



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 Office

- 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

INSIDE THIS ISSUE:

- > Caregiver Corner including Caregivers of Youth (2-3)
- > Sussex Dining Spotlight (4)
- > March Community Events (5)
- > Ask Ina: Learning Tech (6)
- > FREE Tax Assistance (7)
- > Dementia Care Support and Education (8-9)
- > Medicare Flex Cards (10)
- > Colorectal Awareness (11)
- > Mind Over Matter class (12)
- > Your Community History: New Berlin (13)
- > Menu and Dining (14-15)
- > Health Improvement Programs and Recipe (15-16)
- > Medicare Presentations (18)
- > CROSSWORD PUZZLE (19)



Prioritizing Zzz's: A Guide to Better Sleep



Dan Michaels, Community Health Educator, Waukesha County Public Health



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

March is full of sleep awareness! March is National Sleep Awareness Month, March 10th through 16th is

Sleep Awareness Week, and March 15th is World Sleep Day. The goal of these awareness time periods are to bring awareness to the importance of sleep for our health. The importance of good sleep cannot be overstated.

Adequate, high-quality sleep is essential for our physical health and mental well-being. If you find yourself tossing and turning at night, struggling to fall asleep, or waking up feeling groggy and unrested, fear not. We have some wonderful bedtime hints to help you achieve better sleep and reclaim your nights.

The recommended amount of sleep for older adults, and for adults in general, typically falls within the range of 7 to 9 hours per night.

However, individual sleep needs can vary, so it's essential to pay attention to how you feel during the day to determine if you are getting enough sleep. Some older adults may find that they need slightly less sleep than younger adults, but consistently getting less than 7 hours or more than 9 hours of sleep per night can have negative effects on health and well-being. That is why it is important to maintain good sleep practices as discussed below.

The first tip is establishing a consistent sleep schedule. Aim to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally. Try to avoid major changes in your sleep schedule, as this can disrupt your body's circadian rhythm.

Next, create a relaxing bedtime routine. Develop a calming pre-sleep routine to signal to your body that it's time to wind down. This could include activities such as reading a book, taking a warm bath, or practicing relaxation techniques like meditation, praying, or deep breathing exercises. Limit exposure to screens (phones, tablets, computers, TVs) at least one hour before bedtime, as the blue light emitted from screens can interfere with your body's production of melatonin, the hormone that regulates sleep.

Be mindful of what and when you eat and drink, especially in the hours leading up to bedtime. Avoid heavy meals, caffeine, and alcohol close to bedtime, as these can disrupt sleep patterns. Stay hydrated throughout the day but try to limit fluids in the evening to prevent waking up from frequent bathroom trips during the night.

Falls Prevention for Caregivers



The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention.

Falls are the leading cause of injury and death of older adults in Wisconsin. Caregivers are in a unique position - you provide care for individuals that may be at risk of falling while you yourself may also be at risk. Prevention can make all the difference to help you and the person you care for stay safe and avoid injuries. The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention. We would greatly appreciate your input!

Please take 3-5 minutes to complete the survey below.
Thank you for your time and consideration!

Survey link: <https://bit.ly/3SF5Vfp>

2024 ADRC YOUTH TRANSITION PRESENTATION SERIES:

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



REGISTER NOW



MARCH 20 | 4-6PM | ROOM 270

Guest speaker: Wispact

JUNE 12 | 4-6PM | ROOM 114

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

SEPTEMBER 11 | 4-6PM | ROOM 114

Guest speaker: Independence First

DECEMBER 11 | 4-6PM | ROOM 114

Guest speaker: Social Security Administration



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



2024 NATIONAL NUTRITION MONTH™

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

Eat Right 2024 NATIONAL NUTRITION MONTH™

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

- ◆ Make half your plate fruits and vegetables
- ◆ Make at least half your grains whole
- ◆ Switch to fat-free or low-fat milk, yogurt and cheese
- ◆ Vary your protein choices.
- ◆ Limit sodium, saturated fat and added sugars
- ◆ Stay well-hydrated
- ◆ Enjoy your food but be mindful of portion sizes
- ◆ Cook more often at home, where you are in control of what's in your food
- ◆ Consult a registered dietitian nutritionist if you have special dietary needs

Go to Page 17 for a Healthy Recipe!

Caregiver Corner



Balancing Work and Caregiving

Caregiving on its own can sometimes be overwhelming and stressful. Family caregivers who are still working may find that they have trouble balancing work, caregiving, and other responsibilities. This is normal and you are not alone. In fact, a recent report found that 6 out of every 10 caregivers are working in addition to their caregiving duties. However, the good news is that there are many things you can do to help balance your many responsibilities.

Create A Schedule

Creating a schedule can help you balance your various tasks. Here are some tips you can use when creating your schedule:

Prioritize and Delegate

When creating a schedule, you will want to write a list of all the things you have to do. Once you have finished your list, go through each item and ask yourself: What needs to get done today? What needs to get done this week? It can also be helpful to ask yourself: What needs to be done by me? What can be done by others? If there are things that need to get done that can be delegated to other people, this can give you more time to get through your own list.

Include Self-Care

It is important to schedule time for your own self-care because it can make you stronger and more resilient. It is easy for self-care to be forgotten or postponed when you have other things to do that seem more urgent. Try to make self-care a priority and include it in your schedule the same way you would include something like a work meeting or taking your loved one to the doctor. Some caregivers feel uncertain or guilty about taking time for themselves. If you feel that way, try to remember that self-care will help you manage stress, reduce burnout, and ultimately provide better care for your loved one. Remember, self-care doesn't have to take a lot of time or be something extravagant. It can be as simple as doing a 5-minute meditation or making yourself a nice cup of tea.

Communicate With Your Employer

Many families have experienced caregiving. If you talk with colleagues or supervisors, their understanding and helpfulness may surprise you. Here are some tips and things to keep in mind when talking to your employer:

- ◆ **Start by describing your caregiving circumstances and the situation you are in.** Don't forget, you are in charge of how much of your situation you feel comfortable sharing.
- ◆ **Talk to your employer sooner rather than later.** This can help you come up with a plan in case of an emergency or crisis. It can also give you a chance to talk about what kind of flexibility or support you may need in the future.
- ◆ **Emphasize your commitment to being productive at work** and discuss ways to meet your work obligations while you're caregiving. When you do need help, be straightforward and direct.
- ◆ **Write up a plan that both you and your employer are comfortable with.** Thank your employer for understanding.
- ◆ **Inform your employer if your caregiver circumstances change or progress.**

Sussex Dining Center Spotlight!

Sussex Civic Center
N64W23760 Main St., Sussex, WI 53089. (262) 246-6747



(above) Andy Holahan, Sussex Senior Dining Site Manager

This month, we would like to spotlight our Sussex Dining Center located inside the Sussex Civic Center. The Sussex Civic Center hosts a variety of community activities for their senior population, including the “Happy Hookers” knitting and crocheting group and the “Game Time” card game group that meets to play Sheepshead, Mahjongg, Hand & Foot, and Bridge.

Andy Holahan, the Senior Dining Site Manager, has been in the food industry in some capacity for 35 years. He loves his job, especially working with all the volunteers, diners, and the Civic Center staff. He says, “*it’s a great place to work and I look forward to going into work each day.*” When Andy’s not at work, he enjoys golfing, bowling, gardening, and camping.

To reserve your next lunch at the Sussex Dining Center, 24 hours in advance, call (262) 246-6747 Monday-Friday, between 10am and 1pm or call the ADRC anytime prior to 1:00pm at (262) 548-7848. Looking for transportation there, go to page 15 to learn more!

REMINDER! 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.

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).



March 2 - Get Lucky Waukesha Art Crawl @ Downtown Waukesha, 2-8 pm. Hundreds of artisans at 20 different 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 food and drink. This is a free event.

March 9 - Milwaukee St. Patrick's Day Parade @ Downtown Milwaukee, 12 pm. Join in for the fun

of the 56th Annual St. Patrick's Day Parade kicking off at North Martin Luther King Jr. Drive and West Wisconsin Avenue ending at Water Street and Highland Avenue. This parade features over 100 parade units including Irish dance groups, pipe and drum corps, local dignitaries, and more!

March 12-16 - Divine Consign @ The Brookfield Conference Center, times vary. March 15-16 is 50% off days. Divine Consign provides the opportunity to purchase quality, name-brand, pre-loved clothing items at extremely affordable prices. This event also generates thousands of clothing donations for local women in need. For a full look at each day's schedule and information of how to donate, visit <https://divineconsignsale.com/shop/brookfield/>.

March 23-24 & March 29-30 - East Troy Bunny Train @ East Troy Electric Railroad Museum, 9 am- 3 pm. Join for a fun ride filled with activities and a visit from the Easter Bunny himself! Tickets are on sale now and are \$19 for adults, \$15 for children, and \$9 for toddlers. This is a 14-mile, round trip train ride from the historic depot and museum to Indianhead Park in Mukwonago, along with a popular stop at The Elegant Farmer store and deli. For tickets and more information, call 262-642-3263.



Find us on



Aging & Disability Resource Center
of Waukesha County

FOLLOW US



www.facebook.com/ADRCWC

Dear Ina,

I would love to be able to use technology more like my smartphone, but I don't know where to start, or any easy, step-by-step tutorials. Can you help? Where do I go?

Sincerely,

The Button Masher



DEAR BUTTON MASHER,

Thank you for reaching out about this topic as we know smartphones and technology are part of our modern world to even accomplish basic things. If you have access to a computer, we suggest going to www.golhelp.org to see interactive tutorials, all available at no cost. The website is called "Generations on Line", which is a national nonprofit organization that offers interventional tutorials to help older adults learn to use tablet and smartphone technology.

The first three teach the basics. Simply tap on the one that best matches your device (Choosing wrongly will not hurt your device-the images will just not match your device). We suggest you start here if you only know a little. You may want to ask a friend or relative to assist.

If you want to learn how to use your tablet or smartphone to partake in a telehealth appointment, read a newspaper online, or seek and apply for employment online, Generations on Line offers a tutorial for each! All at no cost – not now or ever!

Visit the site: www.golhelp.org to go through the tutorials on your own, or feel free to visit your local library to use their computers to try it out!



Generations on Line Training Tools:



Apple Devices Internet Tutorials



Android Devices Internet Tutorials



Amazon Fire Internet Tutorial

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: **Tuesday, March 12, 2024**

Time: 10:00am - 3:00pm
(30 minute time slots)

Where: Brookfield Library

When: **Wednesday, April 10, 2024**

Time: 9:00am - 1:30pm
(30 minute time slots)

Where: Community United Methodist Church, Elm Grove

Register for your memory screen by calling Jennifer Harders at the ADRC of Waukesha County at **262-548-7650**

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:
March 13
April 10

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



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

2024 MEMORY CAFÉ SCHEDULE ADDS 3 NEW LOCATIONS

New Berlin • Muskego • Johnson Creek

The Library Memory Project invites those affected by memory loss, Alzheimer's, and other forms of dementia to join Memory Cafés with their care partner. People interested in preventing social isolation and engaging in activities to support brain health are also invited to attend.

Memory Cafés events rotate at 21 different public library locations in the Bridges Library System. Registration is preferred, but not required.

Get the 2024 Schedule: www.librarymemoryproject.org



Myth-Buster: Medicare Flex Cards

From: Social Security Administration

Extra benefits for people on Medicare are being advertised widely via the internet, through apps like Facebook and other social media, TV ads and phone solicitation. This article will explain some of the extra benefits that come with Medicare Advantage plans and will debunk some myths about extra benefits such as the “Medicare flex card.”

Myth #1: Medicare Flex Cards are issued to all people on Medicare —FALSE

Medicare flex cards or benefit cards are not issued by Medicare and not connected to any government agency or government benefit.

Myth #2: I will get extra money every month if I sign up for this card or plan —FALSE

Some Medicare Advantage plans offer benefit cards which sometimes give you a small amount of assistance toward groceries, utilities, and over the counter products, but many restrictions apply (for instance this card might only work at certain stores or for certain products). Additional benefits through Medicare Advantage plans in Waukesha County offered this year are between \$30.00 - \$120.00 per quarter on average (extra benefits for people on both Medicare and Medicaid can be even more misleading). There are many pros and cons to consider when joining a Medicare Advantage plan and the availability of these plans is county specific. Please contact your local ADRC and talk with a benefit specialist for non-biased information.

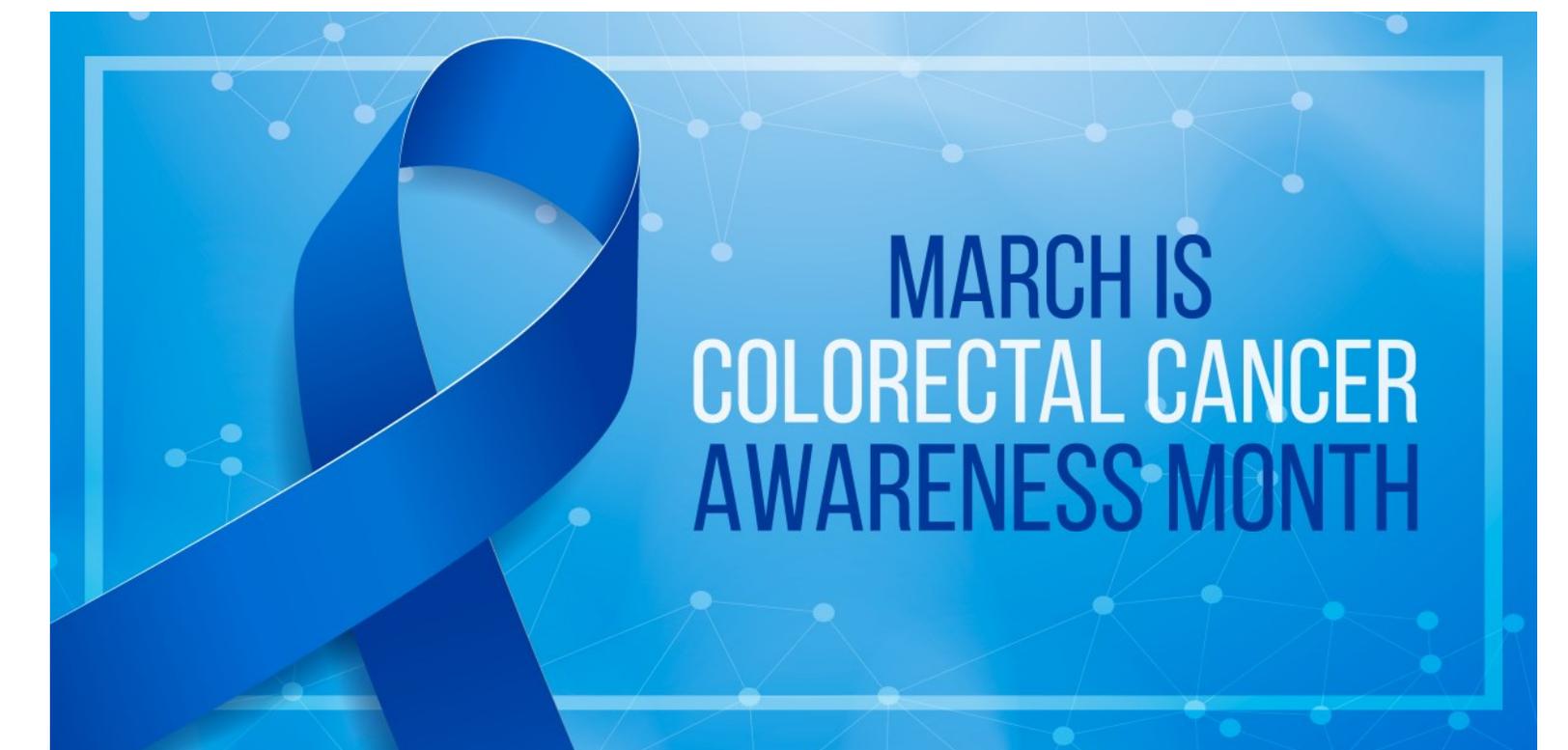
Myth #3: Medicare Advantage Plans and Medicare Supplements are the same thing —FALSE

If you enroll in a Medicare Advantage plan, your health and drug coverage is processed through the Medicare Advantage Plan and you must continue to pay your Medicare premiums in addition to the plan premium. Medicare Advantage plans require you to stay within a network of providers. They are required to follow Medicare guidelines, but sometimes require more prior authorizations than Original Medicare. They are allowed to offer extra benefits for vision, dental, gym memberships, over the counter allowance, and additional benefit cards. Medicare Supplements (Medigap) policies provide coverage that is secondary to Medicare. There are no networks with Medicare supplements and less out of pocket costs after plan premiums are paid. Coverage is based on Medicare guidelines, not the Medigap Policy.

Myth #4: Medicare Advantage Plan will always offer extra benefits —FALSE

Medicare Advantage plans change every year and Medicare beneficiaries must review their plans each year during open enrollment (October 15 - December 7). Medicare Advantage plans are allowed to change their plans each year. This may affect the network of providers you are allowed to use, the medications they will cover and rate, the pharmacy you can use, the extra benefits offered and the regions where you can enroll into the plan.

In summary - if something is too good to be true, it probably is. Medicare Advantage plans are for-profit private insurance companies that want to sell you a product. Be a smart consumer and get all the facts before falling for tricky sales techniques.



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Medicare Part B Can Cover Screening for Your Colorectal Health!

Colorectal cancer screenings: Medicare Part B covers different colorectal cancer screenings, each with separate eligibility requirements. Note that you may be at high risk for colorectal cancer if you have a family history of the disease, have had colorectal cancer or colorectal polyps, or if you have had an inflammatory bowel disease.

- ✓ **Fecal occult blood test:** Once a year (every 12 months) if you are age 50+.
- ✓ **Flexible sigmoidoscopy:** Once every four years (48 months) if you are age 50+ and at high risk, or once every 10 years after a colonoscopy if you are age 50+ and not at high risk.
- ✓ **Colonoscopy:** Once every two years (24 months) if you are at high risk for colorectal cancer, or once every 10 years if you are not at high risk (but not within 48 months of a screening flexible sigmoidoscopy).
- ✓ **Barium enema:** Once every two years if you are age 50+ and at high risk, or once every four years if you are age 50+ and not at high risk (but not within 48 months of a screening flexible sigmoidoscopy). Barium enemas are covered at 80% of the Medicare-approved amount.
- ✓ **Multi-target stool DNA tests:** Once every three years if you are age 50-85, show no symptoms of colorectal disease, and are not at high risk for developing colorectal cancer.
- ✓ **Blood-based biomarker tests:** Once every three years if you are age 50-85, show no symptoms of colorectal disease, and are not at high risk for developing colorectal cancer.



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Upcoming Class at Menomonee Falls Senior Center, W152N8645 Margaret Road, Menomonee Falls, WI 53051.

March 5, March 19, April 2 at 9:30am - 11:30am

Call or email Lori at oertlor@sdmfschools.org or 262.255.8460

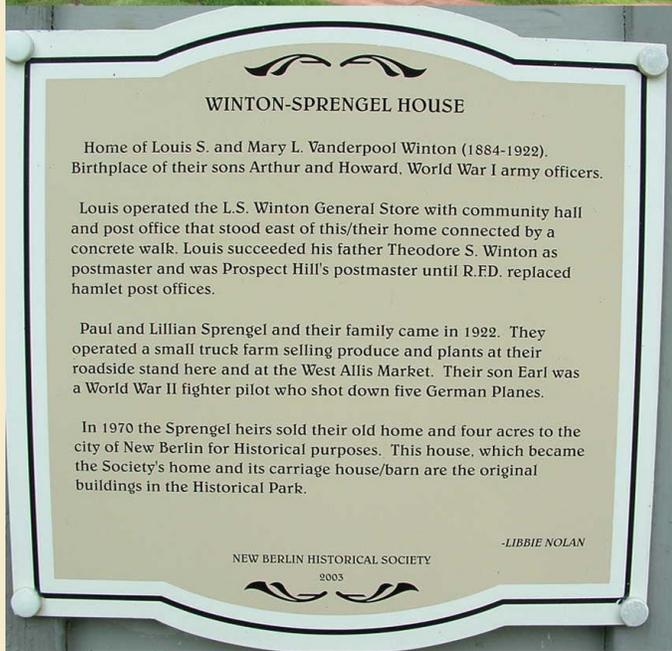
YOUR COMMUNITY HISTORY: NEW BERLIN

New Berlin is located in eastern Waukesha County and according to the 2020 U.S. Census Bureau it has a population of 40,051 people which makes it the third largest community in our county.

The history of New Berlin dates back to 1836 when the first settlers Sidney Evans and P.G. Harrington brought their wives to Mentor Township to start their families. Yes, that is correct, New Berlin did not take on it's current name until 1840, when Mr. Evans changed the name as homage to where he hailed from, New Berlin, New York.

The township started as could be expected during the late 18th and early 19th centuries, as an agricultural community with common crops of the region and apple orchards. With the westward expansion of settlers, New Berlin continued to grow exponentially until the township was incorporated in 1959 at which time it became the City of New Berlin.

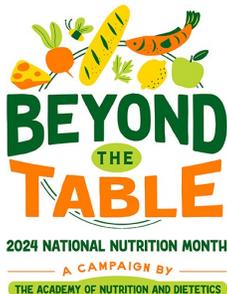
The early settlement days of New Berlin are well documented in books written by the late Professor Mary Ella Milham, PhD who spent most of her life in New Berlin and was a graduate of Carroll University. The city has numerous historic sites including Historical Park which is in the Prospect Hill Settlement District and includes a historic church, early settlement homes, and the Weston Antique Orchard.



Today, New Berlin is a prosperous, growing community that offers lots of opportunity whether you like the outdoors by visiting one of their 26 parks, (be sure to include a visit back in time at Historical Park) or enjoy some indoor activities including restaurants and movie theatre. This community has something for everyone and while it is the 3rd largest community in our county, it has been able to keep history alive in the preservation of historical markers and books by one of their earlier residents. Sources: Wikipedia, newberlinhistoricalsociety.org

March 2024 Menu (March is National Nutrition Month)

Waukesha County Senior Dining and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</p> <p>ALT= LOW SUGAR ALTERNATIVE</p>				Macaroni & Cheese Cottage Cheese Winter Veg Blend Romaine Salad Italian Bread / butter Pineapple Chef's Choice Cookie Alt. Fresh Pear
4	5	6	7	8
Herbed Chicken Breast Squash Veg Medley Black Beans and Rice Fruit Cocktail Lime Gelatin <i>Alt. Sugar Free Gelatin</i>	Bratwurst on a bun Ketchup & mustard Dill Cucumber Salad American Potato Salad Mandarin Oranges	Stuffed Cabbage Roll Mashed Potatoes w/ gravy Harvard Beets Rye Bread w/ butter Cranberry Juice Tapioca Pudding <i>Alt. Sugar Free Pudding</i>	French Dip Au Jus Sub Roll Italian Blend Veg Marinated Veg Salad Fresh Apple Cherry Crisp <i>Alt: Fruit</i>	Apple Cranberry Chicken Salad Flaky Croissant Sun Chips Broccoli Salad Tomato Juice Rice Krispies Treat <i>Alt: Banana</i>
11	12	13	14	15
Whole Wheat Spaghetti and Meatballs Italian Blend Vegetable Tomato / Onion Salad Banana Italian Bread w/ butter Frosted Yellow Cake <i>Alt: Fruited Yogurt</i>	Chicken Stew Mashed Potatoes Stewed Tomatoes Whole Grain Bread / Butter Spiced Apple Slices	Pork Chop Suey Brown Rice Oriental Blend Veg Fresh Orange Dinner Roll w/ Butter Baker's Choice Cookie <i>Alt: Sugar Free Cookie</i>	Enchilada Casserole Mexican Bean Salad Southwest Style Corn Diced Pears Dinner Roll w/ butter Churro <i>Alt: Sugar Free Pudding</i>	<i>(early)</i> St. Patrick's Day Irish Beef Stew Carrots and Cabbage Parsley Baby Bakers Irish Soda Bread w/ butter Shamrock Cake Green Apple
18	19	20	21	22
Hot Dog on Bun Baked Beans Coleslaw Potato Salad Peaches	Oven Roasted Turkey on Herbed Stuffing with gravy Mashed Potatoes Gravy Green Beans Kitchen's Choice Fruit Bread w/ butter	Scalloped Potatoes with Ham Peas and Carrots Marinated Vegetable Salad Biscuit w/Honey Tropical Fruit Salad	Oven Roasted Pork Mashed Potatoes and Gravy Creamed Spinach Fresh Banana Roll w/ Butter Rice Krispies Treat <i>Alt. Fruit Cocktail</i>	Baked Fish w/ Tartar sauce Buttered Baby Reds Dill Baby Carrots Wheat Bread w/ Butter Fresh Fruit Cookie <i>Alt: Yogurt</i>
25	26	27	28	29
Lemon Pepper Chicken Breast Garlic Mashed Potato 5-way mixed Vegetable Wheat Roll w/ butter Seasonal Fresh Fruit German Choc Cake Alt. Fresh Orange	Roast Ham Wild Rice Blend Seasoned Green Beans Broccoli Salad Italian Bread w/ butter Fruit Compote	Italian Meatloaf Mashed Potatoes with gravy Beet and Onion Salad Rye Bread w/ butter Pears Tapioca Pudding Alt. Fresh Orange	Brewers Opening Day Polish Sausage Ketchup- Mustard Baked Beans Potato Salad Peach Slices Apple Pie Alt. Fresh Apple	Chicken Pasta Salad Tomato Onion Salad Blueberry Muffin Fruit Cocktail Chocolate Pudding Alt. Diet Pudding

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	



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

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.

Oconomowoc Library

200 W South St, Oconomowoc, WI 53066

March 6, 2024
6:00 PM - 7:00PM

March 14, 2024
12:00 PM – 1:00 PM

To Register: Register Online at
www.oconomowoclibrary.org

Elm Grove Public Library
13600 Juneau Blvd
Elm Grove, WI 53122

March 26, 2024
1:30 PM - 2:30 PM

Register Online at
www.elmgrovelibrary.org

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150

March 28, 2024
9:30 AM - 10:30 AM

To Register:
Call 262-971-2100 or visit
the Reference Desk

How 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.

What if I Need Transportation there?

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

Living Well with Chronic Conditions

Telephone/toolkit-based workshop

Wednesdays, March 6 to April 10, 1:00 to 2:00 p.m.

Are you an adult with an ongoing health condition? Participants will receive a toolkit with valuable resources and participate in a weekly group phone call to help get support, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with health care providers and family about their health conditions. If you have conditions such as arthritis, heart disease, or anxiety, the “Living Well” toolkit/phone support program can help take charge of your life.

Healthy Living with Diabetes

Online workshop

Mondays, April 1 to May 6, 11:30 a.m. to 2 p.m.

Diabetes is a chronic, lifelong condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. “Healthy Living with Diabetes” is a researched and proven program designed to help you do that.

Walk with Ease

In-person class at the ProHealth Heart & Vascular Center: 725 American Ave, Waukesha

**Mondays, Wednesdays, and Fridays
April 1 to May 13 (No class April 15), 4:45 to 5:45 p.m.**

Living with arthritis pain can be debilitating and keep you from doing the things you enjoy. The Arthritis Foundation’s Walk with Ease program is proven to make a big difference in your health – and your life. In just 6 weeks, you’ll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take care of your health and get back to doing the things that matter to you. Walk with Ease is an evidence-based program designed to help people living with arthritis better manage their pain. It’s also ideal for people without arthritis who want to make walking a regular habit. Sessions consist of group discussion and walking. Class meets 3 times each week for 6 weeks (18 sessions).

To register for any of these classes, visit www.ProHealthCare.org/classes or call 262-928-4059

Pasta Salad

YIELDS:
4 – 6 serving(s)

COOK TIME:
9 mins

TOTAL TIME:
15 mins

Ingredients

FOR SALAD

Kosher salt

8 oz. elbow macaroni

3 c. packed fresh spinach

1 c. frozen green peas or edamame,
defrosted and drained

2 Persian cucumbers, quartered
lengthwise and chopped

1/2 c. freshly chopped herbs, such as
parsley, basil, or cilantro

2 jalapenos, thinly sliced into rounds

3 tbsp. capers, drained

2 tsp. lemon zest

1/4 c. toasted hulled pumpkin seeds

1 avocado, cubed

Freshly ground black pepper

Crushed red pepper flakes

FOR DRESSING

3 tbsp. Lemon juice

1/2 medium shallot, minced

1 tsp. agave nectar (alternative:
honey or maple syrup)

1/3 c. extra-virgin olive oil Kosher

Salt

Freshly ground black pepper



2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY
THE ACADEMY OF NUTRITION AND DIETETICS

Directions

Step 1

In a large pot of salted boiling water, cook pasta until al dente. Drain pasta in a colander, then run under cold water to stop cooking and rinse off starches. Set aside to drain while you make the dressing.

Step 2

Make dressing: in a medium bowl, whisk together lemon juice, shallot, and agave. Whisking constantly, slowly drizzle in olive oil until mixture is emulsified. Season with salt and pepper.

Step 3

In a large bowl, combine pasta, spinach, peas or edamame, cucumbers, herbs, jalapenos, capers, and lemon zest. Toss for 1 to 2 minutes, until spinach has reduced in volume and becomes slightly wilted. Add avocado and pumpkin seeds and toss gently until just combined. Season to taste with salt, pepper, and crushed red pepper flakes.





Medicare

“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 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.

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

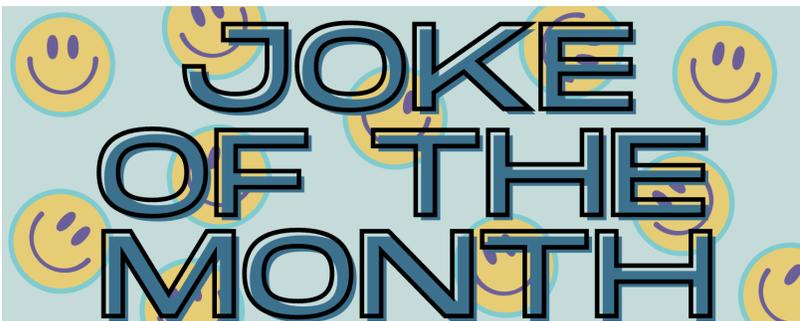
Pewaukee Public Library—Thursday, April 11 at 1:00pm

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

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

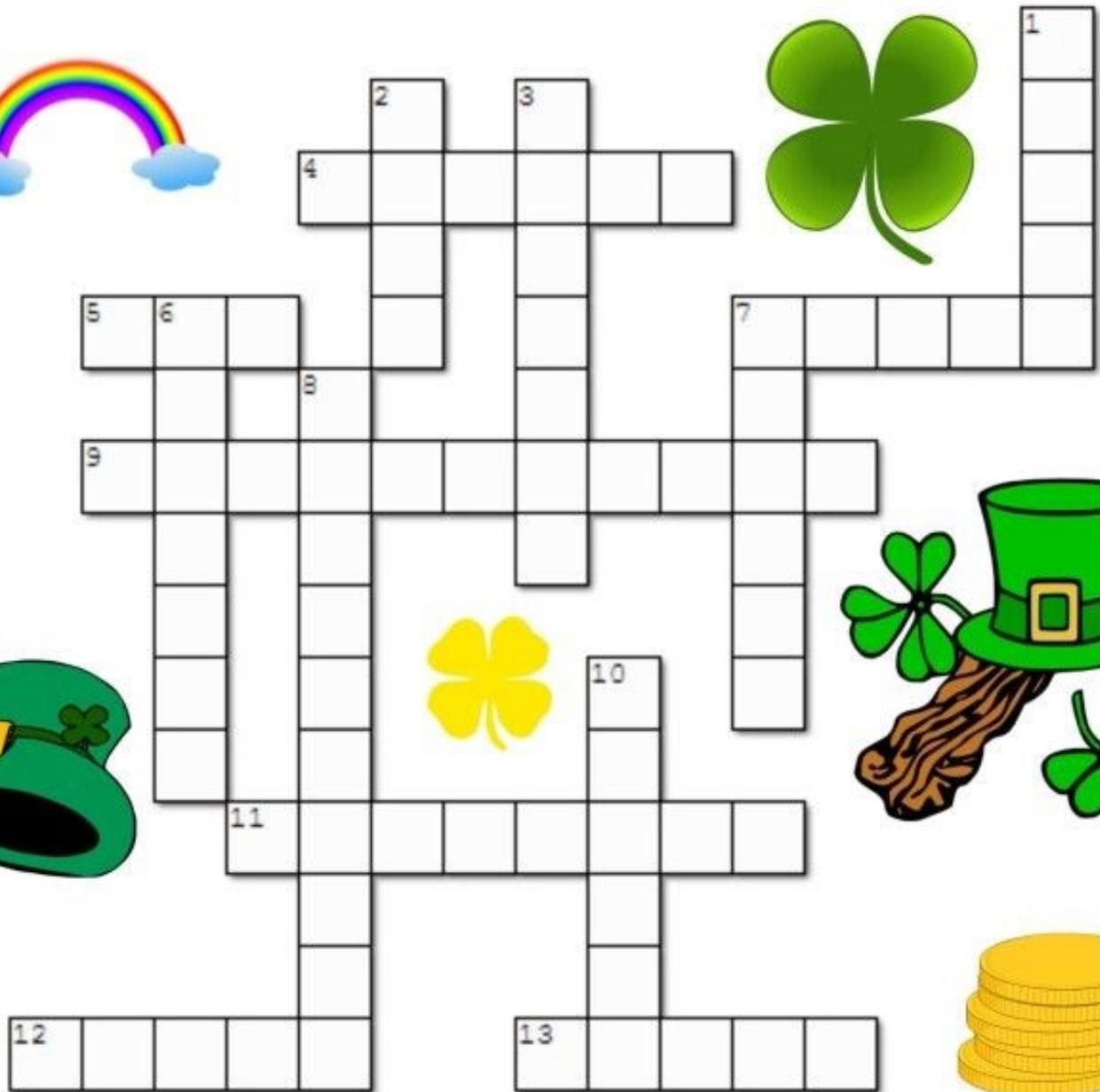
To register for the 2-Hour ADRC presentations visit:

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



My doctor only works indoors...
He specializes in internal medicine.

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make _____
- 13. from Ireland

Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf _____

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.

ADRC Advisory Board

Judith Tharman, Chair
Susan Schweda, Co-Chair
Betty Koepsel
Sandy Wolff
Marj Kozlowski
Joel Gaughan, County Board Representative
Mary Baer, HHS Board Liaison
Patricia Carriveau
Pamela Franke
Donald Richmond



ADRC Leadership Staff

Mary Smith, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Jessica Eckert, Supervisor
Shirley Peterson, Supervisor
Sheri Milinski, Supervisor

