

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
(24/7Helpline)

www.alz.org/sewi

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Ready, Set, VOTE!

Voters in Wisconsin are gearing up to learn all they can about the prospective Presidential nominees and all the issues on the ballot. Election Day is Tuesday, November 8th this year. The 45th president of the United States of America will be selected during this election, as well as U.S. Senator, U.S. Representative, even-numbered Wisconsin State Senate seats, all Wisconsin Assembly seats, and all District Attorneys.

Voting is central to the equality of all Americans, but this was not always the case. In 1776, when the Declaration of Independence was signed, the right to vote was a privilege exclusive to white, property-owning, Protestant men. In 1828, all states had removed religious restrictions and white men could no longer be denied the right to vote on the basis of religion. Following suffrage, by 1919-1920, the Nineteenth Amendment was adopted by Congress, guaranteeing voting privileges to all citizens, regardless of gender. However, people of other race, national origin, gender, or religion were still encountering discrimination. In 1964, the Civil Rights Act passed, making such discrimination illegal, and in 1965, the Voting Rights Act was signed into law, prohibiting any election practice that denies the right of any citizen to vote based on race.

Here are eight things you should know if you would like to cast your ballot for the 2016 elections:

1. Photo ID is required— This may be any DOT issued ID or driver's license, military ID card, passport, or other photo ID card. If you do not have a valid ID card, you can contact your local DMV or call this number: (608) 266-1069.
2. You can register to vote, check on your voter registration status, find the nearest polling place, see a sample ballot, and much more by logging in to the MyVoteWisconsin website or by calling (866) VOTE-WIS.
3. First-time voters: You must register to vote in Wisconsin. You can register online, in person at your local municipal clerk's office, or at your polling place on Election Day. You may also register by mail up to 20 days before the election. Download the application here [Wisconsin Voter Registration Application](http://www.gab.wi.gov/Wisconsin_Voter_Registration_Application), at <http://www.gab.wi.gov/> or call (866) 868-3947 to have it sent to you. You will be required to show proof of residence and ID when registering.
4. Change of Name or Address: If this has changed since you last voted, you will need to re-register to vote. You are required to have lived at your current address for 28 consecutive days to be eligible to vote. If it has been less than that, you are still eligible to vote from your former address.
5. Accessible Voting: All polling places in Wisconsin must provide accessible voting equipment. If you are unable to make it to your polling place due to disability, you can request curbside voting (contact your local municipal clerk for details). You may also request an absentee ballot to be sent to you for every election.
6. Absentee Voting (known as 'early voting'): Any voter who prefers to vote by absentee ballot may request one. You need to be registered to vote before one can be sent to you. You can mail, fax, email, or submit your ballot in-person. Contact your local polling place or log on to MyVoteWisconsin.gov or call (866)VOTE-WIS.



7. Voting from a Nursing Home or other facility: Municipal-appointed Special Voting Deputies may also offer the opportunity to vote if you live in a nursing home, assisted living facility, or group home. Contact your local municipal clerk for details.
8. Transportation: If you know that you will be needing transportation to the polls, you can apply for subsidized transportation (if you need a reduced fair and are over 65 or have a disability determination) or for RideLine (if you use a mobility aid and cannot enter or exit a vehicle independently). You can call the ADRC at 262-548-7848 to apply. You can also download the [application](#) from the ADRC website at <http://www.waukeshacounty.gov/adrc/>

Now you know everything you need to... GO VOTE!



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! Visit the library system at www.bridgeslibrarysystem.org. Here are some of the available programs at local libraries in the county:

<p>Alice Baker Public Library 820 E. Main St. Eagle, WI 53119 (262) 594-2800</p> <p><i>Cooks & Books: "The Things We Keep" by Sally Hepworth. Please register. Wednesday, October 12, 6:00pm</i> http://www.alicebaker.lib.wi.us</p>	<p>Brookfield Public Library. 1900 N. Calhoun Rd. Brookfield, WI 53005 (262) 782-4140</p> <p><i>Digital Downloads. Saturday, October 15 10:00-11:00am</i> http://www.ci.brookfield.wi.us/38/Library</p>	<p>Butler Public Library 12808 W. Hampton Ave. Butler, WI 53007 (262) 783-2535</p> <p><i>Knitting Club. Bring your own yarn & needles. Thursday, October 20 1:30-3:30pm</i> http://www.butler.lib.wi.us</p>
<p>Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230</p> <p><i>Mother Daughter Date Night: Needle Felting. Please register. Tuesday, October 18, 6:00-7:00pm.</i> www.delafieldlibrary.org</p>	<p>Elm Grove Public Library 13600 Juneau Blvd. Elm Grove, WI 53122 (262) 782-6700</p> <p><i>Learn About Disability Benefits Programs. October 19, 2:00pm.</i> http://elmgrovelibrary.org</p>	<p>Mukwonago Community Library 511 Division St. Mukwonago, WI 53149 (262) 363-6411</p> <p><i>Bluegrass Jam. Stop to listen or join in. Monday, October 10, 6:00-9:00pm.</i> http://www.mukcom.lib.wi.us</p>
<p>Menomonee Falls Public Library W156 N8436 Pilgrim Rd. Menomonee Falls, WI 53051 (262) 532-8900</p> <p><i>Questions and Answers about Windows 10. Registration required. Wednesday, October 5, 2:00pm or Wednesday, October 12 7:00pm.</i> http://menomoneefallslibrary.org</p>	<p>Waukesha Public Library 321 W Wisconsin Ave. Waukesha, WI 53186 (262) 524-3680</p> <p><i>Monday Night Movies. Monday, October 24 6:30-9:00pm.</i> http://waukeshapubliclibrary.org</p>	<p></p> <p>Did you know you have access to Ancestry Library Edition? This resource is a comprehensive online source of information for conducting genealogical and local history research. Visit your public library to learn more!</p>

Some Things You Need To Know About VACCINES ...

Every year, thousands of American people become ill, are hospitalized, and die from diseases that are preventable - BY VACCINES.

Immunizations are our best protection against these diseases, and are recommended for children, teens, and adults. Various factors, such as age, health conditions, lifestyle, jobs, and travel affect which vaccine recommendations are given, as well as latest research and science. Through the years, vaccines have significantly reduced the numbers of infectious diseases in our community. However, the germs that cause these diseases still exist and can continue to be spread when people are not protected. Vaccines not only protect the person immunized, but also helps keep disease from spreading to others like family members, neighbors, coworkers, classmates, and other members of the community.

Immunizations have had an enormous impact on the improved health of our children in the United States, and are the best way to protect our families from 16 serious and potentially harmful diseases, such as small pox, rubella, mumps, polio, and measles.

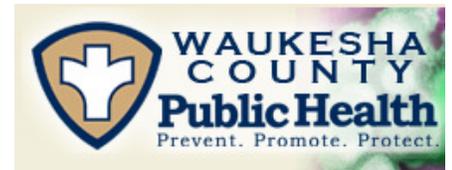
Even if you have had your vaccines as a child, protection can wear off over time and adults may need recommended boosters. Adults with chronic conditions like asthma/COPD, heart disease, and diabetes are more susceptible to complications from some of these diseases.

The flu season is coming - and flu vaccines are recommended for EVERYONE 6 months of age and older. Each flu season is different. The vaccine changes yearly, based on the flu viruses that are predicted to be the most common in the upcoming season. The flu season can begin as early as October and can last into May.

Vaccines are approved for use only after years of careful testing to ensure their safety and effectiveness. Vaccine use is continuously monitored for safety. As with any medication, vaccines can cause some mild side effects, such as soreness at the injection site, however more severe effects are rare.

For more information, the link attached is an easy informational video on vaccines and how they work.

<https://www.youtube.com/watch?v=hodb65EkorM&feature=youtu.be>



A (CHOCOLATE) CHIP OFF THE OLD BLOCK

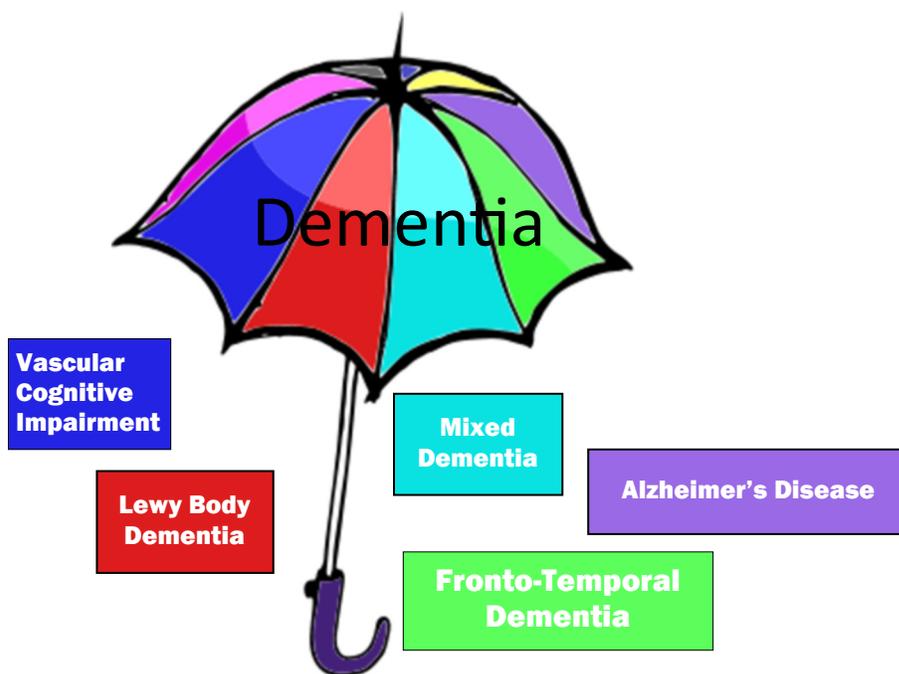
As we embark on autumn road trips to take in Wisconsin's beautiful colors, set your GPS for Burlington, Wisconsin; home of the Nestle Chocolate Company plant. Opened in 1967, Nestle is Burlington's biggest (and sweetest) employer. It produces 100 million pounds of chocolate per year, including candy bars, cocoa mix, and of course, chocolate chips...81,000 per year! The company showcases its' biggest creations at the annual Chocolate Festival, held the weekend after Mother's Day. Past showstoppers include the world's largest giant chocolate bar, a house made entirely of chocolate, an enormous chocolate dinosaur, and a gigantic chocolate chip, weighing more than a ton.

So the next time you are curled up with a steaming cup of hot cocoa on a cold winter day, you can proudly say it's *Made in Wisconsin!*

Adapted Bryan Miller, Chicago Reader.com

FUN FACT: Ruth Wakefield, the inventor of the chocolate chip cookie, sold her recipe to Nestle in exchange for a lifetime supply of chocolate. [James Grebey, BuzzFeed]

What's the Difference? (Between Dementia and Alzheimer's Disease)



What is Dementia?

Dementia is an overall, or “umbrella” term for diseases and conditions characterized by a decline in memory, language, problem-solving and other cognitive skills that affect a person’s ability to perform everyday activities. This decline occurs because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged and no longer function normally.

Think of the term “Dementia” like an umbrella. There are many different types of dementia under the umbrella term, such as Mixed Dementia, Vascular Cognitive Impairment, Lewy Body Dementia, and Alzheimer’s Disease.

Alzheimer’s disease is the most common type of dementia, accounting for 60-80% of all cases.

Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage in the brain, is the second most common type of dementia.

Symptoms of dementia can vary greatly. Examples include; problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments, and wandering.

Some causes of memory loss can be treated and reversed if detected early.

If you are experiencing signs of dementia, see your doctor as soon as possible to discuss your concerns.

Contact the Alzheimer's Association 24/7 Helpline at [800.272.3900](tel:800.272.3900) or visit alz.org/sewi if you have questions or need additional information.



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.

Reality Orientation versus Validation Therapy

Recently, I attended the Dementia Friendly Community Forum in Oconomowoc. The participants had the privilege of hearing former Governor Martin Schreiber share some very touching stories about his personal experience as caregiver for his wife, who has Alzheimer's Disease. During his presentation, Governor Schreiber talked about using "therapeutic fibbing." He said that when his wife wanted a glass of wine at nine o'clock in the morning, rather than trying to explain that this was not the appropriate time for an alcoholic beverage, he would simply say: "red or white." He didn't try to change his wife's thought process. He didn't argue, scold or correct her. Instead, he went along with her line of thinking.

The discussion raised a few questions about the best ways to approach an individual with dementia when they may be confused about time, place, people or circumstances. Should you try to re-orient the person to the realities of the situation? When is it alright to let the person continue with erroneous thoughts? Should you join in the deception? These questions are important for caregivers to consider. It may not matter too much when we are talking about whether or not to have a glass of wine after breakfast. But, it becomes more concerning and complicated when the person seems to be unaware that their mother or father are deceased, and have been for quite some time.

In my earlier years of working with older adults, we were trained in a technique known as Reality Orientation. This was the method we were supposed to use to help a person with dementia to see the error in their thinking and return to "reality." It involved asking the person a series of questions that would lead them down a logical path and ultimately reach the conclusion that what they were thinking couldn't possibly be correct. In my experience, it never really worked very well, and most people found it to be uncomfortable and ineffective.

Today, the preferred method of intervention is Validation Therapy. This technique has been applauded by professional and family caregivers as a gentler more compassionate approach, which actually often leads to a deeper appreciation and understanding between the individual with dementia and the caregiver.

In validation therapy, the goal is to validate the feelings of the person, not necessarily the factual content that is presented. If someone with dementia says that they are waiting for their mother to come and get them (and the mother passed away many years ago), one might respond by saying: "You must be thinking about your mother today. Tell me a little about her? What are some of your favorite memories?" This could lead to a wonderful, affirming moment of reminiscing that will prove to be therapeutic for both the story-teller and the listener. It is not necessary to "pretend" that mother is still living, nor to say that she is dead.

Reality orientation and validation therapy are tools to help us respond to confusion in a positive and beneficial way. We want to increase happy emotions and reduce distress and anxiety. We all need to have lots of tools in our toolkit when we work with people with dementia. What works today at supertime, might not work tomorrow at lunch. I would like to share a personal experience as an illustration.

A few years ago, I was working in my office when Sarah came through the door. Sarah had Alzheimer's Disease and appeared somewhat agitated. She was asking about her car. I decided to use my validation therapy. So, I said: "Sarah, you must be thinking about your car today. Tell me about your car." She stopped me abruptly and said: "I don't have time for this. I have to find my car." She turned around and left. I could hear Sarah approach the receptionist and ask: "Do you know where my car is? I can't find my car." The receptionist, in a very kind and caring tone of voice, told her that she sold her car years ago. I listened for the reaction. Sarah said: "Huh! Why didn't someone tell me that?" She left, feeling relieved.

So, you can never be absolutely sure the best way to handle a situation at that moment in time. It is a matter of trial and error. But, you can be sure that if you develop a relationship with the person, try to remain sensitive to their feelings and needs, and respond out of care and concern—you will most likely get it right. If not, come back and try again.

Robert J. Best NHA MAPS
Executive Director, Oak Hill Terrace



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/>

Stepping On (falls prevention) workshop

This 7 week program is perfect for active senior adults who have fallen in the past year or have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. Active, independent living adults without dementia will see the most improvement. Free to attend.

Fridays, October 21 – November 2, 2016 (7 weeks) with 3 months booster session
10:00 a – 12:00 noon (light refreshment included)

Location: **Waukesha Memorial Hospital:** 725 American Ave in Waukesha
Contact: ProHealth Care class registration: (262) 928-2745

Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care is provided upon request through the ARDC. Free to attend.

Tuesdays, November 1 – December 6, 2016 (6 weeks)
3:00 – 4:30pm (light refreshment included)

Location: **Waukesha Memorial Hospital:** 725 American Ave in Waukesha
Contact: 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 software is designed to be self-paced; each learner reads the instructions and progresses at his/her own rate. Tablets provided in collaboration with Generations On-line or bring your own. Learn a Latte! Free to attend. Class size limited to 6 maximum

Wednesdays; runs monthly for 4 sessions- October 5, 12, 19, 26, 2016
11:00 am – 12 noon

Location: **ADRC of Waukesha County:** 514 Riverview Ave, in Waukesha
Registration Contact: Lee C @ (262) 548 - 7848

Boost Your Brain & Memory

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 8-weekly sessions includes well constructed 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. Free to attend. Light refreshment offered.

Wednesdays, October 4, 11, 18, 25, November 1, 8, 15, 2016 (7 weeks)
1:00 pm – 2:30pm light snack offered

Location: Heritage of Waukesha: 1831 Meadow Lane in Pewaukee
Registration Contact: Lee C. @ ADRC of Waukesha County (262) 548 – 7848

ask INA

Dear INA,

I'm confused, what are the different types of advance directives, and what are the benefits of filling them out?

Sincerely,
"Will"

Dear Will,

Advance Directive is a term given to legal documents used to delegate decision-making authority on your behalf. The advantages of filling out advance directives is that you have the ability to choose who you would like to be in charge of decisions made in the event that you are not able to make them. It also gives you the ability to outline what decisions you would like to be made. There are many different kinds of advance directives, let's talk about the more popular ones; Power of Attorney for Health Care and Finances, and Living Wills.

A POA (Power of Attorney) for Health Care gives a person that you designated the authority (called the "agent") to make health care decisions for you, consistent with the terms of the document and based on your wishes. This Health Care POA is only effective if/when you are unable to make health care decisions for yourself. This document can include, but not needed, a statement of wishes regarding future care. It is very important that you talk to your agents about your wishes as well. You should prepare a POA for Health Care long before you start having trouble handling certain aspects of life. It is also common to prepare on before you have a medical procedure completed. After you fill out your POA for Health Care, it's important to give a copy to your agent(s) and health care provider(s). Your POA for Health Care takes effect only upon a finding of incapacity by two physicians, or one physician and one licensed psychologist who personally examines an individual and signs a statement specifying that person is unable to make health care decisions for themselves. Only then is the Power of Attorney for Health Care document 'activated.' If a POA-HC is not prepared and activated, a Guardian of the Person may be appointed if the person loses the mental ability to make health care decisions. Therefore, it is important that the POA-Health be completed.

A POA for Finances (also known as Durable Power of Attorney) gives your designated person the authority to manage your finances. This document is 'active' whether or not a person is able to make decisions for themselves. This document is a private arrangement between you and the person you choose as your agent. If a POA-F is not executed or other suitable arrangements made (e.g., a trust or the appointment of a representative payee), a Guardian of the Estate must be appointed if the principal loses the mental ability to make financial decisions. Again, it's important to provide copies of the document to your agents, as well as possibly your financial institution, and other family members. This document must be notarized.

A Living Will (a.k.a. Declaration to Physicians) describes and instructs how the you would like end-of-life health care managed. A living will takes effect when a person is terminally ill. This document declares your wishes and directs your physician to refuse certain life sustaining procedures if/when death is imminent due to a terminal condition or in a persistent vegetative state. This document does not apply in any other health care situation, and does not include the appointment of an agent; it is a directive to the treating physician.

A final disposition outlines information about a your preferences for final disposition and funeral service for a representative you choose.

The Wisconsin Department of Health Services has advanced directive forms available online. These forms are designed to be completed without the assistance of an attorney. Given your particular circumstances or concerns, however, you may want to seek legal advice from an attorney. The forms are available at <https://www.dhs.wisconsin.gov/forms/advdirectives/>. You may request individual advanced directive forms by mailing a self-addressed, stamped, business-size envelope to:

Division of Public Health
ATTN: POA
PO Box 2659
Madison, WI 53703

Please include a note stating which forms you would like to have mailed to you.

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 Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – 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.	

Enjoy these “Horror”-ble Jokes!

Why didn't the skeleton go to the ball?

He had no *body* to dance with!

What do witches get in hotels?

Broom Service!

What is a ghost's favorite dessert?

Booberry Pie!

What do mummies like listening to on Halloween?

Wrap music!

Save the Date!

Mark your calendars for the next **ADRC Open House** coming up on **Wednesday, November 9th from 1-4pm**. Refreshments will be provided. More information to follow in the November newsletter. Stay tuned!

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU OCTOBER 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Baked Ham Scalloped Potatoes 5-way Mixed Vegetable Whole Wheat Bread w/ Butter Cinnamon Applesauce	Baked Fish w/ Tartar Sauce Macaroni & Cheese Broccoli Salad Whole Grain Bread w/ butter Cook's Choice Cookie Alt: Fresh Fruit	Chili w/cheese & onions Saltine Crackers Romaine Salad w/ Dressing Biscuit w/Butter Apricots Peanut Butter Bar Alt. Angel Food Cake	Jumbo Hot Dog on Bun ketchup/ mustard Baked Beans Potato Salad Fresh Apple Cherry Pie Alt. Lorna Doone	Pork Stir Fry over Brown Rice Soy Sauce Oriental Vegetables Dinner Roll w Butter Pineapple Frosted White Cake Alt. Plain Cake
10	11	12	13	14
Cabbage Roll Egg Noodles w/ butter Green & Wax Beans Bread w/ butter Pear Halves Rice Krispies Treat Alt. Applesauce	Chicken Breast in Creamy Mushroom Sauce Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Chocolate Mousse Alt. Diet Pudding	Roast Pork w/ gravy Mashed Potatoes w/ gravy Sweet & Sour Cabbage Applesauce Marble Rye Bread Apple Strudel	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Dinner Roll w/ butter Grapes	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie
17	18	19	20	21
Cranberry Meatballs White Rice Oriental Vegetable Blend Vienna Dinner Roll Tropical Fruit Cup	Pub Burger/Onions Whole Grain Bun Ketchup / Mustard Double Baked Potato Casserole w/Bacon Bits Green Beans Fresh Orange	Roasted Chicken Quartered Red Potatoes Sunshine Carrots Dinner Roll w/ butter Banana Cream Pudding Alt. Banana	Roast Beef/Gravy Au Gratin Potatoes Romaine Salad w/ Tomato, Cucumber, Salad Dressing Multi-Grain Bread / butter Fresh Apple	Italian Sausage/Bun Sautéed Onions and Green Peppers Bow-Tie Pasta with Marinara Sauce Italian Green Beans Melon
24	25	26	27	28
Open-Face Turkey Sandwich on Whole Grain Bread w Gravy Mashed Potatoes with Gravy Country Veg Blend Oatmeal Raisin Cookie Alt. Pineapple	Cream of Broccoli Soup HDM: No soup Chicken Salad on Kaiser with Lettuce Marinated Tomatoes Sun Chips Watermelon	Old Fashioned Beef Stew Parslied Boiled Potatoes Whole Kernel Corn Biscuit w/ butter Fruit Crisp Alt. Banana	Boneless Pork Loin Dressing/Gravy Whole Green Beans Dilly Bread w/ butter Pumpkin Pie w/Whipped Topping Alt. Applesauce	Vegetarian Lasagna Cranberry Juice Italian Blend Vegetables Italian Bread/Butter Tropical Fruit
31				
HALLOWEEN Ghoulish Beef Tips Smashed Potatoes w/ Graveyard Gravy Penny Pumpkins Ghostly Bread w/ butter Devil's Food Cake w/Chocolate Icing Alt. Fresh Fruit		<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p>ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i></p>		

What Can You Do with a Can of Pumpkin?



Simple Pumpkin Soup

Makes 4 (1 cup) servings

Ingredients:

- 1 Tablespoon olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 (15 ounce) can pumpkin
- 2 1/2 cups chicken broth
- 2 teaspoons herb/spice blend or Cajun seasoning
- 1/2 cup cream or evaporated milk



Directions:

1. Heat olive oil in a saucepan over medium heat. Add onion and garlic and cook for about 3 minutes or until onion is soft.
2. Stir in pumpkin, chicken broth, seasonings, and cream or evaporated milk. Simmer for 5 minutes, stirring occasionally. Serve.

Pumpkin Oatmeal

Makes 2 (1 cup) servings

Ingredients:

- 1 cup quick rolled oats
- 2 cups 1% milk
- 1/2 cup canned pumpkin
- 1/2 teaspoon cinnamon or pumpkin pie spice
- 1-2 teaspoons sugar, to taste
- Optional toppings (chopped pecans or walnuts, dried cranberries, coconut, diced apples)



Directions:

Mix together oats and milk in a microwave-safe bowl. Cook for about 2 minutes, stir, then cook for another 30-60 seconds. Stir in pumpkin puree, cinnamon or pie spice, and sugar. Microwave until just heated through. Serve with toppings as desired.

Pumpkin Parfait

Make 8 (1/2 cup) servings

Ingredients:

- 1 (15 ounce) can of pumpkin
- 3 cups low fat vanilla yogurt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Granola cereal, for sprinkling



Directions:

Mix pumpkin, yogurt, and spices in a bowl. Spoon 1/2 cup of the pumpkin mixture into a small dish. Sprinkle granola cereal on top. Serve.

Recipe adapted from Pumpkin Parfait- USDA Mixing Bowl

Pumpkin Applesauce

Make 2 (1/2 cup) servings

Ingredients:

- 1/3 cup canned pumpkin
- 2/3 cup applesauce
- Dash cinnamon



Directions:

Mix pumpkin into apple sauce. Add a dash of cinnamon to taste. Enjoy!

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>

Can you solve Einstein's Riddle?

Before turning the physics world upside down with his genius, Einstein supposedly developed a complex riddle using a list of clues. The person trying to solve the riddle needed to use each of the clues to solve the puzzle. Can you solve the Halloween-themed puzzle based on Einstein's Riddle below, using only the given clues?

You may find it helpful to organize your solution in a grid, such as the one below.

On All Hollow's Eve in a small little town, a zombie entered a church and stole a valuable violin. Police were called and they tracked the zombie to a graveyard. The zombie hid behind a large gravestone and yelled, "If you solve my riddle, I will give myself up! But if you choose the wrong gravestone, you may not like what you find!" The police notice that there are four gravestones large enough to hide a zombie.... or something else. The four gravestones are different colors and have a monster hidden behind them. Each monster enjoys a specific pumpkin-flavored food and plays a certain instrument. To help them avoid getting eaten or bitten, you must help the police figure out behind which gravestone the zombie is hiding using the clues the zombie gives you (and your deductive reasoning)!

1. The Mummy is behind the gray gravestone.
2. Frankenstein enjoys pumpkin-spiced lattes.
3. The green gravestone is between the gray and the brown gravestones.
4. The blood-sucker plays the trumpet.
5. The monster behind the brown gravestone plays the pipe organ.
6. The monster who enjoys pumpkin pies is behind the black gravestone.
7. Frankenstein is behind the last gravestone.
8. The pumpkin pie eater and the organist are right next to each other.
9. The Vampire can't get enough pumpkin bread.
10. The flautist is behind the second gravestone.
11. The monster who likes pumpkin seeds is all 'wrapped' up.
12. There is one gravestone between the Mummy's and Frankenstein's gravestones.



Hint– You already know who has the violin! Answer– upside down on the bottom of the next page.

Monster				
Gravestone Color				
Instrument				
Pumpkin- flavored food				

A Fun Way to Volunteer....Senior Dining Assistants

Waukesha County has 10 senior dining centers offering seniors the opportunity to eat well-balanced, nutritious meals at a low cost in a social setting. Each dining center is run by a dining manager and volunteer dining assistants. Volunteer dining assistants help with the packing of home delivered meals, serving of meals and light clean up. Many of these volunteers enjoy the comradery of other volunteers as well as those they serve. Throughout the year, senior dining centers will offer themed meals or special meals and many dining assistants are happy to help with the decorating or the creative touches needed to make that day special. Does this sound like a volunteer opportunity you would be interested in learning more about? Senior dining assistants are needed in the following locations: Butler Senior Dining Center, Menomonee Falls Senior Dining Center, New Berlin Senior Dining Center, Oconomowoc Senior Dining Center and Waukesha Senior Dining Center. If this sounds like something you would like to do call the ADRC at 262-548-7829 or e-mail kstraw@waukeshacounty.gov for more details or to get started.



New Berlin Senior Dining Volunteers and Manager



Menomonee Falls Senior Dining Volunteers

OCTOBER IS NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH



Reflecting the important role disability plays in workforce diversity, this year's National Disability Employment Awareness Month (NDEAM) theme is "#InclusionWorks." Observed each October, NDEAM celebrates the contributions of workers with disabilities and educates about the value of a diverse workforce inclusive of their skills and talents. The Office of Disability Employment Policy (ODEP) is to develop and influence policies and practices to increase the number and quality of employment opportunities for people with disabilities. For more information visit the website at www.dol.gov/odep.

Dental Clinic Opens Serving Wisconsin Residents with Disabilities

A new dental clinic designed and built to meet the special needs of people with disabilities opened Monday, August 29, at St. Ann Center for Intergenerational Care-Bucyrus Campus, 2450 W. North Avenue in Milwaukee.

The Gardetto Family Community Dental Clinic will specifically serve children and adults with physical or cognitive disabilities that prevent them from being treated in standard private practice or community clinics. Patients must be Wisconsin residents and will need a referral from a dentist or medical doctor. All forms of Medicaid will be accepted.

"The mother of one of our patients has been taking her daughter to Minnesota to see a dentist," said Laura Cherek, director of dental services at St. Ann Center. "There are very few clinics in Wisconsin that can provide the one-on-one attention people with disabilities need," she added. "We hope to create a dental home where staff can maintain consistent care for patients from early childhood through their elderly years."

Russell Dunkel DDS, the Center's dental director, and Lakisha Arif-Holmes DDS offer exams, teeth cleaning, fluoride treatments, sealants, all forms of X-rays, restorative work including fillings and crowns, extractions, and root canals and dentures as needed. The three-chair clinic's operatory is large enough to accommodate patients using wheelchairs and scooters.

According to the Wisconsin Department of Health Services, 2010 Burden of Oral Disease in the State of Wisconsin, individuals with disabilities have "significantly higher rates of poor oral hygiene and need for periodontal disease treatment than the general public." Research also links poor oral health with increased risks for systemic conditions such as heart disease, diabetes and aspiration associated with chronic obstructive pulmonary disorder (COPD).

The dental clinic adds to St. Ann Center's commitment to providing comprehensive health care to the community. Donors for construction of the dental clinic include the Gardetto family, the Wisconsin Department of Health Services, Delta Dental and the Ziemann Foundation.

To schedule an appointment or to learn more about the Gardetto Family Community Clinic, call (414) 210-2440 or email Icherek@stanncenter.org



Autism Awareness Walk

On Saturday, October 15th, 2016 join the Wisconsin autism community to raise funds and awareness for autism spectrum disorders at the Autism Speaks Milwaukee Walk, sponsored by Alpha Xi Delta. This indoor-outdoor walk is weather friendly and has loads of entertainment. Visit with performers from the Milwaukee Bucks Game Day Entertainment and characters from your favorite movies and other local teams. Bounce in the Fun Zone, take pictures in our 360 Photobooth, and collect stamps on your Autism Speaks Walk Passport.



Doors open at the BMO Harris Bradley Center, 1001 N. 4th Street, Milwaukee, for Resource Fair and entertainment at 9am, Opening Ceremonies and Walk at 11:30am.



More details and register online at autismspeakswalk.org/milwaukee.



From the Desk of Your Benefit Specialist

Medicare Part D Open Enrollment Gives Opportunity to Save Money

Open enrollment for Medicare plans in 2017 is October 15 through December 7, 2016. This is the time that Medicare beneficiaries who are enrolled in Part D prescription drug plans and Part C Advantage plans can review their plan to determine if it is still the best one for them. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

If you have had changes in your medications this past year, it's beneficial to look into different plans. Even if you have not had medication changes, sometimes the different pricing structure an insurance company imposes will mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan.

Insurance companies can also change their formularies (the list of medications that they cover) or change the way they cover your medication. In some cases, you will need to get prior authorization before your medication is covered. Sometimes, insurance companies will make you try an alternative drug before they pay for the one you and your doctor have chosen. This is called step therapy. Another restriction to watch out for is quantity limits, where you are limited to a certain number of pills each month. These are other reasons it is important to carefully review your Part D plan each year.

People on Wisconsin's state drug plan known as Senior Care (without a Part D), are not affected by this open enrollment period. They only need to renew their enrollment to Senior Care every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on Senior Care and have had medication changes, you might want to check on the cost of a Part D plan to see if Senior Care is still the best option for you or a combination of a Part D may save you more money.

Assistance with plan comparisons can be obtained through the following resources:

- * 1-800-MEDICARE or www.medicare.gov and use the Medicare Plan Finder
- * Aging and Disability Resource Center (ADRC) of Waukesha County 262-548-7848
- * Medigap helpline 1-800-242-1060
- * Disability Drug Helpline 1-800-926-4862 (if under age 60)
- * Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)



Another avenue to saving money on prescription drugs next year is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and asset levels. If you are married and your income is less than \$2,002 per month with assets below \$24,250 or single with an income less than \$1,485 per month and assets below \$12,140 you may qualify for Extra Help. Remember that your home and car are not counted as assets. Call the ADRC of Waukesha County 262-548-7848 for more information.

Take the time to review your insurance options and also check to see if you might qualify for Extra Help. You just might end up with extra savings in 2017!

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 3 lowest cost Drug and/or Advantage Plans. Please attend our new workshops to pick-up your packet and understand the results. Please sign-up 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

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____
 Date of Birth _____
 Current Plan _____
 Medicare ID # _____
 Start Date: Part A _____ Part B _____
 Pharmacy Preference _____

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

Attend Workshop:

Mon. 10/17 1-2pm
 Wed. 10/26 10-11am
 Fri. 10/28 10-11am
 Mon. 10/31 1-2pm
 Fri. 11/11 10-11am

<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