

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

**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
(24/7 Helpline)

www.alz.org/sewi

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The ADRC Connection

November 2016

From the Manager...

As the new Manager of the Aging and Disability Resource Center of Waukesha County, I would like to take this opportunity to share some of the exciting initiatives and programs provided by the ADRC.

First of all, in recognition of **National Caregiver Month**, please join us on **Wednesday, November 9, 2016 from 1:00 – 4:00 PM** for our Open House. Please join us at 2:00 p.m. to hear Former Governor Martin Schreiber share his story of learning, coping and surviving as an Alzheimer's caregiver. He will also have available, his recently published book, *My Two Elaines*. In addition, we will be highlighting the programs offered by the ADRC as well as the Public Health Division and our Veterans' Services Office. Our community partners who provide additional caregiver support will be present. Please join us for a special day and learn how your ADRC can assist you, your family, neighbors and friends.

Our new **Dementia Care Specialist, Ronda Bauer** has joined the ADRC team. She is available for memory screens, consults, and community presentations and will continue the expansion of the dementia business training initiative.

The **Elder and Disability Benefit Specialists** are busy this time of year assisting with Medicare Part D open enrollment. Call the ADRC if you would like assistance with your coverage options.

Our ADRC Specialists take over 125 calls per day providing Information and Assistance to consumers through our I&A call center. We also welcome people who stop in without an appointment and have seen an increase in those as well. We provide Waukesha County residents 18 years of age and over accurate, unbiased information on all aspects of life related to aging or living with a disability. We help individuals maintain their independence by offering a broad range of programs and services, including private pay options as well as publicly funded benefit programs.

Lee Clay, Community Health Coordinator, works with our community partners and volunteers to provide evidence based health promotion programs at various locations throughout the county. Check out the schedule provided in every issue of the newsletter.

Our **Adult Protective Services** is the lead agency for reports of individuals who may be at risk of physical, financial, emotional abuse or self-neglect. These dedicated social workers provide intervention for vulnerable adults to ensure their safety and maximize their independence.

Your ADRC is committed to providing quality customer service to assist individuals to remain safe in their home. Our goal is that you will know who to call when you need assistance. We are your "one stop" to find resources for adults with disabilities and seniors. I am proud of our dedicated team of staff, from our support staff to the supervisors, who make it happen every day. Please contact me if you have any suggestions or would like more information about the ADRC.

I look forward to the future of the ADRC and further enhancing the services we provide.

Mary C. Smith

Manager



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.

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all of their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down the specific needs such as housecleaning, grocery shopping, meals, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members and the person's health care provider.

Research community resources. Explore options like home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact the Aging and Disability Resource Center of Waukesha County for local resources and services. Contact organizations specific to the disease, such as the Alzheimer's Association or the Stroke Foundation. Keep the information you gather in a file for use later on.

Plan for immediate care. Find out the person's wishes for immediate and long term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Include an alternate emergency plan in case you are unable to carry out your duties.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for.

Plan for the future. Get information about the long term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Let go of less important commitments. No one can do it all! Make sure you are eating well, getting enough sleep and exercise and are spending time with family or friends in order to keep yourself healthy.

Call the ADRC of Waukesha County for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better. The workshops are run by trained leaders. For a full list of these and future classes available, contact the ADRC (ask for Lee) or check out our website <https://www.waukeshacounty.gov/ADRCWorkshops/>

Living "Life" Well with Chronic Conditions

People with chronic health conditions live most of their lives outside of hospitals and clinics. This workshop will focus on learning information and skills on how to manage the daily aspects of chronic conditions. This workshop is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition 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 ongoing health conditions. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with a chronic or ongoing health condition. With mutual support participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do the Things YOU want to do. Those who live with someone who has a chronic or ongoing health condition will also benefit from this workshop.

Three 6-week sessions are available this November.

One is held on Thursdays, starting on November 3rd from 11:00am-1:30pm at **Aurora Summit Medical Center** in the Pabst Room. Lunch is included. To register, please contact Trish Golden @ Aurora Summit: (262) 434-1248 or go online www.aurora.org

The next session starts Monday, November 7th from 9:00am- 11:30am at **Community Memorial Hospital** in the Treber Conference Room. To register, call the Community Memorial class registration line: (800) 272-3666. There is a \$20 workbook deposit suggested.

Another session beginning on Monday, November 7th from 1:30am – 4:00pm is being held at **ProHealth Waukesha Memorial**. To register, please call the ProHealth Care class registration: (262) 928-2745

Sip -N- Swipe Café

A Sip & Swipe Café is a series of four one-hour sessions where older adult learners get a beverage (Sip) and to work with a coach alongside 1 or 2 other learners each using a tablet (Swipe). The sessions are designed to be self-paced; each learner reads the instructions and progresses at his/her own rate. Tablets are provided in collaboration with Generations On-line or you can bring your own. The next session begins Wednesday, November 2nd for 4 sessions from 10:00am-11:00am at the **ADRC of Waukesha County**. To register, contact Lee @ 262-548-7848.

Chronic Pain Self - Management

Workshop participants are given information and practical tools to help them develop self-management skills, improve self-confidence and increase motivation to better their Chronic Pain symptoms, challenges and day to day tasks. This workshop is for adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. This is an interactive, highly participative 6-week workshop that meets for 2.5 hours each week. There is a \$30 fee for this workshop which includes the Chronic Pain Workbook and Moving with Ease exercise CD.

There are two classes being held, the first begins on November 4th at **ProHealth Waukesha Memorial** from 1:00-3:30pm. To register, call the ProHealth Care class registration: (262) 928-2745

Another class begins on November 7th at **Stoney Creek Senior Apartments in Muskego** from 1:00 to 3:30pm. To register, and for more information, contact Charlene, Activity Coordinator at (414) 422-4686 or Lee C. @ ADRC of Waukesha County (262) 548-7848.

The Great American Smokeout November 20



Quitting when you're older. You may wonder if it's too late to quit, or even possible – especially if you've tried more than once and haven't succeeded. Although it can be challenging, there are proven ways to do this -

YOU CAN BE SUCCESSFUL!

Most older adult smokers know that this is not good for them, and have heard the information on health problems. Knowing these serious concerns, such as increased risk of cancer, heart attack, stroke, bronchitis, and cataracts, they are also aware of the other improvements that quitting would result in – more money, less coughing, better breath, fewer wrinkles, and more energy for other activities.

Quitting has benefits at all ages – View [“Within 20 Minutes of Quitting”](#), from Centers for Disease Control and Prevention (CDC). However, there are many reasons why **it can be difficult** for an older person to quit, including:

- You've already tried and weren't successful, you feel discouraged by previous attempts
- If you've been smoking a long time, it has become such a part of everyday life, it's difficult to let go of that part of your lifestyle
- Nicotine is the VERY addictive drug in cigarettes, and makes it a challenge – getting through withdrawal symptoms initially is difficult.

There are many reasons **older smokers quit ...**

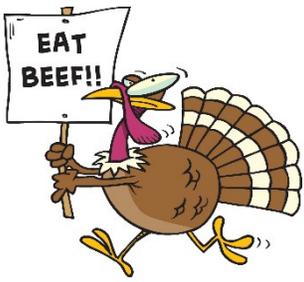
for better health, to be more in control and free from tobacco, or to please a loved one that is urging them to stop. The most important ones are what YOU – the smoker – feels are best.

LIFE EXPERIENCE CAN HELP! Often, older adults have had lots of experiences accomplishing difficult tasks – and as a result, are better prepared to take on the challenge of quitting smoking than when they were younger. They know it won't be easy, and may be more willing to work at it to make sure they are successful.

Check out <http://60plus.smokefree.gov> a quit-smoking website for older adults from the National Cancer Institute, or Wisconsin Tobacco Quitline for free coaching.

Call: 800-784-8669 or visit the website at <http://ctri.wisc.edu/ql-smokers.htm>





GOBBLE UP THOSE GOODIES !

Soon, families and loved ones will be gathering around the table to enjoy a traditional American meal of turkey, stuffing, potatoes and pumpkin pie. However, America is a land of many diverse households and traditions, and here is a look at some other delicious ethnic dishes that may be on the holiday table:

Eastern European families may enjoy German purple cabbage braised with bacon, crispy fried Latkes (thin pancakes made with potatoes) and Matzo Ball Soup, made from turkey stock.

Asian households may feature Korean Kimchi (a fermented vegetable side dish), Sweet Curry gravy and Turkey Fried Rice.

Middle Eastern festivities feature Persian Basmati Rice with pomegranate, goat cheese and turkey stock, Labneh Salad with sumac and cherry tomatoes, and Egyptian Zalabias, which are sugared fritters.

For an Italian flare, chefs prepare an Antipasto Platter (salami, prosciutto, olives, cheeses and mushrooms), Manicotti (stuffed pasta brimming with cheese and vegetables) and Tiramisu, a delicate coffee and ladyfinger dessert.

And finally a trip to South America with Feijoada Soup, made with smoky black beans, Argentinian Alfajore, a buttery cookie filled with Dulce-La Leche (caramelized milk) and Venezuelan Arepa, round griddled corn bread stuffed with turkey, gravy and mashed potatoes.

Whatever your menu, enjoy your meal, as you celebrate with family and friends. Happy Thanksgiving!

Adapted from <http://mashable.com/2015/11/10/multicultural-thanksgiving/>

Catholic Memorial High School Service Club Thanksgiving Dinner

The Catholic Memorial Service Club will be hosting a Thanksgiving Dinner on Wednesday November 23, 2016 from 4:30-6:00 p.m.

Dinner will be served in the Learning Commons and is open to all.

Reservations are not needed.

Catholic Memorial is located at 601 East College Avenue, Waukesha WI 53186



Waukesha County Veterans' Services

It is the mission of Waukesha County Veterans' 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



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 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 Thursday, November 24th; Friday, November 25th; Friday, December 23rd; Monday, December 26th; and Friday, December 30th and Monday, January 2nd.

The Sussex Senior Dining Center

The Sussex Senior Dining Center has moved to the newly constructed Sussex Civic Center. We encourage seniors to join us for lunch and see our new space! The new address is N64 W23760 Main St.
 To reserve a meal call 246-6747.



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.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i></p>			



Ground Turkey Chili w/ cheese, onions, crackers
Tossed Romaine Salad with Dressing
Cornbread w/ butter
Fresh Banana

BBQ Pork on Bun
Hashbrown Casserole
Creamy Coleslaw
Cantaloupe
Ice Cream
Alt. Diet Pudding

Beef Macaroni Casserole
Creamed Spinach
Wheat Roll w/Butter
Mandarin Oranges
Peanut Butter Bar
Alt. Diet Cookie

Breaded Fish
Tartar Sauce
Potato Pancakes
Peas and Carrots
Spiced Apple Rings
Cook's Choice Cookie
Alt. Fresh Fruit

ELECTION DAY
All American Jumbo
Hot Dog w/ Ketchup & Mustard
Poppy Seed Bun
American Potato Salad
Baked Beans
Fresh Apple
Chocolate Chip Cookie

Roasted Chicken
Mashed Sweet Potatoes w/Butter
Peas and Pearl Onions
Sourdough Bread w/ Butter
Chocolate Pudding
Alt. Diet pudding

Meatloaf w/ ketchup
Mashed Potatoes w/ Beef Gravy
Two Tone Beans
Bread/Butter
Fruited Gelatin
Alt. Diet Gelatin

VETERANS DAY
Roast Beef w/ gravy
Baked Baby Reds w/ butter
Broccoli Salad
7-grain Bread w/ Butter
Fresh Whole Kiwi
Cherry Pie
Alt. Diet Cookie

Yankee Pot Roast w/Celery & Onions
Parsley Potatoes
Sunshine Carrots
Dill Bread w/ butter
Peanut Butter Rice
Krispies Bar
Alt. Peaches

GIVING THANKS
Roast Turkey w/ Gravy
Garlic Mashed w/ Gravy
Cornbread Muffin
Butter
Green Bean Casserole
Cranberry Compote
Pumpkin Pie w/ Whipped Topping
Alt. Fresh Fruit

Swedish Meatballs
Buttered Noodles w/ gravy
Brussels Sprouts
Pumpnickel Bread w/butter
Grapes
Tapioca Pudding
Alt. Diet Pudding

Breaded Fish
Tartar Sauce
Au gratin Potatoes
Dill Baby Carrots
Garlic Bread
Frosted Lemon Cake
Alt. Plain Cake

Italian Sausage w/Onions & Peppers in Marinara Sauce
Sausage Roll
Wax Beans
Pasta Salad
Pistachio Pudding
Alt. Fresh Pear

Chicken Cordon Bleu
Wild Rice Blend w/ sauce
Wisconsin Blend Veg
Mixed Greens w/ Raspberry Dressing
Dinner Roll w/ butter
Pumpkin Cookie
Alt. Fresh Orange



PROGRAM CLOSED



PROGRAM CLOSED

Chicken Parmesan
Rotini w/ marinara
Italian Green Beans
Crusty Italian Bread w/ butter
Fresh Pear
Alt. Yogurt

Cranberry Glazed Pork
Baked Baby Reds w/ Butter & Sour Cream
Carrot Coins
Marble Rye Bread w/ Butter
Apple Crisp
Alt. Fresh Apple

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE;
1% MILK INCLUDED
ALT= LOW SUGAR ALTERNATIVE
Menu subject to change without notice

ASK INA

Dear Ina, I am worried about the upcoming flu season and I am on a limited income, does Medicare pay for flu shots? Ms. Vi Rus

If You Have Original Medicare

Flu vaccines are free for people with Medicare Part B if their health care provider accepts Medicare assignment. People with original Medicare should not be charged a coinsurance or deductible for the flu vaccine. Flu vaccines can often be obtained for free at your local health department by using your Original Medicare card.

If You Have a Medicare Advantage Plan

People with Medicare Advantage Plans must get their vaccine through their plan. Always check with your Advantage Plan for information on where to obtain your flu vaccine. People with a Medicare Advantage plan are sometimes charged a co-pay for the flu vaccine. Check with your plan for details.

You can get one free flu vaccine per flu season. The cost of the vaccine itself and the administration of the shot are covered. **It is a good idea, however, to ask about whether there will be any cost to you wherever you get the vaccine.** The flu vaccine is very safe. The virus in the vaccine is not alive and cannot give you the flu. Getting the flu vaccine not only protects you, but protects people around you from exposure to the flu.

Medicare also pays for one vaccine to prevent pneumococcal pneumonia because this vaccine is usually given only once to any person. The effects of this vaccine are long-lasting because, unlike the flu virus, the pneumococcal bacteria does not change or mutate from year to year.

Medicare suggests that people get the flu vaccine in October or November. But it is better to get the shot later than not at all. The flu season usually lasts through April. The vaccine provides protection within 1 or 2 weeks. You can get the flu vaccine and the vaccine for pneumococcal pneumonia at the same time.

The flu can be deadly for older adults. In addition to getting the vaccine, experts recommend that Seniors avoid people who have the flu, wash their hands frequently, and seek medical advice quickly when flu symptoms appear.

Be Well,

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2016 General Election

Tuesday, November 8, 2016

Polling places open at 7am and close at 8pm



For more information on: Voter info, find my polling place, what is on my ballot, update my name/address, register to vote, vote absentee.

<https://myvote.wi.gov/en-us/>

Search for My Polling Place: <https://myvote.wi.gov/en-US/FindMyPollingPlace>

Search for My Ballot: <https://myvote.wi.gov/en-US/PreviewMyBallot>

Request an Absentee Ballot: <https://myvote.wi.gov/en-us/VoteAbsentee>

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. 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! Here is a sampling of some of the great programs offered in Waukesha County libraries. If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



<p>Brookfield Public Library. 1900 N. Calhoun Rd., Brookfield, WI 53005. (262) 782-4140. Remembering the Forgotten War: A Korean War Veteran Speaks. Thursday, Nov. 10 at 7:00 p.m. http://www.ci.brookfield.wi.us/38/Library</p>	<p>Delafield Public Library. 500 Genesee St., Delafield, WI 53018. (262) 646-6230. Maximize Your Medicare Benefits! Tuesday, Nov. 8 at 10:00 a.m. www.delafieldlibrary.org</p>	<p>Elm Grove Public Library. 13600 Juneau Blvd., Elm Grove WI 53122. (262) 782-6700. Itchy Pens: How to Get Started Writing Practically Anything. Thursday, Nov. 3 at 7:00 p.m. http://elmgrovelibrary.org</p>
<p>Hartland Public Library. 110 E Park Ave, Hartland, WI 53029. (262) 367-3350 An Evening with Wisconsin's Poet Laureate: Kimberly Blaeser. Monday, Nov. 7 at 5:30 p.m. www.hartlandlibrary.org</p>	<p>Menomonee Falls Public Library. W156 N8436 Pilgrim Rd., Menomonee Falls, WI 53051. (262) 532-8900. One-Room Country Schools: Author Talk with Jerry Apps. Thur., Nov. 10 at 7:00-8:00 p.m. http://menomoneefallslibrary.org</p>	<p>Mukwonago Community Library. 511 Division St., Mukwonago, WI 53149. (262) 363-6411. Political Film Series: The Manchurian Candidate. Tuesday, Nov. 15 at 6:00 p.m. http://www.mukcom.lib.wi.us</p>
<p>New Berlin Public Library. 15105 W. Library Lane. New Berlin, WI 53151. (262) 785-4980. One Man's Story: Memoirs of a Vietnam Vet, Author Talk with Michael Clark. Friday, Nov. 11 at 10:00-11:00 a.m. http://www.newberlinlibrary.org</p>	<p>Pauline Haass Public Library. N64 W23820 Main St., Sussex, WI 53089. (262)-246-5180. Holiday Book and Bake Sale. Sat., Nov. 19 - Mon., Nov. 21. http://www.phplonline.org/</p>	<p>Pewaukee Public Library. 210 Main St. Pewaukee, WI 53072. (262) 691-5670. What's It Worth? Antique Appraisal Event. Thurs., Nov. 10 at 4:30-7:30 p.m. http://www.pewaukeelibrary.org</p>

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

November 10, 2016 from 10:00 am to 12:00 noon
 New Berlin Library Community Room, 15105 Library Lane
Honoring Veterans for Their Sacrifices

Refreshments will be Provided
 Questions and Replies to Jean Lazarus 414-352-1966

 It's time to "Fall Back!"
 Daylight Savings Time Ends Sunday at 2am

Daylight Savings Time ends: Sunday November 6th

"Change Your Clock, Change Your Battery"

Adopt a new habit: Change your smoke alarm batteries every time you change your clock for Daylight Savings Time





Waukesha Walk Co-chairs, Pam and Ted Larsen

On Saturday, September 10th the 2016 Alzheimer's Association Walk to End Alzheimer's was held at Frame Park in Waukesha County. The walk was co-chaired by Ted and Pam Larsen, owners of Church and Chapel Funeral Homes. Steve "Homer" True of 540 ESPN welcomed walkers and served as the Master of Ceremonies. Thank you to Chef Jack for proving the food for the event and to Brad Schimel and Four on the Floor for your support.



The 2016 Waukesha County Walk raised more than \$200,000 and had more than 1400 participants.



Thank you to all who participated in this year's event! We could not have done it without you!



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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. Thanksgiving | 5. Thankful | 9. Stuffing | 13. Pumpkin |
| 2. Holiday | 6. Food | 10. Salad | 14. Pie |
| 3. Family | 7. Turkey | 11. Bread | 15. Vegetables |

Many people focus on giving thanks during this time of year. The ADRC is grateful to all the volunteers who help seniors and individuals with disabilities in so many different ways. This poem, written for a volunteer recognition event, sums up why we are thankful.

Thankful to the ADRC Volunteer

Thank you for your many acts of kindness
and giving of yourself.
For always coming forward when others needed help.
For your loving hands that deliver,
serve and pack meals,
to giving of your time a great deal.
For your comforting visits with warmth and care,
for bringing joy and cheer just by lending an ear.
For directing visitors through the halls,
to covering our front desk, answering calls.
For computer entry, files you have helped sort
and providing necessary clerical support.
You all have helped in very special ways
and helped to brighten many days.
How many smiles would not have smiled,
how many hearts not warmed?
You're always there to do your part....
volunteering is truly a work of art.
You all do such thoughtful things with a special touch,
please accept our heartfelt thanks for doing so much.

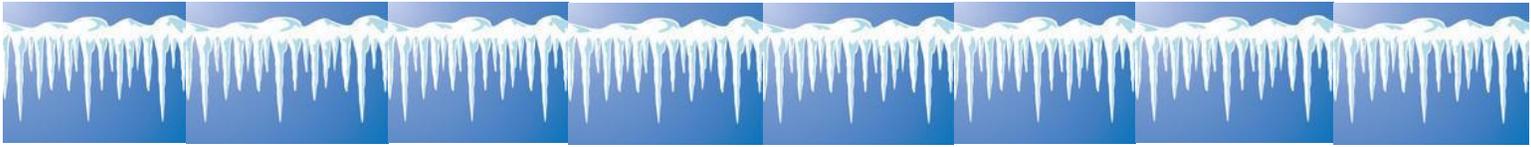


VOLUNTEERS NEEDED TO HELP SENIORS WITH SNOW REMOVAL

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 to clear 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.



Weatherization in Wisconsin

As we get ready for the cold winter months ahead, it's good to prepare your home or apartment for the upcoming ice, snow, and freezing temperatures that come with winter in Wisconsin. These steps, most of which you can do yourself, can help lower your utility bills and protect your home.

- Before it gets cold enough to need your heater on 24/7, consider hiring a technician to inspect your furnace or heat pump to make sure your system is clean and in good repair. This may cost a bit of money, but getting it checked out now could prevent needing costly emergency assistance on the coldest day of the year!
 - If your ceiling fan has a reverse switch, run the fan blades in a clockwise direction to produce an updraft to push the hot air down towards the ground. Remember, heat rises!
 - If your home had lots of icicles last winter, take steps to prevent potential damage this year. A weatherization contractor can identify and fix air leaks and inadequate insulation in your attic that can lead to ice dams. Also, you should clear your gutters of leaves and other debris which can cause water back up against the house and roof damage. Downspouts should be at least 3-4 feet away from the foundation.
 - Scan for damaged, loose, or missing shingles that can cause your roof to leak during winter storms or melting snows.
 - Check your window and door frames for gaps between the siding. If the gap is larger than the width of a nickel, apply exterior caulk. You can purchase caulk for \$5 from your local hardware store. This will prevent heat loss and help you save money on your energy bill.
 - Disconnect all garden hose, switch the shut-off valve in the house, and drain water that remains in the spout. This will save your pipes from bursting.
 - Mow your leaves instead of raking them. This surprising tip suggests that leaves that are left among the grass will decompose and nourish your lawn over the winter. After you mow for the last time this fall, make sure there is no fuel remaining in the engine. If you use up all the fuel, you will have less difficulty starting the engine next spring.
 - Slowly pour several gallons of water into the sump pit to see whether your pump turns on properly.
 - If you have a fireplace, make sure the chimney and vents are clean and in good repair. This can prevent fires and carbon monoxide.
 - Don't wait until the first winter blizzard to stock up on cold-weather essentials, such as salt or ice melt.
- 

Finally, remember what your options are in a heating or electric emergency. The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 230,000 Wisconsin households annually. In addition to heating and electric assistance, specialized services include: emergency fuel assistance, counseling for energy conservation and energy budgets, pro-active copayment services, winterization assistance, and emergency furnace repair and replacement.

How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors, including household size, income, and energy/heating costs. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov. Waukesha County residents can contact Energy Services, Inc. at (800) 506-5596 or visit 217 Wisconsin Ave, STE 401 in Waukesha.

From the Desk of Your Benefit Specialist

Benefits

Medicare Open Enrollment 101

Know your options and get free help.

As autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period will allow you to review your plan options.

Maybe you have a new prescription that is not covered by your current drug plan or you have a new health condition. To ensure you get the most from Medicare in 2017, you should research your Medicare plan options during Medicare open enrollment.

Open enrollment begins Oct. 15 and closes Dec. 7. Changes made during this time will take effect on Jan. 1, 2017.



During open enrollment, you can:

- Adjust Medicare Advantage or Medicare prescription drug coverage.
- Change from original Medicare to a Medicare Advantage plan (or vice versa).
- Switch between Medicare Advantage plans.
- Join a Medicare Prescription Drug Plan.
- Switch existing drug plans or drop Medicare prescription drug coverage.

If you're unsure where to start, complete the plan comparison form on the next page. Return the completed form to the ADRC for your personalized plan comparisons. You can have your plans mailed to you or sign up for a free workshop to get all your questions answered. Workshop dates and time are listed on the form.

The Elder Benefits Specialists (EBS) at the ADRC are Medicare SHIP Counselors who offer assistance year-round to Medicare-eligible beneficiaries, their families and caregivers. EBS can help with understanding

Medicare benefits and the enrollment process. Assistance is personalized, so counselors can help you find available options that fit your unique situation.

The Medicare SHIP program is funded by the Administration for Community Living, part of the U.S. Department of Health and Human Services – provides services in every state as well as in the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands. Learn more at ACL.gov.

Don't wait until the last minute. Take care of your health now, call the ADRC to speak with an Elder Benefit Specialist/Medicare SHIP counselor or contact Medicare directly at 1-800-633-4227 or Medicare.gov.

+++++ The Health Insurance Marketplace: Fourth Annual Enrollment Period

If you are currently receiving insurance through the federal Health Insurance Marketplace, Open Enrollment for 2017 is here! Additionally, anyone currently uninsured can enroll for 2017 coverage. Open enrollment starts November 1, 2016 and ends January 31, 2017. 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



Waukesha County Residents do you need help comparing 2017 Medicare plans? Fill out and return the form below

When we receive your form, we will complete a personalized search of your top 2 lowest-cost Drug and/or Advantage Plans. Please attend our new workshops to pick-up your packet and understand the results. Please fill out the form below for a workshop or online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>; otherwise, your plan comparisons will be mailed. Medicare Open Enrollment runs from October 15th – December 7th. Call 262-548-7848 with questions.



Mail to or drop off in person:
 ADRC, 514 Riverview Ave, Waukesha WI 53188
Email to: adrc@waukeshacounty.gov
Fax to: #262-896-8273

How do you want to receive your plan comparisons?
 (please check one)

- Mailed
- Workshop

Attend Workshop:

- Fri. 11/11 10-11am
- Fri. 11/18 10-11am
- Tue. 11/29 1-2pm

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____

Current Plan _____

Medicare ID # _____ Start Date: Part A _____ Part B _____

Pharmacy Preference _____

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

I understand that the accuracy of the Medicare Plan Finder depends upon the information entered by the Center for Medicare and Medicaid Services, as well as the information that I have provided to the Elder Benefit Specialist regarding my medications and pharmacy preferences. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. **We recommend that you contact the plan before you enroll to be sure that your medications will be covered and that your pharmacy is part of the plan you select. The EBS is not recommending any particular plan.** I have selected the plan that best suits my needs and budget. I take full responsibility for the plan that I choose. **I understand that any and all follow-up matters with this plan are my responsibility.** If I have reason to believe that the enrollment did not go through for some reason, I will notify the plan immediately. **I understand that all enrollments must be made by December 7th, 2016.**

I acknowledge that participants can generally only change Medicare plans once per year during the Annual Enrollment Period. By enrolling in this plan now, I understand that unless I qualify for a special enrollment period, I will probably have to stay in this plan for a year before I can drop or switch plans again.

Medicare Beneficiary signature: _____ Date: _____

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