

# Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call**

**IMPACT 2-1-1**

**211, or toll free**

**1-866-211-3380**

**National Alliance on Mental Illness of Waukesha County (NAMI)**

262-524-8886

**Veteran's Services**

262-548-7732

**Moraine Lakes Consortium**

888-446-1239

**Alzheimer's Association**

800-272-3900

(24/7Helpline)

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

## Inside this Issue:

- ◇ Blood Donor Month
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- ◇ Safe Snow Removal Tips
- ◇ Hot Chocolate Day
- ◇ Waukesha County Crisis Intervention Services



## Permanent Medication Drop Boxes Available in Waukesha County

Gone are the days in which you need to wait for specific times/places for medication take-back events. Instead, most Wisconsin counties have multiple permanent medication drop boxes where you can safely dispose of unused and unwanted medications year-round. Proper disposal is important so medications don't get misused by others or contaminate the water supply.

Before visiting a permanent drug drop box, you should do the following:

- Review the medication packaging to see if it offers specific disposal instructions.
- Remove all personal information from the medication packaging. If this is not possible, use a dark marker to cover up your personal information.

**The following prescription and over-the-counter medications ARE accepted:**

- Capsules
- Creams
- Inhalers
- Non-aerosol sprays
- Ointments
- Pills
- Patches
- Vials
- Liquids in their original container
- Pet medications
- Vape pens and other e-cigarette devices with the batteries removed

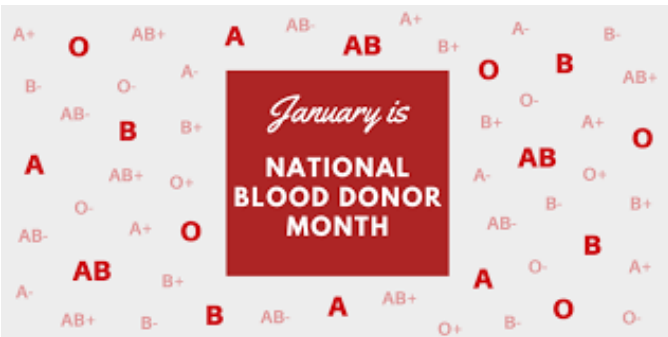
**The following items are NOT accepted:**

- Aerosol cans
- Anything containing blood or a bodily fluid
- Household hazardous waste (paint, pesticides, oil, gas)
- Illegal drugs
- Iodine containing medications
- Mercury thermometers
- Personal care products (shampoo, soaps, lotions, sunscreens, etc.)
- Sharps/syringes

For more information and to find your county's drop box locations, visit:

[www.dhs.wisconsin.gov/opioids/permanent-drug-drop-boxes.htm](http://www.dhs.wisconsin.gov/opioids/permanent-drug-drop-boxes.htm)





**January is National Blood Donor Month**, a time to celebrate the lifesaving impact of blood and platelet donors. It has been celebrated each January for nearly 50 years and coincides with one of the most difficult times to maintain a sufficient blood supply for patients. January can be a difficult time for blood banks. Some experts suggest that a patient needs a blood transfusion every 10 minutes. Between the holidays, bad weather, and cold and flu season, donations tend to slow down over the winter months. And those needs do not diminish

during disasters or pandemics. The Mayo Clinic Blood Donor Center website indicates that with a near constant demand, they need about 100 donors per day just to maintain the blood supply.

Keeping the inventories stocked isn't the only challenge blood banks are facing. There are some patients with certain blood types who are best matched by donors from the same ethnic background. Through their national inventory system, the Red Cross has the ability to move blood around the country to wherever and whenever it is needed most. With the help of volunteer donors, blood banks stand ready to provide blood and blood products as needed in response to these ongoing emergencies both large and small. All blood types are needed to ensure a reliable supply for patients.

A blood donor card or driver's license or two other forms of identification are typically required. Additional eligibility criteria could require that individuals are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds, and are in generally good health.

The chart below contains the Waukesha area blood drives established by the time of print. More up to date information can be found by visiting: <https://www.redcrossblood.org/give.html/drive-results?city=Waukesha&dt=WB:PL:DR:PM&ed=01%2F31%2F2022&order=DATE&range=10&sd=01%2F01%2F2022&state=WI&zipSponsor=>. Donors are encouraged to schedule an appointment prior to arriving at the drive and are required to wear a face covering or mask while at the drive, in alignment with Centers for Disease Control and Prevention public guidance.

|                       |  |                  |
|-----------------------|--|------------------|
| Tuesday, January 4th  | Burn Boot Camp<br>721 Meadowbrook Rd,<br>Waukesha, WI 53188                | 11:00 am—3:00 pm |
| Friday, January 7th   | Humane Animal Welfare Society<br>701 Northview Road<br>Waukesha, WI        | 10:00 am—3:00 pm |
| Saturday, January 8th | Waukesha South High School<br>401 E Roberta Avenue<br>Waukesha, WI 53186   | 8:00 am—12:30 pm |
| Friday, January 28th  | Montessori School of Waukesha<br>601 N University Dr<br>Waukesha, WI 53188 | 12:00 pm— 5:00pm |

sources:

<https://www.redcross.org/local/south-carolina/about-us/news-and-events/news/january-is-national-blood-donor-month--donors-needed.html>

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-constant-need-for-blood-donations/>



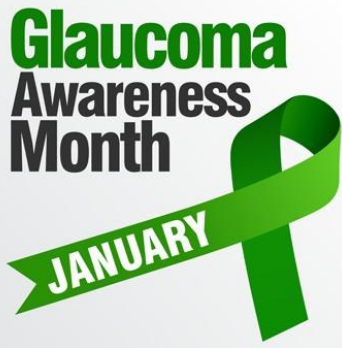
Dear Ina,  
I've recently noticed that a lot of people my age are being diagnosed with different vision issues. Is there anything I need to know about glaucoma? Is it preventable? My vision is so important to my life and I want to do everything I can to protect it.  
Sincerely,  
Cornelius Pupil



Dear Cornelius,  
More than 3 million people in the U.S. have glaucoma, and some have no idea they have it. Glaucoma is a group of diseases that can cause permanent vision loss and blindness. If you get a glaucoma test and find treatment early, you can protect your eyes from serious vision loss.

January is glaucoma awareness month, and it's the perfect time to check and see if you're at high risk. You're at high risk for glaucoma if one or more of these apply to you:

- You have diabetes
- You have a family history of glaucoma
- You're African American and 50 or older
- You're Hispanic and 65 or older



Medicare covers a glaucoma screening once every 12 months if you're at high risk. Talk to your doctor or eye doctor for more information about scheduling a glaucoma test. To learn more check out these helpful resources.

- What Medicare covers: [www.medicare.gov/coverage/glaucoma-tests](http://www.medicare.gov/coverage/glaucoma-tests)
- Learn More About Glaucoma: [www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma](http://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma)
- Medicare & You Video: [www.youtube.com/watch?v=2wdNtp\\_suhQ&list=PLaV7m2-zFKpit7jXQYFjy6fZ9qstPlxJ&index=23](http://www.youtube.com/watch?v=2wdNtp_suhQ&list=PLaV7m2-zFKpit7jXQYFjy6fZ9qstPlxJ&index=23)

# WE'RE ON FACEBOOK!

Looking to stay up to date on everything going on at the ADRC?

Like our page on Facebook to get all the latest information!

While on Facebook, search for

“Aging & Disability Resource Center of Waukesha County”

or find us at [www.facebook.com/ADRCWC](http://www.facebook.com/ADRCWC)

And don't forget to tell your friends and invite them to LIKE us too!



# January 11<sup>th</sup> 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.**





## How Technology Can Help Seniors Beat Loneliness and Isolation

In March, Sonja Bauman, 39, used an online platform called *Papa*, which offers “family on demand,” to meet Mariela Florez, an 83-year-old retiree. Despite living with her adult children, Mariela was bored and lonely when they left for work. Her recovery from a stroke and a broken hip were going slowly. Sonja began visiting twice per week; they take walks, strengthening Mariela’s hip, and play games like Connect

Four for mental stimulation. “It’s very important for me so I don’t feel lonely all day long,” said Mariela. Her memories, blurred by the stroke, are gradually returning.

*Papa* is one of a growing number of tech approaches to the problem of societal isolation among seniors, which has been exacerbated by the pandemic. Some of these services focus especially on deepening social connections between the generations - relationships that support the health of older and younger people alike. “I enjoy seeing Mariela as much as she enjoys seeing me,” Sonja said. Telehealth expert Andrew Parker founded *Papa* in 2017 to improve the health outcomes of older adults and families. Seniors can meet people - some their grandkids’ age - for healthy activities, while working parents find retirees to watch their children.

Other platforms aim for similar, individualized connections. *Generation Tech* unites teens with seniors for technology training. And *Mon Ami* has an app that connects isolated older people with college-age volunteers. Several new sites match users for real-time video chatting on various topics, while other video platforms focus on intergenerational connections. “We’ve evolved into a community of older adults who want to give back to the world,” said Dana Griffin, CEO of *Eldera*, a site for video conversations between children and mentors age 60 and up.

S. Jay Olshansky, a gerontology professor at the University of Illinois-Chicago, recalls the first time he saw Hyunseung Lee, an 11-year-old from Seoul, Korea, through his computer screen. Hyunseung was shy, but S. Jay, 67, encouraged him to ask questions, and as it turned out, Hyunseung was eager for this type of interaction. They connected through *Eldera*, the platform that pairs mentors and mentees, using an algorithm. “The time and wisdom of older adults is the most important natural resource we can give future generations,” said Dana Griffin, the CEO. “Connecting through a screen is the opposite of social media.” Since *Eldera*’s inception last year, the number of mentors has grown exponentially. Even so, the waitlist for mentors typically numbers 200 kids.

Interestingly, users often bring the benefits of their video interactions to their real-world relationships. S. Jay views Hyunseung as an older version of his grandkids. “*Eldera* teaches me how to interact with them.” Hyunseung, with his newfound confidence, began instructing his classmates in math. Dana Griffin noted that a group of *Eldera* mentors in Memphis, who met initially on *Eldera*, now take walks together in-person to trade ideas for helping each other’s *Eldera* kids solve problems in their schools and communities.

During pandemic isolation, record numbers of people bought devices for virtual and augmented reality (VR). Such gadgets can convince users that they’re hanging out with friends, even if they’re in another hemisphere. Lifelike simulations from miles away could be especially useful for meaningful interactions between people of different generations since they’re often geographically segregated. VR’s benefits require further study, but users report less social isolation and depression, according to MIT research.

Dana Pierce, a 56-year-old government employee in Indiana, got a VR headset in May 2021. After many virtual group tours of exotic destinations, she has no regrets. Her adventures occur on *Alcove*, a virtual reality app created by AARP’s Innovation Labs. The app was shaped with the input from people over age 50 to tailor it to their interests. Tagging along with Dana on her travel excursions are avatars representing real people around the world. She’s gotten to know VR users in their 70s, 80s, and 90s, as well as individuals much younger than her. Dana uses her VR headset on most days, and it helps her manage real-world stressors, more than escaping them. After a long workday, she visits her back porch on *Alcove*, which overlooks a pond. “It’s my little retreat,” she said. “VR improves my mood. It’s added a lot to my life.”

Karen Fingerman, a psychologist and director of the Texas Aging and Longevity Center at the University of Texas-Austin, supports the idea of VR for social connection. Hospitals and assisted-living facilities are using products such as Penumbra’s *REAL I-Series* and *MyndVR* to bring VR excursions to isolated patients and seniors. Gita Barry, Penumbra’s executive vice president, said, “If you’re in a bed or facility, this gives you something to talk about.”

From Washington Post article by Matt Fuchs, December 3, 2021: <https://www.washingtonpost.com/lifestyle/2021/12/03/seniors-loneliness-solutions-technology-virtual-reality/>

The Aging and Disability Resource Center Presents

# Savvy Caregiver Training

*Increase Your Confidence, Knowledge, & Skills*



***Are you caring for someone with Alzheimer's disease or another form of progressive dementia?***

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



**March 29th - May 3rd, 2022**

6 Tuesdays, 2:00-4:00 p.m.

Please register by calling  
Jennifer Harders at the  
Aging & Disability Resource Center  
262-548-7650

**Location:**

**Aging & Disability Resource Center  
514 Riverview Avenue, Room 112  
Waukesha, WI 53188**

Presented by

**Jennifer Harders**

**Dementia Care Specialist**

***Free event***

For more information call the  
ADRC at (262) 548-7650

[jharders@waukeshacounty.gov](mailto:jharders@waukeshacounty.gov)

# Prepare for 3G Network Shutdowns in 2022



If you have an older mobile phone, you may need to upgrade it soon. Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones, this may affect some medical devices, tablets, smartwatches, home security systems, and other products that use 3G network services. The 3G network retirement is being done in order to free up infrastructure to support new technology, like 5G.

For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company. AT&T announced that it will shut down its 3G network by February 2022. Verizon plans to shut down its 3G network by December 31, 2022. T-Mobile will shut down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. The company also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022. Other mobile providers will be affected, too. Many carriers, like Cricket, Boost, and several Lifeline mobile service providers use AT&T's, Verizon's, and T-Mobile's networks.

It's important to plan ahead so that you don't lose the ability to use your phone or other devices. Some providers' websites have lists of devices that will no longer be supported after 3G networks are shut down. You can also check your phone or other device's settings or user manual to determine whether it is 4G LTE enabled. If your device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

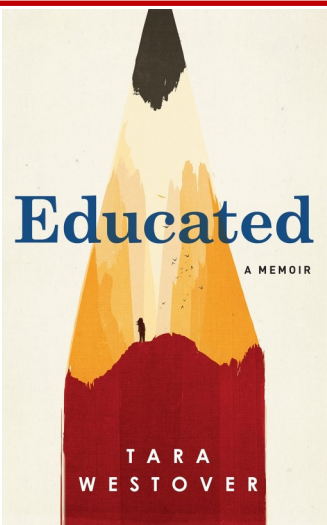
Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. You can learn more about the Lifeline Program here: <https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>. The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. You can learn more about the Emergency Broadband Benefit Program here: <https://www.fcc.gov/broadbandbenefit>.

## At Your Local Library...

**Shelf Indulgence | Hartland Public Library**

**Thursday, January 20 at 11 am**

The R.A.D. Book Club is getting a facelift! The group is now **Shelf Indulgence** and meets on the 3<sup>rd</sup> Thursday of each month at 11 am. Join on January 20th as the group discuss Educated: A Memoir by Tara Westover. *Kept out of school by her survivalist family, this resilient young woman escapes and eventually earns a PhD from Cambridge... a truly compelling read!*





# 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**

This workshop is an evidence-based program for any adult how has type 2 diabetes, pre-diabetes, or live with someone who does (those who have type 1 diabetes are also welcome). 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 does not replace existing treatments but serves to complement a participant's current medical treatment plan.

**Details:** This workshop will be held in-person at Learning in Retirement of Waukesha County (LIRWC), WCTC - Waukesha Campus, 327 E. Broadway, Waukesha, WI 53186. Sessions will be held on Thursdays, February 10 – March 24 (No class on March 17) from 1:30 – 4:00 pm. Free and open to the public.

**Contact:** Register by contacting the LIRWC office: 262-695-3473 or [lir@wctc.edu](mailto:lir@wctc.edu)

## **Powerful Tools for Caregivers**

There are often physical, emotional, and financial challenges that arise when caring for a family member or friend. This workshop helps participants learn to reduce stress and improve communication with the care receiver, medical provider, family members, and others. During this focused six-week workshop, caregivers learn how to develop action plans, solve problems, manage time, and make caregiving transitions including tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

**Details:** This workshop will be held in-person at the Hartland Public Library, 110 East Park Avenue, Hartland, WI 53029. Sessions will be held on Wednesdays, February 16 – March 23rd from 9:30 – 11:00 am. Free and open to the public.

**Contact:** Register by contacting the library reference desk: 262-367-3350

## **A Cup of Health is returning in 2022!**

A collaboration between the ADRC and Public Health divisions, A Cup of Health is a series of health-related presentations held at the Menomonee Falls Senior Center and Elm Grove Public Library. Presentations are one hour in length. Complimentary coffee and tea served. For most presentations, handouts on the topic and a small gift will be available for participants at the end of the session.

**2022 topics include:** Better Sleep, Better Brain Health, Heart Health, and Coping with Stress. Additional details and registration information will be shared in upcoming issues of the ADRC Connection newsletter and on the ADRC website.



## 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 2022 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 31<sup>st</sup> 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.**

**Turning 65?  
Need Medicare?**

### Welcome to Medicare Class

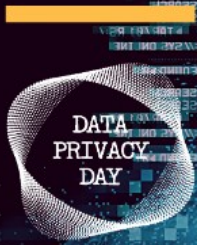
\*NOW OFFERING IN-PERSON CLASSES\*

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/>

JANUARY 28 IS

# DATA PRIVACY DAY



LEARN MORE

[staysafeonline.org/data-privacy-day](https://staysafeonline.org/data-privacy-day)

## Tips for Avoiding Being a Victim of Identity Theft, Fraud, and Cybercrime on Your Phone or Computer:

- Don't reveal personal or financial information in an email, and do not respond to email solicitations for this information. This includes clicking on links sent in email.
- Before sending or entering sensitive information online, check the security of the website.
- Pay attention to the website's URL. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (e.g., .com versus .net).
- If you are unsure whether an email request is legitimate, try to verify it by contacting the company directly. Contact the company using information provided on an account statement, not information provided in an email.
- Keep a clean machine. Keep all software on internet-connected devices – including PCs, smartphones and tablets – up to date to reduce risk of infection from malware.
- Use a long, unique login account name and strong, different passwords for each website you access.

## What to Do if You Are a Victim:

- If you believe your financial accounts may be compromised, contact your financial institution immediately and close the account(s).
- Watch for any unauthorized charges to your account.
- Consider reporting the attack to your local police department, and file a report with

# Snow Removal Safety Tips

As we approach the beginning of this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. During winter, there is always a risk of slipping and falling on ice. It is especially dangerous when that ice is hidden underneath freshly fallen snow. Shoveling heavy snow can also cause back, shoulder, knee and other orthopedic injuries.

Additionally, shoveling or pushing a snow blower can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. These conditions cause the heart to work harder, which can trigger a potentially fatal heart attack.

## **Safety tips to help prevent falls & orthopedic injuries:**

- See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip resistant soles. Watch for black ice and ice under freshly fallen snow, and “walk like a penguin” until you are sure that the surface where you are walking is not icy.
- Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the handle to increase your leverage.
- Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.
- When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine.
- Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

## **Safety tips to help prevent heart attacks:**

- Check with your doctor. Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.
- Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Cover your mouth to help prevent breathing cold air. Take a break if you feel yourself getting too hot or too cold.
- Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place.
- Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration.
- Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart.
- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.
- Do not drink alcohol before or immediately after shoveling. Alcohol can increase a person's sensation of warmth and may cause you to underestimate the extra strain your body is under in the cold.
- Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in your chest, neck, arms or back. If you think you are having a heart attack, call 911.

## **Safety tips for using a snowblower:**

- Read the instruction manual. Prior to using a snow blower, read the instruction manual for specific safety hazards, unfamiliar features, and whenever attempting to repair or maintain the snow blower.
- Do not leave the snow blower unattended when it is running. Shut off the engine if you must walk away from the machine.
- Watch the snow blower cord. If you are operating an electric snow blower, be aware of where the power cord is at all times, so you do not trip and fall.
- Add fuel before starting the snow blower. Never add fuel when the engine is running or hot. Do not operate the machine in an enclosed area.
- Never stick your hands or feet in the snow blower. If snow becomes too impacted, stop the engine and wait at least five seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.





# January 31 is National Hot Chocolate Day!

Few beverages are as deep-rooted in culture of Americans' collective childhood quite like hot chocolate. This drink reminds us of raining days, skiing, sledding, or even a quiet day watching the snow fall. It's thick, silky, toasty, and usually smothered in whipped cream—no other drink brings warmth to our lives and tastebuds quite like hot chocolate. Cozy up with your favorite mug because on January 31, we celebrate National Hot Chocolate Day, a day devoted to our favorite chocolate beverage.



## National Hot Chocolate Day Timeline

- **500 BC - Hot and Spicy Chocolate:** The Ancient Mayans drank chocolate made from crushed cocoa seeds mixed in water and chili peppers.
- **1500s - Chocolate gets Wanderlust:** Explorer Cortez carried cocoa beans and tools for making hot chocolate with him to Europe.
- **1876 - Milk Chocolate:** Swiss Chocolatier Daniel Peter created the first milk chocolate by combining powdered milk with chocolate.
- **1961- Swiss Miss:** Popular hot chocolate manufacturer Swiss Miss started selling its first powdered hot chocolate that could be mixed with water instead of milk.

### *Did you know?*

Chocolate contains many vitamins, minerals, antioxidants, and biochemical compounds all of which help give our body a satisfying health boost. Hot chocolate even increases the microcirculation in your skin. Additionally, when we drink hot chocolate, its' chemical compounds signal the brain to release endorphins and serotonin, which elicit our feelings of calmness. These neurotransmitters work to reduce pain and stress, keeping us worry-free and happy! Who knew a hot chocolate obsession could be so good for our health?

## **Evers Declared December 15th Loneliness and Social Isolation Awareness Day**

Loneliness and social isolation are on the rise in Wisconsin and across the United States, exacerbated by the COVID-19 pandemic. While people of all ages, backgrounds, and abilities can experience loneliness and social isolation, older adults and people with disabilities are uniquely susceptible which puts them at risk for significant health problems. Governor Evers recently declared December 15, 2021, Loneliness and Social Isolation Awareness Day in Wisconsin to bring attention to the growing challenges and new initiatives to support people in Wisconsin communities.

In the U.S., 40% of people who have a disability and 43% of people age 65 or older say they feel lonely some or all of the time. According to a 2020 AARP Foundation report, two-thirds of adults in the U.S. are experiencing social isolation, with 66% reporting that their anxiety levels have increased during the pandemic. Given the scope of the problem, researchers, agencies and organizations throughout the state have joined forces to form the Wisconsin Coalition to End Social Isolation and Loneliness (WCESIL) to address the challenges and find community-based solutions.

While there are inherent challenges in finding and supporting lonely and isolated older adults and people with disabilities, there is also strong interest in finding community-based solutions. As a start, the group encourages people to reach out to those who are isolated and may be lonely, not just during the holidays but throughout the year. Taking a moment to call, video chat or visit can make a big difference in the life of someone who lacks meaningful connections.

January 4th is.....

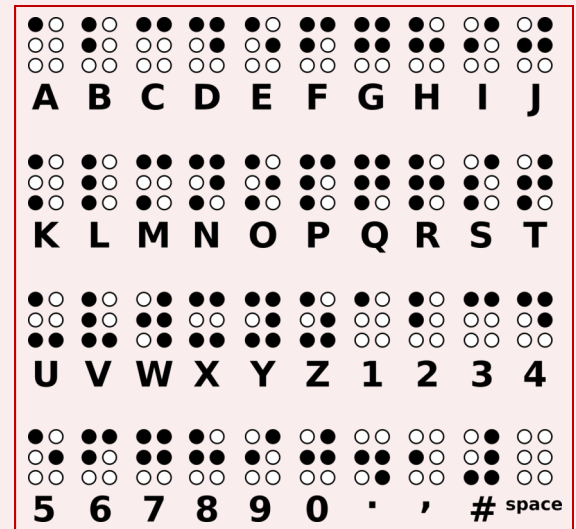
# World Braille Day

In November of 2018 the General Assembly of the United Nations proclaimed January 4th as World Braille Day, recognizing that the full realization of human rights and fundamental freedoms relies on an inclusive written promotion.

Braille is a tactile representation consisting of arrangements of dots which make up letters of the alphabet, numbers, and punctuation marks. The Braille system even accounts for musical, mathematical, and scientific symbols. The basic Braille symbol, called the Braille cell, consists of six dots arranged in the formation of a rectangle, three dots high and two across (see image, right). Braille is written on heavy paper, and the raised dots prevent the pages from lying smoothly together as they would in a print book. Therefore, Braille books are quite bulky. Braille is used by blind and partially sighted people to read the same books and periodicals as those printed in a visual font.

Braille was first developed in the late 1820's by a young Frenchman named Louis Braille. He created Braille by modifying a system of night writing which was intended for military use. He did this work as a very young man and had it complete by the time he was eighteen. He and his friends at the school for the blind found that reading and writing dots was much faster than reading raised print letters, which could not be written by hand at all. The development of this system by young Louis Braille is now recognized as the most important single development in making it possible for the blind to get a good education.

It took more than a century, however, before people would accept Braille as an excellent way for the blind to read and write. Even today many people underestimate the effectiveness of Braille. While tapes and records are enjoyable, Braille is essential for note-taking and helpful for studying such things as math, spelling, and foreign languages.



Eye conditions are remarkably common. The World Health Organization estimates that globally, at least 1 billion people have a near or distance vision impairment that could have been prevented or has yet to be addressed. Persons with vision impairment are more likely than those without to experience higher rates of poverty and disadvantage. Not meeting their needs, or fulfilling their rights, has wide-reaching consequences: vision loss often represents a lifetime of inequality, poorer health, and barriers to education and employment.

Most public libraries have a number of books printed in Braille. Consumers can also subscribe to various magazines in Braille too! Check out how here: <https://www.afb.org/blindness-and-low-vision/braille/resources-teachers-braille/where-get-braille>.

Sources:

<https://www.un.org/en/observances/braille-day> , <https://www.un.org/en/observances/braille-day/background> , <https://nfb.org/images/nfb/publications/fr/fr15/issue1/f150113.html>

# Medicare Presentations in your Area

*These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2<sup>nd</sup> Wednesday of each month from 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm*

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

North Lake Public Library - Thursday, February 17 at 1:00pm

Butler Public Library - Monday, February 21 at 1:00pm

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

Menomonee Falls Public Library - Monday, March 14 at 2:00pm

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

Elm Grove Public Library - Wednesday, March 30 at 1:00pm

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

Pewaukee Public Library - Tuesday, April 12 at 1:00pm



LOCAL HELP FOR PEOPLE WITH MEDICARE

## 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>



## 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>



# Fiber-full Meals

Fiber is very important for good nutrition, keeping your digestive system healthy, controlling your blood sugar and cholesterol, and reducing risk for chronic disease. It is recommended we consume 25-35 grams fiber per day. Most people do not consume this amount.
















515 W Moreland Blvd.  
 Administration Center Rm G22, Waukesha WI 53188  
 Phone: 262-548-7877  
 Para más información español comuníquese con 262-548-7882  
[waukesha.extension.wisc.edu](http://waukesha.extension.wisc.edu)

## 5 Ways to Boost your Fiber Intake:

1. Eat more dried beans, lentils, and split peas
2. Include more vegetables and fruits in meals, being sure to eat the skin
3. Enjoy 100% whole grain breads, cereals, and other whole grains such as oatmeal and quinoa
4. Snack on dried fruit, popcorn, whole grain crackers, nuts and seeds, or fresh veggies and fruit
5. Eat whole fruits and vegetables instead of drinking juice.

## Build a Better Breakfast! Which of these meals has the most fiber?

(answer key below)

| Breakfast 1   | Breakfast 2  | Breakfast 3  |
|---|--|--|
| <p><b>1 small blueberry muffin</b></p>  <p><b>3 links breakfast sausage</b></p>  <p><b>1 fried egg</b></p>  <p><b>1 cup 100% orange juice</b></p>  | <p><b>1 c. oatmeal w/ brown sugar</b></p>  <p><b>½ cup raspberries</b></p>  <p><b>Handful of almonds</b></p>  <p><b>1 cup coffee</b></p>  | <p><b>2 scrambled eggs</b></p>  <p><b>1 slice whole grain toast</b></p>  <p><b>½ cup sliced pears</b></p>  <p><b>1 cup tea</b></p>  |

Answer: **Breakfast 2** has the most, at 12g fiber; **Breakfast 3** has 6 g fiber; **Breakfast 1** has 1 g fiber. Remember that fiber is found in plants (meat, dairy, and eggs have no fiber). Raspberries get the fiber gold star, at a whopping 8 grams fiber per cup!

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND MEALS ON WHEELS MENU **JANUARY 2022**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>3</b>   | <b>4</b>   | <b>5</b>  | <b>6</b>  | <b>7</b>  |
| <b>NEW YEAR'S OBSERVED<br/>PROGRAM CLOSED</b>  | Soft Beef Taco<br>Tom/Lett/Cheese<br><b>Carrot Coins</b> <br>Refried beans<br>Seasonal fresh fruit<br>Churro<br>Alt: Fruited Yogurt | Curried Chicken Salad<br>Tomato / Onion Salad<br>Mandarin Oranges<br>Whole Wheat Roll w/ butter   | Meatloaf with Gravy<br>Mashed Potatoes with Gravy<br>Orange Glazed <b>Carrots</b><br>Cook's Choice Fruit<br>Whole Wheat Dinner Roll w/ butter  | Creamy Chicken & Broccoli over Brown Rice<br>Peas and carrots<br>Applesauce<br>Whole Wheat Bread w/ butter<br>Chocolate Pudding<br>Alt: Sugar Free Pudding  |
| <b>10</b>  | <b>11</b>  | <b>12</b>   | <b>13</b>   | <b>14</b>   |
| Lemon Pepper Chicken<br>Mashed Red Skin Potatoes<br>Cook's Choice Veg<br>Dinner Roll w/ butter<br>Peaches<br>Sugar Cookie<br>Alt: Fruited Yogurt   | Whole Wheat Spaghetti with Italian Sausage<br>Seasoned Green Beans<br>Romaine Salad w/ Drsg<br>Garlic Bread<br>Fresh Banana<br>Rice Krispies Treat<br>Alt. Fresh Fruit   | <b>Cabin Fever Day</b><br>BBQ Pulled Pork on Bun<br>Creamy Coleslaw<br>Baked Beans<br>Fresh Fruit<br>Brownie  | Chicken Stroganoff<br>Parsley Buttered Noodles<br>Sweet Green Peas<br>Creamy Cucumber Salad<br>7-grain Bread / butter<br>Pears  | Scalloped Potatoes with Diced Ham<br>Buttered Sweet Corn<br>Dinner Roll w/Butter<br>Cook's Choice Fruit<br>Frosted Chocolate Cake<br>Alt. Sugar Free Cookie |
| <b>17</b>  | <b>18</b>  | <b>19</b>   | <b>20</b>   | <b>21</b>   |
| Green Pepper Casserole<br>Whole Baby Carrots<br>Garlic Bread Stick<br>Banana<br>Chef's Choice Cookie <br>Alt: Fresh Fruit | Peachy Pork Roast<br>Mashed Potatoes Gravy<br>Sliced Beets<br>Tomato / Onion Salad<br>Wheat Bread w/butter<br>Diced Peaches<br>Butterscotch Pudding<br>Alt. Sugar Free Pudding                                       | Cream of Broccoli Soup<br>Saltine Crackers<br>Sloppy Joe on Wheat Hamburger Roll<br>Dilled Carrot Coins<br>Kitchen's Choice Fruit<br>Rice Krispies Treat<br>Alt: Fruited Yogurt | Crab Pasta Salad<br>Tossed Salad w/ Italian Dressing<br>Wheat Roll w/ butter<br>Pears<br>Chocolate Muffin<br>Alt. Fresh Fruit   | Tuna Casserole w/ Peas and Carrots<br>Stewed Tomatoes<br>Wheat Dinner Roll w/ Butter<br>Pineapple<br>Cook's Choice Cookie<br>Alt. Sugar Free Cookie         |
| <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b>   | <b>28</b>   |
| <b>National Pie Day (Sunday)</b><br>Shepard's Pie<br>Steamed Spinach<br>Dinner Roll/Butter<br>Sliced Pears<br>Chefs Choice Pie<br>Alt: Fresh Fruit   | Polish Sausage<br>Ketchup & Mustard<br>Baby Bakers w/ butter<br>German Red Cabbage<br>Rye Bread / butter<br>Fresh Orange<br>Oatmeal Raisin Cookie<br>Alt: Raisins  | Oven Roasted Pork<br>Sweet Potatoes<br>Butter pkt<br>Green Beans<br>Fresh Apple<br>Whole Wheat Bread<br>Vanilla Pudding<br>Alt. Sugar Free Pudding                              | Chicken Marsala over Whole Grain Pasta<br>Winter Veg Blend<br>Dilled Carrots<br>Italian Bread w/ butter<br>Watermelon   | Mild Sausage<br>Jambalaya<br>Red Beans and Rice<br>Creole Wax Beans<br>Dinner Roll w/ butter<br>Kitchen's Choice Fruit<br>Dessert Bar<br>Alt: Fresh Fruit   |
| <b>31</b>  |  |   |   |   |
| Oven Baked Ham<br>Au Gratin Potatoes<br>Baked Beans<br>Dinner Roll w/Butter<br>Grapes<br>Frosted Cake<br>Alt. Banana   | <b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE;<br/>1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE</b>   |   |   |   |

# January Word Snake Puzzle

A word snake is a variation on the classic Word Search. Instead of being spelled out in a straight line on the grid, words are arranged in winding paths, with each new letter adjacent to the last either horizontally or vertically. Using a pencil, find the words in the grid. From each letter you can continue the path up, down, left or right - diagonal moves are not used. Every letter in the grid is used in exactly one answer word - answers do not overlap and there should be no letters left unused at the end of the puzzle.

See if you can find all the Winter– related words, starting with the word **January** (hint– the next word starts with an ‘S’) and ending with **Gloves**. Each new word is Bolded. Answer Key is below!

|          |          |   |          |          |   |          |          |
|----------|----------|---|----------|----------|---|----------|----------|
| J        | U        | A | I        | Z        | Z | A        | R        |
| A        | N        | R | L        | O        | O | <b>B</b> | D        |
| N        | <b>S</b> | Y | <b>B</b> | T        | I | C        | I        |
| O        | T        | E | R        | S        | L | L        | C        |
| W        | N        | A | C        | <b>S</b> | E | E        | <b>F</b> |
| F        | I        | R | H        | O        | V | O        | R        |
| L        | <b>W</b> | F | <b>S</b> | U        | M | S        | T        |
| A        | Y        | L | L        | F        | R | A        | <b>E</b> |
| K        | T        | E | I        | F        | D | <b>G</b> | L        |
| E        | T        | N | H        | S        | E | V        | O        |
| <b>M</b> | I        | S | <b>C</b> | <b>S</b> | L | E        | <b>S</b> |

January, Snowflake, Mittens, Chilly, Winter, Blizzard, Boots, Scarf, Shovel, Iccle, Frost, Earmuffs, Sled, Gloves





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)

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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)

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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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