



November is:

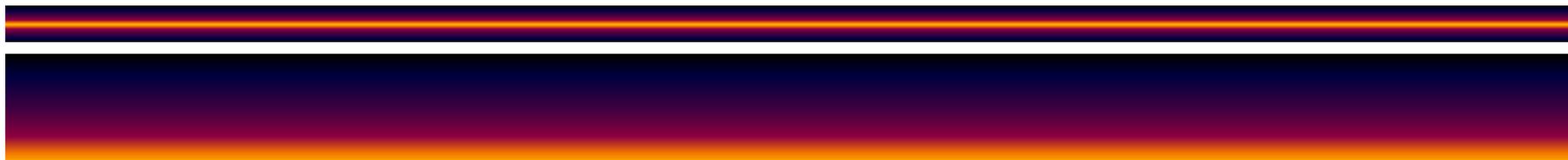
National

Caregiver Month

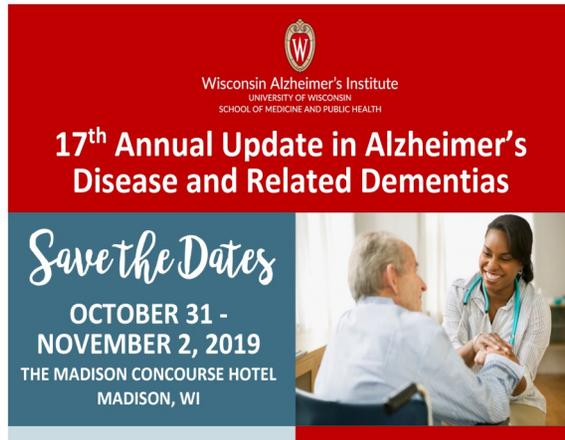


The ADRC of Jefferson County invites you to participate in events that will support you on your caregiving journey. All activities are designed to offer the opportunity for you to:

- ~ Take time to care for yourself and your well-being**
- ~ Connect with others who share similar experiences**
- ~ Gather “tools” for your caregiver toolbox**
- ~ Celebrate you hard work, compassion, and dedication.**



Friday, November 1



Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

**17th Annual Update in Alzheimer's
Disease and Related Dementias**

Save the Dates

**OCTOBER 31 -
NOVEMBER 2, 2019**
THE MADISON CONCOURSE HOTEL
MADISON, WI

The poster features a photograph of a healthcare professional in a white coat smiling and talking to an elderly patient.

**Cutting—edge approaches to the
diagnosis of Alzheimer's dementia and
related disorders across diverse
communities.**

**For more information visit wai.wis.edu
or 920-674-8734**



Marquardt Village Annual Holiday

Craft Fair

900AM—4 PM

1045 Hill Street,

Watertown

Saturday, November 2

Cambridge Arts and
Crafts Fair

9AM—3PM

Cambridge

High School

403 Blue Jay Way

Cambridge WI



Monday, November 4

Visit your local ADRC to meet with staff and learn about what benefits and resources are available to you! Staff available throughout the day 8am-4:30pm

Stop in and pick up flyers of upcoming events and additional event listings.

The first 30 in attendance receive a FREE gift!



1541 Annex Road

Jefferson, WI 53549

Telephone: 920-674-8734

Fax: 920-674-7603

TTD: 920-674-5011

TTY: 1-800-947-3529

Toll-Free: 1-866-740-2372

Email: adrc@jeffersoncountywi.gov

Tuesday, November 5

Election Day

**HONORING
CHOICES**
AN ADVANCE CARE PLAN HELPS
COMMUNICATE YOUR HEALTHCARE
WISHES WHEN YOU MAY BE UNABLE TO

RAINBOW
HOSPICE CARE

ADRC
of Jefferson County

**Fort
HealthCare**
FOR HEALTH

WATERTOWN
REGIONAL MEDICAL CENTER

**...working together to bring Advance Care Planning
to communities thru**

Honoring Choices
WISCONSIN
AN INITIATIVE OF THE WISCONSIN MEDICAL SOCIETY

“Elect Your Healthcare Agent”

**Meet at the ADRC to complete
your Advanced Directives.**

**Meetings beginning with Lori at
8:30am-10:30am in the Palmyra
Room**

RSVP to Heather at

920-674-8734 by November 1st

Wednesday, November 6

Don't Let a Fall Cramp Your Style!

Take a Stepping On workshop! Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In 7 weeks you will learn:

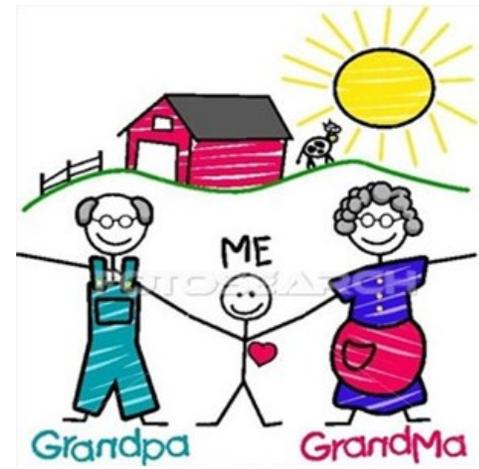
- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall.

Workshop hosted at the Lake Mills Club 55 (229 Fremont Street Lake Mills) Wednesdays from 1-3pm November 6-December 18, 2019. Offered by the Jefferson County Aging and Disability Resource Center.

To register, contact Leigh Fritter, Jefferson County Senior Nutrition Program Supervisor at 920-674-8134.

Grandparent Support Group

Are you caring for grandchildren? This group is for you!



Jefferson Senior Activity Center at 10am

859 Collins Road Jefferson, WI 920-674-7728

Thursday November 7

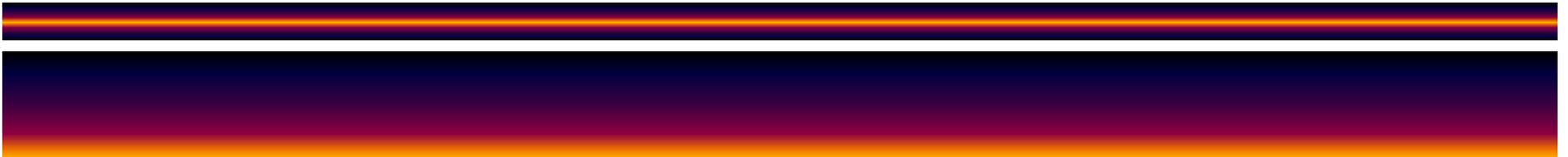
**Opportunities Inc. OI Closet
Open House**

OI Closet is a FREE service that offers gently used professional and leisure clothing and accessories for individuals within the community. Whether for everyday wear or for a special occasion , everyone is welcome to either come in or give us a call to find an outfit.

Opportunities, Inc.

200 East Cramer Street Fort Atkinson, WI 920-563-2437

OICloset@oppinc.com



Friday, November 8

Caring for the Caregiver

Please join the Aging and Disability Resource Center of Jefferson County in welcoming Dr. Marc Wruble.

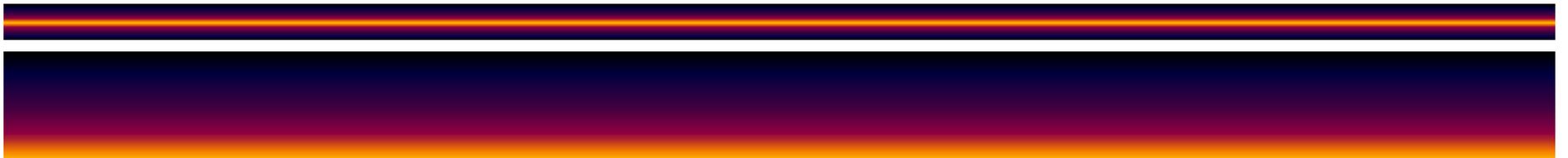


Dr. Wruble will provide an interactive presentation for caregivers to learn how to better care for themselves. When caregivers have the tools to reduce burn-out and stress, they are better able to care for their loved one(s).

November 8, 2019 10am-noon (Free, RSVPs requested)

Fort Atkinson Memorial Hospital—Auditorium

Please RSVP to Heather Janes at 920-674-8734, by November 1.



Saturday, November 9

Fort Atkinson Lighted Parade

and

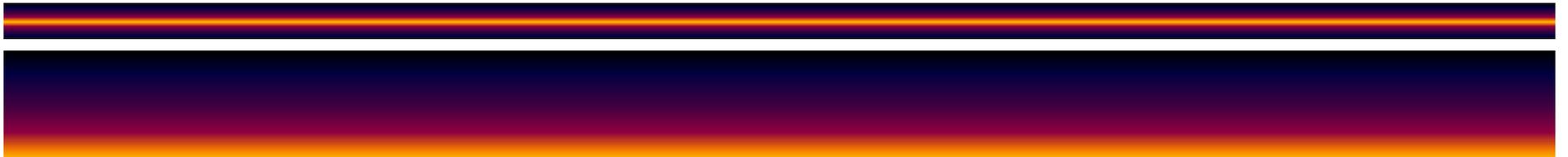
Chili Cook-Off with Santa

Downtown Fort Atkinson, WI

Beginning at 5:30pm (arrive early to find a good viewing)



Featuring music, dancing, a reindeer dash (run), and a visit from Santa and Mrs. Claus. Vote for your favorite chili at the United Way Chili Cook-off.



Monday, November 11

Veteran's Day

Whitewater Memory Café

For individuals with early-mid stage dementia and their caregivers to attend for social engagement.



10:30am-11:30am

Irvin L. Young Memorial Library
421 West Center Street, Whitewater, WI

Whitewater Dementia Coalition Meeting

Community members coming together to raise dementia awareness in the community. New members always welcome!

1:30 pm-2:30 pm

Starin Park Community Room Whitewater

504 West Starin Road Whitewater 262-473-0535





Hero's Café

Free for local heroes (active and veteran military, police, firefighters, EMTs and other first responders) to meet for companionship and local resources.

Meeting at Elk's Lodge

117 North First Street Watertown

8am-10:00am; 2nd Tuesday of every month

Tuesday, November 12

National Pizza Day

Free Pizza Dinner

Caregivers and their care recipients are invited to a free pizza dinner at the Aging and Disability Resource Center of Jefferson County.

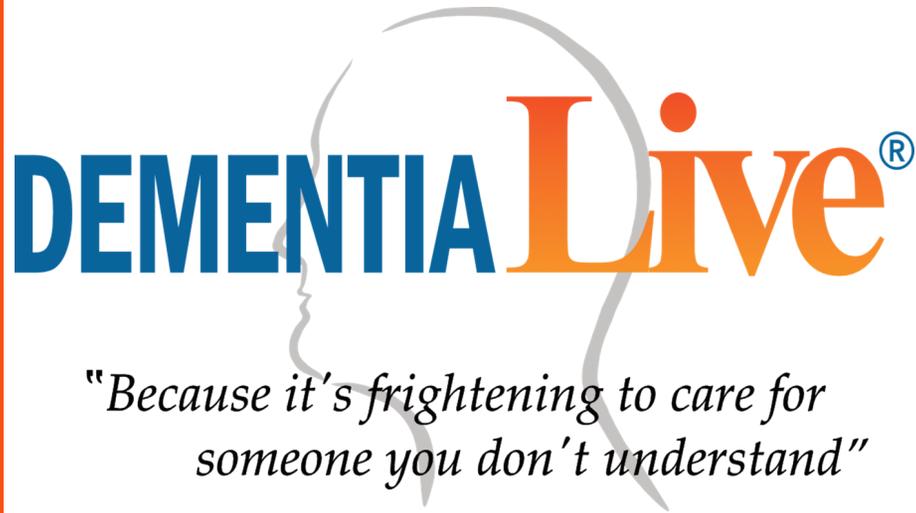
Reservations are required by November 8th at noon, please contact Heather Janes at 920-674-8734 to reserve a space.

Dinner will be served at 5:00pm.

1541 Annex Road, Jefferson, WI



Wednesday, November 13



Experience life with dementia first hand. This innovative program will enlighten you with a deeper understanding and greater empathy for persons with cognitive impairments.

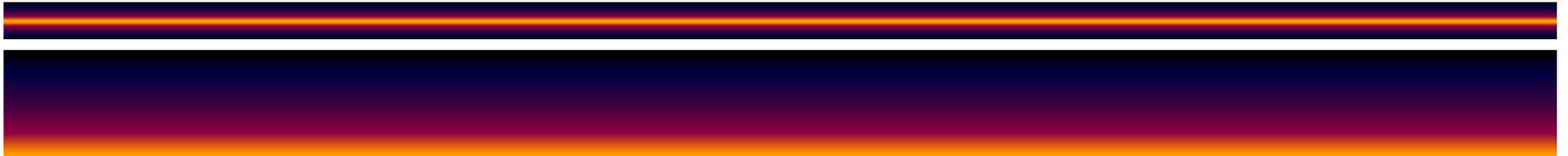
This experience takes just 30 minutes, so please reserve your spot soon! This is a **FREE** community event.

Time slots: between 10:00am and 12:30pm

Location: ADRC of Jefferson County

1541 Annex Road, Jefferson, WI

RSVP: Heather 920-675-4035





Thursday, November 14



Music is tied to memories and emotions and personalized music has the power to unlock memories lost to dementia. Receive a *FREE* personalized playlist on a iPod to use in the home for as long as needed.

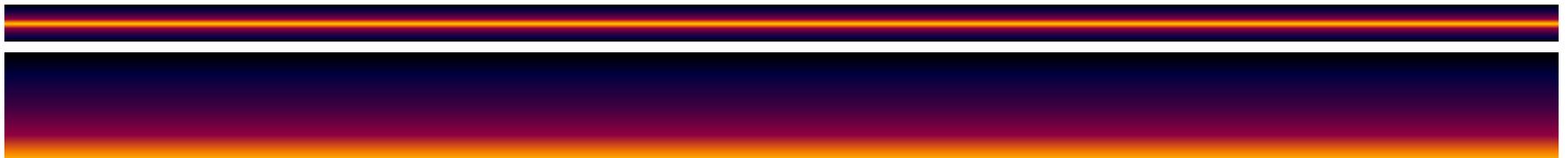
What song brings you back?

Benefits include: Bringing joy and enhancing quality of life; increase communication and social engagement; restore personhood and identity, stimulates participation in activities, increases appetite; helps with transitions from home; increases caregiver confidence.

TWO Locations!

Dwight Foster Public Library 209 Merchants Avenue Fort Atkinson,
Drop in between 8am and 5pm to check out the program

Johnson Creek Public Library 125 Lincoln Street, Johnson Creek,
Drop in between 12pm and 3pm to check out the program



Thursday, November 14

Holiday Grief Program

Rainbow Hospice is offering a Holiday Grief Program combining education about holiday grief with a holiday memorial service.

WHEN: Thursday, November 14th from 1:30pm-3:00pm and again 6:30pm-8:00pm

WHERE: Community Room on the lower level of Rainbow Hospice Care Inpatient Center, 1225 Remmel Drive Johnson Creek, WI.

RAINBOW
HOSPICE CARE

Grief Support Groups

Monday Morning Joe

1st and 3rd Monday of each month
8:30 a.m.-10:00 a.m.



Journey Through Grief

2nd and 4th Thursday of each month
4:00-5:00 p.m.

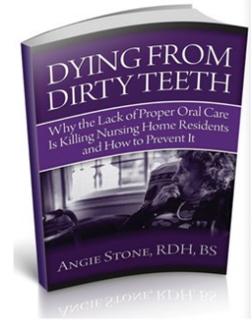
Both groups meet in the East Conference Room, located just beyond the nurse's station down the right hallway.

Rainbow Hospice Care Inpatient Center
1225 Remmel Drive
Johnson Creek

For more information, please contact Laura Wessels, Bereavement Counselor at (920) 674-6255.



Thursday, November 14



Caregiving and Oral Health

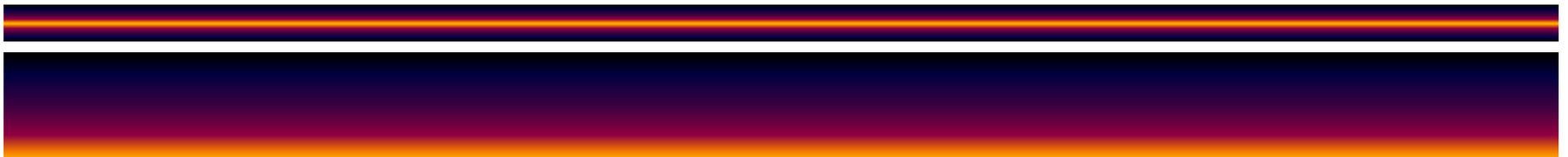
Come and hear Angie Stone, international speaker, author of Amazon Best Seller, “Dying from Dirty Teeth” and Founder of The HyLife Oral Health Alliance, share her passion and knowledge on the following:

1. Common diseases of the mouth
2. How poor oral hygiene can lead to serious illness and even death of your loved one
3. Numerous ways to prevent poor oral health from impacting the health of lungs, heart, brain, etc.
4. Understand how professional oral health services deliver a high level of care that most dependent adults need in order to keep them happy, healthy and pain free.

Jefferson Area Senior Center 859 Collins Road, Jefferson, WI 53549

10:30am-11:30am

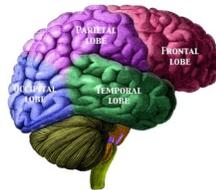
RSVP: 920-675-4035



Friday, November 15

Memory Screening Clinic

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



Fort Atkinson Senior Center
207 Robert Street

Fort Atkinson, WI 53538

RSVP to Heather Janes 920-674-8734 to schedule your 15 minute slot between 9am and 3pm

Mental Wellness and myStrength Presentation

MyStrength is an interactive, evidence-based program geared to help you increase your well-being. Join Kim Propp to learn how to manage and maintain your mental wellness as a caregiver.

9:00am-11:00am

Aging and Disability Resource Center of Jefferson County (Watertown Room, lower level)

1541 Annex Road, Jefferson, WI

920-675-4035



Monday, November 18

Living with Dementia

Meet Robert and hear his story of how he is coping with his dementia diagnosis and what he is doing to overcome the daily life challenges.



10am-12:00pm

Watertown Public Library

100 S. Water Street

RSVP:

Heather 920-675-4035

Dementia Friendly Community Network

Community members join together to raise awareness in the community regarding dementia. Join the meeting to learn more about how you can help!

Dwight Foster Public Library

209 Merchants Ave

Fort Atkinson

Meetings: 3rd Monday monthly
4:00pm-5:00pm

You're Invited to a Dementia Support Group!

Are you caring for someone with dementia? Have you felt like somewhere down the road you have gotten lost in being a caregiver? Maybe you could use an evening out with other people going through similar experiences that you can relate with?

Join us at 511 Madison Avenue in
Fort Atkinson
from 6:30pm-
8:30pm



SOUTHERN WISCONSIN VET CON 2019

COMING SOON: TUES NOVEMBER 19TH, 2019 | 8:45 AM – 2:30 PM

Alliant Energy Center | 1919 Alliant Energy Center Way, Madison, WI

Who Should Attend: Veterans, their families and friends

9 AM Opening Ceremony and Official Welcome

Speakers on the following topics:

- ❖ Pension with Aid & Attendance and Survivor Benefits
- ❖ Travel resources to VA appointments and other community based resources
- ❖ Service-Connected Disabilities to include Presumptive Disabilities
- ❖ Caregiver and Dementia information and resources
- ❖ Mission Act updates and VA eligibility
- ❖ DNR – licensing, permits, and accessible parks and recreation
- ❖ Service animals and emotional support animals
- ❖ Adaptive sports and alternative whole health therapies

To register: call the ADRC of Jefferson County at (920) 674-8734 or visit us at 1541 Annex Road, Jefferson, WI 53549

- ❖ Must be registered to receive lunch
- ❖ Transportation may be provided; please ask when registering regarding transportation

Deadline to register is November 1st, 2019.

Sponsoring County ADRCs:

Dane, Rock, Jefferson, Dodge, Columbia, Green, Grant, Iowa, Lafayette, Sauk, Richland, Juneau, and Crawford



REGISTER TODAY

Tuesday, November 19

Effective Communication Strategies: When Words Become Lost

Communication is more than just talking and listening– it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Join us to explore how communication takes place when someone has dementia, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate in each stage of the disease. There will be a panel of caregivers.

Register online at www.alz.org/wi or call 800-272-3900

Watertown Senior Center 1-3:30pm

514 S. 1st Street, Watertown

Wednesday, November 20

Fort Atkinson Memory Café

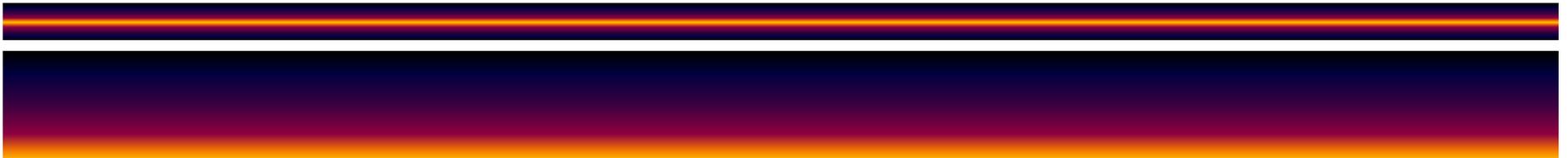


Share your stories and socialize with others who have worries about their memory.

Who is invited: Individuals with Mild Cognitive Impairment, early to mid-stage dementia and their care partners as well as those who worry about memory problems. Please note that this is **not** a support group.

Being active physically, socially, and mentally is good for the brain! And we all understand “We’re in the same boat!”

Dwight Foster Public Library 209 Merchants Avenue Fort Atkinson, WI
3rd Wednesday of every month 1:00pm-2:30pm 800-272-3900



Thursday, November 21

Watertown Dementia Awareness Coalition

Join community members raising awareness of dementia in the community and making the community a more dementia friendly place to live.

Heritage Homes 700 Welsh Road,
Watertown

8:30am-11:00am 3rd
Thursday of the month



Friday, November 22

Women's Only Weekend (WOW)

Special retail and promotions for women during deer hunters weekend. Located in Watertown. Call 920-342-3623 for more information and participating locations.



Sunday, November 24



**Watertown
Turner Hall Craft
Fair**

9:30am-3:00pm

**301 S. 4th Street
Watertown**

Monday, November 25



Make & Take Calming

Come to the Aging and Disability Resource Center of Jefferson County to de-stress! Make and Take stress balls and glitter bottles.

The ADRC will provide all of the supplies.

10am-12:00pm

1541 Annex Road, Jefferson

RSVP to Heather

920-675-4035



Tuesday, November 26

Make & Take Memory Scrapbooks

Create a memory scrapbook for your loved one who is facing memory loss. *Bring photographs of childhood, weddings, relationships, vacations, family members, hobbies, sports, jobs, pets etc.*

The ADRC will provide you with the rest of the materials! Make sure to RSVP for your spot!

Two sessions available:

9-11:30am and 12:30-3:30pm

ADRC 1541 Annex Road Jefferson, WI

RSVP to Heather 920-675-4035

Wednesday, November 27

Dementia Support Group

Are you caring for someone with dementia? Looking for others who are going through a similar experience? Check out these support groups.

Reena Senior Living

737 Reena Avenue, Fort Atkinson

Every 4th Wednesday at 1:00pm

Refreshments provided.

920-728-7787 or

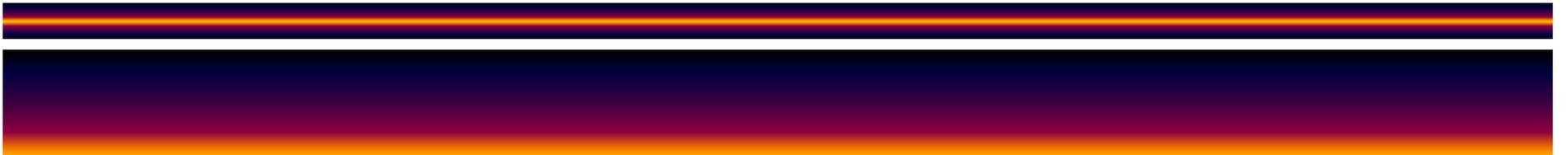
Alison.griedl@twsl.com

Watertown Support Group

Watertown Public Library 4:00pm

100 S. Water Street, Watertown

Nancy Percifield 920-988-5359



Thursday, November 28

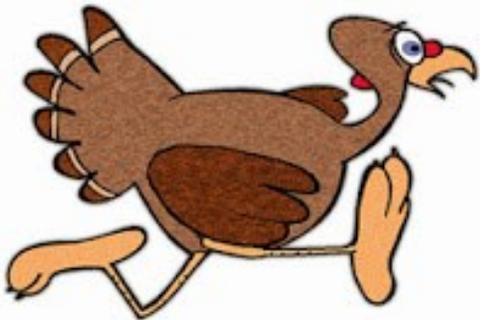
Happy Thanksgiving Day!



RUN TURKEY RUN 5K run/walk

Watertown

Therunturkeyrun.com



Friday, November 29

Black Friday



**Community Tree Lighting with
Santa**

Commons Park, Lake Mills

Lakemills.org

920-648-3585



Saturday, November 30 *Small Business Saturday*

A Holiday Play

The Watertown Players and the Watertown Historical Society present a holiday classic. Each scene of the show takes place in the four main rooms on the first level of the Octagon House Museum. Holiday treats after each show.

11am-3:00pm each day, new performance every 30 minutes. Adults \$7, Children 12 and under \$3

919 Charles Street, Watertown

Nov 30-Dec 1

920-261-2796



Something Special From Wisconsin

2nd Annual Holiday Market

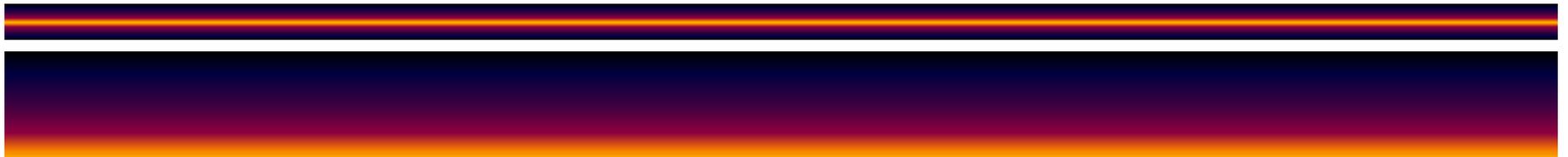
9am-2:00pm

Johnson Creek High School Gym 800-233-5443

Watertown Christmas Parade of Lights

5:30pm Downtown Watertown

Visit Santa in his house after the parade



Senior Dining Program ADRC of Jefferson County

Reservations should be called in between 10 a.m.-12 p.m. two serving days before the meal is requested. To make a reservation at the preferred site, please contact the site in your community and ask for the site manager.

For additional information or for information on Home delivered meals,, please contact the Nutrition Program Coordinator, at [920-674-8134](tel:920-674-8134).

Fort Atkinson Senior Center 920-728-4756	Jefferson Senior Center 920-675-0102	Johnson Creek** St John's Lutheran Church 920-674-8134
Lake Mills City Hall 920-648-2919	Palmyra American Legion Hall 262-753-3108	Watertown Senior Center 920-261-7013



Aging and Disability Resource Center
of Jefferson County

1541 Annex Road, Jefferson, WI 53549

Telephone: 920-674-8734

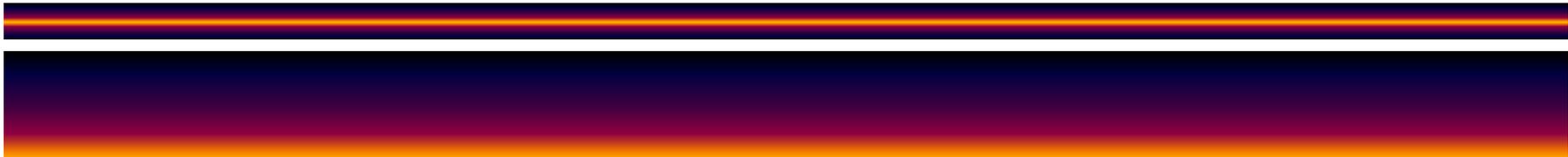
Toll-Free: 1-866-740-2372

Transportation Program ADRC of Jefferson County

The Human Services Transportation Program is intended to provide Driver/Escort Services to the elderly and persons with disabilities to get to medical appointments. This program is only available to those individuals who have no other means of transportation.

- A \$1.50 co-pay is requested per one way trip in county transportation
- A \$7.50 co-pay is requested per one way trip out of county transportation
- Those unable to pay the fares may apply for a co-payment waiver.

To request a Driver, please call 920-674-8104



New Immigration Rules & Public Benefits in Wisconsin

The government has changed the rules for some immigrants who use public benefits. Public benefits are government programs for people with low income that help with food, housing, cash or healthcare. These new rules don't apply to U.S. citizens.

One rule, called **Public Charge**, starts on **October 15, 2019**. There are people fighting legal battles that may delay or stop this new rule.

For up to date information, go to www.coveringwi.org/immigration

What is public charge?

Public Charge - someone the government believes is likely to become dependent on the government for basic needs.

If you are a public charge, this can affect your future ability to:

- Get a visa to enter the U.S.
- Get a green card (permanent resident)
- Change or renew status (doesn't apply to green card holders or applications for citizenship)

1. Immigrants who can safely use public benefits:

- Naturalized citizens
- Green card holders - **unless** you travel outside the U.S. for more than 6 months.
- Refugee or asylee
- Special immigrant juvenile
- U or T Visa (visas for victims of crimes)
- Violence Against Women Act (VAWA) approved self-petition
- Afghan and Iraqi employees of U.S. armed forces
- Members and families of the U.S. Armed Forces, Ready Reserves, or military serving in active duty
- Relief under Cuban Adjustment Act (CAA), the Nicaraguan and Central American Relief Act (NACARA) or the Haitian Refugee Immigration Fairness Act (HRIFA)

If you have one of these statuses, you can safely use public benefits without hurting your chance of getting a green card or citizenship.

⚠ If you plan to petition, sponsor, or co-sponsor a family member to get a green card, your use of public benefits may affect their application.

2. Immigrants who may be affected by the new rule

If your status is not in the list above, the new rule may affect you.

The rules are different depending if you must apply for, renew, or change your status from **inside** or **outside** the U.S.

Check the back for more information about the rule



This document, created by Covering Wisconsin, is not legal advice. For legal advice, please talk to a lawyer or accredited representative who specializes in immigration or public benefits law.

September 6th, 2019

What is a green card?



A green card is a **permanent resident card**.

Immigrants who may be affected by the new rule

1. For people who can change or apply for their status from inside the U.S.:

The public charge rule will **only** affect you if you use, or apply to use, any of these benefits:

- BadgerCare Plus Healthcare (Medicaid or ForwardHealth) for adults. **Except** anyone under age 21, Emergency Services for adults and children, or care for pregnant women until 60 days after the birth of the baby.
- Assisted living, nursing home, or home care paid for by a Medicaid long-term care program.
- Food assistance from FoodShare (also called food stamps, QUEST, or EBT)
- Cash benefits from Wisconsin Works (W2) or Supplemental Security Income (SSI)
- Housing assistance from Public Housing or Section 8

Using these benefits may affect you, if you need to change your status, apply for a green card, apply for a visa, or renew a visa.

Immigration will consider the number and type of benefits used, how long you used the benefits, and how recent the use was.

If you get other benefits not listed above, they will not affect your immigration status.

Use of any benefits by family members will not affect your application.

Immigration looks at these factors:

- Age
- Assets & Income
- Health
- Family Size
- Work, Skills & Education
- Public Benefit Use
- Affidavit of Support

2. For people who must change or apply for their status from outside the U.S.:

U.S. consulates outside the U.S. use stricter rules in making a public charge decision.

If you use public benefits and plan to:

- Apply for a green card
- Sponsor or co-sponsor an immigrant to get their green card
- Apply for entry to the U.S.
- Renew status

You may want to talk to a lawyer to better understand how using benefits may affect you or your family's immigration status.



Do I need to talk to a lawyer?

A lawyer can help you understand how using public benefits may affect your family.

A lawyer can also look to see if you're eligible for another immigration status. All information you share is confidential, and you can always get a second opinion.

Free and low-cost legal options for immigration help:

In Wisconsin: www.coveringwi.org/immigration

Outside Wisconsin: www.immigrationadvocates.org/legaldirectory

Mobility Management

What is **Mobility Management**?

In short: **Mobility Management** means helping communities and individuals create and manage their mobility options.

Mobility Managers are now found nationwide.

- Wisconsin is a leader in this field and has approximately 60 Mobility Managers statewide.
- Funding provided by federal section 5310 grant



Mobility Manager

What does a Mobility Manager do?

1) Promote the use of local transportation options and the Mobility Manager program through both traditional and digital (on-line) marketing methods.



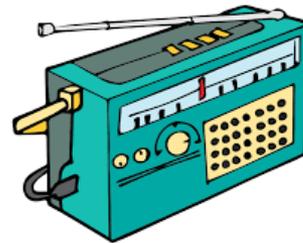
MARKETING



Marketing Activities - FY19 Q2 & Q3

Traditional Methods

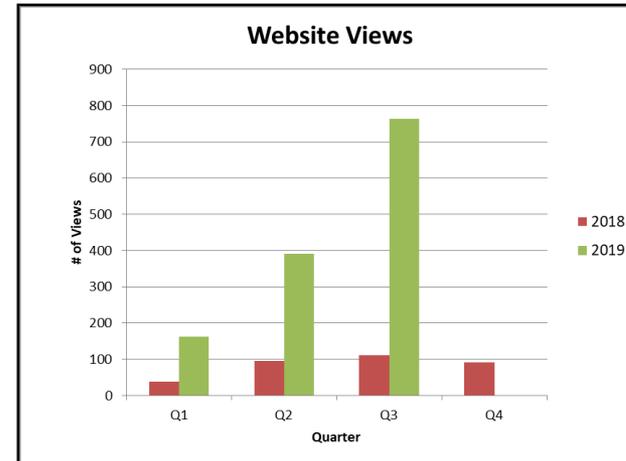
- Over 765 individuals have been contacted directly at various community meetings, resource fairs, and through presentations made to community groups.
- Approximately 5000 transportation/mobility related flyers were distributed at various locations including Senior Centers, Senior and lower-income apartments, libraries, medical offices, and area businesses.
- The Mobility Manager & ADRC Driver / Escort programs were highlighted in 3 local radio interviews and in 2 local newspaper articles.



Marketing Activities - FY19 Q2 & Q3

Digital Methods

- Enhancements were made to the county's transportation webpage resulting in a 600% increase (in Q3) in website views over the same period from the previous year.



- Social Media (Facebook) was also used to promote transportation programs and mobility projects, receiving roughly 2500 on-line views.

ADRC Driver / Escort Program

The ADRC of Jefferson County provides transportation to medical, nutrition, and other essential activities to persons 60+ and persons with disabilities when they have no other means of transportation.

FARES:

- A \$ 1.50 co-pay is requested per one way trip in county transportation.
- A \$ 7.50 co-pay is requested per one way trip out of county transportation.
- Those unable to pay the fares may apply for a co-payment waiver.

To request a Driver, please call: **920-674-8104.**

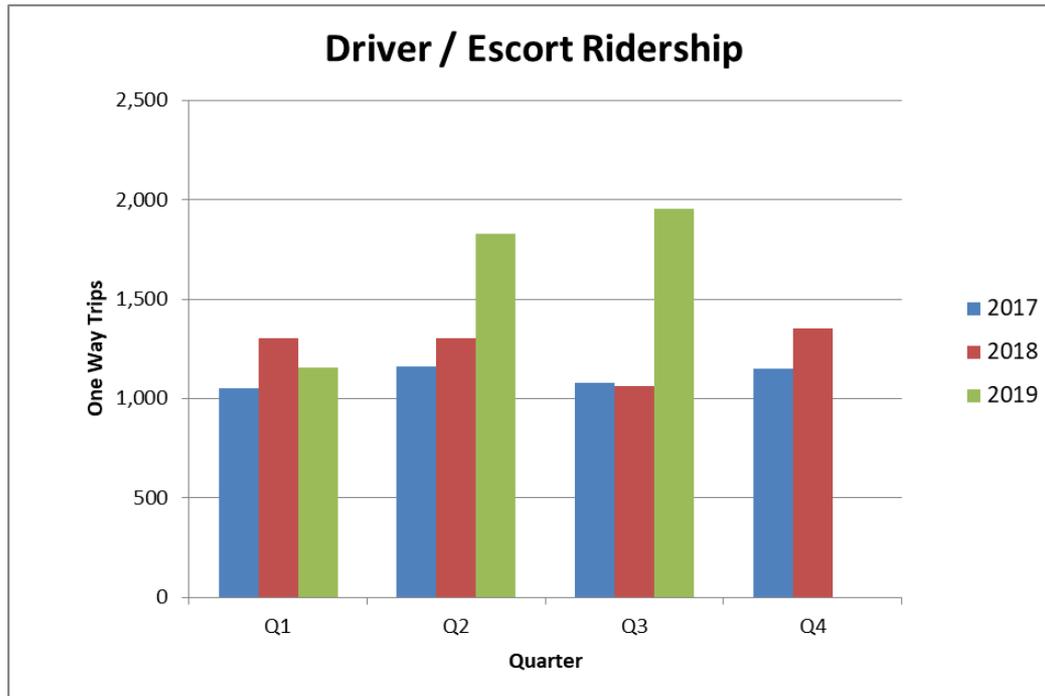


ADRC Driver / Escort Program

Quarter	2017	2018	2019
Q1	1,051	1,305	1,154
Q2	1,160	1,302	1,829
Q3	1,080	1,063	1,956
Q4	1,150	1,352	
Total	4,441	5,022	6,758 Estimates

40.48 % Incr. over previous year
84.01

Y-to-Y Chng (%) 13.1 34.6



Mobility Manager

What does a Mobility Manager do?

2) Work 1-on-1 with clients to identify the transportation options that best fits their individual needs.



Some of these options include:

Public Transportation, Volunteer Driver Programs, Private Pay Services, Transportation Voucher programs and Medicaid or Badger Care non-emergency medical transportation (MTM).

Quarterly Transportation Meetings

- Three Quarterly Transportation Meetings have been held thus far. Most of the transportation providers in the county have participated along with other area partners and key stakeholders.
- One key activity this last quarter involved working with Fort Healthcare Emergency Room staff. Previously, there were no reasonable transportation options for patients who were discharged after normal business hours and unable to drive themselves home.



Quarterly Transportation Meetings

- Data collected by Fort Healthcare staff showed that most of the discharged patients who were in need of transportation were elderly and they were having to use an Ambulance service to get home (at great expense).
- A collaborative discussion at the Quarterly Transportation Meeting led to a better solution – two possible private pay transportation providers were identified who could provide these after hours trips at a much lower cost.



Mobility Manager

What does a Mobility Manager do?

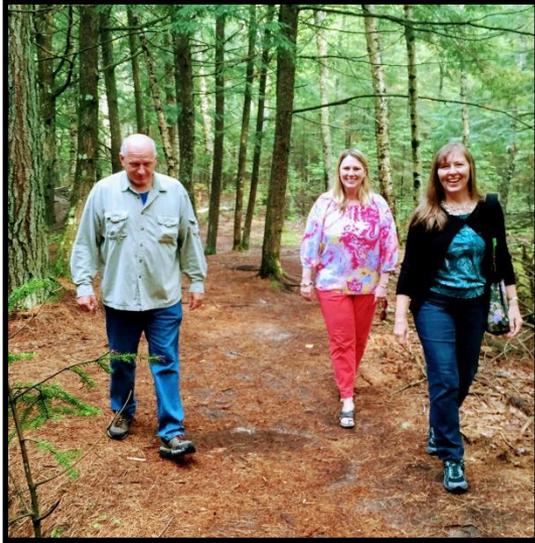
4) Develop programs and work in concert with other agencies to promote mobility, health, and wellness for everyone, but with a focus on seniors and those living with disabilities.



Let's Move!



Wednesday Walks Program



The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Jefferson County.

5 of 6 “Wednesday Walks” events have been held thus far with 7-10 people participating at each event.

Our last event will be held October 23 at Indian Mounds Park near Fort Atkinson



Wednesday Walks Program



Mobility Management

Questions?



Mobility Management

What is **Mobility Management**?

A bit longer explanation: Mobility management is an approach to designing and delivering transportation services that starts and ends with the customer. It begins with a community vision in which the entire transportation network—public transit, private operators, cycling and walking, volunteer drivers, and others—works together with customers, planners, and stakeholders to deliver the transportation options that best meet the community's needs.

