

Find Support in your Caregiving Role

Provided By: **Jane Mahoney** - Older American's Act Consultant - Greater Wisconsin Agency on Aging Resources

Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound very bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care but they also have found an emotional support network.

The American Medical Association suggests to physicians that “a referral to a support group should be recommended for all caregivers.” Often-times, people hear the words “support group” and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a pity party or place to complain about their lives. But support groups are much more than that and the benefits they offer are valuable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.

- They are a safe place to identify and express stressful feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier and happier you, which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting <http://wisconsin caregiver.org/virtual-events-for-caregivers>.

If you have never attended a support group, give it a try! You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact your local Aging and Disability Resource Center for information about Caregiver Support at 715-258-6400.

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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

“Like” the ADRC on Facebook!

 **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.



EAT WELL, AGE WELL.

How Can My Diet Help With Bone Health?

By the GWAAR Nutrition Team

A nutritious diet is important at any stage of life. In older adults, a nutritious diet helps preserve bone mass and strength. A healthy diet can help the recovery of injuries as well as prevent injuries. Specific to bone health, calcium and vitamin D are important to include in the diet. Calcium allows for the bones, nerves, and muscles in our bodies to perform at their best. Milk and other dairy products are good sources of calcium. Other good sources include broccoli, bok choy, almonds, and oranges!

Vitamin D helps the body absorb calcium from foods. This is important for a healthy immune system and muscles. Vitamin D is made in our skin in the summer months, but it is also found in food sources. Foods such as salmon,



tuna, egg yolk, and any foods that have fortified vitamin D. Try this recipe that is both high in calcium and Vitamin D!

Are you or a loved one homebound and in need of Nutrition Services?

Call the ADRC at 715-258-6400 and ask for information about the Home Delivered Meals Program!

**Please note the County's Senior Congregate Dining Services are closed due to the COVID-19 Pandemic.

Broccoli Tuna Salad

- 2 (5-ounce) cans tuna
- 1/4 cup mayonnaise
- 1/2 cup fresh broccoli florets, finely chopped
- 2 tablespoons red onion, diced
- 1-2 tablespoons chopped parsley, chives and/or other herbs
- 1/2 tablespoons Dijon mustard
- Salt and Pepper, to taste

Drain the liquid from the tuna cans. Then, add the tuna, mayonnaise, chopped broccoli, diced red onion, herbs, Dijon mustard, salt and pepper to a mixing bowl.

Stir all of the ingredients together until well combined.

Enjoy the tuna salad wrapped up in lettuce or in a sandwich!



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715/258-7803 OR 800-773-4746
MONDAY - FRIDAY 9 A.M. - 5:30 P.M.
SATURDAY 9 A.M. - 4 P.M.



Spring into Better Health

By the GWAAR Medicare Outreach Team

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized preven-

tion plan based on your current health and risk factors. Note: The Wellness visit is not the same as an annual physical exam.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your Medicare and You 2021 handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling, contact your local Aging and Disability Resource Center and ask for a Benefit Specialist.

World Elder Abuse Awareness Day



Did you know that June 15th is nationally recognized as World Elder Abuse Awareness Day?

Did you know only 1 in every 10 elderly abuse cases are reported. The goal on June 15 is to not only raise awareness on this day, but everyday so cases of elder abuse decrease by knowing what elder abuse is, how to stop, and who to call. Be the voice for those who may not be able to advocate for themselves, make that call, that referral, ask that lifesaving question of do you need help, bring about awareness to help actively

fight the battle against elder abuse.

Here are some things you can do to bring awareness to this important issue on June 15th:

1. Wear purple on June 15 to show support
2. Plant a flower in honor of Elder Abuse Awareness, take a photo and post to [facebook.com/adrcwaupacountybranch](https://www.facebook.com/adrcwaupacountybranch)

3. Learn how to SPEAK UP for Seniors!

- › **S**udden changes in behavior or finances
- › **P**hysical injuries, dehydration, or malnourishment
- › **E**xtrême withdrawal, depression, or anxiety
- › **A**bsence of basic care or necessities
- › **K**ept away from others
- › **U**nsanitary living conditions
- › **P**ersonal items missing

Here at the ADRC a display of pinwheels will be placed outside the Sheriff's Department. The pinwheels represent the number of elder abuse reports in Waupaca County in 2020. Informational resources will be available in the lobby of the courthouse regarding elder abuse.

To report suspected abuse, please contact the Waupaca County Aging and Disability Resource Center (ADRC) at 715-258-6400 or 1-866-739-2372. Calls can be made anonymously, the person does not need to prove the abuse is occurring.

Uproot Elder Abuse and Plant a Seed for Change

- On Facebook, like Waupaca County Aging & Disability Resource Center page
- In the month of June, plant a seedling or a flower, take a photo/video and post it to Facebook tagging Waupaca County Aging & Disability Resource Center and using the hashtag #UprootElderAbuse.
- Write a message to express your commitment to bring about change for the care, support, and well-being of older adults.

Individual actions matter, how will you contribute to uproot elder abuse?
<https://www.facebook.com/adrcwaupacountybranch/>



Aging & Disability Resource Center (ADRC)

811 Harding Street • Waupaca, WI 54981

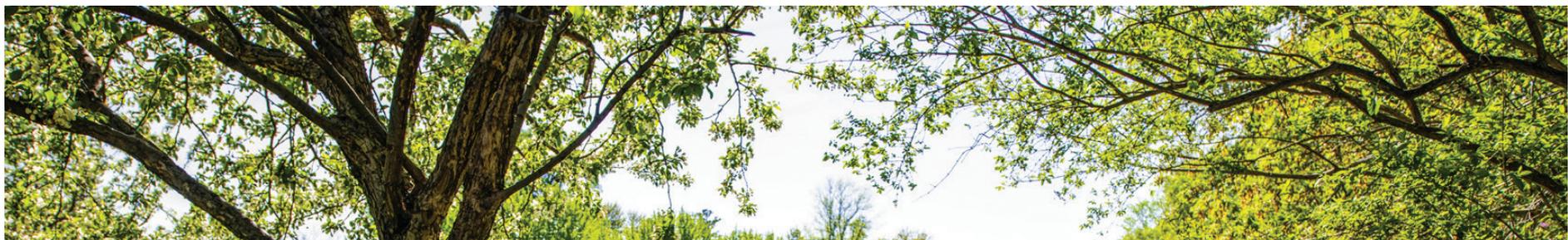
Hours: Monday–Friday 8:00 a.m. to 4:30 p.m.

Walk-Ins Welcome

Phone: 715-258-6400 • **Toll Free:** 1-866-739-2372

TTY: 7-1-1 • **Fax:** 715-258-6409

E-mail: ADRC@co.waupaca.wi.us



Understanding the VA: Disability Benefit Questionnaire (DBQ)

WHAT IS A DISABILITY BENEFIT QUESTIONNAIRE (DBQ)?

The VA provides downloadable forms for Veterans to use in the disability evaluation process. These downloadable forms are known as Disability Benefit Questionnaire or DBQ. DBQ's allow a veteran's medical provider to detail specific information about the veteran's medical condition. Completed DBQ's are best submitted to the VA as part of a fully developed claim package. DBQ's provide VA with the critical medical evi-

dence necessary for a claim for service connected compensation benefits.

WHY USE DBQ's?

- DBQs allow Veterans and Service members to have more control over the disability claims process by giving them the option of completing an examination with their own healthcare providers instead of at a Department of Veterans Affairs (VA) facility.
- DBQs enable private health care providers to capture important information needed by VA to accurately evaluate and promptly decide

- Veterans' claims for benefits.
- More than 70 DBQs are available that use check boxes and standardized language to streamline the process. DBQs average about seven pages in length. Veterans are responsible for any fees their private providers may charge for completing a DBQ.

» Some specialty disciplines may decline for professional reasons
Note: To determine your eligibility, check eBenefits, contact VA Eligibility Center at 1-888-768-2132, or contact our 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!

WHO IS AUTHORIZED TO COMPLETE A DBQ?

Providers with active medical licenses must sign and attest to a medical condition on completed DBQs. The DBQ can be completed either by:

- Veterans' private treatment providers, or
- Veterans Health Administration (VHA) clinicians.
 » Some providers may decline for professional reasons

Sources for more information:
https://www.benefits.va.gov/compensation/dbq_publicdbqs.asp
http://www.benefits.va.gov/compensation/dbq_FAQs.asp

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 Courthouse,
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 715-258-6475
www.facebook.com/WaupacaCVSO
 Hours: Monday – Friday 8am-4pm



Join one of the ADRC Program Committees!

**Are you interested in being a part of the planning of
programs that impact your community?**



Committee on Aging is responsible for policy recommendations for the advancement and improvement of Supportive Services for older adults, Elderly Nutrition Program, Health Promotion and Prevention, National Family Caregiver Support Program, and Elder Benefit Specialist Program.

Meets on the 4th Tuesday each month at the Waupaca County Courthouse



Nutrition Advisory Council is responsible for policy recommendations for the advancement and improvement of the Waupaca County Elderly Nutrition Programs: Home Delivered Meal Program and Congregate Dining Program.

Meets on the 3rd Thursday each month at the Waupaca County Courthouse



Transportation Coordinating Committee is responsible for the oversight of the 85.21 transportation grant, as well as policy recommendations for the advancement and improvement of the Waupaca County DHHS transportation program.

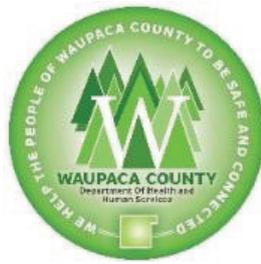
Meets Quarterly at the Waupaca County Courthouse

For more information contact :

Waupaca County ADRC at

715-258-6400 Or

ADRC@co.waupaca.wi.us



Are you looking to give back to your community?
Please consider **VOLUNTEERING!**
**** Current Volunteer Opportunities Available ****

WAUPACA COUNTY SENIOR NUTRITION PROGRAM

Home Delivered Meals: Be the sunshine in your neighbor's day! All you need is a willing heart, a vehicle in safe, working condition and 1 hour to help enrich your neighbor's life! Choose the days you are able to deliver. Lunch is delivered to home bound residents Monday – Friday. Time and length of route vary by nutrition site. Volunteering just one hour a month will make a tremendous difference in someone's life!

Senior Nutrition Sites: Do you enjoy the company of seniors? If so, please join us at any of the three (3) Nutrition Sites located in Clintonville, New London, & Waupaca. Assist with meal packing and clean up. Hours are approx. 8:30am – 11:30pm, Monday – Friday. Flexible schedule!

For more information, please contact Denise at: (715) 258-6277

WAUPACA COUNTY TRANSPORTATION PROGRAM

Volunteer Driver: Are you retired or looking for something rewarding to do? Do you enjoy meeting new people? Maybe this is for you! Provide safe and dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutrition or employment needs. Volunteers are reimbursed mileage. A Wisconsin driver's license and proof of insurance is required.

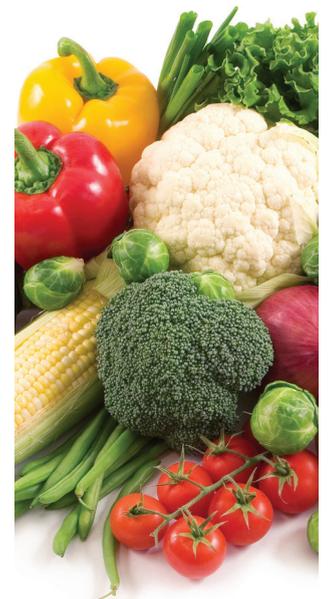
For more information, please contact Janna at: (715) 258-6279

WAUPACA COUNTY VOLUNTEER GUARDIAN

Volunteer Guardian: is a lay or professional person who offers his/her services to the Waupaca Co. Dept. of Health and Human Services without compensation. A guardianship is a legal relationship created through a court process between a person called the ward and the guardian of person and/or guardian of estate.

For more information, please contact Tracy at: (715) 258-6355

Satisfactory background check required for all positions.





Do you have Medical Appointments but struggle with finding transportation??

Call the Waupaca County Transportation Coordinator!

Waupaca County has a great service available for assisting the residents of the county to and from their medical appointments. Waupaca County knows that transportation can be stressful and at times expensive to arrange especially if you have several medical appointments in the same week. The Volunteer Driver Transportation Program is funded in part by the Federal Transit administration which allows the County to keep the costs affordable for our residents in need.

group of volunteer drivers that have all had thorough background checks. Our transportation hours are Monday through Friday 7:30 am until 3:30 pm. While our drivers are great at transportation, they are not able to physically assist the riders in and out of vehicles. We have a wonderful group of volunteers now, but we always welcome anyone that is interested in joining this great group. If you are interested in becoming a volunteer please call our Volunteer Coordinator at (715) 258-6277.

few conditions in place in order to keep everyone involved safe and healthy.

Waupaca County's Volunteer Driver Program is here for its residents and wants to assist you in transporting during this trivial time of the pandemic. We have a great group of Drivers, the Trans-

portation Coordinator is well organized and able to accommodate rides to the many different schedules, and you as residents are what makes this whole experience even better. We look forward to meeting you and assisting in your transportation needs.

“The program is very convenient and economical. I’m not able to drive long distances. Being a veteran, I’m able to go the VA clinics and get to my appointments. The drivers are very friendly and courteous.”

-Michael Waush

“I really enjoy driving for Waupaca County and the relationships I’ve built with long term riders. There is a definite need in the community for this service and I like providing that need. I’ve met some nice friendly people and it’s been a great experience for me. I really enjoy it!”

-Greg Davis

Am I eligible?

Any Waupaca County resident over the age of 60 or any individual over the age of 18 with a Disability is eligible for this service. If you are on Medical Assistance or other public funding options for medical transport we do require you to use those options first. If you are unsure if you qualify, you are more than welcome to call and check with the Transportation Coordinator at (715) 258-6279.

What about Covid??

In response to the COVID-19 pandemic, Waupaca County Volunteer Driver Program is operating under modified service levels and updated ride requirements. We are currently providing essential rides to medical appointments and vaccinations, grocery shopping, hair appointments, pharmacies, banks etc. for our elderly and disabled community. Because our Volunteer drivers are a critical piece of the transportation system in Waupaca County for our elderly and disabled riders, we have put a

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- Waupaca • Weyauwega
- Wisconsin Rapids (2 locations)

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



Transforming People
and Communities





Scam Alert!

Submitted by: **Karen Engel**
– Disability Benefit Specialist

Social Security is concerned about your information and takes steps to protect you. Many times people get calls and are unsure if they are legitimately from SSA. Here are some suggestions from SSA regarding what to do if you get a call claiming there is a problem with your Social Security number or account.

If there is a problem, they will mail you a letter. Generally, they will only contact you if you have requested a call or have ongoing business with them. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Their employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.

Don't be fooled!

You should look out for:

- A caller saying there is a problem with your Social Security number or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

- If you receive a questionable call, hang up, and report the call to the Office of the Inspector General at 1-888-863-2244 or 1-202-418-0473
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.
- Learn more at [oig.ssa.gov/scam](https://www.oig.ssa.gov/scam)
- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/antifraudfacts>

You're Not Alone - The Journey of Dementia

Submitted By: **Carrie Esselman**
– Dementia Care Specialist

Can you relate to one of these:

- "Not sure how long I can do this"
- "I'm new to this. Family member needs help but doesn't want it."

Whether you are a spouse, partner, child, friend or family member of someone living with Dementia, it may feel as though you are alone. The loved one with Dementia is progressing and you're not sure if this is "normal" or if this is unique to your loved one. How do you find out if others have experienced the same behaviors? How

do you react or handle these changes? If you have had any of the questions run across your mind while caring for a loved one with Dementia, it's time to speak with the Aging and Disability Aging Unit and the Dementia Care Specialist about education, support groups, or to simply digest all the thoughts.

Waupaca County Aging and Disability Resource Unit and Dementia Care Specialist

**811 Harding Street
Waupaca, WI 54981
715-258-6400**



A Message from your ADRU Manager

Hello! My name is Melissa Anderson, newly hired Aging and Disability Resource Unit Manager at Waupaca County Department of Health and Human Services. I started my new position September 2020, previously I served as the Aging Programs Supervisor at DHHS. I have worked within Waupaca County DHHS for the last 8 years. I am enjoying the work

in the different programs within the unit as well as the hardworking, dedicated staff who all do amazing work. My job responsibilities include providing support to the following programs and staff: Adult Protective Services, Elder Benefit Specialist, Transportation Program, and ADRC as well as provide support to the Aging Programs Supervisor - Megan

Hintz. Throughout the year of 2021, the Aging Programs Supervisor Megan Hintz and I will be working on developing the 2022-2024 Aging Plan. The first step in this process is gaining understanding of the services that are going well and most importantly what services are not working or services and support that is needed but not currently offered in our commu-

nity. If you would please take a few minutes of your time to share your thoughts and complete the survey. The survey is open to all adults of Waupaca County. A paper copy of this survey can be found within the publication to be mailed in at your earliest convenience.

**See Attached Survey <https://forms.gle/3wzmEXvBcCxKsum39>



Waupaca County Aging Plan Survey 2022-2024

Waupaca County Aging Unit is looking for **your thoughts and ideas to improve programs and services** for the **aging residents** of Waupaca County.

Your answers will help us develop a Three-Year Aging Plan.

Alternatively this survey can be completed at the following link:

<https://forms.gle/3wzmEXvBcCxKsum39>

Please identify the community in which you reside:

- Clintonville/Embarrass
- Marion
- Iola/Scandinavia
- Manawa/Ogdensburg
- New London
- Weyauwega/Fremont
- Waupaca

What is your age?

- 40 & Below
- 41-65
- 66-80
- 80 +

Have you contacted the ADRC in the last year?

Yes
No

If yes, for what service?

- Information and Assistance
- Transportation
- Benefits (Health Insurance, Social Security, Medicaid, etc.)
- Other: Please Specify: _____
- To Volunteer
- Nutrition Services
- Caregiver Support
- Adult Protective Services

What 3 things are most important to you as you age?

- My Independence
- My Health
- Living a Long Life
- Having a Rich Social Life
- My Mobility
- My Memory/Mind
- Remaining in my Home
- Giving Back to My Community

What activities in the community are making a positive difference for adults?

Would you like to participate in a discussion about aging services in Waupaca County?

If yes, please fill out the information below

Name: _____

Address: _____

Phone Number: _____

What are the top 3 areas seniors are seeking help today?

- Access to home health care options
- Adaptive equipment
- Addiction support
- Affordable housing options
- Alternative transportation options
- Assistance with prescriptions and/or medical bills
- Bilingual services
- Dementia supports and services
- Elder abuse
- Financial counseling
- Food delivery options
- Help with social isolation and loneliness
- Hoarding support and counseling
- Help understanding Medicare and drug plan choices
- Home repairs and upkeep
- Ways to keep fit and healthy
- Technology support and assistance

Please answer the following questions to help us improve the Waupaca County Senior Nutrition Program

How far would you be willing to travel to a meal provided by the Senior Nutrition Program?

- 5-10 miles
- 10-15 miles
- 15-20 miles
- 20 miles +
- I would need transportation services

Which model of Senior Nutrition Program would you prefer to participate in?

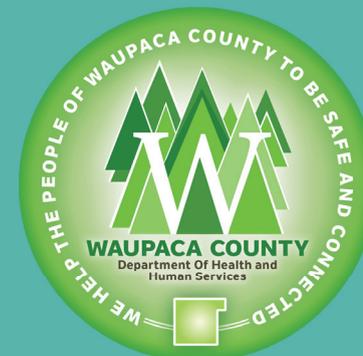
- Dining at Local Participating Restaurants
- Congregate Dining at Community Locations (Such as a Community Center)

How often would you eat a meal from the Senior Nutrition Program?

- 1-2 times a month
- 3-4 times a month
- 4-8 times a month
- 8-12 times a month
- As often as possible

Other thoughts to share:

Completed Surveys returned to:
Waupaca County DHHS
Attn: ADRC
811 Harding St.
Waupaca, WI 54981
or Email:
ADRC@co.waupaca.wi.us





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SPRING

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.

N O W R S I N B E T E R H
 R L A D A S R L N T S A C
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 P K H S I E I D S P G S R
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 Evelyn Johnson

Who to Call?

(Frequently Requested Resources)

Questions about Social Security or Disability:
Social Security Administration:
 877-694-5495

Questions about Medicare:
Medicare Customer Services:
 800-633-1060

Questions about Medicaid/ BadgerCare/Forward Health or FoodShare:

Economic Support Call Center:
 888-256-4563

Social Security Scams/Fraud:
Office of the Inspector General:
 1-800-269-0271

Report the Scam Online at
OIG/SSA.GOV



Park Vista
retirement living

Just the Facts!



- Independent Living
- Assisted Living
- Villa Living with Attached Garages
- Respite Care
- Veterans Benefits—Aid and Attendance
- Free Transportation (Wheelchair Friendly)
- Free Laundry Facilities
- Peaceful, Park-Like Setting on Picturesque Golf Course
- 24/7 Registered Nurse Access
- 24/7 Caregiver Staff
- Emergency Pendants Included
- Choice of Kitchen Style (Full or Kitchenette)
- Three Home-Cooked Meals Served Daily
- Social, Physical & Creative Activities
- On-Site Church Services
- Live Entertainment
- In-House Beauty Salon
- Weekly Happy Hour
- Weekly Out-of-Town Excursions

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- 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

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