

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

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National Caregiver Day is February 17th!

Have you been or did you recently become a caregiver? If so there may be many things swirling through your mind and having an impact on your own health. You are not alone in those feelings! Below are some common concerns caregivers voice and some thoughts on how to address and cope with them.

Common Caregiver Fears And Worries

Being a caregiver or receiving a diagnosis can bring up many different feelings. Many caregivers have fears, worries, or anxiety about what will happen. Sometimes fear and worry can get in the way of finding help and support. Here are some common fears and worries that caregivers experience:

- I worry that I am making mistakes or missing important things.
- I worry that I am not providing the best care to my loved one.
- I worry about what might happen if I am not around to help my loved one.
- I worry about strangers coming into my home to help.
- I worry that it will become harder to communicate with my loved one.
- I worry that people will look down on my loved one if they have dementia.

What Can You Do?

Identify your fears. To begin taking steps to address your fears and worries, it is helpful to first identify your fears. Ask yourself: **What are my fears and worries?** Some people find that writing these down helps to give them clarity.

Talk to others about your fears. It can be comforting to get support and wisdom from someone you trust. It may also help you to see that you are not alone in having these fears. You may want to consider joining a support group or talking circle, speaking with a social worker, healthcare provider, pastor or religious leader or speaking with someone you trust about your fears and worries, such as a close friend.

Reflect on the root cause of your fears and worries. This can help you identify why you have specific fears and worries. Ask yourself: "Why might I have this fear or worry?" or "Was I raised with a certain idea about people with dementia that is influencing my thoughts now?"

Reflect on what you have control over. This can help you identify actions you can take to lessen your worry. It can also help you by empowering you to recognize what you can't change and to let go of that.

Above all, thank you for all you are doing to make someone's life better by being their caregiver! The ADRC is here to help with resources along your caregiving journey. Give us a call! (262) 548-7848



Free Tax Assistance– 3 options

The due date for your 2022 tax return this year is Tuesday, April 18th, 2023.



LA CASA
de Esperanza, Inc.

Schedule your FREE Tax Appointment



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.

To set up your VITA Tax Appointment, please click <https://lacasavita.as.me/schedule.php>, call 262-832-1534, or hover over the "scan me" code with your phone's camera!



AARP Foundation Tax-Aide provides free tax preparation in different ways – in-person, low-contact, or contact-free – depending on what service is available in your area. Some sites can provide service in one or two visits, or you may not need to visit a site at all, with all interactions taking place

online. All site options require an appointment and are typically held at local libraries. At the time this newsletter went to print, AARP has not published all the sites they are hosting this year.

For more information, call AARP at 888-687-2277 or contact your local library to see if are hosting tax-aid volunteers this year. Stay tuned for more details next month!

MyFreeTaxes helps people file their taxes for free while getting the assistance they need. United Way provides MyFreeTaxes in partnership with the IRS's Volunteer Income Tax Assistance (VITA) program to help filers who earn less than \$58,000/year prepare their tax returns on their own or have their return prepared for them for free.

To file, visit <https://myfreetaxes.com/>



Earned Income Tax Credit for Working Seniors

As we move toward tax filing season, working seniors should be sure to check whether they qualify for a bigger refund through expanded eligibility for Earned Income Tax Credits (EITC). Until last year, EITC eligibility was limited to workers between the ages of 25 and 64. Starting with the 2021 tax year, under provisions of the American Rescue Plan, the tax credits became available to any income-eligible worker over the age of 19. The 2021 tax year marked the first time that EITC credits have been available to workers age 65 and up, so many seniors may not be aware of this opportunity to increase the size of their tax refunds.

For the 2022 tax year, married taxpayers without dependent children can qualify for EITC if their earnings from work or self-employment in 2022 amounted to \$22,610 or less – up from \$16,000 in previous years. The income limit for single taxpayers is \$16,480. Unfortunately, the maximum EITC credit for workers without dependent children tops out at \$560, down from the 2021 maximum credit of \$1,500. Nonetheless, the credit can make a meaningful difference for low income seniors. And, since the EITC is a refundable tax credit, eligible taxpayers can see a refund even if they have zero income tax liability.

Seniors who think they may qualify for EITC should consider consulting with a tax professional or a free assistance resource, such as the IRS Volunteer Income Tax Assistance (VITA) program or the AARP Tax Aide program.

Wisconsin Talking Book and Braille Library

The Wisconsin Talking Book and Braille Library, located in downtown Milwaukee at 813 West Wells Street, is a full-service public library that provides talking books and players, free of charge, to anyone with any type of vision or physical limitation that prevents them from reading normal print or comfortably holding a book. In addition, they provide audio-described DVD's and audio and braille magazines and newspapers. WTBBL is part of a national network cooperating with the National Library Service for the Blind and Print Disabled (NLS). The NLS Talking Book Program was established by an Act of Congress in 1931 and WTBBL joined the NLS network in 1961.



WTBBL patrons receive and return books and equipment, postage-free, through the U.S. Postal Service. Currently, WTBBL serves 6,734 registered patrons and over 561 institutions like schools, nursing homes, veterans centers, and more.

To be granted access to what this library offers, an application for eligibility can be filled out and returned to the library. The application can be found there in person, or online at www.dpi.wi.gov/talkingbooks. For more information, call 414-286-3102.

February is Age-related Macular Degeneration (AMD) and Low Vision Awareness Month

What is Visual Impairment?

Also called low vision, visual impairment is defined as loss of eyesight that cannot be corrected with glasses, medicine, or surgery. It makes everyday tasks such as reading, shopping, recognizing faces, and even crossing the street difficult. Some signs to look for that may indicate visual impairment are:

- slowness in responding or moving
- confusion in environments with low contrast or low lighting
- confusion with faces and identifying people
- difficulty locating objects that are small or low contrast
- difficulty paying attention
- avoiding activities requiring good vision
- making mistakes in tasks that have small details (i.e. taking wrong medicine)
- fear of falling

Common Patterns of Vision Loss

Everyone experiences vision loss differently, even those who share the same conditions. Most chronic diseases begin with no symptoms, then progress through various stages of blurriness, distortion, dim areas, and finally, blind spots in either or both eyes. These illustrations represent the end stages of the diseases described.

Age related macular degeneration (AMD) blurs the center of vision, degrading detail of objects, print, and faces. Peripheral (side) vision remains intact and can be used effectively. It is most common in people age 60 and older, but there are juvenile forms.



Diabetic retinopathy is caused by abnormal leakage and/or growth of blood vessels in the back of the eye (the retina). It may occur in anyone affected by diabetes, and it can affect both central and peripheral vision.

Glaucoma is a disease of the optic nerve, which carries the images we see to the brain. It is usually associated with elevated pressure in the eye. When damage to the optic nerve fibers occurs, blind spots develop that usually go undetected until significant damage is done.



Stroke is not actually an eye disease, but it can seriously impair vision. It results from rupture or blockage of a blood vessel in the brain, depriving parts of it of adequate blood supply. Various symptoms may occur, Common Patterns of Vision Loss -10- depending upon the site and extent of damage. It affects the visual messages coming from both eyes, usually eliminating perception of either the right or left halves of the visual field. Detail vision may not be reduced, but reading may be difficult.

Whatever causes visual impairment, the end results are the same. Seeing is difficult, but some vision usually remains. Total blindness occurs in only about 5% of the visually impaired population. A person with low vision uses both visual and nonvisual cues, depending upon the amount of eyesight present. Training in developing and using other senses is helpful. Read "[A Self Help Guide to Nonvisual Skills](#)" online. Patience is important, as it may take longer to accomplish certain activities. Depression is common in people with visual impairment, and it can be debilitating.

Source: <https://lowvision.preventblindness.org/what-is-visual-impairment/>

National Eating Disorders Awareness Week

February 20-26, 2023



National Eating Disorders Awareness Week is observed during the last week in February to spotlight eating disorders. This year, it takes place from February 20 to 26. It is an annual event meant to raise awareness of the resources available. One of the main objectives of the week is to disseminate information and incentivize the sharing of personal stories from people in recovery and their families, as well as the provision of life-saving resources and educational materials. Every diagnosis of an eating disorder — from anorexia nervosa and binge-eating disorder to avoidant-restrictive food intake disorder and bulimia nervosa — can affect anyone regardless of age, gender, body size, or sexuality.

Eating disorders have been described as far back as the 12th Century. Before that, during the reign of Caesar, it was typical for wealthy Romans to overindulge in food and drink. After overindulging in expensive meals, they relieved themselves by vomiting to return to the feast and continue their feasting spree. Purging was a practice in ancient times in societies such as ancient Egypt, Greece, Rome, and Arabia, where it was employed to prevent diseases that were believed to be brought on by foods. Women would starve themselves in subsequent centuries, believing that their desire for food was a sin.

First coined “Night Eating Syndrome” in 1959, binge eating disorder — was later clarified — can occur at any hour of the day. It wasn’t until the 1990s that binge eating disorder (B.E.D.) was recognized as a medical condition. When this type of behavior was originally researched in weight reduction communities, it was dubbed ‘emotional overeating,’ ‘compulsive overeating,’ or ‘food addiction.’

The National Eating Disorders Association (NEDA), the United States’ biggest non-profit organization dedicated to those suffering from eating disorders and their families, established National Eating Disorder Awareness Week. For more than 30 years, this annual, week-long event has provided an opportunity for people all over the country to come together in support of those suffering from eating disorders and to set the record straight on common misconceptions about eating disorders.

If you or someone you know are experiencing an eating disorder, contact your primary care provider or dial 2-1-1 to learn about locally available resources.

At You Local Library...

And the Oscar Goes to... Memory Cafe

Friday, February 3 at 10:30 am - 12 pm

Hartland Public Library

Join us on the Red Carpet as we talk about our favorite films, actors, and actresses. Win prizes during our Oscar-themed bingo while munching on favorite movie snacks. Memory Cafés are informal social gatherings for those who have early-stage Alzheimer’s disease, or memory loss, and their care partner. Registration is preferred. Please visit librarymemoryproject.org/events to register or call the Library at 262-367-3350.



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,

It is completely normal to feel a little down and isolated in the winter. It happens to a lot of us. February 18, 2023 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 were closed for a while during the pandemic, however, at the end of 2022 we were able to reopen six centers in Brookfield, Sussex, Oconomowoc, Mukwonago, Waukesha 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, 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
Birchrock Apartments 280 Birchrock Way Mukwonago, WI 53149 (262) 363-4458	La Casa Village 1431 Big Bend Road Waukesha, WI, 53188 (262) 547-8282

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/>.

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

Details: This class will be held virtually on Wednesdays, February 22nd-April 5th, 10am-12:30pm.

Contact: Register by contacting Courtney 262-548-7835 or cklepp@waukeshacounty.gov

Healthy Living with Diabetes - This workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program does not replace existing treatments, but serves to complement a participant's current medical treatment plan.

Details: This workshop will be held virtually on Mondays, February 6-March 13, 12-2:30pm.

Contact: Laura Armstrong 262-928-4059

Living Well with Chronic Conditions Online Workshop - Are you an adult with an ongoing health condition? If you have a condition such as diabetes, arthritis, heart disease, chronic pain or anxiety, the "Living Well" workshop can help you take charge of your life. You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Details: This workshop will be held virtually on Wednesdays, 1-3:30pm, February 8th-March 22nd.

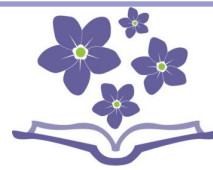
Contact: Jennifer McAlister 414-479-8800, jmcAlister@alz.org

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

Details: This workshop will be held virtually on Wednesdays, 12-2pm, February 2nd-March 22nd.

Contact: Laura Armstrong 262-928-4059

Bridges Library System Awarded \$20,000 Innovations in Alzheimer’s Caregiving Award for Library Memory Project



LIBRARY
MEMORY PROJECT

The Rosalinde and Arthur Gilbert Foundation, Bader Philanthropies, Inc., and Family Caregiver Alliance announced three organizations—each delivering a state-of-the-art program that addresses the needs of caregivers and those they care for living with Alzheimer’s disease or a related condition—as recipients for the Innovations in Alzheimer’s Caregiving Award. Bridges Library System was honored for their Library Memory Project.

Launched in 2015, the Library Memory Project harnesses the power of the Bridges Library System’s 24 public libraries to offer a rotating series of memory cafés. Six themes-based memory cafés are convened each month at 21 libraries across Jefferson and Waukesha counties in partnership with the Alzheimer’s Association and county Aging and Disability Resource Centers. Individuals living with memory loss and their care partners can find warm companionship, acceptance to be who they are, and enjoyable discussions and engagement in music, art, theater, poetry, literature and more. 200 individuals participate annually, with many couples attending multiple monthly cafés at multiple locations. One unique feature is that the memory café facilitators (librarians) attend each other’s cafés to offer support, which is especially critical for the smaller libraries who otherwise may not be able to provide more than one staff person to facilitate the café.

The Library Memory Project began holding their popular “Family Day” event in 2019. Convened at a local nature center one weekend afternoon a year, participants are invited to extend an invitation to their adult children, grandchildren, and close friends to join them for an enhanced memory café type gathering that includes guided hikes led by a naturalist on accessible trails, live music, and planetarium shows among other activities.

The Project continues to grow. In 2022, they held their first all-day symposium, a professional development opportunity for facilitators to learn more about dementia, brainstorm ideas for cafés, and plan for the future. “The memory cafés give us an opportunity to get to know others who are negotiating the ups and downs of this journey” shared Pam, a memory café attendee. “No one really knows until they have ‘walked in our shoes.’ There is a strong common bond among participants at the café.”

Wear Red and Give

National Wear Red Day - Friday, February 3rd

February is designated as American Heart Month, and on February 3, 2023, the nation will come together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

National Wear Red Day is about wearing red to raise awareness about cardiovascular disease and to save lives. While nearly 80% of cardiac events can be prevented, cardiovascular diseases continue to be women’s greatest health threat, claiming the lives of 1 in 3 women, and killing more women than all forms of cancer combined. Women that we know and love may be affected at any age. Beating heart disease and stroke means more time for women to be change makers, business leaders and innovators, and more time to be moms, sisters, partners, and friends.

You can make a donation to the American Heart Association and contribute to the movement to end heart disease and stroke in women. Your financial support of Go Red For Women® can go a long way to promote healthy living, fund new research, and advocate legislation. You can also spread the word about National Wear Red Day by sharing this information on social media and encouraging others to give. Or you can join or start your own fundraiser.

You can donate by phone: 1-800-AHA-USA1, or go the American Heart Association’s website to donate, start a fundraiser, or purchase your own official Go Red For Women® gear at: <https://www.heart.org/>.



**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU FEBRUARY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p align="center">Cabin Fever Day</p> BBQ Pulled Pork on Wheat Bun Creamy Coleslaw Baked Beans Banana Frosted Brownie Alt: Sugar Free Cookie	Philly Chicken Sandwich Onion/peppers/provolone Wheat Kaiser Roll American Fried Potatoes / Ketchup pkt Country Style Veggies Fruited Yogurt	Italian Wedding Soup Crackers Cottage Cheese Winter Blend Veg 9-Grain Bread butter Fresh Orange Butterscotch Pudding Alt: Sugar Free Pudding
6	7	8	9	10
Chili w/Meat and Beans Cheese, Crackers Breadstick w/ butter 5-Way Mixed Veg 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 Bakers Dilled Carrots Three Bean Salad Wheat Bread w/ Butter Chocolate cake Alt. Fruited Yogurt	Italian Meatloaf with Tomato Sauce Mashed Pot and Gravy Buttered Sweet Corn Dinner Roll w/ butter Peach Half Cookie Alt. Fruit Cocktail	Chicken Alfredo with Broccoli over Rotini Noodles Spinach Salad w/ drsg Fresh Apple Dinner Roll w/ butter Chocolate Mousse Alt: Fruit
13	14	15	16	17
Oven Baked Ham Au Gratin Potatoes Baked Beans Dinner Roll w/Butter Grapes Rice Krispies Treat Alt. Banana	<p align="center">Happy Valentine's Day</p> Roast Pork w/ Thyme and Mushroom Gravy Parmesan Mashed Green Beans Almandine Broccoli Salad Dinner Roll w/ butter Fruit Salad Frosted Valentine Cake	Pizza Casserole 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
20	21	22	23	24
Hungarian Goulash w/ Macaroni Noodles Sliced Beets Buttered Sweet Corn Rye Bread w/ butter Apple Juice Ice Cream Cup Alt. Sugar Free Ice Crm	<p align="center">FAT TUESDAY</p> Chicken Gumbo Red Beans/Rice Seasoned Green Beans Cornbread/Butter Fresh Fruit Paczki	Vegetarian Lasagna Spinach Salad w/ Tomatoes French Dressing Dinner Roll w/ Butter Peach Half Vanilla Pudding Alt. Diet Pudding	Salisbury Steak w/ Onions and Tomatoes Mashed Pot & Gravy Peas and Carrots Sourdough W/ Butter Kitchen's Choice Fruit Iced Brownie Alt. Banana	Chicken Broccoli Casserole Maui Blend Veg Romaine Salad Ranch Wheat Bread w/ Butter Fruit Cocktail Chocolate Chip Cookie Alt. Fruit Cup
27	28			
Mushroom Swiss Burger Wheat Hamburger Bun Ketchup, Mustard Dilled Baby Carrots Baby Red Potatoes Apple Slices w/ Caramel Sauce Alt: Banana	Peachy Pork Roast Cheesy Diced Potato Casserole Green Beans Potato Dinner Roll w/ butter Pear Half			

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

Resolve to focus on Brain Health

According to many studies of New Year's resolutions, many people may have made them and already broken them by this month. That is ok! Maybe the resolution was not something a person was fully committed to. What if instead a resolution was made to improve brain health? Some may think they are too young for this or not having any issues with memory loss so don't need to pay attention. Researchers are now saying that the changes related to Alzheimer's or other dementias may start 20 years before symptoms occur.

Our brains need regular exercise, and are hungry for new information and to learn new things. Research from the Wisconsin Alzheimer's Institute tells us that there are lifestyle recommendations that we can all adopt in an effort to stay cognitively healthy.

Cognitive activity can include challenging yourself with new games, puzzles, technologies, listening to music and being a lifelong learner. Being socially engaged and spending time with people or video chatting with people at a distance is good for our brain. Research also says that diets that are good for the heart are also good for the brain.

Practicing good sleep habits can also be important. Try to maintain a similar schedule of sleep and wake times; limit daytime naps to 20 minutes; get some daytime light exposure; avoid large meals, strenuous physical activity, alcohol or caffeine close to bedtime; practice meditation, relaxation or deep breathing techniques to relax before going to sleep.

So live a full life, feed your brain new information and take care of overall health. This can be a resolution that becomes a lifelong practice.

Brain Health As You Age: You Can Make a Difference!



We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Join Jennifer, Dementia Care Specialist from the Aging & Disability Resource Center of Waukesha County to learn more about this important topic and what people of all ages can do!

When: Wednesday, March 22nd, 2023 - 6:30-7:30pm

Where: Muskego Library - 573W16663 Janesville Rd, Muskego

Please contact the Jennifer Harders for more information about this program. (262) 548-7650.



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: Muskego Public Library

When: Monday, February 27, 2023

Time: 10:00am - 3:00pm (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 is 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.



Urinary Tract Infections (UTIs) May Change Behaviors



It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be due to a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections do not always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it is important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is “normal” and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

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. 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 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 2nd 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

Waukesha Public Library- Monday, February 20 at 1:00pm

Mukwonago Public Library- Wednesday, March 1 at 2:00pm

New Berlin Public Library- Tuesday, March 7 at 1:00pm

Muskego Public Library- Wednesday, March 15 at 10:00am

Hartland Public Library- Thursday, March 16 at 10:00am

North Lake Public Library- Tuesday, March 21 at 3:00pm

New Berlin Public Library- Thursday, March 23 at 5:00pm

Pewaukee Public Library- Tuesday, March 28 at 1:00pm

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



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.

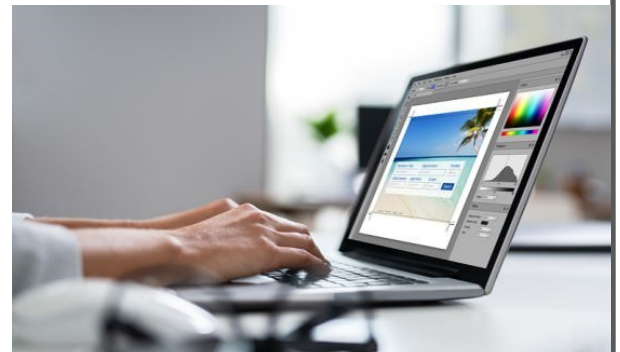
All computers need regular organizing and clean up. This includes the removal of old files and clutter. We tend to save emails, documents, and photos on our hard drive when other media can store it for us. Often, we keep duplicates we do not need. Old programs also create havoc. Make sure you are using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



Safer Driving May Save You Money

Keep saving on your auto insurance with AARP's Smart Driver™ refresher course.*

Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driver refresher course could help you extend your discount.** Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now!

THERE'S A REFRESHER CLASSROOM COURSE IN YOUR NEIGHBORHOOD!



Date & Time:

April 14, 2023 1:00 PM - 5:00 PM

Location:

Aurora Medical Center
36500 Aurora Drive
Summit, Wisconsin 53066

Class will be held in the Gifford Conference Room – 1st floor

Register Now:

Please Call:
262 896 7910 to Register

Please arrive 15 minutes early for registration. Checks made out to AARP, Cash accepted.

Please check with your insurance company to see if this class qualifies you for a discount on your auto insurance.

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

FOR MORE INFORMATION

Call: **1-888-773-7160**
Visit: **aarp.org/findacourse36**

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Medicare Coverage of Ambulance Services

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?



Criteria for an Emergency Call

You can get emergency ambulance transportation when you have had a sudden medical emergency and your health is in serious danger because you can not be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra milage to that facility.

The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

Criteria for Facility-to-Facility Transport

You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation is not an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra milage.

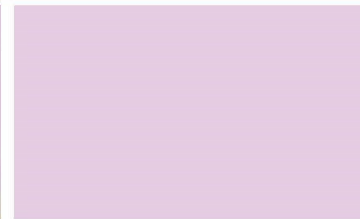
*Note: if you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB).

For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS) at the ADRC 262-548-7848.



Individuals



High blood pressure control is possible.

Nearly 1 in 2 adults has high blood pressure (also known as hypertension). This common condition puts people at higher risk of heart disease and stroke, which are two of the leading causes of death, disability, and health care costs.

Millions of people who have high blood pressure do not have it under control. Control is possible, but little progress has been made in the past 10 years. Some population groups also have higher rates of disease and death associated with high blood pressure, which creates health disparities across communities, and programs and interventions likely require tailoring to increase effectiveness.

We know that high blood pressure can be controlled to reduce health risks. Many different groups will need to come together to support the use of proven strategies in every community and for every population group. High blood pressure control must be a national priority.

How You Can Help

If you have high blood pressure, you can take action to control this condition and improve your health. But changing your lifestyle can be hard, barriers are plentiful, and you will need support. This support can come from your family, friends, and other members of your community.

You can also get help from a health care team that includes physicians, nurse practitioners, physician assistants, nurses, pharmacists, and other types of health care professionals. All of these people can support your journey to make changes to your lifestyle or take medications that can help you reduce your risk of heart attack or stroke.

Together, we've got this!

We've 
Got This!

Actions You Can Take

- Take charge of your blood pressure. You have the power to control your blood pressure and reduce your risk of heart attack, stroke, kidney disease, and other conditions. Controlling blood pressure means keeping it under 130/80 mmHg for most people.
- Work with your health care team to create a personal treatment plan and goals. Make controlling your blood pressure the goal.
- Follow your treatment plan and ask your care team for help if you need it.
- Your plan may include lifestyle changes—like being more physically active and eating a healthy diet. You can start by taking a daily walk and eating more fruits and vegetables.
- Your plan may include prescription medication. Make sure to take your medication as prescribed and let your care team know if you have questions or concerns.
- Learn to check your blood pressure at home. Your health care team can teach you how to monitor your blood pressure and send in your results. This information will help your care team treat your high blood pressure effectively.

Selected Resources

American College of Cardiology: [CardioSmart High Blood Pressure Fact Sheet](#)

Target: BP:

- [How to Measure Your Blood Pressure at Home Infographic](#)
- [How Do I Manage My Medicines? Fact Sheet](#)

National Heart, Lung, and Blood Institute: [DASH Eating Plan](#)

Department of Health and Human Services: [Move Your Way](#)

Department of Agriculture: [Choose My Plate](#)

Million Hearts®: [Self-Measured Blood Pressure Monitoring](#)

Website addresses of nonfederal organizations are provided solely as a service to our readers. Provision of an address does not constitute an endorsement by the U.S. Department of Health and Human Services (HHS) or the federal government, and none should be inferred.

National Inventors' Day honors inventors of the past, the creators of the present, and encourages the architects of the future. On February 11th, National Inventors' Day celebrates the genius behind design. The proverb "Necessity is the mother of invention" says a lot about how inventors look at life. Without pacemakers, traffic signals, rubber bands, or coffee filters, where would we be?

Find the Inventors and Inventions in the word search below. Bonus points for matching the Inventor with their invention!

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

Inventor

Invention

Bell	Morse	Aircraft	Bifocals
Edison	Tesla	Lightbulb	Steamboat
Fulton	Carver	Printing Press	Induction Motor
Ford	Franklin	Telephone	Peanut Butter
Gutenberg	Wright	Automobile	Telegraph

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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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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