

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

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Celebrate National Nutrition Month By Checking Your Diet

Healthy eating is recommended throughout life; as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Learn More at www.eatright.org/nnm



March is National Kidney Month. The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. But over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.



“Of the 26 million American adults estimated to have kidney disease, most do not know they have the disease. That is why taking care of your kidneys, especially if you are at risk for kidney disease, is vital,” said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer. “There are a few simple things people can do to keep their kidneys healthy and strong.”

“Take 5 for Your Kidneys”

All Americans can do 5 simple things to protect their kidneys:

1. **Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting www.kidney.org/KEEPHealthy.
2. **Reduce nonsteroidal anti-inflammatory drugs (NSAIDs).** Over the counter pain medicines, such as NSAIDs, may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.
3. **Reduce intake of processed foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.
4. **Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.
5. **Control Blood Pressure and Diabetes.** High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

The **National Kidney Foundation** is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease. For more information, visit www.kidney.org.



National Popcorn Lovers Day - March 9th!

Popcorn Lover's Day, celebrated on the second Thursday in March, is a dream come true for all popcorn fans. Do you want to know how? Because you get to eat your favorite snack all day! Here are some popcorn fun facts:

- The first microwaveable popcorn was launched by Golden Valley Foods in 1971.
- Popcorn is gluten free and completely free of all major allergens.
- Nebraska produces the most popcorn out of all 50 states, an estimated 250 million pounds per year!
- When being popped, popcorn kernels can pop up to 3 feet in the air.
- In 1949, popcorn was temporarily banned from movie theaters for being too loud of a snack.
- The mobile popcorn cart was invented by Charles Creator dating back to the 1880s.
- Popcorn has more iron than eggs or roast beef and more fiber than pretzels and potato chips.
- The world's largest popcorn ball was 12 feet in diameter and weighed 5,000 pounds.
- Orville Redenbacher is the best-selling popcorn in the world. The inventor, Orville, began growing popping corn in 1919 when he was just 12 years old.

Medical Debt and Credit Reports

Although medical debt is a fact of life for many Americans, it has also posed a major problem for credit ratings, affecting about one in five individuals. Medical debt has historically been the most common type of debt to go into collections and the most common type that leads to consumers being contacted by debt collectors. That fact has significantly affected consumers' ability to access credit, rent or buy homes, and even find jobs. Historically, medical debt – including paid medical debt and debt that went to collections but was later paid by insurance – could remain on a person's credit report for up to seven years.

Fortunately, in response to advocacy efforts and lawsuits joined by multiple states, the three major credit bureaus – Equifax, Experian, and TransUnion – agreed to take steps to reduce the impact of medical debt on individual credit ratings. As of July 2022, paid medical debt should no longer appear on a person's credit report. As of 2023, medical debts under \$500, whether paid or unpaid, should no longer appear on credit reports.

The Consumer Financial Protection Bureau (CFPB) determined that these smaller debts have tended to remain longer on credit reports and that the new changes will result in roughly two thirds of all medical debt accounts being removed from consumer credit reports. That change, however, does not represent the majority of medical debt in terms of total dollar amounts. About half of all individuals with reported medical debts have debts that exceed \$500 and will still suffer adverse credit impacts even with the new changes in place.

Although the process for correcting credit reports remains challenging, people who identify inappropriate medical debt in their credit reports can contact each credit bureau directly to request that items be removed. If those efforts fail, consumers can file credit reporting complaints online through the CFPB website or by calling (855) 411-CFPB.



**Turning 65?
Need Medicare?**

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

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. Here are the locations this year:

Sussex Civic Center

N64w23760 Main St, Sussex, WI, 53089-3120
Mondays, 08:45 am - 04:30 pm

Brookfield Public Library

1900 N Calhoun Rd, Brookfield, WI, 53005-5037
Tuesdays, 09:00 am - 03:00 pm

New Berlin Library

15105 Library Ln, New Berlin, WI, 53151-5280
Wednesdays, 09:15 am - 02:00 pm

Muskego Library

573w16663 Janesville Rd, Muskego, WI, 53150
Tuesdays, 09:00 am - 02:00 pm

Mukwonago Public Library

511 Division St, Mukwonago, WI, 53149-1204
Mondays, 09:00 am - 02:00 pm
Language: English, German

Oconomowoc Area Senior Center

210 S Main St, Oconomowoc, WI, 53066-3683
Tuesdays, 9:00 am - 04:30 pm
Language: Chinese, English, German

Oconomowoc Area Senior Center

210 S Main St, Oconomowoc, WI, 53066-3683
Fridays, 09:00 am - 01:30 pm
Language: Chinese, English, German

Menomonee Falls Public Library

W156n8436 Pilgrim Rd, Menomonee Falls, WI
Fridays, 08:45 am - 04:30 pm

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/>



March 1st is National Peanut Butter Lover's Day!

Peanut butter. Who does not love this delicious, versatile spread? If you are not allergic to peanuts and like to regularly consume peanut butter you may be wondering how healthy it really is. Although peanut butter is considered calorie-dense, when consumed in moderation as part of a healthful and balanced diet, it provides many dietary benefits.

Peanut butter is a great source of protein, especially for those who are vegetarian or who need to get extra protein in their diets. For older adults, getting enough protein throughout the day is key to maintaining muscle mass. Vitamins and minerals essential for bodily functions including magnesium, phosphorous, zinc, niacin, and vitamin B-6 are found in peanut butter. It also contains fiber which, in combination with the high amount of protein, can help you feel full longer and decrease the likelihood of overeating. Omega-6 fatty acid is also found in peanut butter. This fatty acid is known to lower "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol.

Despite its beneficial qualities, peanut butter consumption should be limited as it contains a high number of calories. Typically, there are 188 calories in a serving of peanut butter (two tablespoons equals a serving). While peanut butter contains mostly healthy fats, it also contains some saturated fat, which can contribute to heart problems when consumed in excess over a long period of time. When consuming peanut butter, use measuring spoons to ensure you're staying within the right serving size.

Finally, many common brands of peanut butter contain added ingredients like sugars, salt, and emulsifiers. This is usually done to enhance the texture and prevent the oil from naturally separating in the jar. These added ingredients reduce the nutritional value of the spread. When buying peanut butter, look at the ingredient list on the nutrition facts label and choose brands that contain only peanuts.

4 Ways to Use Peanut Butter as a Healthy Snack

1. Use as a dip for celery sticks or apple slices
2. Stir into yogurt or hot oatmeal
3. Add to a fruit smoothie to make it more filling
4. Spread on whole grain crackers or rice cakes

Source: USDA, Harvard Health Publishing



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 Wed of each month 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

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



Dear Ina,

I was walking my dog the other day and I could not help but notice how much salt is left on the sidewalks after a storm. Is this bad for my dog? For us? For the environment? It seems like it can't be good if all of that washes away down the drain.

Sincerely,

Veruca Zalt

Dear Ms. Zalt,

We use salt to keep our sidewalks safe in the winter and to soften water in our homes all year, but using too much salt can contaminate drinking water, endanger wildlife, increase soil erosion, and damage drinking water infrastructure.

Road salt can cause corrosion in cars, trucks, roads and bridges. In addition, excess road salt can kill roadside plants and attract wildlife, like deer, who like licking the salt, which increases the probability of accidents. Moreover, road salt and salt from water softeners ends up in nearby surface and groundwater. Studies have shown that drinking water and freshwater ecosystems in northern parts of the world are becoming increasingly salty. High levels of salt in drinking water affect people with high blood pressure, and too much salt in surface water can be toxic to some fish and other animals.



Here's how you can reduce the salt you use around your home. First, when you store salt for use around your home, make sure it is in a waterproof container to prevent it from leaching into the ground. When it snows, clear snow before it turns into ice. Shovel or sweep often during a snowstorm. After you shovel, use only as much salt as you need. A 12-ounce coffee mug full of salt is enough for a 20-foot driveway or 10 sidewalk squares. Remember that salt only works when pavement temperature is above 15 degrees Fahrenheit, so use sand when the temperature is colder than that. Sweep up leftover salt from driveways and sidewalks when the pavement is dry. Dry salt can be reused.

If you have a water softener, make sure that it is properly installed and maintained according to the manufacturer's instructions. In addition, read the instructions before adding any salt. Make sure the softener is set to the hardness of your water supply. If the hardness is set too high, you will end up using more salt than is needed. Soften only the water that needs to be softened. People often choose to soften showers, sinks, and laundry. In general, water used in toilets, outdoor hose bibbs, and other cold water taps does not need to be softened.

Learn more: <https://www.tmj4.com/news/local-news/excess-salt-on-roads-sidewalks-showing-up-in-our-rivers-lakes>

Affordable Adaptive Telephone Equipment is available to help you live independently!

- Do you need a large print or talking caller-id?
- Do you want your lights to flash when the phone rings?
- Could you benefit from your phone ringing more than 4 times?
- Do you want memory buttons to pre-record phone numbers?
- Do you need an amplified answering machine?
- Could you benefit from a voice-activated landline telephone?



Telecommunications Equipment Purchase Program (TEPP) is a Wisconsin State-wide program that helps people with disabilities purchase adaptive telephone equipment that they need to live independently. TEPP is paid for by the Universal Service Fund (USF) established by the Public Service Commission. Independence First's staff are knowledgeable and can demonstrate the equipment to you before purchasing, assist through the application process, assist in ordering the equipment, and aid in the installation process. There is NO catch! All you have to do is meet these three requirements:

- Be a Wisconsin Resident
- Be a person who is deaf, hard of hearing, or have speech, mobility or motion limitations
- Have a need for adaptive equipment in the home

There is no age limit and an applicant can reapply every three years. Some of the higher voucher categories will require a co-payment and/or recent certificate of hearing loss OR physician/audiologist signature. Independence First staff is trained to help through this process.

Contact Tonya Villwock, (414) 731-7834 or tvillwock@independencefirst.org if you would like to see what kind of adaptive phone equipment are available!

Medicare Advantage Plan Open Enrollment Period Ends March 31, 2023

Beginning January 1 through March 31, 2023, individuals who are *already enrolled* in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

What you CAN Do:

If you are enrolled in a Medicare Advantage Plan as of January 1, 2023 (with or without drug coverage) you can:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a standalone Medicare drug plan.

What you CAN'T Do:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone *without* an Advantage Plan as of January 1, 2023 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP). Additionally, anyone with a Private Fee For Service (PFFS) plan must keep the same drug plan.



Changes in Emotion After Traumatic Brain Injury

The way people experience or express emotions may change after a traumatic brain injury (TBI). While this can be distressing for family members and friends, many strategies can help manage these emotional concerns after TBI.

Anxiety

Anxiety is common in the general population and in people with moderate to severe TBI. Anxiety may look different from person to person, but most people with anxiety have intense fear and worry. Some people also have physical signs of anxiety. For example, they may have a racing heart, rapid breathing, sweating, shaking, or the sensation of butterflies in their stomach. They may feel anxious, stressed, or overwhelmed without knowing why. This stress can make recovery after a TBI even more difficult. People with TBI may have anxiety in situations that did not bother them in the past. They may feel anxious being in a crowd, when they are being rushed, or when adjusting to sudden changes in plans. They may feel overwhelmed in situations that require a lot of attention, fast thinking, or processing a lot of information at the same time.



Depression

People with depression may feel sad, irritable, or worthless. They may feel tired much of the time and may experience changes in sleep or appetite or difficulty concentrating. Sometimes, people may even have thoughts of death, hurting themselves, or taking their own life. People with these feelings often withdraw from others and lose interest in or feel less pleasure from activities they used to enjoy. Many signs of depression, such as fatigue and frustration, are also signs of TBI. However, someone with a TBI may experience these symptoms and not be depressed. Sadness, and grief are common after brain injury. Some people feel depressed right after TBI, however these feelings may also appear during the later stages of recovery. Symptoms of anxiety may appear before depression. If these feelings become overwhelming or interfere with recovery, the person with TBI may be experiencing depression.

Anger and Irritability

People with moderate to severe TBI may feel more anger, irritability, and frustration after their TBI. Family members often describe them as having a “short fuse” or “flying off the handle” easily. This anger may be a result of not understanding the changes they are experiencing caused by the TBI. After brain injury, people can have difficulty recognizing the problems they are having. They may not realize that they seem angrier to others. It can be confusing to them when others tell them about these changes. Even when people with TBI are aware they have more anger, they often don’t understand why they feel this way or how it is affecting others. Anger can have a big impact on the support that people get from family and friends after TBI. It can affect closeness in relationships and lead to further isolation.



Family members can help by changing the way they react to emotional distress after TBI:

- Remember that anxiety, depression, irritability, and other changes in emotion after TBI may be due to brain injury. Try not to take it personally. Also remember that changes in emotion are no one’s fault and try not to blame the person with TBI.
- Stay calm and try not to react in an emotional way yourself or to argue with the person with TBI. If you are angry or hurt, take a break before you talk to them.
- When they are acting out in anger, do not give in to their demands to try to calm them down. This can actually have the opposite effect of rewarding them for expressing their emotions in a non-helpful way. Resist the urge to give in to unreasonable demands. Instead, explain that you will talk to them when they are calm. Walk away and take a break until they are calmer.

Learn More about TBI resources: www.biausa.org

Evidence-Based Health Promotion Program

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

Boost Your Brain and Memory - This is an eight-week workshop that meets once a week for 90 minutes. Each session includes informative video segments, followed by instructor led group discussions and activities. Boost Your Brain & Memory offers a holistic approach to improving brain health. Participants will learn to implement new habits to maintain cognitive health while also practicing new skills for better memory performance. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

Details: This workshop will be held at Brandybrook Community Center on Wednesdays, 9:30am-11:00am, March 1-April 26. Located at S11W29980 Summit Ave. Waukesha, WI 53188. (No class March 29th)

Contact: 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 in-person on Thursdays, April 20-May 25, 1:00pm-3:30pm.

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

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 in-person on Tuesdays, 10am-12pm, April 25-June 6. Located at Aurora Summit 36500 Aurora Dr. Summit, WI 53066

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



International Women's Day

About International Women's Day

International Women's Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8th**, IWD is one of the most important days of the year to:

- celebrate women's achievements
- educate and awareness raise for women's equality
- call for positive change advancing women
- lobby for accelerated gender parity
- fundraise for **female-focused charities**

What's the history of International Women's Day?

International Women's Day has occurred for well over a century with the first gathering held in 1911. Learn more about IWD's **timeline**. <https://www.internationalwomensday.com/Activity/15586/The-history-of-IWD>

What colors symbolize International Women's Day?

Purple, green and white are the colors of International Women's Day. Purple signifies justice and dignity, and being loyal to the cause. Green symbolizes hope. White represents purity, albeit a controversial concept. The colors originated from the Women's Social and Political Union (WSPU) in the UK in 1908.

Is International Women's Day a holiday?

IWD is an official holiday in many countries including: Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam, and Zambia. In Germany, Berlin's parliament approved a bill in 2019 to make International Women's Day a public holiday.

Each March, the National Association of Councils on Developmental Disabilities (**NACDD**), and their partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities. The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

Developmental disabilities include disabilities such as cerebral palsy, autism, muscular dystrophy, Down syndrome, or fetal alcohol spectrum disorder and affect a person's growth and/or cognition. The figures show as of 2017, about 1 in 6 children are identified to have some type of developmental disability. But people should not have to be worried or alarmed if someone has a developmental disability. They can usually live normal lives as long as they have the proper supports.

The ADRC can help! Call us at (262) 548-7848 to learn more.





**Survival
Coalition**

of Wisconsin Disability Organizations

SAVE THE DATE!

Disability Advocacy Day of Action!

Thursday, March 23, 2023

In -Person 10 A.M.– 3:00 P.M.

**Starting at Monona Terrace,
One John Nolen Drive, Madison, WI
(And State Capitol)**

Disability Day of Action is back in person! The event is focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and visit their legislators in the afternoon.

Register at www.survivalcoalitionwi.org/

RESERVE LA FECHA!

Día de Abogacía de la Discapacidad ¡Día de acción!

Jueves, 23 de Marzo de 2023

Presencial de 10:00 a. m. - 3:00 p. m.

**Salida desde Monona Terrace,
One John Nolen Drive, Madison, WI
(Y el Capitolio del Estado)**

¡El Día del activismo por las personas con discapacidad vuelve en formato presencial! El evento se centra en poner en contacto a los defensores de las personas con discapacidad con sus legisladores para hablar de los temas que les preocupan. Se espera que los asistentes participen en la sesión informativa de la mañana y visiten a sus legisladores por la tarde.

LA INSCRIPCIÓN SE ABRIRÁ EL 1 DE FEBRERO DE 2023

WWW.SURVIVALCOALITIONWI.ORG



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



April 4th - May 9th, 2023 | Tuesdays, 2-4pm | ADRC, 514 Riverview Ave., Waukesha

- Please register by calling Jennifer Harders, at the ADRC - (262) 548-7650
- For more information, contact the ADRC at (262) 548-7848 or email jharders@waukeshacounty.gov

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Meat and Bean Chili Cheese and Onions Saltine Crackers Mixed Green Salad w/ Italian dressing Rye Dinner Roll w/ butter Fresh Banana	Barbecue Meatballs American Potatoes Ketchup packet Sweet Green Peas 7-Grain Bread butter Fresh Apple Frosted Cake Alt: Sugar Free Cookie	Crab Pasta Salad Croissant w/ butter Creamy Coleslaw Tomato Juice Peach Half Rice Krispies Treat Alt. Fruit
6	7	8	9	10
Cream of Broccoli Soup Saltine Crackers Shaved Hot Ham on Kaiser Roll / Mustard Steamed Spinach Fresh Apple Dessert Bar Alt. Plain Cookie	Oven Roasted Pork Scalloped Potatoes 5-way Mixed Veg Sourdough Bread w/ butter Kitchen's Choice Fruit Cherry Crisp Alt. Yogurt	Chicken and Broccoli Chow Mein Vegetable Fried Rice Veggie Egg Roll Sweet & Sour Sauce Mandarin Oranges Fortune Cookie Alt. Sugar Free Cookie	Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Cook's Choice Veg Veggie Pasta Salad Peaches	Macaroni & Cheese Cottage Cheese Green Beans Tomato Onion Salad Dinner Roll w/butter Cook's Choice Fruit Apple Pie Alt. Apple Slices
13	14	15	16	17
Scalloped Potatoes with Ham Peas and Carrots Green Beans Almandine Biscuit / Honey / Butter Fresh Fruit	Oven Roasted Turkey on Herbed Stuffing with gravy Mashed Potatoes with Turkey Gravy Broccoli Casserole Tropical Fruit Cocktail	Jumbo Hot Dog on Bun Ketchup / Mustard & Relish pkts Coleslaw Baked Beans Peach Half Cheesecake Cup Alt. Sugar Free Cookie	Enchilada Casserole Mexican Bean Salad Southwest Style Corn Diced Pears Dinner Roll w/ butter Churro Alt: Sugar Free Pudding 	St. Patrick's Day Irish Beef Stew Carrots and Cabbage Red Potatoes Irish Soda Bread w/ butter Shamrock Cake Fresh Kiwi
20	21	22	23	24
Oven Roasted Pork Mashed Potatoes and Gravy Creamed Spinach Dinner Roll w/ Butter Fresh Banana Rice Krispies Treat Alt. Fruit Cocktail	Split Pea w/ Ham Soup Saltine Cracker packet Sloppy Joe Whole Wheat Bun Green Beans Fresh Apple Dessert Bar Alt. Fresh Fruit	Whole Wheat spaghetti and Meatballs Italian Blend Vegetable Tomato / Onion Salad Banana Italian Bread w/ butter Frosted Yellow Cake Alt: Fruited Yogurt	Swedish Meatballs Egg Noodles w/ gravy Brussels Sprouts Romaine Salad Ranch Fresh Orange Bread/Butter Butterscotch Pudding Alt. Diet Pudding	Baked Fish Tartar sauce Buttered Baby Reds Dill Baby Carrots Wheat Bread w/ Butter Fresh Fruit Lemon Bar Alt: Yogurt
27	28	29	30	31
Breakfast Omelet Sausage Patty Diced Potatoes w/ Peppers & Onions Ketchup packet Apple Juice Fresh Orange Wheat bread / butter	Baked Chicken Quarter Mashed Sweet Potatoes w/ butter Spinach Salad Dressing Dinner Roll w/ butter Pear Half Dessert Bar Alt. Fruit	Pizza Casserole 5-Way Mixed Vegetable Romaine Salad w/ Golden Italian Warm Breadstick w/ Butter Fresh Apple	Lemon Pepper Chicken Breast Garlic Mashed Potato Italian Blend Veg Wheat Roll w/ butter Mandarin Oranges German Choc Cake Alt. Fresh Orange	Southwest Casserole (beef, vegetables) Topped with Cheese Green & Yellow Beans Fruit Cocktail Blueberry Muffin

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

PERSONAL ENERGY CONSERVATION FOR OLDER ADULTS AND CAREGIVERS



What is Energy Conservation?

Energy conservation refers to a set of principles and strategies used to decrease the amount of energy that is needed for an activity. Using energy conservation strategies can decrease your fatigue and stress. It can also allow you to find time for activities other than caregiving. The main principles of energy conservation are:

1. **Prioritizing**
2. **Planning**
3. **Pacing**

Prioritizing:

Do you have a long list of things that you have to do? Do you ever feel overwhelmed? Take a minute to write down your list, and examine it to identify priority items. This helps make sure that the most important tasks get done. Here are some tips to help you prioritize:

- Go through each item on your to-do list and ask yourself:
 - What needs to get done today? What can wait?
 - What do I have to get done and what can I ask someone else to do?
- Prioritizing activities that you *want* to do, and not just *need* to do, can go a long way. Try to prioritize at least one activity that you enjoy.
- Once you have a list of priority items, re-order the list in terms of importance. Always start with the most important.

Prioritizing is the first step to help you conserve energy. Now that you have figured out which activities are most important, you can start to create a plan.

Planning:

Planning your activities can help you regain a sense of control. It can also help you balance caregiving, work, and leisure. Here are some tips to help you plan:

- Switch back and forth between light and heavy activities.
- Plan to do your most tiring tasks when you know you will have the most energy. For example, if helping your loved one shave is very tiring for you, plan to do this task in the morning rather than after a long day.
- Intentionally plan for breaks and rest.
- Spread it out. For example, if you have to clean the entire house, plan to do one room each day.
- Plan ahead. For example, if you're going to help your loved one with a bath, gather all the items you need before you start the task. This will prevent spending extra time during the bath looking for items.

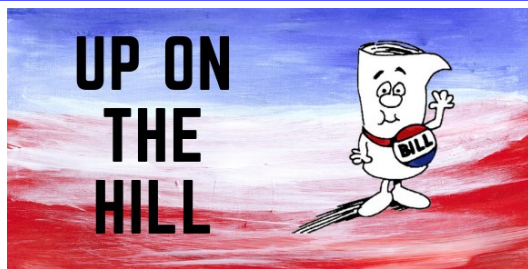
Prioritizing and planning activities are critical for conserving energy, but the way you do tasks can also have a big impact. You'll also want to pace yourself while you're doing activities.

Pacing:

- The most important rule of pacing is to rest before you get tired. If you wait until you are tired, you will have to take a longer break.
- Frequent short breaks can be more helpful than taking one long break.
- Complete activities slowly and steadily. Rushing causes you to use extra energy.
- Delegate what you can to other people.



More caregiver information and strategies can be found at <https://wisconsin caregiver.trualta.com/home>



FREQUENTLY ASKED QUESTIONS - VOTING

1. Where Do I Vote – Where is my Polling Place?

Voters can look up their polling place by entering their address at

<https://myvote.wi.gov/en-us/FindMyPollingPlace>

2. Do I need to bring an ID to vote?

- YES – A list of acceptable IDs can be found at <https://www.bringitwisconsin.com/>
- If a voter does not have an acceptable photo ID, a free Photo ID for Voting can be obtained at a Department of Motor Vehicles (DMV) location.
<https://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/id-card.aspx>

3. Am I registered to vote, and, if not, can I register on election day?

- To determine if someone is registered to vote, check <https://myvote.wi.gov/>
- Voters who are not registered, may register at the polls.

4. If I am not registered to vote, where can I register in advance?

- **Online** at myvote.wi.gov. Up to 20 days before Election Day. Requires a valid State of Wisconsin Driver License or State of Wisconsin ID card issued by the DMV.
- **Mail**. Up to 20 days before Election Day. Mail completed form to your municipal clerk.
- **In person**, at the municipal clerk's office.
 - Must provide proof of residence.
 - Ends 5:00 PM on Friday before election.
 - At your polling place on Election Day. Must provide proof of residence.

5. I need transportation to my polling place.

- The Disability Vote Coalition has a flyer with ideas for those who need a ride to the polls. It is posted on the webpage: <http://www.disabilityvote.org/resources>

6. I can't get to the polls on Election Day. Can I vote absentee?

- Any registered Wisconsin voter is eligible to request an absentee ballot. If a voter is not registered, they must register to vote before an absentee ballot can be sent to them.
- A voter can apply for and vote their absentee ballot in-person in the clerk's office or can request an absentee ballot from their municipal clerk. The request can be made in writing by mail, e-mail, fax or online at myvote.wi.gov.
- To find the dates and hours for in-person absentee voting, voter should contact their municipal clerk. For contact information go to <https://elections.wi.gov/clerks/directory>
- The Disability Vote Coalition absentee voting fact sheet has additional information: Check their website at: <http://www.disabilityvote.org/resources>

7. How can I learn more about the candidates?

- Voters can view a SAMPLE Ballot at: <https://myvote.wi.gov/en-us/PreviewMyBallot>
- The League of Women Voters Vote411.org site provides non-partisan information. See what's on your ballot, compare candidates' positions side-by-side, and print a sample ballot with your preferences.
<https://www.vote411.org/>

National Poison Prevention Week

March 19-25 is National Poison Prevention Week, a week dedicated to raising awareness of poison prevention and safety and the Poison Prevention Helpline.

What is a poison?

A poison is defined as a substance that can cause harm to the body when consumed, inhaled, or injected. Poisoning can affect the human body in complicated ways. Almost *anything* can be poisonous or toxic when used in the wrong way, wrong amount or dose, or by the wrong person. Someone could be poisoned by:

- Animal/ Bug bites or stings
- Carbon Monoxide
- Food poisoning
- Household/Chemical products
- Medication
- Pesticides/Pest Killers
- Plants
- Some School/Art Supplies

How can poisonings happen?

In order to be affected by a poison, one must first be exposed. An 'exposure' means that someone has come into contact with something. Poison exposures can be intentional or unintentional and can happen to anyone of all ages. Examples might include:

- A 2-year-old girl is found by a babysitter, chewing on a handful of Downy Unstopables.
- A 42-year-old man mixes Clorox bleach and Lysol Toilet Bowl Cleaner while cleaning his bathroom, and develops wheezing, coughing and difficulty breathing.
- A suicidal teen takes an overdose of Tylenol and develops liver failure a few days later.
- An 18-month-old boy is stung by a bee.
- A 15-year-old girl is showing her Epi-Pen to her friends and injects herself in the thumb by accident.
- A 70-year-old man inadvertently takes a double dose of his Losartan blood pressure medicine

national
**POISON
PREVENTION**
week



What makes poison dangerous?

An exposure occurs after contact with a poison. However, being exposed to a poison does not always result in harmful effects. The amount of poison you are exposed to is responsible for its effects on the human body. Some things are poisonous in small amounts, while others are only poisonous after exposure to larger amounts. For example, fentanyl is a very powerful opioid painkiller, and injection or ingestion of small amounts of fentanyl can be fatal to humans. Unlike fentanyl, the dietary supplement melatonin can cause toxic effects, this generally occurs only after exposure to extremely large amounts.

How do I prevent poisonings?

The majority of poisonings occur in people's homes; in their kitchen, bathroom, or bedroom. If you are caregiving for someone with a cognitive impairment, dementia, or a young child, take proactive steps to keep dangerous items locked or hidden carefully away.

What do I do if I suspect someone has been poisoned?

If someone may have been poisoned, call the toll-free Poison Help Line at 800-222-1222. Save this number in your phone; you'll never know when it might come in handy? You will be connected to a poison expert right away who can give you advice on first aid and may save you from a visit to the emergency room.

Do NOT wait for signs of poisoning before calling. Be ready (if you can) to tell the expert the person's age and weight, any known health conditions, what product was involved, how it came in contact with the person, and how long ago the product contacted the person.

**POISON
Help**
1-800-222-1222

The Poison Help logo. It features the text 'POISON Help' in black, with 'Help' in a larger font. Below the text is a red pill bottle with a white cap and a white skull and crossbones on its label. Below the bottle is the phone number '1-800-222-1222'.

Get Ready for Spring Cleaning and Learn How to Dispose of Household Hazardous Waste



Spring will be here before you know it, and that means it is time to start thinking about spring cleaning. Many people have leftover household products sitting around in their homes that contain hazardous ingredients. Products like paints, cleaners, oils, batteries, and pesticides have ingredients that can cause fires, injuries to people and animals, or contaminate water when stored or disposed of improperly. These products are known as household hazardous waste.

To avoid the potential risks associated with household hazardous waste, you should always follow instructions on product labels for use and storage of these materials. When storing these products, keep them in their original containers and do not remove their labels. If you notice that containers have rusted or corroded, contact your local hazardous materials official or fire department for instructions for handling these products.

In addition, it is important to follow directions for proper disposal of these products. If you have leftover household hazardous wastes, never mix them with other products. Some chemicals might react, ignite, or explode when mixed together. Improperly disposing of household hazardous waste, like pouring products down the drain, on the ground, into storm sewers, or, in some cases, putting them in the trash can be very dangerous. Even empty containers should be handled with care, because in some cases, the chemical residues that remain can pose hazards.

Many communities have community collection points or one-day collection events to help residents properly dispose of household hazardous waste. Many one-day events occur in the spring, summer, or fall. These collection points will send the waste away for proper treatment and disposal. The Wisconsin Department of Agriculture, Trade, and Consumer Protection's Clean Sweep program provides a list of communities with collection sites and events here: <https://datcp.wi.gov/Documents/CleanSweepSchedule.pdf>. You can also contact your community or county solid waste department for information about additional collection locations in your area. For example, some local businesses may accept certain products for proper recycling or disposal.

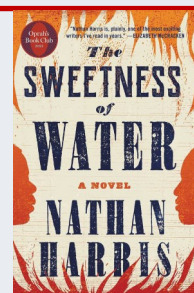
For more information about household hazardous waste, including information about proper disposal of specific types of products, please see this brochure from the Wisconsin Department of Natural Resources: <https://dnr.wi.gov/files/PDF/pubs/wa/wa1719.pdf>.

At Your Local Library...

Shelf Indulgence Book Club | Hartland Public Library

Thursday, March 16 at 11am

The Sweetness of Water by Nathan Harris



With candor and sympathy, debut novelist Nathan Harris creates an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, *The Sweetness of Water* is an epic whose grandeur locates humanity and love amid the most harrowing circumstances.



MARCH EVENTS

March 3- Reflector Walk at Village Park @ Sussex Village Park, 5-9 pm. Bring your family and a flashlight and head to Village Park! The starting point of this walk is just south of the tennis courts. This fun idea comes from a Swedish tradition called “Relexpromenad” that encourages families to always explore, even in the dark!

March 4- Get Lucky Waukesha Art Crawl @ Downtown Waukesha, 4-9 pm. Hundreds of artisans at 20 galleries and showplaces are featured at this seasonal event. Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music, and indulge in local food and drink!

March 4- Free Day @ Milwaukee County Zoo, 9:30 am- 4:30 pm. All guests are admitted free, with parking and regular attraction fees still in effect).

March 10- New Berlin Friday Family Night @ The A.R.C (15321 W National Ave.), 5-7 pm. Bring the whole family to enjoy Dodgeball Bonanza! Bombadment, Medic, Protect the King, and more of your favorite dodgeball games played family style! The cost is \$5 per family.

March 10-11- Quilting Stars Show @ The Waukesha County Expo Center, 10 am- 4 pm & 8 am- 4 pm. This event features over 300 quilted items, boutique gift items, many vendors, quilt appraisals, raffles, and more. Admission is \$5.

March 11- St. Patrick’s Day Parade @ Downtown Milwaukee, 12 pm. The 55th Shamrock Club of Wisconsin St. Patrick’s Day Parade returns to Downtown Milwaukee! Featuring over 100 units including Irish dance groups. Pipe and drum corps, local dignitaries, and more, this parade is one of Milwaukee’s oldest and finest traditions. The parade starts at North MLK Drive and West Wisconsin Avenue and ends at Water Street and Highland Avenue.

March 18- “Too Many Carrots” Family Adventure Walk @ Waukesha Rotary Building (1150 Baxter Street), 9 am- 1 pm. Join in for a 1.7 mile adventure walk with fun activity stations just in time for the spring season. Each family will receive a copy of *Too Many Carrots*, a story of friendship and sharing, written by Katy Hudson. Family registration, for no more than 5 people, is \$40 and individual registration is \$20. Proceeds go to the Waukesha Parks, Recreation & Forestry Assistance Fund!



NUTRITION SUDOKU

		Guava				Beets		
								Eggs
Beets								
								Cheese
Dates				Beets	Ham		Eggs	
		Eggs	Iceberg					Dates
Eggs					Beets			Farro
			Guava			Eggs		
					Eggs			

You may have seen Sudoku with numbers, but here's one featuring fruits and vegetables. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through H to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

ANSWERS

- Almonds A
- Beets B
- Cheese C
- Dates D
- Eggs E
- Farro F
- Guava G
- Ham H
- Iceberg I

B	C	D	E	F	G	A	H
I	A	E	H	G	B	D	F
F	G	H	B	A	D	C	E
D	B	F	A	G	I	E	H
G	E	I	H	B	C	F	D
C	H	A	F	D	E	I	G
A	H	C	I	A	D	H	B
E	F	E	D	G	F	H	C
H	D	I	B	C	E	G	F

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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