



FOOTSTEPS FORWARD

Waukesha County
Health & Human Services

January/February/March 2012



Basic First Aid for Adults and Children

Esther Jensen, Community Health Educator

There is no substitute for a first-aid class and CPR training. These guidelines, however, will help you prevent or treat the most common injuries.

R-I-C-E for Minor Injuries

If a child or adult suffers a minor injury while exercising or playing a sport, remember the "R-I-C-E" treatment: Rest the injured area for 24 to 72 hours after the incident.

Ice should be applied as soon as possible after the injury occurs. Ice the injured area for 20 minutes at a time, several times a day for the first 48 hours. Compression with an elastic bandage should be maintained continuously for two to three days after the injury occurs. **Elevate** the injured part of the body.

Sprains

- Follow the **R-I-C-E treatment**.
- Get the sprained area moving as much as can be tolerated on the first day. Motion brings more blood to the area and speeds the healing process.
- See a doctor and get an x-ray if there is any swelling, is unable to move or pain persists after an hour. An injury that causes only unpleasant throbbing and is perceived as a sprain could actually be a serious fracture or bone chip.

Bone Breaks

Fractures are usually caused by accidental falls

- Look for any obvious deformity of any bone.
- Check for proper blood flow to the area by pressing on the skin with your thumb. If the depressed area does not return to its original color in two to three seconds, blood circulation may be inhibited.
- If color is not immediately restored or there is any deformity, take the go to a hospital immediately. If self-transporting, splint the sprain or fracture before moving.

Cuts

Cuts range from superficial skin abrasions to lacerations requiring stitches. **Slow down/stop bleeding by applying direct pressure, elevate injured body part to help slow bleeding.** Call 911 if serious bleeding continues.

- Wash the wound with peroxide to dissolve any dried blood.
- Wash the open wound with soap and water, and apply an anti-bacterial ointment.
- A cut needs to be treated by a doctor if the bleeding does not stop or if fat nodules are visible under the skin of the wound.
- If required, stitches should be done within eight hours to reduce the risk of infection, reduce scarring

Burns

- Minor Burns – red/painful - Apply cool running water for five to 10 minutes.

- Apply an antibiotic ointment and light, non-stick bandage.
- If there are **blisters, this indicates a 2nd degree burn; dark/white areas may indicate a 3rd degree burn** – these burns need medical attention or call 911.

Animal Bites & Scratches

- Wash the wound thoroughly.
- Stop bleeding with direct pressure.
- Find out if the animal is a stray or a pet and has had rabies shots.
- Contact your medical provider

Poisoning

It only takes a few seconds for poisoning to occur. The list of substances that most frequently cause poisoning in children include, aspirin and other medicines, insect and rat poisons, kerosene, gasoline and cleaning fluids, alcohol/drugs. In suspected cases of poisoning:

- Stay calm
- Look in the mouth and remove any remnants of what was ingested.
- Call the **Poison Control Center. 1-800-222-1222** Be prepared to give the age, weight, the product name and the amount swallowed (if known and applicable)
- Keep Syrup of Ipecac handy to induce vomiting. It is available in most drugstores. Caution: Do not give a child Ipecac without talking to a doctor or poison control center first, because, in some cases, inducing vomiting can cause more harm.

In addition to the dangerous items that people may actively ingest, substances such as carbon monoxide and lead paint can pose a hidden poisoning hazard.

Allergic Reaction

Allergies to medications, food, insect bites can be mild, however, if there is any difficulty breathing, swelling of the face, lips, tongue, or rash (i.e hives), this indicates a severe allergic reaction. Benedryl can be used to slow the histamine reaction; if a known history of severe reaction, an epi-pen is available and should be administered. Call 911 – this can be a life-threatening condition and needs immediate medical attention.

When unsure of any medical emergency, call 911 for help.

I hope you had a safe and happy holidays. I wanted to let you know that in the near future we will be setting up a Facebook account for Waukesha County's Independent Living Program so to reestablish and maintain contact with all of our IL youth. Stay tuned! Make sure you contact myself or your social worker if you have any needs, etc. We would love to hear from you!

Michelle

Get FREE Income Tax Preparation & Fast Refunds

(usually 7—10 days)
with
La Casa de Esperanza's
Volunteer Income Tax Income
Assistance Program

Certified IRS services through La Casa de Esperanza's VITA program available at:

- La Casa de Esperanza, Inc. - 410 Arcadian Avenue - Waukesha
- Waukesha County Technical College - Pewaukee Campus
- Oconomowoc Public Library

Day, evening and weekend appointments are available; walk-ins accepted

For site hours or to schedule an appointment, call (262) 832-1534.

Six Free E File Tax Return Options

Taken in part from: <http://www.mvdollarplan.com/6-free/e-file/options>

As the first tax filing rush of the season begins, let's check out all the free efile options for your federal return to get your taxes done and on their way to the IRS!

Free EFile Tax Return Options

1. **TurboTax.** TurboTax offers a free online edition available at <http://turbotax.intuit.com/>. The turbo tax efile includes free e-filing for forms 1040, 1040A or 1040EZ. TurboTax is one of the most popular tax software packages around and it integrates with Quicken.
2. **H&R Block.** H&R Block is offering a free edition if you want to prepare your return online. It also includes free e-filing. For many years, H&R Block tax software was called TaxCut. The federal efile is available for forms 1040, 1040A or 1040EZ. It's available at <http://hrblock.com/>.
3. **TaxAct.** You can prepare, print, and e-file your return for free. TaxAct offers an online version or a download version of their software at <http://turbotax.intuit.com/>. The selling point for the free TaxAct is the inclusion of schedule C for the self employed, in their free tax efile.
4. **IRS Free File.** The IRS Free File (<http://www.irs.gov/efile/article/0,,id=118986,00.html>) program is an IRS partnership with various tax software companies offering free filing. There is an income limit of \$58,000 or less AGI for the irs.gov efile.
5. **IRS Free File Fillable Forms.** The IRS Free File Fillable Forms (<http://www.irs.gov/efile/article/0,,id=201897,00.html>) is not a free tax software, but blank forms. However, there are no income limitations. You pick the forms you need, fill in the numbers, and e-file for free. If you know what you are doing, the IRS efile is a great option!
6. **1040.com.** If you don't have dependents you can efile your tax return for free at 1040.com (<https://fileonline.1040.com/1040/default.aspx?did=95509>) with a taxable income of less than \$100,000. It's a good option for young adults who aren't itemizing yet.



Cancer Prevention Fair Reduce Your Risk For Cancer

9 a.m. - 2 p.m.
Saturday, February 11, 2012
FREE
Waukesha Memorial Hospital
725 American Avenue, Waukesha, WI 53188

You're Invited to a Free Cancer Prevention Fair

Discover how to reduce your risk for cancer

ProHealth Care invites you to their free Cancer Prevention Fair on Saturday, February 11 from 9 a.m. to 2 p.m. at ProHealth Care's Waukesha Memorial Hospital. (The snow date is February 18.)

Free transportation available

For your convenience, you may take advantage of free bus transportation for qualified participants to and from Waukesha with pickups in:

- East Troy
- Palmyra
- Jefferson City
- Johnson Creek



Free onsite cancer screenings for qualified participants:

- Mammography for women ages 40 - 75
- Pap for women ages 20—75
- FIT take-home colorectal screening for men and women ages 50 - 75 (If you complete the FIT within 6 weeks, you'll receive a \$15 gift certificate!)



Learn how to live a healthy life:

- Prostate cancer screening information
- Skin cancer prevention tips
- Healthy recipe demonstrations
- Free samples and healthy eating tips
- Educational presentations on:
 - Reducing your cancer risks
 - Early detection and cancer prevention screening tests
 - Genetic testing



Join by registering today!

All ages welcome. To attend and register for free transportation or free screenings, call the Cancer Information Line at 262-928-7878 by January 27. Screening appointments are limited.



Addiction Resource Council Open House

February 3, 2012
3:00 p.m. - 5:00 p.m.
W228 N683 Westmound Drive
Waukesha, WI 53186
www.arccouncil.net

You are invited to attend the Addiction Resource Council's Annual Open House. Learn about ARC's programs and services, meet the new staff members, network with fellow community members and enjoy light refreshments!

Cutting Home Heating Bills

www.chiff.com/a/cut-heat-bills.htm

This article is taken in part from the website article listed above on ways to cut your home heating bills.

1. In the spring and fall, turn off the heat unless the temperature outside gets below freezing.
2. Install an automatic timer to keep the thermostat at 68 degrees during the day and 55 degrees at night. If it seems chilly - put on a sweater.
3. Wear warm layered clothing indoors during cold weather. Some of the new synthetics are the best for thermal layering. If you live in a cold climate and can comfortably walk around in a tank top and shorts - you're wasting money!
4. Open up those drapes and shades in winter to let in the heat from the sunshine. If you're worried about fading the furniture - use a slipcover.
5. Keep windows closed during cold weather, but be careful to "air out the house" on a regular basis to avoid buildup of any toxins.
6. You may be able to cut heat loss in half by weather-stripping doors and windows. Don't forget the weather-stripping on your attic and basement doors to prevent heat from escaping.
7. In colder areas it makes sense to move furniture away from any exterior walls. Putting some space between you and the cold walls makes the house seem warmer and leaving room for the air to move around actually makes it warmer.
8. Close off the attic, garage, basement, spare bedrooms and storage areas. Heat only those rooms that you use.
9. When you're away from home for an extended time, turn off the heat and the hot water heater. Don't do this for short term absences. It can take more energy to heat up the cold water than you saved.
10. An electric blanket is much less expensive than heating your bedroom.

Your kitchen is a great place for energy savings. Just follow this simple recipe:

1. Try to cut down on the use of kitchen and bathroom fans in winter. These fans cool the air and waste household heat.
2. Cover pots and pans when heating liquids.
3. Plan some meals so that entire meal can be prepared in oven at same time.
4. Turn off your oven about five minutes before cooking time is over. The heat in the oven will keep on cooking your food, and you'll save on gas or electric bills.
5. Don't open the oven often to check food while it's cooking. You lose 20 to 50 percent of the heat each time you do - and you slow down the cooking process.
6. Never use your stove for heating. It doesn't do a good job, it's bad for the stove and it could be dangerous.

A few last hot tips for saving on your heating bills:

1. Never use open flames and candles for heating. Damage from fires is much more expensive than heating bills.
2. Check to see if you qualify for any government assistance with your heating bills if you have a low income.
3. Check with your local electric company to find out if they have times during the day when the rates are lower. Using the oven, dishwasher, washing machine and other energy demanding appliances during these times may lead to big savings. Be careful. Some plans may make you pay a premium price for using electric during peak hours and you'll need to make sure to do wash and other chores during the off hours.
4. Talk to your utility company for other suggestions for saving money on your heating bills. Many companies will actually send someone to your house for a home energy audit and offer suggestions to help use less energy.

Fun Things to do During Winter

www.discoverfun.com/freeinfo/500fun/winter.html

This article is taken in part from the website listed above on fun things to do during winter.

- ❄ Make a snow man
- ❄ "Paint" a snow man with spray bottles filled with water and food coloring
- ❄ Catch a snowflake on your tongue
- ❄ Build snow furniture
- ❄ Cross country skiing
- ❄ Go on a sleigh ride
- ❄ Go sledding
- ❄ Go tobogganing
- ❄ Go ice blocking (sled down a hill sitting on an ice block)
- ❄ Join in on a polar bear swim for charity
- ❄ Lay on your back in a snowy field
- ❄ Make a snow fort
- ❄ Make a snow angel
- ❄ Go snow skiing
- ❄ Go snow shoeing
- ❄ Go snow tubing
- ❄ Go snowmobiling
- ❄ Go snowboarding
- ❄ And watch the snow fall from the warmth of your home



Acknowledgements:

Just a reminder, if you would like to be included in the acknowledgements section of our newsletter for some of the many achievements of our young adults (such as educational achievements, obtaining a driver's license, new job/promotion, new apartments, births, etc.), please contact Michelle at (262) 548-7364 or your previous on-going worker with any achievements you would like to have shared in the next newsletter.



- Ashlee S. - obtaining a part-time job
- Kayla G. - obtaining her driver's license
- Cieanna C. - obtaining her driver's license and a car
- Cieanna C. - obtaining a new apartment
- Shane S. - obtaining his first apartment



Resources:

Waukesha County's STD Clinic

Every Tuesday, 5:00 p.m. - 8:00 p.m.
Located at: Waukesha Family Practice Center
210 NW Barstow, Suite 201, Waukesha, WI 53188
For appointments or additional information, call (262) 896-8450

211/First Call for Help

Maintains a comprehensive database of non-profit and government human service agencies and other community resources that enhance the quality of individual and community life for Waukesha, Dodge, Jefferson and Walworth Counties.
(262) 547-0769

Energy Services Inc.

Focus: To provide assistance for heating costs, electric costs and energy crisis situations

Address: 217 Wisconsin Ave., Suite 401, Waukesha, WI 53186

Phone: (262) 549-9666

Goodwill Workforce Connection Center - Waukesha Location

1400 Nike Drive, Waukesha, WI 53186

Phone: (262) 970-6016

* There are also 2 locations in the Milwaukee area: 6055 N. 91st Street and 3903 N. Richards Street

The Workforce Connection Center is a natural extension of Goodwill's mission to provide training, employment and supportive services for people with disadvantages or other employment barriers.

5 Hot Chocolate Variations

By: Ami Burns

<http://chefmom.sheknows.com/articles/820611/5-hot-chocolate-variations>

Cappuccino Chocolate

This easy but decadent recipe serves 2.

Ingredients

- 4 tablespoons espresso
- 6 ounces milk or half and half—flavored or plain
- 4 tablespoons chocolate syrup
- Whipped cream — optional

Directions

1. Brew espresso
2. While espresso is brewing, place 2 Tbsp chocolate syrup in each mug
3. Steam milk or cream if desired
4. Pour hot espresso into each mug
5. Top with milk and whipped cream

Mexican Hot Chocolate Ingredients

- 4 tablespoons milk or dark baking cocoa
- 4 tablespoons sugar
- 3 cups milk
- 1/3 teaspoon ground cinnamon
- Whipped cream — optional

Directions

1. Combine all ingredients except milk in small saucepan
2. Heat over medium-low heat, then gradually add milk
3. Heat until hot — but not boiling
4. Serve immediately

Chocolate Hazelnut Cocoa

This easy but decadent recipe serves 4.

Ingredients

- 1 1/3 cups hazelnut chocolate spread, such as Nutella
- 4 cups whole milk

Directions

1. Heat milk and nutella in small saucepan, stirring constantly until hot but not boiling
2. Pour into mugs and enjoy

Peppermint Candy Cane Hot Chocolate

Ingredients

- 4 cups instant hot cocoa mix
- 4 peppermint candy canes

Directions

1. Prepare cocoa according to package directions
2. While cocoa is still very hot, use candy cane to stir

Melted Marshmallow Hot Chocolate

Ingredients

- 4 cups instant hot cocoa mix
- 4 tablespoons marshmallow topping such as Fluff

Directions

1. Prepare cocoa according to package directions
2. While cocoa is still very hot, add 1 tablespoon Fluff to each mug
3. Stir and enjoy



Staff Directory:

Michelle Montez
Independent Living Specialist
262-548-7364

Jeanette Braun
Independent Living Coordinator
262-548-7356

Bob Alioto 262-548-7262

Suzanne Arnold 262-548-7348

Kathe Blum 262-548-7261

Jennifer Eiler 262-548-7260

Jeannine Eng 262-548-7268

Steve Handrich 262-548-7425

Cecile Harrison 262-548-7365

Janis Mantel-Ramos 262-896-8069

John Rasmussen 262-548-7640

Michael Reed 262-548-7347

Cindie Remshek 262-548-7639

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Linda Senger 262-548-7698

Elizabeth Sinclair 262-548-7277

Deanna Stevlingson 262-896-8570

Kevin Tolzman 262-548-7358

Ann Villeneuve 262-548-7300

Dawn Wehr 262-548-7361

Ted Wuerslin 262-548-7269

