**Madison Common Council Approves Plan for Tennyson Lane Senior Living Community**

Madison, WI – Key milestones keep occurring for Independent Living, Inc. to build a new senior living community on Tennyson Lane.

Oct. 23, the General Development Plan (GDP) was reviewed and approved by the Urban Design Commission. The GDP was then reviewed and approved Nov. 4 by the Plan Commission. Finally, Nov. 19, the plan was reviewed by the Madison Common Council and approved.

“We’re grateful that the Common Council understood the serious shortage of senior housing options on Madison’s north side and approved our plans to build,” says Rita Giovannoni, CEO at Independent Living, Inc. “Neighborhood residents and Alderman Larry Palm have been supportive. We have worked very hard to keep neighbors informed about this housing project. When I talk informally with various businesses and organization representatives on the north side, there is encouraging feedback about the importance and value of this project.”

The architect for the new housing project is Madison-based Engberg Anderson. The GDP depicts generally how the buildings will sit on the site. It also gives a basic description of landscaping concepts. Approximately 270-300 independent apartments, assisted living units and memory care accommodations will be created on an eight-acre parcel on Tennyson Lane. The campus will feature a five-story apartment complex facing west with community spaces for dining, programs, a public café, and a health and fitness center. Memory care and assisted living options will be in east-facing wings separate from the apartment complex. Initial landscaping plans include outdoor gathering spaces and an orchard.

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Our Mission
Our mission is to support adults as they manage their independence by providing a variety of care services, skilled home health care and housing options to maintain health and well being.

NOTES FROM RITA

Falling in love, fall leaves, water falls, falling down . . . falling is everywhere, with many meanings. For older adults, falling can mean the end of a way of life and worse.

Each year, one in every three adults age 65 and older falls. In this age group, falls are the leading cause of fatal injury.

The National Council on Aging (NCOA) says that every 29 minutes, an older adult dies following a fall. More men than women die from falls, according to the Centers for Disease Control and Prevention (CDC). The Wisconsin Department of Health Services (DHS) reports that falls are the leading cause of accidental death among people age 65 and older. Over half of falls resulting in death occur in the home.

Injuries are alarming, too. In this age group, the CDC reports that 20 to 30 percent of falls result in severe injuries such as head trauma. Most fractures in older adults are caused by falls, including 95 percent of hip fractures. Women are twice as likely to suffer a fracture from a fall than men of the same age.

The direct medical cost of falls is about $28 billion per year. In 2020, the NCOA says the financial toll may increase to $54.9 billion. Looking just at Wisconsin, the cost in 2008 was $496 million for emergency department visits and hospitalization for falls among people age 65 and older. Government-sponsored insurance programs covered 93 percent of those charges, according to DHS.

Are you or someone you know at risk for a fall? You can find out easily by testing yourself with our Fall Review Checklist on page 4 of this newsletter. It's also available on our website at www.IndependentLivingInc.org/home-safety-modification.html.

The older you are when you fall, the more likely it is that you will end up in a nursing home. People age 75 and older who fall are 4 to 5 times more likely than those age 65 to 74 to be sent to a long-term care facility for a year or longer, according to the CDC. Many who were living independently prior to a fall never regain enough function to live independently again. The CDC says 40 percent of older adults injured in a fall live out the remainder of their lives in a nursing home.

Falls also impact quality of life in less obvious ways. The fear of falling causes some adults to limit their activities and their social life; up to 35 percent of adults who fall become less active. Both the CDC and NCOA say this can lead to more isolation, further physical decline, and depression or feelings of being helpless.

Falls are not a normal part of aging. What can you do to help yourself?

• Take time to discuss your risk factors with your primary care physician.
• Check for medical conditions that can be treated.
• Seek a physical therapy referral to help you with your balance and walking.
• Exercise regularly.

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Our Programs

We help you or someone you know remain independent at home.
Thank you, Dane County community, for trusting your care to us for 40 years.
We look forward to caring for you for years to come.

Call for information today
608-274-7900

Supportive Services
Caregiver Respite
Evening Meals on Wheels
Financial Management and Counseling
Home Care
Home Chore
Home Safety Modification
Home Share
Medication Management
Transportation

Home Health Care
Independent Health Care, Inc.
(Medicare-certified home health care agency)

Services from Volunteers
Telephone Reassurance
Friendly Visiting
Kibble on Wheels
Chore Corps
Health Advocate, plus more

Senior Living
The Gardens, Madison
Segoe Gardens, Madison
McKee Park Apartments, Fitchburg
Olympic Village, Sun Prairie

Your local connection to an independent life since 1973

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EVENING MEALS ON WHEELS RECEIVES ROTARY GRANT

The Madison Rotary Foundation awarded $3800 to Independent Living, Inc. for its Evening Meals on Wheels program. The funds will be used to help frail elders with low incomes receive nutritious meals.

Independent Living, Inc. is a local, nonprofit multi-service agency that operates the only Evening Meals on Wheels program in Dane County. Unlike noon-meal counterparts, Independent Living doesn’t receive federal support for this program. Instead, the agency seeks donations and grants to help support the program, keep meals affordable and provide subsidies for low-income elders who otherwise may go without meals.

To date in 2013, more than 36,000 meals from Independent Living, Inc. have been delivered by 265 diligent, caring volunteers. Meal delivery is more than a friendly knock on the door. Sometimes the volunteer is the only friendly face a senior may see all day. It also is a safety check, ensuring that the homebound individual is all right. Volunteers are trained to alert staff in unusual situations, as well as how to handle the meals properly. New volunteers are always welcome, and it is a rewarding family activity, especially on a holiday. Meal routes usually take one hour or less to complete, and can be done as often or as infrequently as possible.

Meals are chef-prepared fresh each day, and the menu is reviewed by a registered dietitian. Daily entrees vary, and range from turkey dinners to lasagna. Special diets are accommodated, and include diabetic, vegetarian and gluten-free.

Inquiries are encouraged and welcomed. Contact Michelle, program manager, at 608-204-0923 or email her at meals@IndependentLivingInc.org.

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MEALS ON WHEELS RECEIVES GRANT FROM GORDON FLESCH FOUNDATION

Independent Living, Inc. was a grateful recipient of a $2500 grant awarded by the Gordon Flesch Company Charitable Foundation. The grant supports Evening Meals on Wheels for frail seniors with low incomes. The Foundation, managed entirely by company associates, focuses on nonprofits in communities where customers live, work and play. Associates nominate nonprofits, whose applications are then reviewed by the board of directors. Grants are generally awarded to nonprofits assisting people dealing with health and wellness matters, or disasters.

Pictured above are Barb Anderson, president of the Foundation board of directors; Rita Giovannoni, CEO, and Linda Lane, COO, both of Independent Living, Inc., and Kelly Vinje, Foundation treasurer.
## Checklist for Fall Risk

<table>
<thead>
<tr>
<th>Yes (points)</th>
<th>No (points)</th>
<th>Risk Factor</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>0</td>
<td>I have fallen in the past year.</td>
<td>People who have fallen once are more likely to fall again.</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td>I use or have been advised to use a cane or walker to get around safely.</td>
<td>People who have been advised to use a cane or walker may already be more likely to fall.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>Sometimes I feel unsteady when I am walking.</td>
<td>Unsteadiness or needing support while walking are signs of poor balance.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I steady myself by holding onto furniture when walking at home.</td>
<td>This is also a sign of poor balance.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I am worried about falling.</td>
<td>People who are worried about falling are more likely to fall.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I need to push with my hands to stand up from a chair.</td>
<td>This is a sign of weak leg muscles, a major reason for falling.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I have some trouble stepping up onto a curb.</td>
<td>This is also a sign of weak leg muscles.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I often have to rush to the toilet.</td>
<td>Rushing to the bathroom, especially at night, increases your chance of falling.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I have lost some feeling in my feet.</td>
<td>Numbness in your feet can cause stumbles and lead to falls.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I take medicine that sometimes makes me feel light-headed or more tired than usual.</td>
<td>Side effects from medicines can sometimes increase your chance of falling.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I take medicine to help me sleep or improve my mood.</td>
<td>These medicines can sometimes increase your chance of falling.</td>
</tr>
<tr>
<td>1</td>
<td>0</td>
<td>I often feel sad or depressed.</td>
<td>Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.</td>
</tr>
<tr>
<td>_____</td>
<td>Total</td>
<td>Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this checklist with your doctor.</td>
<td>For more information and in-home evaluation, contact Independent Living, Inc. and ask to speak with Tracy, the manager of the home safety modification program, at 608-274-7900. Adapted from the VA Geriatric Research Education Clinical Center and affiliates in Los Angeles.</td>
</tr>
</tbody>
</table>
Tennyson Lane Project  (continued from page 1)

While design efforts need to focus initially on the shape and scale of the building project, Giovannoni and members from Independent Living are researching information in two key areas impacting the building interior. Specifically, they are studying the latest technology and its uses for safety and health monitoring, as well as sustainability applications for recycling and energy efficiency.

Fundraising efforts are quietly moving forward, Giovannoni says, with plans to go public sometime in 2014. Independent Living, Inc. is a 501(c)3 nonprofit organization, and counts on support from individuals, businesses, agencies and foundations to keep programs, services and housing affordable for seniors and adults with disabilities.

Fund Development Director Nicole Schultz is organizing contacts, committees and materials for the Building Independent Futures capital campaign for the Tennyson project. “It’s actually alarming to see the senior housing shortage projected from market research,” Schultz says. “More senior housing is needed, and donations will help keep that housing affordable.”

For more information about the capital campaign, contact Schultz at 274-7900 or nschultz@IndependentLivingInc.org.

Notes from Rita  (continued from page 2)

• Review your medication.
• Check your vision.
• Adapt your home environment.

That’s exactly what we address with the older adults who choose to live with us at The Gardens, Segoe Gardens, McKee Park Apartments and Olympic Village. Because the prevention of falls is so important, we intend to develop a defined, individualized program of service unique to the new senior housing community we plan to build in Madison on Tennyson Lane.

This will be a place to live that is comfortable, affordable and filled with friends . . . especially friends who care about keeping you “on your feet” and independent. This is housing with advantages, including space for a fitness facility to offer training and education. And as always, there will be extra personal support when needed. It is our goal that no senior has to leave their home because of the risk of falls. When you choose Independent Living, you don’t have to face your life alone.

Rita Giovannoni, CEO

Did you know?

According to the 2010 Census, Dane County had 488,073 residents. Of those, 50,144 were adults age 65 and older, accounting for 10.3 percent of the population. From 2000 to 2010, the growth in the 65-plus age group was 25.77 percent in Dane County.

Statewide, according to the 2010 Census, Wisconsin had 5,686,986 residents. Of those, 777,314 were adults age 65 and older, accounting for 13.6 percent of the population. From 2000 to 2010, the growth in the 65-plus age group was 10.64 percent statewide.
SPECIAL THANKS

Congratulations to Zimbrick, Inc., a well known auto dealership in the Madison metro area, for being named 2013 Outstanding Philanthropic Business. Among its many activities, two of its dealerships—Zimbrick Buick and Zimbrick Honda—have Adopt-A-Routes with our Meals on Wheels program. Every other week, each dealership delivers evening meals to homebound seniors. Occasionally, they deliver a little “extra,” too. At Halloween, two Zimbrick employees dressed in costume—one as a cow and one as a football fan—and entertained Meals recipients. One elderly recipient, age 94, laughed repeatedly at the udders on the cow costume, according to the son. She passed away shortly thereafter, and the family appreciated that the Meals on Wheels volunteers had given her extra enjoyment. Thank you, Zimbrick and all our Adopt-A-Route groups, for what you do!

Thank You to Our New Volunteers in 2013

With this issue of our newsletter, we recognize 101 current volunteers who are new to Independent Living, Inc. in 2013. Thank you for making a difference in the lives of seniors and adults with disabilities. We appreciate all that you do!

Board of Directors
Jeffrey D. Bowles
Saul C. Glazer
Dennis A. Thompson

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Megan A. Bessett
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Ann L. Whitaker

Event Support
Charlotte L. Felder
Joshua Kurzbach
Placon Corporation
Janet M. Schneider
Teresa K. Schultz
Wisconsin Energy Conservation Corp.

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Leah A. Dudley
Laura E. Felix
Rachel K. Her
James J. Kenney
Karen L. Kenney
Cristhabel Martinez
Carrie Jo Schaub
Molly L. Yunke

Kibbles on Wheels
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Patricia L. Bewick
Emily Elbert
Jacklyn D. Kranz
Amanda J. Triest

Bryan J. Helt
James A. Helt
Barbara J. Hennings
Ronald G. Hennings
Jon E. Herreman
William G. Holman
Michael R. Hull
Jacilyn R. Joannis
Nadia R. Kaminski
Robert J. Kapinos
Samuel D. Koebe
Steve C. Krogman
William J. Kubsh
Cheryl Levendoski
Diane Luebke
Marie M. Madigan
Thomas J. Marmet
Edward A. Nowicki
David B. Olson
Nick R. Pelzer
Nathan D. Phillips
Janet E. Rasmussen
Wendi J. Reuter
Sid B. Richards
Kathryn Sales
Trisha M. Samuelson
Michelle M. Schroeder
Chad Schwenn
Troy Schwenn
Brian C. Statz
Stephen L. Stone
Kimberly L. Upton
Nellie L. Vallarta-Ast
Michael C. Vraniak
Tara R. Vraniak
Levi Wood
Jennifer A. Zahn

Nutrition Services
Mary L. Behlke
Lindsey M. Blazel
Colleen R. Brenkus
Ditra L. Comer
Shaye C. Graves
Haosheng Zhen

Office
Amanda L. Heit

Special Projects
Alliant Energy
Michael E. Grasmick
Stephanie L. Loger

Telephone Reassurance
Laura N. Her
Peter Leege
Abigail Musselman
Ann U. Schwartz

Volunteer opportunities await kind-hearted people. There are many wonderful ways to help. Deliver Meals on Wheels or Kibble on Wheels; phone a medication reminder; mow, rake leaves or shovel snow; organize a closet; assist at a special event; take photographs; help plant a garden, or just stop by for a visit. Learn more by contacting the volunteer manager at 268-9641 or volunteer@IndependentLivingInc.org.
Caring and Sharing

During the annual United Way Days of Caring, groups of employees from area businesses help nonprofits with special projects ranging from sprucing up to fixing up and more.

Independent Living is one of the grateful nonprofits to benefit from this help. At The Gardens, an Independent Living senior living community, two groups of volunteers helped residents thoroughly enjoy an outdoor picnic.

Wisconsin Energy Conservation Corporation (WECC) sent eight employees, organized by Amy Lord, to help set up and decorate tables, set up food, assist residents to their seats and deliver meals so that residents could relax rather than navigate the buffet line. Also assisting were four employees from Placon who moved tables and chairs into the garden, and served as grill chefs.

Pictured left to right are Placon grill chefs Don Wilde, Ben Huber and Russ Baker. Assisting but not pictured was Lisa Bell.

Senate Aging Committee Launches New Anti-Fraud Hotline

If you or someone you know suspect you’ve been victim of a scam or fraud aimed at seniors, the U.S. Senate Special Committee on Aging has set up a new toll-free hotline to help.

The hotline makes it easier for senior citizens to report suspected fraud and receive assistance. It is staffed by a team of committee investigators weekdays from 8 a.m. to 4 p.m. CST. The investigators, who have experience with investment scams, identity theft, bogus sweepstakes and lottery schemes, Medicare and Social Security fraud, and a variety of other senior exploitation issues, will directly examine complaints and, if appropriate, refer them to the proper authorities.

Anyone with information about suspected fraud can call the toll-free fraud hotline at 1-855-303-9470. Or contact the committee through its website at www.aging.senate.gov/fraud-hotline.

Source: www.aging.senate.gov

THANK YOU

Independent Living, Inc. is honored to recognize these special tribute gifts received between July 29, 2013 and December 13, 2013.

Remembering
Sally & Julia Birkholz
Harvey Birkholz
June Drew
Donna O’Leary
Carol Franz
John Franz
Marilyn Habeck
John Habeck
Robert Johnson
Carol Ripp
Ruth Preboski
Bill & Linda Preboski
Bob Schmitz

Downtown Madison Inc
Mid-West Family Broadcasting
Bob King
Jean McCormick
Scott Neitzel
Colleen Nelson
Doug Poland
Mary Alice Schmitz
Nola Du Puis
Dina Geier
Oral & Jean Hunsaker
Mikell Imhoff
Karen Jones

Mary Keith
Catherine V. Krueger
Peter & Nancy Leonovicz
Patricia & Arthur McClure
Mary Meier
Jane Mialik
Nancy Olmscheid
Colleen & Mark Rogers
Thomas & Meredith Scrivner
Eileen & Jim Scrivner
Mary & Doug Scrivner
Peter & Phyllis Sprecher
Kari & Marc Vike

Ted & Cindy Waldbillig
Thomas Zimbrick
Ron Steiner
Donna O’Leary

Honoring
Pam Lombardino
Carl & Myrtle Boedecker
Venessa Zakana
Ruth Schwenkert
David Schneider
Diane Sellia
Rhea Katz
Sherie & Paul Sondel
Home Modification Manager Earns National Certification

Tracy Sveum, manager of the home safety modification department, earned the designation of Certified Aging-in-Place Specialist (CAPS) from the National Association of Home Builders. Tracy, who has worked with seniors for 20 years, also is credentialed as a Certified Rehabilitation Technology Supplier and as an Assistive Technology Professional.

As manager of the home safety modification department, Tracy oversees home evaluations for accessibility, safety and ease of use; provides medical equipment, and coordinates projects that range from building wheel chair ramps to making bathrooms easier and more accessible to use. Assisting Tracy is Pattie, an occupational therapy assistant who makes on-site visits to observe how the client interacts with the home environment and to recommend changes that best serve the client at home. Jerrold, a licensed, on-staff carpenter, then makes the changes which may range from installing a hand-held shower to adjusting cupboards to constructing a lengthy ramp.

For adults who may need home changes but lack funds, there is a grant program. Qualifications are based on a mix of criteria including income.

Contact Tracy for information at 274-7900 or intake@IndependentLivingInc.org.

Handrails and a sturdy ramp make life safer for this elderly resident to enter and leave his home.