



February 2017 newsletter

Shouldn't the rest of your life be the best of your life?

Follow us on Facebook and Twitter.



When you're not sure where to start, go to the ADRC

"Where do I start?"

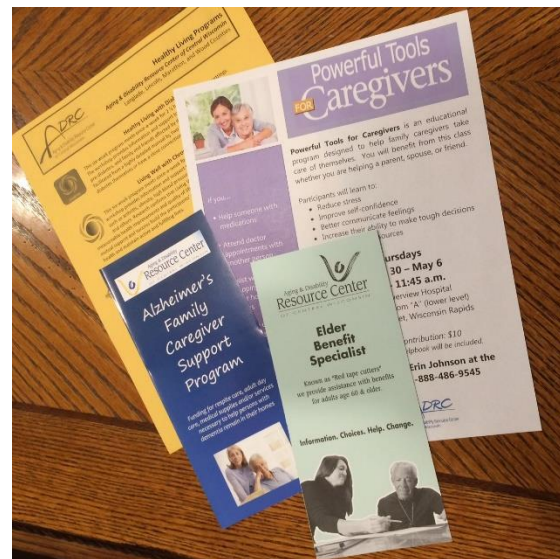
That's what Betty Phillips hears each time she meets with a new family seeking information and assistance in her role as a resource specialist. Phillips works at the Aging & Disability Resource Center of Central Wisconsin. She meets with people – primarily spouses and children – who have questions about their loved one, their loved one's safety, care, future and how to pay for it.

Phillips goes through a screening process with people, asking questions based on their need, to get a better idea of which direction to go. For example, she can help screen people for Family Care, a state-funded program that helps pay for support and services at home or in a long-term care facility. Eligibility is based on income.

Once she has started the conversation, she is able to point people to other resources. She can refer people to benefit specialists, elder benefit specialists, a caregiver support coordinator and others within her organization. She can provide a list of long-term care options and talk about how far a person's money would stretch to cover those costs. She can offer a list of people who can provide in-home care or other services whom people can hire privately. She can put people in touch with services, such as home delivered meals, employment resources, apartment options, other agencies and even respite if a caregiver needs a break.

Phillips meets people face to face, on the phone, even in their homes. She has Skyped with family members who couldn't be here in person. "The more people in the family to hear it, the better," she said about the information she provides. It makes it easier for families to make a decision when they've had the information firsthand.

But one thing Phillips doesn't do is make a decision.



That's up to individuals and families. She will provide the information, but the family or person must decide which course to follow.

All of the services provided through the ADRC are free. Phillips is a county employee, so there is no charge to meet with her or the other specialists.

If you find yourself asking, "Where do I start?" – the answer might be the ADRC.

For more information

Aging & Disability Resource Center of Central Wisconsin

220 3rd Ave. S., Suite 1, Wisconsin Rapids WI 54495

888-486-9545

www.adrc.cw-com

Let's Learn Together!



- Guest speaker
- Refreshments
- Q&A
- Free to public

Guest speakers visit Hilltop

With so many things in life, you don't know about it until you need it. That's true at many ages and stages – including getting older.

Hilltop Grand Village will host a series of monthly lectures designed to help everyone learn more about a variety of topics.

Let's Learn Together will feature community members talking about their areas of expertise. These presentations are free and open to the public. Refreshments will be served, and there will be a time for questions.

Each month's segment will be recorded and played on Wisconsin Rapids Community Media. You can watch it at 9 a.m. Mondays and 11 a.m. Wednesdays on Solarus Ch. 3 or Charter Ch. 985.

Mike Grotefend of Alpine Home Medical Equipment kicked off the lecture series in January. He showed us a number of items that can make your life easier and keep you safer at home or in an assisted living.

Upcoming sessions include:

What can you do with those boxes of home movies and old photos? As you clean out the attic, basement or storage room, don't just put them back on the shelf. Instead, give them new life. Dan Smith of WinterSpring Studios will show examples of old home movies edited into a DVD or digital file to play on a computer or tablet. If photos have been damaged by heat, water or time, he can restore them digitally, then make new

copies to display. He will show you how your family treasures can be made new at 10 a.m. Friday, Feb. 24.

When your joints hurt, you're not at your best. Kathleen Schultz, RN, is the Joint Care coordinator at Aspirus Riverview Hospital. She will talk about joint health and arthritis treatment options available locally. You'll have time to ask questions, too, when she presents at 10:30 a.m. Thursday, March 23.

Future sessions will include elder law, financial planning later in life, long-term care insurance, the importance of health care power of attorney, right-sizing your living space and meditation, among others.

All programs will be held at Hilltop Grand Village, 1400 24th St. S. Enter by Home Depot. There is no charge to attend and no obligation. The sessions are open to everyone. With questions, call Mystique at 715-423-7400 or email mystique@hilltopgrandvillage.com.

[@hilltopgrandvillage.com](mailto:mystique@hilltopgrandvillage.com).

Take this opportunity to learn more from community members. Attend one or all of the sessions. Let's Learn Together!



Lift chairs and scooters can help make your life easier.

Hilltop, chef to take part in Men in the Kitchen

With the addition of Rick Ciszewski as chef at Hilltop Grand Village, we were invited to take part in the Men in the Kitchen. This fundraiser for The Family Center is in its 14th year. Celebrity chefs (and some professionals, too), create themed dinners for tables of 8 guests. Sponsors and the public purchase tickets to the meal, with the proceeds benefiting the domestic abuse shelter in Wisconsin Rapids.

Hilltop will sponsor Ciszewski and provide the ingredients for the meal, which he will prepare. Hilltop's executive director, Mitchell Bain, will help serve the meal.

This year's event will be Feb. 25 at Bull's Eye Country Club. The Hilltop Grand Village table will be themed for Mardi Gras and feature okra salad, shrimp creole and jambalaya with chocolate bon bons and pecan pie for dessert. Is your mouth watering yet?

Best of all, it will help The Family Center. "The Family Center is staffed 24-hours a day, seven days a week," according to its website, <http://familyctr.org/>. "All contacts are confidential and all services are provided at no cost to clients. In partnership with a variety of community agencies, The Family Center helps to set victims of domestic abuse and sexual assault on the path to violence-free lives. We provide safe shelter for people who are in crisis as a result of domestic violence. The Family Center also offers advocacy and self-help/support groups, as well as transitional, visitation and Hmong services. We believe that all people have the right to a safe and healthy environment."



Happy Birthday!

The following residents celebrate birthdays in February:

- Kelly: Feb. 1
- Byron: Feb. 5
- Jim: Feb. 13
- Virginia: Feb. 17
- Don: Feb. 22
- Dorothy: Feb. 24
- Henry: Feb. 24

Whether you think you can -- or
think you can't -- you're right.



Employee trivia quiz

The winner of last month's quiz is Christa, an employee at Hilltop Grand Village! Congratulations! She answered the most questions correctly about actress Carrie Fisher. See below for the answers.

Here is this month's quiz, about presidents, in honor of the recent inauguration.

1. Who was the only president to be unanimously elected?
2. Which president was the first to call his residence in Washington, D.C., the "White House?"
3. Which president collected Spiderman and Conan the Barbarian comic books?
4. Which president fulfilled all of his campaign promises?
5. Who was the oldest person elected president?
6. Who was the tallest president?
7. Who was the first president to be born in a hospital?

The first person to respond correctly will get a small prize. Email Mystique (mystique@hilltopaffiliatesinc.com) or drop off answers in the office. Put the date on any paper submissions. Good luck!

Actress Carrie Fisher, star of the original "Star Wars" movie, died recently.

1. What was the name of her character in the original 1977 film? **Princess Leia**
2. Fisher co-starred in this movie about relationships with Billy Crystal and Meg Ryan. **"When Harry Met Sally"**
3. Fisher was the daughter of these two famous people. **Eddie Fisher and Debbie Reynolds**
4. What is the name of the semi-autobiographical book she wrote about her relationship with her mother? **"Postcards from the Edge"**
5. Who starred in the movie based on Fisher's book? **Meryl Streep as Fisher and Shirley MacLaine as Reynolds**
6. Who did she play when she appeared in the TV series "Sex and the City"? **herself**
7. Teenage boys in the late 1970s wanted a poster of Fisher wearing what? **A metal slave bikini**

What would you attempt to do if you knew you could not fail?

Find Wellness Within at support group

Wellness Within Consulting's Rachael Sparks will discuss prevention and slowing Alzheimer's progression with nutrition and supplements at the Alzheimer's caregiver support group.

She will be the guest speaker at the next meeting, 9:30 a.m. Feb. 9 at the Brehm Conference Room in the ADRC.

Join us for refreshments and a time for sharing. Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

In March, we'll talk about depression and dementia and in April, the focus will be on understanding some of the behaviors that go along with Alzheimer's.

The caregiver support group meets the second Thursday of the month.

Upcoming memory cafe in Rapids

Memory cafes are for people with early stage dementia, mild memory loss or cognitive impairment and for family and friends of those affected.

The Gilead Coffee House memory café is from 9:30 a.m. to 11 a.m. Feb. 14 and March 14 at First English Lutheran Church. Call 715-423-2840 for information.