

Connections

A Newsletter for the Members of Community Care



The Best Fruits
and Vegetables
To Eat This Fall
P.2



PG.4

**We Want Your
Ideas for
Improvement
Projects**

**WE ARE IN THE MIDDLE
OF PLANNING OUR
2020 PERFORMANCE
IMPROVEMENT PROJECTS
AND WANT YOUR IDEAS!**

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The *Best* Fruits
and Vegetables
to Eat This Fall

When we think of fall, we think of Halloween costumes, hay rides and beautiful autumn colors, but there is something else great about fall; from September to November, the autumn harvest brings a variety of healthful and delicious produce. This produce includes squash, sweet potatoes, apples and pears.

To get the best of what fall has to offer, check out the following fruits and veggies and learn the health benefits of each one.

Apples - These sweet, crunchy fall favorites are packed with antioxidants, which may help prevent chronic illness and slow aging. Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin – it contains health flavonoids.

Harvest season: Aug - Nov

Brussels Sprouts and Cabbage - When made correctly, these veggies taste delicious. They have a mild, somewhat bitter taste and are best with tangy sauces. Packed with vitamins A and C, cabbage and its mini-me, Brussels sprouts, boast high concentrations of cancer-fighting glucosinolates.

Harvest season: Sept - Mar

Pears - These sweet fruits are a crowd pleaser. Cooking them can really bring out the flavor, so try them baked or poached. They are a good source of vitamin C and copper and contain 4 grams of

fiber per serving.

Harvest season: Aug - Feb

Pumpkins – Pumpkins

can be used for more than just jack-o'-lanterns. It's sweet taste is ideal for pies, cakes and pudding. They are rich in potassium and are a good source of vitamin B.

The seeds from the pumpkin have alpha-linolenic acid, an omega-3 fatty acid that may help those with heart disease, high blood pressure, or high cholesterol. Toast them up for a delicious treat!

Harvest season: Oct – Feb

Rutabagas and Turnips

- Research suggests eating turnips and rutabagas may help reduce the risk of prostate and lung cancers. Turnips are a great source of vitamin C and turnip greens are a great source of calcium. One cup of raw rutabaga offers a respectable three grams of fiber.

Harvest Season: Oct – Apr

Squash - Squash is the poster food for autumn. Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. It tastes best with other fall flavorings such as cinnamon and ginger. Squash contains omega-3 fatty acids and is an excellent source of vitamin A.

Harvest Season: Oct – Apr

Sweet Potatoes - These orange beauties have the best flavor during fall, their peak season. Like squash, sweet potatoes are rich in beta-carotene, which can prevent vitamin A deficiencies, promote healthy eyesight and generate retinol production. Sweet potatoes are also a good source of vitamin C when eaten with their skin on. Sweet potatoes are a good source of vitamin A and iron and taste delicious when roasted.

Harvest season: Sept - Dec



*We want
to hear
your ideas!*

2019/2020 Performance *Improvement* Projects

Each year the Department of Health Services (DHS) requires Community Care to complete a Quality Plan. One area within the Quality Plan focuses on improving your health along with improving Community Care's processes of providing the best care to you.

For the 2019 Performance Improvement Project, Community Care worked alongside Advanced Care Planning Specialists to make sure your Health Care Power

Of Attorney or living will were completed and made known to your medical team.

The 2019 project has seen early successes with results showing a 65% completion rate. The organization views this as a huge success!

We are in the middle of planning for our 2020 improvement projects and we want to hear from YOU!

If there is a project that you feel would be helpful to you

or other Community Care members, tell us your ideas.

Some examples of previous projects include reducing fall risk through exercise, high risk medication reduction, advance care planning, increasing colorectal screening, and improving dementia screening compliance. Please direct feedback to the Quality Department at quality.projects@communitycareinc.org.

You Can Work AND Keep Medicaid!

Many people who have disability benefits don't want to work because they are afraid they will lose their Medicaid. Here are some frequently asked questions regarding Medicaid benefits.

Will I lose my Medicaid/Medicare coverage if I start working?

As long as you are receiving at least one dollar of Supplemental Security Insurance (SSI) a month, you can keep your Medicaid coverage. That means that you can earn over \$19,000 a year (or work full time at \$10.00 an hour) and still get a check from SSI. While it is true that your SSI check may be less because you are earning wages, the first \$85 you earn in a month doesn't reduce your check at all. For the money you earn over \$85 a month, Social Security subtracts one dollar from your SSI check for every two dollars you earn. If you are on Medicare, as long as you receive a Social Security Disability Insurance (SSDI) check, you keep your Medicare.

Will Social Security do more eligibility reviews if I start working?

No. The fact is that Social Security does regular reviews of everyone on benefits, and if you have an open case with the Division of Vocational Rehabilitation (DVR) to get a job, your Social Security review may be postponed while you are looking for work.

Will getting a job affect other benefits such as Food Share, HUD and Section 8 Housing?

Each program has their own rules about how much you can earn, but they also typically

have special work incentives that can be used so you can earn above the income limits set those who are not working.

In the end, it is good to have expert advice about your situation. If you are working with Division of Vocational Rehabilitation, ask for a benefits analysis. This will help you have a good understanding of how earning a paycheck and other employer benefits (like health insurance) may affect your disability benefits.

Wisconsin has a great program called Work Incentives Planning and Assistance (WIPA). WIPA has experts who provide information on federal, state, and local public benefits. It's free benefit counseling that gives you options about going to work or increasing your current pay.

If you want to work, but have concerns about benefits or anything else; be sure to talk to your Care Manager.

If you are a beneficiary who is working, has a job offer pending, or has previously received WIPA services, contact:

Wisconsin WIPA
1-877-826-1752 (toll-free)





Community Care Celebrates National PACE Month

This past September Community Care celebrated National PACE Month, a month created by the National PACE Association to recognize the work of the Programs of All-Inclusive Care for the Elderly (PACE®). The PACE theme for this year was “Many Hands, Many Minds, One Goal,” which highlighted the central role of the PACE interdisciplinary team in improving the lives of participants and their family caregivers.

“The PACE interdisciplinary team is one thing that really sets PACE apart from other care delivery models,” said Sherrice Gilcreast, chief administrative officer. “So often individuals and families who have health care needs experience a fractured, hard-to-navigate health care system, PACE is just the opposite.



In PACE the interdisciplinary team members work together to develop effective care plans and solves problems that PACE participants are experiencing. We have had so many enrollees and their families tell us how PACE has impacted their life.”

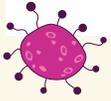
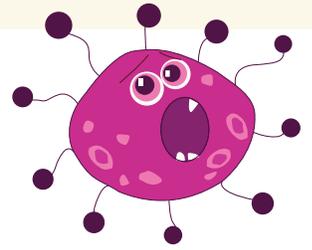
The interdisciplinary team includes a registered nurse, recreation therapist, dietitian, occupational therapist, home care coordinator, personal care workers, transportation specialist, primary care provider, social worker and physical therapist, as well as other specialists such as a behavioral health therapist and pharmacist.

Community Care celebrated National PACE Month with a number of observances that included a Community Health Matters event in Milwaukee, a day center celebration at our Waukesha location and several celebrations held at the religious orders we serve.

“We have had so many enrollees and their families tell us how PACE has impacted their life.”



It's Flu Season!



Why should I get a flu shot?

Because YOU have the POWER to PROTECT yourself and your family. Flu shots aren't just for children and if you already have a chronic health problem, an illness like the flu can make your condition worse.

What does the flu shot DO for ME?

Vaccines like the flu shot lower your risk of infection by working with your body's natural defenses to help develop immunity to the flu. Getting a vaccine is the BEST way to protect yourself.



What about side effects?

Vaccines like the flu shot are tested very well before licensing and are carefully monitored to make sure they are safe. Yes, the flu shot can cause some side effects but the most common side effects are mild and go away quickly.

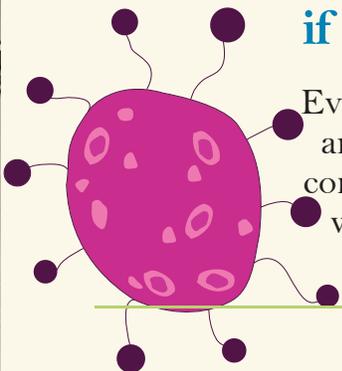
What am I RISKING if I don't get a flu shot?

Even if you or your family members are not sick, you could be in contact with someone that is sick without knowing it. The flu can

spread quickly and you can be contagious before you get sick. Every year, thousands of adults in the U.S. become seriously ill and are hospitalized. Many adults, especially older adults, can die from the flu.

What do I need to DO?

Talk to your care team and ask them about the flu shot. Go see your doctor to get the flu shot as soon as you can. PROTECT yourself and your family!



Medicare Fraud and Identity Theft

Identify theft is a serious crime that happens when someone uses your personal information without your permission to commit fraud or other crimes. Personal information includes things like your name and Social Security, Medicare, or credit card numbers.

Identity theft cost Medicare billions of dollars each year, in fact, AARP estimates \$1000 per Medicare member is lost annually through theft. In 2018, \$60 billion dollars was lost to theft exceeding the annual budget of such government departments as Homeland Security (\$42.4 billion) and NASA (\$19.0 billion).

How to Protect Your Medical Information from Theft

- **Guard your Medicare and Social Security numbers.**
- **Be suspicious of anyone who offers you free equipment or services and asks for your Medicare number.**
- **Do not give information to telemarketers who pretend to be from Medicare or Social Security.**
- **Do not let anyone borrow or pay to use your Medicare ID card.**
- **Examine your Explanation of Benefits statement for medical services and medications you did not receive.**

If someone calls you and asks for your Medicare number or you suspect fraud, contact Medicare at 1-800-Medicare (1-800-633-4227).





Fall Word Search



C U W V B F K S Q S W H A R V E S T H G
 O Y S M A N T A T O U U O G K R P M L E
 A C F D F O O T B A L L W B T Q W O Z B
 S E E Z Z A G E R Y N T U E N I B E X R
 W J P N X T B U W A A P P L E C I D E R
 E A U O A H U D C N U T U U U N C T A Q
 A P R V S A U U R K K P P Z M H R B C T
 T P L E A N N O J Y S R P C U P A G I C
 E L E M J K C A D B E F W K E U K Y M K
 R E A B U S K F Y O P L I O H Z E I Y B
 P S V E L G P H L N T Z H P S J S Q N O
 Q Q E R S I Q A W F E Y E M U W E Q J O
 J N S O M V V C N I M C O Q N R M W K T
 T B M E K I F Z B R B R Y C F K N L J S
 V Y A P N N Q K G E E A V G L U T A A O
 V N R R D G H N A B R U Q T O O N I G V
 C Y A O O P I Q O N H T X F W J Z Y P E
 L C X F E A L T K O E U W Z E S U P P B
 R D E F I D C W K O Q M Z Q R B F Z U S
 D R Q R J O V Z O Y W N C J G R K N E U

CORN

THANKSGIVING

PUMPKIN

AUTUMN

HARVEST

FOOTBALL

BONFIRE

LEAVES

SWEATER

BOOTS

CARNIVAL

NOVEMBER

OCTOBER

APPLES

SEPTEMBER

RAKE

APPLE CIDER

SUNFLOWER



Community Care Staff

Helps Member Receive Kidney Transplant

Kathy Seger, a Family Care member of Washington County since December 2017, recently received a kidney transplant with the help of Barbara Friedlander, care manager at Community Care.

Kathy was in serious need of a kidney transplant but was unable to get on the transplant list because she did not have friends or family to take care of her. Kathy needed supports available at any time to take her to medical appointments before and after the kidney transplant; these supports also had to be on call all times of the day to take Kathy to the hospital when the kidney became available.

Kathy applied for a kidney transplant at numerous hospitals, but no one would take her.

“I advocated with hospital systems to make some

plan work for Kathy, but the hospitals insisted that Kathy needed a natural support team and not just paid supports,” said Barbara Friedlander. “I made a “zillion” calls to organizations, churches, paid support options and nothing was panning out.

As Barbara kept working to find supports for Kathy, Michele Ellenbecker, Community Care’s Program Supervisor of Washington County, decided she would try to help by reaching out to her pastor.

Thankfully, Michele’s pastor would show an interest in helping the member. Barbara then reached out to the pastor who was able to put together a team of seven volunteers who would be Kathy’s support team.

Because Kathy now had natural supports, she was finally able to get on the transplant list. Kathy

received her new kidney on August 31.

Currently, Kathy is thriving and doing well since her transplant and is happy with her new support system. She not only has natural supports, but thanks to her care manager, Barbara, she is also connected with paid supports that provide her with transportation needs beyond what the volunteers can do.

Now Kathy attends the very church that helped her receive her new kidney and for the first time in a long time she will not be spending the holiday alone; she will be celebrating Thanksgiving with the family of the volunteer who helps her.

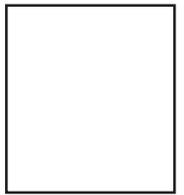
“Thanks to Community Care, I was not only able to get a new kidney but I received a new family,” said Kathy.



“Thanks to
Community
Care, I was not
only able to get
a new kidney but
I received a new
family...”



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