

Connections

A Newsletter for the Members of Community Care



Riding with Matt:
Matt Barton
Shares Unique
Life Memories
P.4



PG. 11
**Summer
Recipe**

**GLUTEN FREE STRAWBERRY
ICEBOX CAKE IS THE
ULTIMATE SUMMER
DESSERT RECIPE**

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5 Questions For...

JESSICA ANNEN, *Wound Care Coordinator*

1 **Could you describe your role as Community Care's wound care coordinator?**

I am a certified wound, ostomy, continence nurse through the Wound, Ostomy, & Continence Nurse Certification Board (WOCNCB). The WOCNCB adheres to strict standards of quality and is a nationally certified organization. As a Certified Wound, Ostomy, Continence Nurse (CWO CN) the teams can consult with me to review current treatment plans of care and provide recommendations on preventative measures needed to maximize the member's functional status and quality of life.



2 **What got you interested in the specialized field of wound care?**

I began my career in acute care and had the most enjoyment working with wound and ostomy patients. I trained at Cleveland Clinic and was employed on an inpatient wound team when I came back to Wisconsin after certification. I enjoy helping members adjust their environments and treatment plans to have optimal outcomes. I have been doing wound and ostomy care for 11 years and have worked with Community Care members for the past 9. Working with patients in a managed care organization allows me to follow their treatments across the continuum of care.

3 **Why is wound care such an important issue for the members we serve?**

Wound care affects the member's everyday life. It is important to put that wound into the correct environment (through physical environment, dressings, and body function) to promote as much healing as possible.

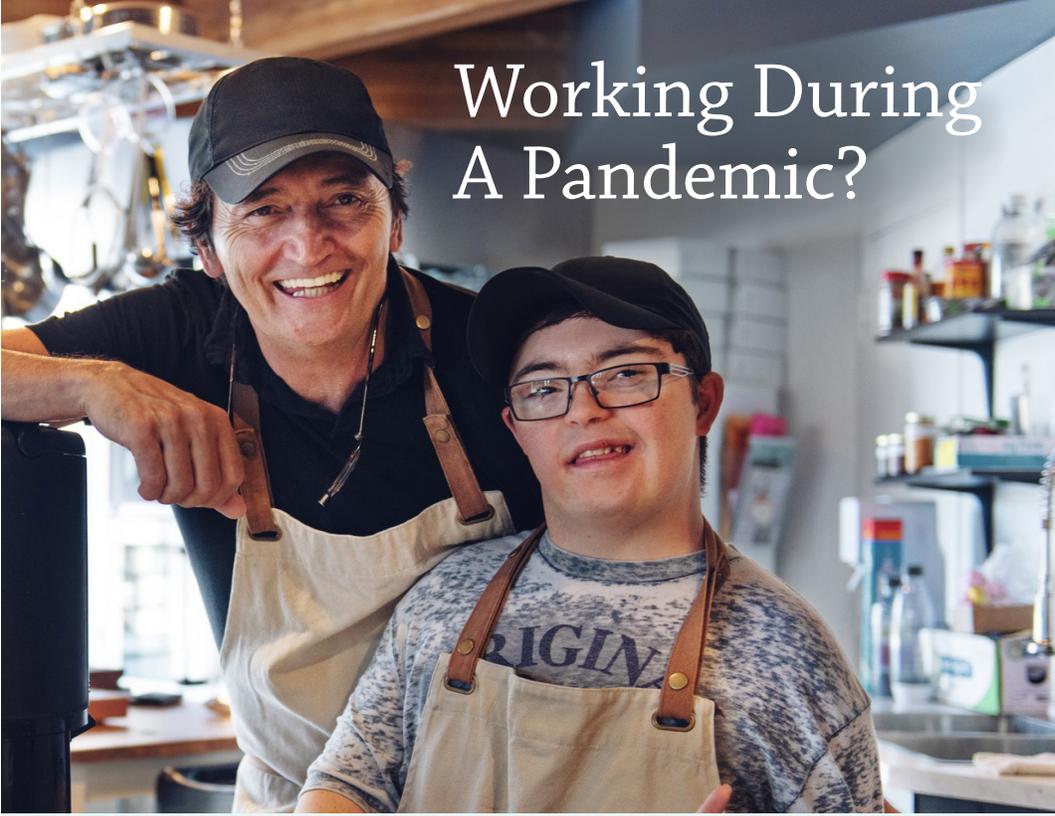
4 **How does Community Care support/train care team members on the topic of wound care?**

This year the staff will be receiving education on general wound product categories. Advanced wound care products are always changing, and our guidelines are updated every year for product changes and to reflect best practice.

5 **Is there anything you wish people understood better about wound care? How would you address that?**

Wound care involves overseeing the whole person and their environment. Many different factors go into wound healing. It is important for the cause of the wound to be identified so it can be corrected. This can be environmental, a device (such as a shoe or chair), or disease process related. Identifying the cause allows a treatment plan to begin to be formed. This treatment plan continues to be adjusted as the wound heals to continue to be the optimal wound environment for healing.

Working During A Pandemic?



We are proud to report that many of our Community Care members have continued to work and stay safe during the coronavirus pandemic. In the first quarter of 2021 we had 531 members working in competitive integrated employment. Many of these members made \$10 or more per hour.

The following employers have 10 or more Community Care members working in one of their stores: Piggly Wiggly; Pick n' Save; Kwik Trip; Goodwill; McDonalds; Festival Foods; and Walmart.

We asked members about working and found that more

than 750 members said they are interested in working, and another 400 said they might be interested in working.

If you are interested in working, now is a particularly good time to get started. The Division of Vocational Rehabilitation (DVR) helps people with disabilities find work. They say that applications are down, so they can accept new referrals. While unemployment is high right now, employers are looking to hire good, reliable workers.

If you have questions or want more information about getting a job, please contact your care manager.

What is Competitive Integrated Employment (CIE)?

To be considered a CIE setting, all the following points must be true:

- The employment setting is in the community, not operated for the primary purpose of employing persons with disabilities.
- Employees with disabilities are fully integrated into the worksite.
- Employees with disabilities interact with others who are not individuals with disabilities to the same extent as employees without disabilities in comparable positions.
- Employees with disabilities are paid the same as those without disabilities performing the same work.
- Employees with disabilities receive the same benefits as employees without disabilities.
- Employees with disabilities have the same opportunities for advancement as employees without disabilities.
- The position is not part of a work crew, including those that travel, that employs primarily individuals with disabilities.

RIDING WITH MATT

Matt Barton Shares Unique Life Memories

After 30 years of working security at Milwaukee's Summerfest, Matt Barton can tell you exactly what his favorite memory is - the time country music star Kenny Chesney asked him to take him around Milwaukee.

A close second would probably be the summer when he got to be Taylor Swift's personal security guard, shepherding the young, and still relatively unknown Swift and her mother around the Summerfest grounds.

If you are looking for an explanation as to how Kenny Chesney edged out Taylor Swift on Matt Barton's list, it all comes down to two words: Harley-Davidson.

Born and raised in the Milwaukee area, naturally Matt is a devoted Harley guy. It's hard to miss, considering his custom wheelchair is painted orange and black (the color of the Harley-Davidson logo), the same color as his bike and his custom Harley-Davidson Ford F-150. If that doesn't convince you, maybe the fact that he collected

more than 400 Harley T-shirts will.

So, how did Matt catch the Harley bug?

"I saw Evil Knievel ride his Harley and the movie *Easy Rider*," Matt said. "I said, 'I have to have a Harley.'"

In the 30 years Matt spent riding, he visited 48 of the 50 states, traveled to Boston along Route 30, made the trip from Milwaukee to Dallas, and retraced the Oregon Trail. Each trip is commemorated with a pin on Matt's leather motorcycle vest, which he wore when he rode.

"...he's visited 48 of the 50 states...retraced the Oregon Trail."

On the shorter trips, Matt was accompanied by his wife Laura. When their children were younger, they would ride with Matt in a two-person side car.

Sadly, those trips are just memories now, but good memories.

Matt, 60, suffered a stroke in 2019 that left him paralyzed on his left side. Not only did the stroke confine him to a wheelchair, but it left him unable to ride his beloved Harley.

"I had to sell my bike. It was the worst day of my life," Matt said. "I cried,"

Fortunately, Matt's stroke did not rob him of his memories. Those memories, and his leather motorcycle vest, help remind him of all the places he has been to and all the people he met along the way. That's what he loved most, "seeing all the people we would meet on the road," Matt said.

As a member of Community Care's PACE program, Matt gets the kind aid, and assistance he now requires, both in his home and at the Vliet day center.

Matt, a retired Milwaukee Public School special ed teacher, enjoys sharing his memories with others, especially his friends, and the staff, at the Vliet day center, where he is a regular on Tuesdays and Thursdays.

"I love coming here because of all the activities we do. They keep me busy," Matt said.

As for that trip with Kenny Chesney, Matt just happened to be at the right place at the right time when Chesney noticed he was a rider.

"He asked, 'Would you take me on a tour?'" Matt said. "So I did."



Have a Story to Share?

Do you have a hobby or skill? Do you play a sport or participate in an interesting activity? Are you a collector? Did you serve in the armed forces?

If you would be interested in sharing your story with other members in the Connections newsletter, please let a member of your care team know.



Don't Fall for COVID-19 Scams

Federal and state health officials are warning individuals to be on the lookout for COVID-19 related scams.

As states continue vaccinating people, scammers have started targeting individuals who may be waiting to get the vaccine or are unsure about how to get one.

It is important to remember that you DO NOT have to pay to get the COVID-19 vaccine. The vaccine is FREE. So, if anyone tries to get you to pay for the vaccine, they are trying to scam you. **DON'T FALL FOR IT.**

The people committing the fraud target individuals, including people receiving Medicare. Their methods include using telemarketing calls, social media platforms, and door-to-door visits.

Scammers want to get your Medicare number or other personal information so they can steal your identity and commit Medicare fraud. Beware of any robocalls or unsolicited calls from people

requesting personal or financial information.

Scammers are always finding new ways to steal personal information. It is important to ignore unsolicited calls or email solicitations. Also, think twice before trusting your caller ID. Scammers can “spoof” phone numbers so they appear to be from a government agency.

What can you do to protect against Medicare fraud?

- You will need to share your Medicare card with your health care provider or pharmacy when receiving your COVID-19 vaccine, even if you're enrolled in a Medicare Advantage plan.
- If anyone else asks you to share your Medicare number or pay for access to the vaccine, you can bet it's a scam.
- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising

access to the vaccine for a fee.

Guard your Medicare card like it's a credit card.

- Medicare will never contact you for your Medicare number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

Report anything suspicious to Medicare. If you suspect fraud, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

If you have been a victim of a scam, consumers can file a complaint with DATCP online at datcp.wi.gov, by calling the Consumer Protection Hotline at (800) 422-7128, or by emailing DATCPHotline@wisconsin.gov.



Think Spring when *Organizing* your *Medications*

Do you do some spring cleaning every year? How about in your medicine cabinet? Nowadays, “spring cleaning” is more a state of mind than an actual reminder on the calendar and it is as important to dedicate some time each year to organizing your medications as it is to washing your windows or deep cleaning your house.

As you grow older, you are more likely to develop long-term health conditions. These may require multiple medications. In addition to your prescriptions, you may also be taking over-the-counter (OTC) medications, vitamins, or supplements.

With so many pills, older adults have a higher risk of overmedication and unwanted drug reactions (adverse drug reactions). Adverse drug reactions result in over 700,000 visits to hospital emergency rooms each year, according to the Centers for Disease Control and Prevention. Many of these adverse drug reactions are preventable.

Here are some tips from the American Geriatrics Society to help reduce your chances of overmedication and adverse drug reactions.

- 1) ASK BEFORE TAKING AN OTC** - Some over-the-counter medications (OTCs) can cause serious side effects in older adults. You should always check with your healthcare provider or pharmacist before taking any OTC drug or supplement.
- 2) MAKE A LIST AND KEEP IT UPDATED** - Make a list of all the medications you take, their doses, and how often you take them. Share this list with your healthcare providers and caregivers. Take the list with you to each medical appointment.
- 3) REVIEW YOUR MEDICATIONS** - Once or twice a year, ask your primary healthcare provider to review your list of medications, supplements, and vitamins. Ask whether you still need to take each one at its current dose.*
- 4) ORGANIZE YOUR MEDICATIONS** - Consider using a weekly medication organizer. Ask your pharmacist for tips on how to organize and keep track of your medications.
- 5. REPORT PROBLEMS** - If you develop new health problems after starting a new medication, you may be having a reaction to the medication. If so, tell your healthcare provider right away. If you have a serious reaction, such as difficulty breathing or swelling in your throat, call 911.

MEDICATION DON'TS

- Don't drink alcohol when you take medication for sleep, pain, anxiety, or depression.
- Don't take medication that is not prescribed for you.
- Don't use medication that has passed its expiration date.
- Don't stop taking a medication just because you feel better.

Staying Safe in Summer Heat

One of the great things about life in Wisconsin is the four seasons and everything that each one offers: the leaves in the fall, the snow in winter, the spring showers.

However, nothing quite compares to a long summer day. Everyone looks forward to summer, especially here in Wisconsin. It doesn't necessarily have to be your favorite season, but it is usually the one most of us start thinking about in the middle of January.

Aside from the abundant sunshine and long days, summer has one thing that the other three seasons don't and that's heat. If you're not careful, heat can catch you by surprise. By being aware and taking a few precautions to avoid heat-related illnesses, you don't have to let a little heat ruin an otherwise perfect day.

What are heat-related illnesses?

Heat-related illnesses, like heat exhaustion and heat stroke, happen when your body cannot be kept cool. This usually happens when someone is in the heat for too long. If not watched, being overheated may lead to serious health problems and even death.

Who is at risk?

Elderly people, especially if:

- They cannot leave bed
- There is a history of mental illness

- They can not take care of him/herself
- Chronically ill people, especially if they have: Heart disease, Lung disease, Kidney disease

Things that may contribute to heat-related illness:

- Dehydration
- Health issues like:
 - Thyroid problems
 - Low blood pressure
 - Heart disease
 - Lung disease
 - Kidney disease
- Medications like:
 - Antidepressants
 - Seizure medications

- Blood pressure medicines
- Medications that reduce your ability to make tears, produce urine, or produce saliva
- Certain medications for mental health issues
- Strong pain medications
- Using illegal drugs

Signs of heat-related illnesses:

- Feeling uncomfortable in high heat
- Headache
- Nausea or vomiting
- Weakness or fainting
- Loss of appetite
- Cold, clammy skin
- Muscle cramps
- Dizziness



What can I do to keep myself and others safe?

- Stay out of high heat as much as possible, stay in air-conditioned places. If you don't have AC, go someplace that has AC like a friend's home or public library.
- Limit strenuous activities during the hottest time of the day.
- Drink plenty of noncaffeinated, nonalcoholic beverages like water even if you don't feel thirsty.
- Check with your nurse before drinking energy drinks like Monster or Rockstar.
- Wear loose, lightweight, light colored clothing.
- Eat lightly and don't cook hot meals.
- Cool down with a shower, bath, or wet towel.
- Check on friends and family, and have them check on you.

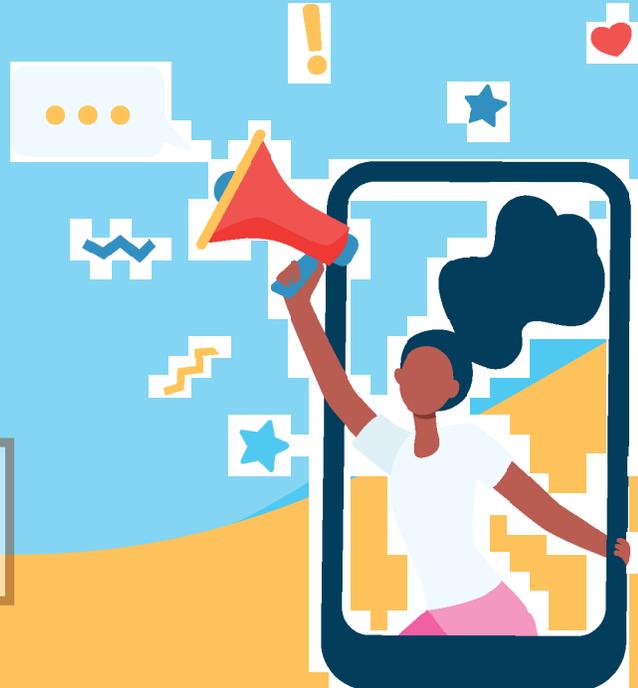
Call your doctor or clinic if someone:

- **Is hot, but not sweating enough**
- **Is Confused**
- **Has had a seizure**
- **Is not responsive**
- **Is hyperventilating**
- **Is not acting normally**
- **Has chest pains**
- **Has shortness of breath**
- **Has hot, dry skin**

ANNOUNCING COMMUNITY CARE'S first ever

Member Forum

THURSDAY, AUG 26
8:00AM -3PM, ONLINE



Have you ever wondered about all the ways Community Care can support you? Then join us for our first Community Care Member Forum. This first-of-its-kind virtual event is open to members, family members, and legal decision makers.

8AM - Advance Care Planning

Learn how your experiences in life help determine what care and treatments you would want if you could not decide for yourself, and how to develop a plan to assure that care takes place.

9AM - Member Satisfaction

We want to ensure that you are extremely satisfied with the services you receive, with your care team, and with your plan of care. Learn how we are working to enhance member satisfaction.

10AM - Community Integrated Employment

Did you know there are many benefits to employment? Find out what those benefits are and how we can support you in finding a meaningful job.

11AM - Community Care Member Committees

Learn about opportunities to serve on the Member

Advisory or Appeals Committee and having an active voice within Community Care.

12PM - Support during the pandemic and post COVID-19 health conditioning

Learn how Community Care supported members during the pandemic and learn methods of conditioning or rehabbing your body post COVID-19.

1PM - Self-Directed Support (SDS)

Maybe you already participate in SDS or your care team has asked if you are interested, but what is SDS? Learn more about directing your care.

2PM - Using MyHealthRecord & Community Care communications

Learn about accessing your health information online with MyHealthRecord.



REGISTRATION IS REQUIRED

Please register by sending an email to info@communitycareinc.org or call 262-207-9325 (or toll free 1-888-992-6600, extension: 79325).
DEADLINE TO REGISTER: Wednesday, August 25

STRAWBERRY SHORTCAKE

Icebox Cake

Gluten Free Strawberry Shortcake Icebox Cake is the ultimate summer dessert recipe. Sweet, creamy, plus all you need is 5 ingredients!



INGREDIENTS

3 cups heavy whipping cream
1 ½ teaspoons vanilla extract
¼ cup + 2 Tablespoons powdered sugar
2 6 oz. packages Enjoy Life Sugar Crisp
Crunchy Cookies
1 ½ lbs. strawberries, trimmed and sliced

DIRECTIONS

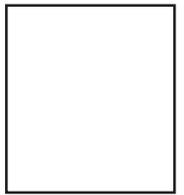
Step 1) For the whipped cream: Add heavy whipping cream and vanilla to a chilled mixing bowl then whip on low speed while gradually adding powdered sugar. Gradually increase the speed as the cream thickens. Whip until the cream can hold its shape but is not lumpy.

Step 2) Spread a thin layer of whipped cream into the bottom of an 8 inch x 8 inch baking dish. Layer in nine of the cookies, spread on another layer of whipped cream, then top with 1/3 of the strawberries. Repeat layers – cookies, whipped cream, and strawberries – two more times to create three layers total (you might have a little extra whipped cream at the end.) Cover dish with saran wrap then refrigerate overnight. When ready to serve, slice then serve.





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