

Who needs power of attorney for health care? You do

Anyone with a loved one with dementia knows about power of attorney for health care and how important it is.

But do those caregivers and their family members and friends have a power of attorney of health care for themselves? They should.

Katie Schneider, a social worker at Aspirus Riverview Hospital & Clinics, leads a free monthly workshop at Riverview to explain the forms, answer questions and help you complete this document. The power of attorney for health care names an agent who will make health care decisions if you are unable to make or communicate them yourself. You also state your specific wishes in the document concerning your health care in case you become incapacitated.

Schneider was the guest speaker at the August meeting of the Alzheimer’s Caregiver Support Group.

The state of Wisconsin offers the free forms online. Riverview also provides free copies. There is no cost to fill out the form. When you have completed it and had it witnessed by two people (not related by blood or marriage), you give a copy to your primary care doctor, any specialists you might receive care from, your hospital and your agent. You keep the original. You can revoke your document at any time and make changes to it if you change your mind or situation. It’s a good idea to review it to see if it still meets your needs and wishes.

If you travel or live out of state for part of the year, take a copy with you. If you have dual residences, you might



wish to fill out the power of attorney for health care for both states in which you live.

Schneider suggests you choose an agent – you also can choose an alternate – who will follow your wishes. Talk with your agent about what’s in your document. The Coalition of Wisconsin Aging Groups provides 25 suggested topics to discuss with your health care agent and some suggested additional language for your power of attorney for health care document. Riverview includes this information with its workshop materials.

Parents are legal representatives for their children, but without this document, it would be necessary (and costly) to get a guardianship for an adult family member.

Filling out the document doesn’t take much time, Schneider said, but deciding what you want to say in it will.

Find the documents online at: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

For more information

Monthly free workshops are at 9:30 a.m. the first Wednesday of every month (except holidays) at Aspirus Riverview Medical Center lower level, 410 Dewey St., Wisconsin Rapids. It is free. There is no appointment needed. For more information, call 715-422-9359.

Activities

August offered us a chance to go on a couple of outings with residents. Hilltop of Pepper residents visited Rapids Mall and the Aquarium Pet Shop, right and center right. We also finished our piñata, far right.



Alpine Terrace residents enjoyed a visit to the Wisconsin Rapids Municipal Zoo, below and below right. Staff, family members and volunteers enjoyed seeing the animals.



Walk to End Alzheimer's

There still is time to join us for the Walk to End Alzheimer's. Hilltop has formed a team. You can register at www.tinyurl.com/hilltopalzwalk. The Plover event will be Saturday, Sept. 19. Registration begins at 8:30 a.m. with a ceremony at 9 a.m. and the two-mile walk at 9:30 a.m.

As a memory care facility, our staff members and families at Hilltop of Pepper are well aware of the effects of Alzheimer's disease and other dementia. We walk for those we care for and those who have passed on.

We would love to have you walk with us. If you can't walk, please consider making a donation to the Alzheimer's Association in support of our team. If you can't donate, please share the information with someone. Thank you!



The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our local chapter is headquartered in Wausau, and the caregiver support group is an Alzheimer's Association sponsored group. The association has a professionally staffed 24/7 Helpline, 1-800-272-3900, which offers information and advice. Learn more about this organization at www.alz.org.

Who's new

Hilltop welcomes new employee Mari Gusman. Tell her hello when you see her at Alpine Terrace.

Employee spotlight

Missy Powell, a resident aide at Hilltop Estate, loves to talk with the residents. "Hearing how they grew up, what they did when they were younger" is her favorite part of the job, she said.



Missy and Rocko at the Estate.

She and a friend read about certified nursing assistants in the newspaper and went to Mid-State Technical College to get

information. She has worked for Hilltop since 2009, with a year off. She started when her husband's grandfather was a resident at Hilltop. She worked about 3½ years at Hilltop of Pepper and has been at the Estate 4 years. Missy likes the peacefulness of the Estate. She can spend time one-on-one each day with the residents. They take walks, feed the horses and care for Rocko.

Animals factor into her bucket list as well. She would love to go to the ocean and swim with dolphins. "I like how they swim. They're not afraid of people," she said. "The things they do are really neat." Her husband, Joe, promised her she'll get her wish someday. Missy's family includes two sons, a step-daughter and a granddaughter who just turned 1.

Something to do

From September through most of October, it's cranberry season in central Wisconsin. Take a tour at a local marsh or choose a self-guided drive along century-old cranberry beds from Wisconsin Rapids to Warrens. Pittsville High School students offer Splash of Red Cranberry Tours, as a fundraiser for student scholarships. To learn more, go to <http://visitwisrapids.com/things-to-do/the-cranberry-experience>.

Great things happen ... when you Live UNITED

It's September. In addition to being the beginning of fall and back-to-school time for many families, it's also the

start of the United Way of Inner Wisconsin campaign. United Way invests in local programs that provide the Building Blocks of a Better Life: Education, Income, Health and Safety Net Services.

Donations to the United Way support 34 partner programs in the south Wood County area. These programs meet our community's most vital human needs. Unlike charities that base their appeal on giving to the needy, United Way recognizes that we all are part of something greater, and that a tear anywhere weakens the entire social fabric. Even \$1 per paycheck – when combined with donations from thousands of others – makes a difference for families in our community.

To learn more about United Way's partner programs – from the Boys & Girls Club to the food pantry, from domestic violence shelter to adult literacy and many more – go to the United Way website, www.uwiw.org. You can make a one-time donation or set up an ongoing giving plan.

For the fourth year, there is another incentive to give, too. Anyone giving \$26 for the first time or giving an additional \$26 – that's \$1 every other week for a year – automatically will be entered into a \$1,000 sweepstakes drawing. Generous donors provide several \$1,000 cash prizes for this incentive.

- United Way Day at McDonald's will be from 7 a.m. to 7 p.m. Sept. 15. A portion of the proceeds will be donated to United Way of Inner Wisconsin from this 43rd annual event.

Remember when?

The United States got its nickname – Uncle Sam – on Sept. 7, 1813. Samuel Wilson, a meat packer from Troy, New York, stamped barrels of beef intended for soldiers in the United States Army with “U.S.” for United States. The soldiers began referring to the meat as “Uncle Sam's.” A newspaper picked up the story, and it gained acceptance as a nickname for the federal government.

Thomas Nast, a political cartoonist, popularized the image of Uncle Sam, with white beard and stars-and-stripes suit. James Montgomery Flagg created perhaps the most famous image of Uncle Sam, pictured here. It first was used as a magazine cover in July 1916.



The History Channel features stories every day in its Today in History feature. Check it out at <http://www.history.com/this-day-in-history>.

Happy Birthday!

We wish a happy birthday to all on their special day. September birthdays will be celebrated with parties at the facilities featuring cake and games.



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MILLS AT

- **September birthdays:** Norman, Sept. 13; Richard, Sept. 19.

Assisted living blog

Ever wonder what it's like to work in assisted living? We've started a blog about it. It's sort of an outsider's view. It's a little bit light-hearted and a little bit heartfelt, depending on the subject. You can read it at <http://mystiqueathilltop.blogspot.com/> or on our website at <http://hilltopaffiliatesinc.com/news.html>.

Support group speakers

Angela Loucks will talk about the United Way of Inner Wisconsin, the Volunteer Center and building a dementia-friendly community at the 9:30 a.m. Sept. 10 meeting of the Alzheimer's Caregiver Support Group at the Aging & Disability Resource Center in Centralia Center. Learn about medications and memory care with Jason Gruszynski of Daly Drug at the Oct. 8 meeting. Join us! There is no cost to attend. Refreshments are served. There is a time for sharing.