

Aging & Disability Resource Center of Winnebago County Newsletter



WHY SHOULD YOU COMPLETE YOUR POWERS OF ATTORNEY?

The ADRC of Winnebago County has many staff that are able to assist with and answer questions about Powers of Attorney (POA) for Health Care and Finance.

The State of Wisconsin is not a "next of kin" state. No one can automatically make health care decisions for you in the event that you lose your ability to do so. By completing a POA for Health Care, **YOU** are able to select the individual **YOU** want to make health care and financial decisions for you when you can't anymore.

Consider taking the time to complete your documents as a gift to your family and friends because they won't be left wondering who you would want to make decisions for you and what you would want.

Completing a POA for Health Care will most likely avoid the need for guardianship. Avoiding a guardianship is important as guardianships can be expensive, time-consuming, and emotionally draining on families. The agent you name in a POA for Health Care to make decisions for you has more flexibility and ultimately more freedom than a guardian.

Please read more about these documents further in this newsletter. Feel free to call the ADRC for questions.



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220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
877-886-2372
Email: adrc@co.winnebago.wi.us
Website: www.co.winnebago.wi.us/adrc

MEET OUR STAFF



Alisa Richetti

Hello, my name is Alisa Richetti and I have been working for Winnebago County 22 years. I have been a part of the ADRC since it started in 2010 as an Information and Assistance Specialist in the Neenah office. I will be transitioning to being the new Dementia Care Specialist starting in January. I have a passion for working with individuals and their families to inform and support them to live their best life. It is really satisfying to help individuals learn about all of the great resources and programs that are in our community.

I have two teenage boys that both add so much joy to my life. In my free time, I am usually in Door County enjoying all the great activities, culture and nature that the area has to offer. I like kayaking on the lakes and rivers and hiking in the wonderful parks. I also love traveling outside of Wisconsin and have family out of state that I am looking forward to spending time with again in the future.

CREAM CHEESE SAUSAGE MEATBALLS

INGREDIENTS

- 1-pound roll sausage
- 8 oz cream cheese, softened
- 1 cup almond flour
- ¼ teaspoon salt
- ⅓ cup coconut flour
- 2 teaspoons baking powder
- 4 eggs
- 2 cups sharp cheddar cheese (shredded)

INSTRUCTIONS

- 1) In a stand mixer or by hand, combine the sausage and cream cheese. Then add the eggs and cheese. Beat until well combined.
- 2) Whisk together the almond flour, coconut flour, salt, and baking powder. Add the dry ingredients to the sausage mixture and beat until blended.
- 3) Cover and refrigerate the dough for at least 1 hour.
- 4) Preheat the oven to 375 degrees. Scoop dough into 1 to 2 tablespoon portions and roll into balls. Space the sausage balls about 1 inch apart on a baking sheet.
- 5) Bake for 25-30 minutes or until golden. Allow sausage balls to rest on the baking sheet for about 2 minutes before removing to drain on paper towels.

Did you know the ADRC of Winnebago County has updated their website? This website features information about how the ADRC works, resources on home care, housing lists, Powers of Attorney, legal resources, home delivered meals, financial assistance, etc...

Take a moment to check it out!

Please visit: <https://www.co.winnebago.wi.us/adrc>



CREAM CHEESE SAUSAGE MEATBALLS

Keto Friendly Appetizer

A Few Shortcuts.com



A Few Shortcuts

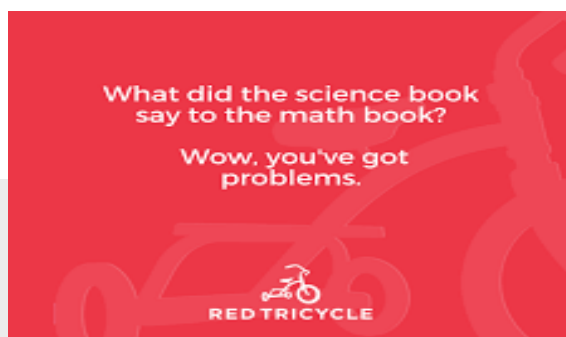
Our 2021 Resource Directory has been printed and is available. Please call us for your free copy! You can also see this directory online by visiting our website.



Upcoming January Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 ADRC: Closed 	2
3	4	5 Virtual Memory Café 11am-12pm	6	7	8 Virtual Memory Café 1:30pm-2:30pm	9 Oshkosh Farmers Market Convention Center 8am-12:30pm
10	11 ADRC Committee Meeting 3pm	12 Virtual Memory Café 11am-12pm	13	14	15 Virtual Memory Café 1:30pm-2:30pm	16 Washington Park Winter Festival in Neenah 11am-1pm
17	18 Virtual Welcome to Medicare Presentation 1:30pm	19 Virtual Memory Café 11am-12pm	20	21 Understanding Roles of Law Enforcement in Dementia-Related Calls 1pm-2:30pm (read more in newsletter)	22 Virtual Memory Café 1:30pm-2:30pm	23 Oshkosh Farmers Market Convention Center 8am-12:30pm
24/31	25 Virtual Memory Café 1pm-2pm	26 Virtual Memory Café 11am-12pm Intergenerational info session 1-2pm	27	28	29 Virtual Memory Café 1:30pm-2:30pm	30 Oshkosh Farmers Market Convention Center 8am-12:30pm

To get Zoom information on the events, contact Rebecca Groleau at (920) 236-1227



Benefit Highlights

Benefit Check-Up: Might You Be Eligible for Assistance?

Many programs and services are available to help seniors and adults with disabilities, but often those who need them don't know they exist. These programs save money on medication, health care costs and food purchases. The Disability Benefit Specialists (serving ages 18-59) and Elder Benefit Specialists (serving age 60+) at the ADRC of Winnebago County will assist callers in learning about public benefits such as:

- Food Share - monthly benefit to help to purchase food items
- Energy Assistance - once per year credit to your utility bill
- Medicare Savings Program – pays your Medicare Part B premium
- Senior Care Prescription Drug coverage - State of WI drug program
- Medicaid - helps cover medical and drug costs
- Low Income Subsidy- helps with drug costs



These programs have income and/or asset limits to them. If you are interested in having a free benefit check-up done, please call the ADRC. We can also email or mail you a printed version of the benefit check-up.

WELCOME TO MEDICARE

**Confused about your Medicare options?
What plan is right for you?**



- January 18th at 1:30pm
- Come learn about the A, B, C, and Ds of Medicare!
- Presented by the ADRC of Winnebago County's Elder Benefit Specialists
- This is an excellent introductory presentation for anyone becoming eligible for Medicare to familiarize themselves with the various parts of Medicare and understand the choices available
- For log-in information, call Joan Jaworski at (920) 236-4685 if you live in the Oshkosh area or Julie Nicks (920) 729-2749 if you live in the Neenah/Menasha area
- This seminar is expected to last just over one hour
- **THIS WORKSHOP IS FREE!**

Your Mental Health & COVID-19

2020 was a stressful year for many! NAMI (National Alliance on Mental Illness) has some information to share...

MANAGING MENTAL ILLNESS SYMPTOMS *during COVID-19*

The outbreak of COVID-19 and the repercussions that have followed have had a significant impact on the mental health of people around the country; this is especially true for those living with a mental illness. The anxiety of these uncertain times along with the increase in loneliness and isolation can create, worsen, or trigger symptoms. Here are some tips, information, and resources, for people who are affected by mental illness in Wisconsin.

TIPS FOR GOOD MENTAL HEALTH:

- Stick to a normal routine as much as you can
- Spend virtual time with supportive people
- Try something you've always wanted to do
- Get some fresh air daily
- Eat and drink in a healthy way
- Exercise and move your body

YOU ARE NOT ALONE

Here are some resources to help:

WARMLINE

Need someone to talk to? The following are providing additional warmline support at this time. These numbers are staffed by trained volunteers with lived experience of mental illness and can offer emotional support to those needing it at this time.

- Solstice House: Madison: (608) 244-5077
- Iris Place: Appleton: (920) 815-3217
- Monarch House: (715) 505-5641 *715 area codes only
- Hopeline: Text NAMI to 741741
- NAMI HelpLine: Monday-Friday, 9:00 a.m. to 5:00 p.m. (800) 950-6264

INFORMATION AND REFERRAL:

Do you need information or a referral for rental assistance, utilities, food, mental health or substance abuse issues? Call 2-1-1 from anywhere in the state to reach United Way's Free Information and Referral Line. Someone is available to connect with you 24/7.

SAMHSA DISASTER DISTRESS HELPLINE:

This provides immediate crisis counseling for people experiencing emotional distress related to any natural disaster, including COVID-19. This toll-free, multilingual, confidential crisis support service is available 24/7. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

ARE YOU IN CRISIS? DO YOU NEED IMMEDIATE ASSISTANCE?

Call **9-1-1** or the National Suicide Prevention Lifeline at **(800) 273-8255** to be connected to local crisis services at any time.



NAMI Wisconsin
4233 W. Beltline Hwy
Madison, WI 53711
Web: www.namiwisconsin.org
Phone: (608) 268-6000
More resources: namiwisconsin.org/covid-19



NAMI
National Alliance on Mental Illness

Wisconsin

Find Help. Find Hope.

Local COVID Testing Site Updates

Sunnyview (500 E. County Rd Y, Oshkosh)

- Testing by The National Guard **will be** on site on all of the following dates:
 - January: 5-8, 12-15, 19-22, 26-29
 - February: 2-5, 9-12, 16-19, 23-26
 - March: 2-5, 9-10
- The National Guard **will not be** testing on the following days due to observance of federal holidays:
 - December 31 – January 3
 - January 18
 - February 15



UW-Oshkosh: Culver Family Center (625 Pearl Ave, Oshkosh)

- Rapid-result testing extended to January 13th
- Type of testing: antigen with follow-up PCR as needed
- Open Monday-Friday 9am-5pm by appointment only
- Holiday hours: Closed December 24th-January 3rd, reopens on January 4th (9am-5pm)
- Register: www.doineedacovid19test.com



Understanding the Role of Law Enforcement Response to Dementia-Related Calls



Sergeant Carrie Peters, Appleton
Police Department
Recipient of the 2020 Alzheimer's
Association Professional Caregiver
Award

**Join us for this free, virtual
program presented by:**

**Thursday, January 21
1:00 pm - 2:30 pm**

**Brought to you by the Alzheimer's
Association Wisconsin Chapter, The
Wolf River Dementia Network, the
Forget Me Not Fund, and the Appleton
Police Department**

Join us via Zoom with Appleton Police
Department Sergeant Carrie Peters as
she explains local law enforcement
responses to common calls related to
dementia, safety practices and resources,
and when to report elder abuse.

Registration is free, but required. Please
register by visiting <https://bit.ly/lawenf121>
or by calling 800.272.3900



*"Serving Shawano, Menominee and Oconto Counties
and the Menominee and Stockbridge-Munsee Tribes"*

alzheimer's  association®

Wisconsin Chapter

www.alz.org/wi

800.272.3900

INTERGENERATIONAL CONNECTIONS INFO SESSION: Jan 26, 2021 [1:00-2:00 PM]

Through a partnership between ADRCs in WI and CLIMB Theatre, residents in many counties have FREE access to CLIMB's new digital platform, **Intergenerational Connections**. Designed to provide quality, interactive learning experiences for elementary aged youth, this fully digital offering strengthens the social emotional skills of Resiliency of Empathy while simultaneously increasing awareness and knowledge around topics associated with Alzheimer's and other forms of Dementia.

Join us on zoom for a 1 hour demo and Q& A in order to learn more about how to access and implement this program in your schools, households and communities!

RSVP HERE: <https://climb-theatre.mykajabi.com/pl/252298>

What are Advanced Directives?

Advanced Directives are documents that communicate your wishes to others. They give your family, friends, and professionals direction on what you may want or not want. The following are forms of Advanced Directives:

Supported Decision-Making

Supported Decision-Making is a way for individuals with disabilities to get help from trusted family members, friends, and professionals, to help them understand the situations and choices they face so they can make their own decisions. Supported Decision-Making enables people with disabilities to ask for support where and when they need it. Supported Decision-Making is not a form of Guardianship or Power of Attorney. Powers of Attorney, representative payees, and release of information forms can also help families provide the needed supports and safeguards without going to court for Guardianship, when appropriate. The Board for People with Developmental Disabilities has additional information on Support Decision-Making available at:

<https://wi-bpdd.org/index.php/supporteddecision-making/>

or call (608) 266-5395. The ADRC can also provide you with this document. Keep in mind, a Supported Decision-Making document does not replace a Power of Attorney for Health Care or Finance.

Health Care Power of Attorney (POAHC)

This is an important document that should be filled out by every capable adult. The State of Wisconsin is not a “next of kin” state, so decisions will not automatically default to a child, parent, or spouse. The form allows you to name a trusted adult as your health care decision maker (agent) in the event you become incapacitated and cannot make decisions for yourself. It also provides an opportunity for you to express preferences about your care. You can list a second adult as a backup in the event that the first person listed as agent is not available. This document only takes effect when two doctors agree that you are indeed incapacitated and cannot make your own decisions. You can get this legal form online at <https://gwaar.org/guardianship-resources> or the ADRC can provide you with this document.

Power of Attorney for Finances (POAF)

A Power of Attorney for Finances allows you to choose a trusted adult who will manage or help you manage your money and assets. You determine what money or assets you want that person, called an agent, to have authority over.

The point at which your agent’s authority becomes effective depends on the language you use in your Power of Attorney for Finances. If you give your agent “immediate power,” your agent’s power will start when you sign the document. Even if you sign a document granting your agent immediate



power, you may continue to handle all of your own property and finances as long as you are able. Essentially, either you or your agent makes decisions about your finances.

You can visit the website <https://gwaar.org/guardianship-resources> to print the form. The form will need to be notarized. The ADRC can also provide you with this document. You may hire a lawyer to draft a document that fits your needs as well.

What do I do with my Power of Attorney forms once they are completed?

Make copies! A copy is just as valid as the original

People to give copies to:

- Doctor's office
- The agents you appoint
- Your family/close friends
- Your attorney (if you have one)
- Keep a copy for yourself and put in a safe place (safety deposit box, safe, special folder in your desk)
- It is important to review your documents occasionally



Recommendations on when to review: The 5 D's:

- 1) Decade: Review your documents at least every ten years.
- 2) Death: Review your document when you have the death of a family member or close friend.
- 3) Diagnosis: A new medical diagnosis or medical condition may make you change the ways you look at your health care.
- 4) Divorce: If you have gotten divorced, you may want to look at who your agents are on your document.
- 5) Decline: If you have had a decline in your ability to care for yourself, you may want to revisit your documents to ensure your wishes have stayed the same.

Guardian of the Person/Estate

The most restrictive decision-making support is Guardian of the Person/Estate. This type of guardianship is set up when a person is unable to make decisions that meet their needs for physical health/safety or finances. Guardianship is often pursued in cases when there is no Power of Attorney document and a document can no longer be completed due to the person's incapacity to do so. If this is the situation, an alternative decision maker, called a guardian, is legally appointed to make decisions for that person, called the ward.

Who determines the need for guardianship? The need for guardianship is determined by a judge through a legal proceeding. A medical doctor (MD) or a PhD level psychologist must conduct an evaluation of a person's competence. The doctor makes recommendations to the court, but it is the judge that makes the legal determination that the person placed under guardianship is incompetent and unable to make his or her own decisions. Physical disability and/or poor judgment without a legal finding of mental incompetence are not sufficient reasons to establish guardianship. If you have questions regarding guardianship, you can refer to the Guardianship Support Center (information below) or contact the ADRC and ask to speak to an Adult Protective Service worker.

The Guardianship Support Center: The Guardianship Support Center provides information on issues related to guardianship, protective placement, Powers of Attorney, etc.

- Website: <https://gwaar.org/guardianship-resources>
- Toll-free helpline: 855-409-9410
- Email: guardian@gwaar.org



Looking to complete your Advanced Directives with an attorney?

Some individuals would like these documents created with an elder law attorney who also may assist them with some estate planning. You can find a listing of attorneys who can assist you with this through the State Bar of WI – Lawyer Referral and Information Services. This program offers consultation with a legal assistant to help determine if you require an attorney and provide you with direction on how to proceed.



- <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/LRIS.aspx>
- 800-362-9082



Do Not Resuscitate (DNR)

If you have multiple medical issues, it is important to talk to your doctor about your code status. What would you want to happen if your heart were to stop? Would you want CPR (Cardiopulmonary Resuscitation)? Start by having a conversation with your doctor. Here is a link to learn more about what a DNR order is: <https://www.dhs.wisconsin.gov/ems/dnr.htm>

