

Aging & Disability Resource Center of Waukesha County

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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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Celebrate Older Americans Month

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Waukesha County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too. When people of different ages, backgrounds, abilities and talents share experiences-through action, story or service – we help build strong communities.

The ADRC of Waukesha County is grateful for our staff, volunteers and partners who have created our "Community of Strength". During this past year, it has been remarkable to see the generosity and collaboration that has occurred in our community. We Celebrate our "Community of Strength" in Waukesha County!



COMMUNITIES OF STRENGTH: MAY 2021

Dear Ina,

I am trying to quit smoking for World No Tobacco Day on May 31, 2021 and I am wondering what resources are available to help me?

Sincerely,

Nick O'Tine



Dear Nick,

There are several resources that are available to help you successfully quit smoking. First, I recommend talking to your doctor about options to help you quit. They are the most familiar with your personal health, and might have suggestions specifically for your needs. In general, there are medications, patches and lozenges that can assist you in quitting smoking. Another option is to check with your insurance and see what is available under your plan for smoking cessation classes or other quit smoking aids.

You may also check out these online or phone resources to help you extinguish your habit for good!

- **World No Tobacco Day 2021** www.who.int/campaigns/world-no-tobacco-day-2021
 - › Toolkits, benefits of quitting and 100 reasons to quit
- **Quit Assist** www.quitassist.com
 - › Links to live help, online quitting cessations, tools to help you quit
- **1-800-QUIT-NOW**
 - › Speak to an expert to get support and information
- **Smokfree.gov**
 - › Expert quitting information from the National Cancer Institute

Sincerely,

Ina



Volunteers Needed



Are you interested in making a difference in your community? The **ADRC Advisory Board** is in need of new members. The Advisory Board provides oversight to the ongoing operations of the ADRC of Waukesha County.

Responsibilities include :



- ◆ advocacy for the individuals we serve
- ◆ an advisory capacity to the development of plans and policies to assure state ADRC contract compliance
- ◆ sharing input from consumers, service providers, and other organizations
- ◆ identifying and reporting on unmet needs in our community

Our Board meets on the first Thursday of every month. from 9:30 a.m.—11:00a.m. **If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Mary Smith at 262-548-7848.**

Stroke Awareness:

What are the signs?

May is National Stroke Awareness Month. It's a great time to learn about the signs of stroke and the Medicare preventive services that can help you prevent stroke. More than 800,000 strokes happen each year in the United States. Stroke is the fifth leading cause of death in the U.S. and is a major cause of serious disability for adults.

A stroke is caused by blocked blood flow to the brain and can affect a person's speech, movement, memory, and more. It's important to know the signs of a stroke and get help quickly. Some of the warning signs include:

- Weakness in the face, arm, or leg
- Difficulty speaking
- Vision loss
- Dizziness
- Brief loss of consciousness

If you think you or a loved one is having a stroke, call 911 immediately and note the time when the first symptoms appeared.

Anyone can have a stroke at any age, but almost three-quarters of all strokes happen in people over 65. Certain factors can increase your chances of having a stroke, like smoking and drinking, high blood pressure, high cholesterol, diabetes, and bad eating habits. Up to 80% of strokes may be prevented by living a healthy lifestyle. Taking advantage of these Medicare preventive services can help:

- Cardiovascular disease screening (includes blood test screening for cholesterol)
- Cardiovascular behavioral therapy
- Alcohol misuse screenings and counseling
- Diabetes screenings and self-management training
- Nutrition therapy services and Obesity behavioral therapy
- Counseling to prevent tobacco use and tobacco-caused disease (to stop smoking or using tobacco products)

In most cases, you'll pay nothing for these services.

If you're new to Medicare, you can get a "Welcome to Medicare" preventive visit where your doctor will give you information about free screenings and preventive services available to you. Talk to your doctor about ways you can take small steps now to improve your health.

Article found at: <https://www.medicare.gov/blog/stroke-awareness-month-2020#:~:text=May%20is%20National%20Stroke%20Awareness%20Month.>

F

Does one side of the **FACE** droop?

A

Does the **ARM** drift downward?

S

Does the **SPEECH** sound slurred or strained?

T

There's not a lot of **TIME**.
Call **911**.

A stroke is treatable if you act F.A.S.T.

Medicare Coverage of Behavioral Health Care Services

Behavioral health care: Services and programs intended to help diagnose and treat both mental health illnesses and addiction-related issues. A mental illness is a condition that affects a person's thinking, feeling, or mood. Examples of mental health illnesses include depression and anxiety. Examples of addiction-related issues are alcoholism and opioid use disorder. Behavioral health conditions are typically not the result of any single event or circumstance. Rather, they tend to be complicated conditions involving multiple factors.

What behavioral health services does Medicare cover?

Medicare Part A covers inpatient mental health services that you receive in either a psychiatric hospital (a hospital or distinct unit in a hospital that only treats mental health patients) or a general hospital. If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. General and psychiatric hospitals have the same out-of-pocket costs:

- **Part A deductible:** \$1,484 each benefit period
- A benefit period begins the day you start getting inpatient care. It ends when you have not received inpatient hospital or skilled nursing facility care for 60 days in a row.
- **Days 1-60:** \$0/day
- **Days 61-90:** \$371/day
- **Lifetime reserve days:** \$742/day for each day after day 90 in a benefit period
- You have 60 lifetime reserve days that can only be used once. They are not renewable.

If you have a Medicare Advantage Plan, contact your plan to find in-network hospitals and learn about costs.

Medicare Part B covers outpatient mental health services, such as:

- Individual and group therapy
- Activity therapies such as art therapy
- Partial hospitalization programs
- Annual depression screenings.

In order for Original Medicare to cover these services, it is important to see a provider who is Medicare-certified and takes assignment (accepts Medicare's approved amount as payment in full for services you receive). Ask your provider if they take assignment. If you have Original Medicare, you will pay a 20% coinsurance after meeting your Part B deductible. If you have a Medicare Advantage Plan, contact your plan to find in-network providers and learn about costs.

Medicare Part D covers drugs for mental health treatment. Each Part D plan has a list of covered drugs, called a formulary. You should check before joining a plan to ensure any drugs you need are on that plan's formulary. If your drug is not on formulary, you may have to request an exception, pay out of pocket, or file an appeal to ask your plan to cover the drug.

Medicare covers treatments for alcoholism and substance use disorder in both inpatient and outpatient settings if you meet three requirements:

1. Your provider must state that the services are medically necessary.
2. You must receive services from a Medicare-approved provider or facility.
3. Your provider must set up your plan of care.

Part A should cover your care if you are hospitalized and need substance use disorder treatment. Part B should cover outpatient treatment you receive from a clinic, hospital outpatient department, or opioid treatment program (also called methadone clinics). Some of these treatments can be provided with telehealth.

May is National Mental Health Awareness Month in the United States. While the stigma towards mental health in recent years has reduced in society, there is still much work to be done. This campaign was established in the 1940's as Mental Health Awareness Week and by the 1960's the campaign was raised to a monthly event and designated in May of each year.



Every year organizers have themes and events take place all over the country, with most of them being held virtually this year. One theme for 2021 is "Tools 2 Thrive". Mental Health America is one of the main sponsors for this month-long movement and has a toolkit that can be downloaded at their website. Some of the tools listed are "Adapting after trauma and stress" and "Taking time for yourself". You can see these resource and more at mhanational.org.

NAMI's (National Alliance On Mental Illness) theme for 2021, "You Are Not Alone", will focus on the healing value of connecting in safe ways, prioritizing your mental health, and that it is okay not to be okay. NAMI also has many resources available on their website, virtual events that you can attend, and blogs. Check out all their resources at www.nami.org.

This month is a time to support, advocate and raise awareness about mental health issues in our communities, state and nation. If you know someone who is struggling with their mental health, please share these resources with them.

MENTAL HEALTH SUPPORT AND CRISIS NUMBERS



- National Suicide and Crisis Lifeline**.....1-800-273-8255
- Waukesha County Crisis (24/7)**
 - Business Hours.....(262) 548-7666
 - Non-Business Hours.....(262) 547-3388
- Trevor Project for LGBTQIA+ Youth**.....1-866-488-7386
- Copline - Police Peer Line**.....1-800-267-5463
- EMS, Fire & Rescue Peer Line**.....1-888-731-3473
- IMPACT 211**.....Dial 2-1-1
- Hopeline Text Line (24/7)**
 -Text "HOPELINE" to 741741
- Trevor Project Text Line (24/7)**
 -Text "START" to 678678
- More Resources at: www.mentalhealthconnection.life



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/>.

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 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 via Microsoft Teams on **Tuesdays, May 25, June 1, 8, 15, 22, 29 from 9:30 am - Noon**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must have access to a computer or tablet with internet access, camera, and microphone. This workshop is hosted in partnership with the ADRC of Marquette County.

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Aging Mastery Kit - The Aging Mastery Starter Kit from the National Council on Aging (NCOA) is a fun and engaging self-guided 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 in your daily life. The Starter Kit contains the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a Notepad, and Magnet.

Details: After completing a short survey, participants will receive a kit in the mail.

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov to learn how you can receive your own kit.

Eat Smart, Move More, Weigh Less - Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Details: The next 15-week series begins the week of May 24th. **REGISTER BY MAY 19th**

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Virtual Cup of Health Presentation – Falls Prevention & Sleep - As we age our chances of falling increase dramatically, as does problems with getting a good night's sleep. There are things we can do to help both of these issues. Find out some basics on falls prevention along with medications to avoid to keep from increasing your risk. Also, what happens to our sleep patterns as we get older, and some tips for getting a restful night's sleep.

Details: Presentation will be on May 26th from 10 – 11 am. A link to the presentation will be provided after registration

Contact: Register by calling Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

National Senior Health & Fitness Day

Wednesday, May 26th



National Senior Health & Fitness Day is an annual health and wellness event for older adults. The goals are to promote importance of regular physical activity and to show what local organizations are doing to improve the health of older adults in their communities.

There are so many health benefits to being active. Here are ways that you can get active in Waukesha County!

- Check out the Live Well Initiative and join the Live Well Waukesha County E-Newsletter here: <https://www.waukeshacounty.gov/livewell>
- Contact your local Parks and Recreation department to learn about Senior Fitness Programs in your community!
- Take a Falls Prevention Class hosted by Waukesha County! See page six!
- Visit the beautiful, local parks in Waukesha County for biking, boating, camping, golfing, hunting, swimming, walking, trails, and more!
<https://www.waukeshacounty.gov/parksystem>
- Use free videos on youtube.com for fitness routines!
- Join Silver Sneakers – Free online or gym classes paid for by Medicare
<https://tools.silversneakers.com/>

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 May, the highlighted produce item is Asparagus! Check out the Live Well website for more information.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



Get out and enjoy the warm weather!

Who’s ready to get outside and enjoy the fresh air? One way to do that is by visiting some of our local parks and trails. Learn more at www.waukeshacounty.gov/LiveWell

FUN ACTIVITIES TO TRY

- Bust out those rollerblades
- Go on a family bike ride
- Bring your camera and capture a glimpse of some furry creatures
- If its warm enough, hop in the water!



May is Lyme Disease Awareness Month!

The days are getting longer, the snow is melting, and the grass is starting to turn green, but plants aren't the only thing starting to emerge from the ground. Spring brings warmer days, sunshine, flowers...and ticks.

Some ticks can carry bacteria that may cause disease in humans. One type of tick, the blacklegged or deer tick, carries the bacteria that cause Lyme disease. When these ticks bite, they can transmit the bacteria to humans. In Wisconsin, most of the cases are seen in the western and northern parts of the state, but cases have also increased in central and eastern Wisconsin in recent years. The average number of reported cases has more than doubled over the past 10 years.

Lyme disease can affect the skin, nervous system, heart, and joints of an infected person. Symptoms may appear from 3 days to 30 days after a tick bite. The illness usually begins as a circular reddish rash around or near the tick bite. The rash expands in size over a period of days or weeks and sometimes looks like a bull's eye. Other symptoms may also appear during this time, including fever, headache, fatigue, stiff neck, and pain or swelling in muscles and joints. These symptoms may last for several weeks.

The early stages of Lyme disease can usually be treated easily with antibiotics. However, if left untreated, complications can develop. These complications may include meningitis, heart problems, arthritis, and twitching or weakness in the facial muscles. These cases may be more difficult to treat.

The best way to prevent Lyme disease is to decrease your chances of getting bitten. Here are some tips:

- ▶ Limit exposure to tall grass, and walk in the center of trails. Ticks can be found hanging on grass and can jump onto you as you walk by.
- ▶ Mow your lawn regularly, and remove leaves and brush from around your home and the edge of your land.
- ▶ When hiking, gardening, and spending time outside, use a bug repellent that contains DEET. You should also wear long pants and socks. You might want to treat your pants and socks with permethrin, a chemical that wards off ticks. Many companies sell clothing already treated with permethrin.
- ▶ If you've been outside where ticks might live, check your entire body when you go back inside. Put your clothing in a dryer on high heat for 10 minutes. The dryer heat will kill any ticks hiding on your clothes.
- ▶ If your pet goes outdoors, use tick collars, spray shampoos, and medications to prevent ticks. Check your pet for ticks when they come back inside. Don't share your bed with your pet if your pet has been outside.
- ▶ Know what ticks look like so you can detect them. If you find a tick, remove it with tweezers. If you get a rash, call your doctor right away.

For more information about Lyme disease in Wisconsin, please see the following link from the Wisconsin Department of Health Services:

<https://www.dhs.wisconsin.gov/publications/p01752.pdf>.



Home Safety Tips for Caregivers



We work hard keeping our loved ones safe and healthy. We monitor diet, medications, and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

SOCIAL ENGINEERING SCAMS

Social engineering is the process of manipulating people so that they surrender sensitive or confidential information or to encourage them to act against their best interests. The term refers to a broad range of malicious activities accomplished through human interactions. Psychological manipulation is used to trick victims into making security mistakes or give away sensitive personal information. The motive for social engineering is primarily financial, however, can be used by attackers for any information of value (Social Security numbers, entry codes to facilities, etc.). The goal of social engineering is to trick targets into revealing personal information such as bank account numbers, PIN numbers, credit card details, or purchase gift cards, etc. for financial exploitation.

Types of social engineering attacks:

PHISHING: One of the most common social engineering attacks. Phishing scams are generally emails or text messages designed to create a sense of urgency, curiosity or fear in victims to prod them to reveal sensitive information. Links to malicious websites or opening attachments that contain malicious software are common strategies.

SPEAR PHISHING: A more targeted version of phishing whereby an attacker chooses specific individuals or enterprises. The attacks will tailor their messages based on specific characteristics to make their attack less conspicuous. This requires much more effort on the part of the attacker, which makes them harder to detect and identify. Examples are individuals posing as a professional peer, a representative of the Internal Revenue Service, a local utilities agent, etc. The objective is to obtain personal information to facilitate financial exploitation.

PRETEXTING: This scam is initiated by an attacker who initiates contact under the auspices of requesting sensitive information to resolve a critical task such as a stolen Social Security number that was used in conjunction with a crime. Attackers will often pose as law enforcement, bank or tax officials or persons who have right-to-know authorities. The attacker will ask security questions to confirm the victim's identity thereby gaining sensitive personal information.

BAITING: A real world, "Trojan Horse". Baiting relies on creating excitement and curiosity of the victim. A common example is leaving infected flash storage drives in high traffic areas in the hope someone will attach it to their computer and infect it with ransomware that will demand payments to release the device or otherwise steal personal information.

SCAREWARE: A type of Malware that will infect a victim's computer and attempt threaten or scare them into detrimental action. Downloading fraudulent antivirus software that is a virus itself which will ultimately result in a demand for payment to have the virus removed is a common example.

VISHING: A social engineering scam using phone calls where the attacker is posing as a representative of a well-known entity such as a government organization or well-known bank. Common approaches are to claim that there has been fraud on an account and account detail confirmations are necessary to remedy the issue.

Remedies to avoid scams:

- Be extremely wary of any solicitation by a stranger. The majority of the time, the aim is to access the intended victim's finances or to get the intended victim to provide financial resources. Consult a tech savvy friend or relative before taking any action on a solicitation.
- Remain calm and delay any action when solicited. Attackers rely on creating emotional responses and encouraging you to act urgently, knowing people tend to be poor decision makers when distressed.
- Any solicitation suggesting payment via gift cards is a scam. Never purchase gift cards following requests by any entities soliciting them.
- Never give out login credentials, account information, credit card numbers, Social Security numbers, etc. over the phone or Internet. Legitimate companies will never ask for this information.
- Examine links carefully before you click them. Look for signs that something isn't right (unusual alterations in email addresses, the time that the mail was sent, etc.). In general, it is best to not open emails and attachment from suspicious or unknown sources.
- Use strong passwords and don't repeat passwords across accounts. Use added security measures where possible, for example, two-factor authentication.
- Agencies like the IRS, Medicare and Social Security will **never** call you. If you are suspicious of a call, hang up right away and call that agency directly.

Estafas de Ingeniería Social

La ingeniería social es el proceso de manipular a las personas para que entreguen información sensible o confidencial o para alentarlas a actuar en contra de sus mejores intereses. El término se refiere a una amplia gama de actividades maliciosas realizadas a través de interacciones humanas. La manipulación psicológica se utiliza para engañar a las víctimas para que cometan errores de seguridad o revelen información personal confidencial. El motivo de la ingeniería social es principalmente financiero, sin embargo, los atacantes pueden utilizarlo para cualquier información de valor (números de seguridad social, códigos de entrada a las instalaciones, etc.). El objetivo de la ingeniería social es engañar a los objetivos para que revelen información personal como números de cuentas bancarias, números de PIN, detalles de tarjetas de crédito o tarjetas de regalo de compra y más para la explotación financiera.

Tipos de ataques de ingeniería social:

PHISHING: Uno de los ataques de ingeniería social más comunes. Las estafas de phishing son generalmente correos electrónicos o mensajes de texto diseñados para crear una sensación de urgencia, curiosidad o miedo en las víctimas para incitarlas a revelar información confidencial. Los enlaces a sitios web maliciosos o la apertura de archivos adjuntos que contienen software malicioso son estrategias comunes.

SPEAR PHISHING: Una versión más específica de phishing mediante por la cual un atacante elige a personas o empresas específicas. Los ataques adaptarán sus mensajes en función de características específicas para que su ataque sea menos llamativo. Esto requiere mucho más esfuerzo por parte del atacante, lo que dificulta su detección e identificación. Algunos ejemplos son personas que se hacen pasar por un compañero profesional, un representante del Servicio de Impuestos Internos, un agente de servicios públicos local, etc. El objetivo es obtener información personal para facilitar la explotación financiera.

PRETEXTING: Esta estafa es iniciada por un atacante que inicia el contacto bajo los auspicios de solicitar información confidencial para resolver una tarea crítica, como un número de Seguro Social robado que se usó junto con un delito. Los atacantes a menudo se hacen pasar por agentes del orden, funcionarios bancarios o fiscales o personas que tienen autoridades con derecho a saber. El atacante hará preguntas de seguridad para confirmar la identidad de la víctima, obteniendo así información personal confidencial.

BAITING: Un "Caballo de Troya" de verdad. Baiting se basa en crear entusiasmo y curiosidad en la víctima. Un ejemplo común es dejar unidades de almacenamiento flash infectadas en áreas de alto tráfico con la esperanza de que alguien las conecte a su computadora y la infecte con ransomware que exigirá pagos para liberar el dispositivo o robar información personal.

SCAREWARE: Un tipo de malware que infectará la computadora de la víctima e intentará amenazarla o asustarla para que realice una acción perjudicial. La descarga de software antivirus fraudulento que es un virus en sí mismo, lo que finalmente dará lugar a una demanda de pago para eliminar el virus es un ejemplo común.

VISHING: Una estafa de ingeniería social que utiliza llamadas telefónicas en las que el atacante se hace pasar por un representante de una entidad conocida, como una organización gubernamental o un banco conocido. Los enfoques comunes son afirmar que ha habido fraude en una cuenta y las confirmaciones de los detalles de la cuenta son necesarias para solucionar el problema.

Remedios para evitar estafas:

- Sea extremadamente cauteloso con cualquier solicitud de un extraño. La mayoría de las veces, el objetivo es acceder a las finanzas de la víctima o conseguir que la víctima proporcione recursos financieros. Consulte a un amigo o familiar experto en tecnología antes de tomar cualquier medida sobre una solicitud.
- Mantenga la calma y retrase cualquier acción cuando se le solicite. Los atacantes confían en crear respuestas emocionales y alentarlos a actuar con urgencia, sabiendo que las personas tienden a tomar malas decisiones cuando están angustiadas.
- Cualquier solicitud que sugiera el pago mediante tarjetas de regalo es una estafa. Nunca compre tarjetas de regalo después de las solicitudes de cualquier entidad que las solicite.
- Nunca dé credenciales de inicio de sesión, información de cuenta, números de tarjetas de crédito, números de Seguro Social, etc. por teléfono o Internet. Las empresas legítimas nunca solicitarán esta información.
- Examine los enlaces detenidamente antes de hacer clic en ellos. Busque señales de que algo no está bien (alteraciones inusuales en las direcciones de correo electrónico, la hora en que se envió el correo, etc.). En general, es mejor no abrir correos electrónicos y archivos adjuntos de fuentes sospechosas o desconocidas.
- Utilice contraseñas seguras y no repita las contraseñas entre cuentas. Utilice medidas de seguridad adicionales siempre que sea posible, por ejemplo, autenticación de dos factores.

International Space Day May 7 and International Astronomy Day May 15, 2021

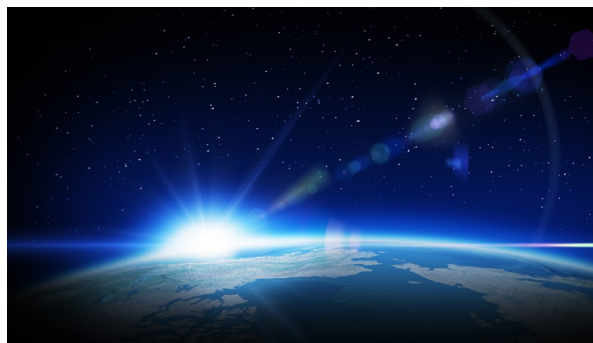
Space; the great beyond, the last frontier, one small step and one giant leap. We have all heard at least one of these phrases at some point in our lives, or looked up and made a wish on a shooting star.

International Space Day began in 1997 as National Space Day, in an effort to get children/young adults interested in science, math, and engineering, with the hopes they will seek an education or career in space related jobs. The career opportunities are as endless as space itself. Some examples of possible careers are biology, meteorology, engineering, chemistry, writers, photographers and numerous computer related jobs.

Apollo astronaut, John Glenn catapulted this holiday into another world in 2001 when, as a Senator, he expanded Space Day to International Space Day. Today classrooms around the world build models, watch the launch countdown of Apollo 11 or the moon landing. Some visit planetariums or look for the International Space Station as it orbits the Earth.

The other space related holiday in May is International Astronomy Day. It seems fitting that both fall in the month of May, as the weather outside begins to get nicer, and gazing at the stars and planets holds endless possibilities. This was the dream of Doug Berger who in 1973 set up various telescopes for anyone who ventured by. He wanted people to have a chance to view the moon and planets in urban locations.

Since 1973, this day has grown and in recent years, with new technology our view of space has increased. Astronomy has a basic foundation of magnification and mirrors (for the most part) but, in today's ever-changing technological world, viewing the moon, planets, Milky Way and far off Nebulas is an exciting adventure. Today, Astronomy is not only done with telescopes, but you can use binoculars, cameras, websites, and phone apps that can even track the International Space Station or help you find your favorite constellation. None of this equipment is necessary to enjoy all that space and astronomy have to offer. You can just look up and enjoy, find your favorite constellation or appreciate the beauty of the moon. Maybe you aspire to have a career in a space related job, or you could inspire someone else to be the next John Glenn or Mae C. Jemison.



Identity Theft: Protect and Prevent

A Virtual Event Hosted by the Hartland Public Library | Thursday, May 6th at 6:00pm

Presenter: Francesca Johnson, an Agency Liaison for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection.



Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. In this virtual presentation, you will learn the different types of identity theft and how to recognize and prevent them, including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to spot the red flags of a scam.

Please email hplinfo@hartland.lib.wi.us to register and receive the Zoom link.

Benefit Specialist Corner

SAVE THE NEW DATE!

NATIONAL WELCOME TO MEDICARE EVENT!

JUNE 23, 2021 | [2:00 PM - 6:00 PM CT](#)



Learn about signing up for Medicare! Originally planned for April 7, 2021, this event has been moved to June 23, 2021. Go to www.shiphelp.org to learn more. Registration will open in April.

This virtual Medicare fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend.

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be exhibitors from state health insurance assistance programs (SHIPs) to answer your individual questions.



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands. Your SHIP may use another name, locally. Use the SHIP Locator at www.shiphelp.org to learn more.

**Turning 65?
Need Medicare?**

Welcome to Medicare Class

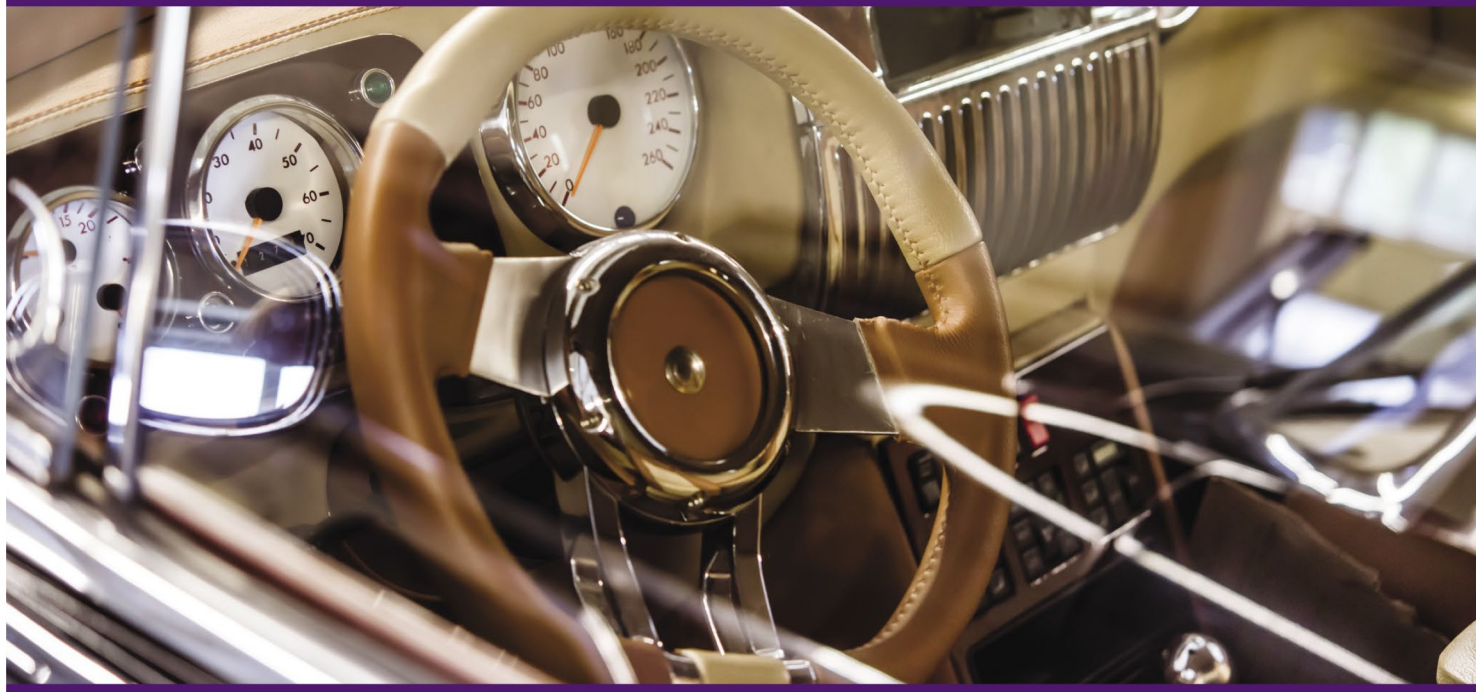
The Aging and Disability Resource Center of Waukesha County hosts virtual 'Welcome to Medicare' classes on the second Wednesday of each month at 1 p.m. and 5:30 p.m. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available 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/>

“Steering Into The Skid”

by Arnie Johnston & Deborah Ann Percy, *The MemoryCare Plays Anthology*
a one act play about memory loss



Through 12 short scenes, the play takes you on a journey with Tim and Amanda in their car, bearing witness to the early progression of dementia. This play, presented by the Aging & Disability Resource Center of Waukesha County, includes the performance and facilitated discussion to help you increase awareness, as well as provide valuable resources for you, your family, or friends who are experiencing the effects of memory loss.



JOIN US! A FREE VIRTUAL EVENT!

May 12, 2021 | 3-5pm

In recognition of Older Americans Month

Reserve tickets at:

www.waukeshacounty-skid2021.eventbrite.com

Reservations required, attendance limited

For questions or more information, please call (262) 548-7848



A Program of TRELLIS™
RememberProject.org



TRELLIS™
Area Agency on Aging



Mayday! Mayday!!

**We need your help!
An important
message was sent
and we need you to
decode it!**

**Unscramble the
words associated
with the month of
May. Then, match
the numbers to the
letters below to
solve the puzzle!**



chibird.tumblr.com

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Answers to the puzzle: BAREFOOT, BASEBALL, BUDDING, BUBBS, BUTTERFLY, CHILDREN, FLOWERS, GRASSY, GREEN, MAY, MOTHER, SPRING, SUNSHINE, SWIMMING

ADRC of Waukesha County
Human Services Center
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Waukesha, WI 53188

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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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