



The ADRC Connection

February 2024

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

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 Southeast Wisconsin (NAMI)

- Mental Health Education
 - Support Groups
- 262-524-8886**

Veteran's Services

- Benefits (incl. dependents and survivors)
- 262-548-7732**

Moraine Lakes Consortium

- BadgerCare Plus
 - Medicaid
 - FoodShare
- 888-446-1239**

Alzheimer's Association

- Support and Education
- 800-272-3900**
(24/7 Helpline)
www.alz.org/sewi

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Thank you to all who were able to make it and enjoy a hot meal and friendly faces!

Thank you to everyone who attended the grand opening celebration of the newest Senior Dining Center last month in New Berlin at Our Lord's United Methodist Church located at 5000 S. Sunnyslope Road. We had over 50 diners attend; about half of diners were brand new, or attended for the first time since the dining center closures due to the pandemic. All diners who attended received a nice little goodie bag provided by ADRC and the church volunteers in addition to the delicious lunch meal and a special celebration cake and cupcakes. We had multiple representatives from the community in attendance including Joel Gaughan (Waukesha County Board Supervisor, HHS Board Member, ADRC Advisory Board Member), Gary Szpara (Waukesha County Board Supervisor), Judith Tharman (ADRC Advisory Board Chair), and Dave Ament, New Berlin Mayor.



Huge shout out and **THANK YOU** to staff and volunteers that helped make it happen!

INTERESTED IN GETTING CONNECTED TO SENIOR DINING CENTERS?

Turn to page 15 or visit www.WaukeshaCounty.gov/ADRC

Should I be concerned about my child's mental health?

**Anger/Outbursts * School/Friend Avoidance
Frequent Stomach Aches * Withdrawing from Activities
Shutting Down at Home**



If a child in your care is exhibiting any of these behaviors, you may benefit from information and tools to help you better understand and support your struggling child before or if you are in crisis.

Join us for a free 6-session **virtual** class for parents of adolescents who struggle with mental, emotional, or behavioral challenges.

- ▶ Treatment & recovery options
- ▶ Child & adolescent brain development
- ▶ How to advocate for your child
- ▶ Prepare a crisis response plan



February 24- March 30, 2024
Saturdays, 9:00-11:30am
register to receive zoom link

Contact abusch@namisoutheastwi.org
or 414-326-3461
www.namisoutheastwi.org

**2024 ADRC TRANSITION
YOUTH PRESENTATION
SERIES:**

*For Supporters of Young Adults
(ages 17-25) with Disabilities*

MARCH 20 | 4-6PM | ROOM 270

Guest speaker: Wispact

JUNE 12 | 4-6PM | ROOM 114

Guest speaker: GWAAR (Greater Wisconsin Agency and Aging Resources)

SEPTEMBER 11 | 4-6PM | ROOM 114

Guest speaker: Independence First

DECEMBER 11 | 4-6PM | ROOM 114

Guest speaker: Social Security Administration



REGISTER NOW



All presentations are HYBRID, in-person and streamed virtually. In-person presentations are located at the Waukesha County Health and Human Services Center.



Care Recipient File

The single most important thing you can do to function effectively as a caregiver is to create and maintain a comprehensive file of information about the person you are caring for. There is a variety of ways to create and maintain a care recipient file. Some people prefer paper, some electronic, some a combination of both. You can keep this

information in any form that works best for you, although most people simply put it in a binder or folder. It doesn't have to be pretty, it just has to work for you.

The important thing is that it provides easy access and can be efficiently updated and shared when needed.

Select a place to store the file that is logical to you – where you can grab it quickly in an emergency or on your way out the door to an appointment.

Keep it up to date. An outdated file won't do you much good when you are standing in the emergency room at midnight!

What should go in the Care Recipient File?

- ◆ Care recipient's medical history
 - ✓ Diagnosis
 - ✓ Physician Contact Information
 - ✓ Allergies
 - ✓ Health history (e.g. surgeries, other medical conditions)
- ◆ Medication List
- ◆ Insurance Information
 - ✓ Private medical insurance
 - ✓ Prescription plan
 - ✓ Medicare/Medicaid
 - ✓ Long-term care insurance
 - ✓ Dental and Vision Insurance
- ◆ Legal Documents
 - ✓ Living Will
 - ✓ Durable power of attorney for Health Care (also known as a Health Care Proxy)
 - ✓ Power of Attorney for Finances
 - ✓ Contact information for care recipient's lawyer

National
Caregivers Day
FEBRUARY 16TH



FEBRUARY

- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Answers are listed on page 19



February 2 & 3 - Wisconsin Antiques Dealers and Association Show @ Waukesha Expo Center, 10 am- 7 pm/ 10 am- 4 pm. This is the 50th annual Winter Wisconsin Antiques Dealers and Association Show with something for everyone with 55 quality dealers from 7 states. Admission is \$8 and is valid for both days.

February 3 - Annual Fisheree @ Golden Lake Pub Oconomowoc, 6 am-4 pm. This fun for all ages event features an ice fishing competition and raffle. Fishing begins at 6 am and ends at 2 pm. Raffle prizes will be held inside the pub at 3 pm. To register, call 262-965-0003.

February 17 & 18 - Art Ala Carte's Handmade Market Craft and Art Fair @ Waukesha Expo Center, 10 am- 4 pm. Celebrate the arts of crafting with over 100 booths of handmade crafts including thoughtful gifts, festive décor, florals, bath and body, jewelry, and more! Admission is \$4 at the door, children 16 and under are admitted for free.

February 24 - Activity and Recreation Center New Berlin Grand Opening @ 15321 W. National Ave, New Berlin, 11 am- 2 pm. Come enjoy a day full of fun, festivities, and food at the New Berlin Activity and Recreation Center's grand opening. There will be a ribbon cutting at 11:15 am.

February 29 - Wild Winter Night Candlelight Hike @ Retzer Nature Center, 6-8:30 pm. Come explore the winding trails of Retzer Nature Center's quiet woods by candlelight on a self-guided hike. Snowshoes will be available if conditions allow. Admission is free.

QUICK CREAM OF MUSHROOM SOUP

INGREDIENTS

- ◆ 2 tablespoons butter
- ◆ 1/2 pound sliced fresh mushrooms
- ◆ 1/4 cup chopped onion
- ◆ 6 tablespoons all-purpose flour
- ◆ 1/2 teaspoon salt
- ◆ 1/8 teaspoon pepper
- ◆ 2 cans (14-1/2 ounces each) chicken broth
- ◆ 1 cup half-and-half cream

DIRECTIONS

1. In a large saucepan, heat butter over medium-high heat; sauté mushrooms and onion until tender.
2. Mix flour, salt, pepper and 1 can broth until smooth; stir into mushroom mixture. Stir in remaining can of broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat; stir in cream. Simmer, uncovered, until flavors are blended, about 15 minutes, stirring occasionally.

RECIPE
of the
MONTH



Dear Ina,

I live in Oconomowoc, and I am concerned that I will need to go into an assisted living facility sooner than I would like, but I am afraid about not having enough money to pay for it. I heard Medicaid or “the state” can pay for these types of expenses but I recently heard about divesting and divestment in terms of qualifying for this Medicaid coverage? What are divestments?

**Regards,
Maya Needhelp**

Dear Ms. Needhelp,

I am so glad you are asking about this as it is very important to know about it before you go through the process of qualifying for Medicaid. Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally or unintentionally.

Here are some examples of divestments:

- Selling one’s home at a discounted price;
- Adding a person’s name to the deed of a house if they did not pay towards the purchase of it;
- Giving away a life estate or remainder interest in a home property without being paid for it;
- Agreeing to waive a debt that is owed by another person;
- Adding a person’s name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- Paying off debts or loans that the person is not legally obligated to pay for;
- Donating more than 15% of a household’s annual income to a religious or charitable organization;
- Refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to;

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that’s almost a full year!

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the Moraine Lakes Consortium at 888-446-1239 to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin, at (608) 266-7709. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals. For more information, look at the Wisconsin DHS website at: www.dhs.wisconsin.gov/medicaid/divestment.htm

Sincerely, Ina

Free Tax Assistance– 3 options

The due date for your 2023 tax return this year is Monday, April 15th, 2024.



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 go to <https://lacasavita.as.me/schedule.php>, call 262-832-1534, or hover over the "scan me" QR code to the left with your smartphone'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.

Waukesha County residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, provides taxpayer assistance in person, usually with just one appointment. **AARP Membership is NOT required.**

Visit aarpfoundation.org/taxaide for appointments or see the table and call the location to schedule your appointment on your preferred day of the week.

Program Location	Days of Week	Number to Call for Appointment
Brookfield Public Library	Tues	(262) 782-4140
Menomonee Falls Public Library	Fri	(262) 255-8460
Mukwonago Public Library	Mon	(262) 363-6411
Muskego Library	Tues	(262) 971-2100
New Berlin Library	Wed	(262) 682-1003
Oconomowoc Area Senior Center	Tues & Fri	(262) 567-4288
Sussex Civic Center	Mon	(262) 314-8116
Waukesha Public Library	Wed	(262) 290-3021

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 \$60,000/year prepare their tax returns on their own or have their return prepared for them for free. To file, visit <https://myfreetaxes.com/>



Memory Screenings

A Closer look at Memory Changes

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

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



Early detection is important

Treatment is possible. Stay in control of your life.

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



514 Riverview Avenue
Waukesha, WI 53188

When: Monday, February 12, 2024 Time: 10:00am - 4:00pm (30 minute time slots) Where: Menomonee Falls Public Library	Register for your memory screen by calling Jennifer Harders at the ADRC of Waukesha County at 262-548-7650
When: Tuesday, March 12, 2024 Time: 10:00am - 3:00pm (30 minute time slots) Where: Brookfield Library	
When: Thursday, February 29, 2024 Time: 10:00am—1:00pm (30 minute time slots) Where: Elm Grove Library	Register for your memory screening by calling Kathy Glaser at the ADRC of Waukesha County at 262-548-7354

Younger Onset Dementia Caregiver Support Group

Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65?
Join us for conversations about dementia, caregiver strategies and community resources.

WHEN: 2nd Wednesday of each month
3:00-4:30 pm

Upcoming Meetings:
February 14
March 13

WHERE: Health and Human Services
Center
514 Riverview Avenue, Room 113
Waukesha, WI 53188



For more information contact
Jennifer Harders at 262-548-7650

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD **JANUARY 1—MARCH 31**

By the GWAAR Legal Services Team (for reprint)

Beginning January 1 through March 31, 2024, 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. You can get it changed by calling 1-800-MEDICARE, visiting www.Medicare.gov, or calling one of our Benefit Specialists at the ADRC.

What you CAN Do:

If you are enrolled in a Medicare Advantage Plan as of January 1, 2024 (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, 2024 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).

Recognizing and Celebrating Women in Sports

NATIONAL GIRLS & WOMEN IN SPORTS DAY

FEBRUARY 7TH

Women in sports have come a long way from the days of the Victorian ideals of gentle, frail, docile women. Informal athletic clubs for women began forming in the late 1800s and early 1900s, as society started recognizing that women, like men, enjoyed playing games and competing in physical competition. 22



Serena Williams and Venus Williams (tennis)

women competed alongside men in the 1900 Olympics, in events such as sailing, croquet, and equestrian sports. Initially, tennis and lawn golf were designated as women only events, and later allowed men to compete in these sports.

In 1922, the first Women's Olympic Games took place in Paris, however, women were not allowed to run any further than 200 yards, as long distances would cause women to "appear out of breath." By 1920, 22% of U.S. universities had women's athletic programs, and in the 1940s the All-American Girls Professional Baseball League was introduced during WWII. The league focused on femininity, providing feminine team uniforms, and requiring attendance at charm school and beauty training.



Alex Morgan (soccer)

The 1950's and 1960's saw advancements for women in sports, mostly at the Olympic level. 1972 would bring the passage of Title IX of the Education Act, which guaranteed women and girls under law, equal access to opportunity in sports. Prior to Title IX, fewer than 30,000 college women were involved in sports, by 2012, 190,000 women were college athletes. Greater representation and opportunities for women in sports has had its challenges and faced much resistance.



Simone Biles (gymnastics)

Today our children are privileged to see women of all backgrounds and ethnicities competing in sports at all levels of competition. The Women's National Basketball Association (WNBA), Women's USA Hockey, and the United States Soccer Federation are just a few of the national level women's leagues that the United States has to for women. A generation ago, little girls could only dream of becoming professional athletes, today, with the likes of Serena and Venus Williams (tennis), Simone Biles (gymnastics), Alex Morgan (soccer), Ronda Rousey (Mixed Marial Arts), and Linsey Vonn (skiing), children have many women in sports to look up to and aspire to be.



Ronda Rousey (mixed martial arts)



Linsey Vonn (skiing)

Report Misleading Medicare Ads

By the GWAAR Legal Services Team (for reprint)

The Centers for Medicare and Medicaid Services (CMS) are asking consumers and beneficiaries to help identify misleading Advantage plan sales practices that violate new federal marketing rules. That includes television ads promoting benefits that may not be available in the consumer's service area, as well as printed materials and telephone marketing practices.



CMS is asking people to watch for marketing efforts that:

- Suggest benefits are available to anybody who joins the plan.
- Mention benefits that are not available in the service area where they are advertised.
- Claim that the plan advertised will provide the "most" or "best" benefits or coverage.
- Promise unrealistic savings that most consumers will not realize.
- Fail to identify the name of the plan being advertised.
- Use the Medicare name or images of the Medicare membership card or logo without approval of CMS.
- Contact Advantage or drug plan members who have already told a plan or issuer not to contact them.
- Pretend to be representative of the government-run Medicare program.

The new marketing rules, which took effect September 30, 2023, require sales representatives to explain to consumers how any plan being offered differs from the consumer's current plan before making a switch. The rules also require insurers and third-party marketing companies to submit advertisements to CMS for review before going public. However, the sheer volume of Advantage plan advertising makes it unlikely that CMS will be able to catch every misleading sales pitch. CMS is asking consumers to report potentially misleading marketing efforts to **1-800-MEDICARE**. Wisconsin residents can also report potential marketing violations to the **Senior Medicare Patrol at 1-888-818-2611**.

A promotional banner for the Aging & Disability Resource Center of Waukesha County (ADRCW). The banner has a blue and grey geometric background. On the left is a QR code. In the center, the text "Find us on" is written in white, followed by a white Facebook "f" logo. Below this, the ADRCW logo is displayed, consisting of a stylized white arch and the letters "ADRC" in a white, handwritten-style font. Underneath the logo, the text "Aging & Disability Resource Center of Waukesha County" is written in white. On the right side of the banner is a blue button with the text "FOLLOW US" in white, and a white mouse cursor icon pointing at the button.

www.facebook.com/ADRCWC



HISTORY MONTH

February marks Black History Month, a tradition that got its start in the Jim Crow era and officially recognized in 1976 as part of the nation's bicentennial celebrations. It aims to honor the contributions that African Americans have made and to recognize their sacrifices. The 2024 theme is "African Americans and the Arts", spanning the many impacts Black Americans have had on visual arts, music, cultural movements, and more.

In 1926, Carter G. Woodson, the son of former enslaved people and second Black American to earn a doctorate from Harvard, established Negro History Week to focus attention on Black contributions to civilization. According to the NAACP, Woodson "ferverently believed that Black people should be proud of their heritage and [that] all Americans should understand the largely overlooked achievements of Black Americans. He famously said: "If a race has no history, if it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated." Woodson chose a week in February because of Abraham Lincoln, whose birthday was Feb. 12, and Frederick Douglass, who was born enslaved and did not know his actual birth date, but chose to celebrate it on Feb. 14. Today, Black History Month is also celebrated in Canada every February and the United Kingdom in October.

JOIN US FOR A MEMORY CAFÉ

A Memory Café is a free informal gathering for those living with memory loss and their care partners to have fun, share experiences, and stay socially connected.

Registration is preferred, but not required.
For questions, call 262-896-8245
More info at www.librarymemoryproject.org





Heartfelt Thanks: Gratitude and a Healthy Heart

Dan Michaels, Community Health Educator, Waukesha County Public Health

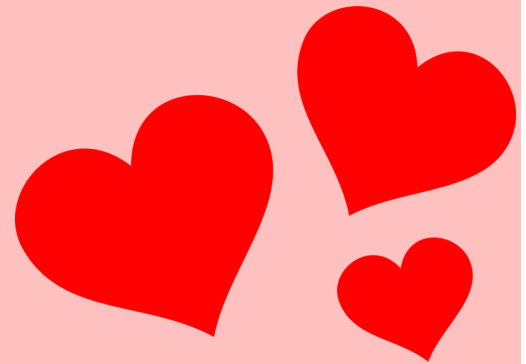
Public Health
Prevent. Promote. Protect.

In February red hearts are happily floating around with Valentine's Day celebrated on the 14th. Seeing all the red paper and candy

Waukesha County Public Health heart should remind us of the importance of our hearts, specifically our heart health. Many of us know the importance of regular exercise, a healthy well-balanced diet, and avoiding smoking are important for heart health, but are you aware of the benefits of gratitude for heart health?

Research has shown that cultivating a grateful mindset can have profound effects on both mental and physical health, with a particular emphasis on heart health. Let's explore reasons why gratitude is more than just a warm feeling, it's a key player in maintaining a healthy heart. One of the primary ways in which gratitude contributes to heart health is through stress reduction.

Chronic stress is a known risk factor for heart disease, and gratitude practices have been linked to lower stress levels. By acknowledging and appreciating the positive aspects of life, individuals can counteract the detrimental effects of stress on the heart. In addition, gratitude is a powerful antidote to negative emotions and can significantly improve mental well-being. Conditions such as depression and anxiety have been associated with an increased risk of heart disease. By fostering positive emotions, gratitude acts as a shield against the mental health challenges that may compromise heart health.



You are most likely aware that high blood pressure is a major risk factor for heart disease. Preliminary studies suggest that gratitude practices may be associated with lower blood pressure. By promoting relaxation and reducing the physiological effects of stress, gratitude may contribute to maintaining healthy blood pressure levels. In addition, grateful individuals often exhibit positive lifestyle behaviors. Whether it's adopting a nutritious diet, engaging in regular physical activity, or avoiding harmful habits like smoking or excessive alcohol consumption, gratitude seems to be a catalyst for healthier choices that directly benefit the heart.

Expressing gratitude has also been linked to improved sleep quality. A lack of sleep is associated with an increased risk of cardiovascular issues, including heart disease. Quality sleep is essential for overall health, including heart health. A well-rested body and mind are better equipped to manage stress, regulate hormones, and support cardiovascular health. Embracing gratitude as a daily practice may not only bring joy to the soul but also contribute to the longevity and vitality of the heart. As we express gratitude, we may find that our hearts respond with health and resilience. It's important to note that while there is evidence suggesting potential benefits, gratitude alone is not a substitute for other heart-healthy habits such as a balanced diet, regular exercise, and medical check-ups. However, adopting a holistic approach to heart health, which includes gratitude as one element, can contribute to overall well-being. If you have specific health concerns, it's advisable to consult with a healthcare professional for personalized advice. I am very grateful you took the time to read about gratitude. Thank you, be thankful and keep your heart healthy.

February 2024 Menu—Senior Dining and Meals on Wheels

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Hot Dog on a Bun Potato Wedges Sunshine Carrots Spinach Salad w/ French Dressing Diced Peaches Lemon Bar Alt: Fresh Fruit	Oven Baked Ham Scalloped Potatoes Green / Wax Beans Wheat Bread w/ btr Kitchen choice fruit Oatmeal Raisin Cookie Alt: Sugar Free Cookie
5	6	7	8	9
Swedish Meatballs over Buttered Noodles Capri Blend Vegetables Tomato Juice Wheat Dinner Roll w/ Butter Fresh Orange	Oven Roasted Pork Scalloped Potatoes 5 way-Mixed Vegetables Cranberry Relish Wheat Bread w/butter	Meatloaf w/Gravy Garlic Mashed Potatoes and Gravy Dilled Carrots 7 Grain Bread w/Butter Diced Peaches Tapioca Pudding Alt: Sugar Free Pudding	Baked Chicken Quarter Herb Stuffing Seasoned Grn Beans Beet & Onion Salad Dinner Roll w/Butter Fruit Cocktail Kitchen Choice Cookie Alt: Sugar Fr. Cookie	Salisbury Steak Rice Pilaf Steamed Broccoli Corn & Bean Salad Wheat Roll w/Butter Banana Frosted Cake Alt: Fresh Fruit
12	13	14	15	16
Pork Cutlet Quartered Red Potatoes w/ butter Buttered Sweet Corn Bread w/ butter Peach Half Alt. Fruit Cocktail	Fat Tuesday Mild Sausage Jambalaya Creole Wax Beans Seasoned Black-Eyed Peas Dinner Roll w/ butter Fresh Apple Paczki	Be Our Valentine Veggie Lasagna Capri Blend Vegetable Romaine Salad w/ Italian Dressing Wheat Dinner Roll butter Fruit Compote Strawberry Cream Pie Alt: Fresh Fruit	Cranberry Glazed Oven Roasted Pork Au Gratin Potatoes Peas & Pearl Onions Broccoli Salad 7-Grain Bread Butter Kitchen Choice Fresh Fruit Alt: Fresh Orange	Crab Pasta Salad Tomato / Onion Salad Fresh Banana Dinner Roll w/ Butter Chocolate Cream Pie Alt: Fruit
19	20	21	22	23
Sweet & Sour Chicken With Green Peppers, Onions, and Pineapple Brown Rice Oriental Blend Veg Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	Herbed Chicken Breast on a Hard Roll w/Lettuce & Tomato Mayonnaise packet Green Beans Broccoli Salad Diced Peaches	Oven Roasted Ham Buttered Baby Bakers Stewed Tomatoes Three Bean Salad Wheat Bread w/ Butter Seasonal Fresh Fruit Chocolate cake Alt. Fruited Yogurt	Gen. Washington Birthday Baked Chicken Quarter Mashed Sweet Potatoes Spinach Salad Dressing Dinner Roll w/ butter Fresh Orange Cherry Pie Alt. Fruit	Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Diced Pears Alt. Fruited Yogurt
26	27	28	29	
BBQ Meatballs Mashed Potatoes w/ Gravy 5-Way Mixed Vegetable Rye Bread w/ butter Apricots	Creamy Chicken over Cranberry Wild Rice California Blend Veg Mixed Green Salad w/ Dressing Whole Dinner Roll w/ butter Peaches	Hungarian Goulash On Buttered Noodles Harvard Beets Peas & Carrots Rye Bread w/ butter Grapes Ice Cream Cup Alt. Sugar Fr. Ice Crm	Roast Beef Garlic Mashed Potatoes w/ Gravy Seasoned Gr. Beans Italian Bread w/ butter Fresh Fruit Frosted Cake Alt: Banana	

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

Senior Dining Centers in Waukesha County

Brookfield Community Center 2000 N Calhoun Rd Brookfield (262) 782-1636	Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls (262) 251-3406	Birchrock Apartments 280 Birchrock Way Mukwonago (262) 363-4458	Our Lord's Methodist Church 5000 Sunnyslope Rd New Berlin (414) 529-8320
Oconomowoc Community Center 220 W Wisconsin Ave Oconomowoc (262) 567-5177	Sussex Community Center N64 W23760 Main St Sussex (262) 246-6747	La Casa Village Apartments 1431 Big Bend Rd Waukesha (262) 547-8282	

Cup of Health Series: Heart Disease and Stroke



Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life. This **FREE**, one-hour session will teach participants about the importance of heart health for overall wellness. Each session includes a gift for attendees. Registration is required.

Location: New Berlin Public Library Date: February 9, 2024 Time: 10:00 AM - 11:00 AM Address: 15105 Library Lane, New Berlin, WI 53151	To Register: Visit www.newberlinlibrary.org
Location: Menomonee Falls Senior Center Date: February 27, 2024 Time: 10:00 AM - 11:00 AM Address: W152 N8645 Margaret Rd Menomonee Falls, WI 53051	To Register: Visit www.fallsrec.org or by stopping into the Rec offices. Questions about registration call: 262-255-8460

Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse) with

NO INCOME REQUIREMENT!

Reservations are required at least 24 hours in advance. Call the dining center where you wish to attend between 9:30am-1:30pm. If after 1:30pm, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826.

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



FIND AN OPPORTUNITY TO IMPROVE YOUR HEALTH HERE!



PROHEALTH CARE

Powerful Tools for Caregivers Online Workshop

Thursdays, February 8, 15, 22, 29, March 7, 14
10:00am to 11:30 a.m. each Thursday (6-sessions)

Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Registration is required. To register or for more information visit ProHealthCare.org/classes or call 262-928-4059

Healthy Living with Chronic Pain

Wednesdays, February 21, 28, March 6, 13, 20, 27, April 3;
12:30pm-3:00pm (7-sessions)

Workshops are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Participants prepare weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Small group, 2.5 hours, once a week, 6 weeks.

Topics Covered:

- Emotional health
- Evaluating treatments and medications
 - Balancing activity & rest
- Communication skills (about pain)
 - Relaxation techniques
 - Create a pain profile
- Partnering with care team



Participants learn a gentle flexibility program called "Moving Easy" which is a sequence of 26 moves. Register by calling Courtney at 262-548-7835 or by emailing cklepp@waukeshacounty.gov

YOUR COMMUNITY HISTORY: MUSKEGO

The Muskego area was originally home to the Potawatomi tribe, who named it Mus-kee-Guaac which means “marsh.” With three lakes, large forests and abundant game, the area supported a large population of Potawatomi. In 1827, the first European man arrived and established a trading post.

In 1836, the Luther Parker family arrived from New Hampshire. Others followed, establishing five separate settlements in the town of Muskego: Pioneers from the Northeastern United States in Muskego center, English settlers in Durham Hill, Irish settlers in Denoon, German settlers in Tess Corners and Norwegians settlers in Lake Denoon. Soon after, the first school and post office were established.

The Norwegian settlement – also known as Muskego Settlement – began in the southern part, now called the Town of Norway. Forty pioneers came to Muskego Lake from Norway in 1839 and flourished. These settlers encouraged numerous Norwegians to settle in the area.

Muskego’s agriculture funded the early settlements with products shipped to Milwaukee by wagon on the “Janesville Plank Road.” This route provided easy access to Milwaukee for agricultural goods and offered Milwaukee city dwellers the opportunity to seek recreation and relaxation in Muskego’s natural beauty. In 1904, the Milwaukee Electric Railway and Light Company opened a trolley line, allowing day trips to Muskego Lakes. Numerous resorts lined the shores of Little Muskego Lake. The trolley line closed in 1939, as the rise of automobiles allowed Muskego to be a recreation destination. Numerous family cottages, beaches, and the Muskego Beach Amusement Park (1861-1967) – also known as DandiLion Park (1968-1977) – appeared on Little Lake.



The 1920s saw improved roads, such as Janesville and Loomis, which allowed population and commerce to grow. Industry moved to Muskego to escape the congestion and high taxes in Milwaukee. Muskego incorporated as a city in 1964.

The past 50-plus years offered advancements in business growth, establishment of civic organizations and the opportunity for this growing community to offer quality schools and community.

Today Muskego is the 5th largest community in Waukesha County with a population of 25,032 according to the 2020 U.S. Census records. You can enjoy their parks, local shopping, restaurants, or catch the Waterbug Ski Show on Little Muskego Lake at Idle Isle Park in the summer months.



Sources: cityofmuskego.org, muskegowaterbugs.org



“Welcome to 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.

Brookfield Public Library—Monday, February 5 at 2:00pm

Muskego Public Library—Monday, February 26 at 10:00am

Waukesha Public Library—Tuesday, February 27 at 10:30am

Hartland Public Library—Thursday, March 7 at 11:00am

Mukwonago Community Library—Tuesday, March 12 at 2:00pm

Elm Grove Public Library—Thursday, March 14 at 1:00pm

Brookfield Parks & Recreation—Tuesday, March 19 at 12:45pm

North Lake Public Library—Tuesday, April 9 at 3:00pm

Pewaukee Public Library—Thursday, April 11 at 1:00pm

Butler Public Library—Thursday, April 18 at 1:00pm

Menomonee Falls Public Library—Tuesday, April 23 at 2:00pm

To register for the 2-Hour ADRC presentations visit:

www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/welcome-to-medicare



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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