

Aging & Disability Resource Center of Winnebago County Newsletter

November 2020



WHAT IS AN ADULT PROTECTIVE SERVICE WORKER?

The Aging & Disability Resource Center (ADRC) of Winnebago County has four Adult Protective Service workers (APS).

They provide Adult Protective Services, including Emergency Protective Placements, guardianships of person and/or estate, elder and adult at-risk intervention, and reporting. They evaluate and respond to emergencies and crisis situations.

They respond to referrals for assistance from law enforcement personnel, hospitals, and others like concerned neighbors. Sometimes they get self-referrals for people that are in crisis or in need of protective services. They establish an appropriate initial support plan with each consumer.

They perform legal functions necessary to initiate Chapter 54 and 55 actions, including assessing individuals, assisting family members in preparing and filing documents with the Corporation Counsel's office, and coordinating court hearings. They also assist other Human Services employees regarding Chapter 54 and 55 matters as needed.

What happens when you make a call about someone you're concerned about?

When making a call to report suspected Elder Adult (Age 60+) or Adult (age 18-59) at risk of some kind of abuse or neglect, you will speak to one of our Adult Protective Service staff. You may give your name and address if you choose, *but you do not have to give this information.* They will listen to your concerns, gather information and ask pertinent questions in order to clearly understand the situation. It is understood that you may or may not have additional information regarding the person/situation but please share what you do know. You will not be required to do anything more following your call.

If you are concerned about the health and safety of yourself or someone else, please call us to talk. If this is an emergent situation, please call the police or 911.

The ADRC monthly newsletter offers information about upcoming events, hot topics, and staff introductions. If you would like to receive a free copy, please contact Rebecca at #920-236-1227 or email her at rgroleau@co.winnebago.wi.us

MEET THE STAFF



Linda Carder

Hi! I'm Linda Carder and I have worked for Winnebago County for 15 years. I have a Bachelors in Social Work from the University of Oshkosh. I was born/live in Oshkosh, home town girl.

My passion for advocating, protecting, investigating different types of abuse with financial abuse/exploitation and self-neglect being prevalent currently. I have a lot of interaction with the court for Chapter 54 and Chapter 55 proceedings. Enjoy doing community education regarding Adult Protective Service topics.

For fun I enjoy camping, traveling, experiencing something new, and spending time with family. I have two married daughters. The JOY of my life is my granddaughter, with another one due in February. Family is important.



ADRC of Winnebago County

220 Washington Ave, Oshkosh
877-886-2372

211 N Commercial St. Neenah
adrc@co.winnebago.wi.us

Thanksgiving Leftover Casserole

Ingredients:

- 3 cups turkey shredded
- 1 1/2 cups cranberry sauce
- 4 cups mashed potatoes
- 2 cups corn
- 2 cups turkey gravy
- 1/3 cup milk
- 4 cups stuffing
- 1/4 cup chicken broth or to taste

Instructions:

- 1) Preheat oven to 400-degrees.
- 2) Combine turkey and cranberry sauce and spread evenly on the bottom of a 9x13 glass baking dish.
- 3) Evenly press on leftover mashed potatoes and sprinkle corn over the top.
- 4) Mix together milk and leftover gravy and spread evenly over potatoes and corn.
- 5) Sprinkle on leftover stuffing and lightly drizzle chicken broth over the top (this will keep the stuffing from drying out).
- 6) Cover with tin foil and bake at 400-degrees for appx. 35-40 minutes or until heated through.



DAD JOKE OF THE DAY

Where do you find a
turkey with no
legs?

Exactly where you
left it.



Pumpkin Spice Cookies

(Taste of Home recipe)

Ingredients:

Cookies

- 1 package yellow cake mix (regular size)
- 1/2 cup quick-cooking oats
- 2 to 2-1/2 teaspoons pumpkin pie spice
- 1 can (15 ounces) solid-pack pumpkin
- 1 large egg, room temperature
- 2 tablespoons canola oil

Frosting

- 3 cups confectioners' sugar
- 1 teaspoon grated orange zest
- 3 to 4 tablespoons orange juice

Instructions:

- 1) Preheat oven to 350°. Combine cake mix, oats and pie spice. In another bowl, beat pumpkin, egg and oil; stir into dry ingredients just until moistened.
- 2) Drop by 2 tablespoonfuls onto baking sheets coated with cooking spray; flatten with the back of a spoon. Bake until edges are golden brown, 18-20 minutes. Remove to wire racks to cool.
- 3) For frosting, combine confectioners' sugar, orange zest and enough orange juice to achieve desired consistency.
- 4) Spread over cooled cookies.



Upcoming November Events

November: National Family Caregivers Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Virtual Caregiver Support Group	6	7
8	9	10	11 Virtual Memory Cafe	12 Virtual Caregiver Support Group	13	14
15	16	17	18	19 Virtual Caregiver Support Group	20	21
22	23	24	25	26 	27	28
29	30 Virtual Memory Cafe					

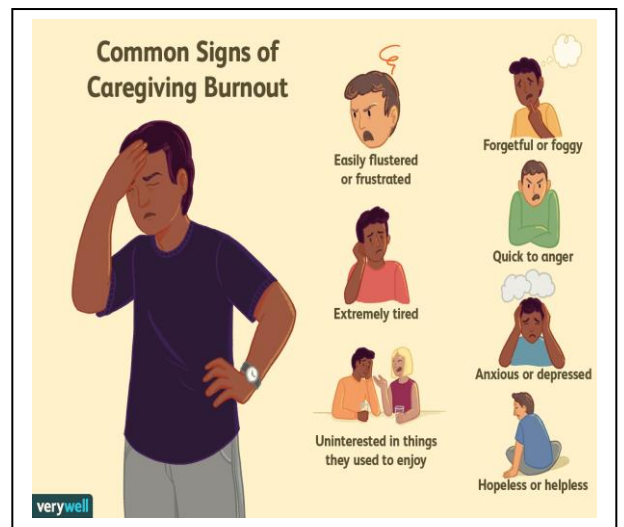
To get Zoom information on the above events, contact Rebecca Groleau at #920-236-1227 or email rgroleau@co.winnebago.wi.us

Check out our updated website for more information on supporting caregivers!

You can find information about:

- long-term planning
- how to practice better self-care
- helpful tips and resources for being a caregiver
- Alzheimer's Association help line
- support groups and classes
- how to find respite support from a private provider or public agency

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



Caregiver stress: Tips for taking care of yourself

Below are excerpts from a great article written by Mayo Clinic staff:

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Try to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Family Caregivers Rock
PO Box 2434
Appleton, WI 54914

www.FamilyCaregiversRock.org

501(c)3 nonprofit *supporting the health and wellness of family caregivers*



Respite care

It may be hard to imagine leaving your loved one in someone else's care, but taking a break can be one of the best things you do for yourself — as well as the person you're caring for. Most communities have some type of respite care available, such as:

- **In-home respite.** Health care aides come to your home to provide companionship, nursing services or both.
- **Adult care centers and programs.** Some centers provide care for both older adults and young children, and the two groups may spend time together.
- **Short-term nursing homes.** Some assisted living homes, memory care homes and nursing homes accept people needing care for short stays while caregivers are away.

Respite Care Association of Wisconsin-Our mission is to promote, support, and expand quality statewide respite care across the lifespan.

<https://respitewi.org/respit-resources/>

The caregiver who works outside the home

Nearly 60 percent of caregivers work outside of the home. If you work outside the home and you're a caregiver, you may begin to feel overwhelmed. If you do, think about taking leave from your job for a period of time. Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 of unpaid leave a year to care for relatives. Ask your human resources office about options for unpaid leave.

You aren't alone

If you're like many caregivers, you have a hard time asking for help. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed. Rather than struggling on your own, take advantage of local resources for caregivers. To get started, check out the Eldercare Locator or contact your local Area Agency on Aging (AAA) to learn about services in your community. You can find your local AAA online or in the government section of your telephone directory.



This is the ADRC of Winnebago County

5 Stress Relief Tips For Caregivers

- Be Physically Active**
Take out some time for yourself and schedule some physical activity to make the best of your free time.
- Reach Out to Others**
Stay in touch with family and friends. Try joining some caregiver support groups.
- Sleep Properly**
Caregiving becomes easier when you are well-rested. Aim for at least 7-8 hours of sleep.
- Accept Changes**
Seniors/Elders might have some behavioral changes. Be prepared to adapt to certain changes.
- Give Yourself Credit**
Remember you're doing a great job. Give yourself enough credit for putting in your best efforts.

CareSmartz360
A BETTER WAY TO CARE
www.caresmartz360.com
+1-844-588-2771

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



Caregiver Support Programs

What is the National Family Caregiver Support Program (NFCSP)?

It is a program that offers respite, information, support, and other resources to caregivers.

How does the program work? Caregiver support services are open to all families caring for a person age 60+ or a person with a type of Dementia of any age. The program can provide limited respite that could be offered in the home, a day program, or in a facility. Other services that could be offered are yard work, snow shoveling, meal prep, housework, transportation, emergency response systems, personal care, incontinence supplies, etc...

Who is eligible?

- Any caregiver who provides unpaid care to a person age 60+ or person with a type of Dementia of any age (note the person must require assistance with daily cares)
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19 or who care for a person age 19-59 with a long-term disability.
- There are no fees or income requirements.

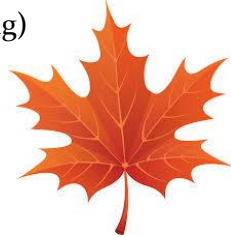
What is the Alzheimer's Family Caregiver Support Program (AFCSP)?

It is a program created to help enhance the lives of caregivers who care for a person with Dementia to help them live in the community as long as possible.

How does the program work? Funds are available in each county for eligible persons to provide some respite care or purchase and goods/services needed to help care for someone with a type of Dementia. The program can provide limited respite, emergency response systems, personal care, housework, home delivered meals, activity and hobby supplies, caregiver education classes, incontinence supplies, transportation expenses, lawn care, snow shoveling, etc...

Who is eligible?

- Diagnosis of Alzheimer's or another Dementia.
- The person must reside in a home setting (not a facility).
- The person with Dementia and their spouse (if applicable) have a gross annual income less than \$48,000 (costs related to the Dementia-related care can be deducted when calculating)
- There are no fees.



How do I apply for one of these programs? Call the Aging and Disability Resource Center (ADRC) of Winnebago County to learn more. Call us toll free at 1-877-886-2372, stop in at our office, 220 Washington Ave, Oshkosh or 211 N. Commercial St, Neenah or email us at adrc@co.winnebago.wi.us

Powerful Tools
FOR Caregivers



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

If you would like to learn more about Powerful Tools for Caregivers and when the next class will be held please contact Rebecca at 920-236-1227 or rgroleau@co.winnebago.wi.us

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources