



ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

APR. 2022

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688

April 16th is National Health Care Decision Day



Pam Weber
CSW, ADRC Manager

Life is unpredictable. Accidents happen. We cannot know the future so the best option we have is to be prepared for the worst while not worrying about what could go wrong. A sudden change in our health or the health of a loved one or friend can catch us off guard at any time. When we are unable to make our own decisions, our family and

loved ones may struggle to make the right healthcare decisions for us, so the best thing we can do for ourselves, and our loved ones, is to plan and be prepared for the future.

Picture yourself in this scenario. You are driving to the grocery store and out of the blue a vehicle crashes into you. You are injured and knocked unconscious. The ambulance rushes you to the hospital but your injuries are so severe the doctor wants to induce a medical coma. You are unaware of what is happening and unable to tell your doctor what medical care you want. Do you want to be kept on life support if needed? Do you want a feeding tube? Are you willing to be admitted to a nursing home without your knowledge?

This type of situation is not uncommon and can happen to anyone. Fortunately, there are

FRUSTRATED WITH SUPPLEMENTS?

Had enough of constant calls from insurance agents, tons of mail and commercials regarding Medicare Supplements that only confuse you?

Explain your frustrations with staff members from Sen. Ron Johnson, Rep. Ron Kind, Rep. Tom Tiffany

Tuesday, April 26

**1:00 p.m. Kupper Ratsch Senior Center
1002 Superior Ave., Tomah**

3:30 p.m. American Legion 1116 Angelo Rd., Sparta

Contact Alice Ackerman (608) 269-8693
or ADRC Office 1-(888) 339-7854 for information

options to protect yourself. A Power of Attorney for Health Care (POA-HC) is relatively easy to complete. It is a document that you complete and sign, naming another person (agent) to make your health care decisions for you. Completing a POA-HC is a way for you to authorize someone else to make your health care decisions if you ever become temporarily or permanently unable to do so for yourself. It allows you to choose the person you want to make these decisions for you when you cannot make them for yourself. It also allows you to discuss with your agent, ahead of time, what you want those decisions to be.

If you do not complete a POA-HC but later are unable to make your own health care de-

isions, there may be no one authorized to make the decisions for you. In Wisconsin, a family member is not automatically authorized to make health care decisions for you unless you complete a POA-HC document naming the family member as your agent.

A POA-HC document must be completed before the unthinkable happens. It is too late to complete one afterwards. If you don't have one the court may need to appoint a guardian of person for you. This process can be costly, time-consuming, difficult and emotionally draining for your loved ones. It may not result in the appointment of the person you would have chosen to be your guardian. Also, the person chosen may not know or care what you might or might not want.

There are several ways to complete a POA-HC. One way is to use the fill-in-the-blank form created by the state. Another way is to hire a lawyer to draft a document tailored to your specific needs. One may also purchase blank forms. Some facilities like hospitals and clinics may distribute their own POA-HC forms. You can find the state document here <https://www.dhs.wisconsin.gov/forms/adv-directives/f00085.pdf>

If you don't have access to a computer you can contact the ADRC of Monroe County at 608-269-8690 and we will be able to give you one.

A Golden Celebration!

The ADRC of Monroe County is planning a Senior Celebration with musical entertainment and a delicious catered meal!

The event will recognize the 50 year anniversary of the Senior Nutrition Program.

REGISTRATION REQUIRED

If you are 60 years or better, please call The ADRC of Monroe County at (608) 269-8692 to register.

SCHEDULE

10:30 a.m. Registration

11:15 a.m. Welcome

11:30 a.m. Lunch

12:00 p.m. Musical Entertainment

THREE LOCATIONS DURING THE MONTH OF MAY

(Dates to be determined)

Sparta

Barney Center
1000 E. Montgomery St.

Tomah

Kupper-Ratsch Senior Center
1002 Superior Ave.

Cashton

Community Hall
812 Main Street





Now Hiring MINI BUS DRIVER

Do you enjoy working with the elderly population and driving?



Julie Leis
ADRC Transportation
Coordinator

If so, the ADRC of Monroe County may have the job for you! We're seeking an On-Call

Mini Bus Driver. This is a flexible position and you would know your schedule

in advance. Successful candidates are preferred to have a high school diploma. Experience working with older adults and disabled persons of any age is helpful but not required.

A valid Wisconsin driver's license, with a good driving record, is required. One year of related driving experience is preferred but not required.

Our Mini Bus Driver provides trans-

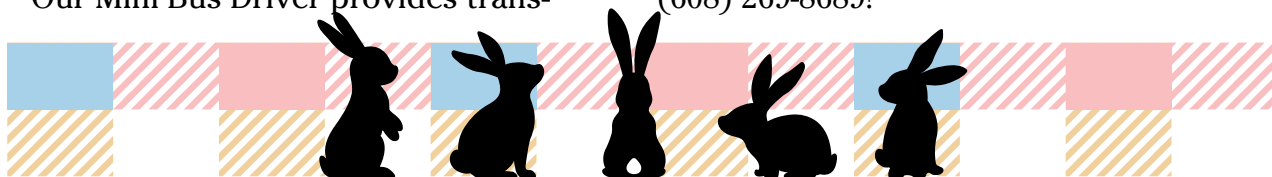


portation to residents of Monroe County, both ambulatory and non-ambulatory, from various points to their destination and return. Our Mini Bus Drivers assist riders from their homes, in and out of the mini bus, and ensure their

safety to and from their destination. This position is responsible for daily vehicle safety checks, cleaning and refueling the vehicle.

Starting salary for this position is \$10.00 hourly. Hours vary Monday thru Friday and are typically scheduled ahead of time. Typical work hours are between the hours of 8:00 a.m. – 5:00 p.m.

If you would like to learn more about this position, please contact Julie Leis – ADRC Transportation Coordinator at (608) 269-8689!



The Aging & Disability Resource Center of Monroe County is seeking volunteer drivers to provide transportation to our elderly and disabled residents

This service allows individuals to keep scheduled appointments, remain in their homes, and continue to be part of their community!

Qualifications:

- Must hold valid WI driver's license and have a good driving record
- Experience working with older adults and disabled persons of any age is helpful but not required
- Mileage will be reimbursed @ \$.53/mile if your auto insurance meets requirements.

Here is what some of our volunteer drivers have to say:

- Volunteer Driving is like helping a family member!
- If you drive, like people, and want something meaningful to do, consider being a volunteer driver.
- Flexible scheduling works great for me!

If you would like more information about being a volunteer driver, please contact Julie Leis, Transportation Coordinator at (608) 269-8689.

THANKYOU!

National Volunteer Week April 17-23, 2022

- While others work their way towards being different, you strive towards making a difference. Your passion and energy are unparalleled, and we respect your spirit of volunteerism immensely. We are so very grateful to have your help. Thank you for being so selfless with us and for so many in whose lives you make a tangible difference.
- With volunteers like you, we have a chance to make this world a better place. Thank you for all your hard work. It makes all the difference.
- Being a volunteer is a demanding task, so thank you for contributing so much of your time, energy, and efforts to it. You do an excellent job and you are so appreciated.
- If gratitude is worth millions, then you are a billionaire. Thank you for the priceless work you do as a volunteer. It will not be forgotten by us or by the people you've helped.
- Your volunteer work has proven that one person can make a significant difference. On behalf of everyone you've helped, thank you for being so passionate about making the world a better place.
- Volunteering marks people with caring hearts. Thank you so much for giving yours to a good cause.
- The harder you work, the bigger the impact. Thank you for being a dedicated volunteer. You have left a huge imprint on this world and helped make it a better place.

Thank you to all of our ADRC of Monroe County volunteers for all that you do!



COMPASSIONATE
HOSPICE &
PALLIATIVE CARE

Close to Home

Tomah Health
HOSPICE TOUCH &
LIFE CHOICES PALLIATIVE CARE
TomahHealth.org

Commonly asked billing questions

Q: How can I pay my bill?

A: You can pay your bill by cash, check, money order or credit card. Credit card payments are now being accepted. The credit card payment can be made in person at our office or over the phone at (608) 269-8690. (There is a processing fee based off of the total payment amount, per transaction.) Checks and money orders should be made out to: Monroe County ADRC.

Payments can either be dropped off or mailed to Monroe County ADRC, 315 West Oak St., Suite A, Sparta, WI 54656

Q: When will I get my bill for transportation?

A: You should expect to see an invoice come in the mail around the middle of the following month that you had transportation. (Example: If you received a ride on February 3rd you wouldn't receive an in-



voice for this trip until around the middle of March.) To make sure all of the client trips are accounted for, the billing process does not start until the beginning of the following month.

Q: When will I get my bill for my meals?

A: You should expect to see a Donation

Letter come in the mail around the middle of the following month that you received meals. (Example: If you received a meal on February 3rd you would receive the Donation Letter around the middle of March.) To make sure all of the client meals are accounted for, the billing process does not start until the beginning of the following month.

Q: What if I can't pay what the Donation Letter suggests for my meals?

A: There is no pressure to pay the "Total Suggested Contribution" amount. There are no negative repercussions or denial of meals if you are unable to contribute. The Donation Letter is sent to provide you the opportunity to contribute towards the cost of providing meals but is not meant as a requirement of payment.

Out of Sight Low Vision Support Group

- **Who we are** – The Monroe County 'Out of Sight Low Vision Support Group' was formed to help people of all ages cope with vision loss. We have discussions on various aspects surrounding vision loss. We also have guest speakers who provide various resources. Meetings are held monthly. Please join us!
- **What we do**
 - Raise awareness of the unique challenges of those with low vision.
 - Share information about available resources

- Dispel stereotypes about vision loss
- Establish a support network
- Explore socialization opportunities
- Help others
- Have Fun!
- **Will you join us?** If you, a family member, or a friend are affected by vision loss, please attend. Included in our support group are people who are blind, have low vision due to cataracts, glaucoma or macular degeneration or who are a caretaker of someone with visual needs.
- **Meetings** are held the 3rd Monday at 1:00

- p.m. at the Barney Community Center located at 1000 E. Montgomery Street, Sparta, WI. If you are 60+ years of age you can have a meal at the meal site prior to the meeting as they are in the same location.
- **For more information** on the support group contact Pam Weber, ADRC of Monroe County Manager, at 608-269-8691. For information on the meal program contact Patti Abbott, Nutrition Program Coordinator, at 608-269-8692



PALS is ...

Physical Activity for Lifelong Success (PALS) is an evidence-based program designed to help older adults who are sedentary become more active. The program meets 3 times a week for 10 weeks, followed by 10 weeks of coaching sessions (calls or in-person) to facilitate behavior change and improve physical activity levels in participants.

Sessions consist of group learning and an exercise circuit that helps participants gradually build strength, balance, and

stamina. Based on researched and tested programs in exercise science and behavior change, PALS is shown to improve walking speed and walking distance

The ADRC of Monroe County would like to start a PALS (Physical Activity for Lifelong Success) class this summer at the Sparta Barney Center, 1000 W. Montgomery Street, Sparta.

The class will run 3 x week for 10 weeks and is for people 60 and older.

Please call Kellee Tourdot at the ADRC if you would like to sign up (608) 269-8655.

Celebrating Lives Well Lived


Torkelson
FUNERAL HOME

Pre-Planning in-person
or with our online form
(800) 338-0928

Visit Us Online at TorkelsonFuneralHome.com

Isn't it about time you joined your friends at the Senior Meal Site?



Patti Abbot
Nutrition Program Coordinator

The weather is improving and it is time to get out of the house. Have you thought about having a meal at your local senior meal site but never took the time to go?

Participating in congregate nutrition programs can be fun, engaging and nutritionally satisfying for older adults. It is an opportunity for a nutritious meal, socialization and nutrition education.

Staying connected is an important part of healthy aging. Participants in a study not-



ed fewer ER visits and hospitalizations and stated a congregate meal improved their health. Nutrition/malnutrition has a tremendous impact on overall health and health care utilization. A healthy diet is essential to overall wellness. 1 out of 2 older adults

are at risk or are malnourished. Social isolation is linked to higher blood pressure, earlier onset of dementia and other serious illnesses.

Have you looked at our menus lately? Our registered Dietician along with the Kitchen staff at Rolling Hills, work very hard to provide a nutritious, well balanced meal with a variety of offerings.

What to do next? Take a look at our menu located here in the newsletter and call your local meal site today and make a reservation to come and have a meal with your neighbors. Better yet, call your friends and make it a lunch date!

Cashton, Kendall, Norwalk, Sparta, Tomah, Wilton

There is a suggested donation of \$4.00 for each congregate meal or each home delivered meal.

APRIL 2022

No additional salt added

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control.

<i>HAPPY Easter</i>					1
ADRC Nutrition Program Main Number is (608) 269-8692					4 oz. Herb & Garlic Tilapia 1 Hash Brown 1/2 c. Broccoli 1 Fresh Fruit (1) 1 WG Bread/Butter 1 Oatmeal Fruit Bar 8 oz. 1% Milk
4	5	6	7	8	
3 oz. Meatloaf 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Peas 1/2 c. Fresh Fruit (1) 1 ea. Bread/Butter 8 oz. 1% Milk	1 Ham & Cheese Egg Bake 1/2 c. Applesauce 1 Fresh Fruit (1) 4 oz. Tomato Juice 1 Cinnamon Granola Bar 8 oz. 1% Milk	3 oz. Breaded Pork Patty 1/2 oz. Biscuit/Gravy 1/2 c. Mixed Greens Salad 1 ea. Dressing Pkt. 1/2 c. Pears 1/2 c. Fresh Fruit (1) 8 oz. 1% Milk	8 oz. Chicken Bacon Mac Cass 1/2 c. Broccoli 1 Fresh Fruit (2) 1 ea. Bread/Butter 1 Cookie 8 oz. 1% Milk	1/1 oz. Crab Cake/Cheese Stick 1/2 c. Lentil Salad 1/2 c. Carrots 1/2 c. Peaches 1 ea. Bread/Butter/Dipping Sauce 1/2 c. Fruit Crisp 8 oz. 1% Milk	
11	12	13	14	15	
3 oz. Hamloaf 1/2 c. Scalloped Potatoes 1/2 c. Squash 1/2 c. Baked Apples 1 ea. Bread/Butter 8 oz. 1% Milk	6 oz. Sweet & Sour Chicken 1/2 c. Brown Rice 1/2 c. Stir Fry Veg 1 Fresh Fruit (2) 1 ea. Bread/Butter 1 Cookie 8 oz. 1% Milk	3 oz. BBQ Rib Patty 1/2 c. Baked Beans 1/2 c. Mixed Greens Salad 1 Dressing Pkt. 1/2 c. Fruit Cocktail 1 ea. Bread/Butter 8 oz. 1% Milk	3 oz. Swedish Meatballs 1/2 c. Mashed Potatoes 1/2 c. Green Beans 1/2 c. Mandarin Org/Pineapple 1 ea. Bread/Butter 8 oz. 1% Milk	MEAL SITE CLOSED	
18	19	20	21	22	
3 oz. Roast Turkey 1/2 c. 2 oz. Mashed Potatoes/Gravy 1/2 c. Spinach Casserole 1 oz. Cranberry Sauce 1 Fresh Fruit (1) 1 ea. Bread/Butter 8 oz. 1% Milk	8 oz. Hamburger Stroganoff 1/2 c. Brussels Sprouts 1/2 c. Fruit 'n Cream 4 oz. Fruit Juice 1 ea. Bread/Butter 8 oz. 1% Milk	6 oz. Creamed Turkey 1 Biscuit 1/2 c. Carrots 1/2 c. Pears 1 Fresh Fruit (1) 8 oz. 1% Milk	8 oz. Chili Mac 1 Breadstick 1/2 c. Mixed Veggies 1/2 c. Applesauce 1 Cheese Stick 4 oz. Fruit Juice 8 oz. 1% Milk	3 oz. BBQ Rib 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Squash 1/2 c. Peaches 1 Whole Grain Cookie 8 oz. 1% Milk	
25	26	27	28	29	
3 oz. Roast Beef 1/2 c. 2 oz. Mashed Potatoes/Gravy 1/2 c. Corn 1/2 c. Peaches 1 ea. Bread/Butter 1/3 c. Pudding 8 oz. 1% Milk	3 oz. Grilled Chicken 1 WG Bun 1/2 c. Sweet Potatoes 1/2 c. Mixed Greens Salad 1/2 c. Pears 1 ea. Mayonnaise/Dressing Pkt. 8 oz. 1% Milk	8 oz. Hamburger Stroganoff 1/2 c. Peas 1 Fresh Fruit (2) 1 ea. Bread/Butter 1/3 c. Pumpkin Mousse 8 oz. 1% Milk	3 oz. BBQ Pork 1 WG Bun 1/2 c. Squash 1/2 c. 3 Bean Salad 1/2 c. Applesauce 1 Butter 8 oz. 1% Milk	1 Saus/Egg/Cheese 1 WG Bun 1 Hash Brown 1/2 c. Broccoli 1 Fresh Fruit (1) 1 Oatmeal Fruit Bar 8 oz. 1% Milk	

Please call by NOON 2 days before to reserve your meal. Food allergies or intolerances are not able to be accommodated.
Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 • Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130

Senior Nutrition Program's 50th Anniversary On the Road Tour

In February The ADRC of Monroe County took the theme for the Senior Nutrition Program's 50th anniversary to heart and took the "show on the road" to our 6 meal sites. While there we also celebrated National Nutrition Month by providing educational presentations, allowing questions and answers, and then ending with a bean bag competition where a nutrition question was asked before toss. Prizes were then provided for participation including a grocery bag filled with chili ingredients and a chili recipe. It is safe to say all in attendance enjoyed the presentation, activities and prizes (everyone attending received one). Pictured is Judy Hyatt from the Norwalk meal site and Laura Weidemann, Viterbo University Dietetic Intern. Lynn Edwards, RDN, Nutrition Consul-

tant and Laura provided the presentation and information. If this looks like fun please consider joining us at one of our meal sites. For more information or to sign up call Patti Abbott at 608-269-8692.



If this looks like fun,
please consider
joining us at one of
our meal sites.



Good Friday April 15, 2022

Good Friday commemorates the death of Jesus on Calvary, the site just outside the walls of Jerusalem where Jesus was crucified. It falls on the Friday before Easter, for 2022, that's April 15. Most Christian denominations recognize Good Friday as a holy day, with many, including members of Catholic, Eastern Orthodox, and Lutheran faiths, fasting and attending church services. But there is so much more to this holiday than just these religious rituals. Good Friday is, for many, an intensely personal day of prayer and devotion.



Generations on Line is a 20 year old national nonprofit with a mission of narrowing the digital divide for older adults.

Visit <https://golhelp.org> to find all the amazing free tutorials offered by Generations on Line (GoL).

Including:

- Basics Tutorial for Amazon Fire Tablet, Apple and Android Smartphones and Tablets
- Family Helping Family Resources
- Digital Newspaper Tutorial
- GoL Telehealth Tutorial
- Job Finding Tutorial for PC/Laptop
- Job Finding Tutorial for Tablets
- Sip & Swipe Café® (for senior friendly facilities)



**Our Community
is Your
Home for Healing**



www.atriumlivingcenters.com
1505 Butts Ave, Tomah, WI 54660

CALL US AT **608.387.4405**

Puzzle Page – Engage Your Brain!

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

"THE FINAL FRONTIER" By GARY LARSON and AMY ENSZ

- ACROSS
- 1 Country that's about 24 times longer than its average width
- 6 Vendor's wagon
- 14 Online access cos.
- 18 Nixon's older daughter
- 19 It established Congress
- 20 PDQ, in the ER
- 21 Satisfied with one's work in the transporter room?
- 23 Miles "Sideways" love interest
- 24 NFL official
- 25 Conger catchers
- 26 Daring deed
- 28 Informer
- 29 Setting for searches
- 31 Black
- 34 Big mess
- 36 Title book in a classic computer game
- 37 Brezhnev of the USSR
- 40 One who gets in Detain Dr. McCoy?
- 42 Sends, in a way
- 48 Cover letters?
- 51 One may be painted
- 52 Fancy topping
- 54 Mangy mutt
- 55 Apple product
- 56 Opening tempo of Dvorak's "New World Symphony"
- 58 ___ gratia artis: MGM motto
- 61 End of a warning
- 63 Weave
- 66 "Be silent," in music
- 68 Arch type
- 69 Phaser, slangily?
- 73 Tiny
- 74 Katniss' ally in "The Hunger Games"
- 76 Surpasses
- 77 Forward pass
- 79 No. with two dashes
- 80 Ski weekend destination
- 82 Pluck
- 84 Flamenco shout
- 85 Heineken brand named for a Mexican city
- 87 Recurring
- 90 Actor Beatty

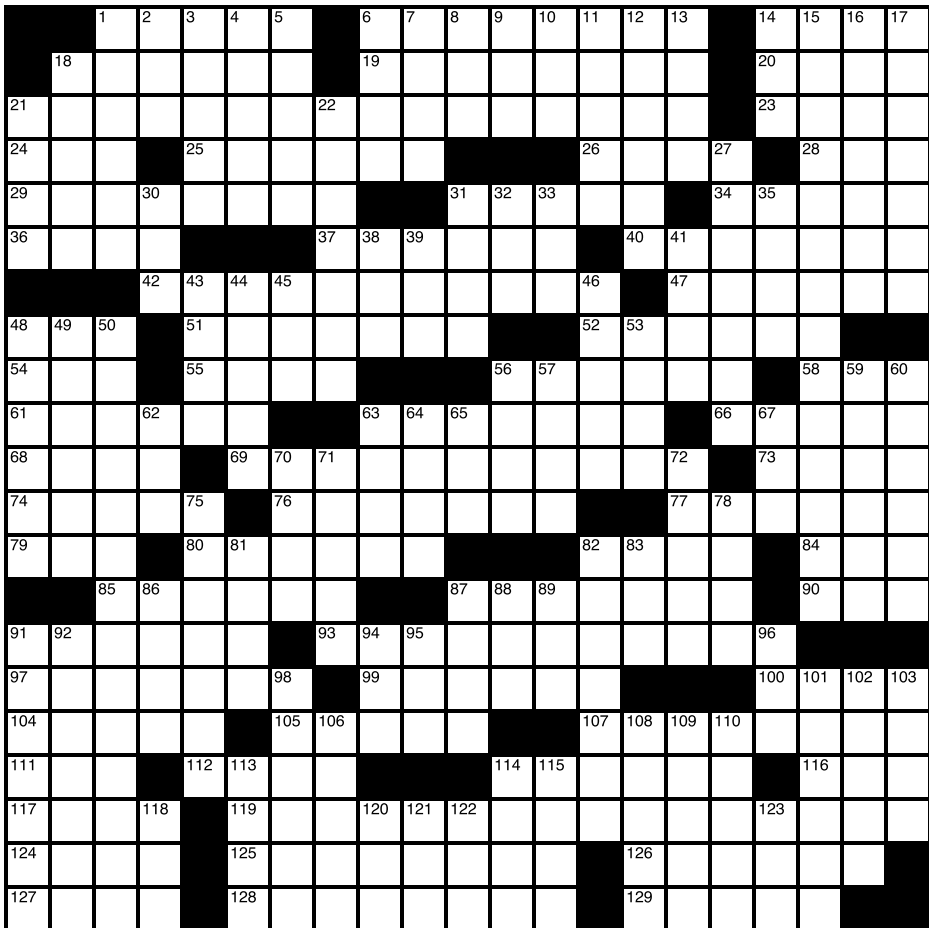
- 91 Warm sign-off
- 93 DNA sample from Kirk's chief engineering officer?
- 97 Beverly Cleary title dog
- 99 Defrauded, say, with "on"
- 100 18-wheeler
- 104 Frontier home
- 105 Either Zimbalist
- 107 Creme-filled Drake's cake
- 111 Bobby of the Bruins
- 112 Contents of some banks
- 114 Gloomy
- 116 Wedding promise
- 117 Newton, e.g.
- 119 Masseuse trained in massage techniques from Spock's home planet?
- 124 Fabled loch
- 125 Observing lions in the wild, maybe
- 126 Sign up

- 127 De Matteo of "The Sopranos"
- 128 Uncalled-for engineering officer?
- 129 Candy mogul H.B. ___
- DOWN
- 1 Makes with skill
- 2 Gender-specific pronoun
- 3 Less cordial
- 4 Flax fabric
- 5 High nester
- 6 "Easy to Be Hard" musical
- 7 Song and dance
- 8 Unnamed degree
- 9 Cocktail party staple
- 10 "Bad Moon Rising" band, briefly
- 11 Adjust in a garage
- 12 Flight by night
- 13 Connections
- 14 School of thought
- 15 Allure of boldly going where no man has gone before?

- 16 Pony up the service charge, say
- 17 Museum pieces
- 18 Wee
- 21 Cup part
- 22 Bayou, perhaps
- 27 Poet who used the name Old Possum
- 30 Abbr. often after a comma
- 31 Carbon compound
- 32 Storage spot
- 33 Horatian work
- 35 Sports org. name since 1910
- 38 Historic time
- 39 It's a wrap
- 41 Big name in jeans
- 43 Elevator name
- 44 Runs easily
- 45 Grazing area
- 46 Barely enough
- 48 News exclusives
- 49 Clears of data, as a PC
- 50 Happy Meal toy replica of Captain Kirk's ship?

- 53 "A Death in the Family" author James
- 56 Wonderstruck
- 57 "Buenos ___"
- 59 Flea market deal
- 60 Did salon work
- 62 Allow
- 63 Latin "behold"
- 64 Bygone depilatory brand
- 65 First word in all but one "Seinfeld" episode title
- 67 Cause of inflation
- 70 Everglades deposit
- 71 Wheel connectors
- 72 Play delayers
- 75 Gave in (to)
- 78 Start of a classic accusation
- 81 Fabled racer
- 82 Flapjack cooker
- 83 Dorm overseers, for short
- 86 Wilcox daughter in "Howards End"
- 87 Tabloid couple

- 88 Sign-off letters before L
- 89 Nice season
- 91 Blow away
- 92 "Ambition should be made of ___ stuff": "Julius Caesar"
- 94 EMT skill
- 95 It's found in banks
- 96 Immigrant's subj.
- 98 Tighten the strings of, maybe
- 101 Safe to have
- 102 Example
- 103 Composer Stravinsky
- 106 Bogus
- 108 Church official
- 109 Nemo's creator
- 110 Habitué
- 113 Makeup line
- 114 Galahad et al.
- 115 Action movie weapons
- 118 Screening org.
- 120 Heel
- 121 CIO partner
- 122 Dundee denial
- 123 NYY rival



3/27/22

xwordeditor@aol.com

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Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain improve a number of skills.

JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

FYATF



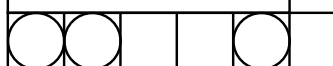
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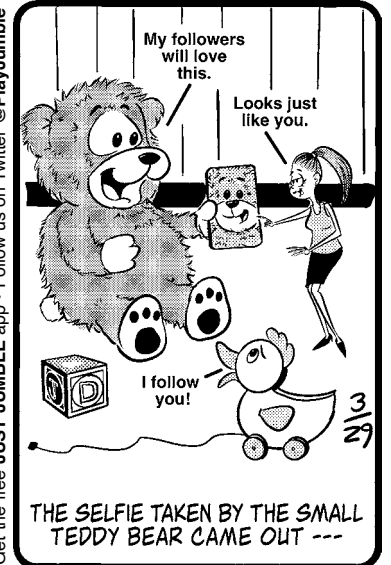
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BAFULI



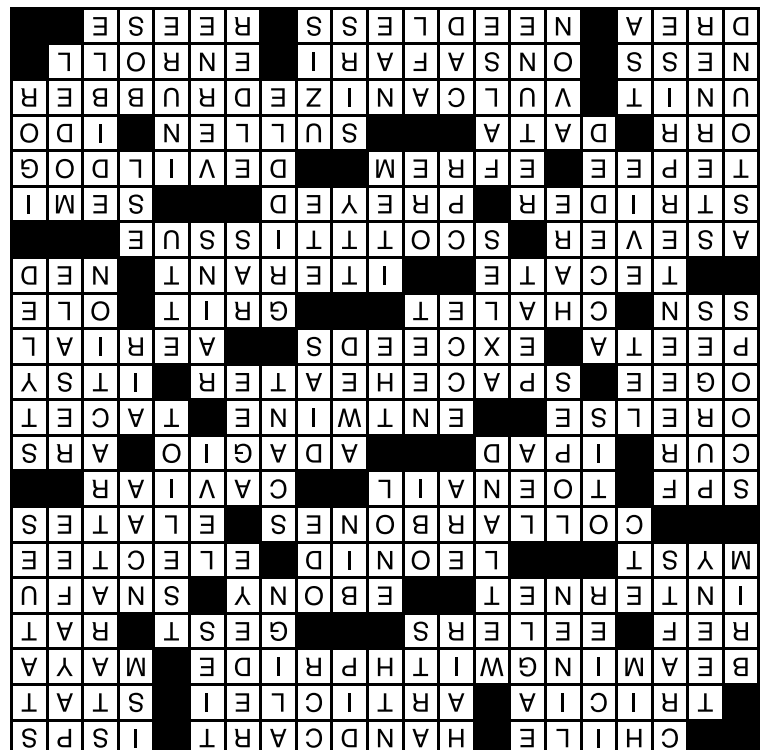
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THE SELFIE TAKEN BY THE SMALL TEDDY BEAR CAME OUT ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

ANSWER TO TODAY'S PUZZLE



JUMBLE ANSWERS

TAFFY ZESTY PUZZLE FIBULA
 out – A LITTLE FUZZY
 The selfie taken by the small teddy bear came

Mixed Dementia

If you have questions regarding dementia, please reach out to Dementia Care Specialist, Emily Reitz at (608) 387-9250



Emily Reitz
DCS

We have discussed multiple causes of dementia symptoms in this series. This may bring to mind the question, “What if someone is experiencing symptoms that fall under different diagnoses?” That is what this article will strive to address; the topic of mixed dementia.

The Alzheimer’s Association describes mixed dementia as “a condition in which abnormalities characteristic of more than one type of dementia occur simultaneously in the brain... in the most common form of mixed dementia, the abnormal protein deposits associated with Alzheimer’s disease coexist with blood vessel problems linked to vascular dementia.”

If you recall, vascular dementia is caused by a condition that reduces blood flow to the brain which deprives it of oxygen and essential nutrients. However, vascular dementia is not the only other dementia that is seen mixed with Alzheimer’s disease. Lewy body dementia and Par-



kinson’s disease are others that have been seen in mixed dementia cases as well.

Symptoms of mixed dementia vary from person to person due to the fact that each person’s experience with dementia is unique. It is possible that they will experience symptoms characterized by one dementia more so than another. The most common way researchers are able to determine that a person was living with mixed dementia is by examining their brain after they pass. Mixed dementia is not often a diagnosis given while a person is living.

While we can’t determine who will develop dementia symptoms or how they will react, we do know what actions people can take to lower their risk of developing dementia. Remaining physically active, eating a heart-healthy diet, not smoking, and participating in activities that stimulate the brain, such as puzzles, word and number games, learning a new language or skill, or socializing with friends and/or family members. These are activities that help keep people healthy and can lower a person’s risk of developing dementia or slow the progression of the disease if they have already received a diagnosis. Controlling overall risk factors for diseases of the heart may also protect the brain. Remember, what is good for the heart, is good for the brain.

If you have any questions on mixed dementia or other dementia symptoms, please reach out to your Dementia Care Specialist, Emily Reitz at the Aging and Disability Resource Center of Monroe County (608) 387-9250.

time to talk

Drop in and let’s talk!

The ADRC of Monroe County Dementia Care Specialist will be available for free, confidential chats regarding memory screens, general information, recommendations, and support on Alzheimer’s disease and other dementias, caring for a loved one, and brain health.

April 13, 2022 • 9:00-11:00 a.m.
Second Wednesday of each month

Kupper-Ratsch Senior Center
1002 Superior Ave., Tomah WI 54660



Tips for People with Dementia

People with dementia experience a range of symptoms related to changes in thinking, remembering, reasoning, and behavior. Living with dementia presents unique challenges, but there are steps you can take to help now and in the future.

Sleep Tips for People Living With Dementia

Dementia often changes a person’s sleeping habits. You may sleep a lot, or not enough, and wake up many times during the night. Poor sleep quality can make dementia symptoms worse.

Tips for better and safer sleep:

- Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.
- Avoid caffeine and naps late in the day.
- Have a lamp that’s easy to reach and turn on, a nightlight in the hallway or bathroom, and a flashlight nearby.
- Keep a telephone with emergency numbers by your bed.
- Talk to your doctor if you have problems sleeping.

Safety Tips for People Living With Dementia

Carry identification with you in case you get lost or need help. If you drive, talk with your doctor about changes in your driving and take seriously family and friends who express concerns. Make minor changes in the home to create a safer environment to prevent falls and injuries. Good balance, a habit of standing up slowly, and non-skid shoes can also help prevent falls.

Home-safety tips:

- Simplify the amount and layout of furniture and remove small rugs.
- Have a sturdy handrail on stairways.
- Make sure smoke and carbon monoxide detectors are installed in or near the kitchen and in all bedrooms.
- Install an automatic shut-off switch on the stove and set the water heater temperature limit to 120 F to avoid burns.
- Consider safety devices, like fall monitors and emergency call buttons.

*Excerpts from www.nih.gov

Save the Date

Wednesday, May 11th, 2022, 1:00-4:00 p.m.

AGING ADVOCACY DAY

Wisconsin Aging Advocacy Network

This will be a virtual event. Stay tuned for more information!

Contact: Janet Zander, 1414 MacArthur Rd., Madison WI 53714, janet.zander@gwaar.org (715) 677-6723

You are invited!

Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.

More information coming soon!



#WisAgingAdvocacy2022



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