

May 2022



# Newsletter

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## Lines from Lynne

### Spring is here and lots of excitement at the ADRC...

We are excited about our new participant driven *Lunch and Learn* model of congregate dining. A wonderful partnership emerged late summer of 2021 with the Team of Greenwood Library when they reached out to see if they could partner with the ADRC to do a Senior Day for those 60 and over. With the input of the community members, the library, and the ADRC we created a model that offers interesting topics over a meal. We feel with the success of this once a

- month, first of its kind model, it can be replicated at other local libraries,
- churches, legions or other small gathering groups. If you feel that this is something that you and your friends would be interested in and know of a local organization willing to partner, please reach out to us. Thank you Greenwood Library Team and seniors!

Coming soon! Financial Manager Lynn Crothers and I have been working hard in creating a restaurant model for congregate meals that works for Clark County and we feel certain we found the perfect one. We just submitted an application to the State that we are hopeful will be approved to begin a pilot restaurant model in the coming months. Be watching our Facebook page and other media for more information in the near future!

Continued.....

So many things changed during COVID and one of those was that we saw a rise in our Home Delivered Meal Program. The increase in meal delivery has forced us to take a look at the possibility of having to implement a waitlist in the future if we continue with the referrals at the rate we have seen over the past year.

Individuals would be triaged on an approved priority scale so that the most vulnerable are able to be served first. This is not ideal, but may be necessary to ensure sustainability of the program. I feel it is the ADRC's responsibility to be transparent when such a drastic change is being considered and I want to reassure you that we are looking at all possibilities to serve everyone that can benefit from a meal. The Health and Safety of all of those in our community is and will always be our highest priority.

### **As a reminder, Eligibility for Home Delivered meals includes:**

- ♦ *Person aged 60 or older who is essentially homebound by reason of illness, disability, or isolation, if an assessment concludes that participation is in the individual's best interest*
- ♦ *A spouse or domestic partner of a person eligible for a HDM as described above, regardless of age or condition, if an assessment concludes that participation is in the best interest of the homebound older individual*
- ♦ *An adult with a disability who resides with an eligible older individual participating in the program, if an assessment concludes that participation is in the best interest of the eligible participant*

Reminder, the success of our Older American Programs includes a partnership between the ADRC and our community. All of our programs offer the ability to make contributions that help us provide services to those who may not be able to pay. We also rely on volunteers to help us match federal funds that we receive to provide those services.

Continued.....

If you can find even half a day in your month to volunteer your time to help us reach this mission, please reach out to Kim, 715-743-5166. We would love to match you up with something you love while supporting the mission and vision of the ADRC.

The ADRC provides such a wide array of supports and services that many do not even recognize what all is available. I have had the privilege of meeting with a couple of groups to share our mission and hope to spend time doing more of just that. If you have a group that wants to learn more about what we do, please give me a call. We have services that, I know, people in our community can use and I want to make sure they know we are here.

As always, thank you for allowing us to serve you and our county!

Lynne





# News Release

SOCIAL SECURITY

## **Statement of Kilolo Kijakazi, Acting Commissioner: Social Security Administration to Resume In-Person Services at Local Social Security Offices**

### **Online Services and Telephone Remain Most Convenient Ways to Contact Agency**

"I am pleased to announce that local Social Security offices will restore in-person services, including for people without an appointment, on April 7, 2022.

To avoid waiting in line, I strongly encourage people, who can, to use our online services at [www.socialsecurity.gov](http://www.socialsecurity.gov), call us, and schedule appointments in advance rather than walking in without an appointment. Phone appointments can save you a trip to a busy office. I thank the public for your patience as we work to increase service.

Customers who walk in without appointments may encounter delays and longer waits at our offices. Be aware that our offices tend to be the busiest first thing in the morning, early in the week, and during the early part of the month, so people may want to plan to visit at other times.

Given that many of the people we serve have health vulnerabilities, and consistent with our union agreements, we are continuing to require certain safety measures including masking, physical distancing, and self-health checks for COVID-19 symptoms. We will provide masks to the public and employees if they need them.

Throughout the pandemic, millions of people have used our secure and convenient online services and received help by phone. People who have access to the internet should first try our online services before calling us or visiting an office.

As we transition to a new modern phone system, some people may experience a busy signal or be unintentionally disconnected from their call. We sincerely regret this disruption and recommend people call when our National 800 Number may be less busy, such as before 10 a.m. or after 4 p.m. local time or later in the week. Like our offices, our waits are generally shorter later in the month.

To learn more, please visit [www.socialsecurity.gov/coronavirus/gethelp/](http://www.socialsecurity.gov/coronavirus/gethelp/) and [www.socialsecurity.gov/onlineservices/](http://www.socialsecurity.gov/onlineservices/).

## Additional Information

Most Social Security services are available to the public online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and with a *my Social Security* account, or by telephone. And most Social Security services do not require the public to take time to visit an office. People may create their *my Social Security* account, a personalized online service, at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

People who set up their *my Social Security* account have access to additional personalized services. They can request a replacement Social Security card online if they meet certain requirements. If they already receive Social Security benefits, they can start or change direct deposit online, request a replacement SSA-1099, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides their earnings information as well as estimates of their future benefits. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 1 800 772 1213. People who are deaf or hard of hearing may call Social Security's TTY number, 1 800 325 0778.

# Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program helps seniors to access fresh, nutritious, locally grown fruits, herbs, and vegetables.

Clark County will again be distribution Farmers' Market vouchers beginning June 1, 2022. Please watch for more information in the upcoming newsletter & media releases.

Don't let transportation issues hold you back from using your farmers' market vouchers. ADRC is here to help. Give us a call at 715-743-5166.



## **Using Ensure or Other Nutritional Supplements?**

Ask us about our Senior Nutrition Supplement Program available to persons 60 and older.

- Nutritional Supplements at reduced cost
- No other insurance or Long Term care program coverage
- Must Provide a Medical Professional's Prescription in order to participate

**Call and ask to see if you are eligible at 715-743-5166**

**The price for a case of ensure has increased to \$22.00.**

# Ensure®



**ONE TEXT OR CALL COULD**



**WRECK**

**IT ALL**

A message from the Wisconsin Traffic Safety Campaign on Texting and Driving.

With ever increasing demands on our personal and professional time in today's busy society, learning to juggle multiple tasks at once is something we all face daily. As a result, a new traffic safety epidemic has emerged on America's roadways that demand immediate attention: distracted driving.

In 2013, 3,154 people were killed in crashes involving a distracted driver. One of the most alarming and widespread forms of distracted driving is cell phone usage. According to a study by the Virginia Tech Transportation Institute (VTTI), sending or receiving a text takes a driver's eyes off the road for an average of 4.6 seconds, the equivalent of driving blind at 55-mph for the length of an entire football field. And a 2014 special article in the New England Journal of Medicine found that the risk of a crash or near-crash among novice drivers increased with the performance of many secondary tasks, including texting and dialing cell phones.

Text messaging is of heightened concern because it combines three types of distraction – visual, manual and cognitive. In other words, texting involves taking your eyes off the road, your hands off the wheel, and your mind off the task of driving.

To tackle this ever-increasing problem, NHTSA is focusing on ways to change the behavior of drivers through legislation, enforcement, public awareness and education—the same tactics that have curbed drinking and driving and increased seat belt use.

NHTSA's message is simple – "One Text or Call Could Wreck it All." With supporters ranging from President Obama to Adam Levine and legislation being passed across the nation to discourage distracted driving, we hope drivers get the message loud and clear.

So the next time you are pressed for time, and it seems like multitasking in the car is the best decision, remember those 3,154 lives that were taken because someone decided they could do two things at once. A text or call is not worth your life, or anyone else's. Take care and be safe!

**Scott Haines**

*Clark County Sheriff*

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You can now receive our newsletter in digital form. If you are interested please contact us at 715-743-5166.

**StrongBodies** classes are meeting in person again. StrongBodies is an evidence-based strength-training program for middle-aged and older adults. Since the program began in Wisconsin more than 17,000 individuals have participated in the program across the state. The Neillsville American Legion will be hosting classes beginning on Thursday June 9<sup>th</sup> at 5:00 P.M. This 10 week classes is open to the public and is \$10.00 for all 10 classes. Call the UW-Extension office at 715-743-5121 to register.



# Why grandparents are important

For many people there is an incomparable connection between grandparents and a grandchildren. A grandparent is a loving and caring adult who is a constant in their grandchild's life. In many cases they are in a different role than a parent who sets limits, rules and consequences. Although in many homes a grandparent is also filling the role of parent.

Research shows many grandchildren (as adults) report a grandparent influenced or impacted their values and beliefs. A grandparent is often a role model for treating others with compassion, kindness, respect and love. In tough times, a grandparent is a listening ear, a voice of experience and a source of security.

Grandparents can share wisdom of life experiences, family history and cultural heritage. They often hold the title of storyteller, elder and mentor. Many grandparents also play a vital and necessary role in providing childcare. A grandparent is the perfect companion to play, discover and create with.

## Building a connection with your grandchildren

There are about 1 billion grandparents in the world today, but the experience of being a grandparent is unique for everyone. Here are some tips to build a connection with your grandchild:

- Visit often and make sleepovers a regular activity if you live nearby.
- Use technology to stay in touch.
- Be silly.
- Give your grandchild your undivided attention. If you have multiple grandchildren, try to set aside a little one-on-one time with each of them.
- Display pictures of your grandchild (or of your adventures together).
- Record of a favorite story.
- Teach your grandchild how to make your “famous chocolate chip cookies” or other family recipe.
- Display your grandchild’s artwork.
- Send a card just because. Kids love to get mail!
- Share a hobby.

# Your Eyes and Allergies!

Spring and summer bring warm temps and sunshine, but for some of you, this time of year means red, itching, burning eyes and a runny nose - Allergy Season.

There are two basic types of allergies that affect eyes – Seasonal allergic conjunctivitis (SAC) and Perennial allergic conjunctivitis (PAC).

**Seasonal allergic conjunctivitis (SAC)** symptoms usually show 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.

**Perennial allergic conjunctivitis (PAC)**, as its name implies can occur year round. Symptoms 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.

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.

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

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. Thums    Dr. Meinel    Dr. Mergenthaler

Dr. Julie Thums, Dr. Betsy Meinel and Dr. Matthew Mergenthaler are optometrists at HealthView Eye Care Centers-Medford & Colby. For more information on Senior Eye Health and Allergies you can contact them at 715.748.2020, or 715.223.4003. [www.healthvieweyecare.com](http://www.healthvieweyecare.com)

# Prepare for 3G Network Shutdowns

By the GWAAR Legal Services Team



If you have an older mobile phone, you may need to upgrade it soon. Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones, this may affect some medical devices, tablets, smartwatches, home security systems, and other products that use 3G network services. The 3G network retirement is being done in on order to free up infrastructure to support new technology, like 5G.

For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company. AT&T announced that it will shut down its 3G network by February 2022. Verizon plans to shut down its 3G network by December 31, 2022. T-Mobile will shut down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. The company also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022. Other mobile providers will be affected, too. Many carriers, like Cricket, Boost, and several Lifeline mobile service providers use AT&T's, Verizon's, and T-Mobile's networks.

It's important to plan ahead so that you don't lose the ability to use your phone or other devices. Some providers' websites have lists of devices that will no longer be supported after 3G networks are shut down. You can also check your phone or other device's settings or user manual to determine whether it is 4G LTE enabled. If your device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. You can learn more about the Lifeline Program here: <https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>. The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. You can learn more about the Emergency Broadband Benefit Program here: <https://www.fcc.gov/broadbandbenefit>.

# Hospice Care and Medicare Fraud

## Tips for Protecting Yourself and Medicare

Hospice is an important benefit for the Medicare population.

Hospice fraud threatens this benefit for all beneficiaries. Scammers are getting beneficiaries to agree to hospice care even though they do not qualify for the benefit.

### What is Medicare Hospice Fraud?

Hospice fraud occurs when Medicare Part A is falsely billed for any level of hospice care or service.

### What are Examples of Hospice Fraud?

- Falsely certifying and providing services to beneficiaries who are not terminally ill – that is, with a life expectancy of six months or less if the disease runs its normal course
- Enrolling in hospice without the knowledge or permission of the patient or family
- Falsely certifying or failing to obtain physician certification on plans of care
- Paying gifts or incentives to referral sources (such as physicians and nursing homes)
- Billing for a higher level of care than was needed or provided or for services not received
- Targeting assisted living facility and/or nursing home residents whose life expectancy exceeds six months
- Using high-pressure and unsolicited marketing tactics of hospice services
- Providing inadequate or incomplete services, including, for example, no skilled visits in the last week of life
- Providing/offering gifts or incentives, including noncovered benefits such as homemaker, housekeeping, or delivery services to encourage beneficiaries to elect hospice even though they may not be terminally ill
- Embezzling, abusing, or neglecting beneficiaries or medication theft by a hospice worker
- Keeping a beneficiary on hospice care for long periods of time without medical justification
- Providing less care on the weekends and disregarding a beneficiary's care plan

## What Can You Do to Stop Hospice Fraud?

- Be sure your doctor has assessed your condition.
- Be sure your doctor has certified that you are terminally ill and expected to live six months or less if the disease runs its normal course.
- Never accept gifts (such as money, gift cards, or groceries) in return for hospice services and be wary of "too-good-to-be-true" offers.
- Report quality-of-care complaints to your local SMP and the Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) ([qioprogram.org/file-complaint](http://qioprogram.org/file-complaint)).

## How are Fraudsters Benefiting from Hospice Fraud?

General inpatient care and continuous home care pay significantly more than routine home care. Falsely signing someone up for hospice and then providing routine home care at a continuous home care rate could be very lucrative for a fraudster.

## What Medicare Paid for Hospice Care in 2021

Routine Home Care	General Inpatient care	Continuous Home Care
\$199.25 per day for days 1-60 \$157.49 per day for days 61+	\$1,045.66 per day	\$1,432.41 per day

Medicare Program; FY 2022 Hospice Wage Index and Payment Rate Update, Hospice Conditions of Participation Updates, Hospice and Home Health Quality Reporting Program Requirements 2021, 147 Fed. Reg. 42528 Page 16, 17 (August 4, 2021)

## How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

**To locate your state Senior Medicare Patrol (SMP):**  
**Visit [www.smpresource.org](http://www.smpresource.org) or call 1-877-808-2468.**

Supported by a grant (No. 90MPRC0001) from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS).

## WE NEED YOUR HELP!

Clark County Department of Social Services is in need of volunteer drivers for Clark County, to transport elderly and disabled persons to medical related appointments. If you possess a valid driver's license, a good driving record and have a little extra time on your hands, 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 \$0.55/mile and some meal expenses. And some fun perks throughout the year. Please contact Susan Caacbay at Clark County Department of Social Services for more information at 715-743-5233 or toll free 866-743-5233 or write Susan Caacbay , 517 Court St., Room 502, Neillsville, WI 54456 for an application. Or you can apply online at <https://www.clarkcountywi.gov/social-services>, under Transportation.



### ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details 715-743-5166

We are also accepting donations of unused/unopened incontinence garments.



Pixabay.com



## EAT WELL, AGE WELL.

### HOW CAN MY DIET HELP WITH BONE HEALTH?

A nutritious diet is important at any stage of life. In older adults, a nutritious diet helps preserve bone mass and strength. A healthy diet can help the recovery of injuries as well as prevent injuries.

Specific to bone health, calcium and vitamin D are important to include in the diet.

Calcium allows for the bones, nerves, and muscles in our bodies to perform at their best. Milk and other dairy products are good sources of calcium. Other good sources include broccoli, bok choy, almonds, and oranges!

Vitamin D helps the body absorb calcium from foods. This is important for a healthy immune system and muscles.

Vitamin D is made in our skin in the summer months, but it is also found in food sources. Foods such as salmon, tuna, egg yolk, and any foods that have fortified vitamin D.

Try a recipe at: <https://www.iofbonehealth.org/recipes>

Source: [https://www.iofbonehealth.org/sites/default/files/PDFs/good\\_nutrition\\_for\\_healthy\\_bones.pdf](https://www.iofbonehealth.org/sites/default/files/PDFs/good_nutrition_for_healthy_bones.pdf)

### WEEKLY CHALLENGES

EAT AN ORANGE

EAT SALMON OR TUNA WITH A MEAL THIS WEEK

GO FOR A WALK TO HELP MAINTAIN BONE DENSITY

TRY A NEW RECIPE RICH IN CALCIUM OR VITAMIN D TWO TIMES THIS WEEK

DID YOU KNOW?  
WEIGHT BEARING EXERCISES HELP BUILD BONE MASS AND STRENGTH.

## Recipe for: Easy Salmon Loaf

**Beneficial Bites** 

1 can (15 ½ oz) salmon skim	1 cup milk,
2 cups breadcrumbs	1 tablespoon lemon juice
1 large chopped onion	1 teaspoon dried parsley
1 tablespoon melted margarine	2 large eggs
¼ cup diced celery	

Preheat oven to 325 F. Drain salmon and remove skin if desired. Mash bones with meat. Add other ingredients with enough milk so mixture is moist but not runny. Place in a lightly greased 9x5 inch loaf pan. Bake for 45 minutes. Serves 8.



## Recipe for: Oven Fried Fish

**Beneficial Bites** 

1/3 cup seasoned bread crumbs	1/3 cup crushed corn flakes
3 Tablespoons grated parmesan cheese	½ teaspoon salt
¼ teaspoon pepper	Butter-flavored spray (or melted butter)
1 ½ pounds pan fish fillets	

*In a small bowl, combine the bread crumbs, cornflakes, parmesan cheese, salt, and pepper. Coat fish with butter-flavored spray (or brush with butter) then roll in crumb mixture. Place on baking sheet coated with cooking spray. Bake at 375 F for 15-20 minutes until fish flakes easily with fork (cooking time may be longer depending on thickness of fillets).*



## Fishing on the Lake

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

fishing	salmon	bite	life preserver
lures	carp	rod	tackle box
bait	catfish	worm	sport
sinker	waiting	minnow	release
line	fillet	relaxing	whopper
boat	stringer	drifting	biggest
dock	casting	weekend	keeper
canoe	patience	lake	bobber
bass	scales	sunrise	hook
perch	caught	dinner	net
trout	nibble	cook	

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

**Trivia:** This popular species of sport fish is also known as "Yellow Pike."

**Answer:** \_\_\_\_\_



**ADRC Director**

*Lynne McDonald*

**ADRC Financial Manager**

*Lynn Crothers*

**ADRC Admin. Assistant**

*Kim Stetzer*

**Nutrition & Prevention**

**Coordinator**

**Elder Benefit Specialist**

*Terri Esselman*

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**ADRC Newsletter Online:**

<http://www.co.clark.wi.us/index.aspx?NID=767>

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