April is National Stress Awareness Month

Stress is a part of all of our lives. A little bit keeps us on our toes and can help us perform to the best of our abilities but often people have more stress than is manageable and that stress can be overwhelming and cause health concerns. We’ve all heard of the benefits of reducing stress to improve our health and “add years to our lives”. We know we “should” do it, but how can we realistically manage stress with our busy lifestyles?

There are many ways to reduce and manage stress in your life. Taking time for yourself not only will help you but will also benefit those around you by giving you more energy and patience to deal with all that life throws your way.

**RELAXING BATH SALTS**

**Ingredients:**
- 1/2 c. salt
- 1 T. baking soda
- 1 T. borax
- 1/8 tsp. lavender essential oil
- 1/8 tsp. geranium essential oil

Mix dry ingredients together, then add essential oils. You can mix in a bowl or put salt in a plastic, sealable bag, add essential oils, then tightly seal the bag. Toss bag around to distribute oils. Use about ¼ cup per bath.
ADRC/Aging Services Supervisor Report
From the Desk of Kris Schefft

Next steps for Dodge County! As we move to become a dementia capable Dodge County, our next steps include the development of Dementia Friendly Dodge, a coalition promoting education and training for businesses through the county. A dementia friendly community is a place where individuals with dementia are able live good lives, be a part of their community, live as independently as possible, be met with understanding, and given support where necessary. In early April 2018, the ADRC will have staff trained to provide Dementia Live tours, an experiential training to simulate some of the sensory losses experienced by those with dementia. Start looking for the purple angel symbol at your local banks, libraries, churches, and other businesses that will symbolize they have staff trained and they are dementia friendly. We have a group of trained volunteers ready to roll!! If you would like your group or business trained, please give us a call and we are happy to assist.

Find Dementia Friendly Dodge on Facebook.

Aging, Nutrition, and Transportation Supervisor Report
From the Desk of Amy Ewerdt

Five months into my role as the Aging, Nutrition, and Transportation Supervisor for Dodge County and I am blown away by the dedication of my staff and volunteers that make these programs a success! I love hearing all of the stories about how our programs have helped each one of you along the way.

A very special thank you to Feil’s Catering out of Randolph - who provides both nutritious and delicious meals every day. If you are interested in learning more about our nutrition and transportation services, please call us. If you are looking for a way to help - we are always on the lookout for volunteers for various tasks. Let us know what interests you! I hope to hear from you soon!

Amy

April 2018
Inside this issue:

- Staff Directory
- Meet the Staff
- Retirement News!
- Your Benefit News
- The Rewards of Caregiving
- Palliative Care and Hospice Care
- Walk with Ease
- New Coordinator for the Alzheimer’s Association
- Don’t Let a fall Cramp Your Style - Stepping On
- I’d Like to Receive the Newsletter at Home
- New Visual Communication Cards Available in Wisconsin
- Senior Farmers’ Market Vouchers - Be on the Lookout
- Dodge County’s Homegrown Farm/Flea Markets 2018
- Amy’s Fit Bits!
- Senior Dining Menus for April, May, and June
- Upcoming April, May, and June SPARK! Schedule and Topics
- Alzheimer’s Caregiving Tips
- Caregivers Conference - Spring Break on April 20
- April is National Stress Awareness Month

The ADRC and Aging Programs in Dodge County are just a phone call away!
920-386-3580 or 800-924-6407
Hello! My name is Ashley Sanborn, I am the new Disability Benefit Specialist at the ADRC. I’m a working mom with two teenagers and a toddler at home, so if I’m not at the office I’m typically chasing or running for one of them. I’ve spent the majority of my career working with individuals with physical and mental health disabilities. I started here in January and have been super busy learning all the ins and outs of the Social Security Administration. If you are looking for extra help applying for Social Security, Medicaid, or Medicare, I’m your gal. I can even help with an appeal. My current office hours are Monday, Wednesday and Thursday from 8 am until 4 pm, Tuesdays from 8 am to 12 pm, and Fridays from 12:30 pm until 4 pm by appointment only.

Hi, I’m Rob Griesel, the new Dementia Care Specialist at the ADRC. In nature or just being outdoors are my favorite places to be. I enjoy photography especially black and white because of the process. There’s just something about shooting that perfect shot with film you rolled and then developing the film and paper that just sucked me in to photography. I recently moved to Beaver Dam from the Madison area where I was for the past 10 years. I look forward to what my new role will bring my way and the many people I can assist.

Pat Jacob, Transportation Coordinator for Human Services and Health Department of Dodge County, has announced her retirement. Her last day of work will be on Friday, April 13, 2018. After working over 47 years with Dodge County, the last nine years in Transportation with eight of those years scheduling out rides for residents of Dodge County, I have decided to retire and try new adventures and challenges. I have truly enjoyed my years with the County and especially the years working with people to meet their transportation needs. Although I have not met you personally, I feel that I have become friends with many of you over the years and will miss talking with you.

**Aging & Disability Resource Center of Dodge County**
199 County Road DF - Juneau, WI

**Staff Directory**

ADRC/Aging Services Supervisor............................................Kris Scheffit
Aging/Nutrition/Transportation Supervisor..........................Amy Ewerdt
Aging & Disability Resource Specialists.............................Diane Coulter, Pam Couperus, Mary Delgado, Heather Ehrlich, Lynn Lothen, Vicki Zimmerman
Elder Benefit Specialist....................................................Amanda Higgins
Disability Benefit Specialist.............................................Ashley Sanborn
Dementia Care Specialist..................................................Rob Griesel
Caregiver Programs Coordinator.................................Catherine Knickelbein
Community Education Coordinator.................................Emily Groh
Customer Service & Support Staff...............................Jackie Wendlandt & Jeannette Moon
Transportation Staff..........................................................Pat Jacob & Bev Behm
Van Drivers..............................................................Mark Callies, Mike Falkinham, John Leitner, Dave Pasewald, Cindy Solberg, Bruce Wiese
Dining Center Managers...............................................Kate Deakin, Shirley Dibble, Inez Feilbach, Lisa Glamann, Judy Hedstrom, Jane Hilgendorf, Lynn Milkey, Kristin Mintzlaff, Rose Newman, Marcey Sage, Judy Schraufnagel, Linda Voight, Linda Zastrow, Joan Zehner
Caregivers Conference

Friday
April 20, 2018

Taking Care of Someone?
Please Join Us at Dodge County’s first ever
Caregivers Spring Break – Take Care of You

10:30 am - 2:30 pm at the Old Hickory Golf Club
W7596 State Road 33 – Beaver Dam, WI

Meet other caregivers and treat yourself! Choices include:
- smoothies
- relax with aromatherapy
- skin and hand care
- chair massage
- exercise and healthy eating tips for caregivers
- snacks and social time with other caregivers
- fun games
- time to relax in beautiful surroundings
- and more!

All sessions repeated – choose some or all – come for the morning, afternoon, or both

Lunch and refreshments will be served

FREE but Registration is Required.

Please call the Aging and Disability Resource Center of Dodge County at 920-386-3580
Bathing, Dressing, and Grooming: Alzheimer's Caregiving Tips

At some point, people with Alzheimer’s disease will need help bathing, combing their hair, brushing their teeth, and getting dressed. Because these are private activities, people may not want help. They may feel embarrassed about being naked in front of caregivers. They also may feel angry about not being able to care for themselves. These suggestions may help with everyday care.

Dressing
People with Alzheimer’s disease often need more time to dress. It can be hard for them to choose their clothes. They might wear the wrong clothing for the season. They also might wear colors that don’t go together or forget to put on a piece of clothing. Allow the person to dress on his or her own for as long as possible.

Other tips for dressing:
- Lay out clothes in the order the person should put them on, such as underwear first, then pants, then a shirt, and then a sweater.
- Hand the person one thing at a time, or give step-by-step dressing instructions.
- Put away some clothes in another room to reduce the number of choices. Keep only one or two outfits in the closet or dresser.
- Keep the closet locked if needed.
- Buy three or four sets of the same clothes if the person wants to wear the same clothing every day.
- Buy loose-fitting, comfortable clothing, such as sports bras, cotton socks and underwear, and sweat pants and shorts with elastic waistbands.
- Avoid girdles, control-top pantyhose, knee-high nylons, high heels, and tight socks.
- Use Velcro® tape or large zipper pulls for clothing instead of shoelaces, buttons, or buckles.
- Try slip-on shoes that won’t slide off or shoes with Velcro® straps.

For more caregiving tips, go to www.nia.nih.gov
2018 Eligibility Quick Check

Medicare Savings Plans: Covers the cost of Medicare Part B premium and possibly co-pays and deductible, depending on income. Enrollment in a Medicare Savings Program will automatically qualify you for Part D Extra Help.

Extra Help: Lowers the premium, deductible and copays for Medicare Part D plans.

SeniorCare: A Wisconsin program designed to help seniors with their prescription drug costs. (Must be 65 years of age or older)

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*Income limits based on 2018 federal poverty guidelines.

For more information or assistance applying contact:

Aging and Disability Resource Center (ADRC)
Elder Benefit Specialist
920-386-3580 or 800-924-6407

This project is supported in whole or in part by grant numbers 1701WIMSH, 1701WIMAA and 1701WIMDR from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

Grantees undertaking this project with government sponsorship are encouraged to express freely their findings and conclusions.

Points of view or opinions do not, therefore, necessarily represent official ACL.
Palliative Care and Hospice Care

How do you know when it’s time to consider Hospice Care...

Hospice Care is available when the emphasis is on comfort as opposed to curing an illness and is an option when a person has been diagnosed with a terminal illness and has a life expectancy of six months or less. Hospice Care staff support the person with the illness as well as their family and caregivers. Hospice has professionals available who can assist them through all aspects of this journey - with the main emphasis being on comfort. Hospice Care can be provided in a person’s home, assisted living facility, inpatient Hospice Center, or in a nursing home. The goal is to provide assistance, comfort, and compassionate care to the person and their family.

If you feel Hospice Care is the next step for you or your loved one, contact a Hospice Care agency or talk with your Physician for more information.

If you want to know more about palliative and hospice care, call the ADRC for help!

920-386-3580
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Foods to Boost Your Memory

If you are feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity, lifestyle, and environmental factors. However, research has found that the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen your Recall with These Foods!

Eat your veggies. Getting adequate vegetables, especially broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries, especially dark ones such as blackberries, blueberries and cherries, may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal, or baked into a dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA may help improve memory in healthy young adults. Seafood, algae and fatty fish— including salmon, bluefin tuna, sardines, and herring are some of the best sources of omega-3 fatty acids. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian. You can get omega-3 fatty acids from fish oil, seaweed, or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there is no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

Sited March 7, 2018 https://www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods
Meet the new Community Outreach Coordinator for Dodge and Fond du Lac Counties through the Alzheimer’s Association Southeastern Wisconsin Chapter! Alyssa Nickodem has a Bachelor’s of Science Degree in Community Health Education from the University of Wisconsin – La Crosse and has done community health work with the City of Austin, TX, The American Heart Association, and now the Alzheimer’s Association since graduating in 2015. She currently resides in Fond du Lac, WI. In her spare time she likes outdoor activities such as biking and hiking, traveling, and spending time with family and friends. Alyssa collaborates with the ADRC on many dementia-related programs.

Walk With Ease?
You can do it — we can help.

Why Walk With Ease?
Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation’s Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it’s also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits
- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

Join us and learn to Walk With Ease!

Space is limited. Sign up today!
Every Monday, Wednesday, and Friday
April 16 – May 25, 2018
3:00pm – 4:00pm

Location: The Watermark
209 S. Center St
Beaver Dam, WI 53916

Cost: FREE
($10 suggested donation for workbook)

Call the ADRC to sign up today!
920-386-3580
All evidence based programs are typically offered twice a year.

For questions on any of our classes or to get on a waiting list for a class, please call the ADRC!

Don’t let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don’t have to be one of them.

Take a Stepping On workshop!
Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you’ll learn:

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

Join us every Tuesday
May 15 – June 26, 2018
1:30 – 3:30pm

Stone Terrace—Senior Apartments
819 S. University Ave.
Beaver Dam, WI 53916

Stepping On has been researched and proven to reduce falls by 30%!

The Aging & Disability Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I’d like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Space is limited! Sign up today!
Call the ADRC of Dodge County
920-386-3580

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039
New Visual Communication Cards Available in Wisconsin

The Wisconsin Governor’s Council for the Deaf and Hard of Hearing recently announced the release of Visual Communication Cards for individuals with a hearing impairment to be able to communicate more effectively with police and emergency personnel. The card consists of a collection of pictures of common needs and a list of written directions as well. This is a simple tool for a person to point out what they are trying to say or might need from the officer and vice versa. Since over 500,000 individuals in Wisconsin are considered deaf, hard of hearing, or deaf and blind, this tool can be very useful. These communication cards are available to print online at:

https://dhhcouncil.wisconsin.gov/commcardpage.htm

It is recommended to keep these cards handy in a purse or on the visor of your vehicle for emergency cases to help the emergency personnel better understand your needs.

Dodge County’s Homegrown Farm/Flea Markets

Beaver Dam
1645 N Spring St
Beaver Dam 53916
(920) 887-0313
May - October
Wednesdays/Saturdays
8 am - Noon

Columbus
220 E James St
Columbus 53925
(920) 623-5325
May - October
Wednesdays
3 pm - 6 pm

Fox Lake
Flea Market
State St
Fox Lake 53933
(920) 988-0261
March - September
Saturdays
6 am - 2 pm

Hartford
147 N Rural St
Hartford 53027
(262) 673-7002
May - October
Saturdays
7 am - Noon

Horicon
Kiwanis Park
5 Hubbard St
Horicon 53032
(920) 485-0216
June - October
Wednesdays
4 pm - 8 pm

Hustisford
Hustis St
Hustisford 53027
(920) 349-8853
May - October
Saturdays
7:30 am - 11:30 am

Juneau
100 S Western Ave
Juneau 53039
(920) 386-4731
May - October
Fridays
8 am - Noon

Watertown
Riverside Park
Watertown 53094
(920) 342-3623
May - October
Tuesdays
7 am - Noon

Waupun
201 E Main St
Waupun 53963
(920) 324-3491
June - September
Saturdays
8 am - Noon

Be on the lookout for information regarding the Senior Farmers’ Market Vouchers!

What are Senior Farmers’ Market Vouchers? They are vouchers given to eligible participants to be used to purchase Wisconsin grown fresh fruits, vegetables, and herbs from farmers’ markets and/or roadside stands who are participating in the program. We have not been given a per person voucher amount as of this writing but could be up to $25. It is a wonderful program that not only helps local farmers but helps you obtain fresh produce. Watch for more details coming in May!

We will have articles in newspapers listing the distribution dates and times. If you do not see anything by late May, please phone us at 920-386-3580 or 800-924-6407 for more information.