

Oconto County Commission on Aging, Inc.

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It is that time of year again when politics starts to rear its head in Wisconsin and across the country. Our politicians are asking for your vote to stay in office. The question to ask is what you have done for us, the taxpayers who pay your wages and the programs you authorized at the State and Federal levels. Here are some examples that affect you.

Late this past spring, Rep. Hurd (R-Fall Creek) and Sen. Quinn (R-Cameron) introduced legislation that would allow SeniorCare participants to purchase, with a prescription order, a 100-day supply of certain maintenance medications (AB 259/SB 263). The legislation requires the Wisconsin Department of Health Services (DHS) to request a waiver of federal Medicaid laws from the federal government, if necessary. During the COVID-19 public health emergency, SeniorCare participants were allowed to purchase 100-day supplies for certain prescription drugs instead of the 34-day supply normally allowed. SeniorCare participants found the temporary 100-day refill authorization to be beneficial as it reduced the number of trips to the pharmacy and reduced their co-pays. Prescriptions refilled every month require co-pays of \$5-\$15 each, which is a cost of between \$15 - \$45 per medication over the course of three months. During the public health emergency, SeniorCare participants could receive a 3-month supply for only \$5-\$15 per medication total. Though program revenue was decreased by the reduction in co-pays, any loss of funds was more than made up for by the reduction in dispensing fees to pharmacies; a win/win. Unfortunately, with the end of the public health emergency, 100-day refills are no longer permitted. Last week, the Senate unanimously (33-0) passed SB 263 and messaged the bill to the Assembly. Rep. Hurd's office indicated the Assembly's Health, Aging and Long-Term Care Committee is expected to hold a public hearing on the bill later this month or early next month. If passed out of committee, the bill could then be sent to the full Assembly for action in mid-October. To help ensure this legislation gets a hearing soon, please contact your state Representative and let him/her know how this legislation impacts older adults in your community. Encourage your board members, volunteers, program participants, and other community members to do the same and ask them to encourage their Assembly Representative to ask Rep. Moses, chair of the committee, to schedule a public hearing. This is especially important if your Representative is a member of the Health, Aging and Long-Term

Care. So it is more important for us seniors to stay politically active if we want programs around that will benefit us as we age.

Another example that we have is with the National Family Caregiver Program and the Alzheimer's programs. Our funding for these programs has remained virtually the same for almost 20 years. We receive \$19,290 in Alzheimer's funds and \$22,998 in Family Caregiving funds, for the County for the entire year. The State has put limits on how much a family can receive out of those funds in hopes of spreading it around to help more families. The limits are \$4,000 per family for Alzheimer's funds and 122 hours for Caregiver's funds. If you do the math, we can help 4.82 families with Alzheimer's or dementia in the county per year. Our Board has authorized \$20 per hour for the Caregivers taking care of older people in the county, at 122 hours is \$2,440 per family. Helping 9.43 families per year if we paid out the max per family. I think our politicians are not detail oriented, especially at the Federal Level. They pass a Bill with Millions of Dollars attached to it, and they think they have done their job. But few if any look at the result once it passes through all the funding formulas going to the states, and then the counties and finally to the individuals. Responsible politicians follow the programs through to the end result, so they know how much they are helping each constituent or their families. These last 10 years, we have had a lot of wasted taxpayer dollars do nothing for the taxpayers. The money has been spent by both political parties furthering their own political interests. It is high time we start taking back these programs and reminding these politicians they are there to serve us, not themselves. Think of all the additional people we could have helped if that money went into these programs instead of the political parties.

We now have our Gillett meal site open. Give them a call at 920-855-2066 for reservations. We would like to have all our congregate meal sites open Monday through Thursday if we have enough steady clientele coming to warrant it.

Did you know?

- One in four older people have a fall each year.
- Wisconsin has the highest death rate due to older adult falls in the country.
- Every 11 seconds an older adult somewhere in the United States (US) is admitted to an emergency department for a fall.
- One out of five falls causes a serious injury. More than 95% of hip fractures are caused by falling and falls are the most common cause of traumatic brain injuries (TBI).
- **There are steps you can take to reduce your risk of a fall!**

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions.

1-I have fallen in the past year. YES (2) / NO (0)

People who have fallen once are likely to fall again.

2-I use or have been advised to use a cane or walker to get around safely. YES (2) / NO (0)

People who have been advised to use a cane or walker may already be more likely to fall.

3-Sometimes I feel unsteady when I am walking. YES (1) / NO (0)

Unsteadiness or needing support while walking are signs of poor balance.

4-I steady myself by holding onto furniture when walking at home. YES (1) / NO (0)

The need to steady yourself is a sign of poor balance.

5-I am worried about falling. YES (1) / NO (0)

People who are worried about falling are more likely to fall.

6-I need to push with my hands to stand up from a chair. YES (1) / NO (0)

Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.

7-I have some trouble stepping up onto a curb. YES (1) / NO (0)

Trouble stepping onto a curb is a sign of weak leg muscles.

8-I often have to rush to the toilet. YES (1) / NO (0)

Rushing to the bathroom, especially at night, increases your chance of falling.

9-I have lost some feeling in my feet. YES (1) / NO (0)

Numbness in your feet can cause stumbles and lead to falls.

10-I take medicine that sometimes makes me feel light-headed or more tired than usual. YES (1) / NO (0)

Side effects from medicines can sometimes increase your chance of falling.

11-I take medicine to help me sleep or improve my mood. YES (1) / NO (0)

Side effects from mood or sleep medicines can sometimes increase your chance of falling.

12-I often feel sad or depressed. YES (1) / NO (0)

Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.


Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling.

We are starting our Falls Prevention classes again September 26 in the Oconto City Hall. If you are interested contact Carol Jean Luebeck at 920-373-1441 for this class or to find out when and where her next classes will be.

If you have any questions or suggestions on any of our programs, feel free to call the office at 920-834-7707



Fall & Winter Illness Guide

<i>Illness</i>	<i>Symptoms</i>	<i>Treatment/Home Care</i>	<i>Vaccine Availability</i>
Bronchitis	<ul style="list-style-type: none"> • Cough • Aches • Chills • Headache • Runny nose • Sore throat • Shortness of breath • Wheezing • Watery eyes 	At home care using tips below	None
Cold	<ul style="list-style-type: none"> • Congestion • Cough • Runny nose • Sore throat • Possible fever • Sneezing 	At home care using tips below	None
COVID-19	<ul style="list-style-type: none"> • Body aches • Chills • Cough • Diarrhea • Fatigue • Fever • Headache • Loss of smell/taste • Nausea/vomiting • Shortness of breath • Stuffy/runny nose 	Wisconsinites 18 and older can participate in the state's COVID-19 Treatment Telehealth program; scan this QR code:  (available through December 2023)	Vaccines for those age 6 months and older
Flu	<ul style="list-style-type: none"> • High fever • Chills • Cough • Runny nose • Congestion • Body aches • Fatigue • Headache • Sore throat 	Tamiflu prescribed by your doctor within 48 hours of starting symptoms At home care using tips below	Multiple vaccines for those age 6 months and up
RSV	<ul style="list-style-type: none"> • Cough • Runny nose • Fever • Congestion • Wheezing • Rapid breathing • Sneezing 	At home care using tips below	A vaccine is available for adults age 60 and older. An antibody product called nirsevimab is available for all infants 8 months and younger entering their 1 st RSV season.
Stomach Flu	<ul style="list-style-type: none"> • Vomiting • Diarrhea • Stomach pain • Mild fever • Headache • Fatigue 	At home care using tips below	A vaccine for babies protects against rotavirus, a type of stomach flu
Strep Throat	<ul style="list-style-type: none"> • Sore throat • Trouble swallowing • Fever • Stomach pain • Headache 	Antibiotics prescribed by your doctor	None

Prevention tips:

- Wash your hands often.
- Cover coughs and sneezes.
- Stay home from work, school, childcare and other activities when sick.
- Receive available vaccines.

At home care tips:

- Drink plenty of liquids.
- Rest.
- Nasal suction and saline if congested.
- Humidifier for respiratory illnesses.
- Over the counter medications such as ibuprofen or Tylenol as directed by your doctor.

Revised 9.18.2023



October

Oconto County Commission on Aging, Inc. Menu 2023

Menus are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tater Tot Casserole Beets Graham Crackers Fruit	3 Cream of Potato Soup Ground Meat Sandwich Fruit Crackers	4 Littles Smokies German Potato Salad Baked Beans Cookie	5 Meat Lasagna Winter Blend Rice Krispie Bar Jello Whipped Cream	6 BLT Sandwich Chips Pickles Donut Fresh Fruit
9 Cook's Choice	10 Pork Cutlet Sauerkraut Mashed Potatoes/Gravy Fruit	11 Crab Cakes Baby Bakers Sour Cream Peas and Onions Cake	12 Baked Chicken Stuffing/Gravy Glazed Carrots Bananas	13 Chicken Salad Croissant Coleslaw Diced Peaches Cookie
16 Pizza Day	17 Meatloaf Mac and Cheese Mixed Veggies Toffee Bars	18 Cook's Choice	19 Baked Ham Boiled Potatoes Veggies Fruit	20 Fish Sandwich/Cheese Veggie Salad Potato Salad Fresh Fruit Tarter Sauce
23 Chili Egg Salad on Rye Pie Crackers	24 Chicken Kiev Baked Potato Sour Cream Peas Fruit	25 St. Louis Ribs Mashed Potatoes/Gravy Green Beans Cake	26 Closed For Training	27 Salisbury Steak/Gravy Mashed Potatoes Broccoli Fruit
30 Tuna Casserole Corn Fruit Graham Crackers	31 Beef Stew Biscuits Cottage Cheese/Fruit Brownie		Office - 920-834-7707 Oconto Kitchen 920-834-7709 Central Kitchen 920-846-3475 Suring - 920-590-0878 Mountain - 920-629-0507 Little Suamico - 920-826-7785	Gillet - 920-855-2066