

# Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

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

**After hours call**

**IMPACT 2-1-1**

**211, or toll free**

**1-866-211-3380**

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

262-524-8886

## Veteran's Services

262-548-7732

## Moraine Lakes Consortium

888-446-1239

## Alzheimer's Association

800-272-3900

(24/7Helpline)

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

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- ⇒ Specialized Transportation Updates
- ⇒ Heart Health Month
- ⇒ Avoid Overmedication
- ⇒ Winter Candlelight Hikes
- ⇒ Wisconsin Day Puzzle!



February 2022

# The ADRC Connection

## *It's Time to Talk About Mental Health*

Time to Talk Day (February 3rd) is the nation's biggest mental health conversation. Talking and listening about mental health has the power to change lives. Each conversation we have contributes to reducing mental health stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

Asking others how they are doing is a simple way to start conversations about mental health and show the people in your life you are prepared to talk and listen without judgment. There is no right way to talk about mental health; however, these tips can help make sure you're approaching it in a helpful way.

- **Ask questions and listen.** Asking questions can give the person space to express how they are feeling and what they are going through, and it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"
- **Think about the time and place.** Sometimes it is easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you are walking, cooking or stuck in traffic. However, don't let the search for the perfect place put you off!
- **Don't try and fix it.** It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they are going through. Learning to manage or recover from a mental health problem can be a long journey, and they have likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.
- **Treat them the same.** When someone has a mental health problem, they are the same person as they were before. That means when a friend or loved one opens up about mental health, they do not want to be treated any differently. If you want to support them, keep it simple. Do the things you would normally do.
- **Be patient.** No matter how hard you try, some people might not be ready to talk about what they are going through. That is ok – the fact that you have tried to talk to them about it may make it easier for them to open up another time.



# Free Tax Assistance

**The due date for your 2021 tax return this year is Monday, April 18, 2022.**



La Casa de Esperanza's Volunteer Income Tax Assistance (VITA) program provides free federal and state income tax return preparation and filing for low- to moderate-income families and individuals. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

**NEW THIS YEAR: La Casa is offering 5 different tax preparation methods clients can choose from!**  
**Reminder: If you need multiple tax years done, you need to schedule 1-2 appointments per tax year.**

1. In Person Tax Prep
2. In Person Drop off Tax Prep
3. Drive-Through Tax Prep
4. Drive-Through Drop off Tax Prep
5. Virtual Tax Prep

Schedule your appointment by visiting: <https://lacasavita.as.me/schedule.php> OR call (262)-832-1534

## **Tax Appointment Checklist**

**IMPORTANT NOTICE: Clients who do not bring valid IDs and original Social Security Cards/ITINs will not be able to file their returns.**

- If you are able, please complete the [Intake Form 13614-C](#) before your appointment.
  - Savings and Checking account information (Routing numbers & Account numbers)
  - If married, your spouse must be present
  - Original Social Security cards for everyone listed on your tax return (or ITIN)
  - Valid Photo ID (cannot be expired)
    - All tax documents (anything you received that says "Important Tax Documents Enclosed")
  - W2's, interest or dividend income statements, unemployment or social security statements (SSA-1099, 1099 forms, etc.)
  - **If you received health insurance through the Market Place, you must bring your 1095A.**
  - If you paid daycare expenses, statement from daycare provider including their tax ID# or social security number
  - Renters claiming Homestead, bring original rent certificate filled out by landlord (forms available at La Casa or the Library) NO Cross-outs, White outs, or Write Overs allowed.
  - Homeowners claiming homestead bring a current tax bill & receipt of tax payment
  - If you are disabled and age 62 and under, bring either:
    - A statement from your physician that you are disabled, the date that you became disabled, and whether the disability is permanent or temporary
    - A statement from the Veteran's Administration certifying that you are receiving a disability benefit due to 100 percent disability
    - A document or copy of a document from the Social Security Administration stating the date the disability began.
- If you have questions about any of these documents, contact La Casa before your appointment at (262)-832-1534.

**AARP offers Tax Assistance (including Homestead Tax Credit) by appointment only (Provided by trained AARP volunteers).**



To search for AARP Tax-Aides near you, go to [https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)



Are you a lover of libraries? If so, did you know that February is

## **National Library Lover's Month?**

To honor this, we wanted to share a spotlight on the Bridges Library System in Waukesha County.

Bridges Library System is a state funded library system in southeastern Wisconsin. Founded in 1981 as the Waukesha County Federated Library System, it transitioned to a two-county system on January 1, 2016 when Jefferson County joined, and the name was changed to Bridges Library System. The library system provides services to its 24 member libraries. Their mission: *The Bridges Library System strengthens member libraries by fostering collaboration and innovation.*

Libraries provide a variety of services (described below) continuously seeking opportunities to maximize resources, leverage buying power, and share costs. <https://bridgeslibrarysystem.org/>

### **Online Fee-based Reference Database Access**

Bridges Library System negotiates the purchase of online reference resources shared by member libraries. The access to databases allows any citizen in Jefferson and Waukesha Counties ready access to fee-based proprietary databases, such as Consumer Reports and Ancestry.com.

### **E-Content Management and Support**

Bridges Library System provides management and support of the Jefferson and Waukesha Counties' libraries' digital access through the Wisconsin Digital Library on the OverDrive/Libby platform. This vast statewide resource provides access to 39,000 e-books and 11,000 e-audios that can be downloaded directly to citizens' computers and devices.

### **Interlibrary Loan and Delivery Service**

Even though the Bridges libraries own over 2.2 million items, some items are not owned by any of the 24 libraries. In those cases, materials can be requested from other libraries. Please contact your local library to make the request and the Bridges Library System delivery service will bring the items requested to the local library.

### **Internet Service**

Public libraries in Jefferson and Waukesha Counties offer access to the Internet using a high-speed connection provided to each library in part through grant funds awarded to Bridges Library System.

### **Reference Service**

Got a tough question from a library patron? Questions requiring research or special resources can be referred by local libraries to the System's resource library, the Waukesha Public Library. Responses are sent back to the local library.

### **Inclusive Services**

Bridges Library System offers coordination for special needs services in libraries, including applying for LSTA grants and supporting innovative programs, such as the Lake Country, Purple Springs, Four Points, and Wild Plum Memory Projects. The library system was awarded grants to obtain hearing loops in libraries and assisted libraries in reviewing their facilities for accessibility.

### **Continuing Education**

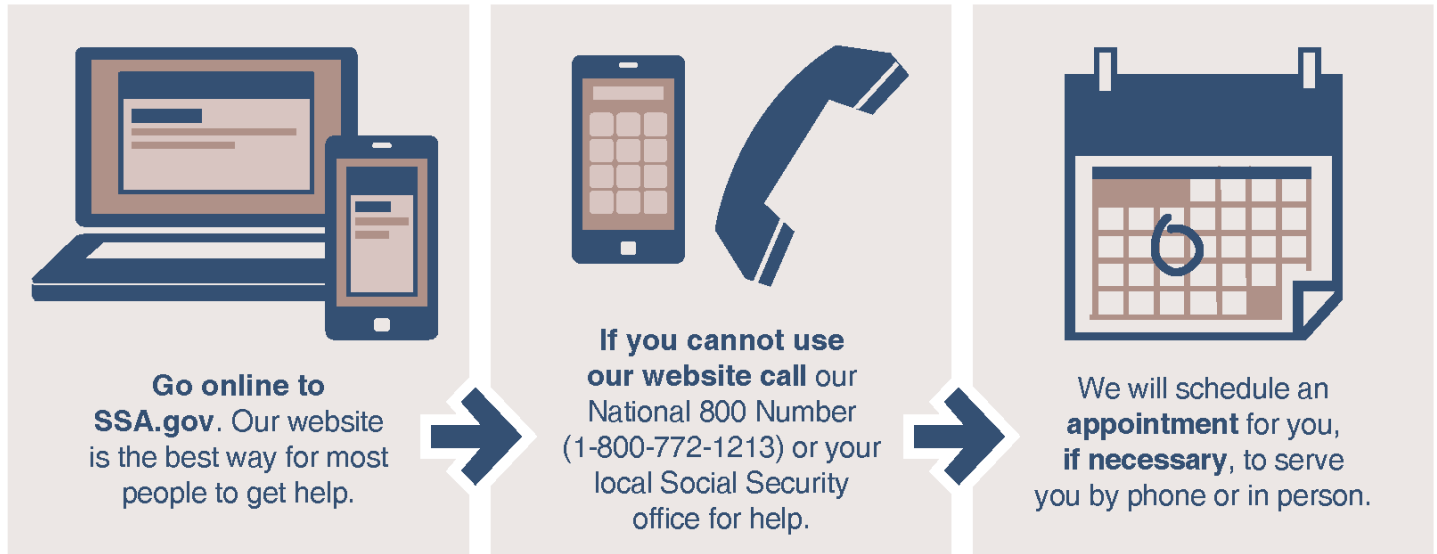
Continuing education workshops and meetings on library topics are sponsored by Bridges Library System to help members' library staff and board members keep up with developments in the library field. Additionally, CE grants are available for the purpose of professional development for library staff.

### **Online, Instructor-Led "Gale Courses" Classes**

Bridges Library System will offer six-week long courses taught by college instructors and experts in the field, ensuring a high-quality, high-impact educational experience for all ages.

# How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



## What to Know if You Must Visit an Office:

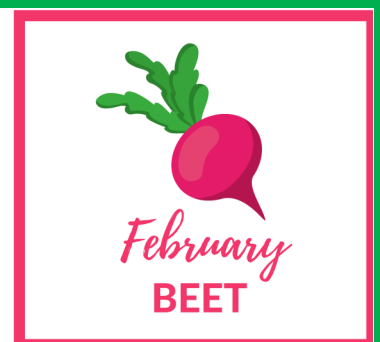
- You must have an **appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.

## 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 February, the highlighted produce item is beet! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



## Stay Active This Winter!

Just because the winter chill is starting to set in does not mean you can not stay active in the community. Waukesha County has a great number of parks and trails for you to explore. Take a hike, try snow shoeing or bust out those cross country skis!

Visit the Waukesha County Parks website for more information:

<https://www.waukeshacounty.gov/landandparks/park-system/winter-activities/>



# ADRC Specialized Transportation Updates

## Rider costs – back to regular subsidy rates



During the first half of 2021, the ADRC had fewer people using the accessible van service (Rideline) and senior taxi program. This resulted in grant dollars available, so the decision was made to increase the rider subsidy for taxi and Rideline programs.

The ADRC typically subsidizes registered senior taxi users \$5.25 per one-way ride. From August 1, 2021 through December 31, 2021, the rider subsidy for taxis increased to \$10.00 per one-way ride instead of the regular \$5.25; Rideline rider share was decreased by \$3.00 for all fare levels. This allowed our riders to keep more of their money for utilities, nutrition and important medications.

As beneficial as this was to riders, unfortunately the ADRC could only do that for the last half of 2021. Beginning January 1, 2022, we have returned to the regular taxi subsidy of \$5.25 per one-way ride and the regular Rideline rider fare. We hope riders found the additional transportation subsidy beneficial in 2021. Please call the ADRC at 262-548-7848 if you need assistance.

## ADRC's Specialized Transportation Mask wearing update:

In January 2021, The Centers for Disease Control and Prevention (CDC) announced a federal mask requirement for transit systems to mitigate the risk of COVID-19. The Transportation Security Administration and Federal Transit Administration soon followed with a security directive implementing the CDC mask use order.

Mask wearing is one of several proven life-saving measures, and requiring masks help protect America's transit workers and passengers and help control the transmission of COVID-19. TSA has extended the face mask requirement for all transportation networks through March 18, 2022, at the earliest.



The ADRC contracted transportation providers have requested the ADRC remind riders to honor the federal mandates and wear appropriate masks over their nose and mouth the entire time they are participating in an ADRC specialized transportation ride. Thank you for your cooperation.

Dear Ina,

I know a lot of people feel a little blue in the winter, but this year seems to be worse than ever before. I feel like I have not seen my friends and family in forever and I just wish I had someone to talk with over coffee or a meal. Do you have any advice on how I can cheer myself up?

Sincerely,

Alona Lee



Dear Alona,

Its completely normal to feel a little down and isolated in the winter. It happens to a lot of us. February 18, 2022 is actually being celebrated as No One Eats Alone Day which gives me an idea - have you ever tried out one of our senior dining centers? They we're closed for a while during the pandemic, but at the end of 2021 we were able to reopen four centers in Brookfield, Sussex, Oconomowoc, and Menomonee Falls.

The idea behind No One Eats Alone Day is to create a culture of belonging. It was started as a way to get school aged children to include everyone at lunchtime, but the idea has since spread to many different age groups and settings. At our dining centers, we not only provide a hot, nutritious meal Monday through Friday, but we also provide nutrition education, health information, outreach, and support to older adults and their families.

Senior dining centers are open to individuals age 60 or older and their spouse, regardless of their age. Confidential donations are accepted at each dining center. The suggested donation is \$4.00, but no eligible client will be denied a meal because of inability to contribute.

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 1:00 pm. If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826.

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for \$1.00 each way. This fare subsidy must be authorized in advance. Call the ADRC at (262) 548-7848 for more information.

So what do you say, Alona? Want to join some fellow seniors for lunch one day in February? Who knows, you may even make some new friends!



**Brookfield Community Center**

2000 North Calhoun Road  
Brookfield, WI, 53005

(262) 782-1636

**Oconomowoc Community Center**

220 W. Wisconsin Avenue  
Oconomowoc, WI, 53066

(262) 567-5177

**Menomonee Falls Community Center**

W152 N8645 Margaret Rd  
Menomonee Falls, WI, 53051

(262) 251-3406

**Sussex Community Center**

N64 W23760 Main Street  
Sussex, WI, 53089

(262) 246-6747

# 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 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/>.

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

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

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

**A Cup of Health – Better Sleep: What’s Getting in the Way?** - 1 in 3 American adults fail to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us for this educational session presenting by a registered nurse to discuss what’s getting in the way of better sleep and what you can do about it.

**Details:** This presentation will be held in person at the Menomonee Falls Senior Center, W152N8645 Margaret Road, Menomonee Falls, WI 53051 on February 22nd, 2022 from 10:00 am – 11:00 am

**Contact:** Register in-person or online at [t.ly/AU3K](https://t.ly/AU3K)

## **At You Local Library...**

### **Adult Coloring Night**

**Tuesday, February 8 and Wednesday, February 23 at 6:30pm**

**Hartland Public Library - Register by calling the library reference desk: 262-367-3350**

Looking for a way to de-stress? Join us for a night of themed adult coloring. We will provide the pages, coloring utensils, and light refreshments. Bring your creativity and sense of calm for an hour of artistic Zen.



# February is American Heart Month



Heart disease is the leading cause of death in the United States. Thankfully, there is a lot you can do to keep your heart healthy, including eating healthy foods and being active.

## PRACTICE HEALTHY LIVING HABITS



Eat a healthy diet



Maintain a healthy weight



Be active on most days



Don't smoke or use tobacco



Limit alcohol use

Image source: millionhearts.hhs.gov

Consume more often	Consume less often
<ul style="list-style-type: none"> <li>• <b>Vegetables</b> such as leafy greens, broccoli, bell peppers, carrots, squash</li> <li>• <b>Fruits</b> such as apples, bananas, berries, cherries, grapes</li> <li>• <b>Whole grains</b> such as oatmeal, brown rice, and whole-grain bread or tortillas</li> <li>• <b>Protein-rich foods:</b> <ul style="list-style-type: none"> <li>○ <b>Fish</b> high in omega-3 fats (salmon, tuna, trout)</li> <li>○ <b>Lean meats</b> such as lean ground beef or skinless chicken or turkey</li> <li>○ <b>Eggs</b></li> <li>○ <b>Nuts, seeds, and soy products</b> (tofu)</li> <li>○ <b>Legumes</b> such as black beans, lentils, chickpeas, black-eyed peas</li> <li>○ <b>Low fat dairy</b> such as yogurt</li> </ul> </li> <li>• <b>Oils and foods high in unsaturated fats:</b> <ul style="list-style-type: none"> <li>○ Avocado, canola, olive, peanut, safflower, sesame, sunflower oils</li> <li>○ Nuts such as walnuts and almonds</li> <li>○ Nut and seed butters</li> <li>○ Salmon and trout</li> <li>○ Seeds (sesame, sunflower, pumpkin, or flax)</li> <li>○ Avocados</li> </ul> </li> <li>• <b>Unsweetened beverages</b> such as water, seltzer water, milk, vegetable juice, coffee, and tea</li> </ul>	<ul style="list-style-type: none"> <li>• <b>High-sodium packaged products</b> such as frozen dinners, packaged rice/pasta mixes, canned soup, frozen pizza, processed meats (sausage, bacon, cold cuts)</li> <li>• <b>Products with trans fats and hydrogenated oils</b> such as store-bought baked goods (pastries, donuts, desserts), vegetable shortening, stick margarine, microwave popcorn, store-bought frosting, pre-made dough, coffee creamers</li> <li>• <b>Fried foods</b> such as chips or French fries</li> <li>• <b>Sweetened drinks</b> such as soda, fruit-flavored drinks, gourmet coffee drinks, energy drinks</li> <li>• <b>Sugary snacks</b> such as cakes, cookies, brownies, donuts, candies, ice cream</li> <li>• <b>Alcoholic beverages*</b></li> </ul> <p>* <u>Moderate</u> alcohol intake may reduce heart disease risk. Moderate daily intake= 1 drink for women, 1 drink for men 65+, 2 drinks for men &lt;65. Too much alcohol increases disease risk.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;">   <p style="text-align: center;"> <b>Extension</b>              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           </p> </div>

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**

**SENIOR DINING AND MEALS ON WHEELS MENU FEBRUARY 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Meatballs in Gravy Mashed Potatoes and Gravy Broccoli Salad Rye Dinner Roll w/ Butter Applesauce	Italian Wedding Soup Crackers Cottage Cheese Stewed Tomatoes 9-Grain Bread w/ butter Apricots Rice Krispies Treat At: Sugar Free Cookie	Philly Chicken Sandwich Onions/peppers/provolone On Wheat Kaiser Roll Potato Wedges Ketchup pkt Country Style Veggies Fruited Yogurt	BBQ Country Pork Tri-Tater Ketchup packet Southern Style Corn Potato roll w/butter Pineapple Butterscotch Pudding Alt. Pear
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Chili w/Meat and Beans, Diced Onions, Cheese and Crackers Breadstick w/ butter 5-Way Mixed Vegetable Fruit Cocktail Ice Cream Cup Alt. Sugar Free Ice Crm	Sweet & Sour Chicken With Green Peppers, Onions and Pineapple Brown Rice Oriental Blend Veg Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	Pork Cutlet Buttered Baby Reds Stewed Tomatoes Three Bean Salad Whole Wheat Bread w/ Butter Chocolate cake Alt. Fruited Yogurt	Italian Meatloaf with Tomato Sauce Mashed Pot and Gravy Buttered Sweet Corn Bread w/ butter Peach Half Dessert Bar Alt. Fruit Cocktail	Chicken Alfredo with Broccoli over Rotini Noodles Spinach Salad w/ drsg Apple Dinner Roll w/ butter Chocolate Mousse Alt: Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Happy Valentine's Day</b> Roast Beef w/ Gravy Baked Potato Butter & Sour Cream Broccoli Salad Dinner Roll w/ butter Fruit Salad Frosted Valentine Cake	Oven Baked Ham Au Gratin Potatoes Baked Beans Dinner Roll w/ Butter Grapes Frosted Cake Alt. Banana	Lasagna w/ Italian Meat sauce Italian Vegetable Blend Garlic Bread Mixed Green Salad w/ Italian Dressing Peaches	Winter Lentil Stew with Sausage w/crackers Stewed Tomatoes Carrot Coins Fruit Cocktail Dinner roll w/ butter Baker's Choice Cookie Alt: Sugar Free Cookie	Creamy Mushroom Chicken Herbed Bread Stuffing Green Bean Casserole Marinated Veg Salad Fruited Gelatin Alt: Fresh Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Hungarian Goulash Buttered Noodles <b>Sliced Beets</b> Buttered Sweet Corn Rye Bread w/ butter Apple Juice Ice Cream Cup Alt. Sugar Free Ice Cream	Salisbury Steak w/ Onions and Tomatoes Mashed Potatoes Gravy Peas and Carrots Sourdough Bread butter Kitchen's Choice Fruit Iced Brownie Alt. Banana	Italian Sausage w/ Marinara Sauce and onions and peppers Sausage Bun Cook's Choice Veg Veggie Pasta Salad Peaches	Peachy Pork Roast Cheesy Diced Potato Casserole Green Beans Potato Dinner Roll w/ butter Fruited Yogurt	Beef Macaroni Casserole Maui Blend Veg Romaine Salad Ranch Wheat Bread w/ Butter Fruit Cocktail Chocolate Chip Cookie Alt. Fruit Cup
<b>28</b>				
Mushroom Swiss Burger Wheat Hamburger Bun Ketchup, Mustard Dilled Baby Carrots Baby Red Potatoes Apple Slices Brownie Alt: Banana				

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

The Aging and Disability Resource Center Presents

# Savvy Caregiver Training

*Increase Your Confidence, Knowledge, & Skills*



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

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

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



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

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

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

**Location:**

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

Presented by

**Jennifer Harders**

**Dementia Care Specialist**

***Free event***

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

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

# Memory Screening

## A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



### Early detection is important

*Treatment is possible. Stay in control of your life.*

- Get immediate results
- Receive information about Dementia and Alzheimer's disease
- Talk with a Dementia Care Specialist about available resources
- Learn about brain health and ways to stimulate your brain

### Community Memory Screenings

Where: Pauline Haass Public Library

When: Tuesday, March 15, 2022

Time: 11:00am - 4:00pm (30 minute time slots)

Call Jennifer Harders at the Waukesha ADRC to schedule your memory screen.

**262-548-7650**



514 Riverview Avenue  
Waukesha, WI 53188



## How to Avoid Overmedication

On average, people over age 65 take over 14 prescription medications per year, which does not include the many over-the-counter (OTC) drugs, vitamins or supplements an older person may take. The sheer number of medications alone puts older people at risk of negative drug side effects, not to mention that older bodies process medications differently. As a result, older individuals are at a higher risk of harmful drug reactions and hospitalizations. In fact, the CDC (Centers for Disease Control and Prevention) says people over age 65 are twice as likely to go to the emergency room due to a harmful drug reaction, and seven times more likely to be hospitalized. The good news is that many adverse drug reactions can be prevented.

Here are some tips for safely managing your medication intake:

**Make a List.** Always keep an updated list of all the medications you take, the doses, and when they are taken. Be sure to include any OTC drugs, vitamins, supplements, and herbal or other remedies. Keep a copy yourself and share the list and updates with doctors and caregivers. Take the list to all medical appointments and keep it on hand in case of emergencies.

**Organize medications.** Consider using a pill organizer, or ask the pharmacist for tips on keeping track of medications. If you have vision limitations, ask the pharmacist for large print labels on medication bottles.

**Ask before taking over-the-counter medications.** Always check with the doctor or pharmacist before taking any OTC drug, vitamin, or supplement because it could interact with prescription medications. OTC medications could also cause serious side effects in older adults or lead to accidental overdoses.

**Review your medications.** At least once or twice per year, ask your primary doctor to review the entire list of medications, supplements, and vitamins you take. Some may no longer be needed, or the dose could be lowered, so ask if each one is still needed at the current dose. Often, if you have been hospitalized, there may be medications on the list for conditions that occurred in the hospital but are no longer present. The orders for drugs given in the hospital tend to carry over after discharge. You should ask whether these drugs are still needed because there is a strong tendency to continue medications prescribed regardless of necessity going forward.

**Ask questions.** Unfortunately, our current state of drug pricing usually means the only question asked about medications is “how much will this cost me?” While paying for your medications is important, you should also ask the following questions:

- Whenever a new medication is prescribed or the dosage is changed, ask why.
- Check new medications for potential drug interactions with existing medications, especially if you are taking more than five medications.
- Ask about the purpose of the medication and how you will know if it's working.
- Ask about side effects to watch for.
- Ask when and how the medication should be taken.
- Ask about what to do if you miss a dose.
- Ask whether it can affect any other medical conditions you have.

**Follow directions.** Be sure to take medicines exactly as your doctor has prescribed. Make sure you understand how, when, and for how long the medication should be taken. Fill prescriptions at the same pharmacy so it has a record of all the medications that are being taken. Let the pharmacy know if there were any bad reactions so they can keep that on file.

**Report problems.** If you develop new health problems after starting a new medication, it may be a negative reaction. Tell the doctor immediately. If the reaction causes a serious issue, like difficulty breathing or swelling in the throat, call 911 and go to the emergency room right away.





# Dementia Caregiver Support Group

3RD WEDNESDAY OF EVERY MONTH | 1 PM TO 2 PM

Please join us online or by phone for an hour of caregiver discussion and connection, lead by Dementia Care Specialists from Milwaukee and Waukesha counties.

**To register please email us  
at [dcs@milwaukeecountywi.gov](mailto:dcs@milwaukeecountywi.gov) or call us at  
414-289-6259**



# From the Desk of Your Benefit Specialist

## Get Your Social Security Benefit Statement (SSA-1099 / SSA-1042S)

Tax season is approaching, and replacing your annual Benefit Statement has never been easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form mailed by Social Security each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received in the previous year so you know how much Social Security income to report to the Internal Revenue Service on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a my Social Security account, creating one is very easy to do and usually takes less than 10 minutes.

With a personal my Social Security account, you can do much of your business with Social Security online. If you receive benefits or have Medicare, your personal my Social Security account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income benefits.

If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, you will receive a form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income benefits.

Visit [www.ssa.gov](http://www.ssa.gov) to find more about our online services.



## Welcome to Medicare Class

\*NOW OFFERING IN-PERSON CLASSES\*

**Turning 65?**  
**Need Medicare?**

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/>



# Medicare Presentations in your Area

*These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2<sup>nd</sup> Wednesday of each month from*

*1-3pm at the Health & Human Services Building of Waukesha County located at:*

*514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm*

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

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

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

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

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

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

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

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

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



LOCAL HELP FOR PEOPLE WITH MEDICARE

## **NATIONAL CLEAN OUT YOUR COMPUTER DAY**

Observed on the second Monday in February, National Clean Out Your Computer Day promotes taking time to do some basic housekeeping on your computer.

All computers need regular organizing and clean up. This includes the removal of old files and clutter. We tend to save emails, documents, and photos on our hard drive when other media can store it for us. Often, we keep duplicates we don't need. Old programs also create havoc. Make sure you are using the latest versions of programs and operating systems, too.

Over time, files and programs that are unused on your PC clog the memory and cause confusion during retrieval and use of other data. They may also slow down your computer.

## **HOW TO OBSERVE #CleanOutYourComputerDay**

Take a look at your files and programs on your computers. If you work in an office, encourage your peers to do the same. Share tips and tricks to efficient computer clean up.

- Organize your files and folders.
- Review your emails and delete any that are no longer needed.
- Delete junk files.
- Remove duplicate files.
- Delete old files and programs not being used.
- Update the programs you do use.



# February is American Heart Month!

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we are more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can not be physically together, to improve your heart health.

Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

## *Why Connecting is Good for Your Heart*

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. People in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.

You do not have to make big changes all at once. Small steps will get you where you want to go.

## *Move more*

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk “with you” on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

**How much is enough?** Aim for at least 2½ hours of physical activity each week—that’s just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. If you are not able to carve out a lot of time in your day, try 10 or 15 minutes a few times a day.

## *Aim for a healthy weight*

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you are overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can not be together. Share low-calorie, low-sodium recipes. Check out [NHLBI's Aim for a Healthy Weight](#) web page. ([www.nhlbi.nih.gov/health/educational/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm))

## *Eat heart-healthy*

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI’s free Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at [NHLBI’s Heart-Healthy Eating](#) web page. ([www.healthyeating.nhlbi.nih.gov/](http://www.healthyeating.nhlbi.nih.gov/))

## *Quit smoking*

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You’ll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](http://BeTobaccoFree.hhs.gov) and [Smokefree.gov](http://Smokefree.gov).



### *Manage stress*

Reducing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

### *Improve sleep*

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

### *Track Your Heart Health Stats, Together*

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out [NHLBI's Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet](http://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/healthy-blood-pressure-healthy-hearts-tracking-your-numbers-worksheet). ([www.nhlbi.nih.gov/health-topics/all-publications-and-resources/healthy-blood-pressure-healthy-hearts-tracking-your](http://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/healthy-blood-pressure-healthy-hearts-tracking-your))

Visit [#OurHearts](https://www.nhlbi.nih.gov/ourhearts) for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you're doing to have a healthy heart. Tag #OurHearts to share how you and your family and friends are being heart healthy. (<https://www.nhlbi.nih.gov/ourhearts>)

Source: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/slides>

## **February 5th is National Wear Red Day**

American Heart Association®



# Wild Winter Night



& More!

## Candlelight Hikes<sup>^</sup> in the Parks

Come explore the winding trails and quiet woods of the Waukesha County Parks by candlelight on a self-guided hike.

Join us for one or more fun nights in February with your friends and family!

### Thursday, February 10, 2022 - Fox River Park

Fox River Park | W264S4500 River Rd. at the Family Picnic Area near Entrance | 6 - 8:30 p.m.

Free self-guided hike by candlelight through the woods and fields of the park!

Park admission fee or annual sticker required for entry, no registration necessary.

Warm beverages and sweets available for purchase at the campfire! Well-behaved dogs on a 6 ft. leash are welcome.

### Thursday, February 17, 2022 - Retzer Nature Center

Retzer Nature Center and Horwitz-DeRemer Planetarium

S14W28167 Madison St., Waukesha at the Environmental Learning Center | 6 - 8:30 p.m.

\$5.00/person - Registration required by February 15

(Free for Ages 2 & Under, Friends of Retzer Members and Friends of Horwitz-DeRemer Planetarium Members)

Self-guided hike by candlelight. Snowshoes available if conditions allow. PLUS, lots of family fun throughout the night!

- Warm beverages and sweets available for purchase from Mama D's Coffee

- Kid's activities in the Community Room & Planetarium Shows

Sorry, NO DOGS are allowed at Retzer Nature Center.

### Thursday, February 24, 2022 - Fox Brook Park

Fox Brook Park | 2925 N. Barker Rd., Brookfield at the Beach House | 6 - 8:30 p.m.

Free self-guided hike by candlelight around the pond!

Park admission fee or annual sticker required for entry, no registration necessary.

Warm beverages and sweets available for purchase at the campfire! Well-behaved dogs on a 6 ft. leash are welcome.

All the self-guided hikes are approximately 1 mile in length. Snowy conditions may make the trail not stroller-friendly, snow will be packed down but not cleared off the trail. Be sure to dress for weather conditions. If severe weather is forecasted, website will be updated and registered participants will be notified by email if canceled.

Learn more and RSVP at [www.waukeshacounty.gov/wildwinternight](http://www.waukeshacounty.gov/wildwinternight)

## National Wisconsin Day

Did you know that Wisconsin has its own National Day each year? This year, National Wisconsin Day lands on February 15, 2022. Celebrate with us as we learn more about our beautiful state! Known as “America’s Dairyland” and “The Badger State,” Wisconsin is a wonderful place to live and visit.

On May 29, 1848, Wisconsin became the 30<sup>th</sup> US State. The land was ‘discovered’ by Jean Nicolet, who noticed resources of copper, lead, forests, and farmlands. The mining boom led to its nickname; “The Badger State.” Miners would burrow into hillsides like badgers and make them their homes. When initial settlers arrived, they uprooted those who were indigenous to the area.

Mining turned to dairy, dairy to breweries; all three industries growing at a steady speed.

The beauty of Wisconsin is in its lakes, forests, and friendly, resilient people (able to withstand daily temperature changes of 40 degrees!). Our snow in the winter and trails in the summer make it a lovely place to live year-round.

**Use the Cryptogram to solve the State Symbols below!**

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			6		-				-					25		-	24				-	-		-	-

Wisconsin State Animal:

		D			R
19	8	6	11	17	24

Wisconsin State Bird:

R	O			
24	25	19	26	16

Wisconsin State Domestic Animal:

D			R				O		
6	8	26	24	21			12	25	23

Wisconsin State Wildlife Animal:

											D			R	
23	15	26	7	17			7	8	26	13		6	17	17	24

Wisconsin State Pastry:

	R					
10	24	26	16	11	13	17

Wisconsin State Dance:

	O			
22	25	13	10	8

Wisconsin State Song:

O							O				
25	16		23	26	4	12	25	16	4	26	16

Wisconsin State Beverage:

9	26	13	10

Wisconsin State Grain:

	O	R	
12	25	24	16

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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