

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

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- ◆ 4 Ways to Contact Your Elected Officials



Happy Holidays from the ADRC!

As we draw to the close of another year, we reflect on the year that is ending. 2021 has again been a time of transition as we begin to reopen and expand services provided through our agency. Some highlights include:

- This past year we have been fortunate to add staff to address the growing needs of the population we serve.
 - ◇ the expansion of dementia services has provided additional support to individuals with dementia living in the community and their caregivers.
 - ◇ An additional part time caregiver staff person has allowed us to provide additional support to caregivers.
 - ◇ Additional Adult Protective Services staff for a dedicated call center to improve response for calls of concern for elders and adults at risk.
- Senior Dining Centers reopened at four locations across Waukesha County.
- Resource Center staff have resumed face to face visits in our community.
- The electronic health record was implemented for client files.
- A number of staff led initiatives in the ADRC to include work on enhancing our resources and services to adults with disabilities, providing trauma informed care and support to consumers and staff, and the addition of a work group for diversity, equity and inclusion.

During this holiday season, we also give thanks to our dedicated ADRC Advisory Board who provide direction and oversight to our agency. We have a number of new members this year, and are grateful to community members who volunteer their precious time to serve the citizens of Waukesha County.

Wishing you a wonderful holiday season from your ADRC staff!



Pictured above: Mary Baer, Sandie Heberling, Sandy Wolff, County Supervisor Joel Gaughan, Carla Friedrich, Marj Kozlowski, Judith Tharman, Betty Koepsel. (not pictured, -Phyllis Wesolowski)

2022 BENEFIT CHANGES



5.9% INCREASE

Watch your mailbox in December for your 2022 summary of benefits

Part A

- No Premium with enough work credits. If you buy Part A: premiums will be \$499 per month (\$28 Increase)
- \$1556 Deductible per benefit Period (\$72 increase)



Part B

- \$170.10 Monthly Premium (\$21.60 increase)
- \$233 Deductible per year (\$30 Increase)

Part C

- Network changes – **Don't assume that your doctors will be included in the plan next year, because they were included in 2021**
- 11 plans with \$0 premium that cover Health & Drugs.
- 16 plans with Premiums ranging from \$11 to \$229 that cover Health & Drugs.
- \$95 - \$480 Deductible on prescription drugs
- 9 Health only advantage plans
- 2 Medical Savings Account Advantage Plans

Open Enrollment

Oct 15 – Dec 7

Part D

- Premiums range from \$6.60 - \$133.30 monthly
- Up to \$480 Deductible on prescription drugs (\$35 increase)
- Doughnut hole starts at \$4,430* and lasts until \$10,012.50* *full cost of drugs (estimated out of pocket spending = \$7,050 before reaching Catastrophic coverage)
- Pharmacy Network changes – **Don't assume that your pharmacy will be included in the plan next year.**
- Formulary Changes – **Don't assume that your drugs will be covered next year!**



Senior Care will continue through 2022

Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.



People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family fearing the changes in physical health, behavior, and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.
- **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.
- **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.
- **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it!

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC at (262) 548-7848.

Happy Holidays!

Energy Assistance and Weatherization for Waukesha County Residents

ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

In response to the COVID-19 crisis, the Department of Administration (DOA) has adjusted the eligibility requirements for residents who are seeking heating and electric assistance through the Wisconsin Home Energy Assistance Program (WHEAP).

Eligibility is now based on the household's previous month of income, rather than the former requirement of the previous three months of income. This move was made to ensure those who are recently affected by the COVID-19 response are able to receive assistance quickly.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation

How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) and weatherization services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "[Where to Apply](#)" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency. You may also apply online at www.energybenefit.wi.gov.

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542



My husband has a history of heart disease and high blood pressure in his family, but he seems healthy and he tells me not to worry so much. Even though he looks healthy, could he still be in danger? How can I get him to understand how dangerous high blood pressure can be?

**Regards,
Emma Wright**



Dear Mrs. Wright,

High blood pressure is known as the "silent killer" because there are no obvious warning signs. According to a new survey by the American Heart Association, over half of people diagnosed with high blood pressure aren't worried about having a heart attack or stroke. High blood pressure, also known as hypertension, however, greatly increases the chances of having a heart attack or stroke.

Possible reasons to explain why people aren't concerned about this diagnosis is the lack of symptoms and the difficulty some people have maintaining healthy lifestyle changes that can help control high blood pressure. Many people with high blood pressure might be unaware of the life-altering effects for survivors after a stroke or heart attack. They may lose their ability to complete everyday tasks and have to relearn basic living functions.

The American Heart Association survey indicated that 22% of respondents checked their blood pressure in the prior week, 40% said their most recent reading was uncontrolled (or higher than 130/80), and 16% said they didn't need to keep track of their readings when they're taking medication.

Health care providers play an important role to help people understand their risks and take precautions. In addition, initiatives such as www.loweryourhbp.org can help to help build awareness and bring to light stories of real-life consequences. Still, the survey results indicate much more needs to be done.

As Dr. Michael Rakotz, Vice President of Health Outcomes at the American Medical Association, stated, "We need to continue to work to get real stories out there and we need to do a better job of motivating people to take charge of their health and raising awareness that together we can create a plan to bring their blood pressure under control."

Key Messages

High blood pressure is the leading cause of preventable heart disease and stroke death. Small choices made each day can make a positive impact in managing your blood pressure and reducing your risk of heart attack and stroke. Some important points to keep in mind include:

Check It!

- Because high blood pressure typically has minimal or no symptoms, the only way to know your risk is to have your blood pressure checked.
- Once you know your number, go the AHA's new interactive blood pressure tool on their website, to learn what your numbers mean and to receive practical tips that you can use to take action immediately.
- Be reassured that studies show that those who check their blood pressure often are more likely to keep their blood pressure at a healthy level.

Make Changes that Matter

- Take simple steps to control your numbers:
- Move more - find a physical activity you enjoy.
- Eat smart - strive to eat a well-balanced low salt diet and limit alcohol.
- Be well - manage stress and practice mindfulness.

Seek Support

- If you have high blood pressure, work with your health care professional to learn how to accurately monitor and manage your blood pressure.
- Remember to take your medication properly even if it means taking it every day.
- Let your healthcare provider know if you are taking any natural treatments or over-the-counter medications as they may interfere with your prescribed medication or increase your blood pressure.
- Visit www.heart.org/bplevels for more information.

Information from American Heart Association website:

<https://www.heart.org/en/news/2019/05/24/many-with-high-blood-pressure-arent-worried-should-they-be>

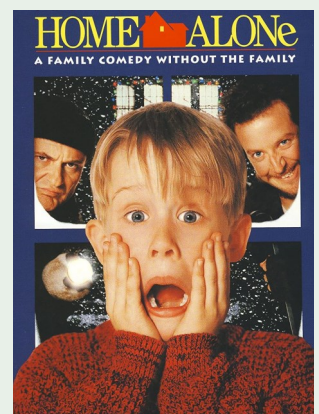


Christmas Fun Facts



Did you know December is home to days such as National Gingerbread Day and National Christmas Sweater Day? In honor of these days and the holiday season as a whole, here are some seasonal statistics and fun facts that may surprise you!

- California, Oregon, Pennsylvania, Michigan, North Carolina, Washington, and Wisconsin are the **top seven Christmas tree producing states** in the nation.
- Every year, the United States decorates about **35 million live Christmas trees** while Europeans decorate about 50 million.
- Each year, approximately **10 million Christmas turkeys** are eaten in the U.K. and **22 million** are eaten in the United States.
- All of the items in the song “The Twelve Days of Christmas” total **354 gifts**.
- There are **202 various** “A Christmas Carol” film adaptations.
- The average amount spent on Christmas gifts per year per family is **\$1,000**.
- Over **3 billion Christmas cards** are sold in the U.K. and the United States each year.
- **28 sets** of LEGOS are sold every second during the Christmas season.
- During the Christmas season, more than **1.76 billion candy canes** are made.
- While shopping during the Christmas season, shoppers use their Visa cards more than **six thousand times every minute**.
- Nearly **6 million dollars** are spent during the holiday season on ugly Christmas sweaters.
- The most successful Christmas movie at the North American box office is Home Alone, with a lifetime gross of over **285.7 million dollars**. The 2018 animated version of Dr. Seuss’ The Grinch is in second place, earning more than **270 million dollars** and Jim Carrey’s version of How the Grinch Stole Christmas is in third place with revenue of just over **260 million dollars**.
- Bing Crosby’s “White Christmas” is the best-selling Christmas single of all time with estimated sales in excess of **50 million copies worldwide**.



Recognizing Our Local Family Caregivers

November was National Family Caregiver Month and to show our appreciation to our local family caregivers, the aging unit at the ADRC organized a drive-thru “Caregiver Recognition Event”. Staff assembled 100 caregiver gift bags that included an art project from Donna Lexa, calendars, cookies made by students at WCTC, lotions, nightlights, blankets or socks, Pop Its, and several caregiver resource sheets. Those who signed up to drive-thru to the Health and Human Services Building during this two-day event received one of these gift bags handed out by staff members. One participant wrote to the ADRC afterwards saying, “Just wanted to say thank you again for the caregiver gifts...I was having a down day and that really picked me up! I gave some to my Mom who has vascular dementia/Alzheimer’s and it made her smile too! We shared the delicious cookies, and it kept her busy for a while looking at everything.” In total, around 80 gift bags were given out to deserving caregivers.



HAPPY HOLIDAYS!

~ The ADRC Staff ~

Rockefeller Center Tree Lighting Tradition

Rockefeller Center Christmas Tree Lighting Ceremony falls on December 1 this year. It is an annual fanfare of lighting up a Christmas tree placed at the Rockefeller Center in Midtown Manhattan, New York City, in mid-November and lit during a public ceremony on the Wednesday after Thanksgiving.

The first Christmas tree at Rockefeller Center was erected in 1931 by construction workers at the center, who pooled money to buy a Christmas tree and decorated it with ornaments that their families made.

Two years later in 1933, the first official tree was erected in continuation of that event, and since then, it has been an annual tradition to erect a Christmas tree on the Rockefeller Plaza.

The annual ceremony that follows the lighting of the tree, usually by the sitting Mayor of New York City, is attended by dignitaries, celebrities, and tourists from around the world and is often broadcast on the NBC news channel to millions of people watching from home and around the world.

In 1999, the largest tree thus far was erected. The tree stood over 100 feet tall and was brought from Killingworth, Connecticut. In 2011, following the tragedies of September 11, the annual tree was decorated in red, white and blue as a mark of respect to the victims lost on that day.

The lighting often begins on the Wednesday following Thanksgiving, with preparation starting earlier in November, from transporting the chosen tree from its harvest location to the plaza where scaffolding is erected around it to aid workers in hanging about 50,000 multi-colored LED lights and the much-adored crystal star top on it.

Traditionally, the trees erected for the event have always been from New York and its surrounding states and are usually donated. But recently, the trees have come from as far as Ohio, brought to the center in one of the largest cargo planes available.

Many municipalities in Waukesha County have tree lighting ceremonies. Check with your local Chamber of Commerce for more information.



International Day of Persons with Disabilities

History

The annual observance of the International Day of Disabled Persons was proclaimed in 1992 by United Nations General Assembly resolution 47/3. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

The United Nations Disability Inclusion Strategy

When launching the United Nations Disability Inclusion Strategy in June 2019, the Secretary-General stated that the United Nations should lead by example and raise the Organization's standards and performance on disability inclusion—across all pillars of work, from headquarters to the field.

The United Nations Disability Inclusion Strategy provides the foundation for sustainable and transformative progress on disability inclusion through all pillars of the work of the United Nations. Through the Strategy, the United Nations system reaffirms that the full and complete realization of the human rights of all persons with disabilities is an inalienable, integral and indivisible part of all human rights and fundamental freedoms.

In recognition of this commitment, the Secretary-General submitted in October 2020, the first comprehensive report on steps taken by the United Nations system to mainstream disability inclusion and implement the Strategy since its launch.

Building Back Better: toward a disability-inclusive, accessible and sustainable post COVID-19 World

Disability inclusion is an essential condition to upholding human rights, sustainable development, and peace and security. It is also central to the promise of the 2030 Agenda for Sustainable Development to leave no one behind. The commitment to realizing the rights of persons with disabilities is not only a matter of justice; it is an investment in a common future.

The global crisis of COVID-19 is deepening pre-existing inequalities, exposing the extent of exclusion and highlighting that work on disability inclusion is imperative. People with disabilities—one billion people—are one of the most excluded groups in our society and are among the hardest hit in this crisis in terms of fatalities.

Even under normal circumstances, persons with disabilities are less likely to access health care, education, employment and to participate in the community. An integrated approach is required to ensure that persons with disabilities are not left behind.

Disability inclusion will result in a COVID19 response and recovery that better serves everyone, more fully suppressing the virus, as well as building back better. It will provide for more agile systems capable of responding to complex situations, reaching the furthest behind first.



International
Day of
Persons with
Disabilities
3 DECEMBER

“As the world recovers from the pandemic, we must ensure that the aspirations and rights of persons with disabilities are included and accounted for in a -inclusive, accessible and sustainable post COVID-19 world. This vision will only be achieved through active consultation with persons with disabilities and their representative organizations.” -
António Guterres,
Secretary-General of the United Nations.

Benefit Specialist Corner

Health Insurance Marketplace Open Enrollment Starts November 1st

Open enrollment for 2022 health insurance coverage through the Marketplace starts November 1 and ends January 15, 2022. If you enroll in a health insurance plan before December 15, 2021, your coverage will start January 1, 2022.

If you don't have health insurance through your job, Medicare, Medicaid, the Veterans Administration (VA), or another source, the Marketplace can help you get coverage. Marketplace health insurance plans provide coverage for benefits like doctor visits, inpatient and outpatient hospital care, prescriptions, mental health services, and laboratory tests.

Marketplace plans are also required to provide coverage for pre-existing medical conditions. That means that a plan cannot reject you, charge you more, or refuse to pay for care for any condition you had before your coverage started.

What you pay for Marketplace insurance depends on your expected income for the year. You may qualify for a premium tax credit that lowers your monthly insurance bill. In addition, some people are eligible for extra savings on out-of-pocket costs like deductibles and copayments.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will most likely not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs.

There are several ways to apply for Marketplace coverage. Starting November 1, you can apply:

- Online at www.healthcare.gov,
- By phone at 1-800-318-2596,
- With in-person help from local enrollment assisters or insurance agents or brokers (you can search for local help here: <https://localhelp.healthcare.gov/#/>), or
- With a paper application, available at: <https://marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf>.

In order to apply, you will need to provide information about your household size, income, and any current health insurance coverage. Even if you currently have a Marketplace plan, it's a good idea to review your application information to make sure it is up-to-date. In addition, you should make sure that your plan is still the best fit for you.

If you do not sign up for a 2022 Marketplace plan by January 15, 2022, and you do not have another type of health insurance coverage, it may be very difficult for you to find health insurance if you need it later. Outside of Open Enrollment, you can only enroll in a Marketplace plan if you have a special enrollment period. Examples of events that might give you a special enrollment period include getting married, losing your health insurance, or moving to a new county or zip code.

Turning 65?
Need Medicare?

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Immune Legumes

How beans and other legumes support health and immunity!

Beans and peas of all types (black-eyes peas, kidney beans, black beans, cannellini beans, chickpeas, etc.) are nearly perfect foods nutritionally. The fiber, complex carbohydrates, vitamins, and minerals in beans can boost the health of your GI tract, heart, and immune system.

- Soluble fiber in beans slows down your digestion, which can prevent spikes in blood sugar and reduce blood cholesterol.
- Your gastrointestinal (GI) tract is a major part of your immune system; the fiber in beans feeds your gut microbiome—aka the healthy bacteria in your gut.
- Beans are a great source of protein, as well as potassium, magnesium, and iron, which serve essential functions in immune response and body cell repair.



Winter White Bean Chili

Makes: 8 (1 cup) servings

Ingredients:

- 2 Tablespoons olive oil
- 1 pound boneless skinless chicken breasts, cut into half-inch pieces
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 3 cups chicken broth
- 2 (4- ounce) cans chopped green chiles
- 1 teaspoon ground cumin
- 2 teaspoons chili powder
- 2 (15-ounce) cans of Great Northern or cannellini beans, drained and rinsed



Optional toppings: Shredded Monterey Jack cheese, chopped cilantro, hot sauce, diced avocado

Directions:

1. Heat 1 Tablespoon oil in a large pot over medium heat. Add chicken and cook until done. Remove chicken from pan.
2. Add 1 Tablespoon oil, onions, red pepper, and garlic and sauté until onions and pepper are tender.
3. Add the cooked chicken, chicken broth, green chiles, cumin, and chili powder. Cover. Bring to a boil.
4. Reduce heat to low and add the beans. Cover and simmer for about 20 minutes.
5. Serve and top with cheese, if desired.

Recipe adapted from Purdue Extension

FOOD WISE
Healthy choices. Healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.



Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU DECEMBER 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cheeseburger on a bun w/ Ketchup and Mustard Dill Baby Carrots Baked Potato Chips Grapes Oatmeal Cookie Alt. Sugar Free Cookie	Cranberry Glazed Oven Roasted Pork Scalloped Potatoes Steamed Spinach Dinner Roll w/Butter Frosted Choc Cake Alt. Plain cake	Sweet & Sour Chicken With Green Peppers, Onions and Pineapple Brown Rice Oriental Vegetable Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie
6	7	8	9	10
Salisbury Steak w/Tomato Gravy Au Gratin Potatoes Peas & Diced Carrots Rye Bread w/ butter Chilled Peaches	Chicken Enchilada Casserole Refried Beans Corn Salad Seasonal Fresh Fruit	Meatballs in Marinara Whole Wheat Penne Pasta w/ marinara Spinach Salad w/ Dressing Italian Bread/Butter Tropical Fruit	Pork Cutlet Roasted Red Potatoes Green Beans Almandine Pear Half Baker's Choice Cookie Alt. Fresh Fruit	Oven Baked Ham Mashed Potatoes & Gravy Baked Beans Dinner Roll w/Butter Chocolate Pudding Alt. Banana
13	14	15	16	17
Chicken Stew with Dumplings Capri Blend Vegetable Peach Half Multigrain Bread w/ Butter Rice Krispies Treat	Meatloaf with gravy Hashbrown Casserole Coleslaw Wheat Dinner Roll W/ Butter	Baked Mostaccioli Stewed tomatoes California blend vegetables Seasonal fresh fruit Bread with butter Peanut butter cookie	Tuna Pasta Salad Tomato Onion Salad Dinner Roll w/ butter Peaches Baker's Choice Dessert Alt. Fresh Fruit	Chili w/ Saltines, Shredded Cheese, Diced Onions and Sour Cream Romaine Salad w/ Ranch Dressing Biscuit w/Butter Fresh Banana
20	21	22	23	24
Swedish Meatballs Mashed Potatoes w/ Gravy Stewed Tomatoes Fresh Apple Sugar Cookie Alt. Banana	Herbed Chicken Breast Mashed Sweet Potatoes Green Beans Dinner Roll w/ butter Spiced Apple Slices	HAPPY HOLIDAYS Roast Beef w/ gravy Garlic Mashed Potatoes w/ gravy Green Bean Casserole Broccoli Salad Cranberry Compote Dinner Roll w/ Butter Banana Cream Pie	Grilled Bratwurst Brat Bun Sauerkraut Ketchup & Mustard Parsley Potatoes w/Dill Butter Sauce Pear Half	CHRISTMAS EVE PROGRAM CLOSED
27	28	29	30	31
CHRISTMAS OBSERVED PROGRAM CLOSED	Macaroni and Cheese Dilled Steamed Carrots Cottage Cheese BBQ Baked Beans Wheat Dinner Roll w/ butter Seasonal fresh fruit	Oven Baked Ham Twice Baked Potato 5-Way Mixed Vegetable Vienna roll w/ butter Baker's Choice Cookie Alt. Sugar Free Cookie	Sloppy Joe On a Bun Red Potatoes Buttered Corn Kernels Sliced Apples Peanut butter cookie Alt: Sugar Free Cookie	NEW YEAR'S EVE PROGRAM CLOSED

**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;
ALT= LOW SUGAR ALTERNATIVE**

Meal cancellations must be made at least ONE BUSINESS DAY in advance.

Visit our website at:

Call the office at 262-548-7826, Monday – Friday, before 12:00pm.

www.waukeshacounty.gov

4 WAYS TO CONTACT Your Elected Officials

PLAN A VISIT

Call the official's office to schedule an appointment. Do your homework and come prepared with main talking points. Clearly and concisely state your position. Have materials that summarize your points. Several days after the meeting, call or send a thank you note.



WRITE A LETTER

A handwritten note is most effective/ Identify the issue or piece of legislation you're referring to, including the bill, ordinance number or author. Give concise reasons how you are personally affected by the issue and how it affects other constituents. Be polite and courteous. Request a response from the official. Include your contact information and the names of any organizations you are a part of.

MAKE A CALL

For Federal Legislators call: (866) 220-0044 and ask for your official. For Wisconsin Legislators call: 1-800-362-9472 and ask for your official's contact information. Identify yourself and keep your call as short as possible. Try to cover only one subject per call. You may be transferred to a staff member, so take note of who they are. Remember to provide your contact information.



SEND AN EMAIL

Check the official's website for email addresses and contact information. Follow the same guidelines as writing a letter. If you wish, include your mailing address. Use separate messages if you are emailing more than one official. Remember to proofread your email! It is best to use emails as a follow up to calls and letters. You can also quickly reach your officials using Twitter, Facebook and other social media if you prefer.

Medicare Presentations in Waukesha County

Eagle - Alice Barker Memorial Library, Tuesday, December 7, 2021 at 1:00pm

Mukwonago Public Library, Tuesday, January 25, 2022 at 1:00pm

Muskego Public Library, Monday, March 7, 2022 at 10:00am

Hartland Public Library, Thursday, March 24, 2022 at 10:00am

Brookfield Public Library, Monday, April 4, at 2:00 pm

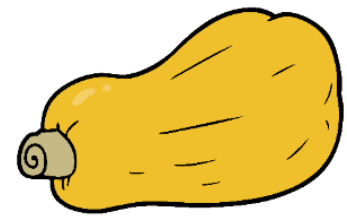
HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For December, the highlighted produce item is Butternut Squash! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly

e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



December
**BUTTERNUT
SQUASH**

Stay Active This Winter!

Just because the winter chill is starting to set in doesn't mean you can't stay active in the community. Check out the local parks in Waukesha County and go for a walk or a bike ride to stay active.

ProHealth Care Nutrition Classes available this winter!

Learn More and Register:

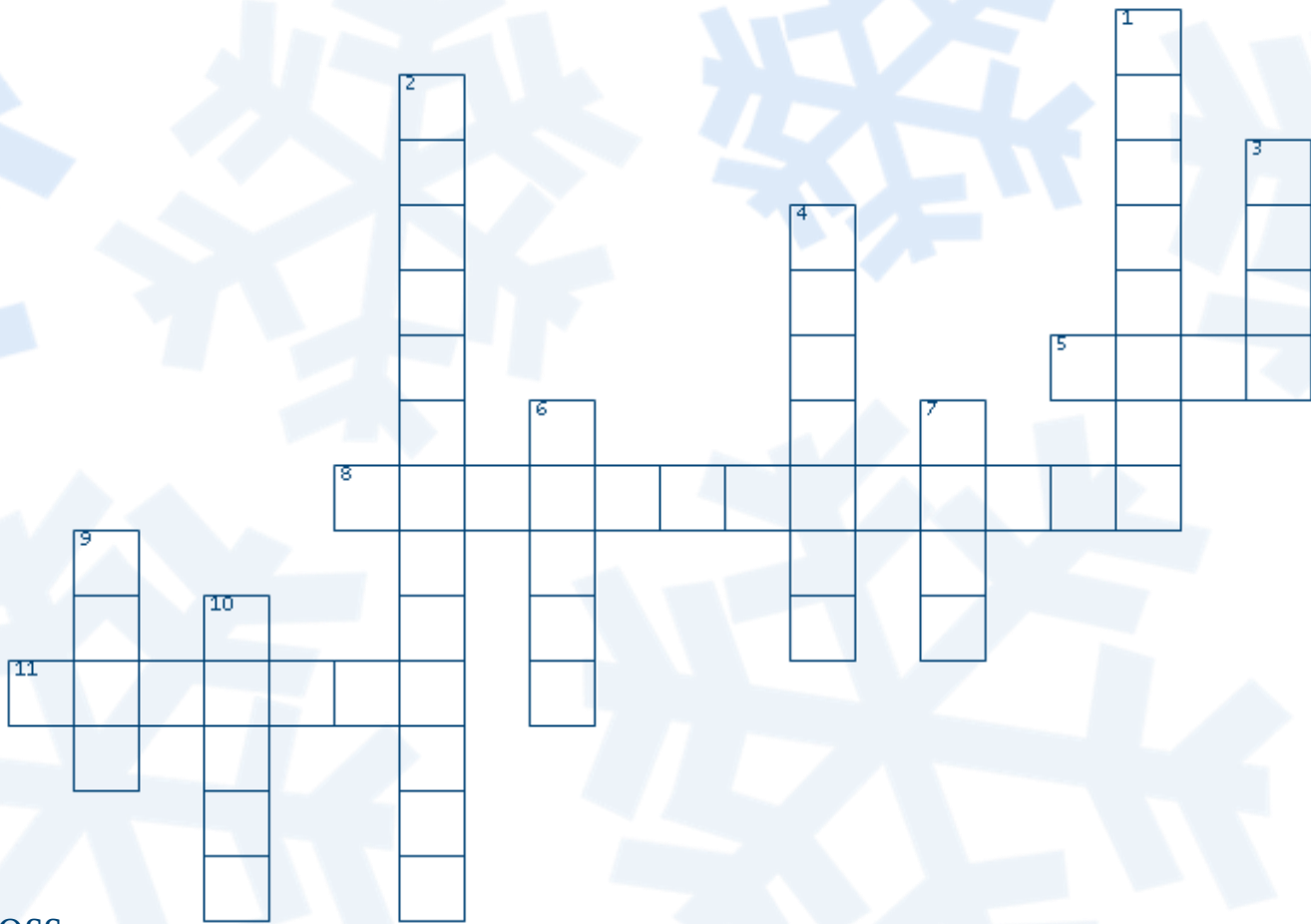
<https://www.prohealthcare.org/classes-events/search-results/?TermId=1e4055b1-efc7-e811-a2c8-001dd8b71cdf>



Live Well
Waukesha County

Holiday Crossword Puzzle

December 21st is National Crossword Puzzle Day. Enjoy this Holiday-themed puzzle!



ACROSS

5. Elvis isn't going to have a white Christmas, he's going to have a ____ Christmas
8. What did my true love give to me on the 5th day of Christmas?
11. Which of Santa's 9 reindeer start with the letter "R"?

DOWN

1. Santa Claus is based on a real life Christian bishop named St. _____
2. What were Frosty the Snowman's first words?
3. True or False: The song "Jingle Bells" was actually written for Thanksgiving!
4. How do you say "Merry Christmas" in Spanish? Feliz _____!
6. How many days of Kwanzaa are there?
7. What are you supposed to do when you find yourself with someone under the mistletoe?
9. How many ghosts show up in A Christmas Carol?
10. In "The Christmas Song," who did the narrator see kissing Santa Claus under the mistletoe?

Across: 5. Blue 8. Five Gold Rings 11. Rudolph Down: 1. Nicholas 2. Happy Birthday 3. True 4. Navidad 6. Seven 7. Kiss 9. Four 10. Mommy

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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