

Connections

A Newsletter for the Members of Community Care



The Benefits
of Working

P.2



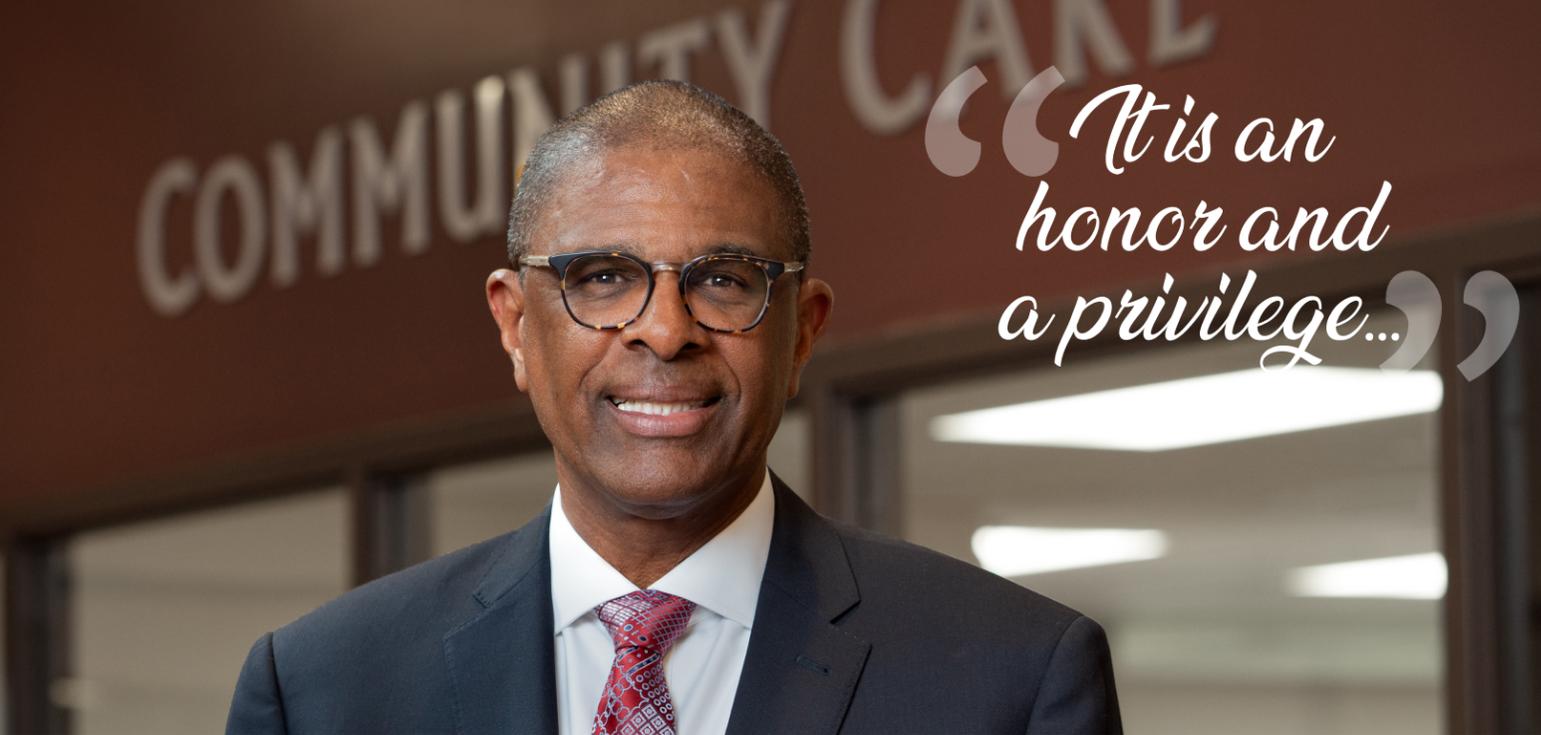
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Hyperthermia in
Older Adults

**HYPERTHERMIA;
WHAT IS IT, WHAT ARE THE
SYMPTOMS, RISK FACTORS,
AND THINGS YOU CAN DO
TO AVOID HEAT STRESS.**

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“It is an honor and a privilege...”

Community Care Announces New Board Chair and Officers

Community Care has named Mark Thomas (pictured above) as the new Chairman of the Board of Directors for the organization.

Thomas succeeds Robert Goldstein who will continue to serve on the Community Care Board.

“On behalf of the Board and Executive team, I want to thank Robert Goldstein for his dedication and contributions as Chairman,” said Kenneth Munson, CEO of Community Care. “As we look to the future, we are pleased to have Mark serve in this leadership position. His commitment to community and wealth of

experience will be invaluable to our organization and the members we serve.”

Thomas is the CEO and Southeast Wisconsin Chapter Executive for the American Red Cross of Wisconsin. He has an extensive background in both for-profit and non-profit, with strengths in sales and operations management, and strategic leadership skills. Thomas has served in leadership roles at the Sojourner Family Peace Center in Milwaukee, Milwaukee Business Journal, Wisconsin Department of Health Services, Boys & Girls Club of Greater Milwaukee and Milwaukee Journal Sentinel.

“It is an honor and privilege

to follow in the footsteps of Bob Goldstein,” said Mark Thomas, Board Chair. “Community Care has been recognized as a leader in providing excellent care to adults with long-term care needs for more than 40 years, and together with the Board of Directors and the Executive team, I look forward to continuing that tradition of excellence.”

2019 Board Officers:

- Mark Thomas – Chair
- Lori Stortz – Vice Chair
- Rick Gebhardt – Secretary/Treasurer
- Robert P. Goldstein – Immediate Past Chair

The Benefits of Working

Did you know that there are many benefits to working? Of course we can all agree that money is a huge benefit, but there are lots of other good things that can come from having a job.

- **Physical and Mental Health Benefits:** People who work are more active and experience similar physical benefits to that of exercise. When you work, there is a feeling of purpose, which helps increase self-esteem.
- **Independence:** People who work maintain/increase their independence at home, in the community and in relationships.
- **Self-advocacy:** Self-advocacy means telling people what you need and being able to make sure they help you get it. When having a job, your ability to self-advocate increases which reduces your vulnerability in the community.
- Working helps develop **natural supports.** Having natural supports helps people better perform their role, and feel more socially included. These supports also reduce negative outcomes from isolation.
- **Financial Health:** Having a job and earning money gives people a sense of security about their future.

This overall stability helps prevent stress and life crisis.

Community Care is partnering with the Department of Health Services (DHS) on a project called Competitive Integrated Employment (CIE) to assist members who want to work.

At Community Care, we are committed to providing support to any member who may want to work, and for that reason your care team may be reaching out to you in the near future to talk about employment. There will be no test to pass to see if you are “ready” to work, you are the only person who can make that decision.

Look for information in our next Connections newsletter discussing how you “can” work and continue to receive Medicaid and Social Security benefits.



COMMUNITY HEALTH MATTERS 9.21.19

Free Family Wellness Event!

Saturday, September 21, 2019
10AM - 2PM

COMMUNITY CARE, INC.
3220 W. Vliet St.,
Milwaukee, WI

Community Care will host its second annual Community Health Matters event on Saturday, September 21, from 10:00 a.m. to 2:00 p.m. at Community Care's Vliet Day Center located at 3220 W. Vliet Street in Milwaukee, Wisconsin.

This event will educate and inform Milwaukee community members about Community Care's programs and services and the different types of general health and wellness services available to them.

This free event will include:

- Meet-and-Greets with local health and wellness providers, including Community Care experts
- Flu Shots
- Blood Pressure Checks
- Adult Health Screenings and Education
- Children's activities
- Refreshments and more!

The first 200 families who stop by all health stations and complete the health passport will receive a reusable cooler bag filled with nutritious and delicious items.

Attendees will also have the opportunity to register and win prize packages and station goodies from Milwaukee's Jammin'98.3 Radio Station.

If you're interested in more information or have questions about the event, please contact Marketing and Outreach Specialist, Tyler Kroll at (414) 231-4028.

Event updates will be posted on our website under "Our News" section, as well as on our Facebook page.



Medicare VS Medicaid

What's the Difference?

People with disabilities have access to two benefit options for health coverage, Medicaid and Medicare. While they may sound alike, there are big differences in how both programs work.

Medicaid

Medicaid is a public assistance program. It provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. It is funded by states and the federal government. Medicaid works differently in each state and must follow federal guidelines.

Currently there are 28 Medicaid programs in Wisconsin including Family Care, Family Care Partnership and PACE.

When enrolled in Medicaid there is usually no cost for covered medical expenses, although a small co-payment is required for services such as medications. People with higher incomes who are eligible for Medicaid may have a monthly fee called a cost share.

Once enrolled in Medicaid, a yearly review must be completed to determine if you are still financially eligible for the program. If the review is not completed, you will lose your Medicaid benefit.

For a list of Medicaid programs in Wisconsin and eligibility requirements, please visit <https://www.dhs.wisconsin.gov/publications/p02383.pdf>

Medicare

Medicare is an insurance plan that is run by the federal government for senior citizens 65 years and older and people who are disabled. Medicare is funded by your social security taxes and is not income-based.

Medicare comes in four parts.

- **Part A covers hospital care:** Covers the cost of being in a medical facility.
- **Part B works like regular medical insurance by covering doctors, medical tests, emergency room and procedures:** Basically, anything done to you. There is a monthly premium for Part B coverage.
- **Part C Medicare Advantage:** This is an alternative to traditional Medicare coverage. Coverage often includes Parts A, and B. Private insurance companies administer Medicare Advantage plans.
- **Part D Prescription drug coverage:** Part D is administered by private insurance companies, and you are required to have it unless you have coverage from another source. Part D requires you to pay a monthly premium in most cases.

How Does Medicaid and Medicare Work within Community Care's Three Programs?

With PACE and Family Care Partnership programs, you will never have to worry if Medicaid or Medicare will cover your service needs because they are all included. There are also no premiums to worry about.

If you are enrolled in the Family Care program, your health care is covered either by your Medicare or Forward Health (Medicaid) card, or other insurance. If you need a service that is covered by Medicare and is included in the Family Care program, such as physical therapy, Community Care's Family Care program will cover the 20% copayment.

To find out if you are eligible for Medicare you can visit [Medicare.gov](https://www.Medicare.gov). You can begin the enrollment process two months before you turn 65. Your care team can also help you figure out when you will be eligible for Medicare.

Hyperthermia in Older Adults

Ageing experts say that individuals 65 years and older may be at increased risk of heat-related illnesses and need special care in hot weather. During the summer, it is important for everyone, especially older adults and people with chronic medical conditions, to be aware of the dangers of hyperthermia. Hyperthermia occurs when the body can't cool itself and maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat-related illnesses can range from mild conditions such as a rash or cramps to serious and potentially life-threatening conditions such as heatstroke. Older people, and those with chronic medical conditions should stay indoors, preferably with air conditioning or a fan on hot and humid days.



Symptoms of Hyperthermia

The symptoms depend on the heat-related illness, but may include:

- Hot and dry skin
- Paleness
- Rapid heart rate
- Muscle cramps
- Nausea and vomiting
- Disorientation and confusion
- Delirium
- Fainting or coma
- Worsening of pre-existing medical conditions.

Risk Factors for Hyperthermia

- Not drinking enough fluids
- Not understanding how to respond to weather conditions
- Lack of mobility and access to transportation
- Overdressing and visiting overcrowded places
- Living alone
- Medications that hinder the body's ability to regulate temperature
- Heart, lung and kidney conditions
- Being overweight or underweight

What You Can Do to Avoid Heat Stress

It's important to be sensible in hot weather, for example, listen to the weather report, stay indoors, avoid strenuous activity, wear lightweight clothing, and drink cool water regularly throughout the day. People without air conditioners should go to places with air conditioners such as senior centers, shopping malls, movie theaters or libraries.

“HYPERTHERMIA”
When the body can't cool itself and maintain a healthy temperature.

How to Help an Elderly Relative or Friend

- Check on them frequently to make sure they are all right. Look for signs of heat stress such as hot and dry skin, dizziness, headache and cramps. People at high risk of heat stress – such as those who live alone, are frail, bedridden or mentally ill, should be checked at least twice a day.
- Make sure their home has adequate ventilation. Electric fans cause air movement that helps evaporate sweat from the skin and the body to cool.

ENJOYABLE ACTIVITIES for Seniors and Persons with Disabilities

Seniors and persons with disabilities can live life to the fullest by taking up a hobby. A hobby is a regular activity that is done for pleasure. Hobbies can free your mind, open up your way of thinking and develop creativity. Many doctors are convinced that attitude can play a huge role in quality of life and in the ability to manage illness or disability.

Here are 6 great activities and options worth exploring:

1 Spend time reading

Reading is an enjoyable pastime and helps keep the brain engaged. It can also improve memory, reduce stress, improve sleep, and delay cognitive decline.

2 Explore a variety of hobbies

Activities that don't require a lot of moving around include cooking, baking, birdwatching,

knitting, crocheting, indoor or container gardening, playing a musical instrument, or learning a language.

3 Exercise regularly

Though mobility may be an issue, there are still exercises that keep the body moving such as chair exercises or chair yoga routines.

There are also exercise routines that can be done using a walker for stability or just focused on the feet and ankles to reduce swelling.

4 Get creative

Drawing, coloring, painting, and sculpture are all wonderful ways to be creative. Fun projects might include creating scrapbooks, organizing family photo albums, or making a family recipe book.

As a plus, being creative also comes with health benefits.

Research has found creative activities can help people who are battling chronic illness to decrease negative emotions and increase positive ones, reduce stress and anxiety, and improve medical outcomes.

5 Spend time outdoors

Getting outside to spend a little time in nature is relaxing and a great mood booster.

6 Have fun with happy visitors and socializing

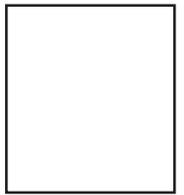
Asking family or friends with babies or friendly pets to stop by for a visit is a fantastic way to socialize.

Participating in community work, church activities or volunteering is another great hobby for seniors and persons with disabilities.





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