort.

Anyone can practice hygge. It takes only a small effort and you don't need anything fancy or expensive. It's appreciating the little things and experiencing them as often as possible. Hygge is setting a mood and feeling that mood: maybe lighting candles, or hanging a string of twinkling lights; wearing your favorite, most comfy pants; putting on your warmest socks; wrapping up in your softest blanket; having your loved ones close; savoring a hot cup of tea or coffee or eating something a little indulgent.

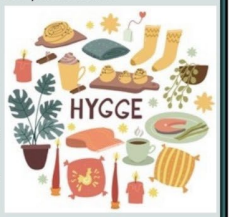
What makes you feel cozy? What makes you feel calm?

The key is to remind yourself daily to practice hygge! Make the most of the moment and also plan for those moments. Find time to pick a cozy spot and read. Knit or do a craft. Cuddle with your sweetheart under a blanket and watch a movie.

Play a board game with your family. Sip a hot drink and talk on the phone with a friend. Take a warm shower or bubble bath. Walk in nature and breathe in some fresh air.

Of course we still have our responsibilities and worries, but hygge can be the self-care we need and strengthen our bonds with family and community.

Happiness is known to improve your physical and mental health. Hygge adds moments of joy to your life, and the more these moments are multiplied, the greater your happiness!



“The newsletter is excellent and provides a wealth of information. Thank you!” (T.S. PhD)

A woman wrote to us stating that she looks forward to each edition. She takes it to other folks in her apartment building and states she appreciates all of the information provided. (C.S.)

“This newsletter is crammed with helpful information. Thank you for keeping me on the list. I am an insurance agent and specialize in working with folks transitioning to Medicare. I always list ADRC as a resource and can now again share articles, and sometimes the newsletter. Keep up the good work!” (D.D.)

“I just read your most recent newsletter online, forwarded to me by the social work/case manager at the clinic where I provide speech-language and swallowing therapy. Wanted to give you this most positive feedback! The pictures of your pets interspersed with text were terrific, and the information included, particularly The Sampler of Community Events, was relevant.

Thank you to the person who designed and delivered this newsletter because it provided a much-needed “good read” in my inbox.”
(L.L.)

A man from an ADRC in New Jersey was so impressed with Resource Wise, he had a meeting with our staff to get a feel for the behind the scenes efforts that go into making it. (H.S.)

Another Wisconsin ADRC Director loves our general ADRC outreach information articles. (B.M.)

An ADRC Regional Quality Specialist stated, “As always, an amazing job! I really enjoyed reading it and am surprised by how engaging the newsletter is from beginning to end!” (C.S.)

How can people access the Dane ADRC Newsletter? Call 608 240 7400

There are many ways to enjoy our newsletter:

By Mail (Currently 116 are mailed each issue)

Via Email (Over 400 electronic copies are emailed)

At our Outreach Events (one of our more popular items!)

Online at

<http://www.daneadrc.org/Resources/Newsletter>

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