

## 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](http://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  
(24/7Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

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February 2021

# The ADRC Connection

## Time to Celebrate Groundhog Day!



Groundhog Day is a popular tradition in the United States that many of us look forward to as possibly a first sign that Winter is coming closer to an end. The tradition is derived from German culture where the badger was used to forecast the weather. Those traditions were brought to North America by German immigrants. The earliest recording of this event was in the 1840's.

It was not until February 2, 1887 that Clymer Freas, a local newspaper editor in Punxsutawney, Pennsylvania had an idea which he shared with local businessmen and groundhog hunters. His idea was to form a group called Punxsutawney Groundhog Club. The group trekked out to Gobbler's Knob where they held their inaugural event. The groundhog would determine whether they would have 6 more weeks of winter if the groundhog saw his shadow. This tradition is still observed to this day with Punxsutawney Phil delivering either good news if he does not see his shadow and the promise of an early Spring or the bad news if he does see his shadow promising 6 additional weeks of Winter. Thousands of people gather each year at the exact location to celebrate this tradition.

It should be noted that there is no scientific evidence to support Phil's meteorological predictions but it is still nice to think that maybe, just maybe, if he does not see his shadow, we can look forward to an early Spring and warmer weather after our cold winter.



# Free Tax Assistance

**The due date for your 2020 tax return this year is Thursday, April 15, 2021.**



La Casa de Esperanza's Volunteer Income Tax Assistance (VITA) program provides free federal and state income tax return preparation and filing for low- to moderate-income families and individuals. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

**NEW THIS YEAR: We are now offering 5 different tax preparation methods clients can choose from!**  
**Reminder: If you need multiple tax years done, you need to schedule 1-2 appointments per tax year.**

1. In Person Tax Prep
2. In Person Drop off Tax Prep
3. Drive-Through Tax Prep
4. Drive-Through Drop off Tax Prep
5. Virtual Tax Prep

Schedule your appointment by visiting: <https://lacasavita.as.me/schedule.php> OR call (262)-832-1534

## **Tax Appointment Checklist**

**IMPORTANT NOTICE: Clients who do not bring valid IDs and original Social Security Cards/ITINs will not be able to file their returns.**

- If you are able, please complete the [Intake Form 13614-C](#) before your appointment.
  - Savings and Checking account information (Routing numbers & Account numbers)
  - If married, your spouse must be present
  - Original Social Security cards for everyone listed on your tax return (or ITIN)
  - Valid Photo ID (cannot be expired)
    - All tax documents (anything you received that says "Important Tax Documents Enclosed")
  - W2's, interest or dividend income statements, unemployment or social security statements (SSA-1099, 1099 forms, etc.)
  - **If you received health insurance through the Market Place, you must bring your 1095A.**
  - If you paid daycare expenses, statement from daycare provider including their tax ID# or social security number
  - Renters claiming Homestead, bring original rent certificate filled out by landlord (forms available at La Casa or the Library) NO Cross-outs, White outs, or Write Overs allowed.
  - Homeowners claiming homestead bring a current tax bill & receipt of tax payment
  - If you are disabled and age 62 and under, bring either:
    - A statement from your physician that you are disabled, the date that you became disabled, and whether the disability is permanent or temporary
    - A statement from the Veteran's Administration certifying that you are receiving a disability benefit due to 100 percent disability
    - A document or copy of a document from the Social Security Administration stating the date the disability began.
- If you have questions about any of these documents, contact La Casa before your appointment at (262)-832-1534.

**AARP** offers Tax Assistance (including Homestead Tax Credit) by **appointment only** (Provided by trained AARP volunteers). At the time this, AARP has not yet updated their website to indicate which locations they will be hosting their Tax Assistance for 2020. These are usually held at local Libraries, however this may have changed due to COVID. Once the site is updated, to search for AARP Tax-Aides near you, go to [https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)



We will include the list once AARP updates their site in the March 2021 ADRC Connection Newsletter.

¡Ahora estamos aceptando citas! ¡Nuestro día de apertura es el 25 de enero de 2021!

**NUEVO ESTE AÑO: ¡Ahora ofrecemos 5 métodos diferentes de preparación de impuestos entre los que los clientes pueden elegir!**

**Recordatorio: si necesita que se realicen varios años fiscales, debe programar 1-2 citas por año fiscal.**

1. Preparación de impuestos en persona (Haga clic en la lista en la parte inferior de esta página para programar una cita)
2. Entrega en persona de preparación de impuestos (Haga clic en la lista en la parte inferior de esta página para programar una cita. Deberá programar 2 citas, una Parte 1 y una Parte 2, para completar su declaración).
3. Preparación de impuestos para autoservicio (Haga clic en la lista en la parte inferior de esta página para programar una cita)
4. Preparación de impuestos para devolución en automóvil (Haga clic en la lista en la parte inferior de esta página para programar una cita. Deberá programar 2 citas, una Parte 1 y una Parte 2, para completar su declaración).
5. Preparación de impuestos virtual

No hay programación en línea disponible para este método. Los clientes completarán su cita fiscal completa virtualmente y toda la interacción con el cliente se realiza mediante llamada telefónica o videollamada. Por lo general, toma de 3 a 5 días hábiles completar la devolución de un cliente. **LINK SE PROPORCIONARÁ EL 25 DE ENERO DE 2021.**

A continuación se muestra una lista de verificación de los documentos necesarios que se necesitarán para completar la declaración de impuestos de un cliente. Revise la lista de verificación antes de programar su declaración de impuestos.

### **Lista de verificación de citas fiscales**

Guarde Parte de su Reembolso para su seguridad y su tranquilidad

Recuerde traer sus números de su cuenta de AHORROS y los de cuenta de cheques, así como números de ruta a su cita!

**AVISO IMPORTANTE: Los clientes que no traigan identificaciones válidas y Tarjetas de seguridad social/ITIN originales no podrán preparar sus declaraciones hasta que tengan estos documentos.**

- Si puede, complete el Formulario de admisión 13614-C antes de su cita.
- Traer su información de cuenta de cheques o ahorro (números de ruta y números de cuentas)
- Si es casado, su cónyuge debe estar presente
- Tarjetas de Seguro Social para todos que aparecen en su declaración de impuestos (o ITIN)
- Identificación válida con fotografía (no puede estar vencida)
- Todos los documentos fiscales (cualquier cosa que usted recibió que dice "Documentos Importantes Fiscales Adjunto")
- W2 's, las declaraciones de intereses o dividendos, el desempleo o declaraciones de seguridad social (SSA-1099, 1099 formas, etc.)
- **Si usted recibió un seguro de salud a través de la Plaza del Mercado, debe traer su 1095-A.**
- Si usted pagó gastos de guardería, declaración del proveedor de cuidado infantil, debe incluir el número de identificación fiscal o número de seguro social
- **Todos los clientes de Homestead**
  - Los inquilinos que reclaman Homestead, traigan el certificado de alquiler original completado por el arrendador (formularios disponibles en La Casa o en la Biblioteca) Sin rayaduras, sin corrector y sin letras encimadas.
  - Los propietarios que reclaman una propiedad familiar traen una factura de impuestos y recibo de pago de impuestos
  - Se necesitará prueba de discapacidad si tiene menos de 62 años de edad (se necesitan de 1 a 3)
    - ⊗ Una declaración de su médico de que usted está discapacitado, la fecha en que quedó discapacitado y si la discapacidad es permanente o temporal.
    - ⊗ Una declaración de la Administración de Veteranos que certifique que está recibiendo un beneficio por discapacidad debido a una discapacidad del 100 por ciento
    - ⊗ Un documento o copia de un documento de la Administración del Seguro Social que indique la fecha en que comenzó la discapacidad.

Si tiene alguna pregunta acerca de cualquiera de estos documentos llámenos aquí a La Casa de Esperanza antes de su cita al (262)832-1534.



## Social Security Scams - A Warning from the Social Security Administration

We continue to receive reports about scam phone calls and emails from people claiming to be Social Security employees. Don't fall for it. Those calls and emails are from scammers trying to trick you into providing personal information or money, and often threaten their victims with arrest. Remain extra vigilant of these fraud tactics.

While our employees are conducting most business by phone due to the pandemic, we want to remind you that our employees will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Tell you that your Social Security number has been suspended.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.

Send official letters or reports containing personally identifiable information via email.

If you owe money to Social Security, they will mail you a letter explaining your rights, payment options, and information about appealing.

If you receive a suspicious call or email, or you're unsure of the identity of someone who claims to be from Social Security:

- Hang up immediately or delete the email.
- Do not give money or personal information.
- Report the scam to our Office of the Inspector General.

Please share this message with your family and friends — because scammers never take a break.

## 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 February, the highlighted produce item is beet! 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>



## 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. Waukesha County has a great number of parks and trails for you to explore. Take a hike, try snow shoeing or bust out those cross country skis!

Visit the Waukesha County Parks website for more information:

<https://www.waukeshacounty.gov/landandparks/park-system/winter-activities/>

## The Stimulus Payments Are Out - Don't Lose Yours to a Scammer!



A second stimulus check for up to \$600 per eligible American has recently been issued to tens of millions of people, and a third stimulus check could soon follow. Once again, scammers are using news of the impending stimulus payments as a lure to try to steal your money and personal information. Here's how to spot, avoid and report stimulus scams.

The Better Business Bureau has already received reports from people who have been contacted through text message, email, phone call, and direct message via Twitter, about the new stimulus check. Urgent emails, text messages, or phone calls that instruct you to click a link to confirm your payment or enter more information are fake, and you should **never click the link or enter your bank or personal information.**

When in doubt, remember that the IRS doesn't have the capacity to speak with people on the phone about their stimulus checks, and they certainly won't take the time to call you or look up your Twitter account. Here are the most common and notorious scams that target your second stimulus check, and what to do if you think you've been swindled. This information has been taken directly from the IRS website's official guidance on avoiding economic impact payment schemes.

If "the IRS" or "Internal Revenue Service" unexpectedly sends you an urgent text message, or any text for that matter, do not respond. The same goes for a direct message (DM) in a tweet. Prior to the \$600 stimulus check being approved, individuals reported getting text messages encouraging them to click on a link and accept the stimulus check payment. If you've gotten a text message like this, it's a scam. The text messages may say that you've "received a direct deposit of \$1,200 from COVID-19 (Treasury) Fund" and will include a phony link to "accept the payment." The same applies for a \$600 stimulus check, or any amount.

Scammers may promise faster stimulus check delivery. If you're asked to verify or provide financial information by phone, email or text to speed up the delivery of your payment, that's also a scam. **The IRS won't call or email you to verify your information.** Only use the official IRS web page to submit information to the IRS.

The IRS doesn't call it a 'stimulus check'. If the person you're talking to via text or email uses language other than "economic impact payment," be wary. The IRS calls the "economic impact payment" by its official name, where scammers are more likely say "stimulus check" or "stimulus payment" instead. Even if the term "economic impact payment" comes up in any communication claiming to be from the IRS, proceed with extreme caution. Always go to the official IRS web page to find out information about your check.

In most cases, you don't need to do anything to get a stimulus payment. If you're a retiree who doesn't normally file a tax return and someone offers to submit information for you or claims you must verify information before getting your check, something is wrong. The IRS says no action is needed on the part of retirees to receive a stimulus check even if they don't normally file a tax return.

What if there's a bogus 'stimulus' check in the mail? One scam may send an odd amount -- specifically including cents -- and ask you to call a number or verify information online in order to cash it. The IRS says this is a scam. The US Treasury, working with the IRS, will either issue your stimulus check through direct deposit or mail you a check or EIP card if that's not possible. As was the case with the first check, most people won't need to fill out an application or contact the IRS to get your second check. If you do, it will be through the Recovery Rebate Credit as part of your 2020 tax return.

Nobody can get you your payment faster. **Anyone who asks to work on your behalf promising that they can get you money faster, either in person or online, is a scammer.** In addition, you shouldn't be asked to sign your check over to anyone else.

**The IRS will not email you, so never click an attachment.** Email attachments that promise special information about payments or refunds are not legitimate. Again, the IRS will not contact you by email or text message, and links within these messages could be dangerous malware or phishing scams.

You will never have to pay to receive your stimulus check. Some scams try to convince you that you must pay to get your check. The IRS won't ask you to deposit your check and then send them money. If paying through direct deposit, the IRS says that economic impact payments will be deposited directly into the same banking account reflected on the most recent tax return that you filed for 2019. If the IRS does not have a taxpayer's direct deposit information, a check will be mailed to the last known address on file.

### **Think you've been scammed? Here's what you should do:**

If you think your personal information might've been compromised, the IRS suggests you go to [IdentityTheft.gov](https://www.identitytheft.gov). The site lets you report identity theft to the IRS and FTC simultaneously and develop a recovery plan. To keep track of your second stimulus check, you can check out the IRS' Get My Payment page. You can also track your second check through the mail.

Dear Ina,

I usually love celebrating Valentine's Day with my friends, family, and my community, but this year I know I won't be able to attend any events. What can I do instead to celebrate the holiday? I'd love to make a difference for someone and show them that Valentine's Day is about love for everyone.

Sincerely,

Estella Brate



Dear Estella,

As we think about sending cards or wishing our loved ones a Happy Valentine's Day, why not extend that kindness to our fellow citizens with the gift of life? Observed every year on February 14th, National Donor Day is an observance dedicated to spreading awareness and education about organ, eye and tissue donation. National Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many nonprofit health organizations.

National Donor Day is a time to focus on all types of donation—organ, eye, tissue, blood, platelets and marrow. This is also a day to recognize those who have given and received the gift of life through organ, eye and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

Here are some surprising statistics:

- 114,000 people are waiting for a lifesaving transplant.
- Every 10 minutes another person is added to the waiting list.
- 22 people die each day because the organ they need is not donated in time.
- One organ, eye and tissue donor can save and heal more than 75 lives.
- 95% of Americans are in favor of being a donor but only 58% are registered.

Every year more than 900,000 lives are helped through tissue and eye donation. Tissue is used to treat burn patients, serious abrasions, and in reconstructive surgeries for patients such as breast cancer survivors. Donor tendons are used to repair torn ligaments, veins are used in surgeries, and bone is used to help heal fractures or to prevent amputation. Donor corneas can restore sight to people who are blind. Of the 114,000 people waiting for a lifesaving transplant, more than 2,000 are men, women and children from Wisconsin.

## National Donor Day February 14



In Wisconsin, the Department of Health Services (DHS) Organ and Tissue Donation Program works to increase the number of people who say "yes" to organ, tissue, and eye donation and reduce the number of people who are waiting for lifesaving transplantation and life-improving surgery. Wisconsin provides an efficient and effective donor registry, allowing people to register at the Division of Motor Vehicles, online, or by mail, and enables secure and immediate access to those decisions for authorized individuals. As of January 2020, the state had 57.9% of all drivers and ID holders who are registered as organ, tissue, and eye donors. If you would like more information or would like to register to be an organ donor: <https://www.dhs.wisconsin.gov/donatelife/index.htm>

#GotHeart



# Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

**Aging Mastery Playbook Discussion Group** - Participants who sign up for this 6-week online discussion group will receive the National Council on Aging's (NCOA) Aging Mastery Starter Kit in the mail. The Starter Kit is a fun and engaging experience that will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourself and for others. The Starter Kit will inspire you to take steps toward positive aging across six dimensions: Legacy & Purpose, Gratitude & Mindfulness, Health & Well-Being, Finances & Future Planning, Connections & Community, and Creating & Learning. Each dimension has specific actions that you are encouraged to incorporate your daily life. The Starter Kit contains the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a Notepad, and Magnet. The discussion group, led by a volunteer facilitator, will guide participants through the Playbook and allow participants to connect with others.

**Details:** The discussion group will meet virtually over Microsoft Teams on **Tuesdays, February 23, March 2, 9, 16, 23, 30 from 9:30 – 10:30 am**. There will also be an orientation on February 16th. Once registered, participants will receive materials and instructions for how to join each session online. Participants must be comfortable using technology and have access to a computer or tablet with internet access.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)  
**REGISTER BY FEBRUARY 9, 2021**

**Living Well with Chronic Conditions Online Workshop** - For adults who are not suffering from dementia but have one or more chronic (ongoing) health condition. Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis, and asthma, as well as Crohn's disease and depression are a few examples of a chronic ongoing condition. During this highly participative six-week virtual workshop you will learn practical ways to deal with complications that arise with ongoing health conditions. With mutual support, participants learn to better manage their conditions and maintain healthy active lives. Those who live with someone who has an ongoing health problem will also benefit from this workshop.

**Details:** This workshop will meet virtually over Microsoft Teams on **Wednesdays, March 3, 10, 17, 24, 31, April 7 from 10:00 – 12:30 pm**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must be comfortable using technology and have access to a computer or tablet with internet access.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)  
**REGISTER BY FEBRUARY 19, 2021**

# Taking Care of Our Hearts, Together

#OurHearts  
are healthier together

Heart disease is a leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

## Here's How to Start:

### Move more

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

### Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



### Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:  
[healthyeating.nhlbi.nih.gov](https://www.hearttruth.gov/healthyeating)

### Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



NIH National Heart, Lung, and Blood Institute



hearttruth.gov

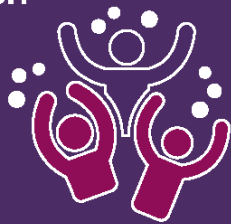


## Aim for a healthy weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

### Manage weight, together:

A study of one popular weight loss program showed that participants who were the most connected with others in the program's online community lost the most weight. Join an online weight loss program with a buddy, or sign "social support" agreements with three family members or friends. Be sure your agreement includes ways to reduce stress, which affects energy and hunger and, if chronic, can make your body store more fat.



## Reduce stress and improve sleep

Stress can contribute to high blood pressure and other heart risks.

Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

### Manage sleep and stress, together:

Practicing meditation, being more physically active, doing relaxation therapy, and talking with someone you trust can help you cope with stress and sleep better. Find a friend or family member who shares your goals. Together, take steps to lower your stress and follow healthy sleep practices, like having a regular bedtime and not eating late at night.



## Quit smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

### Be smoke-free, together:

The websites [BeTobaccoFree.hhs.gov](http://BeTobaccoFree.hhs.gov) and [Smokefree.gov](http://Smokefree.gov) have many free resources, including apps and a chat line, to help you connect with others trying to quit. To keep your hands busy and be with others when you get urges, consider taking an online class for an activity like sewing, knitting, woodworking, art, or music.



## Know your numbers

Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you're doing.

### Track your heart health stats, together:

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's **Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet and other materials at [www.nhlbi.nih.gov/hypertension](http://www.nhlbi.nih.gov/hypertension)**



# Enjoy Fruits and Veggies—even in the Winter!

Snow and cold weather don't seem to equal low costs on produce at the grocery store. However, you can still find a good deal if you know what produce is in season in other parts of the world, and what produce is still plentiful from the fall harvest.

## Fresh fruits and vegetables plentiful in the winter include:

- ◆ Fruits: Apples, avocados, bananas, grapefruit, kiwi, lemons, limes, oranges, pineapple, pomegranate, tangerines.
- ◆ Vegetables: Broccoli, brussels sprouts, cabbage, cauliflower, kale, mushrooms, potatoes, turnips, winter squash.



**Different fruits and vegetables have different nutrients, so eating a variety is a good way to stay healthy.** Try eating a rainbow of colors. For example, try red apples, orange carrots, yellow squash, green lettuce, blueberries, and purple cabbage.

**Remember that canned or frozen produce counts too!** The recipe below has two fresh fruits that are easily found in the winter (bananas and apples) and a canned fruit (pineapple). This recipe is easily adaptable to whatever you have on hand!

## Apple-Banana-Pineapple Waldorf

### Ingredients (makes 4 servings)

- 1 large banana, peeled and sliced
- 1 large apple, cored and sliced
- ½ cup pineapple chunks or tidbits, canned in 100% juice and drained
- 1 pinch cinnamon
- 2 Tablespoons walnuts, ground

### Directions

1. Mix all ingredients together in large mixing bowl.
2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.
3. Top with a sprinkle of ground cinnamon before serving.

### Nutrition Information- Per serving

Calories	126	Total Sugars	16.5g	Sodium	29mg
Protein	3.5g	Total Fat	3.9g	Cholesterol	2.3mg
Carbohydrate	21.5g	Saturated Fat	0.7g	Fiber	2g

*Info adapted from an article published by Michigan State University Extension*



## Important COVID-19 Vaccine Update

The State of Wisconsin announced that older adults (those 65 years old and older) are now eligible for the COVID-19 vaccination. However, this news does not mean that you will receive your vaccine immediately. It will likely be several weeks before most people in this group can be vaccinated.

Residents, 65 and older, who have a primary care physician will be contacted by their health care provider to make an appointment. This could take several weeks. Because the State has opened the vaccine to a large percentage of Wisconsin residents in group 1b, there will be high demand for the limited supply of vaccine that is available. Until that time, we ask that seniors please refrain from contacting their health care provider or Waukesha County Public Health directly.

As mentioned above, most seniors will receive their vaccine from their usual healthcare provider or pharmacy. When these doctors and facilities are ready to start distributing vaccinations to seniors, they will be in touch with their own patients to set up appointments. While Waukesha County Public Health is not currently administering vaccinations to the public, we plan to start hosting community vaccination clinics sometime in February for those who do not have an established healthcare provider.

We ask that you please share this information with seniors in an effort to keep the Waukesha County public informed. For future updates, you are invited to follow us on social media and keep an eye on our website. If you know any seniors who are not able to regularly access social media or the internet, we ask that you help keep them informed or ask them to identify someone within their community who can keep them informed.

- ❖ County Executive Paul Farrow: <https://www.facebook.com/CountyExecutivePaulFarrow>
- ❖ Waukesha County Public Health: <https://www.facebook.com/WaukeshaCountyPublicHealth>
- ❖ Aging & Disability Resource Center of Waukesha County: <https://www.facebook.com/ADRCWC>
- ❖ Waukesha County COVID-19 Vaccine Information: <https://www.waukeshacounty.gov/covidvaccine>

# COVID-19 vaccination information YOU need to know

STAY SAFE  
to  
STAY OPEN



— Wisconsin residents 65 and over will be eligible to receive the vaccine.

— There is a limited supply of the COVID-19 vaccine and the demand is high.

— Your healthcare provider will contact you when you are able to receive a vaccine.

— Please wait until your doctor contacts you.

## Don't Overlook Depression

Do you feel sad, empty, and hopeless much of the day? Are you having trouble sleeping, eating, or functioning? Have you lost interest in things that you used to enjoy? These are all signs of depression, a medical illness that affects how you feel, the way you think and how you act.

Depression often goes undiagnosed and untreated as people tend to downplay the symptoms or blame them on other things. While it's normal to feel sad and have a lack of energy occasionally, these feelings shouldn't persist for more than a few days. Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Depression is treatable and should not be overlooked as a possible cause of feeling sad and hopeless.

Symptoms of depression can vary from person to person, but anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide

Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. The added responsibility and stress of caring for a loved one, especially during a pandemic, can have a negative impact on a caregiver's health if steps are not taken to stay healthy. If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

If diagnosed with depression, treatment usually includes medication, counseling, or a combination of the two. You can also practice these coping mechanisms to relieve symptoms of depression.

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.



Knowing the symptoms of depression and understanding ways to reduce your risk of depression can help you stay healthy. Don't overlook the seriousness of depression. If you or someone you know exhibits the signs of depression, seek medical help. Life can be enjoyable!

For more information on depression or other caregiving or aging related issues, call the ADRC at (262) 548-7848.



UW–Madison Division of Extension’s Life Span program presents the Wise Wisconsin Winter Series. Connect with others from around the state as you learn how to increase joy and satisfaction in your life during these cold, snowy winter months. Grab a hot beverage and join us! For more in-depth description of the session, visit:

➔ <https://go.wisc.edu/b4z2s8>

# Wise Wisconsin WINTER SERIES

**February 3<sup>rd</sup> through March 10<sup>th</sup>, 2021**

Wednesdays at 9:00 a.m. on Zoom

**Register for the sessions you wish to attend at:**

➔ <https://go.wisc.edu/8s973c>



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

## **Cultivating Optimism**

February 3, 2021

Optimism can help us meet challenges with a positive mindset even in challenging times!

## **Money by the Heart**

February 24, 2021

Consider your values and emotions (and your partner’s) in setting and reaching financial goals.

## **Social Connections**

February 10, 2021

Learn about yourself, those you love, and how to really connect with “your people.”

## **Retirement Refirement**

March 3, 2021

Some people never retire. Think about this next phase of life as a refirement with new opportunities and purpose.

## **Finding your Joy**

February 17, 2021

Rediscover the keys to happiness that will inspire you to find joy and build resiliency in your everyday living.

## **I’m Absolutely, Positively Aging!**

March 10, 2021

Successful aging includes a healthy lifestyle, a positive attitude, valuing friendships, and so much more!



Contact Life Span Program Manager, Sara Richie at [sara.richie@wisc.edu](mailto:sara.richie@wisc.edu) with questions or for special accommodations.

# From the Desk of Your Benefit Specialist

## A Refresher on Divestments

### What is a divestment?

A divestment is a gift, sale, or transfer for less than fair market value. A divestment can take many different forms: a cash gift, a sale of a home for less than its current value, adding someone's name to a property deed, disclaiming an inheritance, or paying on debt the person is not legally obligated to pay for.

### Why is it important to know about divestments?

People applying for long-term care Medicaid benefits such as Family Care, IRIS, Partnership, PACE, and Institutional Medicaid will be screened to determine if any divestments were made in the five years prior to their application.

Note: Divestments are also relevant for eligibility for Supplemental Security Income (SSI), but the penalty is calculated differently.

### How does a divestment impact eligibility for long-term care Medicaid?

The agency that processes Medicaid applications will calculate a divestment penalty that will render the applicant ineligible for long-term Medicaid for a specific period of time. The current divestment divisor is \$303.38 per day (according to Operations Memo 20-27, effective January 1, 2021). To calculate a person's divestment penalty, take the total amount divested and divide it by \$303.38. The result is the number of days that a person will be ineligible for long-term care Medicaid programs. For example, if a person gave away \$100,000, then take 100,000 and divide it by 303.38. The answer is 329.62, which is rounded down to 329. That means this person would be ineligible for long-term care Medicaid for 329 days (approximately 11 months).

### What else is important to know about divestments?

Medicaid presumes that family members perform work and provide care to other family members gratuitously. Said another way, Medicaid assumes that the person who is performing the services or providing the care is not expecting to be paid. However, sometimes payment is expected and appropriate. In that case, there must be a signed and notarized contract in place between the two parties prior to the services being rendered and payment made. Otherwise, Medicaid will count those payments to family members as divestments. For more information, read the Medicaid Eligibility Handbook section 17.8.

It is also important to note that sometimes a transaction may appear to be a divestment, but upon further investigation, may not be a divestment at all. For example, someone may sell their home for less than the fair market value, which would seem to be a divestment. However, if there was a fire in the home and it was no longer structurally sound and needed a lot of repairs, it could be sold in "as is" condition for much less than it was previously worth. In those cases, pictures, insurance claim forms, and statements from a realtor can provide verification that the transaction was not a divestment.

Finally, remember that transactions between family members are always highly scrutinized. Keep good records, save receipts, take pictures, and create written agreements to substantiate the understanding of both parties.

## Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts virtual 'Welcome to Medicare' classes on the second Wednesday of each month at 1 p.m. and 5:30 p.m. 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. The class is held virtually, but you are welcome to contact the ADRC if you have concerns about accessing the class. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

<https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/>

**Turning 65?**  
Need Medicare?

# Logic Grid Puzzle

Four friends met one day for lunch at their favorite diner. Each ordered a sandwich, one side dish, and a dessert. As it happens, everyone ordered something different. Determine the first and last name of each person and what they had for lunch.



- Peter Wish didn't have French fries with his sandwich, which wasn't roast beef.
- The man who had the rice pilaf also had chocolate cake.
- Mr. Tummel, whose first name wasn't Tim, didn't order the garden salad or the apple pie.
- Walter didn't order a tuna sandwich or baked potato.
- Sam thought the hot fudge sundae looked a lot better than his dessert but he agreed that his side dish was a lot better than Tim's salad.
- Mr. Summer and Peter didn't order a dessert with ice cream.
- Sam didn't order the baked potato though he did get the turkey sandwich.
- The man who got vanilla ice cream, and it wasn't Walter, ordered French fries with his sandwich.
- Mr. Wayvern, whose first name wasn't Walter, ordered a ham sandwich but didn't order apple pie.

First Name	Last Name	Sandwich	Side Dish	Dessert

**Answers :**

Peter Wish had the Tuna Sandwich with a baked potato and apple pie.  
 Walter Tummel had a roast beef sandwich with French fries and vanilla ice cream.  
 Sam Summer ate a turkey sandwich with rice pilaf and chocolate cake.  
 Tim Wayvern ate a ham sandwich with a garden salad and hot fudge sundae.

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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