

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

**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

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October 2022

The ADRC Connection

October is Down Syndrome Awareness Month

Down syndrome is one of the most common types of intellectual disabilities. So it is no surprise that each year in October we recognize Down Syndrome Awareness Month to raise public awareness about the condition, and advocate for acceptance and inclusion of people with Down syndrome.

People with Down syndrome may face stereotypes and myths, however, they have shown time and again that the condition is just one part of who they are and does not define them or limit their abilities. That is why it is so important that during Down Syndrome Awareness Month and all year long, we help spread the message of love, acceptance, inclusion, and respect.

What is Down Syndrome?

Down syndrome is a condition in which a person is born with an extra chromosome, the packets of genes that determine how our bodies form and function. A baby is typically born with 46 chromosomes, but a baby with Down syndrome has an extra copy or part of a copy of one of those chromosomes, chromosome 21. More than 400,000 Americans are currently living with Down Syndrome and more than 6,000 babies are born with the diagnosis every year. Some common physical and cognitive symptoms of Down Syndrome include:

- A flattened facial profile
- Short neck, with excess skin at the back of the neck
- Small head, ears, and mouth
- Decreased muscle tone or loose joints
- Short attention span
- Impulsive behavior
- Slow learning
- Delayed language and speech development

Why We Celebrate Down Syndrome Month

October was first designated as Down Syndrome Awareness Month in the 1980s and has been recognized every October since. It is a time to celebrate people with Down syndrome and make others aware of their abilities and accomplishments.

People with Down syndrome are just like everyone else. They have similar dreams and goals, and they want to have successful careers and families. They can drive, go to work, go to college, go on dates, get married, and contribute to society.

Learn more from the National
Down Syndrome Society at:

<https://ndss.org/>



Inflation Reduction Act

Congress recently passed the Inflation Reduction Act of 2022 (IRA). A major component of the IRA is the reforms made to the Medicare Part D program.

Highlights of the IRA's changes include the following:

Extra Help/LIS

- In 2024, the income limits for Medicare Part D "Extra Help" (also known as the low-income subsidy (LIS)) will be raised to 150% FPL (Federal Poverty Level). This will eliminate the partial subsidy level entirely. However, full subsidy asset limits will now apply to all beneficiaries.

Out-of-Pocket Costs

- In 2023, insulin costs for people with Medicare will be capped at \$35 per month with no deductible.
- In 2024, cost sharing will be eliminated in the Part D catastrophic phase, effectively capping out-of-pocket costs at the catastrophic threshold.
- In 2025, a new monthly cost-sharing cap policy will allow people to choose to spread their out-of-pocket costs throughout the year. This option will also be available to people with Extra Help/LIS.

Vaccines

- In 2023, Medicare will cover all recommended vaccines with no cost-sharing for beneficiaries. Specifically, the IRA aligns vaccine coverage under Part B and Part D and eliminates cost sharing and deductibles for vaccines such as shingles, covered under Part D,
- The IRA also improves access to vaccines for adults with Medicaid by requiring coverage of all recommended vaccines, including administration, with no cost sharing and enhancing federal reimbursement to states.

Drug Prices Lowered

- Medicare is now required to negotiate the prices of certain high-cost prescription drugs covered under either Part D or Part B.
- In 2023, the IRA also requires prescription drug manufacturers to pay rebates to the government if they raise the price of a drug covered by either Part D or Part B above the inflation rate. This inflationary rebate rule is similar to existing rebates in the Medicaid program and its aim is to discourage pharmaceutical companies from making large price hikes.

ACA Marketplace Tax Credits

- The IRA extends the enhanced premium tax credits for Affordable Care Act Marketplace coverage for three years (through 2025), which will help older adults not yet eligible for Medicare.

For more information, visit: justiceinaging.org

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 2nd Wed of each month 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 Parks & Rec - Tuesday, October 4 at 10:00am

Elm Grove Public Library - Wednesday, October 5 at 1:00pm

Mukwonago Public Library - Thursday, October 13 at 2:00pm

Brookfield Public Library - Tuesday, October 18 at 2:00pm

New Berlin Public Library - Wednesday, October 19 at 5:00pm

Pewaukee Public Library - Tuesday, October 25 at 1:00pm

Menomonee Falls Senior Center - Wednesday, October 26 at 10:00am



Food Safety During a Power Outage

We practice basic safe food handling in our daily lives, but obtaining and storing food safely becomes more challenging during a power outage.

Follow these steps to **PREPARE** for a possible weather emergency resulting in a power outage:

- Keep an appliance thermometer in the refrigerator and freezer. An appliance thermometer will indicate the temperature in the refrigerator and freezer in case of a power outage and help determine the safety of the food.
- Make sure the freezer is at 0 °F (Fahrenheit) or below and the refrigerator is at 40 °F or below.
- Plan ahead and know where dry ice and block ice can be purchased.
- Keep your freezer full. Freeze containers of water for ice to fill empty spaces and to help keep food cold in the freezer, refrigerator, or coolers in the event of a power outage.
- Freeze refrigerated items such as leftovers, milk, fresh meat, and poultry that you may not need immediately. Doing this helps keep them at a safe temperature longer.
- Have coolers on hand to keep refrigerator food cold if the power will be out for more than 4 hours. Purchase or make ice cubes and store in the freezer for use in the refrigerator or in a cooler. Freeze gel packs ahead of time for use in coolers.
- Group food together in the freezer – this helps the food stay cold longer.

Follow these steps **DURING** and **AFTER** a power outage:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- The refrigerator will keep food cold safely for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full and the door remains closed).
- Food may be safely refrozen if it still contains ice crystals or is at 40 °F or below.
- Obtain block ice or dry ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for 2 days.
- If the power has been out for several days, then check the temperature of the freezer with an appliance thermometer or food thermometer. If the food is at 40 °F or below, the food is safe.
- If a thermometer has not been kept in the freezer, then check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.
- Discard refrigerated perishable food such as **meat, poultry, fish, soft cheeses, milk, eggs, leftovers, and deli items after 4 hours without power. NEVER** taste food to determine its safety. **When in Doubt, Throw it Out!**

Additional resources and information about food safety during an emergency:

- USDA Meat and Poultry Hotline: 1-888-MPHotline (1-888-674-6854) Email: MPHotline@usda.gov
- "Ask USDA" a food safety question: <https://ask.usda.gov/s/>
- USDA Food Safety and Inspection Service: www.fsis.usda.gov
- U.S. Food and Drug Administration: www.fda.gov/Food/default.htm
- Centers for Disease Control and Prevention: www.cdc.gov
- Federal Emergency Management Agency: www.fema.gov
- Local chapter of the American Red Cross: <https://www.redcross.org/local/wisconsin/about-us/locations/southeast-chapter.html>

Source: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/keep-your-food-safe-during-emergencies>



Monarchs and Día de Muertos in Mexico

After migrating south over the next few months, you may be asking what is next for these enchanting butterflies? The short answer is that monarchs are arriving at their overwintering grounds in the mountains of central Mexico. While in their overwintering colonies, they will cluster together, coating oyamel fir trees, drinking water, and occasionally nectaring on local flowers. They will remain in Mexico from November to March, and then begin their journey north.

The monarch's arrival in Mexico is a breathtaking phenomenon that also carries strong cultural significance. Like clockwork, migrating monarchs arrive in Mexico the same time of year, every year. Their arrival coincides with Día de Muertos (Day of the Dead), which is observed in Mexican culture between November 1st and 2nd. Día de Muertos is a celebration of the deceased. Families and friends gather at gravesites of their ancestors and loved ones. There, they build them altars with photos, offerings, ornate sugar skulls, bright orange marigolds, and candles. The living then share refreshments and stories to celebrate the lives of their friends and ancestors that have passed. This holiday serves as a way to keep the dead alive in the hearts and memories of the living.

For people in the state of Michoacán and the State of Mexico, monarchs hold a special place in their traditions. Monarchs represent the souls of their ancestors returning to visit them for Día de Muertos. This belief comes from the Purépecha, as well as the Mazahua, two indigenous peoples of the area. The Purépecha have tracked the monarch's return to Mexico for centuries. The arrival of the butterfly, known as la parakata in Purépecha, meant that it was time for the corn harvest. The parakatas were also believed to be the souls of the dead visiting for the night of Día de Muertos. The swaths of captivating monarchs flying overhead have continued to be an important connection between the living and the dead.

Conserving monarchs is important for the preservation of their meaningful cultural ties in Mexico. To help monarchs survive the migration to the overwintering grounds in Mexico, it is extremely important to provide habitat along the way. During their migration, monarchs require significant consumption of nectar to build lipid (energy) reserves that will need to last them through the overwintering period in the oyamel forest. To support migrating monarchs, you can plant flowering plants for them to get nectar from as they fly south. This will help sustain the monarch migration into perpetuity and ensure that people in Michoacán and the State of Mexico can continue to celebrate the return of their deceased loved ones through the annual arrival of monarch butterflies.

To find a list of monarch-friendly flowering plants native to your area, please visit the Xerces Society's Monarch Nectar Plant Guides webpage.

<https://xerces.org/monarchs/monarch-nectar-plant-guides>



Harvest of the Month

OCTOBER

APPLE

HEALTH BENEFITS

- FIBER
- VITAMIN C
- POTASSIUM
- VITAMIN K



LIVE WELL

HISTORY & FUN FACTS

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland. Wisconsin orchards produce over 49 million pounds of apples each year.

Apples were used as symbols of love in ancient Rome and Greece.

Apples are very popular, each person eats around 65 apples per year!



SHOPPING & STORAGE TIPS

Growing apples requires planting more than one variety for pollination. You also need patience because apple trees take four or five years to produce their first fruit!

In Wisconsin, apples are typically ripening and ready to pick in late August through October.

When selecting apples that are already picked, choose firm, shiny, smooth-skinned apples with intact stems. Apples should smell fresh, not musty.







WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU OCTOBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Creamy Mushroom Chicken Breast Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Cantaloupe Chocolate Pudding Alt. Sugar Free Pudding	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Corn, Black Bean and Pepper Salad Dinner Roll w/ butter Grapes	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie	Pork Roast & Gravy Mashed Potatoes and Gravy Sweet & Sour Red Cabbage Apple Juice Rye Dinner Roll butter Black Forest Torte Alt. Fruited Yogurt	Vegetable Lasagna with White Sauce Sweet Green Peas Italian Blend Veg Italian Bread/Butter Tropical Fruit
10	11	12	13	14
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes Baked Beans Diced Peaches	Turkey Burger w/ Provolone / Wheat Bun Ketchup / mustard pkts Cottage Fries Buttered Sweet Corn Pineapple Baker's Choice Cookie Alt: Sugar Free Cookie	Chicken Stroganoff Buttered Noodles Steamed Spinach Tomato Juice Whole Grain Bread w/ butter Mandarin Oranges	Chilled Tuna Salad on Croissant w/ lettuce & tomato Pickled Beet Salad Fresh Apple  Lemon Sunshine Cake Alt. Diet cookie	Green Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding
17	18	19	20	21
Beef Macaroni Casserole Brussels Sprouts Stewed Tomatoes Wheat Roll w/Butter  Fresh Apple Lemon Bar Alt. Sugar Free Cookie	Pork Cutlet w/ gravy Mashed Potatoes And Gravy Green Beans Pears Marble Rye w/ Butter Brownie Alt: Fresh Fruit	Roasted Chicken on the Bone Wild Rice Pilaf Diced Squash Romaine Salad with Ranch Dressing Dinner Roll w/ butter Kitchen's Choice Fruit	Scalloped Potatoes with Diced Ham Peas & Carrots Grapes Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake	MANDATORY STAFF TRAINING PROGRAM CLOSED
24	25	26	27	28
Pizza Casserole 5-Way Mixed Veg Italian Blend Veg Italian Bread w/ butter Pear Half Rice Krispies Treat Alt: Fresh Fruit	Garlic Lemon Chicken Baked Sweet Potato 3-Bean Salad Diced Peaches Wheat Bread w/ butter Apple Pie Alt. Fruited Yogurt	Beef Stew with Stew Vegetables Green Sweet Peas Cornbread w/ Butter Cranberry Compote	Chicken Cordon Bleu Hashbrown Casserole Green Bean Casserole Spinach Salad w/ French Dressing Waldorf Salad	Meatballs in Gravy Buttered Corn  Mashed Potatoes and Gravy Applesauce Cook's Choice Cookie Alt. Diet Cookie
31				
HALLOWEEN Ghoulish Beef Tips Smashed Potatoes with gravy Creepy Carrot Coins Goblin Grapes Frosted Pumpkin Cake Alt. Frightened Yogurt				

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

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

262-782-1636

Brookfield Community Center
2000 North Calhoun Road
Monday thru Friday at 12:00

Menomonee Falls

262-251-3406

Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday thru Friday at 12:00

Mukwonago

262-363-4458

Birchrock Apartments
280 Birchrock Way
Monday thru Thursday at 12:00

Oconomowoc

262-567-5177

Oconomowoc Community Center
220 West Wisconsin Avenue
Monday thru Friday at 12:00

Sussex

262-246-6747

Sussex Civic Center
N64W23760 Main Street
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

MUKWONAGO SENIOR DINING AND MEALS ON WHEELS TO RETURN TO MONDAY THROUGH THURSDAY SCHEDULE



Starting October 2022, the Mukwonago senior dining center will be open for in person dining Monday through Thursday. Located at Birchrock Apartments, the Mukwonago dining center had been providing hot meals Monday through Friday as the senior dining program reopened following the pandemic. The ADRC will now resume the schedule in place prior to March, 2020.

The last day for Friday hot delivery and in person dining will be Friday, September 30th. There will be no hot meal delivery or in person dining on Fridays beginning Friday, October 7. Friday meals on wheels clients will receive a frozen meal with their regular hot meal on Thursdays, to provide a meal for five days per week.



Four caregivers from Wisconsin come together and share their thoughts on how important it is to make time for yourself and to keep laughter in your life during your caregiving journey.

This documentary also explores the love, care, and sacrifices family caregivers give to their loved ones.

Unconditional: A Journey of Selfless Love

RK VIDEOS PRESENTS A FILM BY RILEY KILLIAN AND AIDAN WALLACE

In celebration of National Family Caregivers Month:

Join the ADRC for a screening of this moving film, followed by a talkback session. Learn about resources available to support you on your caregiving journey.

Nov. 14th 230-430pm at Schuetze Recreational Center – 1120 Baxter St., Waukesha
Hors d'oeuvres will be provided

Nov. 15th 930-1130am at Menomonee Fall Senior Center – W152 N8645 Margaret Rd
Breakfast will be provided

Please RSVP by November 4th by calling Allie at 262-548-7883
If Respite Care is needed for you to attend this event, please let us know.



OCTOBER EVENTS

October 1– Brooktoberfest @ Stefans Soccer (Brookfield), 11 am- 8 pm. Back by popular demand, it's the 2nd annual Brooktoberfest, a fun filled day of authentic polka music, food vendors, dachshund races, face painting, a beer stein holding contest, and more!

October 1– The Hollow at Phantom Lake @ Phantom Lake YMCA Camp, 7-9 pm. This is a reoccurring event taking place also on October 7 & 8, 14, 15 & 16, and 20, 21, 22, & 23. Take a stroll through a world of enchantment filled with 3000 hand carved illuminated jack-o-lanterns. This outdoor, family friendly evening under the stars is everyone's favorite yearly tradition. Tickets available ahead of time at www.thehollowwi.com.

October 2– Applefest @ New Berlin Historical Park, 1-4 pm. Bring the family out to grind and press apples for cider, crank the corn sheller, ride the barrel train, pet miniature horses, and more! Local products will also be for sale including apples, pumpkins, squash, cornstalks, honey and more.

October 7– New Berlin Great Pumpkin Lighting @ Malone Park, 5-8 pm. Carve a pumpkin to put on display, listen to music, and walk around to enjoy seeing all of the jack-o-lanterns! Pumpkins will be on display through Halloween. Wearing costumes is encouraged.

October 8 & 9– Holy Hill Art Farm Market @ Holy Hill Art Farm, 9 am– 4 pm. Spend the day on 80 secluded acres and the 160 year old restored family homestead near Holy Hill. Enjoy a wide range of treasures that will fill the barns and grounds, sample produce and refreshments, enjoy hot foods, and enjoy live musicians.

October 14 & 15– Handmade Harvest Fall Craft and Art Show @ Waukesha Expo Center, 10 am– 4 pm. Admission is \$3 to come and enjoy high quality, handcrafted arts and crafts. Concessions will be available.

October 15– Lake Country Live Family Movie Night @ Wisconsin Brewing Company Park, 8 pm. Sit in the stands or bring a blanket and enjoy the movie from the comfort of the park's stadium turf. Free admission and parking. No carry ins, concession stand will be open. October's movie is Ghostbusters!

October 21 & 22– Boo at the Zoo @ Milwaukee County Zoo, 6-9 pm. Visit the zoo for a ghoulishly fun event and enjoy the leaves changing color, the crisp air, and countless exciting activities. Prepare to be (not too) scared! Enjoy a haystack maze, ride on the "Raven's Rail" train, and check out hundreds of glowing, carved pumpkins. Trick or treat near your favorite animals too!

October 21 & 22– Old Falls Village Halloween Family Fun Night @ Old Falls Village, 6– 9 pm. Activities include pumpkin decorating, arts and crafts, tractor wagon ride, temporary tattoos, spooky art show, roasting marshmallows, and more. Costumes encouraged for all ages. Admission is \$6, \$2 for children under 2 years old.

October 28 & 29– Fright Hike @ Lapham Peak State Park, 6– 8:30 pm. Each Halloween season for two nights, the beautiful moonlit paths of Lapham Peak are riddled with ghosts and goblins. Fright Hike is a mile long walk through the dark forest with scary scenes performed by local organizations. This hike is not recommended for very young children. This event sells out quickly so reserve your tickets early. Online admission available at a discounted price of \$15 per person at <http://bit.ly/frighthike22>.

Dear Ina,

With the recent storms and flooding in the area, I am starting to get really worried about what I will do in an emergency. I'm getting older and I can't pick up and leave as fast as I could when I was younger. What can I do to make sure I am prepared the next time there's a big storm?

Sincerely,
Justin Case



Dear Justin,

What a timely question! It is almost that time of the year again, for daylight saving time (November 6, 2022). This is a great time to get an emergency "Go Bag" ready and get in the habit of "change your clocks, check your stocks". This means every time you change your clocks for daylight saving time, you check your "Go Bag" stock to make sure all your supplies work properly and any food is not expired or expiring soon. A "Go Bag" is a bag you create with needed supplies in case of an emergency. This bag could include things such as, non-perishable food items, flashlight, small first aid kit, book, playing cards, water, medications and anything else you may need if you were to be in an emergency situation. Your bag should have enough supplies to last 3-7 days, and in case of an emergency (flood, tornado, evacuation) you could quickly grab this bag.

Waukesha County Public Health Emergency Preparedness Team is giving away a starter kit from the Wisconsin Council on Physical Disabilities to make a "Go Bag". This bag includes a large reusable bag, an emergency preparedness toolkit manual, hand sanitizer, small first aid kit, and a small flashlight.

To enter to win this starter "Go Bag" contact Adria at Waukesha County at 262-970-6605 or email at abollendorf@waukeshacounty.gov by October 28, 2022. State you are reaching out to win the "Go Bag" and include your name and phone number or email. The winner will be drawn on October 31st, and notified by phone and or email. Winners must be able to pick up the bag at the Waukesha County Health and Human Services building. Please call Adria with any questions at 262-960-6605.



The Waukesha County Public Libraries offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you do not have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Visit the library system at www.bridgeslibrarysystem.org. Here are some of the available programs at local libraries in the county:

Pewaukee Public Library 210 Main St. Pewaukee, WI 53072 (262) 691-5670	Hartland Public Library 110 E Park Ave Hartland, WI 53029 (262) 367-3350	Alice Barker Library 820 E. Main Street Eagle, WI 53119 (262) 594-2800
Improv Comedy Tuesday, October 11 at 6:00 PM www.pewaukeeelibrary.org	Tuesday Tastes: Spooky Treats Tuesday, October 18 at 3:00 PM www.hartlandlibrary.org/	Memory Café: Oktoberfest! Thursday, October 13 at 1:30 PM www.alicebaker.lib.wi.us/

SCAM ALERT!

The Senior Medicare Patrol is warning people about a new scam involving nutritional shakes. People are offering seniors "free" nutritional drinks at senior living facilities, public fairs, and even grocery stores in exchange for their Medicare number. When they get their Medicare information, these scammers are signing the seniors up for hospice services. This is incredibly dangerous because once signed up for hospice services, any curative services (surgeries, medications, treatments) will be denied.

Please share this with every older adult you know. Never accept "free" services or products from someone saying they just need your Medicare information. If you have been approached about "free" nutritional shakes, please report this to the Wisconsin Senior Medicare Patrol right away at 1-888-818-2611.

NUTRITIONAL DRINK SCAM WARNING

Don't accept "free" **nutritional drinks** from anyone, for any reason.

Giving out your Medicare number for these drinks, which **Medicare generally doesn't cover**, puts you at risk for being enrolled in hospice or other services you don't need and could be **harmful to you**.

877.808.2468
SMPRESOURCE.ORG

SUPPORTED BY GRANT # 90AMPIC0002 FROM ACL



Have You Seen Our Billboard?

ADRC
Aging & Disability Resource Center
of Waukesha County

AGING & DISABILITY RESOURCE CENTER
(262) 548-7848

The ADRC has a new billboard! When you're driving westbound on I-94, keep an eye out for the new ADRC billboard near Highway 16. It'll be on your left-hand side. Don't worry if you miss it the first time. It'll be up through the end of the year. And, as always, drive safely at freeway speeds.

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/>.

A Cup of Health October Presentation – The Importance of Laughter and Health

It has been said that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Come learn how laughter reduces stress, boosts our immune system, aids in protecting our heart, and even burns calories. Also learn fun simple ways to add more laughter into your life.

Details: The presentation will be held in person at the Menomonee Falls Senior Center W152N8645 Margaret Road, Menomonee Falls, WI 53051 on **October 25th from 10:00 am – 11:00 am.**

Contact: Register in advance at this link: t.ly/ch8Q (type this URL into the search bar of your web browser. URL link is case sensitive). Call with questions: (262) 255-8460

Healthy Living with Chronic Pain (Virtual)

Chronic pain can cause severe stress and turmoil for individuals and their families, changing the way people live on a day-to-day basis. This research-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life.

Details: This workshop will be held virtually on Fridays, **October 7 – November 11 from 10:00 am – 12:30 pm.** Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

Contact: To Register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059 with questions.

Powerful Tools for Caregivers (Virtual)

There are often physical, emotional, and financial challenges that arise when caring for a family member or friend. *Powerful Tools for Caregivers* 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 virtually on **Mondays, October 3 – November 7 from 2:30 – 4:00pm.** Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

Contact: To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059.

Talk about Your Medications

The National Council on Patient Information and Education (NCPPIE) designated October as “Talk About Your Medications” month highlighting the importance of good communication with your healthcare team and staying informed about your medications.

This October, take some time to revisit and review your medication list with your healthcare provider or pharmacist. Be proactive in asking medical and health questions. Seek clarity and get the information you need. Consider the risks, responsibilities, safe use, storage, and disposal of medicines – especially opioids.

Make sure you tell your healthcare provider about all the medications you take including any over-the-counter medicines, vitamins, and supplements. To help stay organized, write down all prescription and over-the-counter medicines you take and keep it handy. It is also a good idea to make sure a trusted family member or friend is aware of what medications you are taking.

A great place to start is by asking your doctor the following questions:

1. What is this medication supposed to do?
2. How and when do I take it, and for how long?
3. What side effects can I expect, and should I do anything about them?
4. Will this medicine work safely with the other medications I am on?
5. How should I store this medicine?
6. Should I take this if addiction runs in my family? Or is this a prescription that people can become addicted to?

Do not be afraid to ask your doctor to slow down or repeat their answers.

In addition to staying informed about what medications you are taking, it is equally important to consider how to safely store and dispose of unused or expired medications. Store medications in secure locations such as lockboxes, medication safes, or other lockable spaces. Avoid storage places children or others can easily access like nightstand drawers, bathroom counters, and kitchen cabinets/counters.

Safe disposal methods include:

1. **Permanent medication disposal drop boxes.** There are CVS collection drop boxes located at the Waukesha County Sheriff Department, Pewaukee City Hall, and Village of Sussex Public Safety Building.
2. **Drug Deactivation Kit.** Safely dispose in the trash by mixing leftover pills with a drug deactivation kit. Then, throw away the sealed mixture into the trash. Contact the ADRC for a free kit at (262) 548-7848.
3. **Drug Take Back Day.** The next Drug Take Back Day is scheduled for October 29, 2022. Accepted items include prescription medicine, over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials, and pet medications. Do not bring needles, mercury thermometers, personal care products or hazardous materials. For additional information, visit <https://www.dhs.wisconsin.gov/opioids/drug-take-back-day.htm>
4. **Sharps (Needles) Disposal Sites.** Syringes, needles, and lancets must be disposed of properly. Never dispose of these items in your curbside recycling or garbage collection. Check with your pharmacy on their sharps disposal policy. Pick n’ Save pharmacies may accept sharps from their pharmacy customers at no cost, and for a nominal fee for non-customers. Several Aurora pharmacies take back sharps for free. Check the WI-DNR website for additional information, including a map of disposal sites: <https://dnr.wisconsin.gov/topic/HealthWaste/HouseholdSharps.html>



Pumpkin Milkshake

Makes about 4 (3/4 cup) servings

Ingredients:

1 cup canned pumpkin, frozen*

2.5 cups 1% milk

3 Tablespoons brown sugar

Cinnamon to taste



Try these healthy Pumpkin and Squash Recipes!

FOOD WISE
Healthy choices. Healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Boulevard AC-G22, Waukesha WI 53188

Phone: 262-548-7877

<https://waukesha.extension.wisc.edu>

Para más información español comuníquese con 262-548-7882

Directions:

Blend all ingredients together in a blender for a creamy fall drink.

*To freeze pumpkin: split the contents of 1 can of pumpkin into two small freezer bags, about 1 cup in each bag. (Pressing the pumpkin flat will make it easier to break apart or thaw later). Freeze for at least 2 hours.

Pumpkin Applesauce

Makes 2 (1/2 cup) servings

Ingredients:

1/3 cup canned pumpkin

2/3 cup applesauce

Dash cinnamon

Directions: Mix pumpkin into applesauce.

Add a dash of cinnamon to taste. Enjoy!

Spicy Pumpkin Soup

Makes 4 (1 cup) servings

Ingredients:

2 1/2 cups chicken broth

1 (15 ounce) can pumpkin puree

1/2 onion, chopped

1 clove garlic, minced

1 teaspoon Cajun seasoning

1/2 cup cream or evaporated milk

Directions:

1. Heat chicken broth, pumpkin puree, onion, garlic, and Cajun seasoning to a boil in a saucepan over medium-high heat.
2. Reduce heat to low and simmer for 45 to 60 minutes, stirring every 15 minutes.
3. Stir in cream or evaporated milk before serving.

For squash soup: Substitute 2 cups of cooked and mashed or pureed winter squash for the pumpkin.

Stuffed Acorn Squash

Makes 4 servings

2 medium acorn squash (halved and seeded)

2 tsp oil (olive, canola, or vegetable)

1/2 tsp black pepper

1 cup canned black beans, drained and rinsed well

1/4 cup chopped nuts (any variety)

1 large tomato, chopped

2 green onions, thinly sliced

1 tsp ground cumin

2 oz reduced-fat Monterey Jack cheese, shredded (about 1/2 cup)

1. Preheat oven to 425 degrees. Coat baking sheet with oil.
2. Brush cut sides and inside of squash with oil. Sprinkle with 1/4 teaspoon of pepper. Place cut-side down on the baking sheet. Bake 30 to 40 minutes until tender. Turn cut side up.
3. Mix beans, nuts, tomato, green onions, cumin, and remaining 1/4 teaspoon pepper in medium bowl.
4. Spoon about 1/2 cup of bean mixture into each squash half, pressing down gently to get all filling in. Sprinkle evenly with cheese.
5. Bake 10 to 15 minutes, until cheese is melted and golden brown.



Benefit Specialist Corner

CELEBRATING NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

October is National Disability Employment Awareness Month. Social Security recognizes and appreciates the roles people with disabilities play in the workforce. That is why Social Security is celebrating and sharing Matt's story.

As a job seeker who is deaf and needs accommodations, Matt was reluctant to tell prospective employers about his disability. He worried that employers would not hire him if they knew about his disability. That is when Matt connected with the Ticket to Work (Ticket) Program at choosework.ssa.gov. This program supports career development for people ages 18 to 64 who receive Social Security disability benefits and want to work. Through this free and voluntary program, approved service providers offer supports and services as participants move toward financial independence through work.

Matt's service provider told him about the Americans with Disabilities Act (ADA) and how it guarantees equal opportunities for people with disabilities and prohibits discrimination in the workplace. It accomplishes these goals through:

- Anti-discrimination rules that prevent private employers from discriminating against qualified people with disabilities when they apply for jobs.
- Regulations that require employers to provide reasonable accommodations to qualified employees with disabilities.

Matt and his service provider identified accommodations that would allow him to demonstrate his capabilities both during the application process and on the job. They created a plan for him to disclose his disability and request accommodations.



Matt also learned about Medicare-Related Work Incentive at choosework.ssa.gov/library/fact-sheet-medicare-and-medicaid-employment-supports. This allows him to pursue a career without worrying about health care coverage. Matt's Medicare coverage will continue for more than seven years after he begins full-time work, even if his income exceeds the amount to qualify for disability benefits.

And if Matt's disability interferes with work, he can return to receiving benefits, without having to file a new application.

Matt now works full-time as a human resource analyst. Thanks to the ADA, he received accommodations for the interview process and time spent on the job. He also found that the Ticket Program helped him find a path to a better future.

You can read Matt's full story at choosework.ssa.gov/library/matt-success-story.

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/>

**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/

Waukesha County Residents: Need help comparing 2023 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2022

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 10/26 2-3
- Thur 10/27 1-2
- Wed 11/2 10-11
- Thur 11/17 2-3
- Wed 11/30 10-11
- Wed 12/7 9-10

Drug Name	Dose Amount	How often Taken

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, 2022.** 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: _____



Return form: ADRC, 514 Riverview Ave, Waukesha 53188

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

Call (262) 548-7848 with questions

Feeling Bombarded by Celebrity Commercials?

Here are a few things to know before you call...



If you watch television, you have probably seen the commercials for Medicare insurance. Some of these commercials feature famous athletes delivering “important information if you are on Medicare”. Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to. Are you nodding your head right now because you’ve seen these types of commercials?

These types of commercials are intensifying due to Medicare’s Open Enrollment Period. This is the time of year when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

Here are a few important things to know before you make the decision to call the number on the TV screen:

- While the commercials use the word Medicare, the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but typically a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.
- The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.
- Some commercials mention that you may qualify for up to \$170.10 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country.
- The commercials may also state that you may qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply.

What’s the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn’t go into effect until January 1, 2023, you may not find out these things until it’s too late.

So, what can you do to make sure that you understand all your options?

- **Benefit Specialists at the Aging and Disability Resource Centers offer benefits counseling. To learn more about your Medicare Open Enrollment options, contact the ADRC of Waukesha County at 262-548-7848.**
- **Contact Medicare directly by calling (800-633-4227) or visiting <https://www.medicare.gov/>.**



Halloween Word Scramble

Unscramble each Halloween word. Write your answers under each shape.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

Answers: 1. Costume, 2. October, 3. Goblin, 4. Lantern, 5. Skeleton, 6. Safety, 7. Pirate, 8. Haunted, 9. Disguise, 10. Spiders, 11. Princess, 12. Decorations

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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