

**Aging & Disability
Resource Center of
Waukesha County**

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Waukesha, WI 53188

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www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, (262) 547-3388,
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:

The "Reverse Gift List"
Gift Ideas for the Holidays
Evidence Based Programs
Traveling in 2016
Dental Coverage
Junk Mail



Happy Holidays..

FROM THE ADRC CONNECTION

December Traditions Around the Globe



There are many traditions around the world that are observed during this time of year. Learning about these customs and rituals can add authentic spice—and meaning—to your season.

Christmas celebrations in the USA are similar to ones in the UK, France, Italy, Netherlands, Poland, Germany and Mexico. Christmas has both secular and religious traditions from all parts of the globe reflecting various cultures and beliefs. The word Christmas is derived from the phrase "Mass of Christ." Christians celebrate this as a remembrance of the birth of Jesus Christ. Many people put up Christmas trees, decorate their homes, visit family and friends, and exchange gifts.

Decorating evergreen trees has always been a part of the German winter solstice tradition. In the 1820's the first German immigrants decorated Christmas trees in Pennsylvania, introducing the tradition to North America.



Named after Joel R Poinsett, the poinsettia is another popular holiday plant. He brought the plant from Mexico to the US.

England helped to popularize the tradition of sending Christmas greeting cards in the late 1830's. Caroling also began in England.



Let's not forget the gift givers. In France he is known as 'Pere Noel.' In Western Europe it is 'Christkind.' In the United States his name began as 'Kris Kringle,' then became 'Santa Claus' from a Dutch variation of 'Sinterklaas.' St. Nicklaus is often interchangeable with Santa Claus. In the United Kingdom (UK) he is known as Father Christmas, a character from an old children's story. In other countries, the giving and receiving of gifts is reminiscent of the Three Wise Men presenting the infant Jesus with gold, frankincense and myrrh.

England is one of the countries which celebrates Boxing Day on December 26th. This is the day when the 'alms box,' collection boxes for the poor, was opened so the contents could be distributed among those in need. These days, England also celebrates by playing sports, particularly horse racing and football (soccer) matches.

Kwanzaa is a seven day festival that celebrates African and African-American culture. The name comes from 'matunda ya kwanza' which means 'first fruits' in Swahili. During Kwanzaa, a candleholder called a kinera is used. A kinera has seven candles. Every night a candle is lit, each representing the seven principles of Kwanzaa; unity, self-determination, cooperative economics, creativity, collective work and responsibility, purpose, and faith.

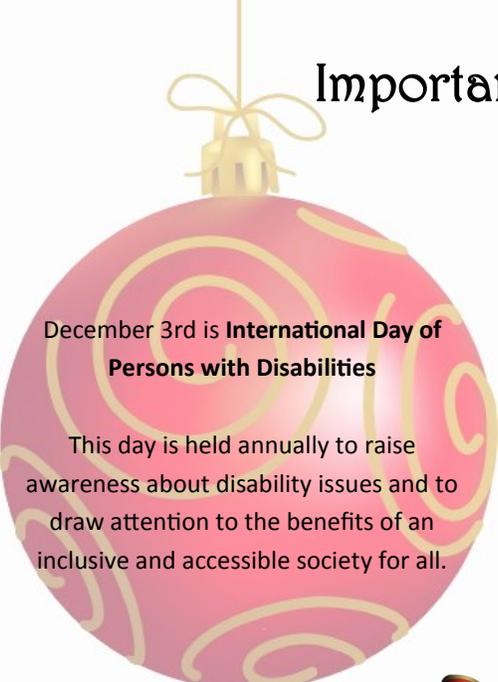


Hanukkah is the Jewish Festival of Lights. Hanukkah means dedication. Hanukkah lasts for eight days and every year the dates are different. In 2015, Hanukkah starts from the evening of December 6th and continues to the evening of December 14th. Each night a candle is lit in the menorah until all are lit and prayers are offered. The menorah is placed in the front window of

houses so passing people can see the lights and remember story of Hanukkah. Presents are given each night. Food is an important part of the holiday.

No matter how you celebrate, have a safe and happy holiday season from the ADRC.

Important Dates in December



December 3rd is **International Day of Persons with Disabilities**

This day is held annually to raise awareness about disability issues and to draw attention to the benefits of an inclusive and accessible society for all.



December 10th is **Human Rights Day**

Human rights are the fundamental rights which every living person is entitled to, and are considered to be universal rights or laws regardless of age, gender, ethnicity, country or time. **Human Rights Day** encourages greater awareness of human rights, and promotes the continuing struggle to ensure that all people have access to life's basic necessities.



December the 6th is **St. Nicholas Day**

Yes, there really was a Christian named Saint Nicholas. He lived in the country of Greece, just a couple hundred years after the birth of Christ. This day is in honor of Saint Nicholas and his life.

Saint Nicholas became a priest, and later, a Bishop of the early Catholic Church. True to the Christian concept of giving up belongings and following Christ, St. Nicholas gave up all of his belongings. He was well known for giving to needy people, especially children. There are many stories and tales of him helping out children in need. The practice of hanging up stockings originated with Saint Nicholas.



December 7th is **Pearl Harbor Day**

Pearl Harbor Day, commemorates the Japanese attack on the U.S. Naval base at Pearl Harbor. The attack began at dawn December 7, 1941. It crippled the U.S. Pacific Fleet, and caused the U.S. to enter World War II.

During the attack at Pearl Harbor, over 2,400 American servicemen and 68 civilians were killed. Five of the eight battleships at Pearl Harbor were sunk or sinking, and virtually all ships were damaged.

On Pearl Harbor Remembrance Day, U.S. flags are to be flown at half staff.

On December 8, 1941 President Franklin D. Roosevelt stated in a speech to Congress it was "...a day that will live in infamy". The U.S. then declared war on Japan.



December 18th is **Ugly Sweater Day**

Lurking in the murky depths of many people's wardrobes is a colorful, brash and (in most cases) highly embarrassing novelty Christmas jumper which, were it not for **Ugly Christmas Sweater Day**, would probably never see the light of day. Launched in 2011, this annual celebration, which is growing in popularity every year among adults and children, is not simply an excuse to parade humiliatingly-unfashionable seasonal knitwear featuring Rudolph, Christmas puddings and Frosty the Snowman; it is a light-hearted and enjoyable fundraising event with a serious aim in aid of Save the Children. Christmas jumpers are donned in schools, colleges and offices to raise money for the global charity that works to combat premature death among children from easily preventable diseases.

December 24th is **National Chocolate Day**

And to celebrate, here is a delicious hot chocolate recipe that is sure to warm you up on a cold, winter's night!

- 8 ounces milk
- 1 Tbsp cocoa powder
- 1 & 1/2 Tbsp sugar

Heat 2-3 ounces of milk in a microwave safe mug for 25 seconds on high. In separate mixing vessel stir together the cocoa powder and sugar together. Pour the cocoa mix into the warmed milk. Mix thoroughly until the mix is dissolved. Add remaining milk and stir. Place in microwave and heat on high for 65 seconds. Stir and enjoy! Be careful it may be very hot.





CAREGIVER CORNER



The Reverse Gift List

This year as the holidays approach there is one more thing to add to your “to-do” list. It is called the Reverse Gift List and it’s an exercise in which you think not about giving, but getting. It goes against all you’ve been taught, but when you are caring for someone else, it is vitally important to also care for yourself. The Reverse Gift List will help you get started!

To write a Reverse Gift List you need a sheet of paper, a pen or pencil and some ideas. Make two columns on your paper and label the first one “People I Trust”. Label the second column “Things They Can Do”. Now think of all the special people in your life who love you and care about you; neighbors, family (siblings, children, grandchildren, cousins), clergy and friends. Now write down some things they may enjoy doing that would be helpful to you; cook a meal a week, pick up groceries or medications, vacuum or dust, stop for a visit or sit with your loved one while you do something on your own. The possibilities are endless.

The idea is to think of things that are easy or enjoyable for them to do. Not everyone likes to cook, but your sister may really enjoy it! Your son may not be thrilled to clean your house for you, but may find it easy to pick up your groceries while he’s at the store anyway. Your cousin might enjoy staying with your loved one for a couple hours a week while you take a walk by yourself or while you attend a support group. Your clergy member might not want to vacuum but could schedule regular visits so you have someone else to talk to. Your grandchild (or great-grandchild) would likely enjoy stopping over after school for a snack and a visit each week.

Once you have written your Reverse Gift List, talk to the people on the list and tell them your ideas. You may want to write down several things each person might be willing to do and let them choose what would be best for them. It might be helpful to ask someone who is close to you to help you distribute the list. At this time of year your friends and family will be wondering what they can give you for the Holidays. This is the perfect time to have a list of practical and helpful things you need.

The truth is, most people enjoy helping. Allowing the people that care about you to help is actually giving them a gift; the gift of giving. And just so it doesn’t feel one-sided, remember all the nice things you’ve done for other people, and all the things you will do again. There is a time for everything, and now is the time for you to be the receiver of gifts. Your time for giving has happened and will happen again. Just sit back, write your Reverse Gift List and let others take care of you for a change.

Happy Holidays!

Jane Mahoney

Older American’s Act Consultant, Greater Wisconsin Agency on Aging Resources

Gift Ideas for the Holidays... Or Any Other Day

For the person with Alzheimer's disease or related dementia

People with Alzheimer's disease, are individuals like the rest of us, and gifts should be chosen with their known preferences in mind. Here are some ideas to get your holiday gift list started.

Early stage: People with early stage Alzheimer's disease probably still have good communication skills, are rather active, and are trying hard to maintain their independence for as long as possible. Gifts to encourage and enhance these abilities include:

- Tickets to a concert, musical, sporting event, etc.
- Favorite homemade frozen meals that can be reheated
- Fruit basket, cookies or candy (if diet allows)
- Memory book or memory box of person's history and family
- Photo album with names and dates next to each picture
- Electric coffeepot, which turns itself off after a short time
- Day planner to keep track of appointments
- ID bracelet through the Alzheimer's Association's Safe Return program
- Trip to a mall or shopping center, topped off with lunch
- Medication holders with times to signal when doses are due
- Costume jewelry
- Familiar games, playing cards
- Wipe-off message board
- Tape or CD of favorite music
- Indoor golf putter and return
- Regular visits – to talk, listen, play a game

Middle stage: The person's attention span may be shorter, and she may have some difficulty communicating and may need help with daily activities. Choose gifts that focus on remaining abilities.

- Taped religious services
- Aquarium with fish
- Video or pictorial book of a favorite subject (historical places, celebrities, nature, animals, sports, travel, etc.)
- Easy to manage clothing (tube socks, slippers with Velcro, pull-on pants, warm-up suits, etc.)
- Night lights
- Tape or CD of favorite music
- Larger piece puzzles (adult appropriate, please)
- Something soft and cuddly
- BAAG (Bag of Alzheimer Activities and Games, available from the Alzheimer's Association)
- Gift certificate to hair salon or for manicure
- Chair exercise video
- Materials to sort (for sensory stimulation)
- Bathroom safety devices
- Short trips to familiar places

Late stage: There is a diminished capacity to deal with anything complicated in the later stage of Alzheimer's disease. Gifts should stimulate the senses, maintain the person's dignity, and provide a sense of security.

- Bird feeder (set up near favorite window)
- Tape or CD of favorite music, soothing music, or nature sounds
- Personal items (lotion, hairbrush, Kleenex or handkerchiefs, nail polish, after shave, light perfume/cologne)
- Lap robe, shawl, afghan, or warm footwear
- Visits from well-behaved pets
- Hand or body massage
- Snow globe/music box
- Blooming plants (check for allergies)

Some gifts recommended for one stage of the disease may be appropriate for other stages as well.

Undoubtedly, the best gift you can give a person with Alzheimer's or a related dementia is your time, attention, and respect – and be sure to include lots of hugs, holding hands, and reassurance.

Holiday gifts for Caregivers:

Wondering what to give to someone who is a caregiver? Here are some ideas:

- Give them your time: run errands, provide respite care for their loved one, or offer to bring coffee or a treat and just sit down and interact with them.
- Meal Prep: prepare and label meals for the freezer or give gift certificates to a favorite restaurant.
- Cleaning services: busy caregivers need help with housework!
- Delivery service: arrange to have prescriptions or groceries delivered or offer to pick them up
- Give gift certificates for a spa day while you care for the loved one.

make a difference **VOLUNTEER**



Facebook Page for Waukesha County Volunteers

We are pleased to announce the start up of a new Facebook page for Waukesha County Health and Human Services Volunteers.

This is a great tool to recognize wonderful volunteers that assist with the many programs and services that Health and Human Services has to offer. It also is a way to learn about various volunteer opportunities and trainings that are available. If you have a Facebook account, we invite you to search *Waukesha County HHS Volunteers* to find out more.

There is no exercise better for the heart than reaching down and lifting people up.

-John Andrew Holmes Jr., American writer and minister

According to the 2009 U.S. Consumer Product Safety Commission, about 16,500 people in the U.S. were treated in hospital emergency rooms for injuries sustained when trying to remove snow, most of which were seniors. As seasons change and winter quickly approaches, Interfaith Senior Programs, Inc needs energetic volunteers to shovel snow for seniors and adults with disabilities in Waukesha County in order to help maintain quality of life. People that receive Home Delivered Meals will not receive their meal without help from the community clearing their driveways and sidewalks.

Help is needed beginning with the first snowfall until April 2016. 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. Sign up your family, congregation, community group or business for

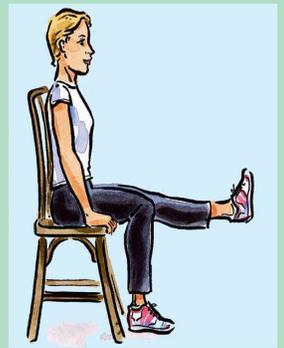


snow shoveling. Whether you can shovel for one home or multiple homes, you'll be making a difference in other people's lives.

Contact Anna Roesel for more information by phone: (262) 522-2402 or email: AnnaR@InterfaithWaukesha.org.

INTERFAITH
SENIOR PROGRAMS

Be Healthy in Hibernation



Exercising helps all of us to maintain a healthy weight, reduce the impact of chronic disease, improve our sleep as well as increase strength and balance.

Often seniors get discouraged by barriers such as chronic health conditions, recurring health problems or disabilities that keep them from being active. Some have concerns about injuries or falling. Exercise plays a key role in staying strong, being energetic, and staying healthy as we get older. The rewards of exercise don't require strenuous, daily workouts or frequent trips to the gym. It's about incorporating more movement and activity into one's life, in small ways.

Due to ice, snow and cold in winter, walking outdoors can be difficult for those who are able. Try walking in malls, the track of a gym, or walking the halls of your apartment building. Look to Park and Rec programs for classes in yoga, Pilates, or aerobics. Check if local schools have pool hours for the public or seniors.

Activities can be as simple as doing leg lifts while sitting watching TV. If you watch TV in the morning, PBS airs a show at 8:30, "Sit and Be Fit", that offers exercises which are done from a chair. Other cable channels also offer programs on exercise. Consider getting a recorded exercise program to follow.

If you have exercise equipment of your own make sure it is set up somewhere it will get used for exercise. If you have had physical therapy recently make sure to continue the exercises you were taught. These exercises are usually designed for you and intended for you to continue once therapy is finished.

If you have a Playstation or Wii video game system there are multiple interactive activities that you can do to stay moving during the winter. Try playing one of these with your children and grandchildren for a fun family time.

It is important to find an activity you enjoy and make it part of your routine. If motivation is difficult, find a friend or family member to join you.

Be sure to keep physically active this winter. If you would like to attend a class to better understand exercise, the ADRC offers classes throughout the county. See below for classes starting in January!

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.

Wednesdays, **January 6,- February 10, 2016** 1:30p m– 4:00pm (snack included)

Location: **St. James Church**
W220 N6588 Town Line Road
Menomonee Falls, WI 53188

Contact: St. James Parish Nurse, Bridget (262) 250-2663

Cost: \$20 workbook deposit suggested



A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. Participants learn to, view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Wednesdays, **January 8 - February 26, 2016** 10:00 am – 12 noon (light snack included)

Location: **Holy Cross Lutheran Church**
W156 N8131 Pilgrim Road
Menomonee Falls, WI 53051
(262) 251-2740

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

Class size: 10 minimum – 15 max.

Evidence Based Health Promotion Programs



Waukesha County welcomes a new Prevention Program

Boost your Brain and Memory is a high level evidenced based prevention program created by Mather LifeWays Institute and piloted here in Waukesha by the Center for Life Enrichment in Oconomowoc. Director Christy Ducklow at the Center for Life Enrichment was instrumental in bringing the program to Waukesha County.



Researchers understand that several lifestyle factors, including physical, emotional, and mental health, play a role in brain fitness and brain wellness. *Boost Your Brain and Memory* is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the eight weekly sessions includes informational video segments, followed by group discussion, exercises and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention. Cate O'Brien, PhD, Director of Research at Mather LifeWays Institute, believes that by focusing on the research, "We are providing tools people need to learn what they can do now to help reduce their risk of Alzheimer's Disease or other dementias."



Our next Boost Your Brain and Memory workshop will begin Monday, January 25, 2016 at the Brookfield Senior Dining site, 2000 N. Calhoun Road, from 9:30 - 11:00 am. Those interested in registering should contact Virginia, Dining Site Manager, at (262) 782-1636 before Jan. 11th. Space is limited so register early. If you are interested in hosting your own workshop or have additional questions about the program please contact the Waukesha County ADRC Community Health Education Coordinator, Lee C at (262) 548 – 7848.

As we draw 2015 to a close, I want to take a moment to thank our Community Partners for helping us bring a wide variety of Evidenced Based Prevention Programs to the seniors of Waukesha County.

This year, with the help of partners ProHealth Care, Wheaton-Franciscan, Aurora Summit and Froedtert health care systems as well as Mount Mary and Carroll Universities, we were able to hold:

- 14** Living Well with Chronic Conditions / Tomando workshops
- 16** Stepping On workshops
- 4** Healthy Living with Diabetes workshops and,
- 5** Powerful Tools for Caregivers workshops
- (plus several other workshops)

Additionally, we introduced two new prevention programs in 2015. With the help of community partners Christie Ducklow at the Center for Life Enrichment, and Virginia Trimble at the Brookfield Senior Dining site, Boost Your Brain and Memory, and A Matter of Balance: Managing Concerns about Falls debuted with incredibly positive feedback from participants.

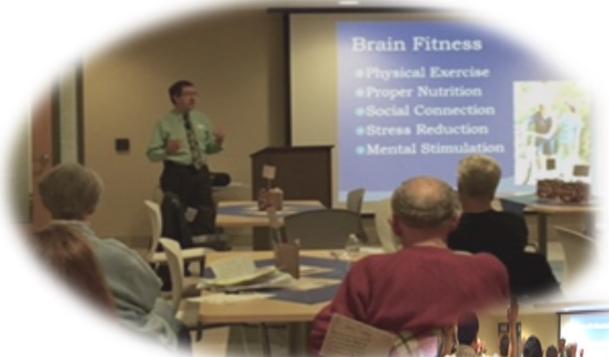
Of course, none of this would be possible without the assistance of all the trained and talented workshop facilitators. Because of your selflessness and caring, we were able to reach over 250 Waukesha seniors; helping them lead more positive, fulfilling lives. THANK YOU.

With Sincerity,

Lee Clay, Community Health Education Coordinator, ADRC of Waukesha County

Last month, the ADRC hosted an Open House. Our theme was "Caregiving is a Journey: Let us help you plan." We had over 70 'travelers' visit our Open House! The brave tourists received an itinerary filled with options for their trip. Explorers

visited various booths and received great brochures and information, completed optional health screenings, and took part in interactive speaker sessions. Along the streets, boulevards, avenues, and lanes, travelers were serenaded by Harp Music Dorothy Walsh from Milwaukee Public Theater.



"Speaker Street" featured a lively discussion on Brain Fitness presented by Bob Best. He led the group through multiple exercises using their voices to sing, brains to calculate and bodies to move.

On "Electric Avenue" National Honor Society Students from Arrowhead High School helped travelers learn to navigate their devices. They helped with cellphones, tablets, and laptops.

***Thank you All who
Traveled Our
Open House!***

"ADRC Boulevard" offered health screenings from Public Health and Benefits Specialists who answered Medicare questions. Also on the Boulevard were the vast resources available in the ADRC's library.



"Holistic Lane" treated travelers to Laughter Yoga, Therapeutic Touch and Hand Massages.



The Health Insurance Marketplace Annual Enrollment Period

If you are currently receiving insurance through the federal Health Insurance Marketplace, Open Enrollment for 2016 is here! Additionally, anyone currently uninsured can enroll for 2016 coverage. Open enrollment starts November 1, 2015 and ends January 31, 2016. Open enrollment is an opportunity to review your current coverage and change health plans if needed, to maximize your benefits. It is also an important review of your eligibility for Advanced Tax Credits (ATCs) for reductions in premiums and other out-of-pocket cost savings. For more information, call 'Covering Kids & Families' at (414) 270-4677 or you can reach the Healthcare Marketplace at 1-800-318-2596.

www.healthcare.gov.

Looking to Escape In 2016?



Are you wanting to take a trip in the next year but feel it is out of the questions due to a disability you or your loved one may have? Have no fear, each year millions of people with disabilities travel all over this great world of ours. With proper planning and know-how it can be done.

When booking hotels, it is best to speak directly with a hotel employee to discuss any special accommodations you may need such as a roll-in shower, shower bench, grab bars, beds that accommodate Hoyer lifts, etc.

Traveling by bus, train or airline? Discuss your needs when you make your reservation. If you're bringing a wheelchair or other wheeled device, find out whether it can be stowed onboard. If you're flying without a wheelchair but need one to get around in the airport, you can ask for an airport wheelchair and an attendant to navigate you easily from place to place.

If you're renting a car either in the U.S. or abroad — Avis Access, part of Avis Cares, will provide scooter rentals, transfer boards, hand controls, spinner knobs and other devices to help with accessibility. If you have a U.S.-issued disability parking permit, bring it along. Countries in the European Union will recognize it, but be sure to display it on your dashboard instead of a rearview mirror.

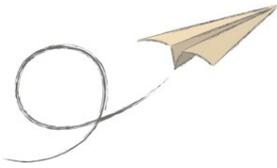
Many cruise lines have amenities for travelers with disabilities. Holland America offers a wheelchair-accessible system that makes it easier to get on shore. Royal Caribbean's Freedom Class ships provide wheelchair lifts at swimming pools and hot tubs. Norwegian Cruise Line has a dedicated toll-free number that connects travelers to professional experts who can assist passengers and make sure the onboard staff is properly prepared to help. Some Princess ships distribute kits for passengers who are blind or hard of hearing. These cruise lines all have ships with about 30 accessible cabins as well.

There are also companies that specialize in travel for people with disabilities. These services can help you manage every detail of a trip. Flying Wheels Travel makes individual travel arrangements and offers customized, escorted tours and group experiences around the globe. Able-Trek tours, a company based in Wisconsin, has been providing vacations for people with special needs for 24 years. Some of the trips planned for 2016 include a 13 day Grand Hawaiian Cruise, Brewers Spring Training baseball combined with a Grand Canyon trip, Alaskan cruise, or go abroad to Italy. For more information visit them online at www.abletrektours.com.

If you prefer the beauty of Wisconsin's great outdoors but physical limitations prevent you from using an outdoor campsite, consider booking an accessible cabin in one of ten Wisconsin state parks. Due to high demand, reservations will not be accepted for more than 4 consecutive nights and no more than four nights per year. There is a \$4 reservation fee in addition to the nightly cabin rate. **The first day to make reservations is January 10, 2016.** Applications postmarked or delivered before that day will not be accepted. For more information go to <http://dnr.wi.gov/topic/parks/camping/cabin>.

Whether you travel by plane, train or automobile, proper planning is the first step to a rich and rewarding life experience.





...From the desk of your **Benefit Specialist**

Dental Care & Coverage Difficult for Many Adults

by the GWAAR Legal Services Team

Medicare does not cover most dental care including dental procedures such as cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices. Medicare Part A will pay for certain dental services that you get when you're in a hospital; however, that coverage is very limited. Due to the lack of Medicare coverage, many older Americans go without dental care.

The Affordable Care Act (ACA) offers premium tax credits to help low-income people purchase health insurance. However, the subsidies cannot be used to purchase dental coverage except as an add-on to health coverage. About 1.4 million Americans have purchased dental coverage on health insurance exchanges since January 2014 when the law took full effect.

No new dental benefit requirements were included for adults covered by Medicaid. Although the ACA does not make Medicaid dental coverage mandatory for adults, it gives states that have chosen to expand Medicaid a potential financial incentive to include dental benefits. In Wisconsin, Medicaid dental coverage for adults includes pain relief, infection treatment, tooth restoration, cleanings, fluoride treatments, crowns and fillings, X-rays, root canals, dentures and implants apart from preventive dental care checkups.

Another barrier to dental care for low-income adults is the relatively low reimbursement rates offered by state Medicaid programs. Extensive paperwork and oversight also limit the number of dentists willing to take Medicaid patients (the ACA calls for even more intensive oversight and audits). The result is poor access to preventive care for low-income Medicaid beneficiaries in much of the country, ultimately resulting in higher overall costs.

Americans spend as much to treat dental disease — almost all of it preventable — as on the treatment of all cancers combined according to DentaQuest, a research and advocacy organization and administrator of dental insurance plans, including Medicaid.

Free or Reduced Dental Services in Wisconsin

Wisconsin's Department of Health Services provides a list on its website of free or reduced dental clinics that can be accessed here: www.dhs.wisconsin.gov/guide/freedental.html

One such program is the Donated Dental Service. The program is for people who are unable to afford necessary dental treatment because of low income which is linked to a permanent disability, chronic illness, or advanced age (65 or older). Dentists involved in this program agree to volunteer their time to serve this population.

A person needing dental services without coverage may also consider reaching out to local dentistry schools or area technical colleges to see if they offer reduced services with their students.

Sources: www.medicare.gov/coverage/dental-services.html

<http://khn.org/news/adult-dental-coverage-expanding-slowlyin-medicaid/>

Welcome to Medicare Classes Offered

The ADRC of Waukesha County will host a 'Welcome to Medicare' class on December 23rd from 1pm to 3pm. Starting in 2016, the classes will be held the 2nd Wednesday of each month from 1pm to 3pm **OR** 5:30pm to 7:30pm. The class is designed to help those enrolling into Medicare better understand their available options. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, additional insurance options available, the drug coverage requirement along with benefit programs for those with lower income and resources. It is suggested that you attend one class 3-4 months prior to starting Medicare. Classes are held at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

It's Cold Outside...

Warm up your winter day
with these toasty recipes!

TASTY BRUSSELS SPROUTS

Makes 6 (1/2 cup) servings

Ingredients:

3 cups of Brussels sprouts, halved
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
Salt and pepper to taste

Directions:

Preheat the oven to 400 degrees.
Toss the Brussels sprouts in a bowl with the balsamic vinegar, olive oil, and salt and pepper
Spread on a baking sheet and roast for 35 minutes, or until the outside is crisp and the inside is tender.

HEARTY APPLE CRISP

Makes 1 (1/2 cup) serving

Ingredients:

1 small tart apple, such as granny smith
1/2 Tablespoon margarine or butter, melted
1/4 cup oats (*old fashioned, quick, or instant*)
2 teaspoons brown sugar
1 teaspoon cinnamon

Directions:

Remove core, then dice apple into small pieces.
Place apple pieces in a small baking dish.
In a small bowl, mix butter, oats, brown sugar, and cinnamon. Sprinkle on top of apple mixture, and bake for 20-25 minutes at 350 degrees. The apples should be soft and the oats should be toasted and light golden brown.

SWEET AND SAVORY ROASTED SALAD

Makes about 5 (1 cup) servings

Ingredients:

1 sweet potato, peeled and diced
2 teaspoons cinnamon
1 teaspoon pepper
1 Tablespoon olive oil
1 (15oz) can of chickpeas, drained and rinsed
4 cups of kale, stems removed and leaves torn
1/4 cup dried cranberries or raisins

For Dressing:

1/4 cup apple cider vinegar
1 Tablespoon honey
1 Tablespoon stone ground mustard
2 Tablespoons olive oil

Directions:

Preheat oven to 400 degrees. Toss sweet potato with cinnamon, pepper, and 1 Tablespoon olive oil, put on a baking sheet, and roast for 20 minutes. Add chickpeas to the baking sheet and roast for an additional 10 minutes.

Mix apple cider vinegar, honey, stone ground mustard, and olive oil in a jar by shaking.
Put torn kale in a large bowl, and add the roasted vegetables and dried cranberries. Pour dressing on top, toss, and serve.

Sweet & Savory Roasted Salad, per 1 cup serving:

269 Calories	377mg Sodium
41g Carbohydrate	10g Fat
7g Protein	1g Saturated Fat
7g Fiber	0mg Cholesterol

Hearty Apple Crisp, Per 1/2 cup serving:

222 Calories	5mg Sodium
42g Carbohydrate	8g Fat
3g Protein	4g Saturated Fat
6g Fiber	16mg Cholesterol

Brussel Sprouts, Per 1/2 cup serving:

68 Calories	10mg Sodium
9g Carbohydrate	2g Fat
3g Protein	0.3g Saturated Fat
3g Fiber	0mg Cholesterol

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>



WAUKESHA COUNTY SENIOR DINING CENTERS



Site	Blood Pressure	Toe nail trim/ Foot care	PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i>
Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Posted monthly.		Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00pm, one working day in advance, or the ADRC at (262) 548-7826.
Butler 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	4 th Monday Blood Pressure, Glucose and Cholesterol	2 nd Tuesday	Transportation may be available by taxi or Rideline for \$1.00 each way.
Hartland 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	4 th Wednesday at 11am		Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered. The following is a list of dates and times for blood pressure checks and foot care.
Menomonee Falls 251-3406 — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	3 rd Monday 10:30 am-11:30 am	Every other Wednesday 9 am -3:30 pm	
Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	End of the month. Each month a sign is posted at site with date of BP checks	Sign-up sheet at site \$20	
Muskego 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Posted monthly.		
New Berlin 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	3 rd Monday 11:45 am-12:15 pm		
Oconomowoc 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00			
Sussex 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00	Last Monday of each month at 11am	4 th Tuesday. 12:30-4:30 \$27	
Waukesha 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00			

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY SENIOR DINING AND HO-HO-HOME DELIVERED MENU DECEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meatballs in Marinara Sauce Whole Wheat Penne Pasta w/ marinara Italian Bread/Butter Italian Blend Vegetable Tropical Fruit	Baked Chicken Mashed Sweet Potato Mixed Green Salad w/ Cheese, Croutons and Italian Dressing French Bread w/ Butter Brownie Alt: Fresh Orange	Chili w/ crackers Romaine Salad Ranch Dressing Biscuit/Butter Mandarin Oranges Sherbet Cup Alt. Diet Gelatin	National Cookie Day Tuna Casserole Carrot Coins Wheat Dinner Roll w/Butter Pineapple Cook's Choice Cookie Alt. Plain Cookie
7	8	9	10	11
Swiss Steak w/Gravy Egg Noodles w/ gravy Broccoli & Cauliflower Italian Bread w/Butter Pear Half Ice Cream Cup Alt. Plain Cookie	Ring Bologna Baby Red Potatoes w/ Butter Green Beans Wheat Bread w/ Butter Apricots Chocolate Mousse Alt: Diet pudding	Scalloped Potatoes with Diced Ham Peas and carrots Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake	Roast Beef Baked Potato w/ sour cream and butter Broccoli Salad Whole Grain Bread w/ butter Fresh Banana	Breaded Fish Tartar sauce Rice Pilaf w/ herb butter sauce Creamy Coleslaw Dinner Roll w/ Butter Peaches Dessert Bar Alt. Banana
14	15	16	17	18
Sloppy Joe on Whole Wheat Bun Mixed Vegetables Fruit Cocktail Sugar Cookie Alt. Plain cookie	Chicken Stew with Dumplings Broccoli Bread/Butter Peaches Ice Cream Alt. Angel Food Cake	HAPPY HOLIDAYS !! Chicken Kiev Mashed Potatoes & Gravy Maui Blend Vegetable Cranberry Compote Whole Wheat Roll w/ butter Pineapple Cheesecake	Crab Pasta Salad Tomato/Onion Salad Croissant /Butter Grapes	Chicken Parmesan Mostaccioli w/Marinara Spinach Salad w/Dressing Italian Bread w/Butter Dessert Bar Alt. Diet Cookie
21	22	23	24	25
Broccoli Cheddar Soup w/ Crackers HDM: Marinated vegetables Ham & Cheese on Kaiser roll w/ Lettuce, Tomato and Mayo Potato Salad Peach Slices	Turkey Ala King over Biscuit Green Beans Spiced Apple Slices Cranberry Oatmeal Bar Alt. Fresh Fruit	Pork Cutlet in gravy Brown Rice w/ gravy Cooked Spinach Dinner Roll w/ butter Spiced Apple Slices Banana Cream Pie Alt: Fresh Banana	CHRISTMAS EVE PROGRAM CLOSED	CHRISTMAS DAY PROGRAM CLOSED
28	29	30	31	
Sweet & Sour Chicken With Green Peppers, Onion and Pineapple Chunks Rice w/ sauce Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	BBQ Pork on Bun Hashbrown Casserole Creamy Coleslaw Tropical Fruit Ice Cream Alt. Diet Pudding	Vegetable Lasagna Romaine Salad Italian Dressing Italian Bread/Butter Pears Frosted Spice Cake Alt. Plain Cake	NEW YEARS EVE PROGRAM CLOSED	

The ADRC and Senior Dining Sites will be closed Thursday, December 24th; Friday, December 25th; Thursday, December 31st; and Friday, January 1st. Heading into the winter weather months at times the Senior Dining Sites and Home Delivered Meals will need to close due to weather. Closings will be on local news channels' broadcasts and websites. The listing shows as "Waukesha County Senior Dining" in a crawl at bottom of the screen. The websites to check are [WTMJ 4](#), [Fox 6](#), [WISN 12](#) and [CBS 58](#).

ask INA

Dear Ina,

I used to love going to the mailbox to check for letters or my newspaper, but lately, all I have been receiving is junk mail. I've gotten credit card offers, letters from companies asking for money, and advertisements. I also get calls from telemarketers all the time. How do I make it stop??

Unwanted junk: Mail, calls, emails, texts

Do you feel overwhelmed by the flood of junk mail and telemarketing calls you receive? Experts estimate that Americans receive almost two million tons of junk mail every year, with the average person spending eight full months of his or her life just opening it. Telemarketing calls are time-consuming and irritating.

How do companies even get your name? It is probably part of a national advertising list used by direct marketers. Direct marketers sell their goods and services directly to consumers by using mail, catalogs, and telemarketing. The advertising lists are compiled from many sources and then sold to the direct marketers to use in marketing campaigns. Aside from the annoyance of receiving unwanted mail, many consumers are concerned about the amount of paper used to print the catalogs, advertisements, contest announcements, and other junk mail received on a daily basis.

Unwanted mail

Sexually oriented – The United States Postal Service maintains a list of persons who have informed them that they do not wish to receive sexually oriented advertisements in their mail. To avoid getting sexually oriented mail, fill out Prohibitory Form 1500 at your local post office or on their website at usps.com. The form **must** be filled out by the person to whom the mail is addressed or if for a child, the legal guardian. If you have received unwanted, sexually oriented advertisements, you must include the opened envelope and original contents of the sexually oriented mail.

Direct mailings – to reduce other types of mail, write directly to the companies that are sending you the junk mail and tell them to stop.

Mailing lists – the Direct Marketing Association's (DMA) Mail Preference Service (MPS) lets you opt out of receiving unsolicited commercial mail from many national companies for five years. When you register with this service, your name will be put on a "delete" file and made available to direct-mail marketers and organizations. This will reduce most of your unsolicited mail. However, your registration will not stop mailings from organizations that do not use the DMA's Mail Preference Service. To register with DMA's Mail Preference Service, go to: www.dmachoice.org or write to the address in the TAKE ACTION section. Include \$1 for each completed form in check or money order payable to DMA.

Unwanted email

The Direct Marketing Association's (DMA) Email Preference Service (eMPS) helps you reduce unsolicited commercial emails. To opt out of receiving unsolicited commercial email from DMA members, visit: www.dmachoice.org. Registration is free and good for six years.

Unwanted calls/texts

Register your home and mobile residential numbers on the Wisconsin Do Not Call Registry at no cost by visiting: www.NoCall.wisconsin.gov or by calling: **1-888-382-1222**.

You must call from the phone number you wish to register. Telephone numbers on the registry will only be removed when they are disconnected and reassigned, or when you choose to remove a number from the registry. You will get fewer telemarketing calls within 31 days of registering your number.

This information was taken and adapted from the Bureau of Consumer Protection's Wisconsin Department of Trade and Consumer Protection Senior Guide.

TAKE ACTION:

To register with DMA's Mail Preference Service, go to: www.dmachoice.org or write to:
DMAchoice
Direct Marketing Association
PO Box 643
Carmel, NY 10512

Credit card offers – to opt-out of unsolicited credit card offers, visit the Opt Out website at: www.optoutprescreen.com or by calling: **1-888-567-8688**

To opt out of receiving unsolicited commercial email from DMA members, visit: www.dmachoice.org

Register your home and mobile residential numbers on the Wisconsin Do Not Call Registry at no cost by visiting: www.NoCall.wisconsin.gov or by calling: **1-888-382-1222**

For more information or to file a complaint, visit our website or contact the Bureau of Consumer Protection.

Bureau of Consumer Protection
2811 Agriculture Drive
PO Box 8911
Madison WI 53708-8911

E-MAIL:
DATCPHotline@wisconsin.gov
WEBSITE:

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Toll-free in WI:

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(608) 224-4976

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Holiday Word Search

N	R	O	H	L	S	R	R	E	H	D	W	K	O	V
S	N	E	V	A	A	L	L	Y	A	B	O	W	Z	J
B	A	W	S	M	N	O	E	E	I	B	N	A	F	A
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ANGELS

EGGNOG

KWANZAA

RESOLUTIONS

TREE

BOXING DAY

FAMILY

NORTH POLE

SNOWMAN

WONDERLAND

CANDY CANE

GINGERBREAD

RAMADAN

TINSEL

CHRISTMAS

HANUKKAH

DECEMBER

JINGLE BELLS

*Happy Holidays,
From your friends at the ADRC*

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
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ADRC at (262) 548-7848