

**Fall 2019**

**Aging and Disability Resource Center  
of Douglas County  
1316 N. 14th St. Suite 327  
Superior, WI 54480  
715-395-1234**

# ***ADRC Express***



## **ADRC Advisory Committee Seeking New Members**

The ADRC is looking to fill two positions on the advisory committee. The advisory committee assists the Health and Human Services Board by meeting quarterly and providing oversight of the ADRC. Primary duties include providing guidance and feedback on ADRC services, overseeing the operations and providing policy recommendations, providing input on the ADRC budget and reviewing spending relative to the budget, reviewing customer feedback to evaluate ADRC performance, and identifying and recommending strategies to build local capacity to better serve ADRC customers.

Committee members shall be older adults or adults with physical or intellectual/developmental disabilities or their family members, guardians, or advocates. All committee members receive training and orientation.

Interested individuals should contact Erika Johnson, ADRC Director, by calling 715-395-7532 or emailing [Erika.johnson@douglascountywi.org](mailto:Erika.johnson@douglascountywi.org) or visiting [www.douglascountywi.org/ADRC](http://www.douglascountywi.org/ADRC) for an advisory committee application. Composition of membership strives to represent the ethnic, economic, and geographic diversity of Douglas County.



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## **Long Term Care Planning**

Join staff from the ADRC for a two-hour seminar that will give you a better understanding of what to consider when planning for yourself or a loved one's long term care needs. Where do I start? What services will be needed? How much will it cost? If these are some of your questions then this seminar is the perfect place to get a comprehensive understanding of what long-term care planning is all about. Light refreshments served. Call 715-395-1234 for more information.



**October 17, 2019  
1:30 pm - 3:30 pm  
OR  
5:00 pm - 7:00 pm  
Superior Public Library**

## Open enrollment is coming! October 15, 2019

Are you new to Medicare and need to enroll in prescription drug coverage (Part D) or if you have a current plan, is it your best option? Now is the time to explore other options that might provide you better coverage. Starting October 15th through December 7<sup>th</sup>, you can log on to Medicare.gov and compare plans including costs, premiums, deductibles and copays.

Medicare.gov has launched a new plan finder this year which can help you make an informed decision. If you would like assistance comparing plans, please contact the ADRC at 715-395-1234 and speak with the Disability Benefit Specialist, Kris Westerlund, Monday – Friday, 8:00 am – 4:30 pm. **If you are age 60 or older**, contact the Elder Benefit Specialist, Kris Hanson, Monday and Wednesday, 8:00 am – 4:30 pm at the ADRC, 715-395-1234 or on Tuesday and Thursday, 8:00 am – 4:30 pm at Senior Connections, 715-395-3611.

**BENEFITS  
OPEN  
ENROLLMENT**

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## Personal Preparedness

The season is changing again and in only a short period of time, it will be winter. There are a few simple steps that you can take to prepare yourself for an emergency situation. First, create a plan. You can find a sample plan that you can customize with your own information on the CDC's website. You can list your medical conditions and medications that you take as well as emergency contacts. Second, create a supply kit. Visit Ready.gov for a list of basic items to gather for your kit. Your supplies should last you at least three days. Some examples of contents include: medications, water, food, flashlight/batteries, and a first aid kit. Third, consider including copies of important documents like insurance cards, photo ID, and a copy of your living will or power of attorney documents.

For more information on emergency preparedness, visit the following websites: The Centers for Disease and Control (<https://emergency.cdc.gov>) or the American Red Cross ([www.redcross.org](http://www.redcross.org)).



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## Upcoming Events

Matter of Balance, Falls Prevention Workshop. Thursdays from 2:00 pm - 4:00 pm September 12th through October 31st at Essentia Health in Superior.

Living Well with Chronic Conditions Workshop, Wednesdays from 1:30 pm - 4:00 pm September 18th through October 23rd at Essentia Health in Superior.

**Registration is Required**

**Contact Luann at Senior Connections at 715-394-3611**