



CLARK COUNTY OFFICE OF AGING/NUTRITION AUGUST 2016 NEWSLETTER



CAN'T PAY YOUR MEDICAL BILL?

By the GWAAR Legal Services Team

As soon as you realize you cannot afford to pay your entire medical bill, you should contact your medical provider. Many providers are willing to set up monthly payment arrangements. You can use your negotiation skills to set up a payment plan that fits within your budget. However, keep in mind that your monthly payments should be reasonable. The monthly repayment amount should fit in your budget and show that you are actively trying to pay the bill in full.

Here are some other important tips from the State of Wisconsin Department of Agriculture, Trade and Consumer Protection agency if you cannot afford to pay your medical bills:

1. If you know you may have trouble paying your bill, try to make arrangements *before* you receive medical services. Some providers offer discounts for eligible participants.
2. Providers do not have to accept or offer a payment plan.
3. If your bills are past due, your account can be turned over to a collection agency.
4. If your account is turned over to an external collection agency, you will have to negotiate with the collection agency and not the medical provider.
5. Review all of the medical bills you receive and contact your provider about any questionable bills or unpaid balances as soon as you can.

Overall, if you cannot afford to pay your medical bills, don't ignore them and let them become past-due. You have options. The key is to not panic and to be proactive.



Preparation Pays Off for Caregivers

By: Jane Mahoney, GWAAR

During the years I worked as a Caregiver Coordinator I talked with caregivers about home safety, caregiver burnout, self-care for the caregiver and also ways to prepare for the future. Throughout that time, I also watched my father's health decline, and in turn watched my mother become a full time caregiver.

As I visited with my mother about various things related to caregiving I slowly realized that I too had become a caregiver. Once I accepted this role I decided it was time to start paying attention to the many things I had encouraged other caregivers to do, mainly getting legal paperwork in order. I had never actually talked to my parents about their healthcare wishes, whether or not they have a will or powers of attorney, where they stand financially in case someone needs nursing home care or what type of insurance they have. I decided to start addressing these issues with my mom whenever we would visit my parents in South Dakota.

When I was only a "daughter", a trip to visit my parents was like a mini-vacation. Mom would have a pan of caramel rolls waiting along with other favorite foods. I would kick back on the couch and let the grandparents play with my kids and just enjoy the visit. When I added "caregiver" to my role, the visits began to have more of a purpose than just a relaxing time. I began to talk with my mother about the not-so-fun topics of estate planning, advance directives and long term care. I discovered that it is a lot easier to encourage other people to do these things than to actually do them yourself. I returned from these visits tired, frustrated and a bit sad. Caregiving truly is a stressful thing.

Over the past year I learned a lot about my parents. I now know that they have POA papers in place. I know the names and locations of all their insurance policies. I know their feelings regarding healthcare and end-of-life issues and I helped them start inquiring about financial assistance in case there is a need for long term care. Discussing these topics was not fun and there were many times I wondered if I was making a big deal out of nothing. I thought it might be easier to just wait until we really needed the information and figure things out at that time.

Last week I got that dreaded call - my dad was admitted to the hospital with pneumonia and chronic heart failure. I made an emergency trip to SD to help my frantic mother. As I was driving across southern Minnesota I thought about the things we would need - POA papers, insurance policies and answers to questions about resuscitation. I was so relieved that mom and I had taken the time and effort to go over all of these things earlier. Dealing with the decisions and emotions of Dad's current situation was stressful enough by itself. I could not imagine the added stress of having to fumble through files searching for legal documents or not knowing anything about how to finance a nursing home placement.

As it turned out, all those unpleasant conversations and planning for the future really did pay off! Regardless of how uncomfortable it was to talk to my mom about advance directives, end-of-life decisions and personal finances, I was glad I was bold enough to do so before the crisis hit home.

My dad survived the pneumonia but was too weak to return home to mom. We placed him in a nursing home for rehabilitation with hopes of moving back home. Time will tell whether or not this will be possible. As for now, my dad has adjusted beautifully to life in a memory care wing of the local nursing home and my mother struggles with loneliness and guilt. Ahh, the life of a caregiver.



Help Wanted

Are you age 55 or older?

Are you currently unemployed?

Are you having a hard time finding employment?

Citizens Employment & Training may be able to help you. We are a non-profit agency that offers a paid training program while assisting you with your employment search. If you are interested in our program please call our office at 715-839-5058 or 888-772-4337 to get more details.



ATTENTION PROPANE USERS!



With the temperatures being so warm this time of year, it's tough to think about subzero temperatures and snow. But, winter will creep up on us quickly!

Now is the time for people to be thinking about purchasing propane and fuel oil for their winter heating needs. Prices tend to be lower this time of year and deliveries are timely. Consider filling your tank now or pre-purchasing propane if possible to lock in a lower price for the 2016-17 heating season. It is unclear what challenges (costs, shortages, etc.) might be faced as we get closer to the winter heating months. The Aging Office is encouraging people to plan ahead as much as possible.



Fishing Has No Boundaries

Chippewa Valley Chapter Fishing Event

August 20th & 21st, 2016

"Most of us think that going fishing is as easy as a walk down to a lake. For over 56 million Americans with disabilities, it's just not that easy."

Fishing Has No Boundaries Chippewa Valley Chapter (FHNB) is a non-profit 501-C3 chapter whose goal is to open up the great outdoors for people with disabilities through the world of fishing. Our event enables individuals with disabilities to participate fully in this spirit lifting, morale booster, trouble free recreational activity. The event opens up new dreams for persons with disabilities that might not otherwise experience what you or I might just take for granted.

We believe through education, training, and the use of adaptive angling equipment, **everyone** is able to share in a dream come true.

Share your passion for fishing & make "dreams" come true

Who : Friends, family, guests, attendants

What : **Adaptive** two day fishing event **PACKED** with fun, fishing, boating, eating!

When : August 20th & 21st, 2016

Where : Paradise Shores, Lake Holcombe, Holcombe WI, 26364 County Highway M, Holcombe, WI 54745. For reservations: 715-595-4227 (not included in registration fee)

Why: To open the world of adaptive fishing!

Provided: Rods, reels, life vests, adaptive fishing equipment, bait, fish cleaning, boats, pontoons, guides, Saturday evening dinner, and Sunday cookout! **You bring the smiles!!!**

Join us for a weekend of fun, fishing and camaraderie!
No Fishing license or experience needed!

Cost: \$50 for participants. \$25 for guests, family and attendants.

For more information on donating, volunteering or registering for the event contact Tammy at:

1-800-228-3287v/tty
715-233-1070v/tty
popple@cilww.com

Join Us At The 7th Annual...



at the
Clark County Rehab & Living Center
Sunday August 14, 2016
(11:00 a.m - 3:00 p.m.)

Lublin Legion's Grilled Chicken Dinner

Serving from 11:00a.m. to 2:00 p.m.
\$9.00 for 1/2 chicken \$8.00 for 1/4 chicken

Fun Activities for the Kids

Face Painting, Bean Bag Toss, & Petting Zoo

Music (No Charge)



Exit Stage Left , 11:00 a.m. to 1:00 p.m.

Art Petke, 1:00 p.m. to 3:00 p.m.

Bucket Raffles & 50/50 Raffle

- *Kindle
- *\$100 Cash
- *Chanhassen Theater Tickets
- *Milwaukee Bucks Tickets
- *Gift Certificates
- *Various "Themed" Gift Baskets



Proceeds will be used to help further develop CCRLC's Memorial Park. The park is intended for use by residents & visitors of the Living Center & community members as well. All are invited to come & enjoy the day at CCRLC-event held rain or shine!
(Clark County Rehabilitation & Living Center is located east of Owen, WI at W4266 CTH X.)

HOPE TO SEE YOU THERE!

“Stay Cool” By the GWAAR Legal Services Team

Source: <https://www.dhs.wisconsin.gov/climate/weather/heat.htm>

Now that summer is officially here, it is important to remember to stay safe as the temperature and humidity continues to rise.

The Wisconsin Department of Health Services has provided the following information regarding persons who are more susceptible to heat-related illnesses and precautions to take when the mercury's rising.

Although anyone at any time can suffer from heat-related illnesses, people in the following categories are at a greater risk than others:

- Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

In Wisconsin, generally when temperatures approach or go above 90° F, the following actions are recommended:

- Avoid strenuous activity during the hottest part of the day. If such activity is unavoidable, drink plenty of fluids and take frequent breaks in air-conditioned or shaded areas. Consider monitoring body weight and oral temperature. A weight loss of more than 2 lbs. or an oral temperature above 99° F is cause for concern.
- **Do not leave anyone - children, disabled individuals, pets - in cars for even brief periods. Temperatures can rise to life-threatening levels in a matter of minutes.**
- Make frequent checks on the status of elderly or ill relatives or neighbors. If necessary, move them to an air-conditioned environment during the hottest part of the day.
- To avoid dehydration, a conscious effort should be made to drink more fluids during hot weather. Rapid weight loss may be a sign of dehydration. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar--these actually cause you to lose more body fluid.
- Use fans to increase ventilation. If the temperatures exceed 90° F, instead of having a fan blow hot air in from a window, have the fan blow the hot air to the outside. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness.
- Cool showers, baths, and sponge baths can be used to reduce body temperatures. In addition, wet clothing has a cooling effect.

A CLOSER LOOK AT DRUG PRICES UNDER PART D

BY THE GWAAR LEGAL SERVICES TEAM

Medicare Part D officially became available to Medicare beneficiaries on January 1, 2006. Prior to that, there was no drug coverage for seniors under Medicare. Part D came about under the Medicare Modernization Act of 2003. The new law included a provision that prohibits the government from negotiating drug prices on behalf of Medicare beneficiaries. This is known as the “non-interference clause.” This clause is in stark contrast to other federal programs such as Medicaid and the Veterans Affairs, which are required by law to utilize the buying power of all beneficiaries to negotiate lower drug costs. In comparison, for Part D, it is left up to each individual drug plan to negotiate its own drug prices separately with pharmacies and pharmaceutical companies.

Because drug prices have been fairly flat in recent years, there has not been much push to change this policy up until February 2016. However, prescription drug costs are projected to increase significantly in upcoming years, and are on track to double by 2022 due to all the baby boomers (current cost for Part D is \$80 billion/year).

President Obama attempted to allow for some governmental negotiation of Medicare drug prices in his biannual budgets, but Congress has declined to make any changes. According to a survey in 2015, 83% of the overall population favors government negotiation of Medicare drug costs. More specifically, 93% of Democrats favor it, and 74% of Republicans favor it. (Notably Hillary Clinton, Bernie Sanders, and Donald Trump all favor it!)

There are 3 proposed options for change:

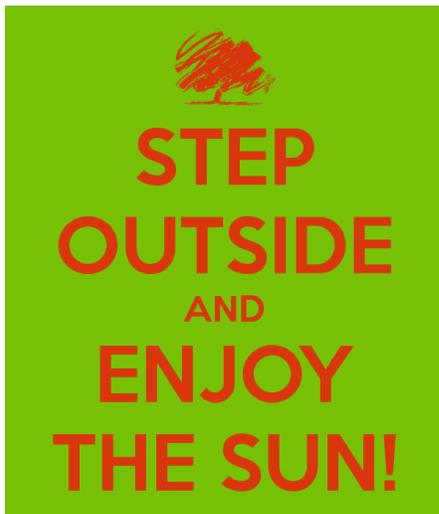
1. Strike the non-interference clause all together so that the HHS Secretary can negotiate and oversee drug prices on behalf of all Medicare beneficiaries;
2. Establish a public Part D plan administered by HHS Secretary to operate alongside private Part D plans. In this case, the Secretary would establish a formulary and negotiate drug prices for drugs on that formulary; or
3. Authorize the HHS Secretary to negotiate Rx prices solely for a limited amount of expensive drugs or unique drugs that lack therapeutic alternatives.

The upcoming presidential election may bring out discussions regarding changes to Medicare and/or Social Security. People are encouraged to make their voices heard and contact their local legislators regarding this important issue.

Sources:

<http://kff.org/medicare/issue-brief/searching-for-savings-in-medicare-drug-price-negotiations/>

2015 Annual Report of the Boards of Trustees of the Federal Hospital Insurance and Federal Supplementary Medical Insurance Trust Funds, July 2015.



Staying Home - *Tips from Ministry Home Care*

What is hospice? How can hospice help you and your family?

Hospice is a resource and safety net for individuals and their families who are facing issues around life's end. It is a time in people's lives when they are changing their goals of care from "cure" to "comfort only" goals. It is a time when there are fewer options for curing the disease, but there are many options for enhancing the time people have remaining – whether that be days, weeks, months or years.

Hospice staff (including nurses, social workers, aides, chaplains, volunteers and physicians) are available to assist and support people and their families during this time. Together, hospice staff and the patient/family decide on a schedule for routine visits to their place of residence to provide the needed support. Sometimes that place of residence is their own home, an assisted living facility, a nursing home, or a relative's home. In addition, there is a hospice team member available 24 hours a day, 7 days a week for emergency needs. This ensures that the person does not need to go to the emergency room when issues arise. The hospice nurse can manage the symptoms in the patient's residence. The hospice also coordinates the provision of medication, medical supplies, medical equipment and oxygen when needed.

Hospice is a resource that not only focuses on the person who is ill, but also the family and caregiver. That's what makes hospice so unique. In fact, after a person dies, hospice follows the family for 13 months after the death to ensure they have the support needed through the first year of grief and sorrow. Hospice provides tremendous support for everyone – the patient as well as the family.

Over and over again, we have heard the resistance of people not wanting to have hospice care. But indeed, once they have received hospice care, people most often say, "I don't know what we would have done without the help of hospice." Or they say, "I wish I would have known about hospice sooner." So, don't wait to make that call. Anyone can make that call to inquire about their individual situation.

If you or your loved one is in need of holistic, compassionate care, please call Ministry Home Care at 800.397.4216. The compassionate staff are available to discuss options for care with you.

Free Blood Pressure Checks Offered

Ministry Home Care is providing free blood pressure checks at Morgan Plaza in **Thorp** on the third Tuesday of every other month. The next BP Check will be held Tuesday, August 16, 11:30 a.m. - 12:30 p.m. No appointment is necessary, and there is no cost. For more information, call Ministry Home Care at 1.800.397.0270.

Camping Word Search Game

Q P P R T F X B E D R U D R J F I
K R E L O O C J E G S G O D T O H
D W G I B A C H E A D R E S T R P
R A S F G S L E E P I N G B A G R
A M W M I R A M L T F H G D F C B
F O I E K S E B S P L U W Y S A E
X S M H R S H E U A R G N U E N L
A Q S C S I H I O G R V N Q R D T
R U U K T C F C N I S B O K O L H
E I I Y E A R P L G L P N N M E G
M T T C G A R L M O G I R D S T I
A O I M H R M P C A F E L A N Z L
C E A C E A I K C E C V A E Y C H
L S L T H E E B S I R F T R Z G S
M W A U I O K G L A N T E R N J A
U W C G F Q I J C O M P A S S H L
Y J Z J S N I K P A N V N Q H Y F

BUGSPRAY
CAMERA
CAMPFIRE
CANDLE
CHARCOAL
COMPASS
COOLER
FISHINGGEAR
FLASHLIGHT
FRISBEE
GRILL
HEADREST
HOTDOGS
ICECHEST
KNIFE
LANTERN
MESSKIT
MOSQUITOES
NAPKINS
SLEEPINGBAG
SMORES
SUNBLOCK
SWIMSUIT
TARP
TENT
WATER

KEEP THIS PAGE NEAR YOUR PHONE OR BULLETIN BOARD FOR QUICK REFERENCE!

CLARK COUNTY FOOD PANTRIES

(Colby) Community United Pantry (CUP) 301 N. 2nd St.

Phone: 715-223-2166

Serves folks in the Abbotsford, Colby, Curtiss, and Dorchester areas

Hours: Tuesdays from 9:00 a.m.-11:00 a.m.

Contact person: Zion Lutheran church office or Ivadeane Abegglen

Granton Food Pantry: 326 Main Street

Phone: 715-238-7517

Hours: 3rd Saturday of the month 8:00 a.m.-9:00 a.m. Contact person: Bethany Ver Kilen

Greenwood Food Pantry Missionary Baptist Church, 302 N. Main St., Greenwood

Phone: 715-267-6114- Pastor Love or Patricia Hoffman 715-267-6147

Hours: Open 1st & 3rd Wednesday of Month from 3:00-6:30 p.m. or by appointment

Humbird Neighborhood Food Pantry: Mentor Fire Hall, N3049 King St.

Phone: 715-299-0825

Hours: Open the last Tuesday of the month from 9:00 a.m. to 10:00 a.m.

Loyal Community Food Pantry/Indianhead Community Action Agency, 228 N. Main St.

Phone: 715-503-5275. Serves all Clark County

Hours: Tuesday, Wednesday, & Thursday from 8:30 a.m. - noon. Contact person: Alice Cook

(Neillsville) Clark County Aging Department (persons age 60 and older): 517 Court St., Room 201

Phone: 715-743-5144

Hours: Monday thru Friday: 8:15 a.m. – 4:15 pm

(Neillsville) Clark County Area Food Pantry & Resource Center, 140 W. 5th St.

Phone: 715-743-2885

Hours: Open Tuesday 9:00 a.m. - 2:00 p.m. and Thursday 1:00-6:00 p.m. or call for an appointment. Contact person: Judy Morrow

Stanley: Fruit of the Vine Food Pantry: Trinity Christian Fellowship, W11581 County Highway X

Phone: 715-644-5532.

Hours: 3rd Tuesday of the month: 5:00 p.m.-8:00 p.m. Sundays for emergencies.

Contact Person: Lore Nowobielski

Thorp Community Food Pantry, 116 N. Washington St.

Phone: 715-669-5861

Hours: 2nd Saturday of even numbered months from 8:00 a.m. – 10:00 a.m. or by appointment for emergencies. Contact person: Lori Pajak

Unity: Trinity Lutheran Church-Trinity Food Pantry, 201 S. Washington St.

Phone: 715-223-2209

Hours: Wednesday's 5:30 p.m. – 7:30 p.m. Contact person: Susan Karsten

Withee: Community Alliance Church Food Pantry, 111 Division St.

Phone: 715-229-4609. *Serves Owen, Withee, & Curtiss residents*

Hours: 1st Tuesday 10:00 a.m.- noon; 3rd Tuesday of month 3:00 p.m.-5:30 p.m. or by appointment. Contact Brad Mathison

Updated 7/20/16

CATARACTS? What are they?



Dr. Andy Baldus

A cataract is a clouding of the normally clear lens of your eye and if you have a cataract it can be like looking through a frosty or fogged-up window.

Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Diabetes, smoking and over-exposure to sunlight have been linked to cataracts.

How will I know I have a cataract?

As you age, the lenses in your eyes become less flexible, less transparent and thicker. Age-related changes cause tissues within the lens to break down and clump together, clouding small areas within the lens. As the cataract continues to develop, the clouding becomes denser and involves a greater part of the lens.

Most cataracts develop slowly and don't disturb your eyesight early on, but with time, cataracts will eventually interfere with your vision.

The most common symptoms of a cataract are:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye



Cataracts never go away on their own, but some stop progressing after a certain point. At first, stronger lighting and eyeglasses can help you deal with cataracts.

But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.

Millions of cataract surgeries are performed each year in the United States, and there is a very low risk for complications. However, before opting for surgery, patients need to consult with their eye doctor as to how severe a cataract interferes with their quality of life. Cataract surgery is rarely an emergency, so patients have time to consult with their doctors and carefully consider the risks and benefits of surgery.

Dr. Andy Baldus is an optometrist with HealthView Eye Care Center-Colby. 715.223-4003

The Medigap Helpline Programs
Wisconsin SHIP
Board on Aging and Long Term Care (BOALTC)

What are the Medigap Helpline Programs?

The Medigap Helpline, Wisconsin's program delivering services under the federal SHIP (State health Insurance Assistance Program), can help beneficiaries with questions about health insurance: including Medicare, Medicare supplements, Medicare Advantage Plans, Long Term Care Insurance, and other health care options available to Medicare beneficiaries. The Medigap Helpline Programs also includes the Medigap Part D and Prescription Drug Helpline for beneficiaries 60 years of age and over.

The Medigap Helpline Programs are a services administered by the State of Wisconsin Board on Aging and Long Term Care at no cost to the caller. There is NO connection with any insurance company and the Medigap Helpline Program's counselors do not endorse nor expresses any opinion as to the worth or value of any policy or insurance product. The programs are funded through grants from the Federal Centers for Medicare & Medicaid Services (CMS) and the Wisconsin Office of the Commissioner of Insurance (OCI).

The Medigap Helpline Programs are one-on-one telephone counseling services. There is one Medigap Helpline Services Supervisor, one Lead Medigap Counselor, four full time Medigap Counselors, two full time Medigap Part D and Prescription Drug Counselors, one full time intake advocate, and one part time Management Information Systems person. The counselors are required to maintain an insurance license for Life and Health Insurance in the State of Wisconsin. The programs also utilize the services of numerous volunteers throughout the year to assist with various office duties.

The toll free telephone number for the Medigap Helpline, **1-800-242-1060**, is a nationwide number and is listed on the back of the CMS publication Medicare & You (Wisconsin version). This program is accessible to Wisconsin citizens and family members even while they may be out of the State of Wisconsin. The toll free telephone number for the Medigap Part D and Prescription Drug Helpline, **1-855-677-2783 (1-855-67-PARTD)**, is accessible for Medicare beneficiaries, 60 years of age and over, who specifically need assistance with understanding and selecting suitable prescription coverage.

The Medigap Helpline Programs' counselors also provide outreach to Wisconsin residents and professionals. Counselors give presentations explaining how Medicare coordinates with other insurance options as well as responding to requests relating to specific topics. Counselors also distribute resource materials on healthcare coverage options at informational booths at health fairs and senior centers throughout the state.

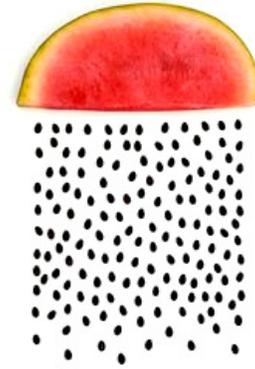
Printed materials describing the programs, Medicare, related insurance options, and prescription resources are available to consumers upon request. The Medigap Helpline Programs' counselors also utilize the Language Line to be accessible for those beneficiaries who primarily speak another language.

Who are our primary customers?

- Medicare beneficiaries of all ages
- Disabled Individuals
- Low income individuals



- Pre-retirement individuals
- Retirees losing their employer group coverage
- End Stage Renal Disease beneficiaries
- Private long term care insurance shoppers



Who are our other customers? (including but not limited to):

- Elder/disability benefit specialists
- Social workers/case managers
- Legislators or staffers
- Non-Medicare individuals without health insurance
- Medical/healthcare providers

Our Medigap counselors provide information, education, and counseling on coverages and topics including the following:

- **Medicare**
- **Medicare Supplements (Medigap)**
 - Traditional vs Network policies
 - Guarantee Issue Provisions
 - Pre-Existing conditions
 - Relocation/snowbirds
 - Premium issues
- **Medicare Advantage Plans**
 - Service area coverage
 - Relocation/snowbirds
 - Out of Pocket Maximum/copay costs
 - Enrollment Periods: Initial, Annual, Special
 - Trial periods
 - Prescription Part D inclusion
- **Medicaid Programs**
 - Medicare Savings Programs
 - Medical Assistance Purchase Program (MAPP)
 - Badger Care and Elderly, Blind, and Disabled Medicaid Programs
 - Familycare, Waiver, and Nursing Home coverages.
- **Employer Group Health Insurance**
 - Active Employer coverage
 - Retiree Group Coverage
 - Cobra/Wisconsin Continuation
- **Health Insurance Marketplace**
 - Enrollment timeframes
 - Medicare coordination
- **Prescription Coverage**
 - Medicare Prescription Part D
 - Wisconsin Senior Care
 - Low income subsidy (extra help)
 - Other Creditable coverage
 - Pharmaceutical Programs
- **Long Term Care Insurance**
 - Nursing Home
 - Home Health Care
 - Assisted Living
 - Qualified Partnership Policies

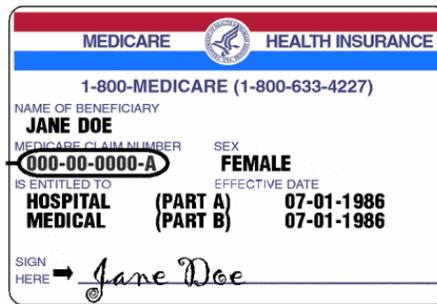
To get more information or assistance, call the Medigap Helpline at **1-800-242-1060** to speak with a Medigap counselor. Call 1-855-677-2783 to speak with a Part D drug counselor. Requests for information or counseling can also be made via email to: boaltc@wisconsin.gov.

To visit the agency website: <http://longtermcare.wi.gov/>

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#170 BOALTC 03/04/2016 vb

WELCOME TO MEDICARE PRESENTATIONS



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 what it offers? Do you have a family member you help with Medicare issues?

“Welcome to Medicare” is for you! This free, seminar will be offered on September 15, 2016 at two different locations. No registration required.

Locations

Thursday, September 15, 2016 at 1pm at the Thorp Senior Center, 116 N Washington St, Thorp. If you are planning on eating lunch at the nutrition center before the presentation, please call 715-669-5566 at least one day ahead to order your meal.

Thursday, September 15, 2016 at 4pm at the Greenwood Fire Hall, 103 Cannery St, Greenwood.

Presenter

Mary Jane Ripp, CAPSW, Medigap Helpline Counselor, Board on Aging and Long Term Care, Wisconsin SHIP

SHIP, the Senior Health Insurance Information Program, is a service of the State of Wisconsin. SHIP counselors are trained by the state and do not sell or promote any insurance companies, policies or agents.

Social Isolation on the Rise in Baby Boomer Population

By the GWAAR Legal Services Team

TIME Magazine recently covered Stanford Center on Longevity's Sightlines Project, which looked at financial security, healthy living, and social engagement across different age groups from 1995-2013. One of the most surprising findings was that people age 55-64 today (the Baby Boomer generation) are far less socially engaged than this same age group 20 years ago.

The study defined "social engagement" in two ways:

1. **Meaningful Relationships** - including interactions with and support from family and friends, and meaningful interactions with a spouse or partner; and
2. **Group Involvement** - including neighbor contact, volunteering, participation in religious and community organizations, and working for pay.

Overall, the study found that Baby Boomers are less likely to participate in community or religious organizations, less likely to be married, talk with their neighbors less frequently, report fewer meaningful interactions with their spouses and partners, and report weaker ties to family and friends than this same age group 20 years ago. These changes are significant, and could have important effects on both individual health as well as our culture and society.

Some consideration was given to the way in which social interactions may have changed in the last decade - with more Baby Boomers using social media and other technological ways to communicate and interact with others. There is also the possibility that more people age 55-64 continue to remain in the work force, resulting in much more social interactions taking place at work. However, even these considerations do not fully explain the broad increase in isolation found in this specific population.

Why the study is concerning

Research shows that social engagement leads to positive benefits such as better physical health, resistance to illness and disease, improved mental and cognitive health, a sense of purpose and control, and longevity. On the other hand, socially isolated individuals face health risks comparable to individuals who smoke, and face a risk of death two times greater than individuals who are obese.

The reasons are still unclear for the decline in social engagement in this particular age group, and more research certainly needs to be done regarding the effects of new online communities. However, knowing this population's tendency towards social isolation does provide avenues for advocacy. The Sightlines Project suggests that employers create support networks and encourage volunteering prior to retirement, city planners work to create more socially inviting community spaces, and people use technology as a tool to facilitate more face-to-face interactions with each other.

Sources: The Sightlines Project, The Stanford Center of Longevity (February, 2016); and Laura L. Carstensen, *Baby Boomers Are Isolating Themselves as They Age*, time.com (May 12, 2016).

MARY'S COMMENTS

AUGUST-OCTOBER ACTIVITIES, 2016

August 10-14: Clark County Fair: The Aging Department will have a booth at the fair with program information and we will have handmade Crafts for sale.

August 9: Alzheimer's support Group: 1:30 p.m.- Neillsville Senior Center, 602 Oak Street.

August 18: "Let's Talk Medicine Workshop": 1:00-2:00 p.m. at Morgan Plaza, 113 E. Lawrence St., Thorp.

This is a free workshop on how to understand prescription labels and get the most help from your medicine. Participants will receive a free weekly pill box to help organize medicines and a chance to win a Cash prize drawing. To register, call the Aging office - 1-866-743-5144 or Cris, Morgan Plaza 715-669-5599.

August 18: Memory Café: 10:00-11:30 a.m., United Church of Christ, 515 W.2nd St., Neillsville. Use lower level entrance. A Memory Café is an informal get together for people with early memory loss or a dementia diagnosis. For more information contact Janet Evans at 1-608-792-1157.

August 23: Free Food Give away: Clark County Fairgrounds Registration starts at 4:00 p.m. For more information call 715-743-2471 (Living Hope Church, Neillsville). Bring your own containers.

August 25-September 29: Healthy Living with Diabetes, Loyal Community (City) Hall, 301 N. Main St. Time: 1:00-3:30 p.m. See poster for details. Criteria to participate: participant has or lives with someone who has diabetes (Type 2, pre-, Type 1). Please complete registration sheet.

September: dates to be determined

AARP Driver's Safety Course

Sessions will be held at Black River Apartments in Greenwood and Valley Crest in Abbotsford mid-September. The 4-hour class is designed to help drivers age 50 & older learn safety strategies & tips to help them adapt physical and mental changes related to aging. Safe driving is a risk for all drivers. For older drivers, risks to safe driving may arise from health changes affecting vision, hearing, or reaction time.

October 13:

CAREGIVER CONFERENCE to be held at the Clark County Rehabilitation Living Center.

Save the date. The speakers have been confirmed, need to finalize topics, and the brochure will be available next month. Our speakers includes Gina Krueger, REALiving – care recipients rights, clients making decisions for themselves, etc.; Dr. Kevin Look, UW-School of Pharmacy- results project Caregiver/Medication Management in rural area; Sharlene Bellefeuille, Alzheimer's Association- Greater Wisconsin Chapter: Communication and dementia: early, middle, and late stages; and Pam Van Kampen, Greater Agency on Aging Resources- Humor/ caregivers.

ALZHEIMER'S ASSOCIATION HELPLINE: 1-800-272-3900

Excellent resource for caregivers – answered 24 hours a day by a real person – Resource for Information, Care consultation, Education, etc.

SENIOR FARMER'S MARKET VOUCHERS AVAILABLE

We still have Farmer's Market Vouchers available. Please contact the office. **Vouchers cannot be mailed-must apply in person.**

GARDEN JOKE OF THE MONTH

What did one lettuce say to the other lettuces when they saw the rabbit coming?
(Answer- everyone, romaine calm!)

REGISTRATION FOR ACTIVITIES:

Please complete and return to the Aging Office:

NAME: _____

ADDRESS: _____

PHONE: _____

To help us better plan our program materials and refreshments, please mark the programs you would be interested in participating. We will call you with complete details as we finalize programs.

Return this form to: Clark County Aging Department
517 Court St., Room 201
Neillsville, WI 54456

Let's Talk Medicine, August 18th, 1:00-2:00 p.m.
Morgan Plaza, Thorp

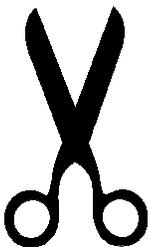
Healthy Living with Diabetes: Thursdays, August 25-September 29. Loyal Community Hall

Please check: ___ I am diabetic ___ I am pre-diabetic
___ I live with/or care for someone w/diabetes

AARP Safety Driving Course (will call with confirmed dates)

____ Greenwood Location
____ Abbotsford location

NUTRITION INFO TO CLIP & SAVE



Stir-Frying
Eat 5 or more fruits and vegetables every day!
Stir-frying is a quick, easy and nutritious way to cook vegetables



FARMERS' MARKET SEASON
June through October

BUYING TIPS
Choose peppers, broccoli, summer squash, green beans, or other vegetables needed for your stir-fry recipe. Check the buying tips found on the vegetable cards for your selections.

STORAGE
Most vegetables taste best when used soon after picking. Check the storage information found on the vegetable cards for your selections.

PREPARATION
Wash vegetables thoroughly in cold water. Cut vegetables in pieces that are all about the same size. Pat vegetables dry with paper towels before adding to hot oil.

To stir-fry:
Heat about one tablespoon of vegetable oil in a heavy skillet or wok on medium-high heat. When the oil is hot, add vegetables, stir and cook until vegetables are crisp-tender. Add soy sauce or other flavorings to season.

KEY NUTRIENTS
Vegetables contain fiber and a variety of vitamins, minerals and other substances that promote wellness. Each vegetable has a special mix of nutrients, so include a good variety of vegetables in your diet.

For more specific nutrition information, check the individual vegetable cards.

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

HEALTHY LIVING WITH DIABETES

DATES: Thursday's: August 25-September 29

LOCATION: Loyal Community Hall, 301 N. Main St.

TIME: 1:00 to 3:30 p.m.

TO REGISTER: Call or complete the form:

Clark County Aging Office 715-743-5144

Workshop for adults with diabetes, pre-diabetes, or living with someone who has diabetes.

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).



wiha
Wisconsin Institute
for Healthy Aging

Check out our other healthy living programs by visiting us online at:
wihealthyaging.org

August Schedule

Senior Citizen Meetings

Abbotsford	August 9
Dorchester	August 11
Granton	August 11
Loyal	August 1
Neillsville	August 23
Thorp	August 1

Nutrition Committee Meetings

Call the Aging Office for more information. At this time there will not be any outreach dates scheduled for the 2nd & 4th weeks of August.

Alzheimer's Support Group Meeting

August 9th, 1:30 p.m.

Neillsville Senior Center, 602 Oak St.

Clark County Office of Aging/Nutrition

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

Aging Office Website: <http://www.co.clark.wi.us/index.aspx?nid=99>

Elder Benefit Specialist Outreach Dates

*** Amy Nigon is on maternity leave. Jan Priefert from Buffalo County is filling in and seeing people by appointment in Neillsville. Call 715-743-5146 to inquire about making an appointment to see Jan.

2016 Clark County Fair
August 9th – 14th
Neillsville
Stop by and check out the Aging
Office Craft Shop Booth!