

Get help getting started at the ADRC

If you don't know where to go for help or even how to get started, the Aging & Disability Resource Center is the right place.

The ADRC serves adults ages 17 and older who have disabilities or older adults in need of services. Resource specialists answer questions and do home visits to make observations and recommendations. They help with immediate needs and future planning.

Kim Inda, a resource specialist for the ADRC, has a background in social work. She gave an overview of ADRC programs to members of the Alzheimer's support group at the January meeting.

Some ADRC programs have government funding, so county residents must go to the county in which they live for assistance.

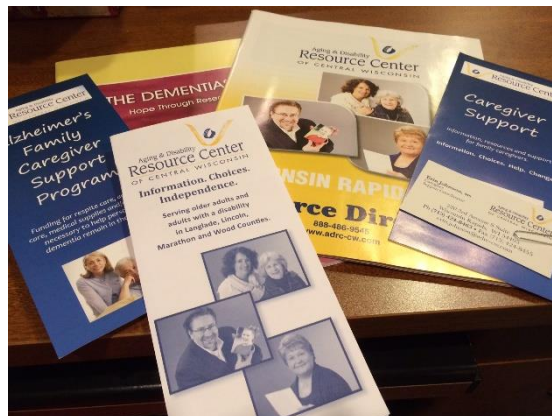
Benefit specialists provide information and explanations about insurance issues, including Medicare, Medicaid and private health insurance. “We all know that it's fun to navigate that system,” Inda said.

The ADRC provides home delivered meals and offers meals at congregate dining sites.

“What additional supports could be brought in to make my life more manageable?”

“What's most important for me to take care of” as a caregiver, Inda asked, and what can be provided so as a caregiver you're not overwhelmed. Home delivered meals might be one such support.

The caregiver support coordinator will touch base and share resources for Alzheimer's disease and other dementia, including knowledge, resources, respite options and more. This coordinator can be the go-to person with questions and issues. The coordinator can help problem solve.



The ADRC offers a resource guide among its publications.

A county-based Alzheimer's caregiver grant is available based on income and diagnosis. It's meant to fund supports for a caregiver. It's helpful if a caregiver wishes to try a new form of treatment or a new course of action, maybe for respite, meals, Project Lifesaver or medical equipment.

The ADRC offers a loan closet of durable medical equipment. Equipment is available for six months for free, as long as you keep it in good condition. It's a nice way to try a piece of equipment before purchasing it, Inda said.

The healthy living program is an educational component. One important class is Powerful Tools for Caregivers, which is a good way to help caregivers deal with concerns and issues, Inda said. There is a cost associated with classes, but scholarships are available.

The ADRC will provide memory screening for people. It takes about 15 minutes, but it's not a diagnosis. It may show indications to take to a doctor or neurologist.

The ADRC annually publishes a resource guide, which is a listing of agencies, facilities and resources in the community. Information about the ADRC as well as the resource guide are available online at www.adrc-cw.com. Call 715-421-0014 or visit 220 Third Ave. S., Suite 1, in the Centralia Center.

Employee spotlight

It will be four years this spring since Diane Pabst joined Hilltop. She was working at GNP and stayed on when Hilltop bought the business, which is now Hilltop Alpine Terrace and Ravenwood. Pabst works mainly at Ravenwood as a resident aide, although she can fill in at other facilities in a pinch.



"I just like being with people," she said. Pabst has been a caregiver for at least 25 years, she said. "I took care of my mom," she said.

She enjoys the diversity of the job. "There's always something new," she said. "You're always learning something."

Pabst had a girlfriend who had an in-home care business who asked Pabst to help her. "She really got me into wanting to stay in this business," Pabst said about the woman who inspired her.

Pabst said there's nothing about her people wouldn't know. "I'm an open book," she said. "All I do is care for clients," she said. She also enjoys baby-sitting for her nieces and nephews.

"I want to see the ocean," she said, "just see it – that great big body of water." She's not picky about which ocean, either. Any ocean will do. Whap appeals to her? "The color; the peacefulness."

New employees

We welcome these new employees:

- Jordan McReynolds, Hilltop of Pepper
- Julie Pellett, Hilltop Alpine Terrace

Training complete

Kudos to all of the Hilltop employees who completed their state-required training for 2015.

We know it was a challenge to get it wrapped up by the end of the year, but we appreciate the effort our employees put forth.

We already have started 2016 training through the Institute of Professional Care Education, our new partner for online core and continuing education training.

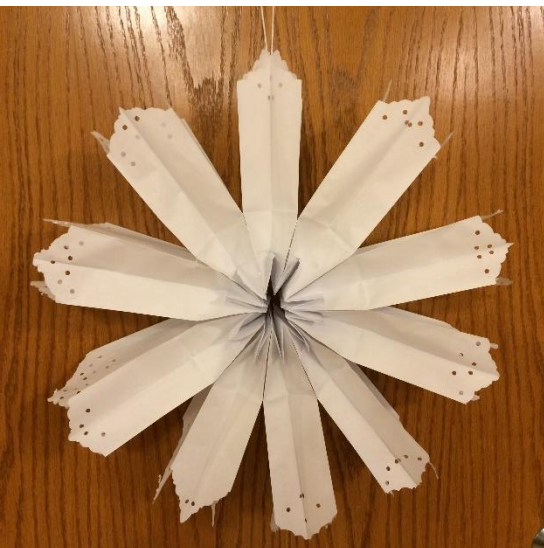
Alzheimer's caregiver support group

On Feb. 11, the guest speaker at the Alzheimer's Caregiver Support Group will be from Family Natural Foods on stress busters and energy boosters for caregivers. Then on March 10, Tasha Beestman of the Alzheimer's Association will offer a session on Effective Communication Strategies. We meet at 9:30 a.m. at the Aging & Disability Resource Center in Centralia Center. Join us for a time of sharing. Call 715-423-7400 for information or to arrange free respite care for your loved one so you can attend the meeting.

ADRC schedules upcoming classes in Wisconsin Rapids

Living Well with Chronic Conditions, 1:30 p.m. to 4 p.m. Wednesdays, March 30 to May 4, ADRC. Cost: \$10. Register by calling Security Health Plan at 877-703-4839.

Physical Activity for Life for Seniors (PALS), Mondays, Wednesdays and Fridays, July 18 to Sept. 23. Free. Register by calling ADRC, 888-486-9545.



Harley visited for pet therapy; we made snowflakes and treats for birds and squirrels; and celebrated National Hat Day!

Hilltop Grand Village construction continues

It's easier to see the work progressing on Hilltop Grand Village, north of Home Depot on Highway 54.

Roof trusses are up on the south wing, and walls are going



up on the core of the building, which will house our offices, dining and kitchen area and amenities – including a swimming pool, movie theater, pub, salon, spa and more. Follow our progress at: <https://www.facebook.com/HilltopGrandVillage>

Summer camp for adults?

Yep, you read that right. Summer camp for adults is a growing trend in the United States. According to an article in the Journal Sentinel, adult summer camps run from pricey pampered affairs to something more like survival training. (*Read the article here:* ow.ly/Xyevl)

One such camp, Camp Halcyon, will be July 7 through 10 at Camp Lakotah in Wautoma. Cost is \$399 and includes all food and events. What do you do at camp? Well, there is yoga on the beach, canoeing, kayaking, wine tasting, lessons in brewing beer, craft cocktails, a bacon bar for breakfast – you get the idea.

The time to register is now. Go to <http://camphalcyon.com/> to sign up.

Happy birthday to these residents!

- Kelly, Feb. 1
- Byron, Feb. 5
- Donald, Feb. 22
- Dorothy, Feb. 24
- Henry, Feb. 24



Memory cafe

The Gilead Coffeehouse is open from 9:30 a.m. to 11 a.m. Feb. 9 at First English Lutheran Church, 440 Garfield St. Visit for conversation and laughter over a hot beverage and pastry. There is no cost to attend. Reservations are appreciated but not required. The Gilead caters to people with early stage dementia and their care companions. It's a safe place to share with others in similar circumstances. Meetings feature conversation starters, such as photo albums, scrap books, old toys and current events.

For more information, call 715-423-2840 or 715-459-9944.

The Wisconsin Rapids Memory Café meets the first Friday of the month at McMillan Memorial Library, from 9:30 a.m. to noon. Join for brain teasers, puzzles, games, exercise, arts and crafts, refreshments and more. There is no cost.

People with mild cognitive impairment or early stage dementia and their caregivers are welcome. Call Karen Bradbury, RN, Park Place Adult Day Services, 715-422-2795.