

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:

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

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of 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:

- * Caregiving Tips for a healthy holiday season
- * Wisconsin tree heads to the White House
- * A Century in review
- * Enrolling in the Marketplace



The 75th Commemoration of the December 7, 1941

Attack on Pearl Harbor

Focus and theme

Japan's December 7, 1941 attack on Pearl Harbor and six other military bases on the Hawaiian island of Oahu precipitated America's entry into World War II, a global conflict. Pearl Harbor endures as a symbol of American resilience and resolve, and the annual commemoration of the attack on Pearl Harbor fosters reflection, remembrance, and understanding.

Honoring the Past

The 75th anniversary of the attack on Pearl Harbor is an opportunity to honor the sacrifice and dedication of our "Greatest Generation;" both civilian and military. They endured incredible sacrifices on December 7, 1941, the "date which will live in infamy." It would thrust America into World War II, changing Hawaii and America forever, and continues to define their place in the world. The events of that date triggered our resolve as a nation, our can-do attitude and resourcefulness, and an unmatched commitment to the defense of freedom.



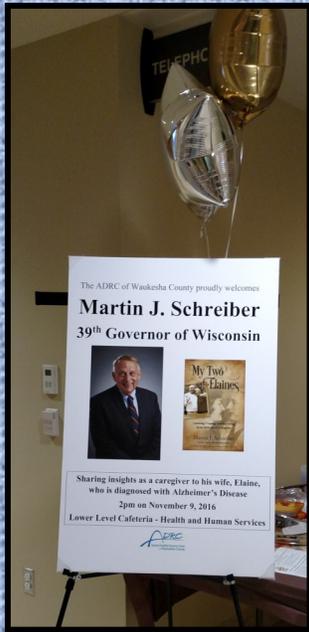
Inspiring the Future

Understanding past events and their consequences can inspire reverence for an emotional commitment to peaceful solutions to conflict. How do we help future generations chart their way toward peace and prosperity? We can learn from the past. A key focus of the commemoration of the 75th anniversary of the attack on Pearl Harbor will be a brighter future in our relationship with Japan and the celebration of 71 years of peace between us.

Video Tour

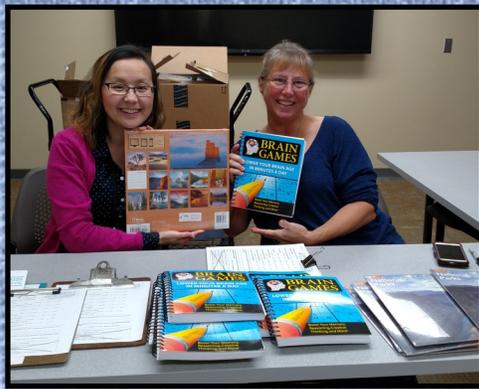
Exactly 75 years after the Japanese attack on Pearl Harbor, The National WWII Museum returns to the sites that defined "a date which will live in infamy." You can be part of the tour as well by going to the Online Learning Series between October 7-December 8, 2016. Join the Museum for a **free** four-part Online Learning Series designed specifically for adults, exploring Japan's rise to power, the attack on Pearl Harbor, and key events of the early days of the Pacific war. This compelling series features four hour-long live presentations participants can access directly from their computers. Participation is free but requires preregistration. Visit <http://www.pearl75.org/home/>

December 7th, 1941
"A date which will live in infamy."



The ADRC 2016 Open House, hosted last month, was a great success. Our guest speaker was Former Governor Marty Schreiber who gave a wonderful speech about his experiences as a caregiver to his wife who has Dementia. We also had information about the wide array of services offered through the ADRC, agencies that offer services in our community, free hand massages, and health and memory screenings. We had over 70 people from the community come to check out the Open House.

Thank you to everyone who worked so hard to make this year's open house a success.





The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and Interfaith Senior Programs, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

How Caregivers Can Create a “Healthy Holiday” Season

The holiday season is upon us and there are increased demands placed upon us as caregivers. We need to protect ourselves from these stresses. Sometimes our emotions don't match the season. We also need to protect ourselves from depression setting in!

Here are some things to consider to help you have a “Healthy Holiday”!

- Let go of unrealistic expectations: You can't recreate the past, look for joy in your everyday activities
- Acknowledge and express your feelings honestly: They are just feelings, neither right nor wrong.
- If you are an isolator or tend to withdraw: Invite others to a get together ... be proactive, not reactive.
- Re-evaluate your traditions: Is there one you can give up or one you can share?
- Don't expect extended family problems to disappear just because it's the holiday: Reduce the amount of time you spend with difficult family members.
- Prepare for the extra intensity: Take time to rejuvenate, get enough sleep.
- Don't forget to nurture yourself: It is not selfish to do something special for yourself.
- If you are feeling lonely or depressed go where you can find support and encouragement: Talk to a friend or go to a faith based activity.
- Be careful about over-indulging: Eat, drink and spend in moderation.
- Remind yourself of the true meaning of the holidays: Focus on what is most positive about the holiday for you!

Aimee Henry
Interfaith Senior Programs

Alzheimer's Caregiving Tips

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person with dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care. The following tips may help you make the holidays easier and happier occasions.



Adjust Expectations

- Call a face-to-face meeting or arrange for a group discussion by phone to discuss holiday celebrations with family and friends. Make sure everyone understands your caregiving situation and has realistic expectations about what you can and cannot do.
- Give yourself permission to do only what you can reasonably manage. Think about simplifying your menu and invitation list.
- Familiarize others with your situation. (Changes that may have occurred since your loved ones last had contact with the person with dementia.)

Involve the person with dementia

- Involve the person in safe, manageable holiday preparation activities that he or she enjoys.
- Maintain the person's normal routine as much as possible, so that holiday preparations don't become too disruptive or confusing.
- Build on traditions and memories.

Adapt gift giving

- Provide people with suggestions for useful and enjoyable gifts for the person.
- Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.
- Depending on his or her preferences, involve the person in gift giving.

Try to be flexible

- Celebrate over lunch or brunch, rather than an evening meal so you can work around the evening confusion or sundowning, if it sometimes effects the person with dementia.
- Consider serving nonalcoholic drinks and keeping the room bright.
- Prepare for post-holiday letdown. Arrange for in-home care so you can rest, enjoy a movie or lunch with a friend and reduce post-holiday stress and fatigue.

**For additional information or support contact the
Alzheimer's Association.**

alzheimer's  association®

800.272.3900 | alz.org®

One Woman's Mission

One woman's mission to help a few homebound seniors receive a traditional meal on Christmas has mushroomed into helping over 300 Waukesha County seniors. Marcia Slowinski was a meals on wheels driver 22 years ago. When she asked some of the seniors she was delivering to what they had planned for Christmas Day, she found out that some of them would be spending the time alone and without home delivered meal service. She took it upon herself to make and deliver a traditional Christmas dinner to them. As the idea grew and more volunteers stepped forward, her idea and operation has grown immensely. Today, she is helped by 60 plus volunteers and the St. Williams Catholic Parish. Last year, 320 meals were made, boxed up, and delivered on Christmas Day. It took a combination of 200 pounds of turkey and ham, 85 pounds of potatoes and another 75 pounds of carrots to help make the meal, along with homemade Christmas cookies and other sides.



Agencies that work closely with seniors such as the Aging and Disability Resource Center of Waukesha County, Interfaith Senior Programs of Waukesha, Salvation Army and the Hope Center are instrumental in getting the word out about this meal and how to receive it. If you are a homebound senior or know of one and would like more information on how to receive a Christmas meal call **Marcia Slowinski at 262-798-1520 before December 17, 2016.**

SNOW SHOVELERS WANTED

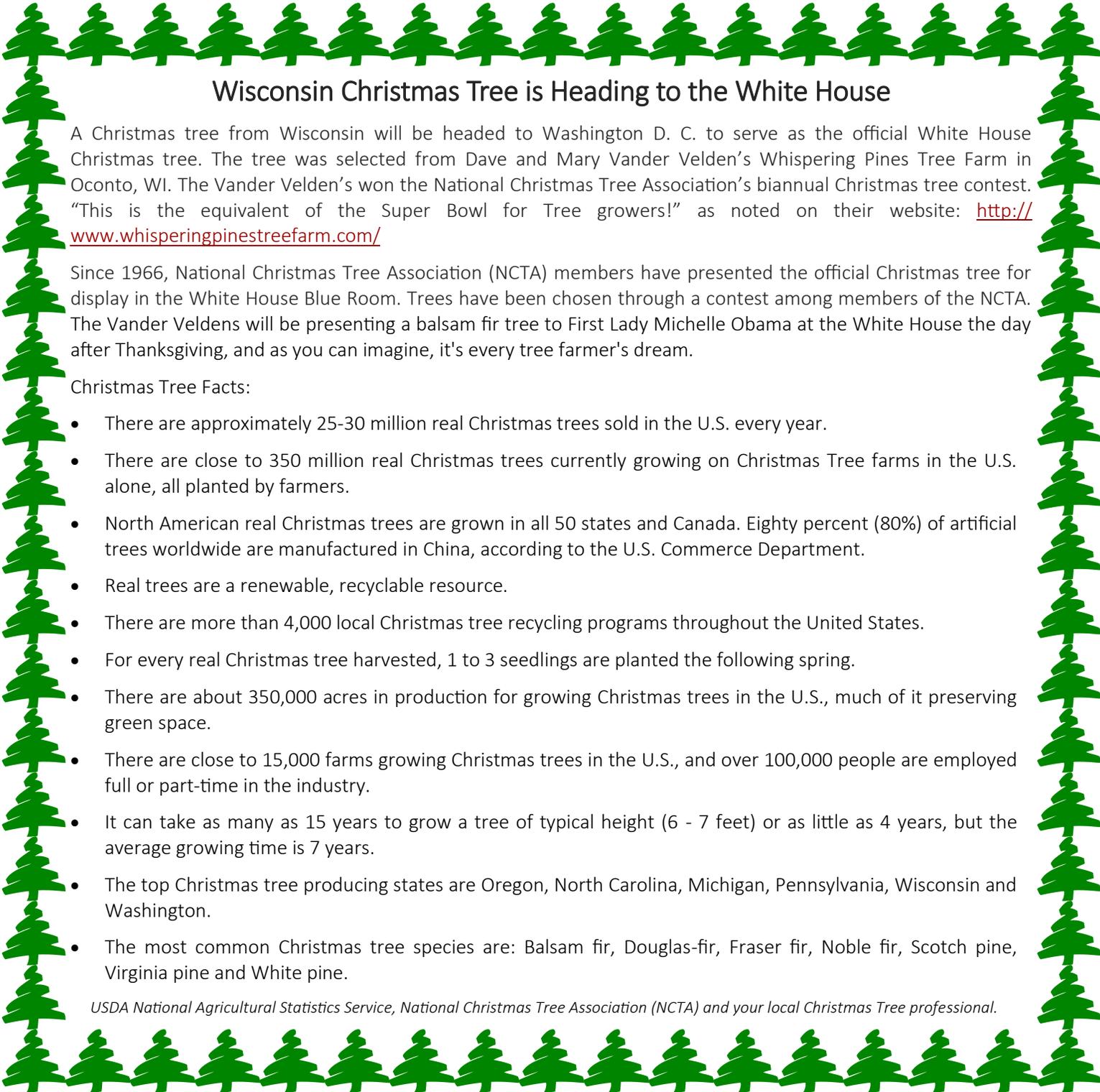
According to the 2009, U.S. Consumer Product Safety Commission, about 16,500 people in the U.S. were treated in hospital emergency rooms for injuries sustained when trying to remove snow, most of which were seniors. As seasons change and winter quickly approaches, Interfaith Senior Programs, Inc. needs 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 2017. 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



Wisconsin Christmas Tree is Heading to the White House

A Christmas tree from Wisconsin will be headed to Washington D. C. to serve as the official White House Christmas tree. The tree was selected from Dave and Mary Vander Velden's Whispering Pines Tree Farm in Oconto, WI. The Vander Veldens won the National Christmas Tree Association's biannual Christmas tree contest. "This is the equivalent of the Super Bowl for Tree growers!" as noted on their website: <http://www.whisperingpinestreefarm.com/>

Since 1966, National Christmas Tree Association (NCTA) members have presented the official Christmas tree for display in the White House Blue Room. Trees have been chosen through a contest among members of the NCTA. The Vander Veldens will be presenting a balsam fir tree to First Lady Michelle Obama at the White House the day after Thanksgiving, and as you can imagine, it's every tree farmer's dream.

Christmas Tree Facts:

- There are approximately 25-30 million real Christmas trees sold in the U.S. every year.
- There are close to 350 million real Christmas trees currently growing on Christmas Tree farms in the U.S. alone, all planted by farmers.
- North American real Christmas trees are grown in all 50 states and Canada. Eighty percent (80%) of artificial trees worldwide are manufactured in China, according to the U.S. Commerce Department.
- Real trees are a renewable, recyclable resource.
- There are more than 4,000 local Christmas tree recycling programs throughout the United States.
- For every real Christmas tree harvested, 1 to 3 seedlings are planted the following spring.
- There are about 350,000 acres in production for growing Christmas trees in the U.S., much of it preserving green space.
- There are close to 15,000 farms growing Christmas trees in the U.S., and over 100,000 people are employed full or part-time in the industry.
- It can take as many as 15 years to grow a tree of typical height (6 - 7 feet) or as little as 4 years, but the average growing time is 7 years.
- The top Christmas tree producing states are Oregon, North Carolina, Michigan, Pennsylvania, Wisconsin and Washington.
- The most common Christmas tree species are: Balsam fir, Douglas-fir, Fraser fir, Noble fir, Scotch pine, Virginia pine and White pine.

USDA National Agricultural Statistics Service, National Christmas Tree Association (NCTA) and your local Christmas Tree professional.

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

December 8, 2016 from 10:00 am to 12:00 noon - New Berlin Library Community Room, 15105 Library Lane

A Heartwarming Holiday

The Holiday Season brings warm memories of special times with family and friends...some who are no longer with us. Learn how to recognize and acknowledge your grief and find new ways to honor your loved ones.

Presented by Pete Reinl, Director of Grief Support Services, Church and Chapel Funeral Homes

Refreshments will be Provided

Questions and Replies to Jean Lazarus 414-352-1966

Evidence Based Health Promotion Programs



As we wind up 2016 and head into 2017, I am reminded of the acronym TEAM: Together Everyone Achieves More. And this couldn't be more true than here at the ADRC with our community partners. Together we were able to provide numerous health education and prevention workshop to the residents of Waukesha County.

This is a great time to acknowledge those partners with a Thank you and Best Wishes for the coming New Year.

Aurora Summit Medical Center – Summit
Berkshire on Kensington - Waukesha County
Berkshire on Sunset - Waukesha County
Brookfield Senior Dining site – Brookfield
Center for Life Enrichment – Oconomowoc
Community Memorial Hospital – Menomonee Falls
Dickson Hollow Senior Residence – Menomonee Falls
Hampton Regency Apartments – Butler
Heritage Senior Care – Menomonee Falls
Hickoryview Commons – Oconomowoc
Linden Ridge Senior Living – Mukwonago
Mooreland Reserve Health Center – New Berlin
Muskego Public Library – Muskego
Oconomowoc Area Senior Center – Oconomowoc
ProHealth Care Hispanic Resource Center - Waukesha County
ProHealth Care Waukesha / Oconomowoc Memorial Hospital – Waukesha
ProHealth Care Westwood Fitness – Pewaukee
St. James Catholic Church – Menomonee Falls
St. John United Church of Christ – Merton
St. William Catholic Church – Waukesha
Steepleview Christian Senior Community – Muskego
Stoney Creek Senior Apartments – Muskego
Sussex Community Center – Sussex
Three Pillars, Village on the Square - Dousman
Waukesha Public Library - Waukesha

We are always looking to build our TEAM of partners and participants. If you would like to join us: Please call the Community Health Education Coordinator at the ADRC – Lee Clay (262) 548 – 7848.

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

The ADRC Connection Newsletter Is Just A Click Away...

The ADRC Connection newsletter is a monthly publication from the Aging and Disability Resource Center of Waukesha County. We truly hope that you enjoy reading this newsletter. Our goal is to provide information on the many services and resources we offer, as well as topics that may be of interest to you. You can access our newsletter online by going to the Waukesha County website at www.waukeshacounty.gov/ADRC/. Our current newsletter and archived issues can be found under News & Issues located on the bottom right side of the page. If you would like to have a newsletter sent to you via email, please contact the ADRC at 262-548-7848, provide us with an email address and you will be added to our list to receive the newsletter electronically each month. If you no longer wish to receive our newsletter, please let us know that as well and you will be removed from our mailings.



What a Difference A Century Makes (Or Maybe not ...)

As we speed toward our holiday and New Year's celebrations, many people reflect on the past year and wonder what 2017 will bring. But it is always interesting to look way back in time. Let's look back one hundred years and compare the world of 1916 with our world of 2016. What are the differences? Does history truly repeat itself?

- ◆ In 1916, the Chicago Cubs played their very first game in Weegham Field (now known as Wrigley Field). In 2016, the Cubbies won the World Series championship.
- ◆ Back then, the Eiffel Tower was the tallest man-made structure in the world; rising to 1,063 feet; now in 2016 the Burj Khalifa in Dubai tops out at a dizzying 2,722 feet, with 163 floors.
- ◆ The coldest winter temperature on record occurred in Montana in 1916, with a bone rattling low of -56 degrees. The early winter temperatures in 2016 were the second warmest on record.
- ◆ The average house size in the 1900's, up until World War II, was under 1,000 square feet. In 2016, millennials who strive to simplify their lives and remain mobile, are embracing the "Tiny House" movement, which became popular after small dwellings, quickly manufactured for shelter after Hurricane Katrina. Most of today's tiny houses are portable and contain living spaces of 800-1,200 feet, with many even smaller. In 1916, a home price was about \$5,000.00. Tiny houses in 2016 range from \$25,000.00 to \$75,000.00, depending upon upgrades.
- ◆ Only 8% of the households in 1916 had a telephone. Today 92% of adults primarily use cell phones, and people text 5 times more than calling on the phone.
- ◆ 1916 was a leap year, as was 2016.
- ◆ The worst US hurricane in 1916 occurred in Texas and cost \$1.6 million. Hurricane Matthew affected Florida to South Carolina in 2016, with a cost of over \$6 billion.

From Jeff Dunn, Daily Genius .com/facts-about-the year-1916 and smallhouseliving.org

These are only a few of the many changes and similarities throughout time. Time might march on, but people still seek and cherish love, freedom, health and family. Children still believe in Santa Claus, people still fall in love, babies are still happily welcomed into the world, workers still look forward to retirement, and seniors relive and share their precious memories with old and new generations. Wherever you are this holiday season, and whatever you hope for in 2017, have a wonder-filled holiday season, and healthy and happy 2017!

The Waukesha County Public Libraries offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org. Here is a sampling of special events being held at some of Waukesha County Libraries. Check with your own library for other events happening throughout the month!

Alice Baker Public Library.
820 E. Main St.
Eagle, WI 53119
(262) 594-2800
Holiday Music
Friday, December 16 at 10:00-11:00 a.m.
<http://www.alicebaker.lib.wi.us>

Elm Grove Public Library
13600 Juneau Blvd.
Elm Grove WI 53122
(262) 782-6700
Margaret Cummins: Christmas at Belmoral. A Historical Performance
Tuesday, December 6 at 7:00 p.m.
<http://elmgrovelibrary.org>

New Berlin Public Library
15105 W. Library Lane
New Berlin, WI 53151
(262) 785-4980.
Caregiver Support Group
Tuesday, December 6 at 6:30-8:00 p.m.
<http://www.newberlinlibrary.org>

Brookfield Public Library
1900 N. Calhoun Rd.
Brookfield, WI 53005
(262) 782-4140
12 Oils of Ancient Scripture
Tuesday, December 6 at 7:00 p.m.
<http://www.ci.brookfield.wi.us/38/Library>



Town Hall Public Library.
N76 W31429 Hwy. V V.
North Lake, WI 53064
(262) 966-2933
Memory Café: Holiday Music
Friday, December 2 at 10:30 a.m.-12:00 p.m.
<http://www.townhalllibrary.org/>

Delafield Public Library
500 Genesee St.
Delafield, WI 53018
(262) 646-6230
Cookie Swap
December 13 at 10:00 a.m. Registration is required.
www.delafieldlibrary.org

Mukwonago Community Library
511 Division St.
Mukwonago, WI 53149
(262) 363-6411
The Essential Christmas Carol performance
Wednesday, December 14 at 7:00 p.m.
<http://www.mukcom.lib.wi.us>

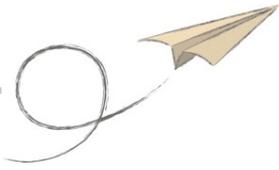
Waukesha Public Library
321 W Wisconsin Ave.
Waukesha, WI 53186
(262) 524-3680
Doughnuts and Documentaries: Reel to Real Hometown Stories, Door County
Wednesday, December 14 at 10:00 a.m.-12:00 p.m.
<http://waukeshapubliclibrary.org>

Public Notice: Quest Card Replacement Fee

Department of Health Services has changed its policy regarding fees for replacement QUEST cards starting Friday, July 1st, 2016. Each member is eligible for one free replacement card per year, but members will be charged a \$2.70 fee for each subsequent replacement of a lost or stolen QUEST card. The member's FoodShare account will pay for the fee. If the member's account does not have enough benefits to pay the fee, the amount of the fee will come out of the member's account when enough benefits become available to pay the amount in full. If the fee is not collected in 90 days, it will be forgiven. Because the change takes effect in the middle of the year, FoodShare members will not be charged a fee for their first replacement QUEST card issued under the new policy from July 1, 2016 through December 31, 2016.

Source: Disability Rights Wisconsin





From the desk of your Benefit Specialist

Important Tips for Enrolling in the Marketplace

By the GWAAR Legal Services Team

Many people have questions about continual coverage under the Affordable Care Act in 2017. At this point, nothing has changed. The Marketplace is for people who do not have health coverage. If you have Medicare, Medicaid, insurance through your job, or other qualifying coverage, then you do not need to do anything with the Marketplace during the Open Enrollment period. Remember, that you cannot receive Marketplace subsidies while you have other insurance because the Marketplace and subsidies are for people without other health coverage. If you currently have a Marketplace plan and are approaching Medicare eligibility or will be gaining insurance coverage from another source, meet with your county's Elder Benefit Specialist to discuss terminating your Marketplace plan on time to avoid any problems with your subsidies down-the-road.

To qualify for a Marketplace plan, your household income must be at least 100% and no greater than 400% of the federal poverty level - (1 person) Less than \$990.00/month; (2 people) Less than \$1335.00/month. Once you apply for a plan, you may qualify for a premium tax credit, which lowers your monthly insurance bill. According to healthcare.gov, over 8 in 10 people are eligible for lower premiums.

You can enroll in the Marketplace in several ways: online, by phone, with in-person assistance, or through a paper application. To enroll online, visit: <https://www.healthcare.gov/>. To enroll by phone, call the Marketplace toll-free at 1-800-318-2596. If you seek in-person assistance to enroll, you must enroll through a person certified to enroll you in a Marketplace plan. Covering Kids & Families is a local agency helping with enrollment (414) 270-4677. The only people who can help you enroll in a Marketplace plan in person are Navigators, Certified Application Counselors, and licensed insurance agents.

Remember the key dates for Marketplace Open Enrollment:

December 15, 2016: Last day to enroll in or change plans for coverage to start January 1, 2017.

January 1, 2017: 2017 coverage starts for those who enroll or change plans by December 15th.

January 31, 2017: Last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. 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, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located 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.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Turning 65?
Need Medicare?**

Potent Pomegranate

Fresh produce can be hard to come by in winter months. Fortunately, pomegranates are in season in the winter, especially November, December, and January.

The inside of a pomegranate is full of little red jewels called “arils”. Arils are actually pomegranate seeds surrounded by pockets of bright red juice. Arils are completely edible—seeds and all!

How do I open a pomegranate?

Wooden spoon method:

1. Cut the pomegranate in half.
2. Hold one half of the pomegranate in your hand, cut-side-down, over a large bowl.
3. With your other hand, hit the skin side of the pomegranate half with a wooden spoon until the seeds loosen and fall into the bowl. Repeat with the other half.

Bowl of water method:

1. Fill a large bowl with cool water.
2. Cut the pomegranate in half.
3. Put one half of the pomegranate under water. With your fingers, gently remove pomegranate seeds, letting them sink to the bottom of the bowl. The white pulp will float to the top.
4. Remove any skin or white pulp from the bowl and drain the water. You will be left with the edible seeds.

Pomegranates pack a potent nutritional punch! The seeds from just ½ of a pomegranate provide 6 grams of fiber—that’s 25% of the fiber recommended in a day! Pomegranates are also rich in vitamin C and plant pigments called anthocyanins. Anthocyanins are disease-fighting antioxidants that are responsible for a pomegranate’s deep red color.

Pomegranate seeds (arils) taste great on their own. They are also great for adding a pop of sweet flavor to dishes. Sprinkle pomegranate seeds on green salads, fruit salads, rice dishes, oatmeal, cereal, yogurt, or ice cream.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
Waukesha County

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: 262-548-7882
www.waukeshacounty.gov/uwex

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/ FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.

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 – Lisa 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 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street 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 – Lucille 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.	

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 ADRC and Senior Dining Sites will be closed on the following days
Friday, December 23rd; Monday, December 26th; and Friday, December 30th
and Monday, January 2nd. Happy Holidays!

CRANBERRY RASPBERRY RELISH

A delicious side dish to make this holiday season!

INGREDIENTS

- 12-ounce bag of cranberries, picked over
- 10-ounce package frozen raspberries in light syrup, thawed
- 1/2 cup firmly packed light brown sugar
- 3/4 cup cranberry juice cocktail

PREPARATION

In a heavy saucepan combine the cranberries, the raspberries with the syrup, the brown sugar, and the cranberry juice cocktail, simmer the mixture, covered, stirring occasionally, for 10 to 15 minutes, or until the cranberries have burst and the sauce is thickened, and let the sauce cool.

Makes about 2 1/2 cups



**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HO-HO-HOME DELIVERED MENU DECEMBER 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p align="center">ALT= LOW SUGAR ALTERNATIVE</p> <p align="center"><i>Menu subject to change without notice</i></p>			1	2
			<p>Chili w/ crackers Romaine Salad w/ Ranch Dressing Biscuit w/ Butter Mandarin Oranges Sherbet Cup Alt. Diet Gelatin</p>	<p>Tuna Casserole Stewed Tomatoes Wheat Dinner Roll w/ Butter Pineapple Cook's Choice Cookie Alt. Plain Cookie</p>
5	6	7	8	9
<p>Swiss Steak w/Gravy Egg Noodles w/ gravy Broccoli & Cauliflower Italian Bread w/Butter Pear Half Ice Cream Cup Alt. Plain Cookie</p>	<p>Scalloped Potatoes with Diced Ham Peas and carrots Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake</p>	<p>75th Anniversary of Pearl Harbor Attack Chicken Cordon Bleu Baked Potato w/ Butter and Sour Cream Green Beans White/Wheat Dinner Roll w/ Butter Cherry Cheesecake</p>	<p>Chicken Stew with Stew Vegetables and Dumplings Broccoli Baker's Choice Bread w/Butter Peaches</p>	<p>Sloppy Joe on Whole Wheat Bun Mixed Vegetables Fruit Cocktail Sugar Cookie Alt. Plain cookie</p>
12	13	14	15	16
<p>Cheeseburger Whole Wheat Bun Ketchup, Mustard, Pickles Baked Beans Potato Salad Mandarin Oranges</p>	<p>Smoked Pork Chop Au Gratin Potatoes Sweet Green Peas Marble Rye Bread w/ butter Chocolate Chip Cookie Alt. Banana</p>	<p>HAPPY HOLIDAYS Roast Beef w/Garlic Gravy Mashed Reds w/Gravy Green Beans Almandine Dinner Roll w/ butter Apple Raisin Salad Pistachio Pecan Cheesecake</p>	<p>Meat Lasagna Italian Vegetables Warm Garlic Roll / butter Banana Orange Sherbet Alt. Fresh Orange</p>	<p>Roasted Turkey w/ Gravy Cauliflower w/Cheese Sauce Baked Sweet Potato w/ butter Cranberry Muffin Tropical Fruit Cup</p>
19	20	21	22	23
<p>Grilled Bratwurst Brat Bun Ketchup & Mustard German Style Kraut Parsley Potatoes w/Dill Butter Sauce Chilled Peaches</p>	<p>Meatloaf w/Gravy Garlic Mashed Potatoes w/ gravy Peas & Carrots Baker's Choice Bread Oatmeal-Raisin Cookie Alt. Apple</p>	<p>Bacon Cheeseburger soup Saltine crackers Romaine Salad w/ Italian Dressing Crusty Roll w/ butter Fruited Gelatin Vanilla Ice Cream Alt. Diet ice cream</p>	<p>Chicken with mushroom sauce Double Baked Potato Casserole Crinkle Cut Carrots/ Dill Whole Wheat Dinner Roll w/ butter Cherry Pie Alt. Fresh Fruit</p>	<p align="center">CHRISTMAS HOLIDAY</p> <p align="center">PROGRAM CLOSED</p> <p align="center"></p>
26	27	28	29	30
<p align="center">CHRISTMAS HOLIDAY</p> <p align="center">PROGRAM CLOSED</p> <p align="center"></p>	<p>Italian Meat sauce Spaghetti Noodles Parmesan Cheese Green Beans Italian Bread w/ butter Mandarin Oranges</p>	<p>Lemon Pepper Chicken Mashed Red-Skinned Potatoes Cook's Choice Veg Dinner Roll w/ butter Molasses Cookie Alt. Peaches</p>	<p>Denver Omelet with Cheese Sauce Sausage Patty Hashbrown Casserole Mini Croissant w/ butter Fruit Cup</p>	<p align="center">NEW YEAR'S HOLIDAY</p> <p align="center">PROGRAM CLOSED</p> <p align="center"></p>

Dear Ina,

What Does Accepting Assignment Mean? I saw in the last newsletter, when talking about flu shots, that you want to make sure that doctor's accept "Medicare Assignment" before scheduling a flu shot. What does that mean?

Sometimes a doctor or other provider accepts "assignment." This means that the doctor or provider is paid directly by Medicare and accepts the "Medicare-approved" amount.

A doctor or other provider who does not accept assignment can charge 15% over Medicare's approved amount. In this case, you are responsible not only for the usual cost-sharing of 20% of the approved charge for the service but also for 100% of the excess charges, which is the portion of the fee that exceeds the approved amount. This is why it is important that, when scheduling appointments, you'll want to make sure your doctor accepts Medicare Assignment! Most do, but it's always best to ask.

<https://oci.wi.gov/Documents/Consumers/PI-002.pdf>

Part-time Paid Opportunities for Older Workers

Are you age 55 or older, with a limited income, or unemployed looking for work? Wisconsin Senior Employment (WISE) may have the right opportunity for you. Upgrade your skills while helping your community. Clerical, Customer Service, and Custodian openings in Waukesha County.

Call for details: 920-469-8858 or email: darice.hannon@gwaar.org. SCSEP guidelines apply.



Seasons Greetings



*Wishing you and yours a safe and happy holiday season.
From all of us at the ADRC of Waukesha County*

New Year's Trivia

Learn more about New Year's traditions around the world by cracking the codes!

Code

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. The New Year's Eve song "Auld Lang Syne" originated from what country?

19 3 15 20 12 1 14 4

2. To ring in the New Year in Spain, it is traditional to do what on each chime of the clock?

5 1 20 1

7 18 1 16 5

3. Why do the Chinese celebrate the New Year with firecrackers?

20 15 23 1 18 4

15 6 6 5 22 9 12

19 16 9 18 9 20 19

4. In the U.S. where do they hoover a huge crystal ball on New Year's Eve?

20 9 13 5 19

19 17 21 1 18 5



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

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