

Connections

A Newsletter for the Members of Community Care



Community Care

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with Dakota
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**Stopping
Medicare
and Medicaid
Fraud**

We all pay the price for Medicare and Medicaid fraud and waste. It is estimated that Medicare and Medicaid lost about \$100 billion last year due to fraud.

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Mick DeLange

Living Beyond Limitations

“I am a big advocate of saying to myself, ‘Yeah, I have a disability, but I have to make life go on as best I can.’”



Nick DeLange was 12 years old when he realized just how challenging life could be for someone with a disability. That was “many moons ago,” as Nick likes to say.

Now 44, Nick has never forgotten what it felt like to discover some places might be off limits to someone like him. Born with cerebral palsy, Nick, who is enrolled in Community Care’s Family Care program, had become the poster child for disabilities after attending a summer camp run by Easter Seals.

That summer, when he was 12, as a thank you for being an ambassador for the camp, Nick and his family received tickets to a Milwaukee Brewers game at the old County Stadium. Back then, County Stadium was not accessible to people with disabilities.

At that time in his life, Nick used a scooter to get around. This meant he couldn’t use the stairs to get to his seat, so they locked his scooter in a storage closet and his dad carried him up three flights of stairs.

“It was a really interesting experience that’s for sure,” Nick said. “Back then, you just kind of dealt with it, which really sucked a lot of the time.” Society has come a long way since Nick and his family confronted that challenge. However frustrating it may have been at the time, Nick used that experience as inspiration later in life.

Nick always wanted to help people, which is what got him

interested in social work. Last summer, Nick, who has his master’s degree in social work, landed a job as inclusion intern at Wehr Nature Center in Franklin.

In that role, Nick worked on a variety of projects, including providing input on how he felt Wehr could be more accessible for people in wheelchairs and with other disabilities.

The job also got Nick on TV. CBS58 featured him in its “Everyday Heroes” segment, highlighting the work he was doing at Wehr.

While Nick wasn’t that into nature before working at Wehr, he is now. He’s learned just how important it is for people, especially those with disabilities, to get out in nature or outside in general. Getting out in nature helps people with depression. Getting outside, smelling the fresh air, clearing the mind, that can be very important for people with mental health issues like depression and anxiety.

“A lot of people with disabilities sit at home and I think that’s when they start to feel sorry for themselves,” Nick said. “Get out there and experience the world a little bit. You know, getting out in nature is one of the ways you can do that.”

But how do you do that if you live with mobility issues, like Nick? Well, Nick’s “Everyday Heroes” segment also featured an organization, Access Ability Wisconsin, which is trying to increase outdoor access for everyone, especial-

ly people living with physical disabilities.

The goal of Access Ability Wisconsin, according to president and founder Monica Spaeni, is to place at least one all-terrain outdoor wheelchair in all 72 counties in the state. Part of Nick’s segment included him trying out the all-terrain wheelchair on Wehr’s nature trails, which he thought was pretty great.

While Nick, who lives in Greenfield, no longer works at Wehr Nature Center, he continues to look for ways to serve others, whether by working with them or just offering some words of encouragement.

“I think there are a lot of people with disabilities – physical and cognitive – that oftentimes feel sorry for themselves,” Nick said. “I am a big advocate of saying to myself, ‘Yeah, I have a disability, but I have to make life go on as best I can.’”

Access Ability Wisconsin Outdoor Wheelchairs are currently available to use for free in the following counties served by Community Care: Dane, Kenosha, Manitowoc, Milwaukee, and Ozaukee County.

To learn more about Access Ability Wisconsin, including wheelchair locations and reservation instructions, visit www.accessabilitywi.org or call (608) 886-9388.

Scammers Using AI to Trick People, Especially Seniors, by Pretending They are Family

Scammers call and impersonate a grandchild – or another close relative – in a crisis, asking for immediate financial assistance.

Sometimes these callers “spoof” the caller ID to make an incoming call appear to be coming from a trusted source.

They can use AI technology to mimic voices, convincing people that their loved ones are in distress.

Scammers can replicate a voice from just a short audio sample, then use AI tools to hold a conversation in that voice, which “speaks” whatever the imposter types.

Be cautious if someone pressures you for information or to send money quickly. Some scammers may even request to meet to receive money in person. If you get a call like this, hang up and report it immediately to local law enforcement.

To ease your mind, you can also call or text your family members directly to make sure they are not in trouble.



Shield Yourself from Scammers

Scammers are working hard to take your money and find out your personal information. They may try to get to your bank account, your Social Security number, your member ID, or your passwords. They may try to have you send them money or gift cards.

New ways to trick you seem to be popping up every day. There are things you can watch out for to protect yourself.

Unexpected Contact - Scammers will use fake emails, text messages, phone calls or show up at your door in order to contact you when you don't expect it. If you don't recognize a phone number or the person at the door, don't answer!

If you don't recognize the email or it looks wrong, don't respond.

Must Act Fast - The person will tell you that you must act fast or do something immediately.

Unusual Payments - They may tell you not to send money, but to send a gift card instead. They may give you a large check, tell you to cash it, and then give them a portion of the check.

Always remember:

- When in doubt, hang up and call the person back on a number that is publicly available.
- Verify a text or email is really coming from who they say it is coming from. Never click on links from strangers.
- Law enforcement and government agencies are not going to demand money from you by phone, email or text.
- Resist the pressure to act right away.
- Businesses will never ask you for your passwords or PINs. Scammers will do their best to take advantage of you.

Always be cautious when someone reaches out to you to ask for money or personal information. It's better to be safe than sorry!

Stopping Medicaid and Medicare Fraud

As a user of Medicare or Medicaid you can help prevent fraud in the programs. Fraud takes place when someone submits a claim to be paid for services they did not perform. Fraud also happens when someone submits a claim for unnecessary services. When someone uses another person's ID card that is also fraud.

We all pay the price for Medicare and Medicaid fraud and waste. It is estimated that Medicare and Medicaid lost about \$100 billion last year due to fraud. This wastes taxpayer dollars and leaves less available funds for those needing services now and in the future.

Here are some tips on how

to stop fraud:

1 If you self-direct services, only approve the hours actually worked by the caregiver. You should be signing off on their time weekly. Monitor the hours submitted by your caregiver to make sure the hours they submit are correct.

2 Say "NO" if someone calls to offer you free testing or screening, medical equipment repair, a new or updated Medicare card or free genetic testing. These are common scams to get your ID number.

3 Be cautious if someone sends you

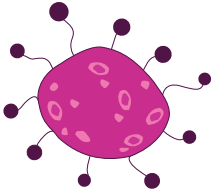
an email or text offering you services or asking for you to provide or confirm information.

4 Never allow someone else to use your health insurance.

If you suspect fraud, Community Care expects you to report it. To report fraud to Community Care, call 262-207-9440 or go to our website at www.communitycareinc.org. TTY call 711. If you need help reporting fraud, talk to a member of your care team. Together we can stop fraud!



Flu and COVID Vaccines Are More Important Than Ever



New this year is a vaccine for RSV, a respiratory disease.





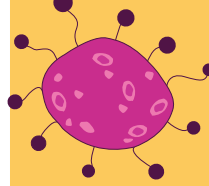
Flu season is right around the corner in Wisconsin and COVID-19 is still with us. This fall it is important to get your flu and COVID vaccines. An updated booster for COVID is now available.

New this year is a vaccine for RSV. RSV, or Respiratory Syncytial Virus is a respiratory disease that can be dangerous in the elderly. The vaccine is currently recommended for those over the age of 60. Consult with your physician to see if you should get this vaccine.

Getting these vaccines is one of the most important steps to protect yourself, the people you love and the people around you. COVID, Flu and RSV are all serious respiratory illnesses.

Community Care Partnership members can get a flu shot from their primary care physician. You may also get a flu shot at a network pharmacy, like Walgreens or Target, by using your Community Care card for payment. Community Care PACE members can get a flu shot at the Community Care Clinic. You should check with your care manager if you have any questions. COVID and RSV shots will be available at network pharmacies.

In addition to getting a flu, COVID and RSV vaccine, there are a number of steps you can take to reduce your chances of getting sick, such as avoiding close contact with people who are sick, washing your hands often, avoid touching your eyes, nose, and mouth and wearing a well-fitting mask indoors in areas of high respiratory disease transmission in the community.



Why should I get the flu vaccine?

The flu is a serious illness that can make you extremely sick. It can lead to hospitalization, or even to death. The best way to protect yourself and others from the flu is to get the flu vaccine every year in the fall.

Who is at higher risk of having serious complications due to the flu?

It is very important for people 65 and older and people with chronic health conditions, such as asthma or heart disease, to get vaccinated every year to decrease their risk of severe flu illness.

When is the best time to get the flu vaccine?

Get the flu vaccine before flu begins spreading in your community. You should get a flu vaccine by the end of the year. However, getting vaccinated throughout the flu season can still be helpful, even into January or later.

Why should I get the COVID booster vaccine?

This fall's booster will cover the new variants that are currently circulating and causing illness. The best way to protect yourself and those around you from serious illness, hospitalization or death is to be up to date with your COVID vaccines.

Can the Flu and COVID vaccines be administered on the same day?

Yes, they can be administered on the same day. You need both vaccines this year, COVID vaccine does not protect from Flu, and Flu vaccine does not protect from COVID.



On the Job *with Dakota*

Member: Dakota Nolan
Age: 19
Employer: Inspired Coffee in Lake Geneva

There's a line at the counter at Inspired Coffee in Lake Geneva and the tables are full of patient customers. Dakota Nolan is busy behind the counter making a drink. Within minutes, he's calling out the order.

"Thank you for your hard work," the customer tells Dakota as she takes her drink.

"I really appreciate your kindness," Dakota replies.

If you were to pick a day to stop and visit Dakota Nolan at work, you'd best avoid Friday afternoon a few hours before closing time.

Sure, he can make you a drink and share a few words, but Inspired Coffee is located right on the busiest street running through the heart of Lake Geneva, which can make things a bit hectic, especially on a Friday afternoon in the summer.

Dakota, 19, who lives in Elkhorn, started working at Inspired in March. It's

one of two jobs he has. The other is working at Casey's in Elkhorn.

While he likes both jobs, Dakota is really passionate about coffee, which is one of the reasons he really wanted to work at a coffee shop.

"The main thing I like about working is having new experiences," Dakota said during a short break between customers. "I like making coffee, of course. It's a process. I've learned a lot from people."

Inspired Coffee has definitely been a new experience for Dakota, who works three days a week, a total of nine hours each week.

"He's really a great worker. We wish we could give him more hours," said Angie Schubert, Occupational Training Director at Inspired Coffee.

Dakota's dream would be to stay at Inspired, but it is only a short-term training program.

Inspired Coffee's mission

is "empowering people with disabilities to live with greater purpose and achieve their individual best in a thriving environment." The business helps individuals with intellectual, developmental, and physical disabilities learn job skills that can help them in the future.

When he's not working, Dakota, who attends Elkhorn Area High School, enjoys playing video games, going outside, hiking nature trails, and visiting museums.

After Inspired, Dakota isn't sure what he might do in the future, but he'd like to find another job at a coffee shop.

Dakota's advice for people thinking about working: "Try new things. There's a lot of opportunities out there. Finding the job you like depends on what your goals are," Dakota said.

"Trying new things will definitely help."

"Try new things. There's a lot of opportunities out there."

Inspired Coffee is located at 883 W. Main Street in Lake Geneva. To learn more, visit www.inspiredcoffee.org.





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Tips to Healthy Eating for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan. Older adults' unique nutrition needs

It can be hard for some people to follow through on smart food choices. Here are some tips for older adults, courtesy of the USDA.

1 Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.

2 Choose foods with little to no added sugar, saturated fats, and sodium.

3 With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lac-

tose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.

4 Get enough protein during your day to maintain muscle mass.

5 Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.

6 Maintain a healthy weight or prevent addi-

tional weight gain by following a healthy dietary pattern and adopting an active lifestyle.

7 Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan at MyPlate.gov.

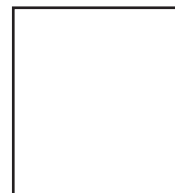
Try to prevent foodborne illness (food poisoning) by keeping food safe. Follow the four steps to safer food choices - clean, separate, cook, and chill.

Test Your Nutrition Knowledge

Q) Protein is important for older adults (ages 60 and older) because:

- A) It helps maintain muscle mass and keep bodies strong.
- B) It supports the immune system.
- C) It helps blood carry oxygen around the body.
- D) All of the above.

Answer: D; Eating enough protein can help prevent the loss of muscle mass that occurs naturally with age. Protein also supports the immune system and helps blood carry oxygen around the body.



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