

Aging & Disability Resource Center of Waukesha County

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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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January 2023

The ADRC Connection

Happy New Year from the ADRC!

As we look forward to 2023, it gives us the opportunity to reflect on the year behind us. 2022 was a year of rebuilding and resuming programs and services impacted by the pandemic. We are grateful for the ADRC Advisory Board and ADRC staff who contributed to success during 2022. Some of the accomplishments in 2022 include:

- Refinement of the ADRC Call Center with five Information and Assistance Staff and one Reporting Line. This has improved the efficiency and effectiveness of our call center and reports of abuse and/or neglect are answered by a designated staff person and triaged for appropriate and timely intervention.
- An external consultant completed a thorough evaluation of the ADRC Specialized transportation program and provided recommendations for improvement. The ADRC will be implementing short term recommendations during 2023 and will be reviewing further recommendations to enhance the transportation service in Waukesha County for older adults and individuals with disabilities over the age of 18.
- In recognition of Elder Abuse Awareness Day in June, a resource fair and education event was held focusing on Social Isolation and the Older Adult.
- The Senior Nutrition program resumed inhouse dining at six locations throughout Waukesha County. Planning continues for the implementation of a restaurant dining model during 2023.
- Additional American Rescue Plan Act funds allowed for additional service delivery to consumers needing assistance in their home and respite opportunities for caregiver support.
- Increased education and collaboration with Law Enforcement on ADRC referrals and appropriate referrals to Adult Protective Services.
- Staff formed work groups on Diversity, Equity and Inclusion, Trauma Informed Care, and Awareness of Disability Resources to further provide education and enhance their understanding and level of knowledge on these areas.
- The ADRC management team developed an operational plan to help guide our work for 2023.
- Enhancements were made to the youth transition process in collaboration with the Children with Special Needs unit in the Department of Health and Human Services to provide additional support to youth and their families transitioning to adult long term care.

The ADRC staff are dedicated professional staff who provide excellent customer service, as shown by the ADRC continuing to exceed the county customer service benchmark scores. If you are in need of assistance or know someone who could benefit from services provided by the ADRC please call our office at 262-548-7848. We look forward to serving you in 2023!



The Power of Laughter

Let's face it, the past couple of years for most people have been a little bit rocky, so we are challenging our readers to read on and incorporate laughter into your everyday life for 2023.

Maybe you have heard the old saying "Laughter is the Best Medicine". Turns out there is some truth to this. Laughter can be so therapeutic, and the wellness benefits can be amazing and boost your mind, body and spirit. Studies show that laughter can boost brain connectivity and also elevate our pain thresholds and release endorphins and serotonin into our body. These chemicals in the brain can help reduce anxiety and increase oxygenation in our blood stream.

Here are 4 ways that you can bring some laughter into your life, not only in the upcoming year but every year, to lift your wellbeing and possibly tap into the health benefits laughter can provide.

- ♦ Try Laughter Yoga! There are options virtually on the Internet
- ♦ Seek out your funny loved ones and friends. This does not mean ignore all the others, but if you are surrounded by people who are positive, upbeat and like to have a laugh it will instantly make you feel better.
- ♦ Watch a funny movie or TV show or listen to a comedy podcast. Whatever your jam of humor: highbrow, slapstick... the list is endless to raise a smile or a big, deep belly laugh.
- ♦ Discover your inner child and play. When we are babies, our first laugh is one of our milestones. Being around young children can make us laugh, just from the things they say and do. If you don't have little people in your life, bring back that childhood spirit by playing board games or being creative.



To get you started we leave you with a favorite jokes.

Why couldn't the leopard play hide and seek?

Because he was always spotted!

LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.

At Your Local Library...

Wellness and Goal Setting Series | Hartland Public Library

Thursday, January 19 at 10am or 7pm



Kick off 2023 by joining Certified Professional Life Coach, Amy Nelson for the first of a two-part Wellness and Goal setting series at one of these times. Journey through a guided-visualization to access and gain wisdom from your Future Self--the person you are striving to be. Bring a yoga mat or towel to lie on and get comfy as you relax and tap into your inner wisdom about what you want in 2023 and beyond.

Dear Ina,

I saw something on the news a couple weeks ago that said there was a data breach at Medicare and some people's personal information may have been leaked. I'm nervous that my identity might get stolen now. What can I do? How do I protect myself?

Sincerely,
Justin Thyme



Dear Justin,

Yes, The Centers for Medicare & Medicaid Services (CMS) reported a data breach at a subcontractor that may involve Medicare beneficiaries' personally identifiable information (PII) and/or protected health information (PHI). No CMS systems were breached and no Medicare claims data were involved. Initial information indicates the incident has the potential to impact up to 254,000 Medicare beneficiaries' personally identifiable information out of the over 64 million beneficiaries that CMS serves.

If your information was potentially impacted, you will receive an updated Medicare card with a new Medicare Beneficiary Identifier, be offered free-of-charge credit monitoring services, and will provide additional information about the incident.

Additionally, here are a few steps you can take to secure your online data and protect yourself from having your identity stolen:

- Keep your personal information secure.
 - Use different and strong passwords for all of your online accounts.
 - Store documents that have your personal information, including financial documents, Social Security, Medicare and credit cards in a safe place at home and at work.
- Regularly monitor your credit reports, bank and credit accounts.
 - Order a free copy of your credit report by phone, toll-free at 1-877-322-8228, or online at www.annualcreditreport.com.
 - Open and read your bank account and credit billing statements when you receive them. Check for unauthorized charges or withdrawals and report any immediately by phone and in writing.
- Ask questions before sharing your personal information.
 - Ask why the company needs your information and what happens if you don't share it.

WE'RE ON FACEBOOK!

Looking to stay up to date on everything going on at the ADRC?

Like our page on Facebook to get all the latest information!

While on Facebook, search for

"Aging & Disability Resource Center of Waukesha County"

or find us at www.facebook.com/ADRCWC

And don't forget to tell your friends and invite them to LIKE us too!



January 11th is Human Trafficking Awareness Day

Perhaps you have seen news reports, read or listened to stories on social media about human trafficking. You may have asked yourself; does this really happen in America? In this article, we'll explain what human trafficking is, address some myths, and provide information so you can be aware of the very real threat of human trafficking in your community.

What is Human Trafficking?

Human trafficking is a form of modern slavery that occurs in every state in the US, including Wisconsin. Victims of human trafficking may be forced to provide labor and/or commercial sex in many different types of situations. Most labor trafficking occurs in domestic work, agricultural jobs, travelling sales crews, health and beauty services, construction, and even restaurants. Sex trafficking victims can be forced to work in many venues/industries including hotels, fake massage businesses, brothels, truck stops, or on the street. Human trafficking can happen to young and old alike.

Human Trafficking Myths:

Myth	Truth
Victims are held against their will using some form of physical restraint or bondage.	While some traffickers physically hold the people they exploit, it is more common for traffickers to use psychological means of control. Some individuals who are being manipulated believe they are in love with their trafficker, making them resistant to seek help. Other methods of control and trapping people include isolating them from family, friends, and public, confiscating passports or other identification, threatening imprisonment or deportation, financial obligations, and controlling their money.
Victims will be desperate to escape their trafficker and will ask for help when they need it.	Individuals who experience trafficking may not seek help due to many factors including: shame, self-blame, and fear. They may not self-identify as being a victim of human trafficking.
Only women and children are trafficked.	Anyone can experience human trafficking, including men. It can happen to anyone, regardless of race, age, or gender. Traffickers prey on the vulnerable, often with promises of a better life.
Human Smuggling is the same as Human trafficking.	Human Smuggling and Human Trafficking are different crimes. Human Smuggling is the illegal movement of someone across a border. Human trafficking is the illegal exploitation of a person.

How prevalent is Human Trafficking in the United States?

There were 94 reported cases of Human Trafficking in Wisconsin in 2019, and these are only the reported cases. It is expected that there are several more unreported cases. Nationally, there were 11,500 cases reported in 2019. Human Trafficking has been documented in every county in Wisconsin.

What are the Warning Signs that someone is a victim of trafficking?

The biggest 'areas' of these reports are generally within and between major cities; between Chicago and Milwaukee, between Madison and Green Bay, and between Milwaukee and Madison. Therefore, it is important to be aware of the warning signs of human trafficking even here in Waukesha County!

The Waukesha County Anti-Human Trafficking Task Force recommends being aware of warning signs in your community:

- Victims show signs of fear, anxiety, tension, and/or nervousness. They may avoid eye contact or interaction with others.
- Victims show signs of physical abuse, restraint, and/or confinement.
- Victims may show signs of malnourishment, poor hygiene, fatigue, untreated illness/injury.
- Tattoos in similar locations as other people they are traveling with. This may indicate 'branding' by a trafficker.
- Victims may dress inappropriately for their age or may claim to be an adult although appearance suggests they are a minor.
- They do not have identification, money, or personal items.
- Individuals appear to be with a significantly older 'boyfriend' or in the company of older males.
- A group of girls appear to be traveling with an older female or male.



If you or someone you know may be experiencing human trafficking, please contact the National Human Trafficking Hotline by calling 1-888-373-7888 or text 233733.

Read more about Human Trafficking Statistics at:

<https://humantraffickinghotline.org/states>

Other sources for information include The Women's Center of Waukesha, Office on Trafficking in Persons, and the Polaris Project.



Relax and Unwind Together

Most of us feel stressed out from time to time. Family caregivers are especially prone to stress, fatigue, and feelings of depression. This is sometimes known as caregiver burnout.

Family caregivers and their loved ones can make relaxing activities a part of their daily routine together. Everyone benefits from these activities. They can help everyone feel more calm, peaceful, and comfortable.

How Can Relaxation Activities Help?

Activities that focus on relaxation usually help you feel peaceful, but there are many other benefits! Relaxing activities that use deep breathing, sensory stimulation, or meditation have benefits including:

- Better sleep, including falling asleep and staying asleep.
- Decreased feelings of depression or anxiety.
- Increased feelings of self-confidence.
- Decreased stress levels.
- Boosted immune system.
- Calm and steady heartbeat and breathing.

The benefits of relaxation activities apply to family caregivers, professional caregivers, and older adults. This means that for only one activity, everyone gets the benefits!

Relaxation Activity Inspiration

Here are some activities you can do with your loved one that focuses on the end goal of relaxation, stress relief, or feelings of peace.

- Use dandelions to practice strong exhales – blow the fuzz off the stem.
- Put your hand on your stomach while you breathe in and out to feel your stomach rising and falling with each breath

Sensory Activities

- Give yourselves a pedicure or manicure. Include a soak in scented warm water. Use lotion before painting your nails.
- Sit outside in nature with a cup of tea. Cozy, fuzzy blanket is optional.
- Listen to music and smell different herbs and spices. Talk about what each smell reminds you of. You can also try to guess what you are smelling.
- Listen to an audiobook in front of a crackling fireplace.

Make The Most Of Your Relaxation Activity

Here are some tips to help make the activities as successful as possible:

- Try a short relaxation activity as a part of your morning or evening routine
- Create a calm environment by getting rid of distractions. Turn off the television and silence your cell phone.
- Don't jump up after a relaxation activity to get started on something else. Sit quietly until both of you feel ready to slowly begin the rest of your routine.

Remember, relaxation activities do not need to be long in order to be effective. Sometimes 3 minutes of quiet breathing can be more relaxing than pushing another activity to 30 minutes. Relax and enjoy!

New Year's Resolution - Did you make some? Will you keep them?

According to research, half of all Americans make New Year's resolutions but only 8% actually see them through. Picking something to stick to for an entire year can be a daunting task, but here are some helpful ideas to help you choose a resolution that is not only doable, but meaningful to you.

- **Clearly define your goals:** set specific, measurable, achievable, relevant and timely goals. The first step to change something is to clearly understand what "it" is.
- **Track your progress:** A fundamental principal of psychology is "if you can measure it, you can change it" and these measurements will be a source of motivation as you look back on where you were when you started and where you are now. Tracking your progress also helps identify plateaus so you can easily adjust your efforts.
- **Have patience:** Remember that some people will see rapid gains only to hit resistance later down the road, and for others initial progress may be painfully slow before a breakthrough. Making lasting changes takes time.
- **Publicize your goals to friends and family:** Social support is essential. It may feel vulnerable to share something you feel you fail at, but those around you will only want to offer their support through your process.
- **Get up when you slip up:** Nobody is perfect and being resilient is key. Don't turn temporary failures into excuses for giving up. Instead, try owning up to your mistake and recommit to the path.

Source: www.forbes.com/sites/kevinkruse/2016/01/03/making-new-years-resolutions-stick/

MOST POPULAR NEW YEAR'S RESOLUTIONS



50%

Exercise more



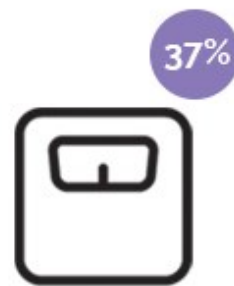
49%

Save money



43%

Eat more healthily



37%

Lose weight



34%

Reduce stress



30%

Get more sleep



30%

Stick to a budget



28%

Focus on my spiritual growth



25%

Travel more



25%

Learn a new skill

New Year's - Around the Globe

The past few years have truly been unlike any other, but one thing has been clear—certain practices are now more important than ever, as they keep us grounded and remind us of the future ahead. Here are some traditions from around the globe to keep in mind for next year.

Brazil: Heading to the beach

In Brazil, people usually go to the beach since it is the summer there. Immediately after midnight, people enter the water and jump seven waves while making seven wishes. The tradition is rooted in paying homage to Yemanjá, the goddess of water. Before you get in the water, tradition says to wear all white, as it symbolizes purity.

Spain: Eating 12 grapes

The Spanish start off their new year by eating 12 grapes, which symbolize each strike of the clock. The tradition of las doce uvas de la suerte started in the late 19th century and is believed to ward off evil while boosting chances of a prosperous and lucky new year. However, this will work only if you manage to eat all of the grapes in a matter of seconds since they need to be gone by the time the clock finishes striking midnight.



Japan: Eating soba noodles

People in Japan kick off the new year by eating a warm bowl of soba noodles. The tradition dates back to the Kamakura period and is tied to a Buddhist temple giving out the noodles to the poor. The long thin noodles are firm yet easy to bite, it is believed eating them symbolizes a literal break away from the old year.

Denmark: Throwing old plates

Chucking plates at your friends usually signals a conversation gone very wrong. In Denmark, however, New Year's Eve traditions like this bring loved ones good luck. Tradition has it that the more broken kitchenware you accumulate on your door step, the better off you'll be.



Canada: Going ice fishing

Freezing temps do not keep Canadians from starting the new year with a winter favorite sport—ice fishing. Families will rent heated huts and cooking equipment so that they can enjoy their feast with loved ones on the spot.

Mexico: Giving the gift of homemade tamales

In Mexico, families gather to make New Year's Eve food—specifically tamales, which are corn dough stuffed with meat, cheese, and veggies all wrapped in husks—and then hand them out to loved ones on New Year's Eve. On New Year's Day, the warm pockets are often served with menudo, a traditional Mexican soup made from cow's stomach.



Greece: Hanging an onion outside the door

Not only are onions a kitchen staple, they can also bring good luck for the new year ahead. In Greece it is tradition to hang an onion outside the door. Believed to symbolize fertility and growth (thanks to its ability to sprout on its own), the onion is hung on the door after church service on New Year's Day.

Colombia: Placing three potatoes under the bed

On New Year's Eve, Colombian households have a tradition, called agüero, of placing three potatoes under each family member's bed—one peeled, one not, and the last one only partially. At midnight each person grabs for one with eyes closed and depending on the potato they select, can either expect a year of good fortune, financial struggle, or a mix of both.



Ireland: Banging bread against the walls

To ward off evil spirits, families in Ireland make way for a healthy and prosperous new year by banging loaves of Christmas bread against the walls and doors throughout the home.

Source: <https://www.glamour.com/story/new-years-eve-day-traditions>

Medicare Enrollment Changes as of January 1, 2023

The Centers for Medicare & Medicaid Services (CMS) recently issued rules that will simplify Medicare enrollment and coverage start dates beginning January 1, 2023. These rules change Medicare coverage start dates for people who enroll in Premium Part A or Part B during the last three months of their Initial Enrollment Periods (IEPs) or the annual General Enrollment Period (GEP). The rules also create new Special Enrollment Periods (SEPs) for people enrolling in Medicare outside of their IEPs or the GEP.

As of January 1, 2023, people who become eligible for Medicare on or after January 1, 2023 and enroll during the last three months of their IEP will be enrolled in Premium Part A and/or Medicare Part B the month after enrollment. Premium-free Part A coverage will still be effective the first day of the month they turn 65 for people enrolling during their IEP. In addition, people who enroll during the first three months of their IEP will still have coverage begin the first day of the month they turn 65. Remember that people with first-of-the-month birthdays start their IEPs earlier, and they become eligible for Medicare the first day of the month before they turn 65.

Likewise, beginning January 1, 2023, people who enroll during the GEP will have Premium Part A and/or Part B coverage start the month after enrollment. If they are enrolling in Premium-free Part A for this first time during the GEP, their Part A coverage will backdate up to six months. This change significantly reduces the gap in coverage that can occur with a GEP enrollment.

In addition, the new CMS rules finalized the following new SEPs for enrollment into Medicare Part A or Part B without a late enrollment penalty:

- An SEP for individuals impacted by an emergency or disaster for beneficiaries who missed an enrollment opportunity because they were affected by a disaster or other emergency declared by a Federal, state, or local government agency. This SEP will last for six months after the end of the emergency declaration. The SEP may also be used if the disaster or emergency takes place where the individual's authorized representative, legal guardian, or person who makes health care decisions on their behalf lives.
- An SEP for health plan or employer error for individuals who can show that their employer or health plan materially misrepresented information related to enrolling in Medicare on time. The SEP also includes brokers and agents of health plans as sources of misinformation. This SEP will last for six months after the individual tells SSA, and it allows the individual to write a statement describing what happened if documentation of misinformation from the employer or health plan is not available.
- An SEP to coordinate with termination of Medicaid coverage that will allow individuals who have missed a Medicare enrollment period to enroll in Medicare after their Medicaid coverage ends. The SEP lasts for six months after the last date of Medicaid coverage. Individuals may choose between retroactive coverage back to their last date of Medicaid coverage (but no earlier than January 1, 2023) or coverage beginning the month after the month of enrollment. If an individual selects retroactive coverage, they must pay the premiums for the retroactive covered time period. In addition, individuals who would have been eligible for this SEP but who enrolled during the COVID-19 Public Health Emergency before January 1, 2023 are eligible to have any late enrollment penalties refunded and removed.
- An SEP for other exceptional conditions that will, on a case-by-case basis, allow for an enrollment period for individuals when circumstances beyond their control prevented them from enrolling during the IEP, GEP or other SEPs. This SEP will last for a minimum of six months.

To enroll in Medicare Part A or Part B during your IEP, an SEP, or the annual GEP, please contact your local Social Security office. You can find your local office here: <https://secure.ssa.gov/ICON/main.jsp>.

Medicare Costs of Insulin: New Rule in 2023

One of the biggest changes to come out of the Inflation Reduction Act (IRA) that passed in 2022 applies to Medicare coverage of insulin. **In 2023, out-of-pocket costs for all insulin drugs is now capped at \$35 per 30-day prescription under all Medicare drug plans.**

The change in the law occurred too late to be reflected on Medicare's Planfinder tool for comparing drug plans for 2023. Therefore, if a person takes insulin and wants to compare plans, they will need to factor this reduction into the calculations.

If individuals using insulin chose the wrong plan during the Open Enrollment Period, they will be granted a Special Enrollment Period (SEP) to switch plans in 2023. They can do this by calling 1-800-Medicare. If a person is on what is called the Low-Income Subsidy (LIS or "Extra Help"), they will continue to pay the lower LIS co-pays.

It is important to note that Medicare plans do not necessarily cover all brands and types of insulin, and coverage of insulin drugs can change from year to year. For this reason, it's important for individuals who depend on insulin to check each year during Open Enrollment (October 15-December 7). It is also important to note that this new rule does not apply to drugs that act like insulin but are not actually insulin, like Trulicity (Dulaglutide). In addition, there are differences between Medicare Part D and Medicare Part B coverage of insulin and insulin products. The \$35 limit applies to Medicare Part D, only.

Another consequence of the rule's sudden implementation is that individuals may need to initially pay a higher amount for insulin, and then ask for reimbursement from their plan. This will vary by plan, so individuals should contact their plan at the beginning of 2023 and ask about the process.

The following steps are recommended for all individuals who rely on insulin:



- Check the plan's formulary to make sure the brand and type of insulin is covered
- Confirm the type of insulin and supplies is covered under Part D and not Part B
- Calculate yearly costs by factoring in the \$35 monthly limit
- Check with the plan regarding reimbursements
- Use the one-time SEP to change plans in 2023 if the plan does not fit with the person's needs

For more information, visit <https://www.medicare.gov/coverage/insulin?eType=EmailBlastContent&eld=34438942-60d6-4c53-a82b-5dac6e32a592>

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/>

World Braille Day

JANUARY 4

What is it?

Braille is a form of written language for people who are blind, in which characters of the alphabet and numbers are represented by patterns of raised dots that are felt with the fingertips.

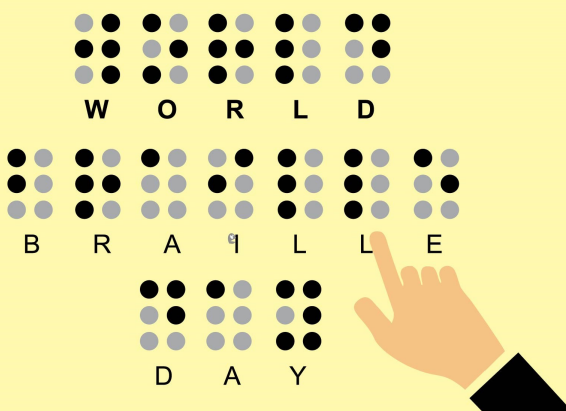
We celebrate World Braille Day every year on January 4th because it's Louis Braille's birthday. He's the inventor of braille! Louis was born in 1809 in France and became blind after a childhood accident. But, he quickly mastered his new way of living. When Louis was only 15 years old, he created a reading and writing system that we know today as braille. Adjusted over time, braille is now easier to read and used all over the world!

Unfortunately, Louis Braille did not get to see just how helpful his invention has become. He died in 1852; two years before his alma mater, France's Royal Institute for the Blind Youth, adopted a braille curriculum. By 1916, schools around the United States taught braille to their students with blindness.

Why is it Worth Celebrating?

World Braille Day is a reminder of the importance of accessibility and independence for people who are blind or visually impaired. Today's reality is that many establishments such as restaurants, banks, and hospitals do not offer braille versions of their print materials like menus, statements, and bills. Because of this, people with blindness or visual impairments often do not have the freedom to choose a meal on their own or keep their finances private.

You might be able to find braille on objects you use every day — signs, ATMs, elevators, calculators, and more. It's all thanks to Louis Braille and the schools that adopted and taught his reading and writing system.



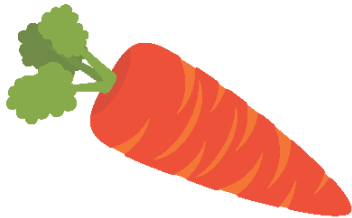
This day spreads awareness about braille and other accessible forms of communication. Everyone deserves (and is legally entitled to) the same accommodations and service, regardless of ability. Let us remember that and do our part to make our workplaces more accessible for everyone.

Harvest of the Month

JANUARY | CARROT

HEALTH BENEFITS

- VITAMIN A
- VITAMIN K
- VITAMIN B
- ANTIOXIDANTS



HEALTHY SERVING IDEAS

There is no nutritional difference between baby carrots and regular carrots. Baby carrots are an easy grab and go snack. Try dipping them in hummus or peanut butter!

Carrots get sweeter when cooked. Try them roasted - drizzle with olive oil, salt and pepper and place in a 375* oven for 35-40 minutes.

Chop carrots and add to soups and stews or add shredded carrots to salads and wraps for a veggies boost.

Spiralize carrots to make noodles. Mix in with your favorite traditional pasta noodles or enjoy on their own with your favorite pasta sauce.

SHOPPING & STORAGE TIPS

Look for carrots in different colors for a fun burst of color. They come in yellow, white, orange, red, and purple!

Pick a bunch of carrots that are firm, not wilted, soft or cracked. If the tops are attached, the leaves should be bright green and fresh.

Cut off the tops before storing. Refrigerate unwashed carrots in a plastic bag in the veggie crisper drawer for up to 2 weeks.

Before using carrots, trim both ends, peel with a vegetable peeler and rinse with water. If you want to leave the peels on, simply rinse and scrub gently with a vegetable brush to remove any surface dirt.

LIVE WELL



WAUKESHA COUNTY

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



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL

January 31 is National Hot Chocolate Day!

Few beverages are as deep-rooted in culture of Americans' collective childhood quite like hot chocolate. This drink reminds us of raining days, skiing, sledding, or even a quiet day watching the snow fall. It's thick, silky, toasty, and usually smothered in whipped cream—no other drink brings warmth to our lives and tastebuds quite like hot chocolate. Cozy up with your favorite mug because on January 31, we celebrate National Hot Chocolate Day, a day devoted to our favorite chocolate beverage.



National Hot Chocolate Day Timeline

- **500 BC - Hot and Spicy Chocolate:** The Ancient Mayans drank chocolate made from crushed cocoa seeds mixed in water and chili peppers.
- **1500s - Chocolate gets Wanderlust:** Explorer Cortez carried cocoa beans and tools for making hot chocolate with him to Europe.
- **1876 - Milk Chocolate:** Swiss Chocolatier Daniel Peter created the first milk chocolate by combining powdered milk with chocolate.
- **1961- Swiss Miss:** Popular hot chocolate manufacturer Swiss Miss started selling its first powdered hot chocolate that could be mixed with water instead of milk.

Did you know?

Chocolate contains many vitamins, minerals, antioxidants, and biochemical compounds all of which help give our body a satisfying health boost. Hot chocolate even increases the microcirculation in your skin. Additionally, when we drink hot chocolate, its' chemical compounds signal the brain to release endorphins and serotonin, which elicit our feelings of calmness. These neurotransmitters work to reduce pain and stress, keeping us worry-free and happy! Who knew a hot chocolate obsession could be so good for our health?

Polar Bear Plunge



Have you seen on television each year, on January 1st groups of people gathering to jump into freezing cold water in lakes and other bodies of water? If you have, you may wonder why do people of all ages do this and where did this winter tradition start.

The first Polar Bear Plunge took place in Massachusetts in 1904 when the L-Street Brownies—a polar bear club out of Boston, Massachusetts—took their first plunge. This may have been the first recorded official Polar Bear Plunge; people have been doing New Year Day swims in Scandinavia for hundreds of years. In Scandinavian cultures people have been swimming in the frigid waters for centuries and most likely originated with the Vikings. It is found to be cleansing and invigorating both historically and now. This tradition continues all around the world, wherever there is cold water, there will be a Polar Bear Plunge.

There is only one requirement for the tradition and that is, the plunge has to take place on January 1 and any cold body of water is acceptable. Here in our area, that body of water for most is Lake Michigan. Some people take the plunge for personal reasons, family tradition or to raise money for charities.

While it is fun and interesting to learn about this tradition, the best place to be is somewhere warm!

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 takes 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

Two Community Memory Screenings to choose from:

Where: Alice Baker Public Library Eagle

When: Monday, January 23, 2023

Time: 1:00pm—4:00pm

(30 minute time slots)

Where: Mukwonago Community Library

When: Monday, January 30, 2023

Time: 9:00am - Noon

Call Kathy Glaser at the Waukesha ADRC to schedule your memory screen.

262-548-7354





Are there days when you just don't want to get out of bed?
When you would rather not take that morning walk
but stay in the house with the blinds closed? When you wonder if your feelings
of sadness and loneliness are more burdensome than they once were? Most people have
these thoughts and emotions at one time or another. We are all human. What can you do when
you have these thoughts and emotions? There is support and services available.

WCDHHS CRISIS INTERVENTION SERVICES (Waukesha County Department of Health and Human Services)

A crisis is any situation in which an individual(s) perceives that a challenge exceeds their current resources and/or coping mechanisms. This may lead to a high level of stress or anxiety for the individual or persons providing care and support for the individual, and lead to difficulty resolving the situation.

The goal of Crisis Intervention is to provide a thorough risk assessment for safety concerns related to mental health issues, inability to care for self due to age, illness or disability. Crisis Intervention services include: mobile assessment for suicide and other risk factors; safety planning; crisis de-escalation; phone support; information; and referral.



Crisis Intervention is a 24/7 service available to persons of all ages.
Monday to Friday, 8:00 am to 4:30 pm, 262-548-7666
Anytime, Day, Night, Weekends, Holidays, 262-547-3388

**FEEL FREE TO CALL US AT ANY TIME.
WE CARE ABOUT YOU AND YOUR LOVED ONES.**

HAPPY NEW YEAR!

GET OUTSIDE & INTO YOUR PARKS WITH A



Waukesha County
Park System

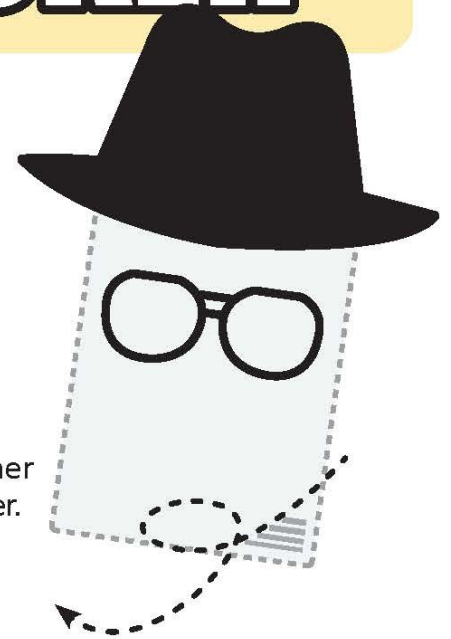


ANNUAL INVISIBLE* STICKER

SENIOR PARK MEMBERSHIP ONLY **\$17.00** FOR AGES 60+

Waukesha County Park System Memberships are valid from date of purchase through December 31, 2023

* **DISCLAIMER:** Invisible stickers don't really exist. You won't get a cute windshield sticker from us like previous years. That's history! Now, your annual membership is verified by our neat license plate scanner when you enter. You can always tell your friends you have an invisible sticker.



BUY ONLINE

WWW.WAUKESHACOUNTY.GOV/PARKENTRY

BUY IN PERSON

Cash, check or credit card payments accepted at these locations.
Remember to bring your license plate information with you.

**WAUKESHA COUNTY COURTHOUSE
IN THE PARK SYSTEM MAIN OFFICE**
515 W. Moreland Blvd., Room AC 260
Waukesha
Hours: Monday - Friday, 8 am - 4 pm
Closed holidays

RETZER NATURE CENTER
S14 W28167 Madison Street
Waukesha
Hours: Monday - Friday, 8 am - 4 pm
Saturday, 10 am - 2:45 pm
Closed holidays



AUTOMATED HELP LINE: (262) 548-7800

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NEW YEAR'S OBSERVED PROGRAM CLOSED	Egg & Sausage Breakfast Bake with Cheddar Cheese, Green Peppers, Diced Tomatoes and Onions Tri Tater ketchup pkt Banana Alt: Fruited Yogurt	Curry Chicken Wild Rice Blend Carrot Coins Tomato / Onion Salad Mandarin Oranges Whole Wheat Roll w/ Butter	Butternut Squash Mac & Cheese Green Beans Cottage Cheese Wheat Bread w/ Butter Kitchen's Choice Fruit Zucchini Bread	Turkey Burger Whole Wheat Bun With Cheese & Tomato Slices Sweet Green Peas Applesauce Baby Red Potatoes Sugar Cookie Alt: SF Cookie
9	10	11	12	13
BBQ Pulled Pork Dinner Roll w/ Butter Green Beans Baked Beans Half Pear Molasses Cookie Alt. Peaches	Whole Wheat Spaghetti with Italian Meatballs Buttered Sweet Corn Romaine Salad w/ Italian Dressing Garlic Bread Melon	Hot Turkey and Provolone Sandwich on Onion Roll Broccoli & Cauliflower Blend Veg Potato Salad Apple Brownie	Chicken Stir Fry w/ White Rice Stir Fry Vegetable Spinach Salad w/ Dressing 7-grain Bread Butter Mandarin Oranges	Cream of Broccoli Soup Saltine Crackers Sloppy Joe on a Bun Dilled Carrot Coins Fruit Cocktail Frosted Chocolate Alt: Sugar Free Cookie 
16	17	18	19	20
Green Pepper Casserole Steamed Carrots Garlic Bread Stick Banana Baker's Choice Cookie Alt: Fresh Fruit 	Peachy Pork Roast Mashed Potatoes Gravy Sliced Beets Wheat Bread w/butter Diced Peaches Butterscotch Pudding Alt. Sugar Free Pudding	Meat Lasagna Tossed Salad with dressing Italian Beans Italian Bread/Butter Mandarin Oranges Rice Krispies Treat Alt: Fruit	Crab Pasta Salad Tomato / Onion Salad Wheat Roll w/ butter Pears Chocolate Muffin Alt. Fresh Fruit	Mild Sausage Jambalaya Red Beans and Rice Creole Wax Beans Fresh Fruit Fruited Gelatin
23	24	25	26	27
National Pie Day Shepard's Pie Steamed Spinach Dinner Roll/Butter Pear Halves Chefs Choice Pie Alt: Fresh Fruit	Southwest Casserole (beef, vegetables) Topped with Cheese Green & Yellow Beans Fruit Cocktail Blueberry Muffin	Braised Beef Tips Mashed Potatoes Gravy Steamed Broccoli Fruit Cocktail Whole Wheat Bread w/ Butter Strawberry Ice Cream Alt: Fruited Yogurt	Chicken Marsala over Whole Grain Pasta Winter Veg Blend Dilled Carrots Italian Bread w/ butter Watermelon Baker's Choice Cookie Alt: Sugar Free Cookie	BBQ Pork Ribette Tri-Tater Ketchup packet Southern Style Corn Potato Roll w/ Butter Pineapple Butterscotch Pudding Alt. Pear
30	31			
Scalloped Potatoes with Diced Ham Mixed Vegetables Pineapple Tidbits Rye Bread w/ Butter Rice Krispies Treat At: Fruited Yogurt	Tuna Casserole w/ Peas and Carrots Stewed Tomatoes Wheat Dinner Roll w/ Butter Diced Peaches Baker's Choice Cookie Alt. Sugar Free Cookie	PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE		

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

262-782-1636

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

Menomonee Falls

262-251-3406

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

Mukwonago

262-363-4458

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

Oconomowoc

262-567-5177

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

Sussex

262-246-6747

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

Waukesha

262-547-8282

La Casa Village
1431 Big Bend Road
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older

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

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

Savvy Caregiver Training - Increase Your Confidence, Knowledge, and 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 the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



January 10th - February 4th, 2023 | Tuesdays, 1-3pm | Virtual via Microsoft Teams

- Please register by calling Jennifer Harders, at the ADRC - (262) 548-7650
- For more information, contact the ADRC at (262) 548-7848 or

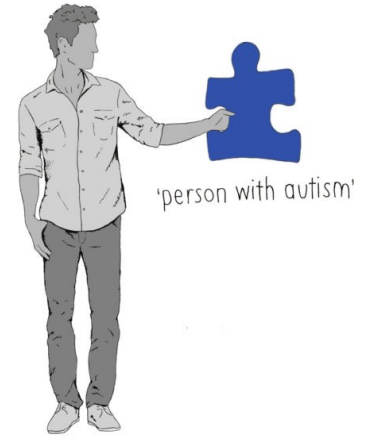
jharders@waukeshacounty.gov

Using Person-First Language When Describing People With Disabilities

Person-first language is often considered the most respectful way to talk about disabilities and differences. It places the focus on the individual and not the issue he or she has. For example, someone might say, "they're ADHD" to describe a child with attention-deficit/hyperactivity disorder. Using person-first language, this would change to "the child who has ADHD."

You may have heard and even said things like "they are learning disabled" (instead of "they have a learning disability") without much thought, but such remarks can be hurtful, especially to people with special needs. It may understandably take some time and effort to get used to using person-first language, but the effort is worth it. Speaking and writing this way communicates that you define an individual by their whole person, not their disability. It also conveys that you understand that someone is living with an issue—not that their disability or difference is their whole life.

PERSON-FIRST



Considerations and Perspectives

Many disability advocates believe that using person-first language helps teachers, therapists, parents, and service providers remember they are working with a person who has dignity, feelings, and rights. They are not a disability or a disease. They are people with a disability or disease. This shift is subtle but powerful.

It is important to note, however, that people with disabilities have their own preferences about how to discuss their differences. These may be highly individual or aligned with some consistent preferences among people in certain groups.

For example, in some deaf communities, it is preferable to say, "they are deaf," rather than "they have deafness." In some communities of the blind, "they are blind" is favored over "they have blindness." Some others may prefer to say, "person without sight." When in doubt, observe and listen to the language used by a person with a disability or difference, and take your cues from what is said.

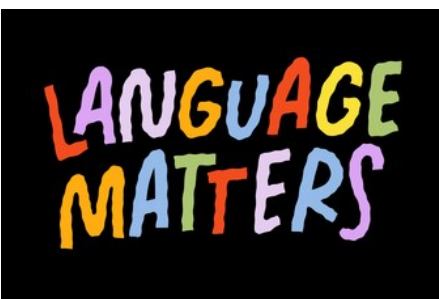
Alternatives to Person-First Terminology

One of the major competing linguistic models is known as identify-first language. This approach suggests that "disabled" is not a label to be shunned or avoided. People may not be their disability, but they may consider their disability an important part of their identity, as in the deafness example above.

Using this model, the condition is the first word used when talking about or identifying someone with a disability. For example, rather than describing the individual as a "person with autism" (as person-first language would suggest), identify-first language would recommend saying "an autistic person."

When in Doubt, Remember Everyone Deserves Respect

The intent of person-first language and terminology is to discuss disabilities in a way that highlights the personhood of the individual involved. It's an approach that is favored by many, though—like anything else—perhaps not all.



It is helpful for everyone to be aware of how words they say may be interpreted in a way that does not match their intent—even when purposeful steps are being taken to be respectful. In the end, if someone is upset because of something you said, a sincere apology can help, as can asking them what they would have preferred you say and why.

Learn more about person-first language at: <https://www.cdc.gov/ncbddd/disabilityandhealth/materials/factsheets/fs-communicating-with-people.html>

WINTER

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

boots	hat	plow	slip
coat	ice	scarf	snow
cold	melt	skate	snowman
forts	mitts	ski	socks
frozen	play	sled	winter



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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