

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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Autumnal Equinox

The arrival of the fall equinox (otherwise known as the autumnal equinox) will occur Wednesday, September 22 of this year. This is the moment when the sun crosses the equator and the earth's tilt is moving away from its maximum lean toward the sun and its rays are aiming directly at the equator. For people living in the Northern Hemisphere they will begin to see more darkness than daylight.

The autumnal (fall) equinox marks the turning point when darkness begins to win out over daylight. Essentially, our hours of daylight have been growing slightly shorter each day since the summer solstice in June. Daylight hours will continue to grow shorter for the next three months. At the autumnal equinox, day and night are approximately equal in length. The name 'equinox' comes from the Latin word *aequus*, meaning equal, and *nox*, meaning night. An equinox occurs twice a year (autumnal and vernal).

Many cultures around the world have traditional celebrations to mark the advent of shorter days and colder weather. Mabon (pronounced May-Bun) is a Neo-Pagan celebration that marks the middle of harvest, it is a time of equal day and equal night, and for the moment nature is in balance. It is a time to reap what you have sown, of giving thanks for the harvest and the bounty the earth provides. It is also a time for finishing up old projects and plans and planting the seeds for new enterprises or change in lifestyle. Mabon is a time of celebration and balance.

Native Americans around the US celebrate the autumnal equinox differently, depending on their tribe's traditions. Native tribes in Arizona, including the Hopi and Navajo Indians, celebrate the equinox with autumn vision quests. Full moon ceremonies are held to honor the switch from lightness to darkness. At the end of the ceremony, which can last days, people who participate feast on blue corn pancakes.

Chloe Rain, a mentor and spiritual guide, has a blog which reads, "A favorite ritual of mine is to take the 15 minutes before and 15 minutes after the precise moment of the equinox to sit quietly on the ground in thoughtfulness and meditation and open my mind and my senses to the intelligence of nature all around. In this time spent in thoughtfulness around the moment of equal light and equal dark, I acknowledge my personal growth cycle and ask for harmony and balance to be the fertilizer in the soil of my life's garden."

On September 22, 2021 you may want to take time to give thanks for the blessings that you have been given this past year and create new intentions and preparations for the coming winter.



It's not "Goodbye". It's "See you around."



The Aging and Disability Resource Center of Waukesha County and the Newsletter Committee would like to wish Karen Straw a happy retirement. Karen has been an employee of Waukesha County for 9 years. In her role as a Volunteer Program Specialist, Karen recruited volunteers for the home delivered meals program, office volunteers, telephonic friendly visitors, and more. Karen also enjoyed coordinating the Volunteer Recognition Event each year that showed our appreciation for the many hours volunteers devote to Waukesha County each year.

When asked what she will miss the most as she moves into retirement, Karen automatically said "the people and the staff at the ADRC". She is, and will always be, humbled by the loyalty and dedication the volunteers show day in and day out. No matter what adversity comes along, the volunteers continue to give back to our community every day.

Karen plans to spend her first day of retirement by sleeping in and then having lunch with a friend. She will play a lot more tennis and spend time with her family (especially her granddaughter). There will be long walks and many more bike rides, and we wish her well on this next chapter of her life. In her retirement, Karen plans on giving back by volunteering herself.

Thank you Karen for your many years of service and dedication.



A note from Karen

Much of my career has been devoted to serving individuals 60 or older. Now that I am in the autumn of my life and of that demographic, I realize it is time to retire and dedicate more time to a much younger generation, expressly my granddaughter. It has been a privilege to work alongside such caring, devoted volunteers and staff members. You are some of Waukesha County's finest!

When I was first hired as a Volunteer Program Specialist, in January of 2012, I never realized the magnitude of an ADRC Volunteer. ADRC volunteers give of their time and talents, so generously and kindly. Many have been with the ADRC longer than I have been employed by Waukesha County. Some spanning 20 years. We truly would not be able to provide the many services and programs if it were not for the many kindhearted ADRC volunteers. I will be eternally grateful to this team of volunteers for enlightening me to the true meaning of a humanitarian.

Ode to an ADRC Volunteer by Karen Straw

When the ADRC needed help to pack and deliver meals during this unprecedented year,
With masks and social distance measures in place, the pandemic, you did not fear.
You were there.

Thank you ADRC Volunteer!

When a request went out to assist a Community Vaccine Clinic
You were first in line to offer help; you were no cynic.
You were there.

Thank you ADRC volunteer!

When a senior needed someone, they could call a friend,
companionship and comfort, you did send
A weekly call became your mission
You gave of your time with ambition
You were there.

Thank you ADRC volunteer!

When a guardian was needed to advocate for a ward
your service helped to keep one's dignity restored
You were there.

Thank you ADRC volunteer!

When re-assessments and administrative tasks needed to be completed
you did your part; you were not defeated.
You were there.

Thank you ADRC Volunteer!

You all help in significant ways
To help the ADRC day to day
By sowing seeds of love & kindness you nourish
Our programs and services, the ADRC does flourish

Thank you ADRC volunteer!



Are you looking for a volunteer opportunity that would makes a big difference in the lives of your neighbors?

Waukesha County's Aging and Disability Resource Center has provided home delivered meal service to seniors since 1973. This would not be possible without the help of volunteers. Now more than ever, volunteer drivers are needed to help deliver meals to seniors living in Waukesha County.

Drivers use their own vehicle but are reimbursed for their mileage. Meals are delivered over the lunch hour, Monday-Friday, excluding holidays. If you know anyone that would be interested have them call the ADRC 262-548-7848 or visit the website at www.waukeshacounty.gov/adrc

Governor Proclaims September Falls Prevention Awareness Month

Take steps to reduce your risk of a fall

Did you know that Wisconsin has the highest death rate due to falls for older adults of any state in the country? Here are some more startling statistics:

- ◇ **Every 11 seconds an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall. Every 19 minutes an older adult dies from injuries from a fall.**
- ◇ **In Wisconsin and the nation, one of every four adults falls every year.**
- ◇ **In Wisconsin, 40% of people who enter nursing homes had a fall in the 30 days prior to admission.**
- ◇ **Falls cost Wisconsin over \$1 billion each year.**

There is good news though: falls are not a normal part of aging and can be prevented. The CDC, the National Council on Aging, the Wisconsin Institute for Healthy Aging and the ADRC encourage you to take control of your health by following these six steps to prevent a fall:

1. **Engage in balance and strength exercises that are proven to reduce falls.** Talk to a physical therapist for recommendations.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. And share your history of recent falls.
3. **Regularly review your medications with your pharmacist and your doctor.** Make sure side effects aren't increasing your risk of falling and take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** People with untreated vision or hearing losses are more than three times as likely to fall.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. It takes all of us to help keep older adults safe.

We're very lucky in Wisconsin to have a proven falls prevention workshop available in almost all Wisconsin counties and tribes that address ALL of these factors. It's called **Stepping On** and has been proven to reduce older adult falls by over 30%. This is a 7-week workshop that meets once a week for two hours each week. You will learn balance and strength exercises and hear from four guest experts: a physical therapist, pharmacist, vision expert and community mobility specialist. Participants learn how to identify their own falls risk and make changes in their behavior and environment to address the risk. Call us at 262-548-7848 to be put on the waiting list so that when we're able to resume workshops, we can contact you.



**Take the Falls Free CheckUp
online at:**

www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Stepping On

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

Class Details: This workshop 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 Mondays, September 13 – October 25, 2021 from 1:30-3:30 pm. Free and open to the public.

Contact: Register by contacting the LIRWC office: 262-695-3473 or lir@wctc.edu

Healthy Living with Chronic Pain

Living day-to-day with ongoing, persistent pain presents numerous challenges. During this six-week workshop, participants learn skills and strategies that will help them meet the challenges chronic pain presents in their lives. Topics include debunking the myths of chronic pain, balancing rest and activity periods, learning the Moving Easy Activity Program, medication management, and how to build action plans. Adults who have, or live with someone who has, chronic pain such as headaches, low back pain, arthritis pain, fibromyalgia, and neuropathy are encouraged to sign up for this workshop.

Class Details: This workshop will be held in-person at the Waukesha County Aging & Disability Resource Center, Human Services Center, 514 Riverview Avenue, Waukesha, WI 53188. Sessions will be held on Tuesdays, October 12 – November 16, 2021 from 1:30-4:00 pm. Free and open to the public.

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

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 September, the highlighted produce item is Watermelon! 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>



Fall Sunset/Candlelight Hikes

Join us for free Sunset/Candlelight Hikes this October! Candles will light your way through the self-guided trail route (approximately one mile in length), or arrive earlier to enjoy the sunset as you hike. Events will be held rain or shine, so dress for weather conditions.

- Friday, October 1st | 6:00-8:00pm | Menomonee County Park
- Thursday, October 7th | 6:30-8:00pm | Mukwonago County Park
- Thursday, October 14th | 6:30-8:00pm | Fox River County Park

www.waukeshacounty.gov/LiveWell



September 11, 2001: The Day that Changed the World



This year, on September 11, 2021, marks the 20-year anniversary of a tragic day that impacted so many lives and that still lives on in America's memory. Amidst the tragedy, chaos, and loss of life, what we also remember are the incredible feats of heroism, selflessness, and humanity shown on that day.

New York City and The National September 11 Memorial & Museum will be holding commemorations of that fateful day. However, if you can't make the journey to New York City, below are ways that you personally can commemorate the day.

9/11 anniversary commemoration in New York City every year. You can find this list of names inscribed on the 9/11 Memorial at: <https://www.911memorial.org/visit/memorial/names-911-memorial>

Lisbon 9/11 Memorial Site

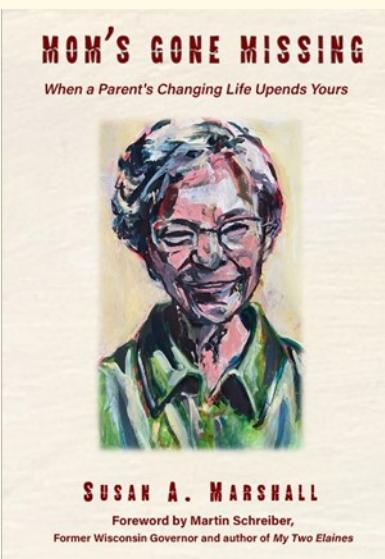
A memorial to the events of Sept. 11, 2001 - with a scarred, eight-foot steel beam section from the World Trade Center rubble as its centerpiece - it features two 10-foot-tall stainless steel replicas of the World Trade Center north and south towers, lighted from the inside at night and mounted on a paved field in the shape of the Pentagon, each side 23 feet long. A 9-foot-tall Lannon stone wall serves as a backdrop to the towers and artifact, with three lighted flagpoles and three engraved plaques that describe the events of that Sept. 11 morning. Behind the big words on the stone wall - "We will never forget" - are many individuals and businesses who put their memories of that terror-filled time into community action. The memorial is open for the public to visit at any time.

Firefighters Collecting Shoes to Honor First Responders

The City of Waukesha Fire Department along with Waukesha Professional Firefighters Local 407 will be collecting new or slightly used shoes that will be donated to veterans, according to the Waukesha Fire Department.

Soles for Souls, was created to honor the 8 EMTs/ Paramedics killed and 343 FDNY firefighters that perished on September 11, 2001. This year is the 20th anniversary of the attack on the World Trade Center, and the goal is to collect at least 351 pairs of shoes in remembrance of those that lost their lives that day.

On September 11th, representatives from Local 407 will take all shoes to the Wisconsin State Firefighters and EMS Memorial Park in Wisconsin Rapids. After the service, the shoes will be taken to Wisconsin Veterans Home at King; many veterans at King have served our country after their military service as firefighters/ EMS.



Book of the Month: Mom's Gone Missing by Susan A. Marshall

This month's pick, Mom's Gone Missing, is a must-read for any caregiver, which ultimately means anyone with a family. It is an unflinching account of the rollercoaster ride in dealing with a parents' declining health and their downhill spiral of dementia. And it is more than a story about losing a loved one, though it will introduce insights into the path that takes. You'll have moments of "that's my story" and others that will validate thoughts you have but are not willing to say out loud. The author also allows for her humor and strength to slip in, not only to give the reader a moment of levity, but to model her process for keeping life in perspective.

Susan Marshall is a local author from Oconomowoc, Wisconsin. She is also a sought-after public speaker and leadership advisor whose professional experience spans four decades and a global geography. She is the author of four books and hundreds of articles and has been a guest lecturer at many universities in Wisconsin. Susan has also had much success in the corporate and consulting realm, winning the Don Richard's Leadership Award from the Milwaukee Business Journal in 2019.

Copies of this book are available for checkout at our ADRC Resource Library.



September 20-26 Celebrate the International Week of Deaf People

INTERNATIONAL WEEK OF DEAF PEOPLE

The International Week of the Deaf People (IWDP) is an initiative of the World Federation of the Deaf (WFD) and was first launched in 1958 in Rome, Italy. It is celebrated annually by the global Deaf Community during the last full week of September to commemorate the same month the first World Congress of the WFD was held. The International Week of

the Deaf People is celebrated through various activities by Deaf Communities all around the world. These activities and events welcome the participation of all members of deaf communities, which include families of deaf people, professional and accredited sign language interpreters, peers, as well as the involvement of various stakeholders such as national governments, national, and international human rights organizations. The theme for 2021 is: Celebrating Thriving Deaf Communities. To learn more visit

<https://wfdeaf.org/iwdeaf2021/>.

September 23 Celebrates the International Day of Sign Languages

The International Day of Sign Languages is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users. According to the World Federation of the Deaf, there are approximately 72 million deaf people worldwide. More than 80% of them live in developing countries. Collectively, they use more than 300 different sign languages.

Sign languages are fully fledged natural languages, structurally distinct from the spoken languages. There is also an international sign language, which is used by deaf people in international meetings and informally when travelling and socializing. It is considered a pidgin form of sign language that is not as complex as natural sign languages and has a limited lexicon.

September 23 commemorates the date that the WFD was established in 1951. This day marks the birth of an advocacy organization, which has as one of its main goals, the preservation of sign languages and deaf culture as pre-requisites to the realization of the human rights of deaf people. The International Day of Sign Languages was first celebrated in 2018 as part of the International Week of the Deaf.



INTERNATIONAL DAY OF SIGN LANGUAGES

Dear Ina,

I was recently in an accident and I have been permanently disabled. My family mentioned that I should look in to applying for disability, but I don't really know what that entails or where to start. Can you help?

Sincerely,

Newt Tothis



Dear Newt,

When the unexpected happens and you can no longer work due to a serious medical condition, Social Security Disability Insurance (SSDI) benefits can be a lifeline for you and your family.

Most American workers contribute to Social Security through federal payroll taxes. If your working years are cut short by a severe and lasting illness or injury, SSDI provides monthly financial assistance.

Six facts about the SSDI program

1. **SSDI is coverage that workers earn.** If you paid enough Social Security taxes through your lifetime earnings, SSDI provides support by replacing some of your income if you're disabled and unable to work.
2. **The Social Security Act—the law governing SSDI—has a strict definition of disability.** You are considered disabled if you can't work due to a serious medical condition that has lasted, or is expected to last, at least one year or result in death. There are no temporary or partial disability benefits.
3. **Disability can happen to anyone at any age.** Serious medical conditions, such as cancer and mental illness, can affect the young and elderly alike. One in four 20-year-olds will become disabled before retirement age. As a result, they may need to rely on Social Security disability benefits for income support.
4. **SSDI payments help disabled workers meet their basic needs.** The average monthly Social Security disability benefit is \$1,280, as of April 2021, which allows disabled workers who can no longer work meet their basic needs.
5. **Social Security works aggressively to prevent, detect, and help prosecute fraud.** Social Security is committed to protecting your investment. Along with our Office of the Inspector General, there is a zero tolerance approach to fraud. The result is a fraud incidence rate that is a fraction of one percent.
6. **Social Security helps people return to work without losing benefits.** Often, people would like to re-enter the workforce. However, many worry they'll lose disability benefits if they try working, or if they're unsuccessful in returning to work. Social Security can connect them to free employment support services and help them maintain benefits, such as health care. Learn about the *Ticket to Work* program: <http://choosework.ssa.gov/>



Social Security is with you through life's journey, paying disability benefits to almost 10 million disabled workers and their spouses and children. Learn more about disability insurance program today.

<https://www.ssa.gov/benefits/disability/>

Driving Retirement



Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence, and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects, or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, driving retirement is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers, and the ADRC. Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options, they might be able to order things through the mail, use a delivery service, walk, bike, or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- ◇ Abrupt lane changes, braking or accelerating.
- ◇ Confusion at exits or turns.
- ◇ Delayed responses to unexpected situations.
- ◇ Lack of attention to traffic signs or pedestrians.
- ◇ Increased agitation or irritation while driving.
- ◇ Vehicle crashes or near misses.

There usually isn't a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.



Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the *Driving Retirement Brochure & Workbook* and other resources found online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

In The Garden

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



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

JOIN US! A FREE VIRTUAL EVENT!

November 9, 2021 • 3-5pm

reservations required, attendance is limited

Reserve tickets at:

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

Hosted by the ADRC of Waukesha County

Thank You To Our Sponsors!



National Family
Caregivers Month
NOVEMBER



A Program of TRELIS™



TRELIS™
Area Agency on Aging



Journey21 is a relatively new resource for Waukesha County's population of adults with intellectual or developmental disabilities (IDD). The name, Journey21, came about because age 21 is when most of the supports and social structure of school that have supported children and adults with IDD ended (also known as "falling off the cliff"), and families and those adults began their new journey towards independence.

For young adults with disabilities, traditional educational programs end at age 21, and so do most of the supports they provide. Families are left to navigate what is next. Most are faced with questions such as: Where will my son or daughter live? Where will they work? What happens when we as parents are no longer around? Journey21 aims to address these questions head on as well as bring new attention to this underserved population.

Journey21 abides by 5 guiding principles for the people they serve:

1. Community - Create a sustainable community of trust, respect, and life-long friendships.
2. Safety - Provide a safe and supportive environment.
3. Independence - Encourage self-determination and self-advocacy.
4. Wellness - Promote the wellbeing of mind, body, and soul.
5. Enrichments - Foster life-long learning through community collaborations.

Currently Journey21 is providing programs and outings for adults with IDD as well as informational workshops for family and friends of adults with IDD. In the future, Journey21 is planning to build and manage a supportive residential community for adults with IDD in Oconomowoc, Wisconsin.

Current workshops include:

- Guardianship and Least Restrictive Alternatives
- Families Helping Families Parent Panels
- Self-Advocates Panels
- Transition from school to employment
- Applying for state or local funding sources
- SSI, SSDI, Medicaid
- Financial and estate planning to support adults with IDD

A calendar of events for Journey21's programs and outings can be found at:

<https://www.journey21.org/calendar>

Information for this article was found at: <https://www.journey21.org/>

Benefit Specialist Corner

Time to Review Your Medicare Plan - *Prepare Early This Year!*

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan.

Medicare Supplements/Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County.

Start preparing early this year. Don't let this opportunity pass you by! Starting October 1, go to Medicare.gov to compare plans online or for local assistance call the ADRC at 262-548-7848.

Mark your calendar for the important dates below:

September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

October 15th-December 7th

For most people, this is the only time of year you can change your coverage. *The only way to find out if you can save money is to review and compare plan options!* See options below on how to compare plans.

Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
- <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>
- Call 1-800-MEDICARE between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at 262-548-7848 to request assistance. Please call for assistance regarding Medicare Part D plans after October 1.

If you decide to change plans for the following year, you need to enroll by December 7th.

If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

January 1st

If you enrolled in a new plan during Open Enrollment, the change will be effective January 1st.

**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/>

Here are some programs being offered in September through Bridges Library System:

<p>Elm Grove Public Library 13600 Juneau Blvd Elm Grove, WI 53122 262-782-6717</p> <p>Wednesday, Sept. 8 at 1:00 pm <i>Scams and Frauds Targeting Seniors-</i> Francesca Johnson from the Wisconsin Bureau of Consumer Protection will be the presenter.</p> <p>https://elmgrovetwi.org/468/Library</p>	<p>Hartland Public Library 110 Park St Hartland, WI 53029 262-367-3350</p> <p>Movies in Nixon Park. Bring your own blankets and chairs. This is a free event. The beer garden will also be open.</p> <p>Friday, Sept. 10 at 7:00 PM Field of Dreams</p> <p>Friday, Sept. 24 at 7:00 PM League of Their Own</p> <p>Wednesday, Sept. 29 at 7:00 PM Ghost Walks-In Person This special program will feature ghost stories, legends and myths from the Waukesha and Milwaukee areas.</p> <p>www.villageofhartland.com/520/Library</p>	<p>Muskego Public Library W18258200 Racine Av Muskego, WI 53150 262-679-4100</p> <p>Tuesday, Sept. 14 10:00 AM – 3:30 PM</p> <p>Free Memory Screens</p> <p>https://www.cityofmuskego.org/166/Library</p> 
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Medicare Presentations in your Area:

- Brookfield Parks and Recreation -Tuesday, Sept 21 at 1:00 pm
- Mukwonago Park and Recreation - Monday, Sept. 27 at 9:00 am
- Muskego Public Library - Tuesday, September 28 at 10:00 am
- Pauline Haass Public Library - Thursday, September 30 at 1:00 pm
- Menomonee Falls Public Library - Wed., Oct 6 at 2:00 pm
- Mukwonago Public Library - Monday, Oct. 11 at 10:00 am
- Pewaukee Public Library - Tuesday, Oct. 12 at 1:00
- Elm Grove Public Library - Wednesday, Oct. 20 at 1:00 pm
- Brookfield Public Library - Wednesday, Oct.27 at 6:30 pm

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 two 2-hour classes every 2nd Wednesday.

Call the ADRC for more details or to register: 262-548-7848.

Exploring Caregiver and Patient Support During the Inpatient Discharge Process

Have you or a loved one had a recent stay in the hospital?

Froedtert and the Medical College of Wisconsin are partnering with the University of Wisconsin-Milwaukee, Eras Senior Network, and the Aging & Disability Resource Center of Waukesha County on a research study to better understand the current inpatient discharge process and experience for patients, families, and providers. A clear understanding of the discharge process is critical to ensuring that the transition from hospital to home or other care setting is safe and accurate.

We would like to talk with you regarding you or your family member or friend's recent hospital stay. Your feedback is an important part of this study and will be used to assess the current discharge process and identify ways we can improve the experience for patients and their families in the future. Your interview will be strictly confidential.

How can you help?

We are looking for people who are:

- ◇ **Recently discharged inpatients**, age 60+, who received care at any area hospital within the last 60 days.
- ◇ **Family members or friends** who provide informal, unpaid support or care to a person age 60+ who was recently discharged from a hospital stay, age 10+.
- ◇ **Health care professionals** who are involved in the discharge planning process, such as social workers, nurses, discharge planners, physical therapists, and hospital administrators, age 18+.
- ◇ Participants must speak English and cannot be diagnosed with Alzheimer's disease or related dementias.

What am I being asked to do?

- ◇ Participate in innovative research by engaging in an interview or focus group. Your involvement can be done by telephone or through a video call.



For more information, please contact:

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FoodWise tips for...

SAVING MONEY ON GROCERIES



For more ideas, check out
“Tips for Every Aisle” at:
www.ChooseMyPlate.gov



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UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

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Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
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www.waukeshacounty.gov/uwex

- **Use low-cost proteins more often:** beans, eggs, peanut butter, canned tuna, plain Greek yogurt, ground meats and poultry
- **Buy fresh fruits and vegetables that are in season.**
- **Go for generic brands.** They often taste the same!
- **Prep it yourself.** Pre-cut, pre-washed, and ready-to-eat are almost always more expensive.
- **Be flexible.** If an item is too expensive, try a substitute such as beans for meat in tacos.
- **Try cheaper cuts of meat** such as chicken legs or thighs instead of chicken breasts.
- **Freeze some of a recipe to use in another meal.**
- **Check the unit price** (price per lb, price per oz) to get more for your money.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program— SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

MEALS ON WHEELS MENU SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pork Cutlet w/ Mushroom Gravy Mashed Pot w/ Gravy Sweet Green Peas Bread & Butter Fresh fruit Butterscotch pudding Alt: Sugar Free Pudding	Tuna Pasta Salad Tomato & Onion Salad Fruit cocktail Whole Grain Crackers	Beef Macaroni Casserole Mixed Vegetables Green Beans Seasonal Fresh Fruit
6	7	8	9	10
LABOR DAY NO MEALS SERVED 	BBQ Meatballs Roasted Potatoes Peas & Carrots Bread w/ butter Fresh fruit 	Garlic Herb Chicken Mashed Potatoes and Gravy Wax beans Bread w/butter Seasonal Fresh Fruit	Chicken Parmesan Pasta Mediterranean Veg Marinated Vegetable Salad Breadstick Strawberry Gelatin Alt: Sugar Free Gelatin	Bratwurst on Wheat Bun w/ Sauerkraut Ketchup/Mustard Baked beans Coleslaw Chocolate Mousse Alt. Fresh Fruit
13	14	15	16	17
Whole Grain Spaghetti w/ Italian Meat Sauce Mixed Vegetable Brussels Sprouts Garlic Breadstick Seasonal Fresh Fruit	Oven Roasted Turkey Mashed Potatoes and Gravy Cook's Choice Veg Broccoli Salad Seasonal fresh fruit Dinner Roll w/ butter	Chili w/cheese Saltine Crackers Diced Carrots Corn Bread w/ butter Pear Half 	Chicken Salad Croissant Lettuce / Tomato Coleslaw Fruit salad Zucchini bread Alt: Fruited Yogurt	Cheeseburger on Wheat Bun Ketchup / Mustard Lettuce / Tomato Carrot Coins Potato Salad Seasonal fresh fruit
20	21	22	23	24
Vegetable Fried Rice w/ egg Vegetable blend Pork Egg Roll Mandarin oranges Fortune Cookies	Baked Ham Scalloped potatoes Steamed Broccoli Bread w/ butter Chocolate cake Alt. Fresh fruit	Turkey Tetrazzini California Blend Veg Salad w/ French Peaches Chocolate Chip Cookie Alt. Sugar Free Pudding	Baked Pasta w/ Marinara Meat Sauce Mediterranean Veg Seasonal Fresh Fruit Breadstick Cucumber Salad	Peachy Pork Roast American Fries Cook's Choice Veg Seasonal Fresh Fruit Roll w/butter
27	28	29	30	
Sloppy Joe on Wheat Bun Peas and Carrots Potato Wedges Assorted dessert bar Seasonal fresh fruit	Meatloaf & Mushroom Gravy Baby Red Potatoes Buttered Corn Side Salad W/ranch Bread with butter	Chicken Chow Mein Brown Rice Green Beans Mandarin Oranges Fortune Cookie	Pancakes with Syrup Sausage & Eggs Banana Mixed Fruit Blueberry Bread	

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

Mmmmm, Pancakes!

Did you know that September 26 is National Pancake Day? For some of us, plain-old pancakes are an excuse to eat cake for breakfast. But starting the day with added fiber and protein will help prevent the sugar jolt and crash, giving you more sustained energy throughout the day. Here are six ways to turn your pancakes into power food.



1. Add whole grains

Swap out some of the white flour for whole-wheat, rye or buckwheat. (You might need to increase the liquid because whole-grain flours are thirstier.) You could also add polenta, oats or cooked whole grains to give them extra fiber.

2. Add nutmeal

For a boost of healthy fat and protein, substitute finely ground almonds, walnuts or other nuts for some of the flour. You can buy some nut flours premade or grind your own in a food processor. Just add a tablespoon of flour to prevent the nut flour from turning into nut butter.

3. Add fruit

The surest way to up the antioxidant quotient of your pancakes is to add blueberries but don't stop there: try raspberries or sliced strawberries, peaches or bananas. (Frozen fruit works perfectly in the winter.)

4. Add vegetables

No, no, we're not going to suggest you sneak kale into your pancakes, unless you're going savory. But squash or parsnip puree or quickly cooked grated carrots are delicious in a sweeter-style pancake; just fold them right into the batter.

5. Add seeds

Seeds offer fiber and protein along with healthy fats. Tiny seeds, like poppy, chia or flax work best. If you soak the chia seeds first, you can use them as an egg substitute. (For 1 egg, grind 1 tablespoon of chia seeds and soak in 3 tablespoons of water.)

6. Make them gluten-free.

Are gluten-free pancakes healthier? That depends. If they include fiber-rich ingredients, like brown rice and coconut flour, then yes. Though all-white gluten-free flour pancakes are hardly healthier than the original, this version is no less delicious.

<https://www.foodandwine.com/breakfast-brunch/pancakes/6-ways-make-pancakes-healthier>

International Sudoku Day

September 9 is International Sudoku Day. To commemorate, below are two puzzles to complete. The first one is easy, the second one a little more challenging!

Sudoku is a logic-based, number-placement puzzle. The name "sudoku" is abbreviated from the Japanese *suuji wa dokushin ni kagiru*, which means "the numbers (or digits) must remain single." In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 blocks contain all the digits from 1 to 9. The puzzle begins with a partially completed grid which has a single solution. Good Luck!

Easy Puzzle

5	7	4	6		1			2
	2		4		8	7	3	6
8	3	6		2		5		
2	8		1		4		5	3
3		5	7	6	2	8		1
6	1	9				2	4	
		8	3	7		1	2	9
7	9	3		1	5		6	
	6		8		9	3	7	5

Easy Puzzle Solution

5	7	3	6	4	8	2	9	1
8	6	4	5	1	2	3	6	7
9	2	1	6	7	3	8	5	4
4	7	2	4	3	5	8	6	9
1	9	8	2	6	7	5	4	3
3	5	6	9	4	1	7	8	2
4	1	5	7	2	9	6	3	8
6	3	8	1	5	4	2	7	9
2	8	7	3	9	6	1	4	5

Hard Puzzle

	7				9		4	
2		3	1	4				6
							3	
8							7	
	1		5	6	2		9	
	5							4
	4							
7				2	4	8		1
	6		7				2	

Hard Puzzle Solution

3	2	4	1	5	7	8	9	6
1	9	8	4	2	6	5	3	7
7	5	6	8	3	9	2	4	1
4	1	2	7	6	8	9	5	3
8	6	3	2	9	5	7	1	4
5	7	9	3	1	4	6	2	8
6	3	1	9	7	2	4	8	5
9	8	7	5	4	1	3	6	2
2	4	5	6	8	3	1	7	9

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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