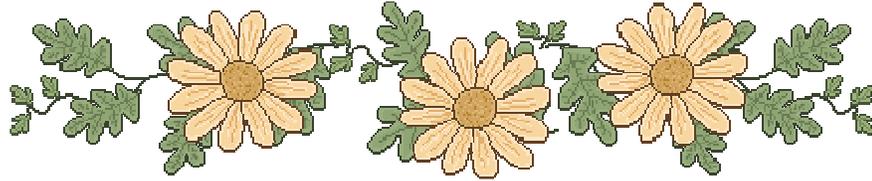


CLARK COUNTY OFFICE OF AGING/NUTRITION

JUNE 2016 NEWSLETTER



PAYING FOR LONG-TERM CARE

BY THE GWAAR LEGAL SERVICES TEAM

There seems to be a new headline every day warning about our country's increasing aging population, the impact aging baby boomers will have on already stretched resources, and that life expectancies continue to rise. These projections point out that this growing aging population will also need more health and home care, and for longer amounts of time than ever before.

For people with enough resources to pay for care, the main question is a matter of "where?" Where will I be able to receive the care I need? Where will I be able to maintain my independence and dignity? Where can I live so that my family can still visit? But for people with moderate, low, or no income, the main question is a matter of "how?" How will I pay for the care I need?

Contrary to popular belief, Medicare is not the payer of these long-term care services. Medicare Part A, otherwise known as hospital insurance, only covers up to 100 days in a skilled nursing facility, and even then only after a person has met the qualifying 3-day stay requirement in a hospital first. Many people do not realize that Medicare does not pay for the type of long-term care they envision – care that usually extends well past 100 days. In fact, the average length of a nursing home stay is about 835 days – more than two years. This length of stay is often much higher for people with illnesses such as Alzheimer's - a diagnosis that is also on the rise.

Some people have long-term care insurance, but it is becoming increasingly more difficult to obtain. Many insurance companies have realized that long-term care insurance is not a profit-generating product and no longer sell it. Even those people with long-term care insurance are finding out their coverage is far less than what they need, or their premiums increase to levels they can no longer afford.

When a person's income and assets have been exhausted, Medicaid becomes the go-to option to pay for long-term care. That said, Medicaid (as with any public benefit program) is not an easy system to maneuver. Not only do people need to

meet low income and asset limits, but their giving (known as divestments) will be scrutinized up to 5 years prior to application in Wisconsin, and their estates will be subject to estate recovery after the person's death. Meaning, Medicaid will impose penalty periods if it seems like a person tried to transfer or hide money before the person applied, and Medicaid will expect to be repaid after the person has passed away. Medicaid also requires annual renewals and reporting whenever a person's situation changes. Not only that, but there are questions regarding Medicaid's ability to financially support the increase in demand that is expected to emerge in the next few decades.

There is no question that lower-income aging adults will need more options to pay for long-term care, but the solutions have been slow to come. Recently, however, there has been talk about shifting payment responsibilities in the future in two major areas: Long-term Care Insurance and Medicare.

Long-term Care Insurance The Long-Term Care Financing Collaborative issued a press release in February, 2016 proposing major changes in the way long-term care is financed and delivered. The proposal includes the following calls to action:

- Establishing clear private and public roles for long-term care financing;
- Creating a catastrophic long-term care insurance program that would shift away from a welfare-based model to an insurance model;
- Encouraging private long-term care insurance initiatives to lower cost and increase enrollment; and
- Increasing retirement savings and improving public education on long-term care costs and needs.

The main focus of this model is to encourage the private insurance market to come back to the long-term insurance table in order to help people plan ahead for their long-term care rather than rely on Medicaid.

Medicare Another proposal comes from Health Affairs Blog, which sets forth an income-based payment structure through Medicare to help the 75% of Medicare beneficiaries who do not qualify for Medicaid receive long-term services and supports in their homes. In this model, beneficiaries would be responsible for coinsurance of a portion of the cost of services based on income. These services would be available to Medicare beneficiaries with serious physical and/or cognitive limitations, but focused on those who are living at home or in independent living settings. Not only would this model help beneficiaries afford the care they need, but would also promote independent living.

It will be interesting to see what additional ideas begin to surface, and which ones, if any, actually take hold. Regardless, the need for change is present and growing.

Sources:

Karen Davis, Amber Willink, and Cathy Schoen, Medicare Help at Home, Health Affairs Blog, April 13, 2016, <http://healthaffairs.org/blog/2016/04/13/medicare-help-at-home/>.

Diverse Group of Policy Experts and Stakeholders Proposes Major Long-Term Care Reforms, Long-term Care Financing Collaborative, Convergence Center for Policy Resolution, February 22, 2016

Flag Day, celebrated June 14, has been a presidentially proclaimed observance since 1916. Although Flag Day is not a federal holiday, Americans are encouraged to display the flag outside their homes and businesses on this day to honor the history and heritage the American flag represents. - www.usa.gov



We now have the newsletter on the web at www.co.clark.wi.us Under the heading "Departments", go to Aging and then click on "Clark County Aging Office Newsletter". If you would prefer to receive our newsletter electronically, please email Lynn Crothers at lynn.crothers@co.clark.wi.us and we will remove your name from the mailing list.

Also, if you are planning on moving or have moved, please call the Aging Office to update your address. This assists our office with keeping newsletter and postage costs down. The post office cannot forward the newsletter to you. Your address would need to be changed directly with our office. Thank you!

LIVING WELL WITH DIABETES SIGN UP

This fall, Susan Backaus and Mary Sladich will be offering the Diabetic specific version of the Living a Healthy Life with Chronic Conditions. We would like to get a feel for where the folks would be the most interested. This is a six week class (2½ hours per session). This workshop can help you take charge of your life.

In another section of this newsletter is a sign up for "Stepping On", a falls safety program. If you are interested in either program, please complete this form below and mail to the CLARK COUNTY AGING DEPARTMENT, 517 Court Street, Room 201, Neillsville, WI 54456.

Name: _____

Address: _____

Phone: _____

Check one:

Class: _____ Stepping on _____ Living Well w/Diabetes

JUNE IS NATIONAL DAIRY MONTH

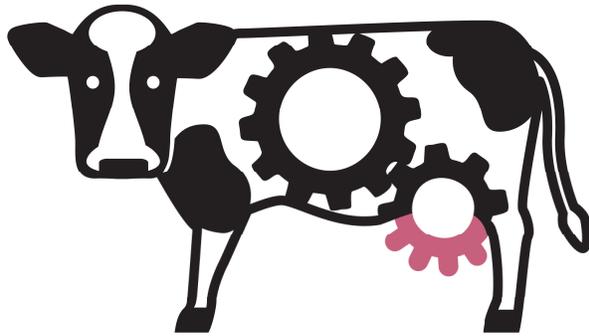
National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month." National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long. - www.idfa.org

Dairy is the Largest Segment of Wisconsin Agriculture

Total Ag= **\$88.3** Billion



Total Dairy= **\$43.4** Billion



How much do you think the average dairy cow eats per day? Fill in the blanks with your guess.
The average dairy cow eats ___ pounds of hay, ___ pounds of corn silage, ___ pounds of corn and ___ pounds of supplements each day.
To eat as much as a dairy cow in a day a person would have to eat ___ cheeseburgers and drink ___ glasses of water.
Answer on Page 8

Source: University of Wisconsin, Department of Agriculture & Applied Economics
©2016 Wisconsin Milk Marketing Board, Inc.



Elder Benefit Specialist Services & Outreach Dates

What is an Elder Benefit Specialist? An elder benefit specialist is a person trained to help older persons who are having a problem with their private or government benefits. They assist older persons with extensive and complicated paperwork that is often required in benefit programs and help older persons figure out what benefits they are entitled to and tell them what they must do to receive them.

Elder benefit specialists receive ongoing training and are monitored by attorneys knowledgeable in elder law.

Who should seek help from an Elder Benefit Specialist?

- ✓ Older persons who just want to know more about any private or public benefit
- ✓ Older persons who need help in organizing their paperwork to apply for benefits
- ✓ Older persons who have been denied a benefit that they think they are entitled to receive

Amy Nigon, Clark County Elder Benefit Specialist, works in the Aging Office Monday-Friday from 8am to 4:30pm. However, outreach dates are scheduled each month at various nutrition sites within Clark County. Please check the schedule on the back of newsletter each month to see Elder Benefit Specialist Outreach Dates for the month. If you have any questions about this or would like to make an appointment in Neillsville, please call Amy at 715-743-5146 or toll free at 1-866-743-5144

YOU ... YES, YOU!

Do you possess a valid driver's license, a good driving record and have a little extra time on your hands? Clark County elderly and disabled residents need volunteer drivers from the Neillsville area to transport them to medical-related appointments. This self-rewarding position may be for you. If you know of anyone who may be ideal for these positions, please let them know. Clark County Dept. of Social Services currently reimburses \$0.48/mile and some meal expenses. Please contact Tiffanee Tesmer at Clark County Department of Social Services for more information at 715-743-5233 or toll free 866-743-5233 or write Tiffanee Tesmer 517 Court St. Room 502 Neillsville, WI 54456 for an application.

What do all the terms mean?

By: Victoria Johns, Aging & Disability Resource Center of Central Wisconsin

In our day to day lives we are exposed to numerous terms, abbreviations & acronyms - not to mention an entirely new "language" if you text. It's often challenging to understand all the terms that are thrown at us daily. Professionals use a variety of terms and sometimes forget that not everyone knows the meaning.

The following list is not all inclusive but rather a sampling of some of the most frequently used terms and acronyms related to caregiving.

ADRC (Aging and Disability Resource Center)

According to the Wisconsin Department of Health Services, "ADRCs are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone -- individuals, concerned families or friends, or professionals working with issues related to aging or disabilities -- can go for information specifically tailored to their situation. The ADRC provides information on broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care." In Clark County the ADRC and the Aging Office work together to help people get connected to services.

ADLs (Activities of Daily Living)

Activities of Daily Living include dressing, bathing, and eating and all the necessary activities required to function on a daily basis such as cooking meals, managing finances and completing housework.

Adult Day Care

An Adult Day Care facility provides services during business hours Monday through Friday in a group setting. A variety of activities are provided for socialization, physical and mental stimulation. Utilizing an Adult Day Care is a great way for you, the caregiver, to take some time for yourself and have peace of mind that your loved one is safe, engaged and cared for.

Advance Directives

An advance directive is a legal document that allows you to communicate your health care wishes. The advance directives used in Wisconsin are the Power of Attorney for Health Care and the Living Will. Both are excellent documents to

complete. They allow you to “speak for yourself” and allow your wishes to be known in the event you are no longer able to.

CBRF (Community Based Residential Facility)

CBRFs are staffed group living settings that provide room, board, supervision and other supportive services to 5 or more adult residents. They are intended for people who cannot live alone but do not require a nursing home level of care.

MOW (Home delivered meals or meals on wheels)

This service delivers hot, nutritious meals to people who are homebound. A great way to get the nutrients both you and your loved one needs without having to take the time to prepare the meals. Many people are surprised by how good these meals really are! Call the Clark County Aging Office for more info about the MOW program.

Respite or respite care

Respite care provides a temporary break from the responsibilities of caregiving. Respite care is provided in-home, at Adult Day Care centers or in a care facility (such as a CBRF). It benefits both you the caregiver and your loved one. By taking some time for yourself, you are able to recharge.

SNF (pronounced “sniff” - Skilled Nursing Facility)

Also known as nursing homes or long term care facilities, these facilities provide medical care to persons who reside in them. Most provide both short term (rehabilitative) and long term care and are staffed with Registered Nurses, Certified Nursing Assistants, Physical, Occupational and Speech Therapies.

Supportive home care

Supportive home care provides in-home non-medical care. Services include (but are not limited to) housekeeping, meal preparation, companionship and assistance with personal cares. Utilizing supportive home is a great way for caregivers to run errands and keep their own medical appointments.

So many programs, services and resources are available to assist on your caregiving journey. If you would like to meet with someone to discuss services and options that can assist you, please call us at the Clark County Aging Office – 715-743-5144 or the Clark County ADRC – 1-866-578-2372. We’d love to hear from you!

Improved Quality of Life When Facing Illness

When people are facing a serious illness, life can be difficult for both the patient and their family members. There can be a variety of challenges and struggles. Ministry Home Care can help.

Ministry Home Care's PATH[®] program, which stands for Palliative Approach to Treatment at Home, works to make life the best it can be when individuals are living with declining health.

Palliative care is care of the whole person, which includes the body, mind, heart and spirit. It is care designed for patients with very serious illnesses, and provides support to their families. With PATH, a team of nurses, social workers, chaplains, and a physician provide care to patients in the comfort of their own homes, and supports the family and caregivers as well.

What can the PATH program offer?

- Improved quality of life.
- Relief from pain and other distressing symptoms.
- A team approach to address the needs of patients and their families.
- A support system to help the family cope during the patient's illness, including the needs of children.

Patients who can benefit from palliative care are those coping with advanced illnesses with difficult symptoms and side effects that take away from their quality of life. One common misunderstanding is that people receiving palliative care must be near the end of life – that is not true. Treatments intended to cure the serious illness can be continued while on the PATH program.

Patients on the PATH program are part of the home health service, and meet the criteria required by insurance providers. The staff of Ministry Home Care can help to determine whether this is the right service for each person.

**To learn more about Ministry Home Care's PATH[®] program,
please call 800.397.0270.**

They told me I could be whatever I wanted to be.....



So I became an Oreo!

.....
: The average dairy cow eats 20 pounds
: of hay, 20 pounds of corn silage, 10 to
: 20 pounds of corn and 6 to 12 pounds
: of supplements each day.
: To eat as much as a dairy cow in a day a
: person would have to eat about 360
: cheeseburgers and drink 400 to 800
: glasses of water.
.....

Your Eyes and Allergies!



Dr. Andy Baldus

We all love to see Spring arrive, don't we? Maybe not? For some of you, this time of year means red, itching, burning eyes and a runny nose - Allergy Season.

Today we will discuss the two basic types of allergies that affect eyes - Seasonal allergic conjunctivitis (SAC) and Perennial allergic conjunctivitis (PAC).

Patients with Seasonal allergic conjunctivitis (SAC) experience symptoms in spring, summer or fall, depending on the type of plant pollens in the air. Typical symptoms include itching, red, burning eyes with a clear watery discharge.

Here is something you may not have known. People with SAC sometimes have chronic dark circles (known as allergic shiners) under their eyes. The eyelids may be puffy, and bright lights may be annoying to them. SAC symptoms often accompany the runny nose, sneezing and nasal congestion associated with hay fever and other seasonal allergies. The itching may be such a problem, that patients find themselves rubbing their eyes frequently; thus making symptoms worse and potentially causing infection.

Perennial allergic conjunctivitis (PAC), as its name implies can occur year round. Symptoms of PAC are the same as with SAC, but tend to be milder. They are caused by reactions to dust mites, mold, pet dander or other household allergens, rather than pollen.

It's important to remember, when dealing with any allergy... avoid the 'triggers'

- Outdoor allergens, such as pollens from grass, trees and weeds
- Indoor allergens, such as pet dander, dust mites and mold
- Irritants, such as cigarette smoke, perfume and diesel exhaust

Make changes to your home and to your behavior

- Keep windows closed during high pollen periods; use air conditioning in your home and car.
- Wear glasses or sunglasses when outdoors to keep pollen out of your eyes.
- Use "mite-proof" bedding covers to limit exposure to dust mites, and a dehumidifier to control mold.
- Wash your hands after petting any animal.

Your eye doctor may suggest the use of over the counter (OTC) or prescription strength eye drops to help relieve the symptoms of allergies.

It can be difficult to separate a potential allergy from an ongoing disease. Report any changes in your vision or ongoing symptoms to your eye doctor or make an appointment to determine what treatment is most appropriate for you.

Dr. Andy Baldus is an optometrist at HealthView Eye Care Center-Colby. For more information on Senior Eye Health and Allergies you can contact him at (715)223-4003.

CONSUMER ALERT

Wisconsin Department of Agriculture, Trade and Consumer Protection

datcp.wi.gov



Aggressive IRS Scam Calls Are Taxing Wisconsin Consumers

Latest round may include demand for payment by iTunes gift card

Release Date: May 13, 2016

Contact: Jerad Albracht, 608-224-5007

Bill Cosh, Communications Director, 608-224-5020

MADISON – Fake IRS calls are hitting Wisconsin residents hard this week, and everyone is asked to be on guard against these threatening scam attempts. If you receive one of these calls, hang up immediately.

The Consumer Protection Hotline at the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) has seen a spike in inquiries about this scam this week. Consumers statewide are reporting aggressive calls from scammers claiming to be with the IRS, demanding immediate payment for (fake) back taxes. The callers typically threaten the potential victims with legal action or jail time.

In the latest round of IRS impostor calls, the scammers have added iTunes gift cards as a way to pay. According to the Federal Trade Commission, other payment methods scammers might ask for include Amazon gift cards; PayPal; reloadable cards like MoneyPak, Reloadit, or Vanilla; or by wiring money through services like Western Union or MoneyGram.

Do not fall for this scam, and tell your friends, coworkers and family members to be on alert.

Remember that the IRS will never call you demanding immediate payment or making threats. If there is an actual issue with your taxes, the IRS will contact you by postal mail – not by phone or email.

If you question the legitimacy of a communication from a governmental agency, contact DATCP's Consumer Protection Hotline (800-422-7128) or call the misrepresented agency directly to inquire.

For additional information or to file a complaint, visit the Consumer Protection Bureau at <http://datcp.wisconsin.gov>, send an e-mail to datcp hotline@wisconsin.gov or call the Consumer Protection Hotline.

Connect with us on Facebook at www.facebook.com/wiconsumer.

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*~ People are about
as happy as they
make up their
minds to be.*

~Abraham Lincoln





Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by health professionals. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



Public Health
Prevent. Promote. Protect.

Clark County Health Department
517 Court Street Room 105
Neillsville, WI 54456
715-743-5105
www.co.clark.wi.us/healthdepartment

Partners of the workshop include the Clark County Office of Aging

wiha

Wisconsin Institute
for Healthy Aging

1414 MacArthur Rd, Suite B
Madison, WI 53714
(608) 243-5690
info@wihealthyaging.org

wihealthyaging.org



Here's what some workshop participants have to say:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



Stepping On

Building confidence,
reducing falls

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.



Public Health
Prevent. Promote. Protect.

wiha

Wisconsin Institute
for Healthy Aging

CLASS LOCATION:

Abbotsford City Hall
(Inside the same building as the
Abbotsford Library)
203 North 1st Street
Abbotsford, WI 54405

WORKSHOP DATES:

Thursday, July 14, 2016	1:30-3:30 PM
Thursday, July 21, 2016	1:30-3:30 PM
Thursday, July 28, 2016	1:30-3:30 PM
Thursday, August 04, 2016	1:30-3:30 PM
Thursday, August 11, 2016	1:30-3:30 PM
Thursday, August 18, 2016	1:30-3:30 PM
Thursday, August 25, 2016	1:30-3:30 PM

HOW TO REGISTER FOR THIS CLASS:

For additional information and/or to register for this class, please call

Brittany Mews, RN BSN –
Clark County Health Dept.
at (715) 743-5106

What is the Cost?

There is a \$15.00 fee for the entire workshop (7 sessions total). Included in this fee you will receive an adjustable ankle weight that you can keep. Snacks and refreshments are provided at each session. Please bring the \$15.00 to the first class (July 14th).

**SUMMER EYE SAFETY TIPS TO KEEP IN MIND DURING NATIONAL SAFETY MONTH
BY KEVIN DAMASK, STAFF WRITER WITH THE WISCONSIN COUNCIL OF THE BLIND &
VISUALLY IMPAIRED**

754 Williamson Street, Madison, WI 53703 1-800-783-5213

As the calendar flips to June, summertime pastimes such as grilling on the patio and outdoor chores will keep people busy in the sunshine.

In honor of National Safety Month, Wisconsin Council of the Blind & Visually Impaired Education and Vision Services Director Jean Kalscheur and Low Vision Therapist Amy Wurf provide some key tips to stay safe outside.

“With porches and patios, be sure that the steps onto and off the staircase are even and marked to give either a visual or touch cue. If you use visual cues, consider using bright-colored duct tape along the edge of the step to better indicate the stair width and height,” Kalscheur says. “If you prefer touch cues, look for stick-on strips that feel like sandpaper or ridged plastic at your local hardware store. These strips can be placed on the edge of a step. When your toe or shoe feels that cue, you will know when it’s time to step down.”

Kalscheur notes it’s important to check the sturdiness of handrails leading to a porch or patio and make sure they are strong from the top to bottom step.

“Several people I’ve met have attached outdoor LED rope lighting just under the handrail,” Kalscheur says. “This provides good visual cues for dawn, dusk, or evening use of your outdoor area.”

For outdoor grilling, there are a few vital steps to keep in mind. Kalscheur shares some ideas for protecting your hands and face.

“Find a fireproof oven mitt that covers your hand and forearm. They are especially important when working with the charcoal or grill grate,” states Kalscheur. “Long-handled tongs or forks make it easier to get to the items being grilled. You really need to use both the oven mitt and long-handled utensils for proper safety.”

While some cooks can determine if grilled meat is done properly by touching it, the safest way to make sure meat is cooked thoroughly is to use a talking meat thermometer.

“Cook the meat about 10 degrees less than the desired final temperature; remove the meat from the grill, cover it, and let it ‘rest.’ The meat will continue to cook and the internal temperature will rise,” Kalscheur says. “Many grills have lids. Open the

lid away from you to prevent all the heat, smoke, and possible steam from rushing toward your face.”

Amy Wurf says there are a few key things to consider when working outside, especially when using power tools.

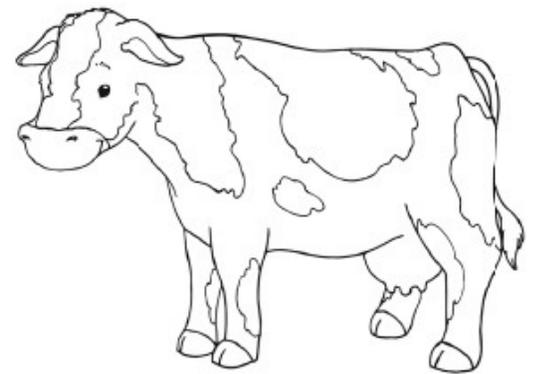
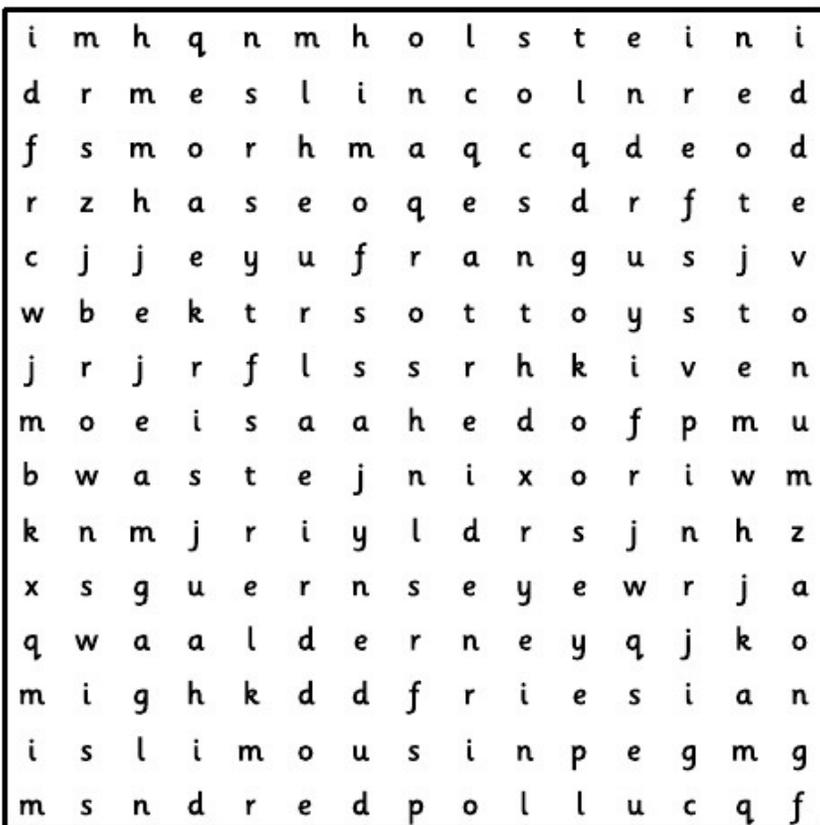
“We always recommend safety goggles over glasses when using power tools, lawn mowers or weed-whackers,” Wurf says. “Glasses may not provide enough protection and could shatter.”

Wurf also says wearing a brimmed hat and sunglasses can help to keep items such as swinging branches away from your face and eyes.

Intense sunlight exposure in the summer can affect your eyes. When purchasing sunglasses, it’s best to look for brands that provide adequate protection from ultraviolet rays.

“Always look at the tag on the sunglasses, or have someone else look, to be sure you are protected from UVA and UVB rays from the sun,” Wurf said.

Cattle Breeds Word Search



Can you find all these breeds of cattle in the word search puzzle?

- | | |
|-----------|-------------|
| Holstein | Brown Swiss |
| Jersey | Limousin |
| Guernsey | Alderney |
| Ayrshire | Hereford |
| Devon | Friesian |
| Shetland | Lincoln Red |
| Shorthorn | Sussex |
| Angus | |

Fun fact: Did you know there are over 800 breeds of cattle in the world?



How Long Should I Keep This? *by the GWAAR Legal Services Team*

Now that tax season is behind us and spring cleaning is ahead – it is a good time to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer.

Below are general recommendations on how long certain documents should be stored.

Keep for **Less** than 1 Year

ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return. Please note, if you have a Medicaid/Foodshare renewal due soon, hang on to monthly statements, at very least, until your renewal is completely finished.

- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for **More** than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for 7 Years

- Supporting tax documents (1099s, W-2, charitable donations receipts, etc.)

Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>
<https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>.

Interfaith Volunteer Caregivers of Clark County

By: Judy Morrow

Saturday, May 21 was indeed another successful day for Change of Seasons. The weather was beautiful, the volunteers were in great spirits and the cooks as usual cooked up a great breakfast and lunch for all who worked to make the day a success.

A big thank you goes to our new chairman Gary Veltus for his organizational ability to make the day a success.

Interfaith has a few new requests. Maybe you are the one who can make a difference in a person's life. In Neillsville a volunteer is needed to do some yard work. In Withee we have a gentleman who could use some visits to shorten his long days.

If you have some time and would like to help, please call 715-743-2885.

WORLD ELDER ABUSE AWARENESS DAY

Every year on June 15th we recognize World Elder Abuse Awareness Day (WEAAD). WEAAD was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. What is Elder Abuse? In general, elder abuse is a term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse neglect, and exploitation. In July's newsletter, we will dedicate a larger section of the newsletter to providing more information about elder abuse.



Seminars Offered by The Clark County Aging Office

Are you going to be eligible for Medicare in the near future?
Have you been on Medicare for a while and want to better understand it?
Do you have a family member you help with Medicare issues?
"The A B C and D's of Medicare" is for you!

A B C and D's of Medicare

Abbotsford City Hall
203 N First St, Abbotsford
6/30/16 at 1pm

Loyal City Hall
301 N Main St, Loyal
6/28/16 at 4pm

Please call 715-743-5146 to register. This will ensure
there are enough program materials for everyone.



MARY'S COMMENTS

Home delivered meal recipients

It is warm weather time and we want to caution everyone to handle their food safely. If you are not going to be home, let the office or the driver know. We cannot leave the meal there unless we can refrigerate it. You can make arrangements to have two meals delivered the day before or pick up your meal on you way home from the doctor (providing the center is still open).

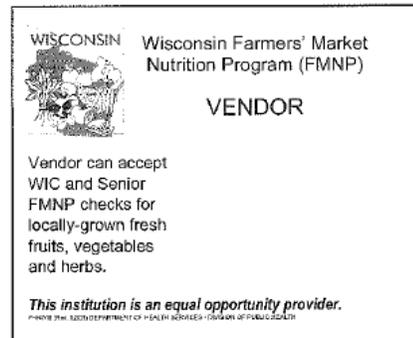
The Nutrition Program staff just completed a Serving Safe Food class and have been made aware of the food safety and sanitation rules. To prevent foodborne illness, it is important to control the time that the food is in the temperature danger zone. The temperature danger zone is between 41 degrees F and 140 degrees F and refers to the internal temperature of the food.

Please do not ask your driver to leave your meal in a cooler. We do not know how long you will be gone and the food can enter the Temperature danger zone quickly. We want your meal to be safe.

Also, an important part of the Home delivered meal program is checking on your wellbeing. Our drivers want to see you and make sure you are okay.

With warmer weather, be sure you stay hydrated. Drink plenty of fluids. See the article from Rebecca Eckes, UW-Stevens Point, article on staying hydrated.

**REMINDER FOR MEMORY CAFÉ
3RD THURSDAY OF MONTH
UNITED CHURCH OF CHRIST, NEILLSVILLE
FOR MORE INFO CALL JANET EVANS AT 608-792-1157**



2016 SENIOR FARMER'S MARKET VOUCHERS

The Clark County Aging Department will begin distributing Farmer's Market Vouchers June 1, 2016. Our distribution schedule is listed below. Eligible recipients will receive \$25 worth of vouchers that can be used at any participating farmer's market or roadside stand. Vouchers will be distributed on a first come/first serve basis. The voucher packet will include 3- \$3 checks and 4 - \$4 checks.

The Senior Farmer's Market Program offers you an opportunity to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers. Those eligible must be 60 years of age or older and have an income of \$21,978 a year (\$1,832 month) for a single person or \$29,637 a year or less (\$2,470 month) for a couple. For each additional household member add \$7,696 annually (\$642 monthly).

Please bring proof of 2016 income (Social Security, pensions, IRA's, interest and dividends, wages, etc. Basic information will be requested such as name, address, phone, birthdate, etc.

DISTRIBUTION SCHEDULE

**June 1 until end of Season: Aging Dept. Room 201 Courthouse
8:15 a.m. – 4:00 p.m.**

**June 1: Dorchester Center: E. 2nd St. 11:00 a.m.
Dorchester Housing: 310 W. Kennedy St. 1:00 p.m.
Dorchester Housing: 320 W. Kennedy St. 1:30 p.m.**

**June 7: Thorp Nutrition/Senior Center: 116 N. Washington St.
10:30 a.m. - 1:15 p.m.
Morgan Plaza: 113 E. Lawrence St. 1:15 p.m.**

June 9:	Granton Senior Citizen's: community Hall 11:15 a.m.
June 14:	Neillsville Nutr/Senior Center, 602 Oak St. 11:30 a.m.
June 15:	<u>Owen Nutr./Senior Center</u>: 112 E. 5th St., 10:45-1:00 p.m. <u>Withee Housing</u>: 1:30 p.m.
June 16:	<u>Greenwood Nutrition Center/Black River Apts.</u>, 312 N. Reese St. 10:45 a.m. – 1:00 p.m.
June 24:	<u>Abbotsford Nutrition Center/Green Vista</u>, 310 E. Pine St. 10:45 a.m.-1:00 p.m. <u>Valley Crest Apts.</u> 1:15 p.m.
June 27:	<u>Loyal Nutrition Center/Hometown Village Apts.</u> 500 N. Division Street 10:45 a.m. – 1:00 p.m.
June 28:	<u>Colby Nutrition Center/Midget City Apts.</u>, 303 Lieders St. (Clark Co. residents only) 10:45 a.m. - 1:00 p.m.

Additional dates and times may be scheduled depending on availability of vouchers. Clark County has 201 sets of vouchers. All vouchers are distributed on a first come/first serve basis.

You must apply in person to receive the vouchers. Any questions, call the Aging Department at 715-743-5144.

Nondiscrimination statement: The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA Office, or call 1-866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W. Washington, D.C. 20250-9410, by fax 1-202-690-7442 or email at program.intake@usda.gov

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 1-800-877-8339, or 1-800-845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

Who is eligible to receive Senior Farmer's Market Vouchers?

- **Seniors age 60 or older or Native Americans age 55 or older who meet the income guidelines.**
- **Must be a Clark County resident**
- **Eligible households: Households is defined as a group or individuals living together as one economic unit.**

Guide for using Senior Farmer's Market (SFM) checks:

- You can take your Senior Farmer's Market checks to any participating farmer's market or roadside stand.
- SFM checks can only be used to purchase Wisconsin fruits, vegetables, and herbs.
- Change will not be given if you buy less than the amount of the check.
- If the price of what you buy is higher than the amount of the SFM check you can make up the difference with cash or another check.
- You cannot give your check to someone else.
-

Please be reminded local grown fruits and vegetables may not be available until mid to late June depending on the growing season. Please be sure to use all your coupons prior to October 31st.

STAY HYDRATED

1. **Water increases energy & relieves fatigue.** If we don't stay hydrated throughout the day, our energy levels and brain function can start to suffer. One of the most common signs of dehydration is tiredness.
2. **Helps Focus.** A glass of water can help people concentrate and stay refreshed and alert.
3. **Prevents or alleviates headaches.** Since some headaches are caused by dehydration, drinking water will help to prevent or alleviate them.
4. **Flushes out toxins.** Water flushes toxins out of vital organs and carries nutrients to your cells.
5. **Boots immune system.** A person who drinks a lot of water is less likely to get sick.



HOW DO I DRINK MORE WATER?

1. Add your own flavor. In addition to lemon or lime slices, try watermelon chunks, mint or orange slices.
2. Eat something spicy.
3. Keep it close. Always keep a big tumbler of water at your desk so you have no excuse for not drinking it.
4. Replace one sweetened drink per day with water.

June Schedule

Senior Citizen Meetings

Abbotsford	June 14
Dorchester	June 9
Granton	June 9
Loyal	June 6
Neillsville	June 28
Thorp	June 6

Alzheimer's Support Group Meeting

June 14th, 1:30 p.m.

Neillsville Senior Center, 602 Oak St.

Clark County Office of Aging/Nutrition



Elder Benefit Specialist Outreach Dates

Thorp	June 7	Abbotsford	June 24
Granton	June 9		

Nutrition Committee Meetings

Priority will be given to farmer's market voucher distribution. If time allows, advisory committees will meet. Please see the farmer's market voucher distribution schedule on pages 17 & 18.

Sunday, June 19

Father's Day 2016

517 Court St., Rm. 201

Neillsville, WI 54456

Local Call Number 715-743-5144

Toll-Free Call Number 1-866-743-5144

- ❖ Mary Sladich, Director
- ❖ Amy Nigon, Elder Benefit Specialist
- ❖ Lynn Crothers, Admin. Secretary

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