

The FAMILY and FRIENDS NEWSLETTER

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Richland Center, WI 53581

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"ABC's of Alzheimer's & Dementia" Education Series to be held at UW Richland Center ... SEE Page 10 for more details!

Severe Weather - Did you know that ...



- A tornado may be in close proximity to sunshine, or it may be totally enshrouded in heavy rain.
- Sometimes the air before a twister hits is eerily calm; in other cases strong, gusty winds are followed by a tornado.
- Large hail and tornadoes can be produced by the same thunderstorm. However, many hailstorms are not accompanied by tornadoes, and vice versa.
- While many tornadoes move from a southwest direction, they can also travel from other directions such as west or northwest.
- Twisters can take a variety of not only sizes but also shapes: from the traditional Wizard-of-Oz-like funnel, to snake-like "multiple vortices," from a drawn-out rope shape to a wide, churning, "smoky" appearance.
- The sound of a tornado has been likened to that of a freight train or a jet engine, but there is no guarantee that you will hear such a noise before it's too late.
- **How Will You Be Warned?**
Two key alerts relate specifically to tornado conditions.
- **Tornado Watch** - conditions are **conducive to the development** of tornadoes in and close to the watch area.
- **Tornado Warning** - a tornado has actually been sighted by spotters or indicated on radar and **is occurring or imminent** in the warning area.



In addition, severe thunderstorms can produce tornadoes, or cause damage of their own from wind gusts of 58 mph or greater and/or hail 3/4" in diameter or larger.

Severe Thunderstorm Watch conditions are **conducive to the development** of severe thunderstorms in and close to the watch area.

Severe Thunderstorm Warning a severe thunderstorm has actually been observed by spotters or indicated on radar, and **is occurring or imminent** in the warning area.

While tornadoes can still occur without a watch or warning being in effect, advances in the science and technology have greatly increased the ability of meteorologists to provide advance notice of them.

It is difficult to generalize the clues that portend tornadoes, and even potentially dangerous, as people looking for given conditions may be led to a false sense of security when these conditions are not present.

Flag Facts:

The flag of the United States of America should be displayed only from sunrise to sunset unless the flag is illuminated.

The flag should not be allowed to touch the ground.

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Caregivers Watch for Signs of Distress or Depression



Madison - If you are a caregiver for a family member or friend, your feelings of sadness, loneliness or anger may be a warning sign of distress. It is not unusual for caregivers to develop distress or even depression as a result of the constant demands they face in providing care, according to the Family Caregiver Alliance.

"Caregivers may sacrifice their own physical and emotional needs as they work to provide the best care for a loved one," says Mary Brintnall-Peterson, University of Wisconsin-Extension program specialist in aging. "This can create strain and feelings of anger, anxiety, sadness, isolation, exhaustion, and even guilt for having these feelings."

Everyone has negative feelings that come and go over time, Brintnall-Peterson says, but when these feelings become more intense and leave caregivers feeling drained of energy, crying frequently or easily angered, it may be a warning sign of distress or depression. Although some may see distress or depression as a sign of weakness, it really is a sign that something is out of balance. Recognizing that you are out of balance is a strength. Ignoring or denying your feelings will not make them go away.

If you feel you are out of balance, you can help yourself through exercise, a healthy diet, and positive support from family and friends. Discussions with a health or mental health professional may help prevent more serious symptoms of distress and depression over time.

Distress is different for everyone, ranging from a general sadness that lasts for months to a more sudden and intense negative change in outlook. Often feelings of distress are ones we feel off and on and aren't much of a concern. It is when you have several of these feelings and they last for longer than two weeks that you should consider reaching out for help. Some common feelings associated with distress or depression include:

- A change in eating habits with unwanted weight gain or loss.
- A change in sleep patterns - too much or not enough.
- Feeling tired all the time.
- A loss of interest in people and activities that once brought you pleasure.
- Becoming easily agitated or angered.
- Feeling that nothing you do is good enough.
- Thoughts of death or suicide, or attempting suicide.
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.

"Some caregivers are at increased risk for distress or depression," Brintnall-Peterson says. "Research has found that a person who provides care for someone with dementia is twice as likely to suffer from de-

pression as someone providing care for a person without dementia. Not only do these caregivers spend significantly more hours per week providing care, they report more employment problems, personal stress, mental and physical health problems, less time to do the things they enjoy, less time with family, and more family conflict than other caregivers. Dementia-related symptoms make this work challenging every day, with fewer opportunities to get rest or assistance."

"It is critical for caregivers to receive consistent and dependable support," Brintnall-Peterson emphasizes, "especially those working in this situation."

What should you do if you think you are under distress or may be depressed?

Recognizing that you may be depressed is the first step. Depression deserves to be treated with the same attention you would give another illness, such as diabetes or high blood pressure. If you are uncomfortable using the term depression, tell your doctor that you are "distressed", "feeling down" or "feeling blue." The important thing is to seek help.

The second step toward dealing with these feelings and emotions is to meet with a mental health professional such as a psychologist, psychiatrist or social worker. Ask a friend for the name of a professional they know and trust, or ask your minister, rabbi, doctor or health insurance provider for a referral. It is important to feel comfortable with the professional you see.

"The guidance of a mental health professional is strongly recommended," says Brintnall-Peterson. "A therapist or counselor will listen to your concerns and set up a course of treatment that works for you. The time you spend with a mental health professional is 'your' time and will help you be a better caregiver, as you'll be managing the ups and downs of caregiving better."

In addition to seeking assistance from a mental health professional, there are a number of strategies you can use to help yourself, Brintnall-Peterson says. The National Institute of Mental Health provides the following suggestions on helping yourself with distress or depression:

- Set realist goals and assume a reasonable amount of responsibility.
- Break large tasks into smaller ones, set priorities, and do what you can as you can.
- Try to be with other people and confide in someone; it is better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ball game, or attending a religious, social or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- Postpone important decisions until the depression

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has lifted. Discuss significant decisions with others who know you well and have a more objective view of your situation.

- People rarely "snap out of" a depression. But you can feel a little better day-by-day.
- Positive thinking will replace the negative thinking that is part of the depression. Negative thinking will be reduced as the depression responds to treatment.
- Let your family and friends help you.

Research also shows that caregivers who seek assistance, such as letting others care for their loved one, along with positive feedback from others, positive self-talk and recreational activities, experience lower levels of depression. There are classes and support groups available through caregiver support organizations to help you learn or practice effective coping strategies. For your health and the health of those around you, take some time to care for yourself.

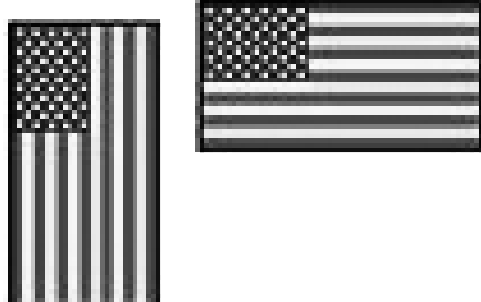
For more information about caregiving issues, contact your county UW-Extension office and visit these Web sites of interest:

- The Wisconsin Alliance for Family Caregiving Alliance Web site includes resources and locations of caregiving classes: <http://www.uwex.edu/ces/flp/caregiving/>
- The Family Caregiver Alliance Web site has resources, online support and fact sheets for caregivers: www.caregiver.org
- The National Mental Health Association Web site features a depression-screening checklist:
- <http://depression-screening.org>
- The American Geriatrics Association Web site focuses on caring for someone with Alzheimer's disease: <http://www.americangeriatrics.org/education/forum/alzcare.shtml>
- The National Institute of Mental Health Web site features signs and symptoms of depression and resources for getting help in your area, plus a special section on men and depression:
- <http://www.nimh.nih.gov>

Developed by Mary Brintnall-Peterson, Ph.D., Program Specialist in Aging, University of Wisconsin-Extension. For more information or questions, contact Mary by phone at (608) 262-8083 or by email at: mary.brintnall-peterson@ces.uwex.edu This publication is distributed through the Wisconsin Alliance for Family Caregiving site at: <http://www.uwex.edu/ces/flp/caregiving/index.html>

More Flag Facts: When Hung from a wall

The Flag can be displayed vertically or horizontally. The stars should be at top of the flag's right and the observers left.



FREE Blood Pressure Screens

Free Blood Pressure Screens will be done at the Elderly Services meal sites. A Registered Nurse will be available from 11:00 a.m. – 12:30 p.m. on the following dates:

GOTHAM	July	8th
	August	12th
RICHLAND CENTER	July	11th
	August	15th
VIOLA	July	15th
	August	19th
BOAZ	July	16th
	August	20th

Sponsored by the Richland County Health, Aging, & Disability Resource Center at **647-4616**.



Be Cool - Chill Out! Refrigerate Promptly

Did you know that harmful bacteria at room temperature can double every 20 minutes? The more bacteria there are, the more likely that you will get sick. This is the reason that quick refrigeration is so important. Here are some helpful tips on keeping COLD foods COLD:

- Make sure the refrigerator temperature is 40° F or below and the freezer is 0° F or below. Refrigerator and freezer thermometers only cost several dollars.
- Refrigerate or freeze perishable foods within 2 hours of purchasing or preparing. Leftovers need to go in the refrigerator within 2 hours too. (If it is over 90° F, it needs to be refrigerated within 1 hour.)
- Cool leftovers in the refrigerator in shallow containers for quick cooling.
- Thaw food in the refrigerator. Marinate food in the refrigerator.
- When transporting food in a car, especially in the summer, use a cooler with ice or frozen gel packs.

Don't forget to keep cold foods cold at picnics this summer. Bring the cold food in coolers, store the food in coolers, and put it back in coolers promptly. When serving the food buffet style, keep the food bowl in a dish filled with ice. For more food safety information, call Melissa Burke at the Richland UW-Extension Wisconsin Nutrition Education Program (WNEP): 647-6148.

From the Fight BAC Food Safety Education Materials

Ten Tips for Wise Volunteering

1. Research the causes or issues important to you.

Look for a group which deals with issues about which you feel strongly. You might already be giving money to one of these organizations, and that might be a good place to begin your volunteer experience. If you can't find such an organization, here's a challenging and intriguing thought: why not start one yourself? You can rally your neighbors to clean up that vacant lot on the corner, patrol the neighborhood, paint an elderly neighbor's house, take turns keeping an eye on the ailing person down the street, or form a group to advocate for a remedy to that dangerous intersection in your neighborhood. There is no end to the creative avenues for volunteering, just as there is no end to the need for volunteers.

2. Consider the skills you have to offer.

If you enjoy outdoor work, have a knack for teaching, or just enjoy interacting with people, you may want to look for volunteer work which would incorporate these aspects of your personality. Many positions require a volunteer who has previous familiarity with certain equipment, such as computers, or who possesses certain skills, such as ability in athletics or communications. For one of these positions you might decide to do something comparable to what you do on the job during your work day, or something which you already enjoy as a hobby. This sort of position allows you to jump right into the work without having to take training to prepare for the assignment.

3. Consider volunteering as a family.

Think about looking for a volunteer opportunity which would be suitable for parents and children to do together, or for husband and wife to take on as a team. When a family volunteers to work together at a nonprofit organization, the experience can bring them closer together, teach young children the value of giving their time and effort, introduce everyone in the family to skills and experiences never before encountered, and give the entire family a shared experience as a wonderful family memory.

4. Would you like to learn something new?

Perhaps you would like to move into areas which will provide you with novelty or change. Then seek a volunteer opportunity involving training in an unfamiliar skill. Many nonprofits seek out people who are willing to learn, especially if the needs they serve are specialized or unique. Many nonprofits have a demonstrated need, but few volunteers skilled in what it takes to fill that need. Realize beforehand, however, that such work might require much more of an effort or a time commitment for training before the actual volunteer assignment begins. Make sure you are willing to commit to the necessary responsibilities.

5. Don't over-commit your schedule.

Make sure the volunteer hours you want to give fit into your hectic life, so that you don't frustrate your family, exhaust yourself, shortchange the organization you're trying to help or neglect your day job. Do you want a long-term assignment or something temporary? If you are unsure about your availability, or want to see how the work suits you before making an extensive commitment, see if the organization will start you out on a limited number of hours until you get the feel of things. Better to start out slowly than to commit yourself to a schedule you can't—or don't want to—fulfill.

6. Nonprofits may have questions, too.

While most nonprofits are eager to find volunteer help, they have to be careful when accepting the services you offer. If you contact an organization with an offer to donate your time, you may be asked to come in for an interview, fill out a volunteer application, describe your qualifications and your background—just as you would at an interview for a paying job. It is in the organization's interest to make certain you have the skills they need, that you are truly committed to doing the work, and that your interests match those of the nonprofit. Furthermore, in volunteer work involving children or other at-risk populations, there are legal ramifications for the organization to consider.

7. I never thought of that!

Many community groups which are looking for volunteers may not have occurred to you. Most of us know that hospitals, libraries, and churches use volunteers for a great deal of their work, but here are some volunteer opportunities which may not have crossed your mind:

- day care centers
- Neighborhood Watch
- public schools and colleges
- halfway houses
- community theatres
- drug rehabilitation centers
- fraternal organizations, such as the Elks, Moose, Knights of Columbus or Rotary Clubs
- retirement centers and homes for the elderly
- Meals on Wheels
- church or community-sponsored soup kitchens or food pantries
- museums, art galleries, and monuments
- community choirs, bands and orchestras



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- neighborhood parks
- youth organizations, sports teams, and after-school programs
- shelters for battered women and children
- historical restorations, battlefields and national parks

8. Give voice to your heart through your giving and volunteering!

Bring your heart and your sense of humor to your volunteer service, along with the enthusiastic spirit which is, in itself, a priceless gift. What you'll get back will be immeasurable!



9. Virtual volunteering?

Yes, there is such a thing! If you have computer access and the necessary skills, some organizations now offer the opportunity to do volunteer work over the computer. This might take the form of giving free legal advice, typing a college term paper for a person with a disability, or simply keeping in contact with a shut-in who has e-mail. This sort of volunteering might be well-suited to you if you have limited time, no transportation, or a physical disability which precludes you from getting about freely. Virtual volunteering can also be a way for you to give time if you simply enjoy computers and want to employ your computer skills in your volunteer work.

10. Be a year-round volunteer!

We all tend to think more of those in need during the holidays; but volunteering is welcome and necessary all year. The need for compassion doesn't stop with the New Year, and warm spring weather doesn't fill empty stomachs or decrease the litter in the public parks. We all need to be aware that making our communities, our nation and our world better is a 365-day-a-year responsibility—and there is always something we could be doing to help!

How to find volunteer opportunities:

Local: Richland County Health and Human Services—Health, Aging and Disability Resource Center: 647-4616

Richland County Health and Human Services—Elderly Services Unit: 647-6226

Online Resources: Action Without Borders: www.idealists.org Youth Service America: www.servenet.org

Toll-free Service: Points of Light Foundation at 800-59-LIGHT (800-595-4448)

Independent Sector Nonprofit Information Center

1200 Eighteenth Street, NW, Suite 200, Washington, D.C. 20036

202-467-6100 ■ 202-467-6106 fax ■ 888-860-8118 publications

Visit our web site: www.IndependentSector.org or e-mail: info@IndependentSector.org

Images: Elderly easy prey for ID thieves By Barbara Quirk

Special to The Capital Times

May 27, 2003

"It is a serious problem," says Susan Robertson of the District Attorney's Office when describing identity theft. "And we are seeing more and more of it."



Robertson, who is a victim/witness case manager for the DA's Office, says there are large groups of individuals who steal personal and financial information and use this to open accounts at businesses that offer instant credit.

"Typically, they will run these accounts to the max," she said. "The victim won't know about it until they get their statement and see all these charges against them."

Who ultimately pays for this fraud? Robertson says the victim usually will not have to pay, but the incident can really mess up your credit rating. Either the business or your financial institution may end up paying, but you may be hounded by a collection agency until it is all resolved.

While one thinks of identity theft as an urban problem, it also occurs in the rural area. "We have been seeing a rash of mailbox thefts," Robertson said. "They take both incoming and outgoing mail. That little red flag

on the mail box on the road is like an invitation to steal. There are all sorts of things put in mailboxes: Social Security checks, credit card applications, personal checks. We even had a person have their mail stolen from a box on the front of the house."

"Thieves will 'wash the checks.'" Robertson describes how ink can be erased and new numbers put in or how the payee's name can be altered so the thief can cash the check.

Robertson advises people never to put checks or credit information in your mailbox to be picked up by the carrier.

"Older adults seem to be more vulnerable to information theft than are the general public," Robertson says. "Perhaps they are more trusting. A person calls and says they are from your bank and need to verify an account number. An older person is likely to want to help out and will be tricked into giving that piece of information to a total stranger."

Robertson points out that older adults may also be targeted because typically they have larger credit limits. "Purse snatching used to be the method of theft. Now it is much more lucrative to steal a person's identity and have access to their entire bank account and credit limit."

On a smaller scale, older adults who are receiving

**CSP: “A Hospital Without Walls”
by:
Heather L. Leach, LCSW
CSP Clinical Coordinator**

Community Support Programs or CSPs are state-mandated long-term support programs that provide treatment, rehabilitation, and support services to persons with severe and persistent mental illness within the communities in which they live and work. CSPs evolved from the Program of Assertive Community Treatment (PACT) model, which started in the late 1960s by treatment staff at Mendota Mental Health Institute. The treatment staff noted that the progress that clients, generally diagnosed with Schizophrenia or Bipolar Disorder, made while in the hospital was often lost once they returned to the community, so they hypothesized that the 24-hour per day/7-day per week care and treatment provided by the hospital was still needed by clients after discharge.

This hypothesis was tested in 1972 by maintaining the multidisciplinary, 24-hour staffing of the inpatient psychiatric facility, but moving the location of the staff to the homes, jobs, and/or social settings of returning clients; thus, the concept of “a hospital without walls” or a “mobile hospital.” The PACT model has shown over time to: 1. Decrease the time persons with severe and persistent mental illnesses spend in hospitals; and 2. Facilitate their community living and psychosocial rehabilitation. This has resulted not only in a cost savings for counties who no longer need to rely exclusively on the expensive state psychiatric hospitals for treatment of persons with severe and persistent mental illness, but improved quality of life for clients.

In a traditional case management model the case managers connect the client to individual services usually provided by multiple agencies, which often results in fragmented care. With the PACT or CSP model, also known as a full support case management, traditional service planning and coordination is combined with advocacy, clinical case management, supportive psychotherapy and symptom management, and direct, assertive provision of treatment, rehabilitation, and support services. A multidisciplinary staff at Richland County Health and Human Services, including a psychiatrist, nurse, two clinical social workers, a CSP professional/team leader, and a ½ time Marriage and Family Therapist, work as a team to provide the majority of CSP services.

In addition to the CSP being the primary provider of services with a fixed point of responsibility (i.e., one case manager assigned to each client), the following are the fundamental principles of CSP:

The vast majority of CSP services are provided out of the traditional office setting, such as the client’s own home, at employment sites, while in transit in vehicles, and in restaurants, stores, parks, etc. This allows for staff to go where the clients are; thus, minimizing treatment dropouts and allowing for in

vivo application of psychosocial rehabilitation, such as social and work skills. If you come to the West building looking for CSP staff, we will generally not be in our office, but out-and-about in the community, usually in our cars!

CSPs have the capability of providing highly individualized services to clients with an intensity dictated by the client’s current functioning, needs, and desires. We see some clients daily, many several times per week, some, once per week, and still others only monthly. CSP caseloads are kept small to allow for the provision of highly individualized, intense services. The CSP team completes a comprehensive assessment when a client is first admitted to CSP which drives the individual treatment plan, updated every 6-months.

The CSP team functions with an assertive approach to treatment and service delivery, which means we adapt the environment or ourselves to meet the client’s needs rather than expecting the client to adapt. Much of our job involves being energetic, persistent, and unconditionally accepting of clients as they work to meet their individual goals. We work with both voluntary and court-ordered clients to establish trusting, therapeutic rapport, in hopes that once this is established other treatment goals, such as medication compliance and acceptance of mental illness, can then be addressed.

Finally, CSP services are offered on a continuous, rather than time-limited, basis. This allows for the treatment team to thoroughly know a client and to be able to respond to the changing course of that person’s illness. For example, if a client has been symptom-free for a number of years and functions well in general, the CSP team may only touch base with that person monthly. However, the maintenance of the therapeutic relationship allows for us to readily increase the frequency of contacts if or when this person experiences a symptom relapse. This is a time-saver for staff and is less traumatic for the client who does not need to go through the work of establishing trust and rapport with a new treatment provider.

Working as part of the CSP team is challenging, but rewarding work. Members of Richland County Health and Human Services’ CSP are: Windy Goodman, R.N., John Pyle, LCSW, Kim Winkelman, LMFT, Jacquie Brunsluk, B.S., and Clemens Schmidt, M.D.

If you believe that you or someone you know may benefit from the services of the Richland County Health and Human Services’ CSP, please contact Heather L. Leach at 608-647-6384 for additional information and/or to begin the referral process.

More Flag Facts:

Flown at half-staff

When flown at half-staff during a period of national mourning the flag is first hoisted to the top of the pole for a moment and then lowered to half-staff. At the end of the day the flag is first raised again to the top and then lowered.

WITH SOCIAL SECURITY, REPRESENTATION IS YOUR RIGHT



By: Bruce W. Schultz—Social Security
Public Affairs Specialist

You have the right to representation when
doing business with Social Security.

Although Social Security staff attempt to be as helpful as possible, some people may feel more secure when they have a representative who is knowledgeable about the Social Security process. Social Security guarantees to work with your representative to ensure that your business needs with us are met in a suitable manner.

Once you have appointed a representative, he/she may stand in for you in most situations. For instance, he/she may obtain information from your Social Security file, help obtain medical records or other information to support your claim, request a hearing or Appeals Council review and help you and your witnesses prepare for a hearing.

Under the law, a representative may not charge or collect any fee from you until Social Security approves it. The amount of the fee we approve is the most you owe your representative, except for his/her out-of-pocket expenses. If you appoint an attorney to represent you, Social Security usually withholds 25 percent of your past due benefits to pay toward the fee. However, if you have won a claim for Supplemental Security Income payments only, we do not withhold past due payments for attorney fees.

Social Security does not have to approve the fee if:

- A nonprofit organization or federal, state, county or city agency pays the fee and any expenses from government funds; or
- Your representative gives us a written statement that you will not have to pay any fee or expenses.

If you have any questions about your right to representation, please call our toll-free number, 1-800-772-1213, or visit our website at www.socialsecurity.gov, ask for the factsheet, *Your Right to Representation* (SSA Pub. No. 05-10075).

Important Phone Numbers:

Social Security, 1-800-772-1213

Operates business days from 7am to 7pm

Website: www.socialsecurity.gov

Medicare, 1-800-633-4227

Website: www.medicare.gov

Wisconsin Medicare Part B, 1-800-944-0051

Durable medical equipment questions, 1-800-270-2313

Wisconsin Medical Assistance (Forward card),

1-800-362-3002 (information)

1-800-888-7989 (missing cards)

Federal SSI payments, 1-800-772-1213

Wisconsin SSI checks, 1-800-675-0249

Federal Internal Revenue Services, 1-800-829-1040

Colorectal Cancer Screening Urged

Colon cancer can be easily prevented – yet it remains the second leading cause of cancer death in the United States. This year the disease will claim more than 57,000 American lives, accounting for 10 per cent of cancer deaths in the United States.

In Wisconsin, 2,900 new cases are expected and 1,100 lives will be lost due to colon and rectum cancer in 2003.

Colon cancer develops in the colon or rectum. Before cancer develops, there often are earlier changes in the lining of the colon or rectum. One type of change is a tissue growth called a polyp. Removing the polyp early may prevent it from becoming cancer.

Colorectal cancer screening is more cost effective than other well-accepted forms of medical management. Screening cost between \$10,000 and \$20,000 per year of life saved – much lower than treatment of hypertension and breast cancer screening.

The risk of colon cancer increases with age. Nearly 90 per cent of colon cancer patients are over the age of 50. African-American men and women are at greater risk for developing and dying from colon cancer than men and women of other racial and ethnic groups. A personal or family history of colon cancer or polyps also elevates the risk, as does a history of inflammatory bowel disease. Additional risk factors include the use of cigarettes or other tobacco products, physical inactivity and high-fat diet.

Since early colon cancer usually has no symptoms, the American Cancer Society recommends regular screening in all men and women beginning at age 50. Colon cancer screening tests identify suspicious or pre-cancerous polyps, which can be removed before they develop into a serious health problem.



Discuss the following testing options with your physician:

- Yearly fecal occult blood test (FOBT)
- Flexible sigmoidoscopy, every five years
- FOBT and yearly flexible sigmoidoscopy every five years

(preferred over either option alone)

- Double-contrast barium enema every five years
- Colonoscopy every 10 years

The American Cancer Society is the nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

For more information, call 1-800-ACS-2345 or visit www.cancer.org.

WORD QUIZ

What word does the following definitions describe?

1. An insatiable, often periodic craving for alcoholic liquors.

- A. Benevolent
- B. Dipsomania
- C. Chassie
- D. Lexicography

2. To turn a matter over and over in the mind.

- A. Ruminant
- B. Boondoggle
- C. Bird-Dog
- D. Cachinnation

3. A servile self-seeker who attempts to win favor by flattering influential people.

- A. Thenar
- B. Logjam
- C. Yelper
- D. Sycophant

4. Invisible socks; no socks.

- A. Eremite
- B. Asperse
- C. Head
- D. Airhose

5. Sentence or words faulty in grammatical sequence.

- A. Anacoluthon
- B. Playa
- C. Cosigner
- D. Appulse

6. Capable of being broken; breakable; fragile.

- A. Frangible

- B. Diastema
- C. Murphy
- D. Puce

7. An ugly and repellent male.

- A. Dragoon
- B. Friable
- C. Compeer
- D. Zarf

8. Contemplation of one's navel as an aid to meditation.

- A. Piedmont
- B. Omphaloskepsis
- C. Mastodon
- D. Credenza

Answers can be found on bottom of Page 9.

(Continued from Page 5)

home care, or who are in institutions, are vulnerable just because there are a number of different people who have access to them. "It is not always staff," explains Robertson. "In one case, someone off the street entered a patient's room in a nursing home and said something about being there to fix a window. He helped himself to the patient's checkbook that was in the bedside stand. In another case, an aide was actually helping the person write out her checks and just started writing some for himself."

Robertson says there is no way to completely guard against identity theft, but there are ways to reduce your chances. She advises:

- Use direct deposit whenever possible.
- Keep track of when your credit card bills arrive.
- Always check your credit card bills and verify purchases.
- Never carry your Social Security card with you.
- Do not have your driver's license numbers printed on your checks.
- Do not leave your checkbook lying out in the open.
- Shred all documents including preapproved credit applications.
- Do not give personal information over the phone, through the mail, or over the Internet unless you have initiated the call.
- Do not put your credit card number on the Internet unless it is encrypted on a secure site.

If you suspect you are being victimized by an identity thief, or are a victim of another form of financial fraud, call the non-emergency police number and report your situation. In Wisconsin, the Elder Law Office's attorneys can assist you in reclaiming your credit rating and financial losses. Call 224-0660.

Barbara Quirk is a geriatric nurse practitioner.

Late-life Sleep Problems: What's Normal?

Participants: Eric Nofzinger, MD - University of Pittsburgh School of Medicine and **Charles Reynolds, MD** - Professor of Psychiatry, Neurology and Neuroscience, University of Pittsburgh School of Medicine

ANNOUNCER: The good news is that today many of us will live into our 80s, 90s or even further. The bad news? As many as 25% of healthy seniors report sleep difficulties, and it's higher in those with health problems.

Dr. REYNOLDS: The highest rates of insomnia, difficulty falling or staying asleep, not feeling well rested, occur in older Americans, more commonly in women than in men, and are perhaps even more common among elderly with fewer psychosocial or economic resources.

ANNOUNCER: There are, of course, a variety of age-related physical conditions and medications that can deprive the sleeper of a good night's rest.

Dr. REYNOLDS: Heart disease causes angina at night or difficulty breathing, and can thereby lead to disturbed sleep. Arthritis, pain at night. The rate of sleep disordered breathing, what doctors call sleep apnea, tends to increase with age.

Dr. NOFZINGER: Certainly if there's any type of major brain change or structural problem or a dementia of some type, then those things can severely fragment sleep at nighttime.

ANNOUNCER: Frequent trips to the bathroom, a common problem aging adults know all too well, can disrupt sleep.

Dr. REYNOLDS: I think that's a big deal, having to go to the bathroom during the night. Generally, as we age, our ability to concentrate urine diminishes, so we have to go to urinate more often. One of the ways that we try to help older people diminish the impact of frequent urination at night is to tell them to gently fluid restrict themselves after five or six in the evening.



Family Care would like you input!

Please let us know if you have any comments—questions—suggestions pertaining to the Richland County Family Care Program

Positive or Negative



Tell us what you think!

You can call (608) 647-8821 ext. 273 or send them to:
 Richland Count CMO
 Penny Clary
 221 W. Seminary Street
 Richland Center, WI 53581

We really want to hear from you!

Are you interested in sharing your Family Care story?

Richland County Family Care is looking for members who would be willing to allow us to share their Family Care Story with others.
 (No names would be mentioned)

For more information please contact:

Penny Clary, Member Relations Coordinator
 (608) 647-8821 ext. 273

**Thank you for your consideration.
 We truly appreciate it!**

Low Vision Defined

According to the State of Wisconsin Bureau of the Blind, legal blindness is defined as having 20/200 vision or less in the better eye with correction, or having a field of vision of 20 degrees or less. This is also referred to as low vision, a reduced acuity or visual field loss that, even with the best optical correction, still results in a functional visual impairment.

Among the blind population, roughly 85% have some remaining vision and approximately 15% are totally blind. Research has found that people with low vision who are unaware of the resources available to them are more likely to suffer physically, psychologically, economically and socially than people who immediately receive appropriate services.

Four Leading Causes of Blindness are: Glaucoma; Cataracts; Diabetic Retinopathy; and Age-related Macular Degeneration. In Wisconsin, approximately 120,000 residents are either blind or visually impaired and over half are 55 years of age or older.

For additional information on resources, please consult the “Guide to Selected Services for Blind and Visually Impaired Persons in Wisconsin” or write to the:

Wisconsin Bureau of the Blind at: P. O. Box 7851, Madison, WI 53707-7851 or call at (888) 879-0017 (Toll Free)

Or contact the Richland County Health and Human Services—Health, Aging and Disability Resource Center at 181 W Seminary Street, Richland Center, WI 53581 or call (608) 647-4616 or (877) 641-4616 (Toll Free).

Do you have a friend who cannot read this newsletter because of poor eyesight?

This newsletter is available on cassette tape and may be borrowed from the Elderly Services Unit.

**For more information, call
 608-647-6226**

**More Flag Facts:
 Grouped with other flags**

When the U.S. flag is flown with other national flags, all the flags should be of equal size and flown on separate staffs of the same height. International law forbids a nation's flag to be flown above any other nation's flag during peacetime

Word Quiz Answers: 1- B, 2- A, 3- D, 4- D, 5- A, 6- A, 7- D, 8- B

"ABC's of Alzheimer's & Dementia" Education Series to be held at UW Richland Center

The Alzheimer's Association is pleased to announce that the "ABC's of Alzheimer's & Dementia" will be held on four Tuesday evenings (from 6:30 – 8:30 p.m.) beginning September 9 at UW Richland Center, Melville Hall.

This free workshop series is for family caregivers of people with dementia who are interested in learning about the medical aspects of dementia, strategies for minimizing the effects of the disease such as communication techniques and activities, legal and financial planning, and community resources to help. Space is limited and pre-registration is required.

On September 9th Dr. Robert Smith, Richland Area Geriatric Assessment Clinic, will provide information regarding the effects of dementia on the brain, stages and symptoms of Alzheimer's disease, treatment options, and current research.

Topics to be discussed on September 16th include the effects of dementia on the person, strategies to decrease confusion through communication, structure and routine, and safety issues.

The September 23rd session will be led by an attorney and will address topics such as advance directives, guardianship and protective placement, medical assistance, and the Community Options Program.

The final session on September 30th will concentrate on issues faced by caregivers including challenges, how to cope, involving family and friends, and accessing available resources.

For more information, to receive a detailed brochure or to register for the series, please call the Alzheimer's Association at 800/428-9280.

Alzheimer's disease is a progressive and degenerative brain disorder that impairs memory, abstract thinking, and behavior in four million Americans. More than 11,300 residents of Columbia, Dane, Grant, Green, Iowa, Lafayette, Richland, and Sauk counties have Alzheimer's or a related disorder. The South Central Wisconsin Chapter offers information, education, support, and advocacy to individuals, families, and organizations. For more information, call 608-232-3400 or 800-428-9280 or visit www.alzwisc.org.

(Continued from Page 8)

ANNOUNCER: The mind as well as the body can influence sleep.

Dr. NOFZINGER: Things such as depression is one of the major problems that we see. Grief and bereavement, major stressors of late life, going into retirement and suddenly having a lot of time on your hands, not being as active during the daytime can lead to some difficulties, anxiety disorders.

ANNOUNCER: Even something as simple as what you do and how you feel before bed can affect sleep quality.

Dr. NOFZINGER: Thinking about problems, ruminating about things, trying to deal with legal issues right before going to bed, all of these things would not be a good idea, because they can be activating or arousing.

Dr. REYNOLDS: Too much heat, too much cold, noise. Many older people have a lower arousal threshold, so even soft noises in the environment can lead to arousal. And light, also a factor waking people up

ANNOUNCER: Finding ways to improve sleep may lie in simple things the sleeper can do to help themselves.

Dr. REYNOLDS: Curtail daytime napping. Maybe a 30-minute nap early to mid-afternoon is okay, but not after four or five.

Dr. NOFZINGER: Decreasing the amount of time in bed if they're not sleeping at nighttime, perhaps delaying the time that they get into bed can help with sleep consolidation at nighttime.

Dr. REYNOLDS: A hot bath, many people find, helps them to relax and be ready for sleep. Conversely, vigorous physical or mental exercise in the evening can arouse you. If you get your head in high gear, it's hard to get it to low gear and fall asleep.

ANNOUNCER: There are over-the-counter and prescription medications, which help problem sleep. Prescription sleep medications fall into two classes, benzodiazepines and non-benzodiazepines. The elderly need to be especially cautious about which they choose.

Dr. REYNOLDS: There is considerable information in the medical literature that the use of sleeping pills in elderly people can lead to daytime sleepiness and associated increased risk for cognitive impairment, say, with attention or memory.

Dr. NOFZINGER: I think some of the newer non-benzodiazepine sedative hypnotics tend to be a little bit better tolerated in the elderly.

ANNOUNCER: It's always important to recognize how vital good sleep really is, and that sleep problems late in life are not inevitable.

Dr. REYNOLDS: We think that sleep is very important at meeting the challenges of old age, whether that's caregiving, whether it's adjusting to loss or bereavement, or whether it's staying well from the point of view of mental and physical health. I think that sleep plays a critical role, and that steps taken by elderly people and their families to improve the quality of sleep repays in terms of health dividends.

Hiring An Attorney

The benefit specialist in your county provides persons over 60 with free legal assistance relating to public benefits. By state and federal law, the benefit specialist is not allowed to provide advice for non-benefit related legal problems. These problems include estate planning, certain types of Medicaid eligibility planning, probate matters, personal injury, discrimination, real estate transfers, employment cases and others. Many seniors will need the services of a private attorney at some point. Here are some tips for finding an attorney to meet your needs.

Finding an attorney

First of all, you should speak with friends and relatives about their experiences with attorneys in your area. Personal references are an excellent tool to help you decide whether a certain attorney is right for you.

The Wisconsin State Bar operates a lawyer referral service that can recommend an attorney in your area who specializes in dealing with your specific problem. The Lawyer Referral and Information Service can be reached at 1/800-362-9082.

Finally, do not hesitate to look for lawyers outside your immediate area. Some legal problems are beyond the expertise of many lawyers and only a specialist may be able to obtain a satisfactory result for you.

Hiring an attorney

In many ways, purchasing legal services is like purchasing any other goods or services; an informed consumer is a wise consumer. Be sure to ask the attorney the following questions.

- What experience do you have in this area of law?
- How many cases like mine have you handled?
- Could you provide me with references?
- What is your fee likely to be?

You are under no obligation to hire an attorney until you are satisfied that she or he is the right person for the job.

Fees

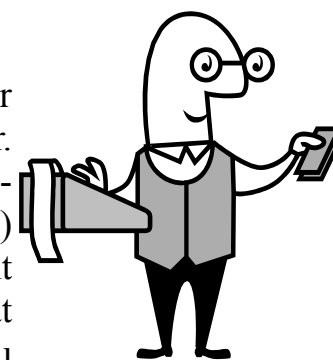
There is no question that legal services can be expensive. Make sure you know ahead of time what the total cost could be.

- Some attorneys charge for your first visit. Be sure to ask if this is the case when you call to schedule an appointment.
- Most legal work required by seniors will be billed at an hourly rate or flat fee.
- If your income is limited, ask the attorney if they will consider a reduced fee.

For more information on this topic contact your local benefit specialist, Joanne Welsh at Richland County Health and Human Services—Elderly Services 647-6226

Correcting Credit Card Errors

On occasion, you may find a charge on your credit card statement that you believe is incorrect. Depending on the amount, these little surprises can be a minor irritation or downright frightening. The Federal Fair Credit Billing Act offers consumers certain rights in relation to their credit card providers. Following the steps below will increase the chances that you can resolve billing errors in your favor with a minimum amount of hassle.



1. Send a letter to the creditor explaining the billing error. Enclose with your letter, copies (do not send the originals) of the credit card statement and any other documents that support your position. You should send the letter certified mail, return receipt requested. The creditor should receive the letter within 60 days of your receipt of the original bill.
2. Pay all parts of the bill that you think you owe.
3. The creditor must acknowledge receiving your letter within 30 days and must correct the error or explain why the bill was correct within 90 days of receiving your letter. Between the day the creditor receives your letter and the day you receive a reply, no one may threaten you with damage to your credit rating, send you collection letters or try to collect the disputed amount.
4. If you disagree with the creditor's decision, you need to write the creditor within ten days. The creditor may report you to credit bureaus and other creditors but must also report that you dispute the debt.

If you suspect that your credit card information has been stolen and is being used fraudulently, you should contact the credit card company as soon as possible at the customer service number provided on your statement.

For more information and assistance on consumer problems, contact your local benefit specialist, Joanne Welsh at Elderly Services 647-6226.

This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services in an effort to provide up-to-date and useful information on the programs and services available through our units.

Co-editors are Patrick Metz and Penny Clary.

NOTICE: Health and Human Services does not support or endorse all the advertisers listed in the Classified Section.

All questions regarding this newsletter should be addressed to:
Patrick Metz, Elderly Services Supervisor
181 W Seminary Street
Richland Center, WI 53581
(608) 647-6226
metzp@co.richland.wi.us

2003

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

	1 Beef & Tater Tot Casserole, Green Beans, Whole Grain Bread, Frosted Cake	2 Roast Pork, Au gratin Potatoes, Squash, Whole Grain Bread, Applesauce Gelatin	3 Hamburger/Bun, Cheese, Tomato, Onions & Pickles, Baked Beans, Potato Salad, Blueberry Torte	4 SITES CLOSED INDEPENDENCE DAY
7 COOK'S CHOICE	8 Lasagna, Garlic Bread, Tossed Salad, Fruit Crisp	9 Bar-B-Q Chicken, Baked Potato w/ Sour Cream, California Blend Veg., Dinner Roll, Fruited Jell-O w/Topping	10 Salisbury Steak, Mashed Potatoes/Gravy, Corn, Whole Grain Bread, Cheesecake w/Fruit	11 Brat/Bun with Sauerkraut & Relishes, German Potato Salad, Tropical Fruit Cup, Sugar Cookie
14 Baked Ham, Sweet Potatoes, Cabbage Salad, Whole Grain Bread, Pineapple	15 Baked Fish, Potato Wedges, Italian Blend Vegetables, Whole Grain Bread, Lemon Bar	16 Roast Turkey, Mashed Potatoes/Gravy, Stuffing, Green Beans, Whole Grain Bread, Cranberry Sauce, Pumpkin Bar	17 Swedish Meatballs, Buttered Noodles, Peas & Carrots, Whole Grain Bread, Seasonal Fruit	18 Pork Chop, Cheesy Au gratin Potatoes, Broccoli, Whole Grain Bread, Applesauce Gelatin
21 Salmon Loaf, Boiled Potatoes, Creamed Peas, Whole Grain Bread, Apricots	22 Roast Beef, Mashed Potatoes/Gravy, Carrots, Dinner Roll, Angel Food Cake with Strawberries & Topping	23 Spaghetti with Meat Sauce, Garlic Cheese Bread, 7-Layer Salad, Frosted Cake	24 Chicken ala King, Baking Powder Biscuits, Mixed Vegetables, Cabbage Salad, Peaches	25 COOK'S CHOICE
28 Meat Loaf, Baked Potato with Sour Cream, Corn, Whole Grain Bread, Applesauce	29 Turkey Tetrazzini, Peas, Cheese Bread, Tossed Salad, Pineapple Upside Down Cake & Topping	30 Swiss Steak, Mashed Potatoes, Carrots, Whole Grain Bread, Fruited Jell-O w/Topping	31 Bar-B-Q Beef/Bun, Macaroni Salad, Baked Beans, Mixed Fruit Cup, Cookie	Richland County Health & Human Services – Elderly Services -Nutrition Program

Mandarin Orange and Cottage Cheese Salad

1 - 16 oz container of cottage cheese
1 large box of orange jello

1 large can of mandarin oranges
1 medium container of cool whip thawed

Directions: In a large bowl, place cool whip and stir in jello till dissolved, then add cottage cheese and oranges, Mix well the place in refrigerator. **Dietary options:** You can use sugar free jello and low fat cottage cheese and fruit in their own juice or water. **Other options:** I add pineapple chunks or pineapple tidbits, to make it more tropical you can add cocoanut. This salad is very versatile, you can change the kinds of fruit also the flavor of the jello.

For information (or reservations) about the Nutrition Program, please call:

Germantown - Judy Thompson @ 983-2786

Gotham - Tina Shaw @ 583-2763

Richland Hills - Chris Young @ 647-2323

Viola - Linda Walker @ 627-1869

Boaz - Karen's Supper Club - Serve on Wednesdays ONLY at 11:30 am - 536-3792

Hub City - Home Plate - Serve on Thursdays ONLY at 12:00 - 647-6566

RICHLAND COUNTY HEALTH & HUMAN SERVICES – ELDERLY SERVICES NUTRITION PROGRAM		<u>AUGUST 2003</u>		1 Baked Fish, Baked Potato/Sour Cream, California Blend Vegetables, Whole Grain Bread, Blueberry Torte
4 Kielbasa, Macaroni & Cheese, Beets, Whole Grain Bread, Apricots	5 Beef Stew with Vegetables, Baking Powder Biscuits with Honey, Coleslaw, Tapioca Pudding	6 Baked Chicken (Legs & Thighs), Mashed Potatoes/Gravy, Squash, Dinner Roll, Chocolate Cake	7 Ham, Scalloped Potatoes, Italian Blend Vegetables, Whole Grain Bread, Peach Crisp	8 Hot Beef Sandwiches Open Face w/ Mashed Potatoes/Gravy, Peas & Carrots, Seasonal Fruit
11 COOK'S CHOICE	12 Salisbury Steak, Mashed Potatoes, Carrots, Whole Grain Bread, Pistachio Dessert	13 Bar-B-Q Ribs, Baked Potato/Sour Cream, Peas, Whole Grain Bread, Melon Cup	14 Roast Pork, Cheesy Au gratin Potatoes, Green Beans, Whole Grain Bread, Applesauce Gelatin	15 Chicken Italiano Pasta Dish, Soft Bread Sticks, Tossed Salad, Pudding Torte
18 Salmon Loaf, Boiled Potatoes, Creamed Peas, Rye Bread, Peaches	19 Beef Stroganoff, Noodles, Beets, Cabbage Salad, Whole Grain Bread, Seasonal Fruit	20 Swiss Steak, Mashed Potatoes/Gravy, California Blend Veg., Whole Grain Bread, Striped Delight Torte	21 Chicken Salad Sandwich, Potato Salad, Baked Beans, Strawberry Shortcake w/Topping	22 Glazed Ham Loaf, Au gratin Potatoes, Corn, Whole Grain Bread, Mixed Fruit
25 Pork Chop, Sweet Potatoes, Sauerkraut Salad, Whole Grain Bread, Applesauce	26 Crispy Baked Fish, Hash Brown Potato Casserole, Green Beans, Whole Grain Bread, Toll House Bar	27 COOK'S CHOICE	28 Roast Turkey, Mashed Potatoes/Gravy, Carrots, Cranberry Relish, Whole Grain Bread, Specialty Cake	29 Meat Loaf, Baked Potatoes, Stewed Tomatoes, Whole Grain Bread, Brownie