

The ADRC Connection

Aging & Disability Resource Center of Waukesha County

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Waukesha, WI 53188

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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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Redesign of Waukesha County Senior Dining Program

Senior nutrition programs nationwide are encouraged to evaluate their service models. As times change so do the expectations of our communities, and the ADRC of Waukesha County has reached a point where it is time for us to try some new things.

The COVID-19 Pandemic brought about many challenges, including the temporary closing of in person dining. It also provided every industry an opportunity to stop *business-as-usual* practices and look more closely at how they operate. Waukesha County's senior meal program is no different.

As we redesign and reopen our senior dining program, it will look a little different. Not every senior dining center will be back in operation, and we will be redirecting resources into piloting new programs including restaurant dining options and enhanced meal and nutrition services for homebound seniors experiencing, or at risk for, malnutrition.

The changes coming for the Waukesha County senior meal program are to better serve the community at-large. Diversity, equity, and inclusion are important goals for the ADRC, and we believe that the coming program changes will help in meeting those goals.

Reopening of Senior Dining

The ADRC is pleased to announce the reopening of in person senior dining at select dining centers. Starting Monday, **November 15th**, senior dining will resume at the following community center locations:

- **Brookfield Community Center** - 2000 North Calhoun Road, Brookfield, Phone: 262-782-1636
- **Menomonee Falls Community Center** – W152N8645 Margaret Road, Menomonee Falls, Phone: 262-251-3406,
- **Oconomowoc Community Center** – 220 W. Wisconsin Avenue, Oconomowoc, Phone: 262-567-5177
- **Sussex Civic Center** – N64W23760 Main Street, Sussex, Phone: 262-246-6747

Each location has different seating capabilities, and precautions will be taken to ensure a safe and comfortable environment for all diners. Please contact the dining center you would like to attend for more information and to make a reservation. Senior dining participants are strongly encouraged to wear a mask when attending the center. Thank you to our community partners at these locations.

(Read more updates on page 2)





Carryout meals will be available at all open senior dining centers

For those eligible participants who prefer to not engage in a group setting for a meal, we will offer carryout meals at the locations listed above. Clients who wish to pick up a meal will be asked to come into the dining center to pick the meal up. Reservations will be required for this service.

The Restaurant Model

Many Wisconsin Elder Nutrition Programs have had great success partnering with local restaurants. To be more culturally inclusive and offer

greater variety and consumer choice, the ADRC will be piloting senior dining in a local restaurant. To better reflect the diverse population of Waukesha County, we will begin our restaurant journey by targeting an ethnic restaurant to host in person senior dining.

Details still need to be worked out, however the plan is for our senior dining customers to attend the designated restaurant at-will during lunchtime, with the ability to choose their meal from select options on the restaurant menu. Following this pilot, the ADRC will be exploring additional restaurant options in Waukesha County.

Enhanced Nutrition

Nationwide, nearly half of seniors are at risk for malnutrition, which leads to poor health outcomes including increased risk for falls, hospitalization, and death. Per Meals on Wheels America, almost 230,000 Wisconsin seniors suffer from some degree of food insecurity, which puts them at significant risk for malnutrition. To address food insecurity, the ADRC of Waukesha County is committed to helping identify and assist those seniors in the community who are at risk for malnutrition. In the near future, we will develop a pilot project to provide extra nutrition, along with information and education, to those we find food insecure or at risk for malnutrition.

The Waukesha County Elder Nutrition Program will be very busy the next couple years, but we are very excited to offer these new programs to our communities. We look forward to working with our community partners and providing enhanced services for our customers. Thank you all for your patience and understanding as we redesign the senior dining program.

Best to all,

Mike Glasgow, RDN, CD
Nutrition and Transportation
Services Supervisor
ADRC Waukesha County



Have you noticed your grocery list is getting more expensive?

In mid-September, a record 56 giant container ships sat idly off the coast of California. Los Angeles and Long Beach shipping ports receive approximately one-third of the US's imported goods, much of which are to support the foodservice industry. Critical items like cleaners and equipment, and storage and delivery containers are becoming increasingly difficult for providers and operators to procure. The pandemic has led to labor shortages, and food and supply shortages, and unfortunately the foodservice industry has been hit harder than many.

A recent survey from The National Restaurant Association to restaurant operators showed:

- 78% of operators said their restaurant doesn't have enough employees to support current customer demand
- 95% of restaurant operators are experiencing supply delays or shortages of key food or beverage items
- Costs are up: 91% of operators are paying more for food; 84% have higher labor costs; 63% are paying higher occupancy costs.

<https://restaurant.org/restaurants-to-congress-recovery-in-reverse>

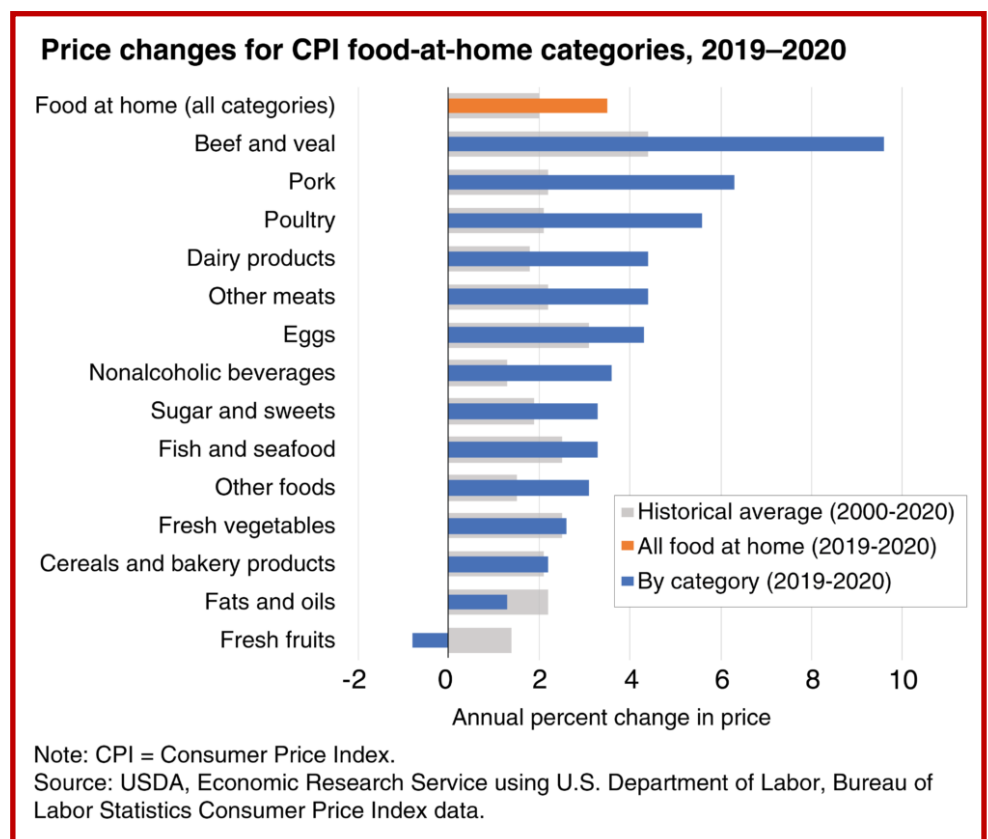
While America waits for supplies to be accepted at its ports, this is by no means an international importing issue. Local food providers and operators are also feeling the pinch, and food and supply items that everyone is used to being able to get just by asking are no longer so easy to get.

Many may remember several months ago when pork products were difficult to find. Now, the price of raw chicken breast costs a shocking \$2.50-\$4.50 a pound! Roast beef, which is often quite expensive during normal times, is now even more expensive and sometimes difficult to even get. Same with chicken on the bone.

One can quickly realize that these issues do not only affect restaurants. There are many other foodservice sectors that are experiencing the same issues: banquet and reception centers, hospitals and nursing homes, and senior nutrition programs like ours.

The ADRC of Waukesha County is very fortunate to have an excellent working relationship with its contracted caterer – Taher, Inc. Taher too, is feeling the same pressures placed on the foodservice industry right now. Many food items that we used to showcase on our senior dining menu are often either extremely expensive or simply not available. In addition to this, large food providers do not get product into their warehouses, so even if a foodservice operator like Taher orders the food items, they might not come. And they often won't even know until the truck arrives with the delivery. This has led to occasional last-minute menu changes, and some new and different items on the ADRC's menu.

While things are slowly improving, we still have a long way to go until the foodservice industry is back to pre-pandemic operating. The ADRC appreciates everyone's patience as we work closely with our caterer to develop menus that people enjoy and also meet program requirements.



Hunger & Homelessness Awareness Week is November 15th - 23rd

In the United States, many Americans are living on the edge; forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor. No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness are widespread problems that affect far too many people.



In the United States, 43.1 million Americans live below the poverty level. 549,000 Americans are homeless on a typical night, and 42 million Americans are at risk of suffering from hunger.

According to Krystina Kohler with United Way of Greater Milwaukee and Waukesha County, "Homelessness exists in every county and I think that people might not realize that homelessness doesn't always look the way you think it will look. In Waukesha County on any given night, there are at least 200 people experiencing homelessness and about 20 families that are in an emergency shelter or transitional housing," said Kohler.

For information about homeless shelters, food pantries, and other benefits and programs in Waukesha County, call Impact 2-1-1 by dialing 211 or toll-free 1-866-211-3380.

You can also visit their website at <https://www.impactinc.org/impact-2-1-1/>.

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 November, the highlighted produce item is Cranberry! 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>



Virtual Nutrition Classes

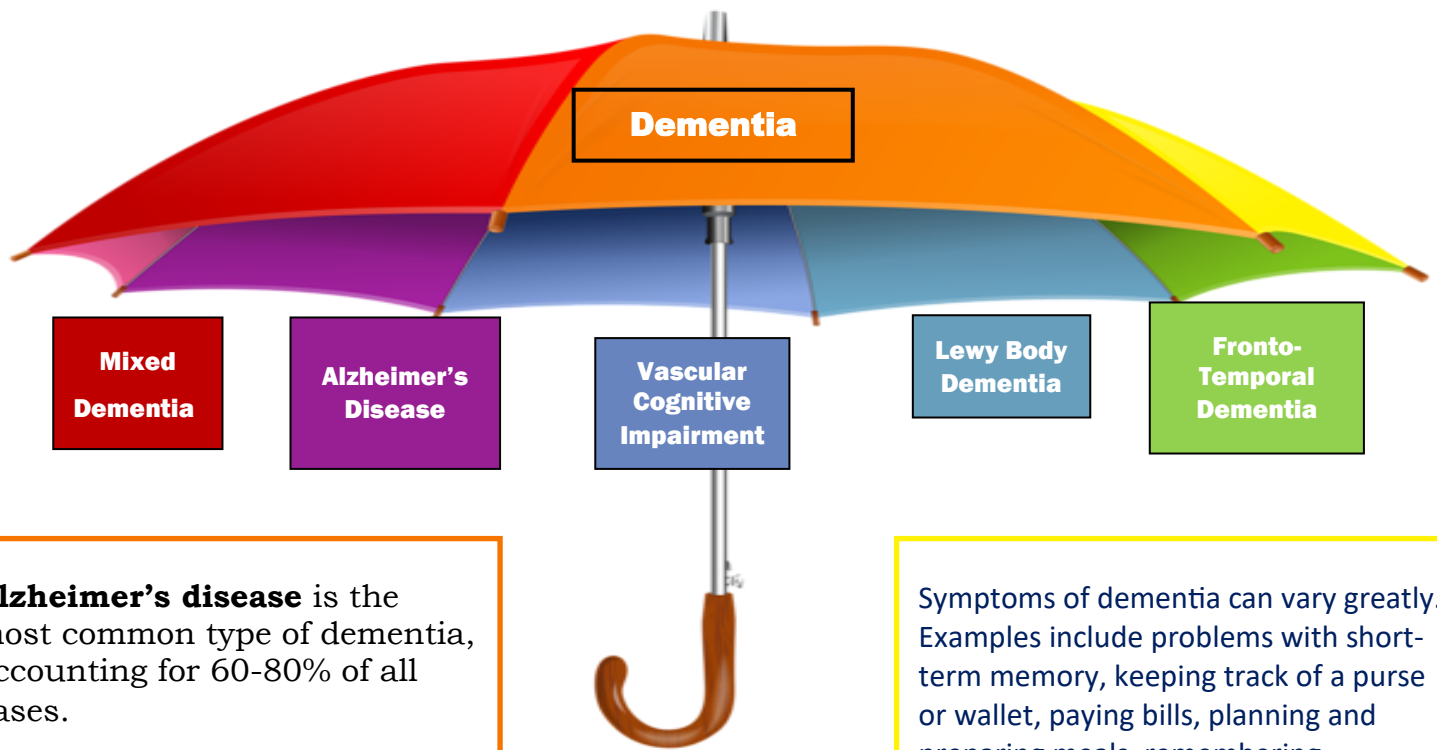
If you're looking for new recipes or ways to incorporate healthy eating in to your lifestyle, check out the free virtual nutritional education classes from ProHealth Care. Upcoming classes include "Core Principles for Diabetes Management" and "Dietary Tips for Reducing the Risk of Alzheimer's Disease".

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



November is Alzheimer's Awareness Month

What's the difference between Alzheimer's and Dementia?



Alzheimer's disease is the most common type of dementia, accounting for 60-80% of all cases.

Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage in the brain, is the second most common type of dementia.

Symptoms of dementia can vary greatly. Examples include problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments and traveling out of the neighborhood.

Some causes of memory loss can be treated and reversed if detected early.

What is Dementia?

Dementia is an overall (umbrella) term for diseases and conditions characterized by a decline in memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities. This decline occurs because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged and no longer function normally.

If you are experiencing signs of dementia, see your doctor as soon as possible to discuss your concerns.

Contact the Dementia Care Specialist at the ADRC for more information. (262) 548-7848



Mark Your Calendar

>> UPCOMING EVENTS

be live music, raffles, concessions, activities for kids, and performances by the cheer team. Entry is \$2 or \$1 when you bring a canned food item to be donated to the local food bank.

November 6– Oconomowoc Winter Farmers Market @ Park Lawn Elementary School, 9 am– 1 pm. This event reoccurs every Saturday through the end of March 2022. This winter market will feature fresh, locally grown produce and other products throughout the late fall, winter, and early spring seasons. This indoor market is free and open to the public.

November 6– Science Fest: Under the Lens @ Retzer Nature Center, 11 am– 2 pm. This celebration connects people with science, technology, engineering, art and math in fun and exciting ways. Attendees of all ages are encouraged to explore Under the Lens and engage in a variety of interactive activities and discover how science mixes into our everyday lives.

November 27-28– Wisconsin Rummage-O-Rama @ Waukesha Expo Center Forum Building, 9 am-4 pm. This an indoor old fashioned flea market offering antiques, vintage, toys, collectibles, handmade jewelry, kitchen gadgets, homemade foods, spices, soaps, and more all at a great bargain. Face masks are required and admission is \$4.

November 21– Waukesha Holiday Parade @ Historic Downtown Waukesha, 4-6 pm. This is the 58th Annual Waukesha Holiday Parade! Fun for the whole family!

November 26– Country Christmas Light Show @ The Ingleside Hotel, 5-10 pm. Celebrating its' 26th year, Country Christmas begins on November 26th and runs through January 1st. Admission is \$20 per car load. Country Christmas features over a million holiday lights festively displayed on 40 wooded acres of Waukesha's countryside. Experience enchanting animated figures and holiday scenes all from the comfort of your car.

November 28– West Bend Christmas Parade @ Main Street, 5 pm. The 69th Annual West Bend Christmas Parade is here! This year's theme is "A Magical, Musical Christmas".

December 3-5– Christmas Carol @ North Middle School Auditorium in Menomonee Falls. The Falls Patio Players tradition continues! This one act version of the Dickens classic will enthrall audience members of all ages with stunning costumes, sets, music and dancing. Performances; Dec 3rd at 7 pm, Dec 4th at 3 pm and 7 pm, and Dec 5th at 1 pm and 4pm. Adults and Seniors \$10.00, Students \$8.00

November 5– HAWS Tales by the Fire @ Shallock Center for Animals, 6:30-7 pm. Enjoy the outdoors with your family! Bring a picnic dinner, hike the trails, and listen to a story around the campfire. Families must register in advance at <https://hawspets.givecloud.co/talesbythefire2021>.

November 6– Holiday Cheer Craft and Vendor Fair @ Arrowhead High School South Campus, 9 am– 3 pm. Come shop local crafters, artisans and vendors to support Arrowhead's Varsity Cheer Team. There will

2021 Medicare Presentations in your Area

Hartland Public Library – Wednesday, November 3 at 1:00pm

Butler Public Library – Monday, November 15 at 1:00pm

Big Bend Village Public Library – Monday, November 22 at 2:00pm

Flu season – already?

Yes, the time is here – along with the risks for developing symptoms of illness – fever, cough, congestion, chills, body aches, headaches, sore throat, fatigue – the flu is “nothing to sneeze at”!

On average, 60% of those who are hospitalized for the flu are 65 years of age and older. It’s generally been recognized that this is because older individuals are at greater risk due to human immune defenses becoming weaker as we age. It is quite serious for people in this age group.

Good news is this can be prevented, rather than having to cope with the illness and its possible complications. The best way to prevent the flu is with a flu vaccine – recommended for everyone 6 months and older. An annual vaccine is needed to ensure the best possible protection against the current circulating viruses. Immunity generally sets in after about two weeks.

There are, however, special flu vaccines designed specifically for people 65 and older.

The high dose vaccine is designed specifically for this age group, as it contains 4 times the amount of antigen as the regular flu shot. It is to have a stronger immune response following this vaccination (a higher antibody production) and consequently, better protection. Mild side effects from a vaccine can include pain, redness, or swelling at the injection site, headache, muscle ache, and malaise. The high dose version may result in more of these mild side effects.

Peak season for flu activity often occurs in January and February. However, we recommend you get the flu vaccine as soon as possible.

For information, visit www.waukeshacounty.gov/flushots



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health



**Protect yourself
and those you love
from the flu.**

On average in Wisconsin, 60% of those who are hospitalized for the flu are 65 years of age or older. For more information on where to get a flu shot, visit

www.dhs.wisconsin.gov/influenza

WHO CAN YOU PROTECT? GET YOUR FLU SHOT.

CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.



We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent’s house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don’t recognize their own worth.

Let’s Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don’t have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers’ needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. “I am going to help you. Do you want me to bring a meal or a mop?” Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else’s life gives them a break.

If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

NATIONAL
FAMILY CAREGIVERS
MONTH!

SUPPORT LOCAL CAREGIVERS

The ADRC is excited to be hosting a contactless drive-thru caregiver recognition event! Each caregiver will receive a gift bag full of goodies. Choose a date and time from the list below and contact the ADRC to register.

NOVEMBER 16TH **10AM-NOON**

Waukesha County Human Services Center
514 Riverview Avenue | Waukesha, WI

NOVEMBER 18TH **1-3PM**

Waukesha County Human Services Center
514 Riverview Avenue | Waukesha, WI

Contact the ADRC to register:

(262) 548-7883

or

amroczkowski@waukeshacounty.gov



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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Swedish Meatballs Buttered Noodles Dilled Baby Carrots Brussels Sprouts Rye Bread w/butter Fresh Apple Tapioca Pudding Alt. Sugar Free Pudding	Chicken Marsala with Mushrooms Mashed Potatoes and Gravy 5-Way Mixed Veg Dinner Roll w/ butter Diced Pears Rice Krispies Treat Alt. Fresh Fruit	BBQ Pork on Bun Baked Baby Red Potatoes Creamy Coleslaw Cantaloupe Baker's Choice Cookie Alt. Sugar Free Pudding	Chili w/ cheese, onions, crackers Tossed Romaine Salad with Dressing Biscuit w/ butter Fresh Banana	Cheeseburger on Whole Wheat Bun With lettuce leaf and tomato slice Ketchup / Mustard pkts Broccoli Salad American Fried Potatoes Fruited Yogurt
8	9	10	11	12
Sloppy Joe Whole Wheat Bun Tri-Tater Potato w/ Ketchup pkt Buttered Sweet Corn Pudding Alt. Pears	Pork Cutlet w/ Gravy Baby Bakers w/ Butter Green Beans Tomato and Onion Salad Watermelon Wedge	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Steamed Broccoli Fresh Orange Fortune Cookie Alt. Pineapple	Veterans Memorial Lunch Chicken Kiev Mashed Red Potatoes and Gravy Peas and Carrots Dinner Roll w/ butter Fruit Salad Sugar Cookie Alt. Sugar Free Cookie	Chicken Gumbo Red Beans and Rice Seasoned Green Beans Peaches Wheat Dinner Roll w/ Butter
15	16	17	18	19
Jumbo Hot Dog w/ Ketchup & Mustard Hot Dog Bun Potato Salad Baked Beans Fresh Apple	Whole Grain Spaghetti w/ Italian Meat sauce Italian Blend Veg Romaine Salad w/ Italian Dressing Italian Bread w/ butter Pear Half Frosted Cake Alt: Fresh Fruit	Chicken Salad Croissant Lettuce / Tomato Coleslaw Fruit Salad Zucchini Bread Alt: Fruited Yogurt	Turkey Tetrizzini California Blend Veg Salad w/ French Peaches Chocolate Chip Cookie Alt: Sugar Free Cookie	Chicken Fried Rice Cook's Choice Vegetable Pork Egg Roll Mandarin Oranges Fortune Cookie
22	23	24	25	26
Italian Sausage w/Onions & Green Peppers and Marinara Sauce Sausage Roll Vegetable Pasta Salad Fresh Pear Chocolate Mousse Alt: Sugar Free Pudding	Hearty Chicken Stew Mashed Potatoes w/ Gravy Creamy Cucumber Salad Rye bread w/ butter Fresh Apple	Giving Thanks Oven Roasted Turkey Mashed Potatoes with Gravy Green Bean Casserole Herbed Bread Stuffing Cranberry Relish Pumpkin Pie  w/ Whipped Topping	THANKSGIVING DAY PROGRAM CLOSED	PROGRAM CLOSED
29	30			
Meatloaf w/gravy Garlic Mashed Potatoes w/ Gravy Dill Baby Carrots 7 grain Bread w/ Butter Kitchen's Choice Fruit Marble Cake Alt. Yogurt	Chicken Parmesan Pasta Mostaccioli w/Marinara Peas & Pearl Onions Italian Bread w/Butter Brownie Alt. Diet Cookie			

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

**Meal cancellations must be made at least ONE BUSINESS DAY in advance.
Call the office at 262-548-7826, Monday – Friday, before 12:00pm.**

**Visit our website at:
www.waukeshacounty.gov**

Healthful Holiday Sides

These recipes are a healthy twist on two classic Thanksgiving sides.

This Fresh Green Bean Casserole is lower in sodium due to:

- Fresh green beans
- Low-fat milk instead of canned soup
- Whole wheat crackers instead of fried onions

This Root Vegetable Mash is lower in carbs and higher in vitamin A due to:

- Lower carb vegetables (parsnips, turnips, carrots)
- Variety of vegetables, including orange veggies

Root Vegetable Mash

Makes ~8 servings

2 pounds root vegetables (such as parsnips, turnips, carrots, potatoes, sweet potatoes)

¼ cup butter

1 medium onion, chopped

2 cloves fresh garlic or ½ tsp dried garlic

¼ to ½ cup low-fat milk

1 teaspoon salt

½ teaspoon ground black pepper

1. Peel all vegetables and cut them into 2-inch pieces. Put veggies in a large pot and cover them with water. Boil vegetables until very tender. Drain water and transfer the cooked vegetables to a large mixing bowl.
2. While vegetables are cooking, melt butter in a medium skillet over medium-high heat. Add onion and garlic; cook until onion is soft.
3. Add the butter-garlic-onion mixture, milk, salt, and pepper to the cooked root vegetables. Beat with hand mixer (or mash with a potato masher) until well blended with some small pieces remaining.

Fresh Green Bean Casserole

Makes ~16 servings

2½ pounds green beans, cut into 2-inch pieces

4 tablespoons olive oil

1 medium onion, thinly sliced

3 tablespoons all-purpose flour

¾ teaspoon salt

¼ teaspoon pepper

2½ cups low-fat milk

16 low-sodium whole wheat crackers, crushed

½ cup shredded cheese (such as Cheddar, Parmesan)

1. Preheat oven to 400°F. In a large bowl, toss green beans with 1 Tablespoon oil. Spread in an even layer on two baking sheets. Bake for 20-25 minutes, tossing once.
2. Meanwhile, heat 2 Tablespoons oil in a large saucepan over medium heat. Add onion and cook until very soft and golden brown, 5 to 8 minutes. Add flour, salt, and pepper and cook for 1 minute. Add milk and cook, stirring, until the sauce bubbles and thickens. Remove from the heat.
3. Put half of the green beans in a 2-quart, oven-safe baking dish. Spread half the sauce over the green beans. Add the rest of the green beans and top with the remaining sauce.
4. In a small bowl, mix crushed crackers with 1 Tablespoon oil. Sprinkle the crackers and shredded cheese over the top. Bake until top of casserole is golden brown, about 10 minutes.



Fresh Green Bean Casserole, Nutrition Facts per ½ cup serving: 98 calories, 5g fat, 2g saturated fat, 0 trans fats, 8 mg cholesterol, 4g protein, 9g carbohydrate, 3g fiber, 170 mg sodium.

Root Vegetable Mash, Nutrition Facts per ½ cup serving: 128 calories, 6g fat, 4g saturated fat, 0 trans fats, 17 mg cholesterol, 2g protein, 17g carbohydrate, 4g fiber, 340 mg sodium.



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 Prevention 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/>.

Stepping On Virtual Workshop

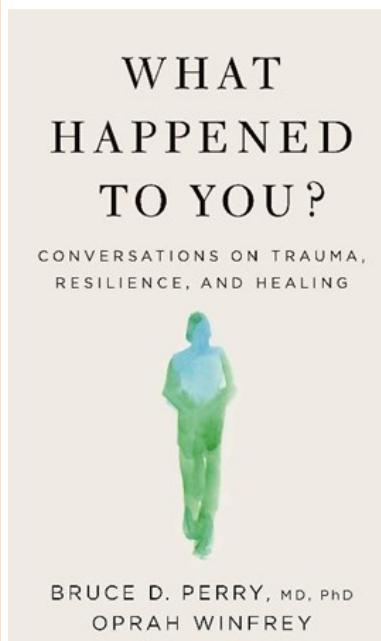
This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive online workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

Class Details: This workshop is provided by Froedtert & Medical College of Wisconsin. Workshop sessions will be held on Tuesdays, December 7, 2021 – January 18, 2021 from 1:00 – 3:00 pm. Additionally, an orientation to the program will be held on Tuesday, November 30th from 1:00 – 2:30 pm. Participants need to have access to the internet and a device with web camera.

Questions: Contact Kimberly Lombard, program facilitator, 414-805-8744 or Kimberly.lombard@froedtert.com

Register: Call 414-805-3666, option 2 or visit Froedtert.com/classes. The deadline is November 23rd.

Book of the Month: *What Happened to You? Conversations on Trauma, Resilience and Healing* by Bruce D. Perry and Oprah Winfrey



This month's book of the month is a current New York Times Bestseller and explores our earliest experiences that shape our lives further down the road. Have you ever wondered "Why did I do that" or "Why can't I just control my behavior"? When questioning our emotions, it is easy to place the blame on ourselves, holding ourselves and those around us to an impossible standard. It's time we started asking a different question, shifting from "What's wrong with you?" to "What happened to you?". Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound insight into the behavioral patterns so many of us struggle to understand. It is a subtle shift in our approach to trauma, and it is one that allows us to understand our pasts in order to clear a path to our future— opening the door to resilience and healing in a proven, powerful way.

"Through this lens we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives." - Oprah Winfrey, global media leader and philanthropist. Bruce D. Perry is a child psychiatrist and neuroscientist and is an author of two other books.

Dear Ina,

I am concerned about how my sidewalk and driveway are going to be cleared of snow and ice this winter. In previous years, my son handled this job, but he moved out of state over the summer. My husband and I are no longer able to tackle this task, due to our current age and health problems. Do you have any ideas or suggestions on how I can get this accomplished?



**Regards,
Ayma Snowdin**

Dear Ms. Snowdin:

Here at the ADRC we receive many phone calls throughout the winter from individuals looking for assistance with snow removal. It's great that you are thinking of this now because the snow will be flying before we know it.

The ADRC doesn't employ any persons or agencies to remove snow, and the number of resources available throughout Waukesha County for low cost or no cost is extremely limited. There is one agency in Waukesha that can coordinate services with a volunteer that is free of charge; however, there is typically a wait list for this service because the need for snow removal far outweighs the number of volunteers available to help. With this gap between paid and unpaid snow removal options, we encourage those in need to get creative and plan ahead for the winter months.

If you are willing and able to pay for snow removal, we suggest that you contact lawn services now to inquire if they will do snow removal. If you wait until the first snowfall, it will likely be too late for these companies to get you into their schedule. You should also inquire about what priority you will be given, as many companies will have several clients and you may or may not be first on the list to service. If you have any special needs that should give you priority, such as a health condition that could require treatment at a facility, you should let the company know.

Another possible solution is to start looking for options within your own neighborhood. Are there any children in the neighborhood that would like to earn a few dollars? You could ask your neighbors if they know of anyone they could refer to you. If you are able to clear your own driveway, while you are out look around to see who might be in need of assistance. Is there someone elderly and struggling to walk down icy steps or walkway? Is a neighbor using a walker or cane while trying to remove snow? Perhaps they have a ramp that they are using with their wheelchair? Keep in mind that if one of your neighbors receives home delivered meals, those volunteer delivery drivers are prohibited from delivering the meals to a person's door if the walkway is too icy or snow covered.

You could also try asking around to members of your church, or check the bulletin boards at your local supermarket, laundromat, or community center. When neighbors reach out and help one another, a sense of community will happen organically. Furthermore, a sense of community has been shown to be linked to many positive outcomes: creating a sense of belonging, providing a physical and mental health boost, and even lowering crime rates. With benefits like these, we could all stand to strengthen our neighborhood ties.

Benefit Specialist Corner

Since November is **National Hospice and Palliative Care Month**, we thought we would touch on the differences that exist between types of care. A great deal of confusion remains when it comes to hospice, palliative and home health care, and there's no better time to separate fact from fiction than now. There are distinct differences between the three terms; however, some of them overlap and morph into one another as the patient progresses.

While all of these services may be provided in the home, here is how they differ:

- **Home health services** help a person get better from an illness or injury, regain independence, and become as self-sufficient as possible. Home health care may be *temporarily* covered by Medicare or other insurance after an illness or injury. Otherwise, it may be paid out of pocket or funded by Medicaid.
- **Palliative care** is a form of home health care in which patients face chronic or quality of life-limiting illnesses, and focuses on the relief of symptoms, pain and stress. Patients may receive curative treatments. Most private insurances, as well as Medicare and Medicaid, cover palliative care services in a facility; however this benefit may be limited in home.
- **Hospice** is for patients with a limited life expectancy, usually 6 months or less, who are no longer receiving curative treatments for any terminal illness. The focus of hospice is comfort, not curing. Hospice benefits that a person could receive in home may include some nursing care and medications. These benefits are covered by Medicare, Medicaid, and most private insurance plans; hospice is meant to provide the best quality of life possible for patients whose doctors believe will not live beyond six months.



Turning 65?
Need Medicare?

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

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

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

In The Garden

by Matthew Widman, *The MemoryCare Plays Anthology*
a one act play about memory loss



Arthur Monsetin's adult children have come together to decide a course of action for their beloved father who is struggling with Alzheimer's disease. Long ingrained familial tensions come to the surface as Peter, Karen and Jamie wrestle with how best to treasure their father as they also come to terms with his limitations.



JOIN US! A FREE VIRTUAL EVENT!

November 9, 2021 • 3-5pm
reservations required, attendance is limited

Reserve tickets at:

<https://waukeshacounty-garden2021.eventbrite.com/>

Hosted by the ADRC of Waukesha County

Thank You To Our Sponsors!



Waukesha County Residents: Need help comparing 2022 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2021

Please complete the form below or online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>

Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you **or** attend a workshop to receive your plan comparisons.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

Please check if you have a current drug plan _____ or advantage plan _____

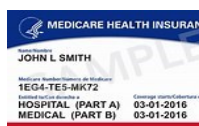
Name of current drug or advantage plan _____

Medicare Part A start date _____

Medicare Part B start date _____

Pharmacy _____

Preferences _____



How do you want to receive your plan comparisons?

(Please check one)

- Mailed
- Workshop

Attend Workshop at ADRC

- Wed 10/27 2-3p
- Mon 11/15 10-11a
- Wed 12/1 11a-12p
- Wed 12/1 2-3p

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

I have requested the Elder Benefit Specialist’s (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2021.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client’s information without the client’s permission unless providing this information for the purpose of accomplishing the client’s goals.

Beneficiary signature: _____ Date: _____



Elder Benefit Specialist Program

Return form: ADRC, 514 Riverview Ave, Waukesha 53188

adrc@waukeshacounty.gov fax: (262) 896-8273

Call (262) 548-7848 with questions

Save money and get the best coverage!

It's worth taking the time to compare!

MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

Elder Benefit Specialists are certified Medicare counselors who can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you find your best option
- Help you avoid high-pressure sales tactics

To request assistance, call:

Aging & Disability Resource Center of
Waukesha County at: 262-548-7848



Check out our updated website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

November is

Epilepsy Awareness Month

What Is Epilepsy?

Epilepsy is a neurological condition that affects the nervous system. Epilepsy is also known as a seizure disorder. It is usually diagnosed after a person has had at least two seizures (or after one seizure with a high risk for more) that were not caused by some known medical condition.

What Are Seizures?

Seizures seen in epilepsy are caused by disturbances in the electrical activity of the brain. The seizures in epilepsy may be related to a brain injury, genetics, immune, brain structure or metabolic cause, but most of the time the cause is unknown.

There are 3 major groups of seizures.

- **Generalized Onset Seizures:** These seizures affect both sides of the brain or groups of cells on both sides of the brain at the same time. This term was used before and still includes seizure types like tonic-clonic, absence, or atonic to name a few.
- **Focal Onset Seizures:** The term focal is used instead of partial to be more accurate when talking about where seizures begin. Focal seizures can start in one area or group of cells in one side of the brain.
- **Focal Onset Aware Seizures:** When a person is awake and aware during a seizure, it's called a focal aware seizure. This used to be called a simple partial seizure.
- **Focal Onset Impaired Awareness:** When a person is confused or their awareness is affected in some way during a focal seizure, it's called a focal impaired awareness seizure. This used to be called a complex partial seizure.
- **Unknown Onset Seizures:** When the beginning of a seizure is not known, it's now called an unknown onset seizure. A seizure could also be called an unknown onset if it's not witnessed or seen by anyone, for example when seizures happen at night or in a person who lives alone.

Facts About Epilepsy And Seizures

- 65 Million: Number of people around the world who have epilepsy.
- 3.4 Million: Number of people in the United States who have epilepsy.
- 1 in 26 people in the United States will develop epilepsy at some point in their lifetime.
- Between 4 and 10 out of 1,000: Number of people on earth who live with active seizures at any one time.
- 150,000: Number of new cases of epilepsy in the United States each year
- One-third: Number of people with epilepsy who live with uncontrollable seizures because existing medications do not work for them.
- 6 out of 10: Number of people with epilepsy where the cause is unknown.

Sources: <https://www.epilepsy.com/learn/types-seizures> & <https://www.epilepsy.com/learn/about-epilepsy-basics>



NOTICE OF PUBLIC HEARING

The Aging and Disability Resource Center of Waukesha County, a division of the Waukesha County Department of Health and Human Services, will hold a public hearing on the 2022 application for the ADRC's Specialized Transportation program.

The hearing will commence on Monday, November 29, 2021 at 2:00 pm, in room 114 at the Waukesha County Health and Human Services Building, located at 514 Riverview Ave, Waukesha, 53188..

The purpose of the public hearing is to receive comment from interested persons on Waukesha County's 2022 program and application for a state grant under the Specialized Transportation Assistance Program for Counties – Section 85.21 Wisconsin Statutes.

Thanksgiving Word Search

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

See how many of these words you can find in the puzzle.

The words can be forward, backward or diagonal.

**Thanksgiving
Holiday
Family
Friends**

**Thankful
Food
Turkey
Table**

**Stuffing
Salad
Bread
Potatoes**

**Pumpkin
Pie
Vegetables**



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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