

Aging & Disability Resource Center (ADRC): 715-258-6400 • Toll Free: 1-866-739-2372

E-mail: ADRC@co.waupaca.wi.us • 811 Harding Street • Waupaca, WI 54981 • Monday–Friday 8:00 a.m.–4:30 p.m.

Thinking of selling your house?

A little advice...

Submitted By:
Jean Long Manteufel - Senior Transitions
Consultant

Seniors and Boomers; if you have ever thought about selling your house, but are overwhelmed with the work to get it ready, think again. Your time is now.

Before you start, I have critical advice for you – advice that you would only get from a senior move manager.

Do not, not, NOT list your house before you know where you are going. Whether it is an apartment, a senior community, or a condo, have a signed agreement in place and have a firm plan set before you list your house.

Every day, we are getting calls from folks who sold their house and have nowhere to go. Their stress is going through the roof. They thought it would be easy to find a smaller home. It is not.

If I could wave my magic wand to help you have the most stress-free move possible, it would look like this:

- Step one - Figure out where you are going. Plan what will move based on what you want and need in your new home. Don't spend time thinking about items you won't be moving. Don't haul anything to charity. Just, 'what do I want and what fits?'
- Step two - If you have the financial ability, move. This is the most important part to relieve stress. The scariest part will be done. You won't be living in the mayhem.
- Step three - Have the family and/or a transition service deal with all the items you have left behind. Depending on how much there is, this can take as much as five weeks after you move out.
- Finally, step four - then, and only then, list the house. Once the house is empty and ready for the potential buyers, let the Realtor take care of everything. You don't have to deal with


showings or getting anything ready. Potential buyers will be thrilled that it is empty, and they can move right in.

Do not listen to the following advice:

- "It takes two months to close on a house, so you'll have plenty of time to clear it out." (If you haven't been able to do it in the past ten years, what makes you think you can do it that fast? Clearing out 40 years of treasures takes some time.)

- "Let's just get it listed and see what happens." (What will happen is it will sell. Then what? Panic!)

Now that I have given you all of this to think about, I want you to think about one more thing. You don't have to fix your house up to sell it. Get on your way first, then get out of the way and let it happen. And it will happen. The next thing you know, you will be saying those words we hear from all our customers about a month after their move: "I wish we would have done this a long time ago."


STRONGER TOGETHER
A FREE Conference for Caregivers

FRIDAY, NOVEMBER 5, 2021

Waupaca Senior Center & Recreation Center
 407 School Street Waupaca, WI 54981

REGISTER

by calling Deb at (715) 252-3892
 9am: **Registration & Exhibit Booths**

10am: **Keynote Speaker: Martin Schreiber**, Former Governor of Wisconsin & Author of "My Two Elaines: Learning, Coping & Surviving as an Alzheimer's Caregiver"

11:30am **Breakout Sessions**

- *Healthy, Quick Meals on a Dime for Those with Little Time*
- *Connecting with Others: We're Stronger Together!*
- *I Just Need Fun! Cardio Drumming- Bang Out Your Frustrations & Have a Blast Doing It*

12:30pm: **Complimentary Lunch** provided by Fleming's Cafe

1:30pm **Breakout Sessions**


- *Easy Technology Help for Caregivers to Get Connected*
- *Connecting with Others, Part 2: Ok So Now What?!*
- *I Just Need Fun! Paint & Palette with Janet Graves**

Create a masterpiece in this exciting, entry level painting class
 *Painting begins at 1:15 - limited to 25 participants, all supplies provided

Virtual Attendance Option:
 Most sessions will be recorded & shared via social media for later viewing.

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Waupaca County
Dept. of Health &
Human Services:
715-258-6300



Current and past issues of *The ADRC Connection* are available on our website www.co.waupaca.wi.us.

Visit the national website
www.yourADRCresource.org

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 **Aging & Disability Resource Center - Waupaca County Branch**
www.facebook.com/adrcwaupacacountybranch/

Our mission is to be a resourceful place of information and respectful provider of support for the elderly and disabled residents of Waupaca County and their caregivers and to help them achieve dignity and quality of life through maximum independence and choice.

PLEASE NOTE: Being an advertiser in this newsletter does not constitute an endorsement from Waupaca County Department of Health & Human Services.



Give Yourself Time to “Rest-a-Bit”



Submitted by:
Denise Roman - Volunteer and Family Caregiving Coordinator

Celebrated every November, National Family Caregivers Month is a time to recognize and honor family caregivers across the country. This year’s theme is “Caregiving Around the Clock.” Caregiving can be a tough job, and for many it’s a fulltime commitment! Over the last five years, the number of Americans who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones has increased dramatically. Similarly,

family caregivers report experiencing an increase in stress and many state that caregiving, while being rewarding, has had detrimental effects on their health. If you are one of the 53 million Americans caring for a loved one, we are here to remind you if you do not take care of yourself, you can’t take care of anyone else! You may be wondering, how can you take care of yourself? Respite care is often an overlooked lifeline for family caregivers.

Respite care provides temporary relief for a primary caregiver, enabling you to take a much-needed break from the demands of caregiving a sick, aging, or disabled family member. Respite care can

take place in your own home, at day-care centers, or at residential or nursing facilities that offer overnight stays. Whether it’s for just a few hours a week or an extended vacation, seeking respite care can help ease the burden of family caregiving and help to relieve stress, restore your energy, and promote balance in your life. It can also prevent you from becoming exhausted, isolated, or even burned out. Respite care can benefit the person you’re caring for, too, providing them with variety, stimulation, and a welcome change of routine.

Seeking support and maintaining your own health are key to managing

your role as a caregiver, so it’s not selfish to need time to yourself. If you’re overwhelmed by the daily grind of caregiving, your patience and compassion will wear thin, you’ll find it harder to connect with the person you’re caring for, and you’ll probably both feel unfulfilled. After a break to recharge your batteries, though, you’ll feel more energetic, focused, and reinvigorated about your caregiving role. You may even be able to pick up tips on new ways to tackle common problems you face as a caregiver, helping to make the caregiving journey a more enjoyable and rewarding experience for both you and the loved one in your care.

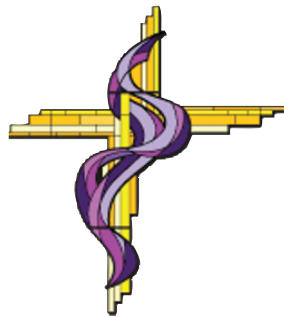
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CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*



43.5 million
2015  **53 million**
2020



18%
2015  **21%**
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.

 **18%**
2015  **24%**
2020

More family caregivers have difficulty coordinating care.

19%
2015  **26%**
2020 

More Americans caring for someone with Alzheimer's disease or dementia.


 **22%**
2015  **26%**
2020


More family caregivers report their own health is fair to poor.

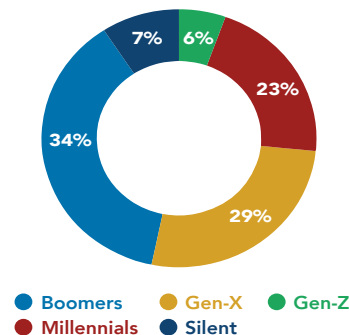
17%
2015  **21%**
2020 

23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?


39%
MEN


61%
WOMEN



45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT


61%
WORK

AARP
Family Caregiving™

naac
National Alliance for Caregiving

*Provided care to an adult or child with special needs.

**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>

Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org

HOLIDAY HACKS

Submitted By: Megan Hintz - Aging Programs Supervisor



*The holidays are full of rich and indulgent recipes! These simple holiday hacks can help you continue to prioritize your **health** without sacrificing for flavor or taste!*



- **Try Chicken Broth or Vegetable Broth** instead of butter or cream when making mashed potatoes.
- **Substitute unsweetened applesauce, mashed bananas, or canned pumpkin** in place of oil, margarine, or butter in baked goods.
- **Try low-fat plain Greek yogurt** in place of sour cream when making casseroles.
- Instead of only using white flour in cookie and bread recipes, **try using half white flour and half whole-wheat flour.**
- **Mix dried fruits like dried cranberries or cherries** into quick breads or cookies instead of chocolate chips or candies.
- **Use evaporated skim milk in place of heavy cream** in desserts such as pumpkin pie or custards.
- **Use fruit and spices like cinnamon, cranberries, or orange slices** to sweeten cider instead of sugar or honey.
- When using canned beans or vegetables, **drain and rinse to remove extra sodium.**
- **In place of seasoned salts substitute for just a plain seasoning**, for example use garlic powder instead of garlic salt. This reduces sodium but maintains flavor!

Morning Glory Muffins

Try these swaps and recipe hacks to increase the body-benefiting nutrients packed into these delicious muffins!

2 cups all-purpose flour - to increase fiber try half all purpose and half whole wheat flour

1 1/2 cups sugar - cut sugar in half to 3/4 cup this reduces calories and unnecessary added sugars

2 teaspoons baking soda

1 teaspoon cinnamon - double the cinnamon to enhance flavor and sweetness

1/2 teaspoon salt

1/2 cup sweetened coconut

1/2 cup chopped pecans

1/2 cup raisins

1 cup vegetable oil - try replacing half with unsweetened applesauce to reduce added fat

3 large eggs - to reduce saturated fat content, replace each egg with 1/4 cup egg substitute

1 teaspoon vanilla extract - double the vanilla extract to add a touch of sweetness

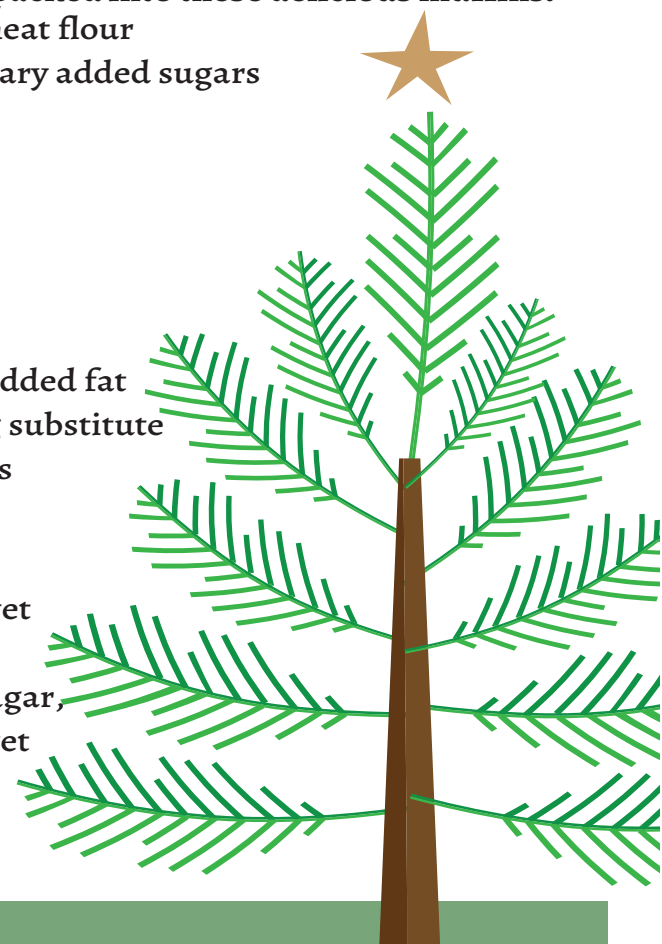
2 cups chopped apple - to add more fiber to the recipe do not peel the apples

1/2 cup grated carrots - to increase fiber, add another 1/4 cup of grated carrots

INSTRUCTIONS: Preheat your oven to 350 degrees. In a large bowl mix the wet ingredients (oil, eggs, vanilla) and add in the chopped apple and carrots.

Mix until well combined. In a separate bowl mix the dry ingredients (flour, sugar, baking soda, cinnamon, salt, coconuts, pecans, and raisins). Slowly stir the wet ingredients into the dry ingredients until all flour and other ingredients are incorporated. Portion batter evenly into a greased muffin tin.

Bake until golden brown, may take up to 30-35 minutes.



2022 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



OCT. 15, 2021

ANNUAL ENROLLMENT PERIOD BEGINS

This is the first day you can enroll for 2022 health coverage.

DEC. 7, 2021

ANNUAL ENROLLMENT PERIOD ENDS

This is the last day you can enroll for 2022 health coverage.

JAN. 1, 2022

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2021, your new Medicare plan won't go into effect until Jan. 1, 2022.

MEDICARE PLANS DO CHANGE FROM YEAR TO YEAR!

Would you like assistance reviewing your Medicare options for 2022? Do you want to learn about Advantage Plans? Our Elder Benefit Specialist, Iris Duran, will be visiting different locations in our county to assist you!

Walk-Ins welcome | appointments are preferred

Call today to schedule your appointment!

<i>Wednesday, October 20th</i> 9:00 AM - 3:00 PM	<i>Waupaca Senior Center</i> 407 School St.	<i>Tuesday, November 16th</i> 9:00 AM - 3:00 PM	<i>Clintonville Community Center</i> 30 South Main St.
<i>Tuesday, October 26th</i> 9:00 AM - 3:00 PM	<i>New London Washington Center</i> 600 W. Washington St.	<i>Wednesday November 17th</i> 9:00 AM - 3:00 PM	<i>Waupaca Senior Center</i> 407 School St.
<i>Thursday, October 28th</i> 9:00 AM - 3:00 PM	<i>Clintonville Community Center</i> 30 South Main St.	<i>More Times/Dates Available</i> upon Request/need	<i>Waupaca ADRC</i> 811 Harding St.
<i>Tuesday, November 2nd</i> 9:00 AM - 3:00 PM	<i>Manawa City Hall</i> 500 South Bridge St.		
<i>Thursday, November 4th</i> 9:00 AM - 3:00 PM	<i>Weyauwega City Hall</i> 109 E Main St.		
<i>Thursday, November 11th</i> 9:00 AM - 3:00 PM	<i>New London Washington Center</i> 600 W. Washington St.		



Iris Duran
Elder Benefit Specialist

(715) 258-6341

Powers of Attorney: Planning for Future Decision Making

Submitted By: Tracy Wisner – Lead Adult Protective Services Social Worker

Adult Protective Services social workers in Waupaca County are often asked to assist family members in time of crisis to file for a guardianship of person and/or estate for a loved one that has suffered a medical emergency or other circumstance that leaves them unable to make decisions for themselves. Having a guardian appointed requires a court hearing, involves attorneys and fees. One thing people can do to avoid guardianship is to complete Powers of Attorney (POA) documents.

Wisconsin is NOT a next of kin or family consent state for adults. This means is that family members are not authorized to make decisions for incapacitated or incapacitated adult family members. Wisconsin law considers family members, including spouses, as strangers for decision making purposes. This is a common misconception and one that can be difficult to work through when a loved one is in need.

The state of Wisconsin regulates POA for Health Care (Wis. Stat. § 155) and POA for Finances (Wis. Stat. § 244). POA documents can be viewed like an insurance policy – you may never to use it, but if you do, you have them in place.

A POA for Health Care is a document that authorizes another person (called an “agent”) to make health care

decisions for the person executing the document (called the “principal”), consistent with the terms of the document and based on the wishes of the principal.

A POA for Health Care document only goes into effect if a person is found to be incapacitated (a determination made by two medical doctors – or one medical doctor and a licensed psychologist stating that the person is “unable to receive and evaluate information effectively or to communicate decisions to such an extent that the individual lacks the capacity to manager his or her health care decisions – Wis. Stat. § 155.01 (8) of Wisconsin Statutes).

A POA for Finances is a document that authorizes another person (called the “agent” or “attorney –in-fact”) to handle the financial affairs of the person executing the documents (called the “principal”), consistent with the terms of the documents as expressed by principal. A financial POA must be “durable” – meaning the documents remain in effect during a period of incapacity – in order to be useful when the principal is incapacitated.

If a POA for Health Care and/or a POA for Finances document is not executed or other arrangements made (e.g. a trust, appointment of a representative payee, POA on a bank account), a guardian of person and/or estate must be appointed by the court if the princi-

pal loses the capacity to make decisions.

Choosing an agent to make decisions under the POA documents is not one that should be taken lightly. A POA agent should be someone that you can trust to follow your wishes and act as you would have if you were speaking for yourself. This person does not automatically have to be a spouse, a child or a sibling. It should be someone that will use the authority you give them under these documents to fulfill your wishes and not benefit themselves. Being an agent requires a certain responsibility that needs to be taken seriously.

Living Wills or Declarations to Physicians are another way people provide some guidance regarding their health care or end of life wishes. However, note that a living will does not appoint an agent but is only a directive to the treating physician. It is limited to wishes related to certain life sustaining procedures when the principal’s death is imminent due to a terminal condition or when the principal is in a persistent vegetative state. So it is recommended that if someone has a Living Will you should also have a POA for Health Care document to cover other health care situations.

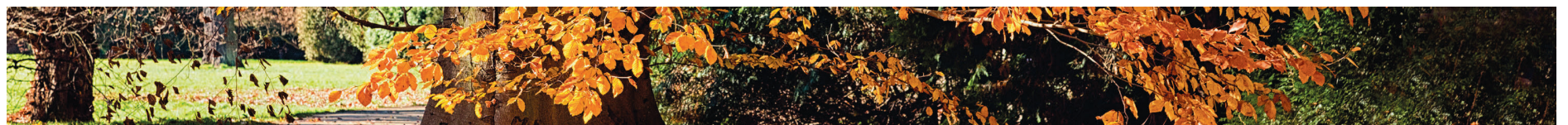
You may be getting together with family members this holiday season. Take the time to review POA documents you have already executed to make sure nothing has changed. If you need

to change anything, new documents should be completed to avoid confusion. If you have not yet completed documents, it may be a good time to start thinking about who you would like to appoint as an agent and start those conversations while you are able. On both documents, you can list alternative agents in the event that the agent you chose is unable or unwilling to complete their responsibilities as your agent.

You do not need to seek the assistance of an attorney to complete a POA; however you can do that if it makes you feel more comfortable. Otherwise, state approved forms are available through the Aging and Disability Resource Center of Waupaca County (715-258-6400) or on line at <http://www.gwaar.org/wiguardianship-support-center.html> or by simply searching on line for powers of attorney for Wisconsin.

Please note that each state will have specific requirements for what information needs to be included in a POA document in order to meet state standards. If you are someone who spends portions of the year in other states, you may wish to seek assistance from an attorney to make sure your POA documents will be honored in multiple states.

If you have any additional questions, please do not hesitate to contact the Aging and Disability Resource Center for Waupaca County at 715-258-6400 or toll free at 1-866-739-2372.



Caregiving During the Holidays

Know the Signs of Caregiver Stress and Where to Find Help

Submitted By: Jane Mahoney - Older American’s Act Consultant

Getting together with family and friends is a tradition around the holidays. But family gatherings can also lead to major worries over the well-being of an older or disabled family member and the person caring for him or her, especially for people who don’t live nearby. When arriving home for the holidays, adult children are often startled to see how much mom’s health has declined, and may be even more shocked to see dad struggling to take care of her at home. This makes the holidays a prime time for families to recognize the signs

of caregiver stress and know where to find help for caregivers.

There are several signs that a family caregiver may be in trouble.

- Changes in demeanor or personality
- Withdrawing from social activities that they used to enjoy doing
- Denial about the health of the person they are caring for or the reality of the situation
- Mood changes or signs of depression, anxiety, anger or irritability
- Short-term memory problems, poor concentration, or unnecessarily repeat actions or chores
- Increase in their own health problems as a result of caregiving

- Difficulty sleeping or feeling exhausted much of the time

Answering “yes” to any of these questions is a strong indicator of caregiver stress. It is also a sign that help is needed.

Sometimes caregivers don’t seek help because they don’t identify themselves as caregivers and even when they do, they may not be open to accepting help. Conversations with family and friends about the challenges of caring for someone can help a caregiver better relate to the role and be more receptive to assistance. Gaining support and understanding from family members is a great first step in getting a caregiver who is feeling stress to accept assistance.

Recognizing the symptoms of care-

giver stress and starting the discussion are only the first part of the equation – finding help is the second and most crucial step in supporting struggling caregivers. Waupaca County Aging and Disability Resource Center can provide comprehensive information and assistance for caregivers on services such as adult day care, home health and personal care, living options, respite care, support groups, financial and legal matters related to caregiving, home delivered meals, transportation and much more.

Holiday gatherings are a great time to offer encouragement, support and assistance to family caregivers. Help isn’t always easy to find, but there are options available for caregivers. Call 715-258-6400 for assistance.

Understanding VA “Presumptive” Disability Benefits



Jesse P. Cuff
Waupaca County Veterans
Service Officer
Courthouse,
811 Harding Street
Waupaca, WI 54981
715-258-6475
www.facebook.com/
WaupacaCVSO

Hours: Monday – Friday 8am-4pm

WHAT IS “PRESUMPTIVE” SERVICE CONNECTION?

VA presumes that specific disabilities diagnosed in certain veterans were caused by their military service. VA does this because of the unique circumstances of their military service. If one of these conditions is diagnosed in a Veteran in one of these groups, VA presumes that the circumstances of his/her service caused the condition, and disability compensation can be awarded.

WHO IS ELIGIBLE / WHAT CONDITIONS ARE CONSIDERED “PRESUMPTIVE”?

Veterans in the groups identified below: Entitlement to disability compensation may be presumed under the circumstances described and for the conditions listed.

Veterans within one year of release from active duty: Veterans diagnosed with chronic diseases (such as arthritis, diabetes, or hypertension) are encouraged to apply for disability compensation.

Veterans with continuous service of 90 days or more: Veterans diagnosed with amyotrophic lateral sclerosis (ALS)/Lou Gehrig’s disease at any time after discharge or release from qualifying active service is sufficient to establish service connection for the disease, if the veteran had active, continuous service of 90 days or more.

BLUE WATER NAVY VETERANS

If you served on a “Blue Water Navy” vessel offshore of the Republic of Vietnam, or on another U.S. Navy or Coast Guard ship operating in the coastal waterways of Vietnam, between January 9, 1962, and May 7, 1975 you may have had contact with Agent Orange, an herbicide used to clear trees and plants during the war. VA considers this a presumption of contact.

Blue Water Navy Veterans are now entitled to a presumption of service connection for illnesses related to Agent Orange exposure. This is a result of Public Law 116-23, the Blue Water Navy Vietnam Veterans Act of 2019. The law was signed on June 25, 2019, and takes effect on January 1, 2020.

You may be eligible for disability benefits if the below descriptions are true for you.

This must be true:

- You have an illness VA believes is caused by Agent Orange (called a

presumptive disease)

And at least one of these must also be true. Your military record must show that between January 9, 1962, and May 7, 1975, you:

- Were aboard a U.S. military vessel that operated in the inland waterways of Vietnam, or
- Served on a vessel not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia (as detailed in Public Law 116-23, the Blue Water Navy Vietnam Veterans Act of 2019)

Note: To determine your eligibility, check eBenefits, contact VA Eligibility Center at 1-888-768-2132, or contact our local office at 715-258-6475.

Understanding these and other VA Benefits can seem daunting, but the Waupaca County Veterans Service Office can help. If you could use a little help navigating the VA Benefit system please schedule an appointment today!

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- Air conditioner
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- Mauston • Montello
- Nekoosa • Seymour
- Waupaca • Weyauwega
- Wisconsin Rapids (2 locations)

Income restrictions may apply. CAP Services is an equal opportunity employer/provider.



Transforming People
and Communities



CRITICAL REQUEST!

Volunteers Needed



Waupaca County Senior Nutrition Program

has a **HIGH** demand for volunteers

to deliver meals to seniors in your community!

In the year 2020, volunteers supported the delivery of over 39,000 meals to over 300 seniors in need!

WE NEED YOUR SUPPORT!

FLEXIBLE SCHEDULES!

Deliver once a week or every other week

Delivery takes about one hour.

Please email Denise Roman – Volunteer Coordinator
at denise.roman@co.waupaca.wi.us
or call at 715-802-3582 if interested.

Operating a Volunteer Driver Program During COVID-19

Submitted by: Janna Taylor,
Transportation Coordinator

In response to the COVID-19 pandemic, Waupaca County Volunteer Driver Program had been operating under modified service levels and updated ride requirements. We are currently continuing to provide essential rides to medical appointments and vaccinations, grocery shopping, pharmacies, banks ect for our elderly and disabled community. Recently we have also been able to accommodate for more transportation ride requests such as hair appointments, shopping, church, personal needs, education and classes.

Volunteer drivers are a critical piece of the transportation system in Waupaca County for our elderly and disabled riders. Volunteer drivers have served on the front lines during this pandemic and are considered "essential" for the services they provide.

Volunteer programs are facing conditions that are changing and challenging every day especially in a pandemic.

To ensure the safety of riders and drivers the following is required.

- Providing masks for drivers and rid-

ers and requiring them to be worn the entire time.

- Drivers to sanitize vehicles before and after each ride.
- Screening riders and drivers by asking a series of questions:
Do you have any cold, flu, or fever, symptoms? Transportation may not be given for those who are symptomatic and they are advised to contact their healthcare provider immediately. Have you been exposed to anyone with COVID-19 within the last 14 days?
- Riders to sit in the rear seat of the vehicle.
- No eating or drinking while in the vehicle.
- Drivers are not allowed to enter medical facilities. Most drivers typically wait in the car depending on the length of the appointment. Most medical facilities have been prohibiting drivers in as most have screening for necessity upon entry.
- Reducing the number of riders allowed in the vehicle and riders are to be from the same household verses a shared-ride.
- Dedicating one driver to one person if possible, especially for those needing dialysis.

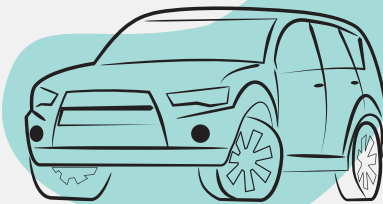
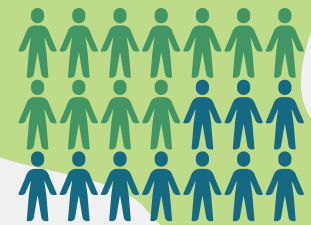
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Waupaca County Volunteer Driver

Transportation Program

Transportation Services

Residents of Waupaca County who are age 60+ or individuals with a disability, regardless of age (who do not receive Medical Assistance /Medicaid) are eligible to use the service.



Ride Information

Transportation Program's primary focus and priority is for non-emergency medical trips. Other rides will be arranged based on driver availability.

Riders must give three business days notice to arrange transportation.

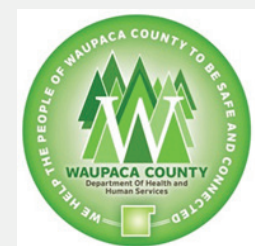
To schedule a ride

When calling be prepared with the following information:

- Appointment date and Time
- Approximate length of appointment
- Facility name and address
- Additional information for the driver

Call 715-258-6279

Dispatch Hours:
Monday- Friday
7:30am-3:30pm



Ride Information

In-town trip-	\$2.25
In county trip-	\$5.00
Out of county trip < 100 miles-	\$10.00
Out of county trip 100-200 miles-	\$15.00
Out of county trip > 200 miles-	\$55.00

Who Can I Call?



Medicare Assistance:

- Wisconsin Medigap Helpline: 800-242-1060
- Wisconsin Part D and Prescription Drug Helpline: 855-677-2783
- Local Benefit Specialist: 715-258-6400

The SHIP counselors and Benefit Specialists provide non-biased and comprehensive Medicare options counseling to Wisconsin residents.

Energy assistance & Furnace repair:

- Energy Services: 715-258-6820

The primary mission of Energy Services, Inc. is to provide limited income families with the services and assistance necessary to prevent and or alleviate energy-related emergencies from occurring, while promoting initiatives that result in a family's long-term self-sufficiency.

Emergency Housing, Counseling & Money Situations:

- Foundations for Living Waupaca: 715-942-2725
- Harbor House Appleton: 920-832-1666
- Homeless Connections Appleton: 920-734-9192
- Hope Center Salvation Army Stevens Point: 715-341-2437
- Mission of Hope House New London: 920-740-5410 or 920-249-4553
- New Community Shelter Green Bay: 920-437-3766
- Salvation Army New London: 920-982-2034 or 920-538-3249
- Salvation Army Clintonville: 920-570-5149
- St. Vincent de Paul, Becky Fickel: 920-739-1679

**Please note that these organizations have limited vouchers for emergency situations: shelter, rent, utilities, heat, food, emergency prescriptions. Funds are limited and there is a maximum amount for each category and maximum amounts of assistance available each year.*

AUTUMN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Acorn	Cranberry	Nuts
Apple	Deciduous	October
Autumn	Harvest	Raincoat
Chestnuts	Hayride	Reap
Chilly	Leaf	September
Cider	Maize	Sleet
Corn	November	Squash



Are You Ready for Winter?

WINTER WEATHER IS ON IT'S WAY. HAVE YOU TAKEN A MOMENT TO CONSIDER IF YOUR HOME IS READY FOR THE ICE, SNOW, AND FRIGID TEMPERATURES?

Flush your hot water heater to remove sediment.

Regular maintenance and flushing maintains heating efficiency and prolongs the life of your water heater.

Winterize your air conditioning system and unit.

Remove and store window units. If you have central air cover the outside unit with a tarp and secure it.

Get your heating system ready for winter.

Seal up any leaks in doors and windows. Make sure heating vents are open and not blocked by furniture.

Invest in having your furnace serviced or inspected at least once every other year.

Turn off outdoor water faucets and systems.

Flush and store hoses. If you have a sprinkler system follow manufacturer's instructions for winterization.

Test your sump pump.

Don't wait until you have a flooded basement to find out your sump pump isn't working!

Check the driveway and other pavement for cracks.

Water can freeze and expand and cause even more damage! If you can, fill and seal cracks before the freezing temperatures arrive.

Make a plan for snow removal.

Whether it's yourself, a family member, friend, neighbor, or snow removal service; make a plan and buy all necessary supplies and equipment early!

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www.yourADRCresource.org

1-866-739-2372
(TOLL FREE)

For persons with hearing or speech impairments, CALL Wisconsin Relay Text Telephone (TTY) 7-1-1

3 CONVENIENT LOCATIONS!

CALUMET COUNTY

206 Court Street
Chiton, WI 53014
(920) 849-1451

OUTAGAMIE COUNTY

401 S. Elm Street
Appleton, WI 54911
(920) 832-5178

WAUPACA COUNTY

811 Harding Street
Waupaca, WI 54981
(715) 258-6400

Your no-cost, single point of contact for information and assistance

We can help you sort through all of the options available and make informed decisions about:

- Maintaining your independence
- Choices for long-term care and related services
- Medicare benefits and other health-related benefits
- Social Security Benefits
- Health and Wellness programs
- Support services and resources in your community

We provide unbiased information about the providers and services in your community, their availability, and costs. Our team of professionals will work with you to find the right fit of options for your individual situation and provide the information you need to make the best decisions

Who we serve:

The Aging & Disability Resource Center of Calumet Outagamie and Waupaca Counties serves adults who are in need of information and assistance, benefit specialist services, and health and wellness programs. This includes people who meet one or more of the following criteria:

- Have a physical disability
- Have a intellectual disability
- Have a mental health issue
- Have a substance abuse issue
- Are over age 60
- Are young adults with a disability transitioning to adulthood
- Are families, caregivers, or advocates for any of these individuals

Where we can help:

Call us to receive information over the phone or to make an appointment with us at one of our locations, at another location or at your home!

Our Mission:

Our mission is to offer adults, families and the community a single point of contact for information and assistance, plus individualized service planning to enhance self-sufficiency and quality of life. We want to help people make the best decisions to prevent or postpone the need for long-term care services and preserve personal resources for as long as possible.

MEET OUR NEW STAFF MEMBERS!



ABBY ZEHNER

Hello, my name is Abby! I am the new Adult Protective Services Case Manager with Waupaca County. I began with Waupaca County Department of Health and Human Services on August 10, 2021. I conducted my internship at Wisconsin Veteran's Home at King which introduced me to the adult population for social work. I grew to enjoy working with this specific population. I also have a background on working with adults with disabilities. These two pieces helped build my interest in the Adult Protective Services aspect since the populations are what I am comfortable with. So far with my new position at Waupaca County, I have enjoyed working with the group of women in my unit. They are beyond welcoming and have taught me so much already. One little fun fact about myself is that I have an 11 pound min-pin/dauschund mix named Tank that I adopted a year ago.



ASHLEY BEYERSDORF

Hello There! My name is Ashley Beyersdorf and I am an Adult Protective Services Social Worker in the ADRC. I started at Waupaca County on February 1, 2021. I interned at the Wisconsin Resource Center, as I knew I wanted to work with adults and as I have an extensive background as a Nursing Assistant, I decided to try out Adult Protective Services. So far, I have loved getting to know not only my co-workers in the Department of Health and Human Services, but the ins and outs of the job as well. Learning about the services and connections available for the community and just being able to connect clients to them has helped me grow and learn so much about my new position. I love to adventure, learn new things and look forward to what Waupaca County has to offer.



Program Donations

Did you know that the Waupaca County Senior Nutrition Program can accept donations? Donations to our programs help us sustain them long term. Your donations help us increase the breadth and quality of services offered!

PLEASE COMPLETE THE FOLLOWING FORM TO MAKE A PROGRAM DONATION

This donation is in Memory or Honor of _____

I would like my donation to support the:

Senior Dining Sites

Home Delivered Meal Program

Bistro 60 Program

I would like my donation acknowledged in the ADRC Connection:

Yes

No

Please send receipt to: _____

Address: _____

Checks should be made payable to:
Waupaca County
Memo Line: Senior Nutrition Program

Please mail your check with this form to:
Waupaca County DHHS
Attention: ADRC
811 Harding St. Waupaca WI 54981



Please share your thoughts!

What would you like to see more coverage of in future publications?

Transportation

Volunteer Opportunities

Nutrition

Insurance Coverage

Aging & Disability Resource Center

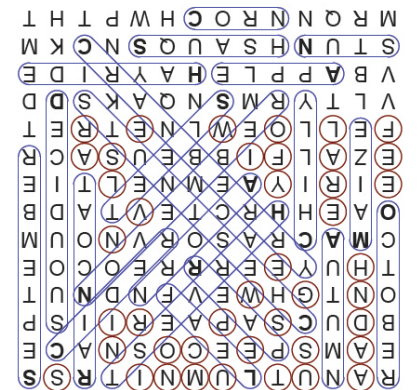
Family Caregiving

Do you have suggestions for future articles?



THANK YOU FOR YOUR FEEDBACK!

PLEASE MAIL RESPONSES TO:
WAUPACA COUNTY ADRC
811 HARDING ST.
WAUPACA WI 54981



AWNUTNA

WELCOME TO BISTRO SIXTY

Registration forms
available online, in
person, or by mail!



715-258-6400
Call for more
information

Bistro-Dining:
a casual, relaxed neighborhood
dining experience where
friends enjoy good food and
good company

Who is eligible for the Bistro Sixty Program?

- Anyone age 60 or older.
- Any spouse or domestic partner
of someone age 60 or older.
(must attend the dining location together)
- A disabled adult who lives with
someone age 60 or older.
(must attend the dining location together)

What are the advantages of the Bistro Sixty Program?

- You get to choose when, where
and what to eat.
- Eat a nutritious and well-balanced
meal.
- Meet friends and family for lunch.
- You don't have to prepare or cook
any food at home.
- And no dishes or clean up!

How can I participate in the Bistro Sixty Program?

- 1) Complete the registration form
and voucher order form.
- 2) Choose from 4, 8 or 12 vouchers.
- 3) Personalized Vouchers will be
mailed to you within 2-4 business days.
- 4) Attend a participating location and
turn in a voucher to receive a meal!

How much does my meal cost?

*Suggested Contribution of
\$4.25 per voucher.*

*No eligible person will be
denied a meal if they are
unable to contribute.*

Contributions can be mailed to:
Waupaca County ADRC at:
811 Harding St
Waupaca, WI 54981

How do I use Bistro Sixty Vouchers?

Eat at a participating Bistro Sixty
restaurant and present
the voucher as payment for
your meal.

*Each voucher includes
tax and gratuity.*

Signature must match name
printed on voucher. Restaurant
may ask for ID to confirm identity.

Did you know?

Some of the Bistro Sixty program
costs are covered by local, state, and
federal dollars.

However, we still rely on
participant's contributions to help
cover 12% of program costs!

*Thank you for supporting the
Bistro Sixty Program through your
participation and contributions!*

BISTRO SIXTY PARTICIPATING LOCATIONS

Smith's Manawa Steak House
960 Depot St.
Manawa, WI 54949

Accepting Vouchers:
Tuesday 4:30pm - Close
Wednesday 4:30pm - Close
Thursday: 4:30pm - Close

MORE TO COME!

**If you are a business owner interested in
partnering with the program please reach out to
Megan Hintz at 715-258-6278

Honoring the Past,
Celebrating the Present and
Providing Hope for the Future

Park Vista

— The Legacy —

Just the Facts!

- Community Nestled up to Waupaca's Crystal River
- Peaceful, Park-Like Setting
- Beautiful, Wooded, Secure Patio Area
- Secured Door System
- Emergency Pendants Included
- Emergency Pull Cords in Every Room
- Private Rooms with Full Bathroom
- Nurse Supervision 24/7
- 24 Hour Awake Staff Access
- Spa Room with Walk-In Whirlpool Tub
- Social, Physical & Creative Activities
- Free Wheelchair Accessible Transportation
- Home Cooked Meals Served Daily
- Month to Month Leases
- Respite Care Program

Call today for a tour!

1403 Churchill Street
Waupaca, WI 54981
(715) 942-0047
www.parkvistaliving.org

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