

The ADRC Connection

April 2022



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

(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

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- ⇒ Move More Month
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We Applaud the Volunteers Who Serve Our Community

The Aging and Disability Resource Center's dedicated volunteers provide services and programs that help our agency flourish and grow, that is pure magic to us. Although some of the programs had to be suspended due to the pandemic, we are excited to resume many programs that volunteers help to enrich. ADRC volunteers help in a variety of ways. The majority of volunteers assist with the senior nutrition program by delivering meals, serving meals at our senior dining centers and making wellness calls to Meals on Wheels customers. In addition, volunteers assist the ADRC office with administrative tasks, provide guardianship, assist with Medicare classes and open enrollment, facilitate evidenced based health promotion programs and more. Together, their collective efforts help build a stronger, more vibrant community in Waukesha County.

Here are just a few of the ways volunteers supported the ADRC and our community in 2021:

- 183 volunteers contributed 5,590 hours staffing the Community COVID-19 Vaccination Clinic.
- 265 volunteers spent 11,700 hours supporting the Senior Nutrition Program, saving the county almost \$300,000.
- 27 volunteers spent more than 600 hours calling socially isolated seniors as a part of the ADRC Friendly Visitor Program.
- 16 office volunteers gave more than 250 hours of their time to support the department of Health & Human Services by providing administrative support.
- 40 Alcohol and Other Drug Abuse volunteers facilitated 197 support/recovery group meetings.
- 11 ADRC Advisory Board members gave 76 hours of their time to provide ongoing oversight of ADRC operations.



Tips for Caregivers: Helping with Medications and Medical Devices

By the GWAAR Legal Services Team



Do you help care for a friend or family member in your home or check on them in their own home? Although you want to help your loved ones stay healthy, managing their medications can be a challenge. These tips can help you keep the people you care for safe.

Keep a list of medicines for each person you care for. In addition to prescription medication, remember to include over-the-counter medication and dietary supplements, like vitamins and herbs. Keep this list with you and bring it to doctor visits. When you go to the doctor, ask: What is the name of the medicine? How much medicine should my loved one take and when should it be taken? Are there any side effects and special warnings? What can be done if my loved one has any problems taking or tolerating this medicine? How should we safely get rid of old or unused medicine? You can call the ADRC to receive a Deterra medication disposal kit, which can be used to deactivate medication to safely dispose of it.

Give the right amount of medicine. Ask your loved one's healthcare providers how much medicine you should dispense and at what time of the day. Be sure to use the measuring cup or device that comes with the medicine.

Lock up medication. Make sure medicine is taken only by the person it is meant for. Keep medications and any dietary supplements out of the reach of children, teens, and other adults who might be harmed if they take it. Call the ADRC to learn more about medication lockboxes, available to seniors at no charge. (262) 548-7848

Use home medical devices safely. Talk to a doctor or other healthcare provider about how to use medical devices correctly. Read the directions on how to clean the device, as household cleaners should not be used on some devices.

Finally, make a plan for emergencies. Pack a kit with medical supplies, batteries for any medical devices, and a copy of your loved one's medicine list. Put the kit in a place that is easy for your loved one to access. Ask a healthcare provider how to handle medicines or devices affected by flood water or heat. If there is an emergency in your loved one's home, tell the electric company or any first responders if there is a medical device that needs power.

Follow us on FACEBOOK!

Stay up to date on community information and get the latest news from the ADRC.

www.facebook.com/ADRCWC

Driver License Invisible Disability

By the GWAAR Legal Services Team

When a police officer pulls over a vehicle, it is routine for the officer to run the driver's license or plate to see information about the person's vehicle, driving history, and criminal record. Sometimes, however, the driver may be capable of driving but have certain medical conditions or behaviors that could be misinterpreted by police. These conditions, in turn, could put the driver in danger. For example, conditions could make the driver more anxious, agitated, or cause difficulty communicating.

Effective January 1, 2019, an applicant for a Wisconsin driver license, identification (ID) card and/or vehicle registration can choose to disclose on these documents that they have a disability that may not be immediately apparent to another person.

These conditions include the following:

- Appears deaf or unable to understand;
- Has difficulty speaking or communicating;
- Engages in repetitive or self-stimulating behaviors such as rocking or hand flapping;
- Appears anxious, nervous, or upset;
- Becomes agitated due to physical contact or stressful situations;
- Acts indifferent or unresponsive; and
- Other.

A person can complete the Invisible Disability Disclosure form MV2167 to make such a disclosure and send it to the address on the form or present it to their local DMV Service Center. The disclosure will be available so that when officers run driver license and plate information they will also be alerted to the invisible disability. An invisible disability disclosure is completely voluntary, and a person can remove information about their invisible disability at any time by using the same form MV2167.

For more information and to access the form, visit <https://wisconsin.gov/Pages/dmv/license-drivers/mdcl-cncrns/inv-dis.aspx#:~:text=Effective%20January%2019%2C%202019%2C%20an,immediately%20apparent%20to%20another%20person.>

VOLUNTEER WITH THE ADRC!

The ADRC is in great need of volunteers to support our Senior Nutrition Program.

Home Delivered Meal Driver Volunteer

Drivers are needed at 7 locations throughout Waukesha County. A hot noon meal is delivered to homebound individuals. Receiving meals assures the homebound individual proper nutrition, as well as the independence to remain in the comfort of their own home. Volunteers are generally needed between the hours of 11:00 AM and 2:00 PM. Some volunteers drive as little as one day a month, and others drive five days a week. Mileage reimbursement is provided.

Senior Dining Assistant Volunteer

Senior Dining Center volunteers are needed to help serve community seniors at our senior dining centers in the county. Volunteers also assist with participant registration and packing home delivered meals.

Call to learn more! (262) 548-7848

Dear Ina,

I've been noticing that I've been having trouble hearing, so I went to my doctor. They sent me to an audiologist who recommended hearing aids. Unfortunately, they're not covered by my insurance and I can't afford to pay out of pocket. What should I do?

Sincerely,

Hardy Earing



Dear Hardy,

A hearing aid could cost between \$1000 to \$4000. It is also important to note that many insurance companies do not provide coverage for hearing aids. Various programs to assist in offsetting the cost exist at both the state and national levels. Prior to purchasing hearing aid(s), check with your health care plan. If you are an active or retired military personnel or a dependent, check TRICARE to see if they will help cover the purchase.

State and Federal Agencies

Department of Vocational Rehabilitation (DVR) <https://dwd.wisconsin.gov/dvr/>

DVR will provide services to consumers who are deaf, hard of hearing or Deaf-Blind and meet DVR eligibility requirements. Assistance with hearing aids and other assistive listening devices may be provided to consumers who need such devices to secure or retain employment. DVR offices are located all around the state.

U.S. Veterans Administration (VA) <https://dva.wi.gov/Pages/Home.aspx>

The Veterans Administration will provide hearing aids and eyeglasses to veterans who receive increased pension based on the need for regular aid and attendance; are permanently housebound; receive compensation for a service-connected disability; are former prisoners of war; or have received a Purple Heart medal. Otherwise hearing aids and eyeglasses are provided only in special circumstances and not for normally occurring hearing or vision loss.

Medicare <https://www.medicare.gov/coverage/hearing-balance-exams>

Medicare specifically excludes hearing aids and exams for fitting hearing aids. Hearing and balance exams are covered only if ordered by a doctor to see if you need medical treatment. Standard qualifications for the Medicare program apply. Coverage is available, however, for cochlear implantation if all criteria for Medicare coverage are met.

Wisconsin Medicaid <https://www.dhs.wisconsin.gov/medicaid/index.htm>

Medicaid is a joint federal/state program established in 1965 under Title XIX of the Social Security Act to pay for medical services for people with disabilities, people 65 years and older, children and their caretakers, and pregnant women who meet the program's financial requirements. Wisconsin Medicaid is also known as the Medical Assistance Program, MAPP, Katie Beckett, Title XIX, or T19. Speech, hearing and language disorder services are covered. Hearing aids and cochlear implants are covered services under some plans for Medicaid eligible recipients.

Telecommunications Assistance Program Hearing Aid Assistance (DHS) <https://www.dhs.wisconsin.gov/odhh/tap.htm#4-tap-haa>

The TAP Program Hearing Aid Assistance provides funding towards the purchase of new hearing aids and cochlear implant external processors to increase the efficiency and use of telecommunications devices for distance communications. TAP HAA can provide up to \$250 towards the cost of a telecoil or Bluetooth-enabled hearing aid or cochlear implant external processor. TAP HAA is available to eligible applicants with an out-of-pocket expense including any additional benefits or discounts available through applicant insurance or supplemental plans.

WisLoan Program <https://www.dhs.wisconsin.gov/wistech/wisloan.htm>

WisLoan is an alternative loan program for persons with disabilities, including people who are deaf, hard of hearing and Deaf-Blind in Wisconsin to purchase equipment such as hearing aids, modified vehicles, wheelchairs and ramps. The program is open to Wisconsin residents of all ages who have a disability. There are no income requirements and individuals are not required to exhaust personal or public funding. Under the program, banks provide loans to qualified borrowers. Loan amounts depend on the item purchased and the ability to repay the loan. Independent living centers throughout the state provide technical assistance, applications, and assistive technology services.

Private Agencies

ABC for Health {<https://www.safetyweb.org/>}

ABC for Health is a Wisconsin-based, nonprofit public interest law firm dedicated to linking children and families, particularly those with special health care needs, to health care benefits and services. ABC for Health's mission is to provide information, advocacy tools, legal services and expert support needed to obtain, maintain and finance health care coverage and services.

AUDIENT Alliance for Accessible Hearing Care {<https://www.audientalliance.org/>}

Audient is a non-profit program that provides affordable access to hearing care for people with limited financial resources. Hearing care professionals and suppliers offer their services to the AUDIENT Program to provide services at a greatly reduced cost. Applicants must meet income eligibility requirements. Once a person is determined to be eligible, he or she is referred to the AUDIENT program partner, Ear Professionals International Corporation (EPIC), who then refers them to an AUDIENT program partner provider in their area.

HIKE Fund, Inc. (The Hearing Impaired Kids Endowment Fund) {<https://thehikefund.org/>}

The HIKE Fund, Inc. is the continuing philanthropic project of Jobs Daughters International. Its purpose is to provide hearing devices for children with hearing losses between the ages of newborn and twenty years whose parents cannot afford the devices. Children are eligible to receive a grant once the need is verified by a prescription from an audiologist or physician. The Fund supports many types of devices including, but not limited to, hearing aids, FM systems, closed caption converters, tactile units, alerting systems and specialized sports equipment to aid children with hearing loss in communication.

Lions Hearing Foundation {<https://www.lionsclubs.org/en>}

Lions Clubs International provides support for people who are deaf, hard of hearing and Deaf-Blind by offering the following services: hearing awareness, hearing screenings, communication aids for persons who are deaf or hard of hearing, recreational camps for persons who are deaf or hard of hearing, and support for the deaf and hard of hearing community. Lions operate a Hearing Aid Bank Program that collects used hearing aids that are then refurbished and made available to people who could not otherwise afford to purchase hearing aids.

Miracle Ear Foundation {<https://www.miracle-ear.com/miracle-ear-foundation/eligibility>}

This program provides no-cost hearing aids and hearing support services to children and adults. Their families must have a significantly limited income, but are not eligible for any public support, and are unable to afford the high costs of quality hearing instruments. Applications are evaluated on a case by case basis.

Sertoma International (Service to Mankind)

Sertoma International is a volunteer civic service organization. Sertoma's mission supports hearing health. The Sertoma Club of Madison and the University of Wisconsin Speech & Hearing Clinic provide reconditioned hearing aids to low income individuals through their Sertoma Hearing Aid Recycling program. Preference for assistance will be given to residents of Dane county and surrounding communities.

Starkey Hearing Foundation/Hear Now

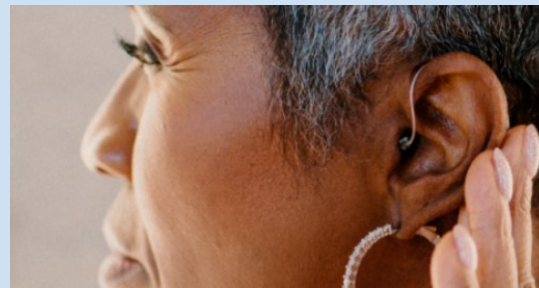
Hear Now is a national non-profit program of the Starkey Hearing Foundation committed to assisting persons who are deaf and hard of hearing, with limited financial resources and who permanently reside within the United States. HEAR NOW provides new and reconditioned hearing aids through hearing health providers nationwide. HEAR NOW is a program of last resort and is designed to assist those who have no other resource available to them. HEAR NOW considers family support or funds available in money market accounts, mutual funds, 401(k) plans, IRAs, certificates of deposit (CDs), checking/savings accounts, stocks, bonds, or T-bills when determining eligibility. There is a non-refundable processing fee for each hearing aid applied for through HEAR NOW.

Local Civic or Service Organizations

Local civic and service organizations such as: local Lions, Kiwanis, Rotary, Optimist clubs, Goodwill Industries, National Easter Seals Society, Telephone Pioneers of American, Granges and March of Dimes (to name a few) provide assistance to individuals for hearing aids and assistive technology. Consult your local phone directory to locate these organizations within your community.

Additional Information

If you would like more information regarding financial assistance as well as insurance coverage visit the [Hearing Loss Association of America](https://www.hearingloss.org/hearing-help/financial-assistance) {<https://www.hearingloss.org/hearing-help/financial-assistance>}



From the Desk of Your Benefit Specialist

Federal Website Provides Nursing Home Staffing Comparisons

The Medicare “Care Compare” website now offers an opportunity for consumers to search by zip code and compare staffing levels and staff turnover rates at area nursing homes. Initial research suggests that a nursing home’s overall quality rating improves as the level of staff turnover decreases. The new search feature allows families to review turnover rates for individual nursing homes in order to make better-informed choices about care facilities for loved ones.

Turnover rates are based on the percentage of staff that stopped working at a facility over a 12-month period. The website shows total numbers of nursing staff and administrator turnover and breaks down nursing staff turnover between registered nurses, licensed practical nurses, and nurse aides. It also provides the average number of residents per day and the average number of staff hours available per resident per day for RN, LPN, nurse aid, and physical therapy providers. Staff availability is rated on Medicare’s familiar five-star system with information about how staff availability and turnover rates compare to state and national averages.

Families considering skilled nursing facility options for loved ones can access the search tool and rating information at www.medicare.gov/care-compare/.

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/>



Get Your 2022 Waukesha County
🐦 Parks Admissions Sticker!

SENIOR (60+) STICKERS: \$17

REGULAR STICKERS: \$35 🐦

Learn More : www.waukeshacounty.gov/parkentry



SAVE THE DATE!

June 15th is World Elder Abuse Awareness Day (WEAAD) . WEAAD events worldwide provide an opportunity to promote a better understanding of abuse and neglect of older people by raising awareness of the cultural, social, economic and demographic influences that contribute to elder abuse and neglect.

This year, Waukesha County will focus on the growing issue in our community, How social isolation can lead to seniors being more vulnerable to exploitation.

We will be sharing additional information on our Facebook page,



APRIL IS MOVE MORE MONTH

The American Heart Association designated April as Move More Month to encourage people to sit less and get moving. Engaging in regular physical activity can help lower risk of cardiovascular disease, improve sleep, slow or reduce weight gain, lower risk of falls and fall-related injuries, and reduce risk of dementia.

To achieve substantial health benefits, adults should get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity each week. Moderate-intensity activities include walking briskly, recreational swimming, tennis (doubles), active yoga, ballroom or line dancing, water aerobics, and bicycling (less than 10 mph). In addition, adults should also do muscle-strengthening activities of moderate or greater intensity on two or more days a week. Keep in mind that short activity sessions can be added up over the week to reach this goal. If you have been inactive for some time, start with something simple such as walking and gradually build a routine and increase intensity from there. Bottom line, some physical activity is better than none.

Additional Considerations for Older Adults

- As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

5 Ways to Get Moving this April

1. Jumpstart a daily walking routine on National Walking Day, Wednesday, April 6th.
2. Sign up for a yoga or water aerobics class at your local gym or community recreation center.
3. As the temperatures start to get warmer, get your garden ready for summer.
4. Join a senior fitness group. UW-Extension Waukesha County offers a free strength training program for seniors called StrongBodies. See page 9 for upcoming class information.
5. Do an activity with grandchildren, such as riding bikes or visiting a park.

Safety Tips

- Drink plenty of water
- Pay attention to your surroundings
- Warm up before you start
- Wear appropriate clothing and shoes
- Talk to your health care provider before starting a new physical activity routine



Sources: Physical Activity Guidelines for Americans, 2nd Edition 2018, U.S. Department of Health and Human Services, American Heart Association

Evidence-Based Health Promotion Program

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

StrongBodies: Be Strong, Stay Strong

Bone and muscle loss begin early, StrongBodies strength training can reverse the process. This national evidence-based program aims to prevent or manage chronic diseases and build strength through sound nutrition and targeted exercise. This 10-week workshop meets twice weekly for 1 hour and 15 minutes. This workshop is provided by the University of Wisconsin Extension program.

Details: This workshop will meet online via Zoom. **Sessions will be held on Tuesdays and Thursdays, April 5 – June 9 from 9:00 am to 10:15 am.**

Contact: Register online at <https://forms.gle/SMH1Fctuun2WyN88>

Healthy Living with Diabetes

This workshop is an evidence-based program for any adult who has type 2 diabetes, pre-diabetes, or lives with someone who does. Those with 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 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 meet 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, April 14th – May 19th from 1:30 – 4:00 pm.**

Contact: Register by contacting the LIRWC office at 262-695-3473 or lir@wctc.edu. Register by April 7th.

A Cup of Health – Better Brain Health

This one-hour educational session, presented by a registered nurse, will teach participants what they can do to lower their dementia risk and keep their brains healthy. The session will cover common diseases that cause dementia, other conditions that mimic dementia, signs and symptoms, risk factors, and strategies to maintain a healthy brain.

Details: This presentation will be held in person at the Menomonee Falls Senior Center, W152N8645 Margaret Road, Menomonee Falls, WI 53051 on **April 12th from 10:00 am – 11:00 am.**

Contact: Register in person or online at t.ly/AtXR (type into your internet search browser). **Register by April 5th.**

Which Egg is Best?

Egg brands use trendy phrases to encourage you to buy them, promising a healthier product. Is there really a big difference between those eggs and conventional eggs?



Type of Egg	Description
Conventional	Readily available and inexpensive. Laid by hens in a hen house.
Brown	Unless noted on the carton, these are conventional eggs. The breed of chicken determines the egg's color.
Cage Free	Eggs from hens housed in an open barn.
Free Range	Eggs from hens that have access to the outdoors. The time they spend outside is determined by the farm and local laws.
Pasture Raised	Eggs from free-range hens that forage on a maintained pasture area. May contain slightly more vitamin D and E & omega 3.
Organic	Eggs from cage-free or free-range hens that are raised on certified organic feed.
Nutrient-enhanced (such as Omega 3, Vitamin D)	Eggs from hens fed a special diet with ingredients such as flax seed, marine algae, or fish oils to increase certain nutrients.
Vegetarian	Eggs from chickens provided a vegetarian diet. Their feed is free of fish or meat byproducts, and hens are kept inside so they do not forage for bugs or worms.

Sources: Academy of Nutrition and Dietetics, Illinois Dept of Agriculture

Are certain types healthier? There is no clear evidence that certain eggs are always better for you nutritionally. What chickens are fed may slightly alter the nutrient levels in the eggs; one study found that different feed increased some nutrients and decreased others. Eggs fortified with a nutrient, such as omega 3 fats, could help those looking to boost their intake of that nutrient.

All eggs are a good source of protein, healthy fats, vitamins, and minerals. The egg you choose depends on what's important to you—whether it be cost, nutrients, or farming practices.

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.

Did you know...

- *Raw eggs that are properly stored can be eaten well after the sell-by date on the carton- up to 4-5 weeks!*
- *Hard boiled eggs spoil faster than raw. Keep them in your fridge for up to 7 days.*
- *Eggs contain small amounts of every vitamin and mineral needed by the human body, except vitamin C*



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

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

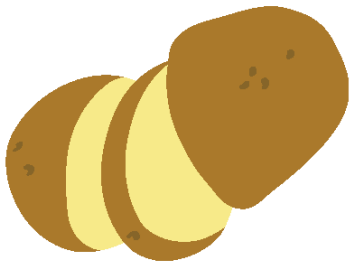
Harvest of the Month

APRIL

POTATO

HEALTH BENEFITS

- POTASSIUM
- VITAMIN C
- VITAMIN B6
- FIBER



HEALTHY SERVING IDEAS

The potato is the second most consumed food product in the United States, with the average American consuming 135 pounds of potatoes per year!

Keep it simple and chop potatoes into 1" cubes, toss with a few Tbsps of olive oil, salt & pepper, and roast in 425°F oven for 35 minutes or until tender, turning once. Don't forget to eat the potato skin to get all of the different nutrients.

SHOPPING & STORAGE TIPS

Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with green coloring.

Store potatoes in a cool, dark, and dry place. Not the refrigerator! Place them in a plastic bag with holes.

Colder temperatures lower than 50 degrees, such as in the refrigerator, cause a potato's starch to convert to sugar, resulting in a sweet taste and discoloration when cooked.

LIVE WELL

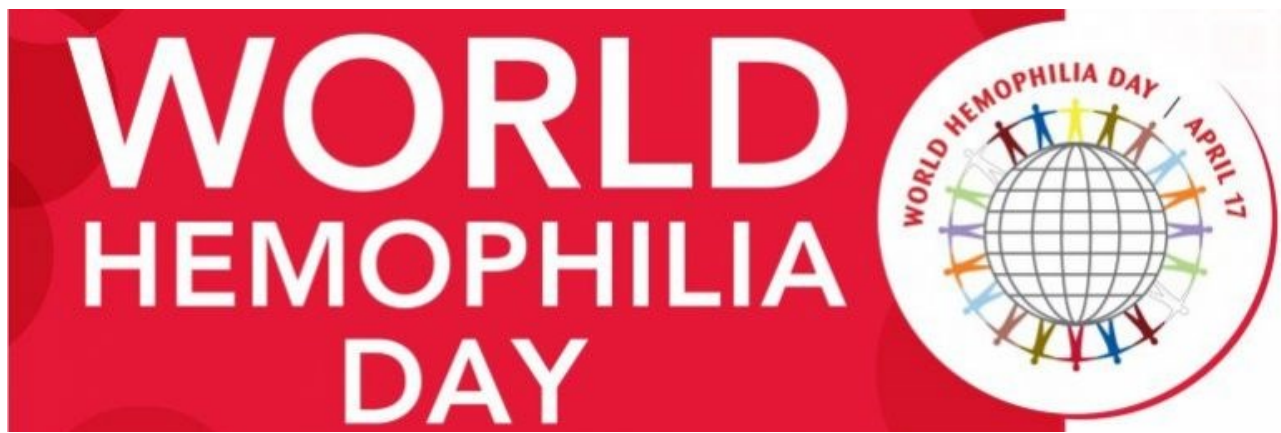


WAUKESHA COUNTY

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



Every year, April 17 is observed as World Hemophilia Day. It is an international awareness day for hemophilia (also spelled as haemophilia) and other bleeding disorders and also marks the birth anniversary of Frank Schnabel, the founder of the World Federation of Hemophilia. The day has been marked since 1989 and several communities come together to celebrate the continuous advances in treatment while raising awareness and bringing understanding and attention to the issues related to proper care to the wider public.

What is Hemophilia?

Hemophilia is usually an inherited bleeding disorder in which the blood does not clot properly. This can lead to spontaneous bleeding as well as bleeding following injuries or surgery. Blood contains many proteins called clotting factors that can help to stop bleeding. People with hemophilia have low levels of either factor VIII (8) or factor IX (9). The severity of hemophilia that a person has is determined by the amount of factor in the blood. The lower the amount of the factor, the more likely it is that bleeding will occur which can lead to serious health problems.

What Causes Hemophilia?

Hemophilia is caused by a mutation or change in one of the genes that provides instructions for making the clotting factor proteins needed to form a blood clot. This change or mutation can prevent the clotting protein from working properly or to be missing altogether.

Even though hemophilia runs in families, some individuals who have hemophilia have no prior history of family members with hemophilia. There may be carrier females in the family. However, about one-third of the time, the baby with hemophilia is the first one in the family to be affected with a mutation in the gene for the clotting factor.

Hemophilia can result in:

- Bleeding within joints that can lead to chronic joint disease and pain.
- Bleeding in the head and sometimes in the brain which can cause long term problems, such as seizures and paralysis.
- Death can occur if the bleeding cannot be stopped or if it occurs in a vital organ such as the brain.

Who is Affected?

Hemophilia occurs in about 1 of every 5,000 male births. Based on recent study that used data collected on patients receiving care in federally funded hemophilia treatment centers during the period 2012-2018, about 20,000 as many as 33,000 males in the United States are living with the disorder. Hemophilia A is about four times as common as hemophilia B, and about half of those affected have the severe form. Hemophilia affects people from all racial and ethnic groups.

Sources: <https://www.news18.com/news/lifestyle/world-hemophilia-day-2021-theme-history-and-significance-3647630.html> , <https://wfh.org/world-hemophilia-day/> , <https://www.cdc.gov/ncbddd/hemophilia/facts.html>

MEMORY CAFÉ



Purple Springs Library
MEMORY PROJECT



POETRY PARTY!

Thursday, April 14, 2022

Time: 1:30 PM - 3:00 PM

Alice Baker Memorial Library
820 E Main St, Eagle, WI 53119

Poet Gary Glazner will be joining us for a Poetry Party - an old-fashioned radio show filled with funny poems, happy poems, and poems that make you want to dance! Register now for this hybrid event (virtual and in-person).

TO REGISTER

Please register online at
librarymemoryproject.org/events

For questions or to register by
phone, please call:

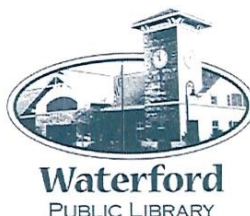
Alli Chase

(262) 594-2800

WHAT IS A MEMORY CAFÉ?

A Memory Café is an informal social gathering for those living with early-stage memory loss and their care partner.

Please see our website at
librarymemoryproject.org
for more information.



alzheimer's  association®



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Macaroni & Cheese Cottage Cheese Green Beans Tomato Juice Dinner Roll w/ butter Cook's Choice Fruit Frosted Brownie Alt. Apple Slices
4	5	6	7	8
Pub Burger on Burger Bun w/ Provolone Ketchup / Mustard Parsley Potatoes Honey Glazed Carrots Tropical Fruit Salad	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Pineapple Tidbits Almond Cookie Alt. Sugar Free Cookie	Whole Wheat Spaghetti and Meatballs Italian Bread w/ butter Italian Blend Vegetable Mixed Salad w/ dressing Fresh Banana Raspberry Sherbet Alt. Raspberry Yogurt	BBQ Pork Ribs Baby Red Potatoes w/ butter Coleslaw Pear Half Crusty Roll / Butter Peach Cobbler Alt. Fresh Fruit	Meatloaf w/ Onion Gravy Mashed Potatoes w/ gravy Buttered Sweet Corn Italian Bread / Butter Fresh Fruit
11	12	13	14	15
Ring Bologna Au gratin Potatoes Asparagus Tips Fruit Cocktail Whole Wheat Bread w/ Butter Strawberry Ice Cream Alt: Fresh Fruit	Chili Mac Sweet Green Peas Wax Beans Tropical Fruit Salad Multigrain Bread w/ butter Snickerdoodle Cookie Alt. Fresh Orange	Roasted Turkey w/ gravy Mashed Sweet Potatoes w/ butter 5-Way Mixed Vegetable Crusty Roll w/ Butter Melon Wedge Apple Pie Alt. Fresh Apple	Pork Cutlet Herbed Stuffing with Pork Gravy Peas and Carrots Cucumber Salad Wheat Bread w/ butter Cinnamon Applesauce	Vegetarian Lasagna Romaine Salad with tomatoes & cucumbers French Dressing Bread Stick W/Butter Peach Half Butterscotch Pudding Alt. Diet Pudding
18	19	20	21	22
Chicken Cordon Bleu Hash Brown Casserole Buttered Sweet Corn Dinner Roll w/ butter Fruit Cocktail Frosted Brownie Alt. Sugar Free Cookie	Salisbury Steak Tri-Tater Ketchup Packet Carrot Coins English Muffin w/ butter Mandarin Oranges Vanilla Pudding Alt: Diet Pudding	Creamy Mushroom Baked Chicken Breast Wild Rice with Sauce Oriental Blend Veg Romaine Salad w/ Ranch Dressing Rye bread w/ butter Fresh Fruit	Jumbo Hot Dog on Wheat Bun Ketchup, Mustard, Relish, Diced Onions Calico Beans American Potato Salad Banana	Earth Day 3-Bean Vegetarian Chili W/ onions and crackers Marinated Vegetable Salad Corn Bread Muffin w/ butter Cranberry Compote
25	26	27	28	29
Oven Baked Ham Scalloped Potatoes Peas and Carrots Italian Bread Pineapple Slices Sugar Cookie Alt. Sugar Free Cookie	Rosemary Chicken Mashed Potatoes w/ Gravy Cook's Choice Veg Multigrain Bread Spiced Apple Rings	BBQ Pulled Pork on Wheat Bun Broccoli Slaw Potato Salad Pear Half Oatmeal Raisin Cookie Alt. Raisins	Cheeseburger on Wheat Bun Ketchup / Mustard Kitchen's Choice Veg Cucumber Salad Tropical Fruit Salad Frosted Cake Alt: Diet Gelatin	Chicken Caesar Salad w/ Croutons, parmesan cheese and Caesar dressing Tomato & Onion Salad Potato Roll / Butter Seasonal Fresh Fruit

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

Top Ten Consumer Complaints Across Wisconsin in 2021

As the State's largest consumer protection agency, the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) receives tens of thousands of requests for assistance, information, and resources each year. In 2021, the Bureau of Consumer Protection (BCP) worked to resolve more than 11,750 consumer complaints filed with DATCP, successfully reached settlements in several ongoing investigations, and returned more than \$11,151,000 to Wisconsin consumers.

These are the top ten complaint categories for consumer complaints received by DATCP in 2021.

1. Telemarketing (2,765 complaints)

Telemarketing complaints continue to be the top consumer concern in Wisconsin. While the number of complaints dropped for the third year in a row, consumers are still faced with many issues surrounding unwanted calls and texts.

2. Landlord-Tenant (1,678 complaints)

Returning to the number two position, landlord-tenant complaints remained a critical concern for Wisconsinites. In addition to complaints, the DATCP website saw more than 100,000 visits to rental resources including 65,000 visits to the Landlord-Tenant COVID 19 FAQ webpage and 50,000 visits to the Landlord-Tenant Guide webpage.

3. Identity Theft (1,550)

Fraud reports are on the rise nationally, and Wisconsin has followed that trend with identity theft complaints shifting up one position in 2021. Since identity recovery after fraud is a time-consuming and expensive task, BCP works to educate consumers on prevention. Throughout 2021, outreach staff presented to more than 4,500 individuals on identity theft and other important consumer protection topics.

4. Home Improvement (580)

Top consumer home improvement concerns in 2021 included lien waivers, non-fulfillment of services, billing disputes, and workmanship issues.

5. Telecommunications (573)

Disputes with telecommunications companies continued to be a concern for many Wisconsinites, but overall the category dropped two places in the ranking. Consumers reported issues such as billing disputes, misleading advertisements, and termination of services as principal concerns.

6. Medical Service (273)

Consumers reported billing disputes, unsatisfactory services, and misleading representations as top concerns in the medical services category.

7. Motor Vehicle Repair (218)

Workmanship, failure to honor warranties, damage, and unsatisfactory service were the primary concerns in the motor vehicle repair category.

8. Motor Vehicle Sales (194)

DATCP saw consumer reports of misleading representations and inadequate disclosures related to motor vehicle sales.

9. Motor Vehicle Accessories and Parts (180)

As part of a trend of rising motor vehicle concerns, the motor vehicle accessories and parts category appeared in the top ten for the first time. Consumers reported delivery failure, misleading representations, and unsatisfactory refund policies as their main concerns.

10. Entertainment and Recreation (140)

While rescheduled and canceled events continued to be a concern for consumers in 2021, DATCP received 141 fewer complaints on this topic than in the prior year.

If you need assistance, to file a complaint, or to find additional resources and information visit DATCP's Bureau of Consumer Protection at www.datcp.wi.gov, call the Consumer Protection Hotline at (800) 422-7128, or send an e-mail to datcp hotline@wi.gov.



GUARDING SENIORS FROM DRUG MISUSE



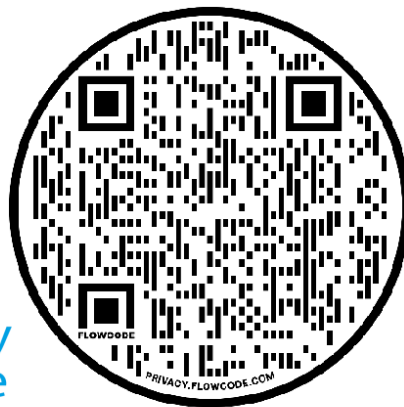
Virtual Presentation
APRIL 6TH AT 11:30 AM - 1:00 PM

**PRESENTED BY: THE WAUKESHA COUNTY HEROIN
TASK FORCE PREVENTION ACTION TEAM**

Learn from experts including:

- **Pharmacist**
- **Physical Therapist**
- **Psychologist**

REGISTER HERE



**Waukesha County
Heroin Task Force**
*Working together
to break the cycle of substance use
through community action & hope!*

Did you know that 37.9% of Wisconsin adults over 65 used prescribed pain medications in the past year? This is significantly MORE than any other adult population.

Are you a caretaker worried about your loved ones' use of prescriptions?

Are you looking for alternative options to manage pain?

Would you like help knowing how to talk about the misuse of drugs?

IN COLLABORATION WITH:

- **ADRC**
- **Addiction Resource Council**
- **Elevate**
- **Froedtert & the Medical College of WI**
- **Pro Health Care**
- **School District of Waukesha**
- **Turning the Page**
- **Your Choice to Live Inc.**



MAKE YOUR PLAN TO VOTE



Spring Election: April 5, 2022

Step 1: Check your voter registration status at myvote.wi.gov.

- Call your Municipal Clerk for assistance. Find your Clerk at myvote.wi.gov/en-US/MyMunicipalClerk.



Step 2: Register or re-register (if you moved since the last election).

April 5th Statewide Election Deadlines:

- Deadline to register in person at your Municipal Clerk's Office: April 1
- Register at your polling place: April 5



Step 3: Learn about the candidates at vote411.org.

Step 4: When voting in person, bring your photo ID.

- In-person Absentee Voting (Early Voting): In advance of Election Day, your municipal clerk may offer in-person absentee voting and voter registration. Contact your clerk for information about early voting locations.
 - Early Voting for the April 5th statewide election began March 22nd.
- Election Day, 7:00 AM - 8:00 PM. You may register and vote at your polling place. Find your polling place at myvote.wi.gov – it may have changed.

Voter Tip: *Curbside voting is required by law for any voter who cannot enter the polling place due to a disability. This may include voters who are immunocompromised or have symptoms of COVID-19. Contact your Municipal Clerk before Election Day to learn more about curbside voting or ask at your polling place.*

HAVE A VOTING QUESTION?

- Contact your Municipal Clerk: myvote.wi.gov/en-US/MyMunicipalClerk
- Disability Rights Wisconsin Voter Hotline - [1-844-347-8683](tel:1-844-347-8683) / 1-844-DIS-VOTEinfo@disabilityvote.org
- Wisconsin Elections Commission: [1-866-VOTE-WIS](tel:1-866-VOTE-WIS) elections.wi.gov/
- Department of Motor Vehicles (DMV) Voter ID Hotline: 844-588-1069
- WI Disability Vote Coalition: disabilityvote.org/



WE'RE HERE TO SUPPORT YOU!

Caregiver Support Group



4th Monday of Every Month | 12:45pm

Sussex Civic Center

Call to learn more! (262) 246-5200

UPCOMING TOPICS:

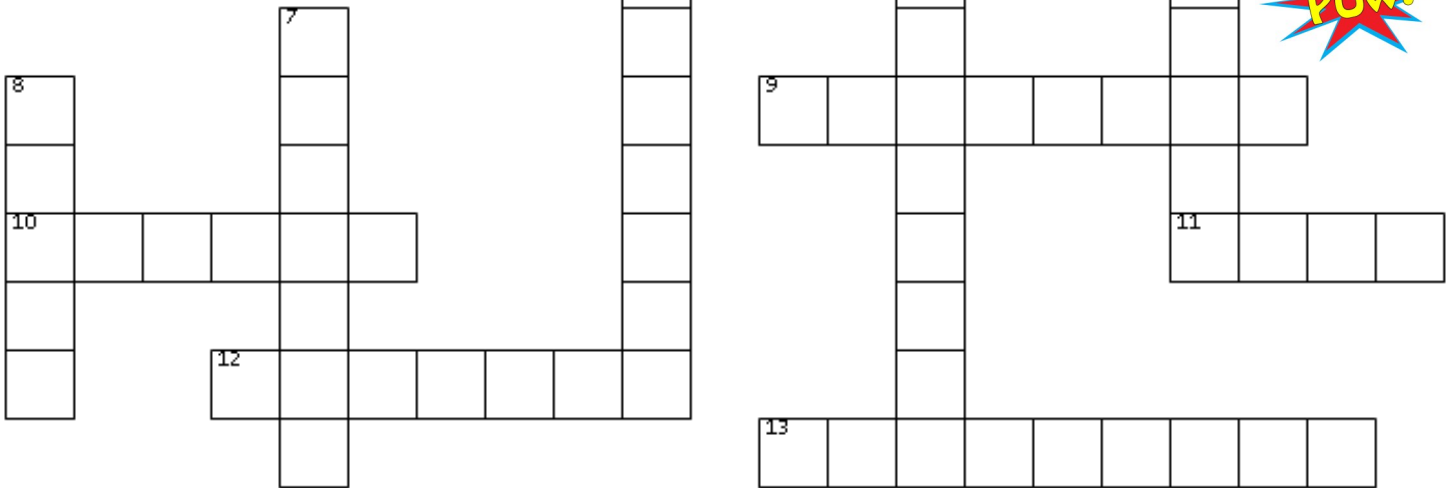
April 25: ADRC Dementia Care Specialist, Jennifer Harders

May 23: Group Social

June 27: Guilt and Grief

Superhero Crossword Puzzle

In honor of National Superhero Day on April 28, Enjoy this Superhero-themed crossword puzzle. Think about ways that you can emulate your favorite superhero in your community!



ACROSS

2. Norse god who uses a hammer
5. A princess with bullet proof bracelets and a magic lasso
9. Faster than a speeding bullet
10. Character played by Christian Bale, Michael Keaton, Val Kilmer, George Clooney, Adam West, and most recently, Robert Pattinson
11. Giant, green superhero known as The _____.
12. Avenger's member who uses a bow and arrow
13. Superhero who is blind.

DOWN

1. Tony Stark's alter ego
3. Marvel mutant group of superheroes
4. What is Spiderman's real name?
5. Superhero with long metal claws
6. Barry Allen is also known as The _____.
7. Superhero of the sea
8. Batman's sidekick named after a bird.



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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