

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

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

**National Alliance on Mental
Illness of Waukesha County
(NAMI)**

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7Helpline)

www.alz.org/sewi

Inside this Issue:

-Evidence Based Health
Programs

-Healthy Snacks

-12 Sites of Social Security



Maximize Your Medicare Benefits in 2015!

With the Holidays behind us, it is time to turn our focus on the New Year. Did your New Year's resolution involve saving money or striving for better health? You may want to take a closer look at your Medicare benefits!

Medicare Part B pays for many preventive health services and screenings including an Annual Wellness Visit with the doctor. This visit provides an opportunity to talk with the doctor about specific health and risk factors and set up a plan for preventive health screenings without paying the Part B deductible or co-payment. Be sure to ask for the "Annual Wellness Visit" by name when you are setting up the appointment and if the doctor orders lab work, an EKG, or other tests/services that are not considered "preventive", the co-payment and deductibles may be billed. But remember, if there is a health problem, early detection could save a life. More information about the preventive tests/screenings covered by Medicare can be found in the [Medicare and You 2015](#) handbook or on the Medicare website (www.medicare.gov).

Many Medicare beneficiaries struggle to keep up with their health care costs. If you know someone in that situation, let them know that there are Medicare related programs for beneficiaries who have limited or low income and assets. "Medicare Savings Programs" can help qualified individuals by paying their Part B premium for them. That alone can save them over \$100 per month. Some also have their co-pays and deductibles paid, based on their income and assets. Another program, known as "Extra Help", assists qualified individuals with their prescription drug costs.

If your **monthly** income is less than \$1,458 (\$1,966 for a married couple) and your assets are less than \$11,940 (\$23,860 for a married couple) you may be eligible for one of these programs. Your home and car will not be counted toward that asset limit. If you have questions about these Medicare programs or think you may meet the eligibility requirements, contact the Elder Benefit Specialists at the ADRC of Waukesha County at (262) 548-7848.

This year resolve to maximize your Medicare benefits and make the most of 2015!



From the Desk of Your Benefit Specialist

Five Important Steps for Marketplace Enrollees

Mary Agnes Cary recently published a very helpful five step checklist on Kaiser Health News for new and already enrolled individuals looking at Marketplace insurance. The relevant portions of the article are below and can also be found on KaiserHealthNews.org.



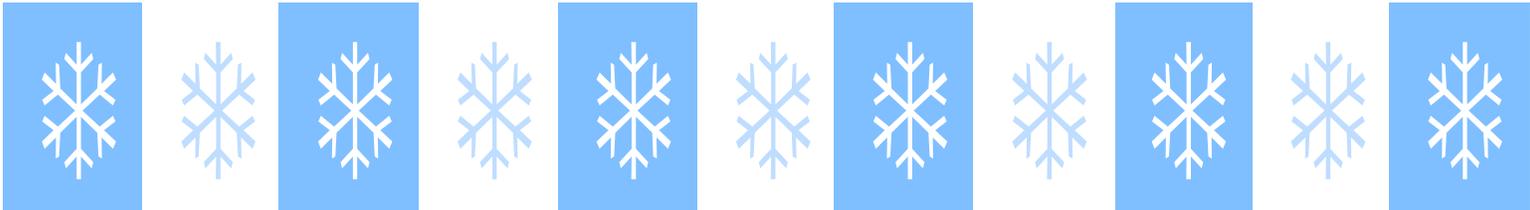
1. **Shop Around.** Just because you're enrolled in a policy now doesn't mean it's the best deal for you next year. If you're currently in the federal Marketplace and don't take any action, you'll be re-enrolled in the same plan you're in now. Federal officials, as well as many analysts, are urging consumers to go back to the exchanges to compare plans and prices. You might discover that you have more — or different — choices than you had a year ago.

2. **Don't Get Billed Twice.** Insurers have expressed concerns that if a consumer changes plans, problems with the federal website might keep insurers from learning of the change and consumers could get billed for both plans. Keep your proof of payment to answer any billing questions. Further, once you've cancelled the old policy, watch your credit card statements or, if the payment was deducted directly from a bank account, watch those charges to make sure you aren't paying for two policies. And don't cancel your current insurance until you have confirmation from your new carrier that you're covered.

3. **Find Out If You Qualify For Financial Help.** Enter your most up-to-date income information on healthcare.gov or with your state exchange to see if you are entitled to receive a tax credit toward the cost of your health insurance. Even if you are like the majority of those enrolling in marketplace plans who receive a subsidy, update your income to make sure you get the correct amount next year. This is important because if you get too much of a subsidy, you'll have to repay it when you file your taxes the following year.

4. **Know All Costs.** It's not just the monthly premium that will cost you. Understand a policy's out-of-pocket costs — like co-pays, co-insurance, and deductibles — before you enroll. The health law allows out-of-pocket maximum caps of \$6,600 for an individual policy and \$13,200 for a family policy in 2015, but some of your health care expenses — including out-of-network care might not be included in that cap.

5. **Get Help If You Need It.** Confused? There are several ways to get help. Work with a local insurance agent or broker. Find one of the law's trained navigators or assistors. Or call the federal consumer assistance center at (800) 318-2596 for extra help or to find out if you are eligible for a subsidy. Folks there can also help you enroll in a health plan or in Medicaid — the Federal/State program for low-income people — if you qualify.





PLANNING FOR THE YEAR AHEAD: AN INTRODUCTION TO RESPITE CARE

Millions of Americans provide unpaid assistance each year to family, friends and neighbors to help them remain in their own homes and communities for as long as possible. Sometimes these caregivers need time off to relax or take care of other responsibilities. This is where respite care can be helpful. It provides the family caregivers with the break they need, and also ensures that their loved one is still receiving the attention that he or she needs.

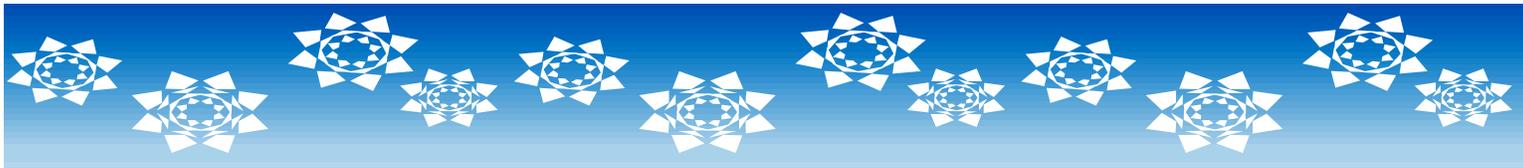
Respite care is not all the same. Respite encompasses a wide variety of services including traditional home-based care, as well as adult day care, skilled nursing, home health, and short term institutional care. Respite can vary from a few hours a day to several weeks. More specifically respite care may take one of the following forms:

- **Adult Day Care:** These programs are designed to provide care and companionship for people who are frail or who have a disability, and need assistance or supervision during the day. The program offers relief to family members or caregivers. Day Programs allow them the freedom to go to work, handle personal business or just relax while knowing their loved one is well cared for and safe.
- **Informal and Volunteer Respite Care:** This is as simple as it sounds. It is accepting help from other family members, friends, neighbors, or volunteers who offer to stay with the person while the caregiver goes to the store or runs other errands. Local church groups or Aging and Disability Resource Centers may have a "Friendly Visitor Program" with volunteers helping to provide basic respite care as well. Many communities have formed Interfaith Caregiver or Faith in Action Programs where volunteers from faith-based communities are matched with caregivers to provide them with some relief.

Generally speaking, in-home respite care involves the following four types of services for the more impaired person:

- Companion services to help the family caregiver supervise, entertain, or just visit with the senior when he or she is lonely and wants company.
- Homemaker services to assist with housekeeping chores, preparing meals, or shopping.
- Personal care services to help the individual bathe, get dressed, go to the bathroom, and/or exercise.
- Skilled care services to assist the family caregiver in tending to the person's medical needs, such as when administering medications.

For more information on respite care, call the ADRC at 262-548-7848.



HELLO FROM THE BUTLER DINING SITE

My name is Pam and I am the dining manager at the Butler senior dining site. We are located in the Hampton Regency Apartments (12999 W. Hampton Avenue) in Butler. I would like to invite you to join us for lunch. We serve at 11:45 AM five days a week, Monday through Friday.

We have a very light-hearted, diverse group of diners and a great group of volunteer dining assistants. Come and join us for an enjoyable time.

We are fortunate to have an on-site service coordinator, Bojana. She is available to answer questions and help however possible. She is very knowledgeable and has some very useful presentations. Every month there are presentations on topics such as nutrition, safety, health, and technology for the hard of hearing. We can even coordinate to have a benefit specialist help answer your Medicare and Medicaid questions. Join us at 11 a.m. on the third Tuesday of every month for blood pressure screening. Every year we have a community fair and we'd love to see you there.



I would like to thank all of our great volunteer dining assistants and volunteer drivers. Our program would not be able to go on without them. They have dedicated many hours of their time to make this experience as enjoyable as possible for all of our wonderful diners.



We would enjoy meeting you. Please call (262) 783-5506 (24 hours in advance) to make some new friends. See you soon!

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00		
Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.		

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JANUARY 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p align="center">PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice</p>			<p>New Years' Day Holiday All Senior Dining Centers Closed No Meals Delivered</p>	<p>Swedish Meatballs Mashed Potatoes w/ gravy Green Peas and Carrots Bread/Butter Tapioca pudding Alt. Diet Pudding</p>
5	6	7	8	9
Hamburger on Bun Ketchup/Mustard Baked Beans Vegetable Blend Blueberry Muffin Fresh Fruit	Roasted Chicken Mashed Potatoes w/ Gravy Dilled Carrots Dinner Roll/butter Frosted Spice Cake Alt Plain Cake	Vegetable Lasagna Italian Vegetables Italian Bread/Butter Grapes Cookie Alt. Plain Cookie	Salisbury Steak Mashed Sweet Potatoes Brussels Sprouts Seven Grain Bread Chocolate Chip Cookie Alt. Banana	Glazed Ham Double Baked Potato Casserole Peas & Carrots Biscuit Frosted Spice Cake Alt. Pineapple Tidbit
12	13	14	15	16
Polish Sausage German Sauerkraut Buttered Potatoes Rye Bread / butter Ketchup & Mustard Oatmeal Raisin Cookie Alt. Raisins	Cabin Fever Day BBQ Pulled Pork on Whole Wheat Bun Creamy Coleslaw Potato Salad Brownie Alt. Lorna Doone	Green Pepper Casserole Whole Baby Carrots Garlic Bread Stick Fresh Orange Lemon Pudding Alt. Diet Lemon Pudding	Chicken Stroganoff Parsley Buttered Noodles California Vegetable Romaine Salad w/ Peppercorn Ranch Wheat Bread / butter Mandarin Oranges	Meatloaf w/Onion Gravy Scalloped Potatoes Stewed Tomatoes Sourdough Bread w/ butter Gelatin Alt. Fresh Apple
19	20	21	22	23
Martin Luther King Jr Fried Chicken Baked Sweet Potato w/ butter Creamed Spinach Cornbread Muffin/butter Pie Alt. Fresh Fruit	Boneless Pork Loin w/ Sage Gravy Rotini Noodles w/ gravy Harvard Beets Multi-Grain Dinner Roll w/ butter Fresh Banana	Baked Potato Stuffed with Taco Meat Southwest Style Corn Lettuce/Tomato Shredded Cheese Sour Cream Dinner Roll / butter Fresh Fruit	Old Fashioned Beef Stew w/ Mashed Potatoes Spinach Salad w/Raspberry Dressing Rye Bread / butter Apple Crisp Alt. Apple Slices	Roast Turkey w/Gravy Stuffing Country Vegetables Red Cabbage Slaw Dinner Roll / butter Butterscotch Pudding Alt. Banana
26	27	28	29	30
Cranberry Meatballs Roasted Red Potatoes Oriental Vegetable Blend Dinner Roll / butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Sweet & Sour Pork Brown Rice Maui Vegetable Blend Spring Mix w/Dressing Bread / butter Sliced Peaches	Chicken Marsala Whole Grain Pasta w/ Garlic Pesto Sauce Winter Veg Blend Italian Bread / butter Pineapple Pudding Alt. Fresh Pear	Pub Burger w/Onions Double Baked Potato Casserole Green Beans Dinner Roll / butter Orange Sherbet Alt. Fresh Orange	Healthy Baked Fish w/Tartar Sauce Macaroni & Cheese Crinkle Cut Carrots Broccoli Salad Rye Bread / butter Pineapple Tidbits



Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better.

All workshops meet weekly over a period of 6 (or 7) weeks. To ensure the workshop meets the highest level standards, each 2 (2 ½) hour workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a "healthy respect" for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week.

Next Class: Thursdays, January 8th-February 19th 2015 (7 weeks) *Plus* a 3 month class reunion

10:00 am – 12:00 pm (light snack included)

Location: **Galilee Lutheran Church**

N24 W26430 Crestview Drive

Pewaukee, WI 53072 (262) 691-2380

Registration Contact: Lee Clay at ADRC of Waukesha County (262) 548 - 7848

Class size limit: 18 participants

Cost: Donation accepted + \$15 ankle weight deposit requested

Fridays, January 9th- February 20th 2015 (7 weeks) *Plus* a 3 month class reunion

1:30 – 3:30 pm (snack included)

Location: **Steeple View Adult Community**

12455 Janesville Road

Muskego, WI 53150

Registration Contact: Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Class size limit: 18 participants

Cost: Donation accepted + \$15 ankle weight deposit requested

Mondays, January 12th-February 23rd 2015 (7 weeks)

plus a 3 month class reunion

1:30 – 3:30 pm (snack included)

Location: **Stony Creek Adult Community**

S. 69 W. 14142 Tess Corners Drive

Muskego, WI 53150

Registration Contact: Charleen S. (414) 422 - 4686

Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Class size limit: 18 participants

Cost: Donation accepted + \$15 ankle weight deposit requested

Tuesdays, January 13th-February 24th 2015 (7 weeks) *Plus* a 3 month reunion class

1:00 – 3:00 pm (snack included)

Location: **Life Enrichment Center**

1306 W. Wisconsin Ave

Oconomowoc, WI 53066

Registration Contact: Christy Ducklow (262) 244-6592

Class size limit: 18 participants

Cost: \$15 (room & refreshment) + plus + \$15 ankle weight deposit requested (if needed)

Thursdays, February 19th-April 2nd 2015 (7 weeks) *Plus* a 3 month class reunion **June 4**

2:00 – 4 pm (snack included)

Location: **St. William Catholic Church**

440 N Moreland Blvd

Waukesha, WI 53188

(262) 547-2763

Registration Contact: Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Class size limit: 18 participants

Cost: Donation accepted + \$15 ankle weight deposit requested

Healthy Living with Diabetes – This 6 week workshop is for any adult with pre-diabetes or type 2 diabetes as well as those adults living with someone who has diabetes or pre-diabetes. Participants will learn how to control their diabetes with monitoring, nutrition, exercise, and symptom management as well as how to talk with care providers to improve your health. This workshop does not replace your existing treatment... rather it complements it.

Next class, stay tuned



Living Well with Chronic Conditions – Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis and asthma, as well as Crohn's disease and depression are some examples of Chronic or Life Long Conditions. During this 6 week workshop you will learn practical ways to deal with complications that arise when you have a life long condition. You will Feel Better, Be in Control and Do the Things You Want to Do. Those who live with someone who has a life long condition will also benefit from this workshop.

Mondays January 12th—February 16th 2015 (6 weeks)

1:00 – 3:30 pm (refreshment included)

Location: **Life Enrichment Center**
1306 W. Wisconsin Ave
Oconomowoc, WI 53066

Registration Contact: Christy Ducklow (262) 244-6592

Cost: \$15 (room & refreshment) + *plus* + \$20 book deposit requested

Powerful Tools for Caregivers – Caregivers learn to how to care for themselves in this 6 week focused workshop. Physical, emotional and financial needs frequently occur during the caregiving period. This program helps caregivers learn to reduce stress, improve communication (both with the care receiver and others), set action plans and solve problems, as well as master caregiving transitions including making tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

Wednesdays, January 14th-February 18th 2015 (6 weeks)

10:00 – 12:30 pm Lunch provided by the Mukwonago Food Pantry

Location: **Mukwonago Food Pantry Resource Center**
225 Eagle Lake Avenue
Mukwonago, WI 53149

Contact: Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Cost: \$30 workbook deposit requested; free will donation accepted

Wednesdays February 25th-April 1st 2015 (6 weeks)

1:30 – 3:00 pm light snack provided by the OASC

Location: **Oak Hill Terrace**
1808 Kensington Drive
Waukesha, WI 53188

Contact: Debby Jenkins (262) 548-1457 or Lee Clay (262) 548 – 7848

Cost: \$30 workbook deposit requested; free will donation accepted

Eat Better Move More— (Presented in collaboration with Mount Mary University Dietetics Department students.) Eat Better Move More meets for 1 3/4 hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. Part 1 follows MyPlate guidelines and Part 2 follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+.

Tuesdays February 24th – May 5th 2015 (no class April 7th)

9:30 am – 11:30 am

Location: **Muskego Public Library**
573W16663 Janesville Rd
Muskego, WI 53150 (262) 971-2100

Registration contact: Muskego Public Librarian Samantha Stark (262) 971-2100

Cost: \$15 suggested donation for equipment and refreshment costs.

Tuesdays, February 24th – May 5th, 2015 (no class April 7th)

1:30 pm – 3:10 pm

Location: **St. James Church (cafeteria)**
W220 N6588 Town Line Rd
Menomonee Falls, WI 53051 (262) 251-3944

Registration contact: Pam Dennis Parish Nurse (262) 250 – 2663

Cost: \$15 donation for equipment and refreshment costs.

Healthy Eating for Successful Living—Healthy Eating for Successful Living in Older Adults is program for diverse community-living adults age 60 and older. The overall goal of Healthy Eating is to increase self-efficacy and general well being by improving participants' knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. This program uses the MyPlate method of nutritional guidelines and safe exercises to promote balance, strength, flexibility and endurance. These 2 ½ hour weekly lessons include goal setting, problem solving and self-monitoring to optimize individual behavior change.

Thursdays January 8th-February 12th 2015 (7 weeks) *Plus a 1 month reunion class:*

1:00 – 3:00 pm (snack included)

Location: **Life Enrichment Center**
1306 W. Wisconsin Ave
Oconomowoc, WI 53066

Registration Contact: Christy Ducklow (262) 244-6592, limit: 18 participants

Cost: \$15 (room & refreshment) + *plus* + \$15 ankle weight deposit requested (if needed)



Looking to Volunteer?

Compassionate and Caring Volunteers Needed

If you are a caring and compassionate individual looking to make a difference in the life of a senior, consider becoming a friendly visitor. Friendly visitors spend at least one hour a week visiting with a senior in need of a friend. Volunteers must be 18 years or older and hold a current valid driver's license. Training and mileage reimbursement provided.

For more details call the ADRC at 262-548-7829.



Are you a family looking to help out a neighbor? Are you a large group looking for service hours? Are you an individual who wants to give back to your community? We need your help! We need energetic volunteers to prepare the homes of seniors and adults with disabilities in Waukesha County for winter.

Volunteers are needed beginning with the first snowfall until April 2015. Volunteers will be matched with a senior or adult with a disability in their community to remove snow from their driveway and sidewalk. Details can be coordinated directly with the person you serve. Enjoy the crisp winter weather as you provide this needed service to an individual that is no longer able to shovel snow due to age or physical condition.

Contact Jo Jones 262-522-2404 or joj@interfaithwaukesha.org



Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild? **You are?! The ADRC has a group for you!**

Grandparents over age 55 are eligible to join this group if you are raising a grandchild under 19 years of age or a grandchild 19-59 years of age that has a severe disability. The Grandparent's Group can help provide support, networking, education and respite.

Monthly meetings are held where you can talk and network with other grandparents who are in a similar situation as you. Education is provided by guest speakers on topics that are chosen by the group, which will help them with their parenting skills. Respite is a break for the caregiver. This may include time at a summer camp for your grandchild or movie passes to have a fun family outing.

If this sounds like you or you know someone who is raising their grandchild, contact the ADRC at (262) 548-7848





ASK INA



Dear Ina,

I am on Medicaid, 64 years old, and have heard of a program where I may be eligible for a government subsidized cell phone. I can not afford a phone bill and have doctors I need to call for appointments. They also need to get in touch with me. Is there such a program? If so can you explain it to me?

Signed,
Desperately in Need of a Phone

Dear Desperately in Need of a Phone,

You are correct. There is a government subsidized program that could help you get a limited service cell phone. You are eligible because you are on Medicaid. People with Food Share, SSI (Supplemental Social Income), Federal Housing Section 8, TANF (Temporary Assistance to Needy Families), the low income Energy Assistance program or the National School free lunch program are also eligible.

You need to apply to receive a phone. To do this you can register online, or download an application to fax or mail it to the company to prove you are eligible. To prove eligibility, you would have to provide proof of income, or enrollment in an assistance program. One of the following documents would be needed:

- A current Federal Income Tax return
- A letter from unemployment/workman's compensation
- A payroll statement or current check stub from your job

A statement from the following: Health and Human Services Economic Support/Food Share Veteran's Administration, Social Security benefits.

Policy rules vary depending on phone provider, and state you live in. You will receive a cell phone, 250 minutes or more, text, call waiting and other features. The funding comes from Universal Service Fund Fee, charged on all land line and cell service.

Some of the major wireless providers that offer this program are AT&T, Verizon, US Cellular, Virgin Mobile and TracFone. There are also independent providers like SafeLink, Assurance, LifeLine, and Reachout Wireless. If a local service provider is unable to provide you with information on how to apply for phone service, please call the Public Service Commission at 1-800-225-7729.

Information used for the article was from the Public Service Commission. For more information online checkout <http://psc.wi.gov/utilityInfo/tele/usf/programs/lifeline.htm>. Or call the ADRC at 262-548-7369.



Parmesan Crusted Tilapia

- Olive oil
- 4 small or 2 large Tilapia fillets
- 1/4 cup bread crumbs
- 1/4 cup grated parmesan
- 2 Tbsp Italian seasoning
- 1 egg beaten



Heat large skillet over medium heat. Add 1/2-1 teaspoon olive oil per fillet to heat in skillet. Mix bread crumbs, parmesan and Italian seasoning together. Dip each Tilapia fillet in the beaten egg then into the bread crumb mixture. Set on a plate until all fillets are coated. Place all fillets in skillet at the same time. Take care to make sure fillets are not touching. Cook over medium heat until first side is brown, about 3-4 minutes. Flip and cook until second side is brown, another 3-4 minutes. Serve immediately.

2 servings

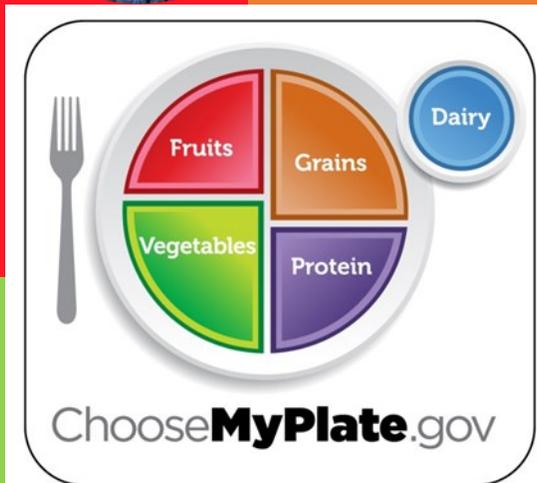
Healthy Snacks: You Choose Two



Fruits



Grains



Circle an item from two food groups to make a healthy snack.

One example, peppers with hummus dip, has been circled for you.

Other examples include:

- Yogurt topped with fruit
- Celery dipped in peanut butter
- Turkey slices on whole grain crackers



Vegetables



Dairy



Protein



UW Extension

Waukesha County

Nutrition Education Program

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para mas información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

The 12 Sites of Social Security

By Jeff Barta
Social Security District Manager in Waukesha, WI



Back by popular demand is our holiday favorite, “The Twelve Sites of Social Security.” It’s inspired by the popular traditional holiday song, “The Twelve Days of Christmas,” a holiday favorite since 1780. Play it again, Santa!

For the **first** site of Social Security, we give to you: our home page, www.socialsecurity.gov. It’s the place to go for all things Social Security. Everything you could want—from online services and benefit screening tools to publications and frequently asked questions—you can find easily on this site.

For the **second** site of Social Security, we give to you: answers to all of your Social Security related questions at our Frequently Asked Questions page at www.socialsecurity.gov/faq.

For the **third** site of Social Security, we give to you: an easy way to learn how to replace your Social Security card at www.socialsecurity.gov/ssnumber.

For the **fourth** site of Social Security, we give to you: an online application for retirement benefits that you can complete and submit in as little as 15 minutes, at www.socialsecurity.gov/applytoretire.

For the **fifth** site of Social Security, we give to you: five estimates of your future Social Security benefits! Or one, or as many estimates as you would like using different scenarios. Get instant, personalized estimates of your future benefits at www.socialsecurity.gov/estimator.

For the **sixth** site of Social Security, we give to you: a convenient way to apply for disability benefits at www.socialsecurity.gov/applyfordisability.

For the **seventh** site of Social Security, we give to you: an online application for Medicare that you can complete in as little as 10 minutes, at www.socialsecurity.gov/medicareonly.

For the **eighth** site of Social Security, we give to you: *Extra Help* with Medicare prescription drug plan costs. You can learn more and apply online at www.socialsecurity.gov/prescriptionhelp.

For the **ninth** site of Social Security, we give to you: our convenient publication library with online booklets and pamphlets on numerous subjects at www.socialsecurity.gov/pubs.

For the **tenth** site of Social Security, we give to you: services for people who are currently receiving benefits, such as the ability to replace your Medicare card, request a proof of benefits letter, or check your Social Security information or benefits. You can do these and other things at www.socialsecurity.gov/pgm/getservices-change.htm.

For the **eleventh** site of Social Security, we give to you: a way to get your Social Security forms online at www.socialsecurity.gov/online.

On the **twelfth** site of Social Security, (and we saved the best for last): open your own personal *my Social Security* account, which will enable you to verify your earnings, get future benefit estimates, obtain instant benefit verification letters, update your Social Security information, and more at www.socialsecurity.gov/myaccount.

And a partridge in a pear tree. Find it all (except the partridge and pear tree) at www.socialsecurity.gov.

January 19th is Martin Luther King Jr. Day

Martin Luther King Jr. Day is an American federal holiday observed on the third Monday of January each year, which is around the time of King's birthday. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transportation and for racial equality in the United States.

Dr. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. His most famous address was the "I Have a Dream" speech. He was assassinated in 1968.

Martin Luther King Jr. Day is seen as a day to promote equal rights for all Americans, regardless of their background. It is combined with other days in different states, for example, it is combined with Civil Rights Day in Arizona and New Hampshire. Non-essential Government departments observe this holiday and are closed, as are many corporations. Some schools and colleges close, but others stay open and teach their students about the life and work of Martin Luther King Jr. Small companies tend to remain open. Recent federal legislation encourages Americans to give some of their time on MLK Day as volunteers in citizen action groups.



SEE THE DREAM

This year, Waukesha County is part of a group of agencies planning an event to commemorate the late Dr. Martin Luther King Jr. The event is called "SEE THE DREAM". The program will focus on the life and legacy of Dr. Martin Luther King, Jr. The "SEE THE DREAM" program will feature a presentation, experiential exercise, and discussion. There will also be a free, light lunch served to all attendees. The event will take place on Martin Luther King, Jr. Day - Monday, January 19, 2015 from 11:30 a.m. – 1:00 p.m. at La Casa de Esperanza 410 Arcadian Ave Waukesha, WI and is open to the public.



Please join Waukesha County and La Casa de Esperanza for a free, exciting and thought-provoking event to celebrate and remember the efforts of Dr. Martin Luther King Jr. Please register for the luncheon at <http://business.waukesha.org/events/details/celebrating-remembering-the-legacy-of-dr-martin-luther-king-jr-4180> or by calling Carla Rodriguez at 262-548-7380.

"Everybody can be great, because everybody can serve."
- Dr. Martin Luther King, Jr.

Lifestyle Recommendations to Improve Brain Health and/or Lower Dementia Risk

Active and Healthy Lifestyle:

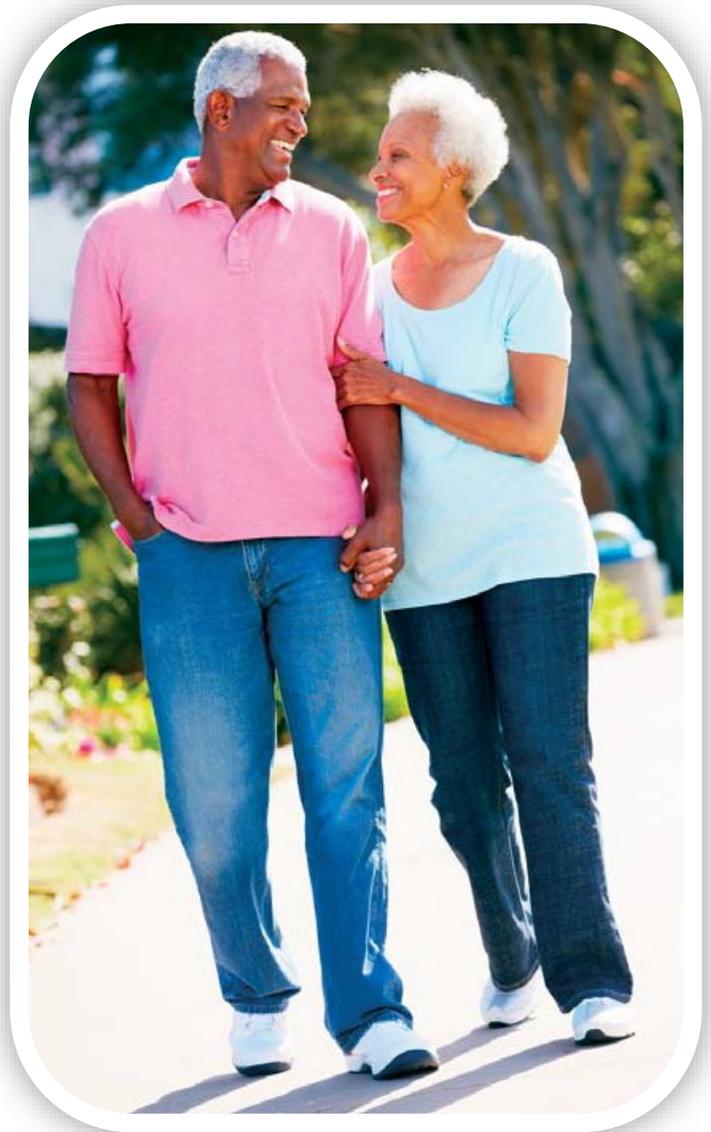
- 30 minutes a day of exercise that raises your heart rate and makes you breathe faster
- Follow a heart healthy diet
- Maintain a good weight
- Limit alcohol consumption
- Maintain a normal blood pressure
- Have regular checkups with your physician
- Keep stress, depression and anxiety levels low

Cognitive Activity:

- Make time for cognitively stimulating activities you have always enjoyed
- Add some new challenges
- Aim to engage in these activities several times/week
- Social interaction is a great way to stimulate the mind

Sleep Hygiene:

- Maintain a consistent bed and awake time
- Avoid napping or limit it to one consistent period earlier in the day
- Encourage daytime light exposure and keep sleep areas as dark as possible
- Avoid large meals, alcohol, caffeine and nicotine use close to bedtime
- Do vigorous exercise earlier in the day
- Keep bedroom quiet and a comfortable temperature



Lifestyle and environment are important determinants of a person's risk of developing Alzheimer's. Diet, exercise, stress, sleep and leisure activities cause changes in the brain that influence the likelihood that a

wai.wisc.edu

Visit us online for more information.



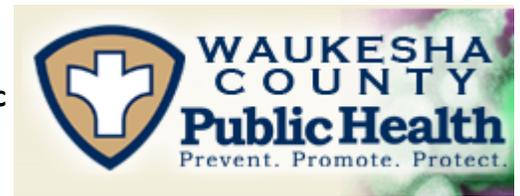
**Wisconsin
Alzheimer's Institute**

UNIVERSITY OF WISCONSIN

SCHOOL OF MEDICINE AND PUBLIC HEALTH

GLAUCOMA

By Esther Jensen Community Health Educator, Waukesha County Public Health



It goes without saying that our sight is very precious...

With January being **NATIONAL GLAUCOMA AWARENESS MONTH**, there is some information we all need to be aware of to help protect that gift of sight!

Did you know ...

- 2.7 million people in the U.S. over 40 years of age have glaucoma; estimates are that by 2030 this number will increase by over 50% more!
- There are **NO** early symptoms and glaucoma may lead to vision loss that is permanent, generally occurring in **BOTH** eyes.
- It is the *leading cause* of permanent blindness.

Glaucoma is a condition associated with a buildup of eye fluid, due to inability to circulate, causing blockage and increased pressure in the eye. It damages the optic nerve. It is often called the “sneak thief of sight”, because of lack of symptoms, and by the time loss of vision has occurred, there is no ability to reverse the damage. This is why it is so crucial to see your eye doctor regularly for a complete eye exam, at least every 1 – 2 years.

This condition, however, can be inherited, passing from parent to child. If you have a family history of glaucoma, you may need to visit the doctor more often.

Although everyone is at risk, there are certain groups of individuals that have a greater chance of developing glaucoma, in addition to family history. This includes older individuals (6X more likely if over 60), those of African American or Hispanic ancestry over 60 years of age, high myopia (nearsightedness), hypertension, diabetic or cardiovascular disease, blunt force injuries to the eyes, and possible high dose steroid use (i.e. for severe asthma control/inhalers).



Take care of yourself – there’s still so much to see out there!

To get more information on glaucoma and other eye conditions www.glaucoma.org

January 10th is Houseplant Appreciation Day

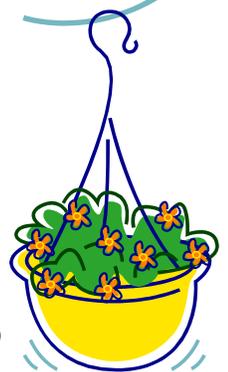
What’s quiet, clean, nice to look at, and never complains?

Chances are your first guess wasn’t a houseplant, but the reality is that houseplants are awesome, and January 10th is the day to take a moment and celebrate them in all of their glory. Be it a fern, a palm, or a cactus, humans have been keeping houseplants for as long as they have had houses, and with a little water, a little love and a little luck, they provide joy and beauty to any space.

How exactly should you celebrate Houseplant Appreciation Day? The possibilities are endless!

Maybe the houseplants you already have are looking a little drab – go ahead and prune or water them. If you are lacking in houseplants, it’s a great opportunity to pick one up for yourself or a loved one. Some people believe that talking to houseplants has a positive effect on their growth and foliage, so go ahead and tell them about your day. Even just breathing near them can have a positive effect, since plants radiate oxygen and thrive off the carbon dioxide we exhale.

When January 10th rolls around, be sure to give a “thank you” to a special houseplant in your life.





WINTER WONDERLAND



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

ARCTIC
 EARMUFFS
 HEATER
 LONGJOHNS
 QUILT
 SNOWFLAKE

BLANKET
 EGGNOG
 HIBERNATE
 MITTENS
 SHIVER
 STORM

BOOTS
 FIREPLACE
 ICE
 NIPPY
 SKI
 TURTLENECK

CHILLY
 FLEECE
 INSULATION
 OVERCAST
 SLED
 WIND

DRAFTY
 GLOVES
 JACKET
 POLAR
 SNEEZE
 WINTER



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you'd like to be removed
from this mailing, or would
prefer to receive our Newsletter
electronically, please call the
ADRC at (262) 548-7848