

December 28, 2022

**AGING AND DISABILITY RESOURCE CENTER OF
DOUGLAS COUNTY - ADVISORY COMMITTEE**

Wednesday, January 4, 2023, 4:15 p.m.

Government Center, Boardroom 201

1316 North 14th Street, Superior, Wisconsin

OR JOIN BY

<https://meet.google.com/jzm-imaf-svy>

Or dial: (US) +1 662-532-9004 PIN: 597 546 497#

**Due to COVID-19 concerns, the public may attend the meeting remotely.*

Please call Erika Johnson (715-395-7532) or the County Clerk's Office (715-395-1569)
if you are unable to attend.

MEMBERS: Shawna Anderson, Chair Carol Jones, Vice Chair
 Rosemary Lear Tom Karas
 Char Kastern

A G E N D A

(Committee to maintain a two-hour meeting limit *or* take action to continue meeting beyond that time).

1. Roll call.
2. Approval of minutes from the September 14, 2022, meeting (attached).
3. Program update.
4. Conflict of interest policy
5. 2023 Scope of services
6. Action Item: Election of 2023 officers.
7. Budget.
8. Future agenda items.
9. Adjournment.

cc: Sue Sandvick Ann Doucette Shelley Nelson (Telegram) County Board Supervisors
 Anna Carlson Erika Johnson Douglas County Website

NOTE: Attachments to agenda are available in County Clerk's Office for review or copying. Action may be taken on any item listed on the agenda. The County of Douglas complies with the Americans with Disabilities Act of 1990. If you are in need of any accommodation to participate in the public meeting process, please contact the Douglas County Clerk's Office at (715) 395-1341 by 4:00 p.m. on the day prior to the scheduled meeting. Douglas County will attempt to accommodate any request, depending on the amount of notice we received.

Posted: Courthouse, Government Center, Superior Telegram, Superior Public Library

Kendra Schmidt

12/28/2022

**AGING AND DISABILITY RESOURCE CENTER OF DOUGLAS COUNTY
ADVISORY COMMITTEE**

Wednesday, September 14, 2022, 4:15 p.m.

Government Center, Boardroom 201

1316 North 14th Street, Superior, Wisconsin

Meeting called to order by Chair Shawna Anderson.

ROLL CALL: Present – Shawna Anderson, Carol Jones, Rosemary Lear, Char Kastern, Tom Karas.
Others Present – Erika Johnson, Lexi Johnson, Julie Hudecheck, Kendra Schmidt, Committee Clerk.

APPROVAL OF MINUTES: Motion by Lear, second Jones, to approve minutes from the June 8, 2022, meeting. Motion carried.

Introductions - Char Kastern: New board member.

Introductions – Staff: Lexi Johnson – Information and Assistance Specialist and Julie Hudecheck – Information and Assistance Specialist.

Program Update: E. Johnson; included with agenda.

Budget: Budget was not provided from Finance Department, HHS Board did approve and refer budget to Administration and County Board during their board meeting. Year-to-date and 2023 projected budget will be reviewed at future meeting.

FUTURE AGENDA ITEMS: 2023 scope of service, 2023 officer election, policy updates, membership.

ADJOURNMENT: Motion by Jones, second Lear, to adjourn. Motion carried. Meeting adjourned at 4:34 p.m.

Submitted by,

Kendra Schmidt
Committee Clerk

ADRC Report 2022

Date: November 2022

Submitted by: Erika Johnson, ADRC Director

Years 2021-2022	Jan 21/22	Feb 21/22	Mar 21/22	Apr 21/22	May 21/22	June 21/22	July 21/22	Aug 21/22	Sep 21/22	Oct 21/22	Nov 21/22	Dec 21/22
Referrals by Type												
Long Term Care Functional Screen	17/21	9/9	13/14	11/17	12/10	9/16	15/7	25/22	16/8	9/10	10/	15/
Number of Clients Served	Jan 21/22	Feb 21/22	Mar 21/22	Apr 21/22	May 21/22	June 21/22	July 21/22	Aug 21/22	Sep 21/22	Oct 21/22	Nov 21/22	Dec 21/22
Elderly Benefit Specialist (EBS)	24/32	24/19	24/20	x/20	29/20	30/20	17/15	31/x	24/x	56/x	113/	63/
Disability Benefit Specialist (new cases)	7/7	2/3	3/3	5/2	6/4	7/5	4/6	1/2	4/5	5/2	5/	5/
Total Cases	37	39	37	38	33	39	39	39	42	42		
Total Number of ADRC Contacts*	447/ 452	415/ 411	689/ 476	431/ 396	453/ 422	437/ 423	446/ 400	460/ 469	423/ 497	451/ 465	512/	349/
Memory Screens	0/2	1/1	2/0	3/0	0/7	0/1	0/0	0/0	1/0	0/1	0/	0/
Number Served in Long Term Care Programs	Jan 21/22	Feb 21/22	Mar 21/22	Apr 21/22	May 21/22	June 21/22	July 21/22	Aug 21/22	Sep 21/22	Oct 21/22	Nov 21/22	Dec 21/22
Family Care Enrollments	5/9	7/8	8/7	7/5	11/5	7/7	4/9	6/6	8/4	6/8	10/	0/
Family Care Disenrollments	1/2	2/0	2/1	3/1	1/1	2/3	2/	1/1	1/2	1/1	2/	1/
IRIS Enrollments	4/0	1/0	2/1	0/2	0/0	0/3	0/2	0/1	0/0	3/4	0/	2/
IRIS Disenrollments	2/0	3/0	1/0	1/0	2/0	1/1	2/2	5/0	2/0	1/1	0/	0/
Nursing Home Relocations	1/0	0/0	0/0	0/1	1/1	0/0	0/0	1/1	0/0	0/0	0/	0/
ADRC Formal Complaints	0/0	0/0	0/0	0/0	0/0	0/0	0/0	1/0	0/0	0/0	0/	1/

*ADRC workers are required to record all **Contacts**. A contact represents an individual one-to-one interaction (conversation) that has occurred either in person, at a home visit, ADRC walk-in, telephone, email, or written correspondence where information is exchanged. Each interaction is counted as an encounter and will demonstrate one instance of providing any ADRC activity. A Contact records the **ADRC Outcomes**. An **Outcome** is categorized into the following and must be recorded as such for reimbursement purposes: 1) Provided Information and Assistance 2) Provided Follow Up 3) Provided Options Counseling 4) Administered Long Term Care Functional Screen 5) Provided Assistance with Medicaid Application Process 6) Provided Short Term Service Coordination 7) Provided Enrollment Counseling 8) Provided Disenrollment Counseling 9) Memory Screen 10) Behavioral Mental Health Screens 11) Complaints/Advocacy 12) Community Partners 13) Referral for ADRC

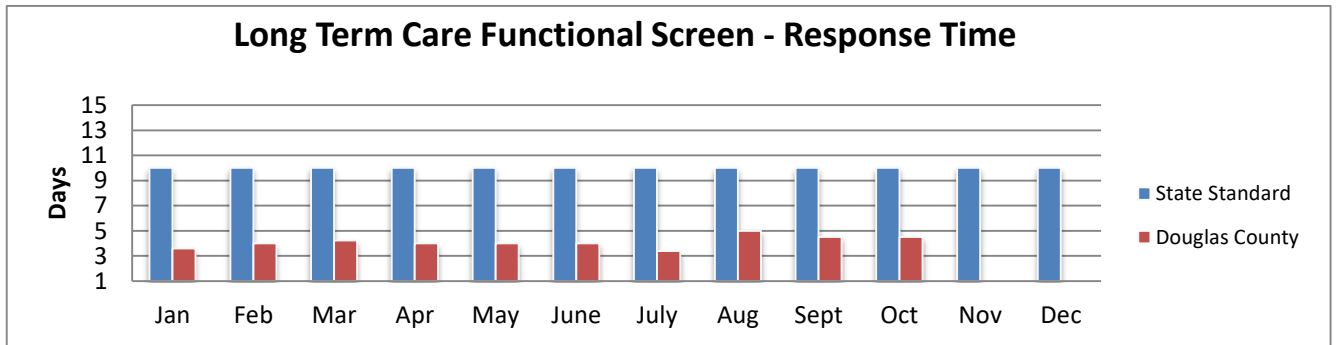
Disability Benefit Specialist (DBS) Monetary Impact

- Monetary Impact of Cases Closed:
 - August - \$1,448 (1 case)
 - September - \$7,737 (1 case)
 - October -\$0

Alzheimer’s Family and Caregiver Support Program (AFCSP)

AFCSP	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Total Cases Served	7	10	8	8	6	8	7	14	13	9

Per the ADRC contract, the ADRC shall contact the resident, either by phone or in person, within 10 business days of receiving a referral.



Per the ADRC Contract, the ADRC must initiate the functional screen within 10 calendar days of the time the person requests or accepts the offer of a screen.

Health and Human Services
ADRC
November 2022

Activity	Program/ Service	Brief Description	Contact Person	Attach- ment
-----------------	-----------------------------	--------------------------	-----------------------	-------------------------

Health and Human Services
ADRC
November 2022

<p style="text-align: center;">Health Fairs/Community Events/Speaking Engagements</p>	<p style="text-align: center;">ADRC</p>	<p>8/8/22 Parkland Town Hall Presentation – ADRC & Dementia Programming 8/10/22 Oakland Town Hall Presentation – ADRC & Dementia Programming 8/15/22 Solon Springs Town Hall Presentation – ADRC & Dementia Programming 8/24/22 Capturing the Memories – Kids Event, Superior Library 9/13/22 Lakeside Township, Poplar Town Hall Meeting – ADRC & Dementia Programming 10/11/22 Village of Lake Nebagamon Town Hall Meeting – ADRC & Dementia Programming 10/18/22 & 10/4/22 Dementia Friends – Northwood Tech College 10/11/22, 10/18/22, 10/25/22, 11/1/22 – Boost Your Brain and Memory, DCD Programming 10/18/22 Town Hall Association – Dementia 10/25/22 Village of Oliver Town Hall – ADRC & Dementia Programming 10/27/22 Dementia Friendly Business Training – Chippewa Valley Bank 10/27/22 Dementia Friendly Business Training – Lake Nebagamon</p>	<p>Erika Johnson 715-395-7532 Erika.johnson@douglascountywi.org</p>	<p style="text-align: center;">No</p>
---	---	---	--	---------------------------------------

Health and Human Services
ADRC
November 2022

Outreach/Marketing	ADRC	<p>September & October 2022 Senior Connections Newsletter Ad – Music & Memory</p> <p>August, September, October Superior Telegram Advertisements Music and Memory Program, Boost Your Brain and Memory</p> <p>August/September Senior Reporter Advertisement – Music & Memory</p> <p>ADRC Facebook Page Informational Posts</p> <p>ADRC Newsletter (September & October)</p> <p>ADRC Billboards – 4, Dementia Programming</p>	<p>Erika Johnson 715-395-7532</p> <p>Erika.johnson@douglascountywi.org</p>	Yes
Initiatives	ADRC	<p>Douglas County Community on Transition (CCOT)-October Meeting - Identify '22-'23 goals</p> <p>Caregiver Coalition –planning for 2023 caregiver conference.</p>		

December 2022

Caregiving During the Holidays

For many caregivers the holidays bring added stress. Caregivers are already busy, and there's even more to do during the holidays. It's OK to give yourself a bit of a break this year. Here are some tips to help you make it through the holiday season with more joy and less stress.



- 1.** Focus on what is most meaningful. There are many factors that can't be controlled when it comes to a loved one's health and abilities, so adjust your view of a "successful" holiday.
- 2.** Simplify your holiday activities. If going all out for the holidays will push you over the edge, remember that it doesn't have to be all or nothing.
- 3.** Start new traditions. Instead of focusing on losses and what you and/or your loved ones aren't able to do, try doing something new.
- 4.** Adjust meals-Simplify the menu, focus on the dishes that are traditional and give you that holiday feeling, split up the grocery shopping and cooking among other family members and guests, pay someone to cook meals at your house ahead of time or on the holiday, order all or part of your holiday meals to go from a local grocery store or restaurant – either fully cooked or ready for you to cook at home or eat at someone else's home or at a restaurant.
- 5.** Approach gift giving more efficiently. Try shopping online (many online stores will also wrap gifts). You might ask a friend or relative to do your shopping and wrapping for you, or you can always fall back on gift cards. Family caregivers are often financially stressed, so it might be necessary to lower your gift-giving budget this year and scale back the number of presents. Give the gift of time or attention, like scheduling outings or helping with a project.
- 6.** Anticipate holiday hot buttons-It may be best to limit your exposure to or even avoid certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama, and don't try to resolve problems over the holidays.

7. Mind your mindset-Try to stay mindful, concentrating on the present moment. Think about what you can accomplish instead of what isn't getting done; celebrate what your loved ones can do, rather than dwelling on what they can no longer participate in.
8. Keep self-care at the top of the list. Beware of emotional ups and downs, fatigue, foggy thinking and an inability to sit still or the opposite feeling frozen and unable to get anything done.
9. Connect with other caregivers. Other caregivers are feeling many of the same emotions you are, even when non-caregivers don't understand.
10. Ask for help. To free up your time so you can enjoy holiday activities, ask family and friends to help with direct care for your loved ones, or try community and state resources like adult day care centers, in-home or facility-based respite care, or paid home health aides/caregivers.

Information from **AARP**

Upcoming Events!

Brain Health Book Club
Every 1st Tues. of the Month
Starting January 3rd
10:30AM-12:00PM
Superior Public Library
Superior, WI



Caregiver Support Group
Every 3rd Wed. of the Month
1:00PM-2:00PM
United Presbyterian Church
229 North 28th Street
Superior, WI

Contact us!

Government Center
1316 N 14th Street
Suite 327
Superior, WI 54880

adrc@douglascountywi.org
www.douglascountywi.org/ADRC

Main: (715) 395-1234
Toll-Free: (866) 946-2372
Fax: (715) 395-7371



ADRC of Douglas County, WI

ADRC EXPRESS



November 2022



November is National Family Caregiver Month!



This is a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
3. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.

4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC of Douglas County to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them. Senior Connections and the ADRC host a Caregiver Support Group once a month. Call us for more information.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

Article from the Greater Wisconsin Agency on Aging Resources



Upcoming Events!

Caregiver Resource Fair
Wed., Nov. 9th
3:00PM–6:00PM
Superior Public Library



Caregiver Support Group
Every 3rd Wed. of the Month
1:00PM–2:00PM
United Presbyterian Church
229 North 28th Street
Superior, WI

Contact us!

Government Center
1316 N 14th Street
Suite 327
Superior, WI 54880

adrc@douglascountywi.org
www.douglascountywi.org/ADRC

 ADRC of Douglas County, WI

Main: (715) 395-1234
Toll-Free: (866) 946-2372
Fax: (715) 395-7371

Douglas County Wisconsin
Department of Health and Human Services
Through October 2022

ADRC	2022 Budget	2022 Actual	2023 Budget	2023 Actual	
Revenues					
Taxes	-	-	-	-	
Intergovernmental Revenues	(525,000)	(503,734)	(577,000)	-	0.00%
Fines, Forfeits & Penalties	-	-	-	-	
Public Charges for Services	-	-	-	-	
Intergovt. Charges for Services	-	-	-	-	
Interdepartmental Personnel	-	(7,711)	-	-	
Miscellaneous Revenues	-	(20)	-	-	
Other Financing Sources	-	-	-	-	
Revenues	(525,000)	(511,465)	(577,000)	-	0.00%
Expenses					
Personnel	441,013	356,199	434,030	-	0.00%
Contractual Services	13,750	16,185	17,500	-	0.00%
Supplies & Expense	28,310	10,792	28,500	-	0.00%
Fixed Charges	30,325	25,270	24,130	-	0.00%
Grants & Contributions	-	-	-	-	
Capital Outlay	-	-	-	-	
Department Allocation	146,457	105,525	158,527	-	0.00%
Expenses	659,855	513,971	662,687	-	0.00%
Net Cost	134,855	2,507	85,687	-	

Douglas County Wisconsin
Department of Health and Human Services
Through October 2022

Alzheimer's	2022 Budget	2022 Actual	2023 Budget	2023 Actual	
Revenues					
Taxes	-	-	-	-	
Intergovernmental Revenues	(23,150)	(15,758)	(23,150)	-	0.00%
Fines, Forfeits & Penalties	-	-	-	-	
Public Charges for Services	-	-	-	-	
Intergovt. Charges for Services	-	-	-	-	
Interdepartmental Personnel	-	-	-	-	
Miscellaneous Revenues	-	-	-	-	
Other Financing Sources	-	-	-	-	
Revenues	<u>(23,150)</u>	<u>(15,758)</u>	<u>(23,150)</u>	-	0.00%
Expenses					
Personnel	-	4,054	-	-	
Contractual Services	-	-	-	-	
Supplies & Expense	3,215	-	3,215	-	0.00%
Fixed Charges	-	-	-	-	
Grants & Contributions	19,085	11,705	19,935	-	0.00%
Capital Outlay	-	-	-	-	
Department Allocation	-	-	-	-	
Expenses	<u>22,300</u>	<u>15,759</u>	<u>23,150</u>	-	0.00%
Net Cost	<u>(850)</u>	<u>1</u>	<u>-</u>	<u>-</u>	

Douglas County Wisconsin
Department of Health and Human Services
Through April 2022

CCOP	2022 Budget	2022 Actual	2023 Budget	2023 Actual	
Revenues					
Taxes	-	-	-	-	
Intergovernmental Revenues	(153,778)	(123,757)	(153,778)	-	0.00%
Fines, Forfeits & Penalties	-	-	-	-	
Public Charges for Services	-	-	-	-	
Intergovt. Charges for Services	-	-	-	-	
Interdepartmental Personnel	-	-	-	-	
Miscellaneous Revenues	-	-	-	-	
Other Financing Sources	-	-	-	-	
Revenues	<u>(153,778)</u>	<u>(123,757)</u>	<u>(153,778)</u>	-	0.00%
Expenses					
Personnel	2,332	1,550	1,641	-	0.00%
Contractual Services	149,668	121,432	149,668	-	0.00%
Supplies & Expense	-	-	-	-	
Fixed Charges	-	-	-	-	
Grants & Contributions	-	-	-	-	
Capital Outlay	-	-	-	-	
Department Allocation	-	-	-	-	
Expenses	<u>152,000</u>	<u>122,982</u>	<u>151,309</u>	-	0.00%
Net Cost	<u>(1,778)</u>	<u>(775)</u>	<u>(2,469)</u>	-	