

Aging & Disability Resource Center of Waukesha County

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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

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January 2021

The ADRC Connection

Welcome New Year 2021!

Most of us are anxious to put 2020 behind us. It sure has been a year of challenges, "new normals", and for the ADRC revised services and program offerings. The staff at the ADRC has done a remarkable job adapting to a remote work environment while continuing to provide the excellent customer service Waukesha County is known for. Reflecting on 2020, I would like to share some of the achievements that the ADRC has accomplished in this year.

- * Staff quickly responded and transitioned to a remote work environment, which included a remote call center. Telephonic visits were conducted to assess needs and determine eligibility for services and programs. Adult Protective Services staff continued face to face assessments and interventions to respond to abuse and neglect investigations in our community.
- * Senior Nutrition Program made significant revisions to the way meals were provided. In person senior dining was suspended in March; senior dining staff and a small handful of volunteers, under 60 years old, delivered meals once a week, rather than daily.
- * Enhanced services to caregivers and seniors living alone to address social isolation. Over 300 caregivers received gift packages. Programs were developed to combat social isolation, including the addition of a Home Delivered Meal friendly visitor program, Eras Senior Network Wellness calls and the addition of a Client Outreach Specialist.
- * Adult Protective Services expanded their capacity to respond to reports of financial abuse. Efforts have resulted in more court protection for victims and more perpetrators being criminally charged and prosecuted by the Waukesha County District Attorney's office.
- * Elder Benefit Specialists assisted over 200 individuals with Medicare Part D enrollment during the 6-week enrollment period. The Disability Benefit Specialist program expanded their scope of services to provide additional services in the area of public and private insurance benefits.
- * Electronic health record development began for implementation in early 2021.

As we look forward to a new year, and access to the COVID-19 vaccine on the horizon, we are hopeful that the ADRC can return to more in-person activities, home visits and increased visibility in our community. We certainly miss the interaction with our customers and community partners. If you or someone you know is in need of resources or services, please contact the ADRC at 262-548-7848.

Happy New Year!

Mary Smith
Manager

*Happy
New Year*

January 14, 2021 is National Dress Your Pet Day! This is a day for you to dress your furry household member in their favorite outfit.

Dress Your Pet Day began in 2009, not only to showcase your pet's fashionable side, but to also help support the pet fashion community.

Here at the ADRC, we thought it would be fun to share some of our pets in their wonderful apparel. We hope you enjoy our pictures and brings you a warm smile!



Dear Ina,

I know why the Presidential Election is in November, but why doesn't the elected President take over right away? Why do we wait until the end of January?

Sincerely,
Perez E. Dent



Dear Perez,

In many countries a newly elected leader takes power within a couple weeks or—as in the case of Great Britain—even the day following an election. In the United States, though, more than 11 weeks can pass between Election and Inauguration Days in order to give an incoming president time to choose a cabinet and plan for a new administration. The result is a lengthy lame-duck period, but it used to be even longer.

The Congress of the Confederation set March 4, 1789, as the date “for commencing proceedings” of the new government established by the U.S. Constitution. While a particularly bad winter delayed the inauguration of George Washington by eight weeks, subsequent incoming presidents and vice presidents took their oaths of office on March 4.

The four-month gap was needed in part because of the time it took to count and report votes and to travel to the nation’s capital. However, the lengthy lame-duck period caused problems such as in the aftermath of the 1860 election when seven states left the Union during the long “Secession Winter.” President-elect Abraham Lincoln had no power to act, and outgoing President James Buchanan took no action, leaving the issue for his successor.

As technological advances greatly reduced the times to tabulate votes, report the results and travel, such a long lame-duck period was no longer logistically necessary. As a result, the 20th Amendment, which was ratified on January 23, 1933, moved up Inauguration Day to January 20 and the first meeting of the new Congress to January 3.

The 20th Amendment didn’t take effect until October 1933, after the long lame-duck period once again proved problematic. With the U.S. in the throes of the Great Depression, incoming President Franklin D. Roosevelt had to wait four months to implement his New Deal while uncertainty further roiled financial markets. January 20 first served as Inauguration Day in 1937 when Roosevelt was sworn in for a second term. On years when January 20 is a Sunday, a private swearing-in ceremony occurs with the public oath of office taken on January 21.

National Bobblehead Day - January 7th!

How many of you have a bobblehead? Maybe a sports player, animated/movie character or even a customized figurine. Bobbleheads were originally developed in Germany and were known as bobbbers or noddors and while the name has changed, the basic construction, including the springy head has not. Some of these early made bobbleheads have become quite collectible.

The 1990’s began a resurgence in their popularity, in part by professional sports teams who began giving them out to promote their teams at home games. This popularity continues still today. In fact, Milwaukee is home to the National Bobble Head Hall of Fame and Museum.



The museum opened in 2016 and is the world’s largest collection of bobbleheads. The museum has over 10,000 figures and many exhibits related to the history and making of the bobblehead. This truly is a one of a kind museum and is meant to be fun for families as well as collectors.

You can check out their website at bobbleheadhall.com and find information on collecting and just about anything else bobblehead that you wanted to know. The museum is temporarily closed, but this may be a fun way to spend an afternoon once they reopen.

January 11th is Human Trafficking Awareness Day

Perhaps you have seen news reports, read or listened to stories on social media about human trafficking. You may have asked yourself; does this really happen in America? In this article, we'll explain what human trafficking is, address some myths, and provide information so you can be aware of the very real threat of human trafficking in your community.

What is Human Trafficking?

Human trafficking is a form of modern slavery that occurs in every state in the US, including Wisconsin. Victims of human trafficking may be forced to provide labor and/or commercial sex in many different types of situations. Most labor trafficking occurs in domestic work, agricultural jobs, travelling sales crews, health and beauty services, construction, and even restaurants. Sex trafficking victims can be forced to work in many venues/industries including hotels, fake massage businesses, brothels, truck stops, or on the street. Human trafficking can happen to young and old alike.

Human Trafficking Myths:

Myth	Truth
Victims are held against their will using some form of physical restraint or bondage.	While some traffickers physically hold the people they exploit, it is more common for traffickers to use psychological means of control. Some individuals who are being manipulated believe they are in love with their trafficker, making them resistant to seek help. Other methods of control and trapping people include isolating them from family, friends, and public, confiscating passports or other identification, threatening imprisonment or deportation, financial obligations, and controlling their money.
Victims will be desperate to escape their trafficker and will ask for help when they need it.	Individuals who experience trafficking may not seek help due to many factors including: shame, self-blame, and fear. They may not self-identify as being a victim of human trafficking.
Only women and children are trafficked.	Anyone can experience human trafficking, including men. It can happen to anyone, regardless of race, age, or gender. Traffickers prey on the vulnerable, often with promises of a better life.
Human Smuggling is the same as Human trafficking.	Human Smuggling and Human Trafficking are different crimes. Human Smuggling is the illegal movement of someone across a border. Human trafficking is the illegal exploitation of a person.

How prevalent is Human Trafficking in the United States?

There were 94 reported cases of Human Trafficking in Wisconsin in 2019, and these are only the reported cases. It is expected that there are several more unreported cases. Nationally, there were 11,500 cases reported in 2019. Human Trafficking has been documented in every county in Wisconsin.

What are the Warning Signs that someone is a victim of trafficking?

The biggest 'areas' of these reports are generally within and between major cities; between Chicago and Milwaukee, between Madison and Green Bay, and between Milwaukee and Madison. Therefore, it is important to be aware of the warning signs of human trafficking even here in Waukesha County!

The Waukesha County Anti-Human Trafficking Task Force recommends being aware of warning signs in your community:

- Victims show signs of fear, anxiety, tension, and/or nervousness. They may avoid eye contact or interaction with others.
- Victims show signs of physical abuse, restraint, and/or confinement.
- Victims may show signs of malnourishment, poor hygiene, fatigue, untreated illness/injury.
- Tattoos in similar locations as other people they are traveling with. This may indicate 'branding' by a trafficker.
- Victims may dress inappropriately for their age or may claim to be an adult although appearance suggests they are a minor.
- They do not have identification, money, or personal items.
- Individuals appear to be with a significantly older 'boyfriend' or in the company of older males.
- A group of girls appear to be traveling with an older female or male.



If you or someone you know may be experiencing human trafficking, please contact the National Human Trafficking Hotline by calling 1-888-373-7888 or text 233733.

Read more about Human Trafficking Statistics at:
<https://humantraffickinghotline.org/states>

Other sources for information include The Women's Center of Waukesha, Office on Trafficking in Persons, and the Polaris Project.



Skip the Resolutions and Set New Year's Goals

Most New Year's resolutions are discarded pretty quickly. Studies have shown that less than 25% of people remain committed after 30 days. Yet there is value in setting goals to make things work more smoothly and to be sure you are living in a way that is true to yourself rather than always fulfilling the needs and expectations of others.

Before setting New Year's goals this year, I encourage caregivers (myself included) to begin by taking some time to think about this quote from author K. L. Toth, *"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."* Caregiving is a role often defined by the expectations of other people – the person you're caring for; other family members and friends; and medical, legal, and human services professionals. Take a little time to focus on your needs and what you might like to bring into your life as you look ahead to a new year. Think about how you can practice self-kindness, open yourself to new solutions as the caregiving landscape changes for you, and reach out for help when you need it.

A list of goals might include:

Committing to something enjoyable

This could be anything from scheduling a daily walk or setting aside time to read a good book or take on a fun project, like learning to knit, recreating a dish from your favorite cooking show, playing an instrument, or learning to paint. You could go another step further by finding an online book club or class for cooking, painting, yoga or other activity. Commit to one thing and schedule it. Carving out time that feels good and reflects your authentic self is critical to your well-being.

Delegating and asking for help

Delegating and asking for help ensures that you can keep your commitment to doing something for yourself. Can someone call and visit with your care partner while you attend your class, group, or practice? Is there a family member, friend, or neighbor who wouldn't mind regularly taking over a chore that would free up some time for you? If there isn't anyone who comes to mind, brainstorm with professionals to see what's available. Contact the ADRC for programs and referrals.

Planning for your Care Partner's future

There may come a day when you are no longer able to provide care due to your own limitations or because your care partner's needs are too advanced. Research available options knowing that doing so can save time and stress in the future and can bring peace of mind now. As difficult as it may be, determine who would provide care if anything interfered with your ability to do so. Designate that person as the alternate to care for your loved one in your will.

**You can call the ADRC
at (262) 548-7848 if you need assistance.**

2021

Fight Flu - Mask Up, Lather Up, Sleeve Up!



Mask Up!

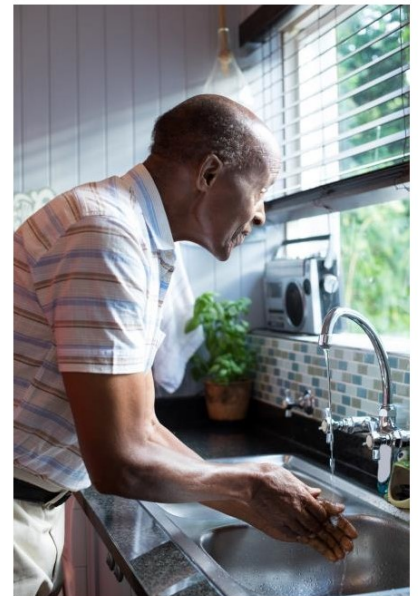
While wearing a mask is a key component to stopping the spread of the Coronavirus, it also works to stop the spread of the seasonal flu!

- Always wear a mask in public.
- Make sure it covers your nose and your mouth
- Clean or dispose of your mask after each use

Lather Up!

Washing your hands and disinfecting high-touch surfaces is another way to keep germs away! Regular old soap and water is best, but if that's not available you can use sanitizer on your hands, and disinfecting wipes or sprays on your surfaces. Tips for washing your hands:

- Count to 20, or sing "Happy Birthday" in your head.
- Don't miss the backs of your hands, under your fingernails, and between your fingers.
- Use paper towels or a fresh, clean towel to dry your hands. Dispose of paper towels immediately after use.



Sleeve Up!

While a lot of attention is being paid to the Coronavirus vaccine, it is important to remember that your annual flu shot is just as vital to maintaining good health! Protecting yourself from the flu also means you're protecting those around you and ensuring hospitals can focus their attention on COVID-19 patients.

- You should get a flu vaccine every flu season.
- Visit www.waukeshacounty.gov/FluShots to find a vaccine provider near you.

Lucha Contra la Gripe – ¡Ponte la Mascara, Lávate las manos, Remángate!



¡Ponte la Mascara!

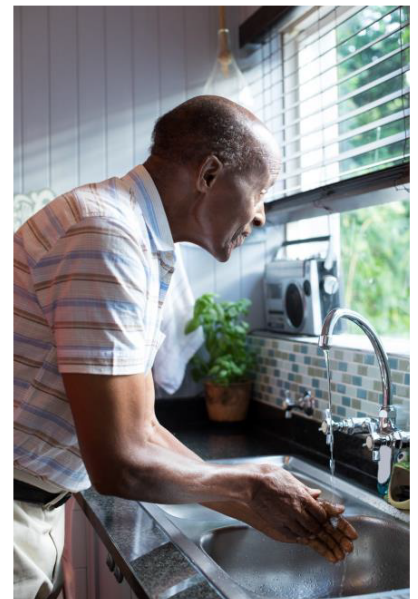
Mientras que usar una máscara es un componente clave para detener la propagación del coronavirus, también funciona para detener la propagación de la gripe.

- Siempre use una máscara en público
- Asegúrese de que cubra su nariz y su boca
- Limpie o deseche su máscara después de cada uso

¡Lávate las Manos!

Lavarse las manos y desinfectar las superficies de alto contacto es otra forma de mantener alejados los gérmenes. Lo mejor es agua y jabón, pero si no está disponible, puede usar desinfectante en las manos y toallitas o aerosoles desinfectantes en las superficies. Consejos para lavarse las manos:

- Cuenta hasta 20 o canta “Feliz Cumpleaños” en tu cabeza.
- No te olvides de la parte trasera de tus manos, debajo de las uñas, y entre los dedos.
- Utiliza toallas de papel o una toalla limpia para secar tus manos. Deshecha la toalla de papel inmediatamente después de usarla.



¡Remángate!

Mientras prestamos mucha atención a la vacuna del Coronavirus, es importante recordar que la vacuna anual contra la gripe es igual de importante para mantener una buena salud.

- Deberías vacunarte contra la gripe todos los años.
- Visita www.waukeshacounty.org/FluShots para encontrar un lugar de vacunación cerca de ti.



Evidence Based Health Promotion Program

All 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 participants 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/>.

Healthy Living with Diabetes Phone-Based Workshop

This virtual workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program doesn't replace existing treatments, but serves to complement a participant's current medical treatment plan.

Details: This workshop will meet virtually over Microsoft Teams on **Wednesdays, January 20, 27, February 3, 10, 17, 24 from 10:00 am – 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

REGISTER BY JANUARY 8, 2021

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**. 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

REGISTER BY FEBRUARY 12, 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

REGISTER BY FEBRUARY 19, 2021

From the Desk of Your Benefit Specialist

Important Time for Medicare Advantage Members

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage Plan, this may be the perfect time to take another look at your 2021 options.

If you have a Medicare Advantage Plan, this is an important time for you! As you start the new year, and you are not completely happy with your current Medicare Advantage Plan, you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1 and ends March 31st each year and is only available to people who are currently enrolled in a Medicare Advantage Plan.

From now until March 31, current Medicare Advantage Plan members can

- switch to a different Medicare Advantage Plan, or
- drop your Medicare Advantage Plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage Plan. A change made during this period will be effective the first day of the following month.

Again, it is important to note that this enrollment period is **only** for people who already have a Medicare Advantage Plan. If you have Original Medicare, Part A and Part B, this enrollment period does not apply to you.

For more information or assistance with Medicare Advantage Plan comparisons, contact an Elder Benefit Specialist at 262-548-7848.

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?

What is Dementia?

What is dementia?

Is it a normal part of aging?

Doesn't everyone experience some symptoms of dementia?



Dementia is NOT a normal part of aging. Just as our bodies tend to slow down and become less “limber” as we age, our brains do also. It might take longer to process information, retrieve a distant memory or think of a word or someone’s name, but the changes caused by dementia are not part of the normal aging process.

The word dementia describes a group of symptoms that include short-term memory loss, confusion, the inability to problem-solve, the inability to complete multi-step activities such as preparing a meal or balancing a checkbook, and, sometimes, personality changes or unusual behavior.

There are many types of dementia. Some are reversible while others are irreversible and progressive, getting worse over time. For this reason, early detection and diagnosis are essential to determine if the symptoms being experienced can be treated and possibly reversed.

The most common type of dementia is Alzheimer’s disease, which is a type of irreversible dementia. The first notable symptom of Alzheimer’s disease is often short term memory loss.

Other types of irreversible dementia include Vascular Dementia, Dementia with Lewy Bodies, Frontotemporal dementia and mixed dementia.

70% of persons living with dementia live in the community. There are programs and services that provide the care and support persons living with dementia need to maintain their independence as long as possible. The ADRC can assist individuals with learning about and getting connected to needed services.

If you would like to learn more about dementia and the programs and services available please call the Dementia Care Specialist at the Aging and Disability Resource Center, Jennifer Harders at 262-424-7650.

How Your Income Might Be Affecting Your Medicare Premiums

If you are on Medicare and you have higher income, you may have to pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2021, your IRMAA will be based on your 2019 tax return, as shown in the table below.

If your yearly income in 2019 (for what you pay in 2021) was:			You pay each month (in 2021) for Part B	You pay each month (in 2021) for Part D
File individual tax return	File joint tax return	File married & separate tax return		
\$88,000 or less	\$176,000 or less	\$88,000 or less	\$148.50	Your plan premium
above \$88,000 up to \$111,000	above \$176,000 up to \$222,000	Not applicable	\$207.90	\$12.30 + your plan premium
above \$111,000 up to \$138,000	above \$222,000 up to \$276,000	Not applicable	\$297.00	\$31.80 + your plan premium
above \$138,000 up to \$165,000	above \$276,000 up to \$330,000	Not applicable	\$386.10	\$51.20 + your plan premium
above \$165,000 and less than \$500,000	above \$330,000 and less than \$750,000	above \$88,000 and less than \$412,000	\$475.20	\$70.70 + your plan premium
\$500,000 or above	\$750,000 and above	\$412,000 and above	\$504.90	\$77.10 + your plan premium

If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers these situations to be life-changing events:

- ◆ Death of a spouse
- ◆ Marriage
- ◆ Divorce or annulment
- ◆ You or your spouse stopping work or reducing the number of hours you work
- ◆ Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- ◆ Loss of pension
- ◆ Receipt of settlement payment from a current or former employer due to the employer’s closure or bankruptcy

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available.

If you have an IRMAA in 2021 and you experienced one of these life-changing events, contact an Elder Benefit Specialist. You will need to show proof that a life-changing event occurred. For example, if you recently got married, you should be prepared to show your marriage certificate. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).

Contact tracing call?

5 things to know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.



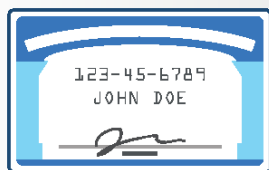
Real contact tracers won't ask you for money.

Only scammers insist on payment by gift card, money transfer, or cryptocurrency.



Contact tracing doesn't require your bank account or credit card number.

Never share account information with anybody who contacts you asking for it.



Legitimate contact tracers will never ask for your Social Security number.

Never give any part of your Social Security number to anyone who contacts you.



Your immigration status doesn't matter for contact tracing, so real tracers won't ask.

If they do, you can bet it's a scam.



Do not click on a link in a text or email.

Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at [ftc.gov/complaint](https://www.ftc.gov/complaint).



FEDERAL TRADE
COMMISSION

For more information about contact tracing **visit your state health department's website** and

[ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams)

Llamada de rastreo de contacto: **5 cosas que debe saber**

Un rastreador de contacto de su departamento de salud estatal puede que lo llame si usted estuvo expuesto al COVID-19. Pero hay estafadores haciéndose pasar por rastreadores de contacto. Detecte la estafa:



Verdaderos rastreadores de contacto no le pedirán dinero.

Sólo los estafadores insisten que les pague con tarjeta de regalo, transferencia de dinero, o criptomoneda.



No se requiere su número de cuenta bancaria o tarjeta de crédito para hacer un rastreo de contacto.

No comparta la información de su cuenta con alguien que se comunique con usted y se la pide.



Rastreadores de contacto legítimos nunca le pedirán su número de Seguro Social.

No le dé ninguna parte de su número de Seguro Social a alguien que se comunique con usted.



Los rastreadores auténticos no le preguntarán sobre estatus de inmigración.

Si se lo preguntan, puede apostar que se trata de una estafa.



No haga clic en ningún enlace de un mensaje de texto o email.

Al hacer clic en esos enlaces puede descargar un programa malicioso.

Hablar con un verdadero rastreador de contacto ayuda a frenar el contagio del COVID-19. Reportar los estafadores también ayuda a frenarlos. Repórtelos a su estado y en ftc.gov/queja.



COMISIÓN FEDERAL
DE COMERCIO

Para más información sobre rastreo de contacto, **visite el sitio web de su departamento de salud estatal y**

ftc.gov/coronavirus/es

Inspire Your Heart with Hand Crafted Art

January 31 is National Inspire Your Heart with Art Day. This is usually a day set aside to explore the arts in your community. Many of us are doing our part to stay home to stop the spread of COVID-19, why not celebrate this day making art? Paper hearts can be made very easily with supplies you most likely have on hand. These whimsical hearts can serve two purposes: to celebrate National Inspire Your Heart with Art Day as well as Valentine's Day.

What you will need to make these hearts:

- Construction or double-sided scrapbook paper
- Paper trimmer or scissors
- Staples
- String or ribbon
- Glue dots



For each heart you will need 6 strips of paper cut one inch wide. Use paper 12 inches in length as each heart will need two - 12 inch long strips, two - 9 inch strips, and two - 6 inch strips.

1. Stack the paper strips as follows: 1, 6" strip, 1, 9" strip, and 1, 12" strip. That will form one side of the heart. Now do the same for the other side of the heart and stacking the short ends together along with the others on top. Bring all 6 strips together, keeping them even, and staple the ends together. This will form the base of the heart.
2. Now gather the other ends together and you will see the hearts starting to form near the top. Once the ends are gathered and meet at the ends, staple the ends together.
3. Take your string or ribbon and put a glue dot down the center of the heart and put the end of the string in the center, pinch the heart together and cut the length needed for hanging.
4. Hang your heart, smile and be inspired.

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 January, the highlighted produce item is CARROT! 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>



January
CARROT



Live Well
Waukesha County

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. Get outside and check out some of the parks and paths in Waukesha County to keep you moving!

UPCOMING EVENTS

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>

January is Fiber Focus Month

Have you noticed food advertisements for products that are high in fiber, or food packages proclaiming, “A Good Source of Fiber?” What’s the fuss about fiber? Fiber is sometimes called “roughage” – it is plant material that does not digest in your gut. Fiber serves some very important purposes!



Fiber...
Keeps digestion moving and prevents constipation.
Helps you to feel full, which can help you maintain a healthy weight.
May lower your cholesterol.

Unfortunately, most American adults do not eat enough fiber. You can find fiber in...

- Vegetables (especially peas, artichokes, broccoli, pumpkin, squash, potatoes with skin)
- Fruits (especially berries, bananas, pineapple, oranges, apples, pears, dried fruit)
- Whole grains such as oats, barley, quinoa, popcorn
- Beans and lentils
- Nuts
- Whole grain products (such as whole grain breads, pastas, cereals, tortillas)

Use the “5- 20 Rule” to know if a product is a good source of fiber when you read a food label. Choose foods with a higher Daily Value (DV) percentage. Five percent or less means the food is “low” in fiber. Twenty percent or more is “high” in fiber. More than 10% is a “good source.”

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Sources: Academy of Nutrition and Dietetics, FDA

FOOD WISE Extension
 UNIVERSITY OF WISCONSIN-MADISON
 WAUKESHA COUNTY

515 W. Moreland Blvd., Administration Center Rm G22
 Waukesha WI 53188
 Phone: 262-548-7877 Fax: 262-548-7787
 Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

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.

COVID-19 Vaccine Updates

Waukesha County Public Health has been getting a lot of phone calls from people asking to be put on a list to get the vaccine first. At this point, there is not a way to do that. Due to a limited initial vaccine supply, healthcare staff who work directly with COVID-19 cases and long-term care residents and staff will get the vaccine first. Once those people are vaccinated, workers in some essential industries will get the vaccine, and then people older than 65 or those with underlying conditions will be eligible to get it. This first phase of vaccination will take place at least through January, but may last longer.

We are working to get a webpage set up with vaccine related information and resources, and we will share that with you as soon as it is ready. For up to date information, follow Waukesha County Public Health on Facebook at:

www.facebook.com/WaukeshaCountyPublicHealth



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Be on the lookout for COVID-19 scams:

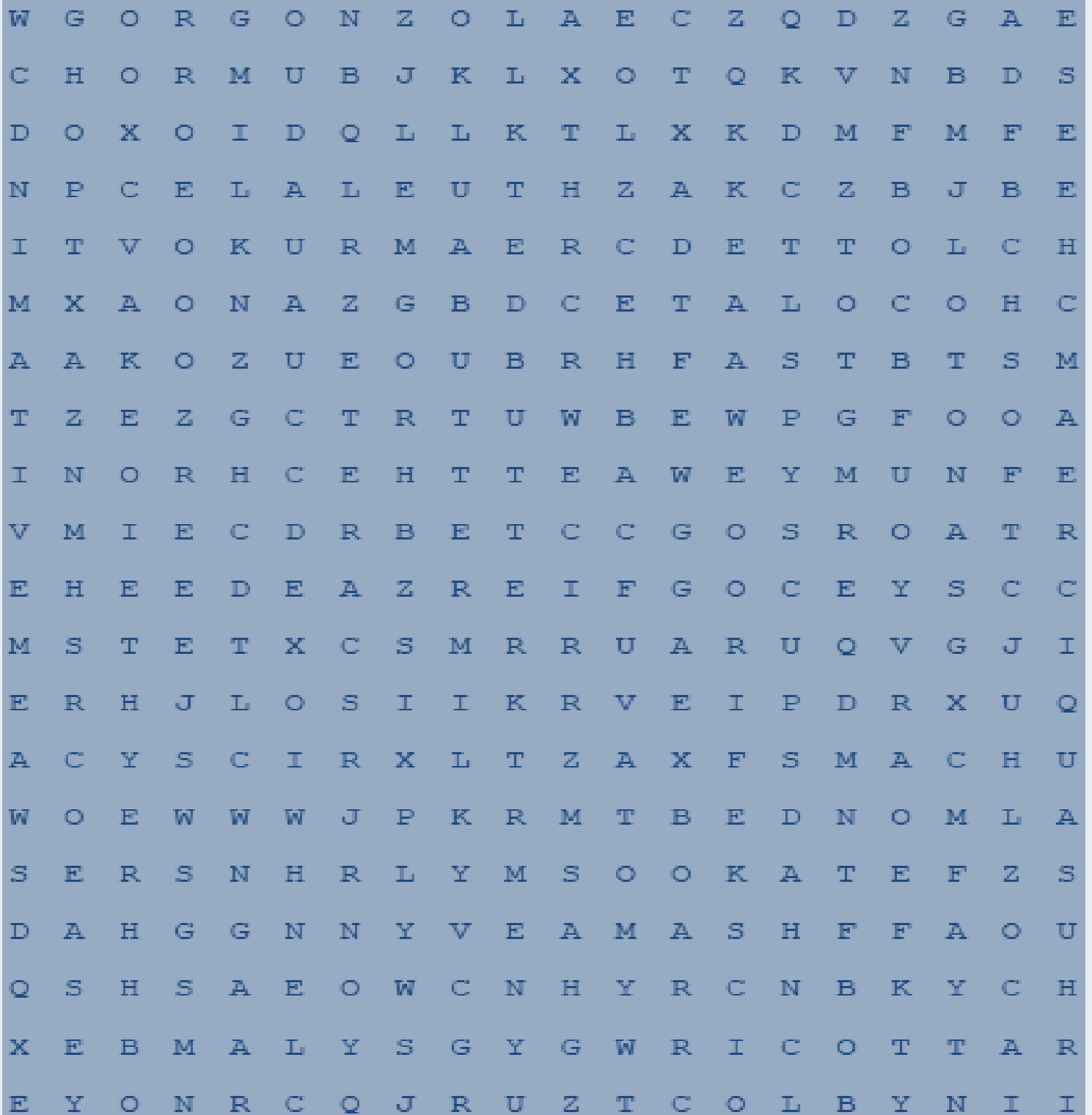
- ☑ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☑ You cannot pay to put your name on a list to get the vaccine early.
- ☑ No one from Medicare or the Health Department will contact you.
- ☑ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☑ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.



Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at smpresource.org.

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Enjoy this word search celebrating Milk Day on January 11th
and Dairy & Cheese Day on January 20th.



BUTTER
 YOGURT
 ICE CREAM
 SOUR CREAM
 MILK
 WHEY PROTEIN

CLOTTED CREAM
 CREAM CHEESE
 GHEE
 KEFIR
 CHEDDER
 RICOTTA

MOZZARELLA
 SWISS
 COTTAGE CHEESE
 GORGONZOLA
 BLUE CHEESE
 COLBY

FETA
 GOUDA
 GOAT
 ALMOND
 COCONUT
 CASHEW

VITAMIN D
 BUTTERMILK
 RICE
 CHOCOLATE
 SOY
 OAT



Are there days when you just don't want to get out of bed?
When you would rather not take that morning walk
but stay in the house with the blinds closed? When you wonder if your feelings
of sadness and loneliness are more burdensome than they once were? Most people have
these thoughts and emotions at one time or another. We are all human. What can you do when
you have these thoughts and emotions? There is support and services available.

WCDHHS CRISIS INTERVENTION SERVICES (Waukesha County Department of Health and Human Services)

A crisis is any situation in which an individual(s) perceives that a challenge exceeds their current resources and/or coping mechanisms. This may lead to a high level of stress or anxiety for the individual or persons providing care and support for the individual, and lead to difficulty resolving the situation.

The goal of Crisis Intervention is to provide a thorough risk assessment for safety concerns related to mental health issues, inability to care for self due to age, illness or disability. Crisis Intervention services include: mobile assessment for suicide and other risk factors; safety planning; crisis de-escalation; phone support; information; and referral.



Crisis Intervention is a 24/7 service available to persons of all ages.
Monday to Friday, 8:00 am to 4:30 pm, 262-548-7666
Anytime, Day, Night, Weekends, Holidays, 262-547-3388

**FEEL FREE TO CALL US AT ANY TIME.
WE CARE ABOUT YOU AND YOUR LOVED ONES.**



¿Hay días en los que simplemente no quieres levantarte de la cama? ¿Cuándo preferirías no dar ese paseo matutino sino quedarte en casa con las persianas cerradas? ¿Cuándo te preguntas si tus sentimientos de tristeza y soledad son más agobiantes de lo que eran antes? La mayoría de las personas tienen estos pensamientos y emociones en un momento u otro. Todos somos humanos. ¿Qué puedes hacer cuando tienes estos pensamientos y emociones? Hay soporte y servicios disponibles

WCDHHS SERVICIOS DE INTERVENCION DE CRISIS (Waukesha County Department of Health and Human Services)

Una crisis es cualquier situación en la que un individuo percibe que un desafío excede sus recursos y/o mecanismos de afrontamiento actuales. Esto puede conducir a altos niveles de estrés o ansiedad para el individuo o las personas que brindan atención y apoyo al individuo, y conducir a dificultades para resolver la situación.

El objetivo de Intervención de Crisis es proporcionar una evaluación de riesgos completa para los problemas de seguridad relacionados con problemas de salud mental, incapacidad para cuidarse a sí mismo debido a la edad, enfermedad, o discapacidad. Los servicios de Intervención de Crisis incluyen: evaluación móvil de suicidio y otros factores de riesgo; planificación de la seguridad; disminución de la crisis; soporte telefónico; información; y remisión.



Intervención de Crisis es un servicio disponible las 24 horas, los 7 días de la semana para personas de todas las edades. Lunes a viernes de 8:00 am a 4:30 pm, 262-548-7666. En cualquier momento, día, noche, fines de semana, y festivos 262-547-3388

NO DUDE EN LLAMARNOS EN CUALQUIER MOMENTO. NOS PREOCUPAMOS POR TI Y TUS SERES QUERIDOS.

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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