

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

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
(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

- Caregiver Open House
- Energy Assistance
- Alzheimer's Association
- Caregiver Corner
- Veterans Day



National Family Caregivers Month 2014

Take a break!

November is National Family Caregiver Month. If you provide care, oversight and assistance to a loved one you are probably a family caregiver. About one third of caregivers provide at least 40 hours of care per week. Some caregivers provide care to their loved one 24 hours a day, 7 days a week. For many caregivers, it may appear that there are insurmountable barriers preventing them from doing anything for themselves or just "taking a break." However, taking a break or using respite is exactly what is needed to maintain the ability to provide good quality care over a long period of time.

Respite is a program or service that is designated to provide family caregivers with "time off" or a "break" from their caregiving responsibility. There are programs available to help fund respite.

Respite Grants: The National Family Caregivers Support Program and the Alzheimer's Family Caregiver Support Program offer financial assistance for respite and other supplemental services to eligible caregivers.

Veteran Programs: Respite and other supplemental services may be available for those who are caring for a veteran who is eligible for those programs.

Long Term Care Programs: Provide funds for services that will provide respite and other services to help caregivers to keep eligible individuals in their homes in the community.

In addition there are multiple quality agencies or private individuals that will provide respite.

Caregiving for a loved one is rewarding and fulfilling. But it can also be physically and emotionally draining. That's why it is important for caregivers to seek occasional respite from their responsibilities. Whether it is for a few hours a week to run errands or a few weeks a year to take a much-needed vacation, respite care offers the chance to reduce stress, restore energy and keep your life in balance. So if you are a caregiver, make a plan to "take a break."

In celebration of Caregivers the ADRC of Waukesha County is having an Open House Celebrating National Caregivers Month on Wednesday November 12th. See Next page for details.





514 Riverview Avenue
Waukesha, WI 53188

Celebrating National Caregivers Month

OPEN HOUSE

Wednesday,
November 12, 2014
9:00 am to 2:00 PM

ADRC
514 Riverview Avenue
Waukesha, WI 53188

"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."

Rosalynn Carter

Come for one workshop or for the entire day!!

9:00-10:00 'Dear Diary'– Therapy in Writing-How journaling can help to relieve stress.

9:00– 10:00 Nutrition for the Caregiver.

10:00-11:00 Music and Memory-Create a personalized playlist of music for your care receiver.

10:00-11:00 Powerful Tools for Caregivers– Evidence based caregiver training.

11:00-12:00 Caregiver Connection– Hands on Workshop, bring your smartphone, tablet or laptop.

11:00-12:00 'Dear Diary'– Therapy in Writing-How journaling can help to relieve stress.

12:00-1:00 Memory Café/Caregiver Intermission—Social Groups for Caregivers and their Care Receivers- Lunch included. [Reservations required.](#)

1:00-2:00 Music and Memory- Create a personalized playlist of music for your care receiver.

1:00-2:00 Powerful Tools for Caregivers-Evidence based caregiver training.

Throughout the day ADRC Specialists will be on hand for an overview on how the ADRC can help you with information and referral. Our Dementia Care Specialist will conduct Memory Screening. You can also find out about volunteer opportunities and network with other caregivers.

Refreshments will be served throughout the day.

MEMORY SCREENING: WHAT IS IT?

It's a wellness tool to identify possible changes in memory and cognition. A preventative, healthy option for early detection.

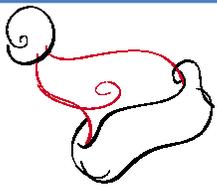
Used as a baseline of where a person is today and to monitor for changes in the future. This is not a diagnostic tool.

Takes 10 minutes of your time and results are shared with you immediately. Share this with your family physician and keep for future comparison.

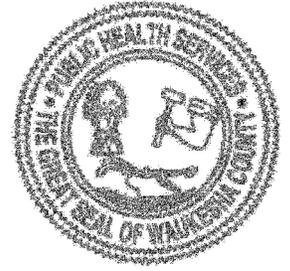
For more information or to register for the luncheon, please call the ADRC at

262-548-7848





TIPS FOR THE UPCOMING HOLIDAYS



The holidays can be a challenging time for families as they bring out the good and the bad in all of us. You can help promote a positive holiday experience for you and other family members, particularly elders, with a bit of advance planning. Some of the areas that can be improved are:

Managing Holiday “Blues” – It’s best to acknowledge if someone is feeling a bit blue, and explore some of the reasons behind it. Shedding light and sharing our feelings can help feel more in control of why these thoughts overpower at times. Ask preferences on how to celebrate, and encourage socializing and avoid isolation. Building some new memories through the creation of new holiday experiences can lead to positive outcomes.

Planning Holiday Schedules and Travel – If traveling is part of the plan, build in plenty of time for food stops and/or bathroom breaks – it is important not to disrupt schedules of eating, taking meds, and sleeping. Comfortable vehicles can be more “elder friendly” in long trips than others - consider this in planning. It can take longer for older individuals to readjust at times resulting in undesirable side effects. If one has some dementia, traveling and changes in the environment can be very disorienting.

Holiday Meals – small details can help make family meals more enjoyable for all. It is best to seat an older adult in a quieter location where they have less disruption, and easy access to a bathroom. Help facilitate conversation by limiting background noise or music, particularly if the individual has difficulty hearing – address them by name. It can be helpful to designate a “dining partner” who can be seated near the individual to help with any needs, and may help in preparation of the persons’ plate choices or restrictions. Be aware of alcohol consumption that may not mix well with any medication being prescribed, and may increase the effects of one drink.

Seasonal Activities - Include young and old in the holiday preparations, taking their interests and abilities into consideration. Food preparation can be enjoyable, from offering a hand in peeling, to mixing, to folding napkins. Decorating or sending out cards are activities that can be done together and keeps family and friends connected. Attendance at community events (such as a tree lighting or musical performances) is another good way to celebrate. Of course, checking on handicapped access is recommended beforehand if an individual requires it.

It is not uncommon for family members to recognize that a loved one is experiencing some memory loss or health issues during these family gatherings – possibly because they do not have as much contact with that person regularly. If this occurs, it is important to get the individual to their physician, and offer to drive and/or accompany them to the appointment.

HAPPY HOLIDAY SEASON TO ALL!

From Esther Jensen Community Health Educator Waukesha County Public Health Division

Upcoming class schedule

Evidence Based Health Promotion Program

Powerful Tools for Caregivers

Friday November 7th – Friday December 19th (no class November 28th)

9:30 am – 12 noon - light snack offered

Location: Oconomowoc Area Senior Center

210 S. Main Street

Oconomowoc

(262) 567-4288

Register: Oconomowoc Area Senior Center – (262) 567-4288

Questions: Lee Clay, ADRC of Waukesha County—(262) 548 – 7848

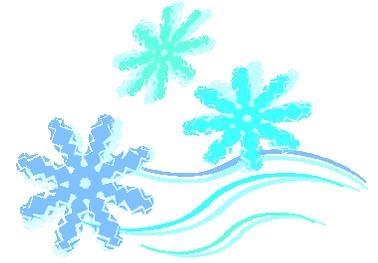
Cost: First 12 participants free with \$30 workbook deposit to be returned upon return of workbook

Transportation and respite possible – must request prior to workshop.





10 symptoms of caregiver stress



1. **Denial** about the disease and its effect on the person who has been diagnosed.
I know Mom is going to get better.
2. **Anger** at the person with Alzheimer's, anger that no cure exists or anger that people don't understand what's happening.
If he asks me that one more time I'll scream!
3. **Social withdrawal** from friends and activities that once brought pleasure.
I don't care about getting together with the neighbors anymore.
4. **Anxiety** about the future.
What happens when he needs more care than I can provide?
5. **Depression** that begins to break your spirit and affects your ability to cope.
I don't care anymore.
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks.
I'm too tired for this.
7. **Sleeplessness** caused by a never-ending list of concerns.
What if she wanders out of the house or falls and hurts herself?
8. **Irritability** that leads to moodiness and triggers negative responses and actions.
Leave me alone!
9. **Lack of concentration** that makes it difficult to perform familiar tasks.
I was so busy, I forgot we had an appointment.
10. **Health problems** that begin to take a mental and physical toll.
I can't remember the last time I felt good.

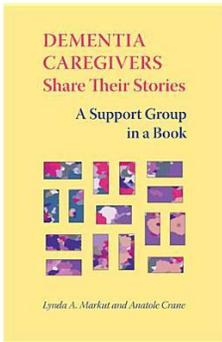
Tips to manage stress

If you experience signs of stress on a regular basis, consult with your doctor. Ignoring symptoms can cause you physical and mental health to decline.

- Visit your doctor regularly.
- Watch your diet, exercise and get plenty of rest. Take care of yourself. Making sure that you stay healthy will help you be a better caregiver.

Know what resources are available.

Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Check out the Alzheimer's Association online [Community Resource Finder](#) at www.alz.org or contact [your local Alzheimer's Association chapter](#) for assistance in finding Alzheimer's care resources in your community at 800.272.3900.



Dementia Caregivers Share Their Stories: A Support Group in a Book

by [Lynda A. Markut](#), [Anatole Crane](#)

Replete with the powerful words of experienced caregivers, "Dementia Caregivers Share Their Stories" is an essential guidebook for anyone who must attend to the needs of a loved one diagnosed with Alzheimer's disease or another form of dementia. In these pages, members of caregivers' support groups - representing twenty-six families and a variety of professions and income speak candidly about the challenges they have faced at every step in the caregiving process, from recognizing early symptoms of dementia to dealing with its advanced stages.

Get help.

Trying to do everything by yourself will leave you exhausted. Seek the support of family, friends and caregivers going through similar experiences. Tell others exactly what they can do to help. The Alzheimer's Association 24/7 Helpline (800.272.3900), [online message boards](#) and [local support groups](#) are good sources of comfort and reassurance.

Use relaxation techniques.

There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:

- Visualization (mentally picturing a place or situation that is peaceful and calm)
- Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
- Breathing exercises (slowing your breathing and focusing on taking deep breaths)
- Progressive muscle relaxation (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end)

Get moving.

Physical activity— in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, like gardening or dancing.

Make time for yourself.

As a caregiver, it's hard to find time for yourself, but staying connected to friends, family and activities that you love is important for your well-being. Even if it's only 30 minutes a week, carve out a pocket of time just for yourself.

Become an educated caregiver.

As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers [programs](#) to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's.

Take care of yourself.

Visit your doctor regularly. Watch your diet, exercise and get plenty

Caregiver Corner

When did you first identify yourself as a family caregiver?

I first identified myself as a caregiver when my mom was no longer able to manage her bills and was sending out checks to many various charities month after month. I was still her daughter at this time, but this is where my caregiver journey began.

You enrolled your mom in an Adult Day Care center while she was living in your home. Many people feel that their loved one won't enjoy an Adult Day Care center. Can you tell us about your experience with this and how it helped you as a family caregiver.

My mom was a typical homebody; throughout her entire life she was never very social. As her disease progressed I knew it was time for me to look into alternative options for her during the day while I was at work. I knew she would not want to go to an Adult Day Care center so I told her that she was going there to volunteer. She started by going one day per week and as her disease continued we began to add days. To my surprise she loved going to the day center, and I knew she was safe while I was at work.

What were some of the most difficult aspects of being a caregiver for someone with dementia?

The difficulties for me came in stages. During the early stages of her disease it was the constant repeating of things. That was trying, even though I knew she was asking over and over again because she didn't remember, it was difficult for me to answer her over and over.

During the moderate stage my mom began to have some obsessive-compulsive behaviors. All of the dishes had to be washed and put away, the carpet had to be vacuumed every night because if there was any spec on the carpet she would try to pick it up, often resulting in a fall because she would forget to use her walker. The falls began to be more frequent, to the point that I either slept with a baby monitor on so I could hear her, or I would sleep in the same room as her. This was point in the relationship when I felt I was no longer her daughter I was 100% a caregiver.

The late stages were difficult because I had to make the decision to place my mom in a nursing home. I knew that I could no longer keep her safe and give her the care she needed. As difficult as this was it was the best decision for both of us. She was no longer safe and I was tired mentally and physically.

You eventually had to make the choice to move your mom into a nursing home. Can you tell us how you made this choice and the emotions you felt?

As I stated earlier I knew I had to make the choice to place my mom after her falls became more frequent and I knew I could no longer keep her safe at home. I also knew that I was starting to fail mentally and physically due to lack of sleep and trying to juggle full time caregiving with a full time career. It took me months to make this decision because I had promised my mom that I would never put her in a nursing home and I struggled emotionally with this. I would ask myself if I was just being selfish by putting my needs before the promise I made her. It was the most difficult decision to make but it saved us both and in the end I got to be her daughter more often than I had been in years and we were able to enjoy our time together.

How did you make your time with your mom memorable?

I was very active in activities and events at the Adult Day Care center and the Nursing Home. I took many pictures and now have those moments and memories forever.

What advice do you have for family caregivers?

Caregiving can be very rewarding if you can keep your health and your loved ones health in perspective. As a caregiver I always thought that no one could provide the care as well as I could, no one knew my mom as well as I did. However, through my journey I found out that I'm not a super hero; I got tired, ill and even felt trapped. No matter if you're a spouse, or daughter or son as a caregiver you have to know your limits on the care you are emotionally and physically able to provide. You have to remember to pay attention to you!



Waukesha County Dementia Care Specialist

As the Dementia Care Specialist for Waukesha County I would like to introduce myself and make you aware of some of the programs and services I will be working on.

The main goal of the State of Wisconsin's Dementia Care Specialist program is to support and educate people living with Alzheimer's disease and other related dementias, the family and loved ones of people living with the disease, and community members.

The Waukesha County dementia care specialist program has three main goals:

- 1. Create a Dementia Capable ADRC.** In 2014 we will be focusing on educating the ADRC staff on the role of the Dementia Care Specialist; strengthening our Information and Referral Process; promoting community awareness and access to services; coordinating care, and assisting people and their families throughout the disease process
- 2. Develop a dementia friendly community.** In 2015 we will focus on collaborating with community partners to develop a dementia friendly community by increasing awareness in the community of dementia and work with law enforcement to provide additional training through the Crisis Intervention Team.

Provide opportunities for people with dementia to remain in their homes. This involves early identification and caregiver support. **One additional benefit to the community is that the ADRC will offer memory screens.** The memory screen consists of questions and tasks designed to screen for memory, language skills, and thinking abilities. While a memory screening is not the same as a memory evaluation, it can be a helpful test to indicate if further follow up is needed. Results will be reviewed with the individual being screened and suggestions will be provided as to whether the person should follow up with a physician. The memory screen appointment offered at the ADRC takes approximately 15-20 minutes. The screenings are held in a confidential manner. Please call (262) 548-7848 and ask for an appointment for a memory screen.

I look forward to working with the staff and community to make Waukesha County a Dementia Aware Community. Please look to future newsletters for additional programs and services available in our community.

Vicki Beduze

Waukesha County Dementia Care Specialist



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. Sign up your

family, congregation, community group or business for Fall Yard Clean Up today. You pick the day (between October 18 through November 16th) and we coordinate the rest. You will be placed in a location that you want to help out in. You will also be able to help out with as few or as many houses as your or your group wants to help with. This is a completely flexible position. It's just that easy, and the homeowners truly appreciate your help!

Volunteers are also needed beginning with the first snowfall until April 2014. 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)



INTERFAITH
SENIOR PROGRAMS
— Faith In Action —

Veterans Day

Veterans Day is an official United States Holiday that honors the men and women who have served in the U.S. Armed forces.

On November 11, 1919, U.S. President Woodrow Wilson first proclaimed Armistice Day. This marked the anniversary of the end of World War I, then known as the Great War. The Armistice was declared the 11th hour of the 11th day of the 11th month in 1918. United States Congress passed a resolution seven years later requesting President Calvin Coolidge to issue a proclamation observing the November date with appropriate ceremonies. On May 13, 1938, November 11th was declared a legal holiday. The proclamation read: "A day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day'".

In 1945, World War II veteran Raymond Weeks of Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Weeks' delegation enlisted the help of Gen. Dwight Eisenhower, who supported the idea of National Veterans Day. Weeks also led the first national celebration in 1947 in Alabama.

United States Representative Ed Rees from Kansas presented a bill establishing the Holiday through Congress. The bill was signed into law by President Eisenhower on May 26, 1954. It was amended on June 1, 1954, replacing *Armistice* with *Veterans*.

Since it is a Federal Holiday, some schools and businesses may be closed. Non-essential federal government offices, Postal Offices and banks are closed.

At Arlington National Cemetery, a wreath is laid at the tomb of the Unknown Soldier.

Free meals for Veterans are offered in many fast food and casual dinner restaurant chains.

The date of November 11th helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

(Information taken for article by Wikipedia and United States Department of Veterans Affairs)



[Meet our Veteran's Department](#)

It is the mission of the Waukesha County Department of Veteran's Services to advocate for and provide assistance to all of the U.S. Armed Services, their dependents and survivors.

Phone: 262-548-7732

Fax: 262-896-8588

Hours of Operation:

Monday through Friday

8:00 AM—4:30 PM





From the Desk of Your Benefit Specialist

Energy Assistance Programs in Wisconsin



There are several ways to obtain assistance if you are unable to afford your heating bills this winter. Most power companies offer budgeting plans so consumers can spread out the high costs of winter heating throughout the year. Contact your energy provider for details.

Another source of help with winter heating bills is WHEAP, the Wisconsin Home Energy Assistance Program. Applicants must meet income eligibility limits which have been set at 60% of state median income levels. For the 2014-2015 heating season, the gross income limit for a single person is \$2096 per month. The limit for a couple is \$2741 per month. Applicants to the program must provide information including proof of household income, Social Security cards, a current energy bill, and a rent statement or letter from landlord that confirms heat is included in rent. There may be other factors that affect eligibility, but if your income falls below the above guidelines and you need assistance, you should apply.

WHEAP will provide a one-time payment during the October 1st to May 15th heating season for either heat or non-heat electricity. The payment will only cover a part of the heating costs. The amount received will depend on household size, income, and heating costs. Assistance is available whether you heat your home with wood, propane, electricity, fuel oil or natural gas. The payment is generally sent to the energy provider.

WHEAP may also be able to provide assistance if a furnace breaks down during heating season. Assistance with either repair or replacement costs is available in many counties.

Another service offered by WHEAP is weatherization assistance for homes. The goal of this program is to reduce heating costs. Energy auditors are sent out to homes to determine what is needed. Assistance can come in the form of insulation, replacement of old, inefficient refrigerators or water heaters, and reduction of air leakage.

Contact your local WHEAP Agency for more information or to apply for assistance. For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call 1-866-HEATWIS (432-8947), or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency. The number for Waukesha County is 1-800-506-5596.

MEDICARE OPEN ENROLLMENT PERIOD

Medicare Part D and Medicare Advantage Plans can change their premiums, covered drugs, and other plan details each year! Be sure to review your current plan. Use this period to make sure you are in a plan that works best for YOU!

This is also a good time to determine if you may be eligible for one of the Medicare related programs designed to help people with limited income and assets!

For assistance with plan comparisons or benefit questions, please contact a Benefit Specialists at the ADRC of Waukesha County at:

(262) 548-7848



ASK INA



Dear Ina,

My parents are aging and are no longer able to care for my 50 year old brother with Down's Syndrome. They have always provided for him without any outside assistance. How do we get help for him and them?

Worried Sister

Dear Worried Sister,

The first step is to apply for a disability determination. If your brother has not yet been determined as disabled by the Social Security Administration (SSA). Social Security should have staff available to assist you with this process. If they are unable to provide assistance the ADRC has Disability Benefit Specialists on staff that can help you with the application process and answer questions you may have. You will need medical documentation to support his diagnoses. A disability determination may provide him with his own income and possibly make him eligible for health insurance benefits through Medicaid, Medicare, or both.

The State of Wisconsin has publicly funded Long Term Care programs that may be able to help cover the cost for in-home care supports or supportive care environments such as Adult Day Care centers, and Assisted Living Facilities or Adult Family Homes. To access the publicly funded programs you will need to contact the ADRC to request an assessment, called a Functional Screen. The Functional Screen determines functional eligibility for Family Care. If your brother is not enrolled in Medicaid at the time of the Functional Screen your ADRC case worker can assist you with applying for Medicaid and can help you understand the care options that may be available.

Your brother may need an evaluation to determine whether he is capable of making his own decisions. If he has cognitive limitations and is determined to be unable to make decisions on his own behalf he may need guardianship. Guardianship is a legal process of determining competency and assigning a decision maker. A guardian could be your parents with a backup for who will replace them if they become unable to continue to make decisions on his behalf, or a sibling may be selected for more consistency for your brother as he and your parents continue to age. Guardians can be established for Estate and/or Person depending on need. Attorneys specializing in guardianships and estate planning are available to assist with planning for aging adults and adults with disabilities.

A consideration when working with an attorney is to discuss a special needs trust that can be set up to handle any inheritance your brother may receive. In Wisconsin special needs trusts are called WisPact Trusts. They are set up to provide payment for services and goods beyond what publicly funded assistance programs can provide.

For more information or further assistance on how the ADRC can help you with planning and options for your brother and your parents call the ADRC Monday through Friday 8 to 4:30.

Ina

Waukesha Celebrities to Live On \$3.89 Worth of Food for 3 Days



Waukesha County Nutrition Coalition celebrated its 20th anniversary during October. Several local celebrities pledged to live on only \$3.89 worth of food a day for 3 days as a part of the SNAP-challenge. "SNAP" stands for the Supplemental Nutrition Assistance Program and is referred to in Wisconsin as the FoodShare Program. \$3.89 is the average Food Stamp Program benefit level in Wisconsin. Our local celebrities participated in this challenge to experience first-hand the difficulties of stretching their food dollar.

Participating celebrities included City of Waukesha Mayor Shawn Reilly, District Attorney Brad Schimel, Alderman Aaron Perry, Paco Sanchez from Workforce Development, and Superintendent of Waukesha Schools Todd Gray to name a few.

The goal of the SNAP-challenge was to highlight the Waukesha County Nutrition Coalition and its member agencies who work together to increase availability of healthy, nutritious foods. Since 1994, the coalition has provided networking opportunities for non-profit agencies, congregations, and government agencies to improve efficiencies in dealing with hunger and food insecurity in Waukesha County.

On October 1st, The Waukesha County Nutrition Coalition accompanied our local celebrities at the Meadowbrook Sentry Grocery Store to purchase food items they were to use during their 3-day challenge. On October 28th, the Nutrition Coalition hosted a 20th anniversary event at Easter Seals in Waukesha where they highlighted the Waukesha County Nutrition Coalition and showcased a video documentation of participants' experiences during the 3-day SNAP-challenge.

Keep Thanksgiving Leftovers Fresh and Safe

Store Within Two Hours!

After eating that big Thanksgiving meal, the distance from the table to the couch seems like miles! While it is tempting to rest first, food stays safest if it is stored in the refrigerator within two hours. The best way to ensure a safe leftover meal is timely food storage!

When in Doubt, Throw it Out!

If you don't know how long a food item has been in the refrigerator, it is best not to eat it. If it smells different, is discolored or the texture has changed, it is safest not to eat it.

Seal It For Freshness!

Store food in air-tight containers in the refrigerator. Many germs thrive with a steady supply of oxygen. Don't let them get to your food! Divide large quantities of food into smaller containers to help it cool faster.

Reheat Before You Repeat!

Reheating can help keep food safe and kill germs. If using a microwave, stir the food mid-way through heating to ensure that all parts of the food are evenly heated. If you have a food thermometer, ensure the food reaches an internal temperature of 165°F.

Cranberries

Fresh cranberries can be stored for up to 2 months in the refrigerator



Turkey

Cooked turkey can be stored for 2 to 3 days in the refrigerator



Pumpkin Pie

Pumpkin pie can be stored for 2 to 3 days in the refrigerator



Mashed Potatoes

Leftover mashed potatoes will last for 3 to 4 days in the refrigerator



Stuffing

Poultry stuffing can be stored for 3 to 4 days in the refrigerator



Use these storage times for your favorite Thanksgiving dishes!

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

Hello From the Sussex Senior Dining Center

On behalf of all the wonderful people of Sussex I would like to welcome you to the Sussex Senior Dining Center. My name is Nick, I am the dining manager here. There are many kind volunteers that are looking to make your dining experience a good one. They like to greet everyone with a smile and kind "Hello."

The dining center is located in the Sussex Community Center. I collaborate with Jean, Sussex Community Center Senior Program Coordinator, to provide a well rounded enjoyable experience.

We enjoy having parties and look for many things to celebrate throughout the year. A couple times a year we coordinate to have entertainment during the lunch hour. We have a couple parties coming up. We have a Veterans Day sing-a-long. Our holiday lunch is scheduled for Wednesday December 17 and will include entertainment.



When you come for one of the many activities at the community center please join us for lunch before or after. Some of the activities include bingo, Sheepshead, dominos, various card games, bridge, basket weaving, and crocheting.

Please remember to call me, 262-246-6747, 24 hours in advance for a reservation to join us for a well balanced lunch and enjoyable time.

We look forward to seeing you.

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia
Brookfield Community Center
2000 North Calhoun Road

Mukwonago – 363-4458 - Anna
Birchrock Apartments
280 Birchrock Way

Oconomowoc – 567-5177 – Penny
Oconomowoc Community Center
220 West Wisconsin Avenue

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 NOVEMBER 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Hamburger on a bun w/ mustard and ketchup Baby Red Potatoes/ Butter Coleslaw Brownie Alt. Diet Cookie	ELECTION DAY BBQ Chicken Broccoli Potato Salad Bread/Butter Coconut Cream Pie Alt. Diet Pudding	Italian Meatloaf Baked Sweet Potato W /Butter Marinated Vegetable Salad Bread/Butter Peanut Butter Bar Alt. Vanilla Wafers	Swedish Meatballs in Gravy Egg Noodles w/ gravy Green Peas & Carrots Italian Bread/Butter Frosted Spice Cake Alt. Plain Cake	Baked Cod Tartar Sauce Au gratin Potatoes Creamy Cucumbers Rye Bread/butter Lemon Pudding Alt. Diet Pudding
10	11	12	13	14
Swiss Steak w/ diced tomato sauce Egg Noodles California Blend Vegetables Bread/butter Lime Seafoam Gelatin Alt. Diet Gelatin	VETERANS DAY Roast Beef and gravy Baked potato w/ butter and sour cream Broccoli salad Fresh fruit Brownie	Pork Cutlet Brown Rice w/ sauce Cooked Spinach Dinner Roll w/ butter Apple, Cranberry, Orange Compote	Vegetable Lasagna Tossed Salad Italian Dressing Italian Bread/Butter Fresh Pears Frosted Spice Cake Alt. Plain Cake	BBQ Pork on Bun Hashbrown Casserole Creamy Coleslaw Cantaloupe Ice Cream Alt. Diet Pudding
17	18	19	20	21
Navy Bean Soup Saltine Crackers HDM: Three Bean Salad Ham and cheese on Kaiser Roll Mustard/Mayo packet Potato Salad Cookie Alt. Diet Cookie	Italian Sausage w/ Marinara Sauce Bow Tie Pasta Vegetable Blend Apple/Caramel Dessert Bar Peaches Alt. Lorna Doone	GIVING THANKS Roast Turkey / Gravy Sage Dressing / Gravy Cranberry Sauce Green Bean Casserole Dinner Roll/Butter Pumpkin Pie / Whipped Topping	Beef Macaroni Casserole Green Peas Seven Grain Bread Butter Fruit Cocktail Lime Gelatin With Pears Alt. Diet Gelatin	Pork Roast w/ gravy Baby Red Potatoes with Butter Cucumber Salad Rye Bread/ Butter Frosted Lemon Cake Alt. Diet Cake
24	25	26	27	28
Sweet & Sour Chicken Brown Rice Green Peppers, Onion and Pineapple Chunks in Sweet & Sour Sauce Apricots Dinner Roll w/ Butter Fortune Cookie	Turkey Ala King over Biscuit/Butter Broccoli Spiced Apple Rings Cranberry Oatmeal Bar Alt. Fresh Fruit	Baked Ham Scalloped Potatoes Green Peas Bread/Butter Frosted Chocolate Cake Alt. Plain Angel Food	THANKSGIVING HOLIDAY NO MEALS SERVED	CLOSED NO MEALS SERVED

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED

ALT= LOW SUGAR ALTERNATIVE

Menu subject to change without notice



We Are Grateful to our ADRC Volunteers

This is the time of year many people focus on Thanksgiving and gratitude. The ADRC is grateful to all the volunteers who help seniors and individuals with disabilities in so many different ways. So far this year an ambitious team consisting of 696 individual volunteers helped to provide over 23,000 service hours to the ADRC. We are so thankful to them for selflessly giving of their time and talents. Drivers delivering meals to homebound seniors living in Waukesha County. Senior dining assistants helping serve and pack meals for seniors. Friendly visitors matched with older adults who may not have family or friends nearby offer friendship and compassion. Courthouse greeters assisting customers throughout the county courthouse complex. Office volunteers helping with data entry, mailings, packet assembly and the many things that help our office tick. Benefit Specialist volunteers working to help consumers cut through the “red tape” and assist with the enrollment of Medicare Part D. Volunteer guardians help make decision for seniors that are unable to make decisions for themselves, and Eldereach volunteers assisting with the yearly assessment for home delivered meals.



In addition, the ADRC works closely with various groups that provide services to Waukesha County seniors throughout the year. These groups and their members include local paramedics providing blood pressure clinics in our senior dining centers. Church or scout groups that provide holiday gifts bags to seniors receiving home delivered meals.

The Aging and Disability Resource Center is extremely thankful to all these wonderful volunteers as they provide the necessary services to help promote independence and improve quality of life for seniors and individuals with disabilities living in Waukesha County. To find out more visit our website www.waukeshacounty.gov/adrc and click on the volunteer tab.



Looking to Volunteer?

Are you looking for an opportunity to give back to your community and help a senior? The ADRC is looking for home delivered meal drivers in the cities of Waukesha and Mukwonago. Home delivered meal drivers deliver meals to home bound seniors over the lunch hour from 11:00-1:00. Drivers are reimbursed for their gas mileage. Help out once a week or twice a month.

If interested call 262-548-7829 or consult the volunteer tab on our website at www.waukeshacounty.gov/adrc





The Wonder of Caregivers

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

ALZHEIMERS
CARING
GIVING
INVOLVED
NEEDED
SUCCESS
THOUGHTFUL

APPRECIATE
DEDICATED
HELP
LISTENING
PLANNING
SUPPORT
UNCONDITIONAL

CAREGIVING
FAMILY
HOSPICE
LOVED
RESPECT
THANKFUL
WORRY

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