



LAKELAND CARE

Together, we build better lives.

Lakeland Care Connection

You can rely on us for long-term support and services you need to live independently.

A Message from the CEO

Hello and welcome!

Thank you for being part of Lakeland Care. We are grateful to be part of your journey and to support what matters most to you.

Your Care Team is here to help you every day. They can answer your questions, help you plan your services and support you in reaching your goals. You are not alone—we are here to walk alongside you.

As we move into the summer months, it is important to stay safe during hot weather. The heat can be hard on your body, but small steps can make a big difference. This newsletter shares helpful tips to keep you safe and feeling your best.

If you need support, please reach out to your Care Team. We are here for you.

Enjoy summer,

Sara Muhlbauer



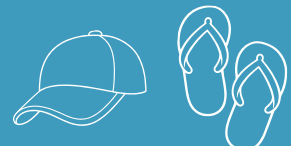
Crossword Puzzle



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



- 1.WATER
- 2.SUNSCREEN
- 3.UMBRELLA
- 4.SHADE
- 5.HAT



Summer Ready: Prep for the Heat

Warm weather is finally here! This is a great time to get outside to enjoy nature, go for walks or bike rides, and have picnics. Summer also brings hot sun and high temperatures that can lead to heat-related illness. Being informed and prepared can help keep you and your loved ones safe and healthy during the summer months.

Our bodies need extra care to stay well during hot, humid weather. Advancing age, chronic health conditions and certain medications can affect how the body responds to heat. Taking extra care and precautions can help everyone stay safe and healthy this summer.

Follow these tips to protect yourself from heat-related illness:

- Drink more water than you think you need.
- Create or find a cool space. Stay out of the sun, use air conditioning or fans, and close curtains. If you cannot cool off, go to a public space with air conditioning.
- Take a cool shower, bath, sponge bath, or use cool, wet cloths to lower body temperature.
- Limit outdoor activities, or go outside early in the day when temperatures are cooler.
- Check in with family, friends and neighbors. Heat-related illness can develop quickly, so stay connected.
- Not feeling well? Act fast!

Know the signs of heat-related illness:

In addition to feeling faint or dizzy, symptoms may include nausea,



unusual fatigue, a rapid pulse or muscle cramps. Changes in behavior – such as confusion, combativeness or being delirious – are serious warning signs. If you notice any of these symptoms, move to a cooler place and contact a health care provider right away.

Some medications and health conditions can reduce the body's ability to cool down. Diabetes may also make it harder to regulate temperature and affect insulin use.

If your home is too hot, go to a cooler place for a few hours. Contact your local Aging and Disability Resource Center (ADRC) to learn about cooling centers in your community. If you have questions or concerns, your Lakeland Care, Inc. (LCI) Care Team can help. We are here for you!

WisCaregiver Connections: A new way to find caregivers

Do you self-direct your services? Or are you looking for a caregiver so you can self-direct? WisCaregiver Connections makes it easier to find the help you need!

WisCaregiver Connections is a free, easy tool that helps you find caregivers. It is a statewide online directory where you can connect with trained and qualified caregivers.

What you can do with WisCaregiver Connections

When you sign up, you can:

- Post job openings to find caregivers
- View caregiver profiles
- Check caregiver training and credentials

Bonus: If you currently self-direct your services, your caregivers can:

- Sign up for training
- Become Certified Direct Care Professionals (CDCPs)
- May qualify for bonus payments



Sign up with WisCaregiver Connections here: <https://www.wiscaregivercdcp.com/agencyreg/>
If you need help, contact your Care Manager.

FRAUD, WASTE AND FINANCIAL ABUSE

Lakeland Care, Inc. is committed to preventing and reducing fraud, waste and abuse, as well as non-compliance.

We encourage all members, and the public to report suspected fraud, waste, abuse or non-compliance to our compliance team at Lakeland Care, Inc.

We keep all reports confidential and do not tolerate retaliation for reporting concerns to us. Our compliance team investigates all reports to ensure we are protecting our public funding and our members.



CONFIDENTIAL WAYS TO REPORT

If you think you have identified fraud, waste, abuse or non-compliance, you can contact Lakeland Care, Inc. in the following confidential ways:

Online form submission:

<https://www.lakelandcareinc.com/online-fraud-reporting/>

Compliance Hotline: 920-455-5735

Email: Fraud@lakelandcareinc.com OR
Compliance@lakelandcareinc.com

Mail: Lakeland Care, Inc.
Attn: Compliance Division
N6654 Rolling Meadows Drive
Fond du Lac, WI 54937

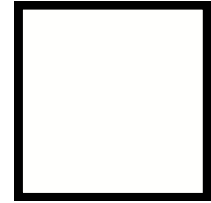
Wisconsin Fraud Hotline: 1-877-865-3432
OR www.dhs.wisconsin.gov/fraud

You may also contact your Care Team!





**N6654 Rolling Meadows Drive
Fond du Lac, WI 54937**



Together, we build better lives.

If you need this material in an alternate format, including large print, please contact our office:

(920) 906-5100

Toll Free 1-877-227-3335

TTY 711

info@lakelandcareinc.com

For more information about your long term care options, contact the Aging and Disability Resource Center (ADRC) in your county:

www.dhs.wisconsin.gov/adrc

www.lakelandcareinc.com