

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

Inside this Issue:

- ⇒ National Volunteer Week
- ⇒ Divestment Advice
- ⇒ April Dining Menu
- ⇒ Favorite Recipes
- ⇒ Your Caller ID may not be telling the truth!



Its been five years already? How can that be!

When it comes to the ADRC Connection Newsletter, some things have changed completely and other things have remained the same.

In the beginning, the goal was to make sure our readers knew what services are offered at the ADRC and that we are here to serve - that remains true today. But over the years, we have inserted a little fun into to the newsletter - adding cute stories about celebrations that month, developing Ask INA and always having a puzzle for our readers to tackle.

Below you will find a letter from the editor from our very first edition in April 2014. We are so grateful for everyone who has been a part of the newsletter committee over the past five years, and we're excited to keep this tradition going. To honor their hard work, we have decided to share some articles from the past - some are our favorites, and others pertain to topics we think are still important today. Keep an eye out from comments from our current newsletter committee! Enjoy!

A Letter From Our Editor

Hello and welcome to the first issue of the ADRC Connection! We are the ADRC of Waukesha County and are pleased to bring you a monthly newsletter full of interesting and informative articles. The ADRC is located inside the beautiful new Waukesha County Health and Human Services Center at 514 Riverview Avenue in Waukesha. Please come and visit us anytime during our regular business hours of 8:00 AM to 4:30 PM, Monday through Friday.

There are many helpful services the ADRC has to offer. We are the "one stop shop" for any assistance you may need regarding long term care services. We have a team of skilled Information and Assistance Specialists available to answer any questions you may have regarding aging and/or disability issues. Some examples of things we can help with are home delivered meals, adult day services, respite care, Medicaid and Medicare services, Guardianship and elder welfare concerns. We also serve as the gateway for all publicly funded long term care services including Family Care and Older American's Act services. We are also participating in a five year "Active Aging Research Center" grant looking at the use of technology to assist older adults to remain more active and independent in the community. We are looking for volunteers to participate in this exciting study. Please see the last two pages in this issue for details.

ADRC staff are available to provide assistance to you on the telephone, in the ADRC office suite, or in your home if you choose. There are no fees for our consulting and information services. You may contact us at 262-548-7848 during our regular business hours. We look forward to assisting you in any way we can.

Mark Komppa

April 2016

Without the help of nearly 700 volunteers a year, the ADRC would not be able to offer many of the programs and services we provide. We are so grateful! - Karen



Time to Celebrate National Volunteer Week!

Terri Guillemets' website, *Quote Garden*, posted the following: "The world is hugged by the faithful arms of volunteers." During the week of **April 7-13, 2019** many nonprofit and community organizations will celebrate and recognize the efforts of their volunteers. President Nixon established National Volunteer Week with an executive order in 1974. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors), urging Americans to give their time to community outreach organizations.

The United States has relied on volunteers from the start: colonists joined together to help each other plant crops, build houses and fight disease. Benjamin Franklin created the very first volunteer fire department. Clara Barton founded the American Red Cross. Franklin Delano Roosevelt helped to create the Civilian Conservation Corps, which planted approximately three billion trees in 1933, proving to be a crucial move following the impact of the dust bowl.

Charitable organizations started cropping up during the 19th century. Organizations such as the YMCA, American Red Cross and the United Way were born as people became aware of the needs of others. The 20th century saw mainstream volunteerism really begin to flourish which shaped many of the volunteer based nonprofit organizations that we know today. The Rotary Club, Kiwanis and the Lions Club were all established within the first few decades of the 1900's.

Volunteers are the most important resource community organizations have. The ability of people to willingly work together for the betterment of their community and themselves is a valuable asset. President Lyndon Baines Johnson knew this first hand when he signed the Older Americans Act into law in 1964. The Older Americans Act focuses on community based services for seniors with an emphasis on volunteers assisting with the services. Waukesha County's senior nutrition program started in 1977. Since that time volunteers have been the backbone of the program. Today the ADRC uses volunteers in a variety of areas from meal service and delivery, office help, guardianship, assisting the benefit specialist, friendly visitors, teaching evidenced based programming and more. The ADRC, like so many agencies, is truly fortunate to be "hugged by the faithful arms of volunteers".

If you would like more information on how to become involved call the ADRC at 262-548-7829 or visit the website: <http://www.waukeshacounty.gov/ADRCVolunteer/>

Stages of Alzheimer's ala Teepa Snow

Teepa Snow, MS, OTR/L, FAOTA is a dementia-care education specialist with a background in occupational therapy and over 30 years in clinical practice. She has a unique and beautiful way of viewing the person with progressive neurocognitive impairments. Her system is to view the person as a different gem for each stage of dementia. Listed below is an adaptation of a training she teaches on "Best Practice Skills in Dementia Care" which looks at the properties of each gem reflecting the six stages of impairment.

Sapphire

Sapphires are clear and true to themselves. They may feel "blue" over changes. They can still choose behaviors, make contracts, follow written and verbal directions. Some are stars, some are not. Sapphires can function well in groups and often go unnoticed.



Amber

Amber is for caution, alert. Often Ambers are all about sensations, getting caught in the moment. They like to be on the move exploring. They may get into stuff and become tactile. Touching, tasting, handling, exploring. Ambers use their senses to make sense of the world around them. They may also explore their own bodies. Personal boundaries are usually gone by this time. They have a high need for sensory input. Safety awareness is diminishing. Ambers become more ego-centric. When frustrated, they may act out physically. Ambers need loved ones to model activities one step at a time. Doing activities in unison and reducing distractions around them benefits Ambers.

Diamond

Diamonds are still clear, multi-faceted and sharp. They may be getting rigid and inflexible, but can still shine. They respect authority. They rely on old routines and habits to function. The familiar comforts them; they want everything to stay the same. They can pull it together and know how to "push buttons" of those closest to them. Repetitive stories start. Diamonds resent others making decisions for them. They notice others' mistakes, not their own. Self-care issues and driving concerns start to be noticed. Diamonds need loved ones to be empathetic and go with the flow.

Rubies

Rubies have hidden depth. The red light is on for fine motor skills. Coordination is faltering; they have a hard time knowing how to stop moving once they get started. When stopped, Rubies may be difficult to get moving. Cannot figure out details. Comprehension and speech are disappearing. Conversations need to be only a few words slowly spoken. They are losing wake/sleep patterns. They may mouth or grind their teeth in rhythmic patterns. They do well with tactile soothing. Loved ones need to be aware of physical decline paying special attention to skin care and muscle contractures. Rubies enjoy music and rhythm. Song is often a good way to connect.

Emerald

Emeralds are changing, they may not be as clear or sharp as they once were. They usually have a need "to do" something, anything to keep busy. They may think they are fine, not realizing mistakes. Emeralds can do familiar tasks with visible cues that have historic meaning to them. They are unaware if a step of a routine is missed. They ask "who, what, why," get emotional when in conflict, and may be unable to sort out events. They have a limited awareness of their true basic needs. They may not remember if they just ate or still need to eat. Emeralds often misplace things and fabricate stories about the missing items. Their private/public behavior boundaries are dissolving. Keeping things visual and calm help Emeralds.

Finally, the Pearl

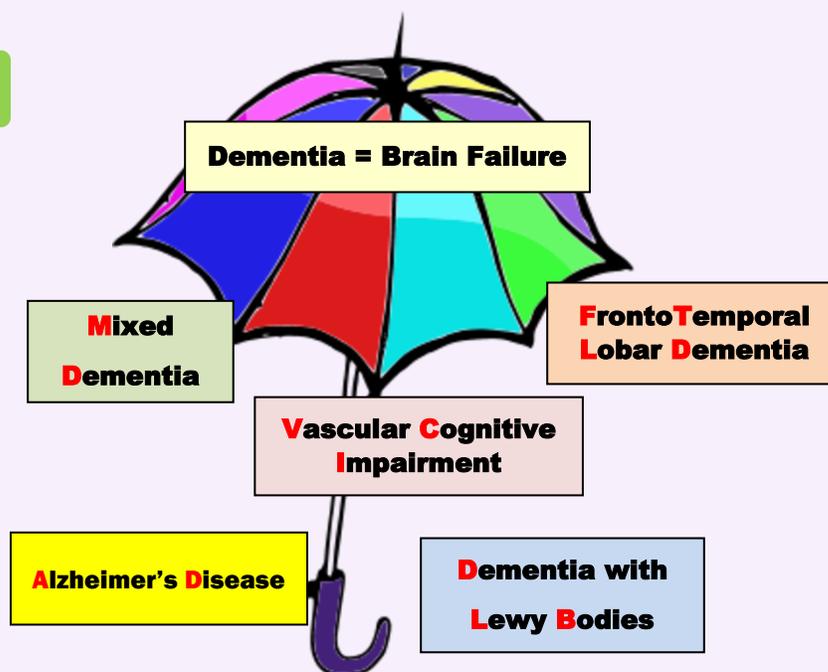
Pearls are hidden in a shell, still and quiet. They are beautifully layered. They can no longer move on their own. They are unaware of the world around them. They connect only through touch, caregivers need to go slow when working with them. Their journey is near the end. Loved ones need to focus physical comforts to connect. Touch is often important.

For more information about Teepa Snow and her positive approach to brain changes visit

www.teepasnow.com

All gems need our patience and empathy to make this journey. Always remember they have no control over the progression, how smooth their journey depends on a team effort.

June 2018



What is Dementia?

Dementia is an overall 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.

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 traveling out of the neighborhood.

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**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](http://alz.org/sewi) if you have questions or need additional information.

# *From the Desk of Your Benefit Specialist*

## **Alert! Divesting Assets May Make You Ineligible for Medicaid**

*by the GWAAR Legal Services Team*

**August 2015**

We picked this article because it still has relevance today. Although the eligibility requirements change each year for many benefits programs, divestment rules have stayed the same.—Jackie

As people get older, many consider transferring assets to their children, grandchildren, or to charity. Some were fortunate to have inherited homes or other family assets from their parents or grandparents, so it is logical that they would like to similarly transfer their wealth to younger members of their own families. While their intentions are honest and noble, individuals need to be aware of the risk of “divestment” in the event they need long-term care and do not have sufficient assets to pay for it.

Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family.

Divestment is a general term applied when an individual transfers assets — money, possessions, or property — for less than fair market value or when someone refuses to accept an asset to which he or she is entitled. When an individual transfers an asset without getting back something equal in return, or gives up an interest in an asset, he or she now has fewer assets with which to pay for long-term care should the need arise. Because long-term care is so expensive, Wisconsin law includes provisions that prevent individuals from divesting assets and then requesting that the state pay for their long-term care.

To dissuade people from divesting, Wisconsin law imposes a penalty period based on the amount of divestment. An individual is ineligible to receive long-term care Medicaid or community waivers (programs that provide long-term care services in home and community settings rather than in a skilled nursing facility) during the penalty period. The more wealth that has been divested, the longer the penalty period. The penalty period will only apply if an individual divested assets during the “look-back period.” This period is the 60 months immediately prior to an individual needing long-term care and applying for nursing home Medicaid or being approved for a community waiver program. Transfers made more than 60 months in the past do not result in a penalty period. Importantly, the penalty period does not apply to Medicaid card services or Medicare Savings Programs. It applies only to nursing home Medicaid and home and community-based waivers.

It is highly recommended that an individual consult with an elder benefit specialist or an elder law attorney if he or she receives a notice of divestment. In some cases, the divestment penalty period can be waived if the penalty period would deprive the institutionalized person of medical care that would endanger his or her life, or deprive the individual of food, clothing, shelter, or other necessities of life. There are some exceptions to the normal divestment rules, so it is important to quickly investigate a notice of divestment to determine whether an exception applies and whether to request an undue hardship waiver. Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family. For that reason, it is very important to understand the consequences of transferring assets if long-term care may be necessary in the following five years. While someone may have great intentions, transferring assets without receiving fair market value in return can unexpectedly create significant problems when unforeseen health issues or a need for long-term care arises.

June 2014

# Ask Ina

We now serve more than 700 meals a day!

How can I get meals delivered to my home? I was just released from the hospital and a Social Worker suggested I contact you. I live alone, have no family around and can not drive at this time. I am on a fixed income and can not afford to spend a lot of money on food. Can you tell me more about them?

Signed, Interested Woman



Dear Interested Woman,

The first step to apply for home delivered meals is calling the ADRC. The ADRC specialist will take some information from you to determine if you might qualify for the home delivered meals. A staff member will schedule a home visit and at this time an assessment will be completed to determine if you meet the eligibility requirements set by the federal Older Americans Act and state policy. This includes being 60 years of age or above, homebound, not driving, not able to leave your home by yourself, not able to attend a senior dining center and unable to obtain food and prepare adequate meals. Once the home visit and assessment are complete, the information will be reviewed by the Nutrition Supervisor and a determination will be made as to eligibility for meals. If you are in need of meals for a short term basis, you may be eligible for meals on a temporary basis, or if it is an ongoing need, then your meals will be approved long term. The state policy requires that consumers receiving the meals be reassessed each year, you will receive a call from a staff member or volunteer to complete the annual reassessment.

Once the meals are approved, they will be delivered as scheduled based on your location in Waukesha County. Meals are delivered by volunteer drivers between 11:00 AM and 1:00 PM. The meals are served on a donation basis. The current suggested donation is \$5.25. You will receive a statement at the end of the month and can contribute what you are able. No eligible person will be denied a meal based on inability to pay. The home delivered meal program is funded by the federal Older Americans Act, state and county dollars as well as client donations.

If you are in need of meals, please contact the ADRC at 262-548-7848 to talk with a staff person.



Ask INA is one of our most popular monthly features. Its based off of the "Dear Abby" column and we choose the monthly topic based off of real life questions we get at the ADRC.

- Erika



## Ask Ina

Dear INA,

My mother has heart disease and we had a conversation with her doctor about hospice. I am confused; I thought hospice was only for people with cancer?

Sincerely, Miss Taken



Dear Miss Taken,

Hospice is a program of care and support for people who are terminally ill. Here are some important facts about hospice:

- Hospice isn't only for people with cancer. It includes other terminal conditions such as heart failure, renal failure, liver disease, lung disease, stroke, or dementia.
- The focus is on comfort, not on curing an illness.
- A specially trained team of professionals and caregivers provide care for the "whole person," including physical, emotional, social, and spiritual needs.
- Services typically include physical care, counseling, drugs, equipment, and supplies for the terminal illness and related conditions.
- Care is generally provided in the home.
- Family caregivers can get support.

Hospice is most beneficial to those whose life expectancy is approximately six months. A patient in the final phase of life may receive hospice care for as long as necessary when a physician certifies that the patient continues to meet eligibility requirements.

Hospice is a program that helps people who are terminally ill live life comfortably. When medical treatments cannot cure a disease, hospice professionals can do a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families. The goal of hospice is to improve the quality of life while easing the discomfort of incurable illnesses, including the treatment of physical and emotional pain. If given the choice, most people would prefer to die at home, free of pain, surrounded by family and loved ones. Hospice is designed to respect that wish.

Hospice differs from palliative care, which is the study and management of patients with active, progressive, far-advanced disease for whom the prognosis is limited and the focus of care is quality of life. The difference between hospice and palliative care is hospice is limited to those with a life-limiting illness, attempts to cure have been discontinued. Palliative care can be provided anytime during an illness, and active treatment for the disease can continue.

Medicare will cover the hospice care you get for your terminal illness and related conditions, but the care you get must be from a Medicare-approved hospice program. Medicare covered hospice services includes: skilled nursing services, physician visits, home health aide visits, volunteer services, medical social services, spiritual counseling, nutrition counseling, bereavement support for family. Additionally, Medicaid and most private insurance plans may also include a hospice benefit.

Medicare will not cover any of these once you choose hospice care: treatment intended to cure you, prescription drugs (except for pain relief), care from any provider that was not set up by the hospice team, room and board, care in an emergency room, inpatient facility care, or ambulance transportation.

For additional information regarding Medicare and hospice:

<https://www.medicare.gov/coverage/hospice-and-respite-care.html>

For additional information regarding Medicaid and hospice:

<https://www.forwardhealth.wi.gov/kw/pdf/hospice.pdf>

# WAUKESHA COUNTY SENIOR DINING CENTERS

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| <b>Brookfield</b><br><b>782-1636</b> – Virginia<br>Brookfield Community Center<br>2000 North Calhoun Road<br>Monday thru Friday at 12:00          | <b>Butler</b><br><b>783-5506</b> – Pam<br>Hampton Regency Apartments<br>12999 West Hampton Avenue<br>Monday thru Friday at 11:45                                                                                                                                     | <b>Hartland</b><br><b>367-5689</b> –Peggy<br>Breezewood Village Apartments<br>400 Sunnyslope Drive<br>Monday, Wednesday, Friday at 12:00                |
| <b>Menomonee Falls</b><br><b>251-3406</b> —Diane<br>Menomonee Falls Community Center<br>W152 N8645 Margaret Road<br>Monday thru Friday at 12:00   | <b>Mukwonago</b><br><b>363-4458</b> -<br>Birchrock Apartments<br>280 Birchrock Way<br>Monday thru Thursday at 12:00                                                                                                                                                  | <b>Muskego</b><br><b>414-422-0420</b> –Jack<br>Stoney Creek Adult Community Center<br>S69 W14142 Tess Corners Dr.<br>Monday, Wednesday, Friday at 11:45 |
| <b>New Berlin</b><br><b>784-7877</b> – Lisa<br>National Regency Retirement Community<br>13750 West National Avenue<br>Monday thru Friday at 12:00 | <b>Oconomowoc</b><br><b>567-5177</b><br>Oconomowoc Community Center<br>220 West Wisconsin Avenue<br>Monday thru Friday at 12:00                                                                                                                                      | <b>Sussex</b><br><b>246-6747</b> –Josh<br>Sussex Civic Campus<br>N64W23760 Main Street<br>Monday thru Friday at 12:00                                   |
| <b>Waukesha</b><br><b>547-8282</b> – Lucille<br>La Casa Village<br>1431 Big Bend Road<br>Monday thru Friday at 12:00                              | <b>Eligibility:</b> Persons 60 years and older<br>For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.<br>Transportation may be available by taxi or Rideline for \$1.00 each way. |                                                                                                                                                         |

## What's happening at your local library in April of 2019?

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! If you have any questions, please contact Jill Fuller at 262-896-8085 or [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).



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| <p><u><a href="#">Alice Baker Public Library</a></u><br/>                 820 E Main St<br/>                 Eagle, WI 53119<br/>                 (262) 594-2800<br/> <u><a href="http://www.alicebaker.lib.wi.us">www.alicebaker.lib.wi.us</a></u><br/> <i>Into the Garden: The Wonder of Nature in Literature</i><br/>                 Tuesday, April 30 at 6:00 PM</p> | <p><u><a href="#">Brookfield Public Library</a></u><br/>                 Brookfield City Hall<br/>                 2000 N. Calhoun Rd<br/>                 Brookfield, WI 53005<br/>                 (262) 782-9650<br/> <u><a href="http://www.ci.brookfield.wi.us/38/Library">www.ci.brookfield.wi.us/38/Library</a></u><br/> <i>Brain Science Club (Neuroscience)</i><br/>                 Thursday, April 4 at 6:30 PM</p> | <p><u><a href="#">Delafield Public Library</a></u><br/>                 500 Genesee St.<br/>                 Delafield, WI 53018<br/>                 (262) 646-6230<br/> <u><a href="http://www.delafieldlibrary.org">www.delafieldlibrary.org</a></u><br/> <i>The Life of Fredrick Douglas</i><br/>                 Thursday, April 25 at 6:30 PM</p>                 |
| <p><u><a href="#">Elm Grove Public Library</a></u><br/>                 13600 Juneau Blvd<br/>                 Elm Grove WI 53122<br/>                 (262) 782-6700<br/> <u><a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></u><br/> <i>The 1969 Apollo 11 Moon Landing</i><br/>                 Wednesday, April 17 at 7:00 PM</p>                 | <p><u><a href="#">Menomonee Falls Public Library</a></u><br/>                 W156N8436 Pilgrim Rd<br/>                 Menomonee Falls, WI 53051<br/>                 (262) 532-8900<br/> <u><a href="http://menomoneefallslibrary.org">http://menomoneefallslibrary.org</a></u><br/> <i>Doughnuts and Documentaries: Flight of the Butterfly</i><br/>                 Tuesday, April 9 at 10:00 AM</p>                       | <p><u><a href="#">Sussex's Pauline Haass Public Library</a></u><br/>                 N64 W23820 Main St<br/>                 Sussex, WI 53089<br/>                 262-246-5180<br/> <u><a href="http://www.phplonline.org/">http://www.phplonline.org/</a></u><br/> <i>Identity Theft: Protect and Prevent</i><br/>                 Wednesday, April 17 at 7:00 PM</p> |

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU April 2019

| Monday                                                                                                                                                                                                                      | Tuesday                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                         | Friday                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                                                                                                                                                    | <b>2</b>                                                                                                                                                 | <b>3</b>                                                                                                                                                                                                                                                                                         | <b>4</b>                                                                                                                                                         | <b>5</b>                                                                                                                                                            |
| Yankee Pot Roast<br>Parslied Quartered Potatoes<br>Peas & Carrots<br>Sourdough Bread/<br>Butter<br>Fresh Banana<br>Raspberry Sherbet<br>Alt. Fruited Yogurt                                                                 | Meatloaf w/ Onion Gravy<br>Mashed Potatoes w/ Gravy<br>Lemon Carrots and Rutabaga<br>Italian Bread / Butter<br>Fruit Salad                               | St. Louis Style BBQ Pork Ribs<br>Baby Reds w/ butter<br>Coleslaw<br>Pear Half<br>Crusty Roll / Butter<br>Peach Cobbler<br>Alt. Fresh Fruit                                                                                                                                                       | Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions<br>Brown Rice<br>Oriental Blend Veg<br>Pineapple Tidbits<br>Almond Cookie<br>Alt. Sugar Free Cookie  | Pub Burger on Onion Roll w/ Provolone Ketchup / Mustard<br>Double Baked Potato Casserole<br>Honey Glazed Carrots<br>Apricots                                        |
| <b>8</b>                                                                                                                                                                                                                    | <b>9</b>                                                                                                                                                 | <b>10</b>                                                                                                                                                                                                                                                                                        | <b>11</b>                                                                                                                                                        | <b>12</b>                                                                                                                                                           |
| Swedish Meatballs<br>Mashed Potatoes w/ gravy<br>Harvard Beets<br>Banana<br>Dinner Roll w/ butter<br>Rice Krispies Treat<br>Alt. Fruit<br> | Chili Mac<br>Sweet Green Peas<br>Wax Beans<br>Tropical Fruit Cocktail<br>Multigrain Bread w/ butter<br>Snickerdoodle Cookie<br>Alt. Fresh Orange         | <b>Celebrating our Volunteers!</b><br>Roasted Turkey w/ gravy<br>Mashed Sweet Potatoes w/ butter<br>5-Way Mixed Vegetable<br>Crusty Roll w/ Butter<br>Melon Wedge<br>Apple Pie<br>Alt. Fresh Apple                                                                                               | Pork Cutlet<br>Egg Noodles with Pork Gravy<br>Peas and Carrots<br>Mixed Salad w/ dressing<br>Wheat Bread w/ butter<br>Cinnamon Applesauce                        | Vegetarian Lasagna<br>Romaine Salad with tomatoes & cucumbers<br>French Dressing<br>Bread Stick W/Butter<br>Peach Half<br>Butterscotch Pudding<br>Alt. Diet Pudding |
| <b>15</b>                                                                                                                                                                                                                   | <b>16</b>                                                                                                                                                | <b>17</b>                                                                                                                                                                                                                                                                                        | <b>18</b>                                                                                                                                                        | <b>19</b>                                                                                                                                                           |
| Chicken Cordon Bleu<br>Hash Brown<br>Casserole<br>Buttered Sweet Corn<br>Dinner Roll w/ butter<br>Fruit Cocktail<br>Frosted Brownie<br>Alt. Sugar Free Cookie                                                               | Shepherd's Pie<br>Carrot Coins<br>English Muffin w/ butter<br>Mandarin Oranges<br>Vanilla Pudding                                                        | Baked Chicken on bone<br>Creamy Mushroom Wild Rice<br>Oriental Blend Veg<br>Romaine Salad w/ Ranch Dressing<br>Rye bread w/ butter<br>Fresh Fruit                                                                                                                                                | Chicago Style Hot Dog on Poppy Seed Bun<br>Ketchup, Mustard, Relish, Diced Onions<br>Calico Beans<br>American Potato Salad<br>Banana                             | Macaroni and Cheese<br>Green Beans<br>Cottage Cheese Cup<br>Broccoli Salad<br>5-Grain Bread w/ Butter<br>Pear Half                                                  |
| <b>22</b>                                                                                                                                                                                                                   | <b>23</b>                                                                                                                                                | <b>24</b>                                                                                                                                                                                                                                                                                        | <b>25</b>                                                                                                                                                        | <b>26</b>                                                                                                                                                           |
| <b>Easter Lunch</b><br>Oven Baked Ham<br>Scalloped Potatoes<br>Peas and Carrots<br>Italian Bread<br>Pineapple Slices<br>Sugar Cookie<br>Alt. Sugar Free Cookie                                                              | Apricot Chicken Breast<br>Mashed Potatoes w/ Gravy<br>Cook's Choice Veg<br>Spiced Apple Rings<br>Chocolate Chip Cookie<br>Alt. Fresh Fruit               | <b>Earth Day</b> (2 days later)<br>3-Bean Vegetarian Chili W/ onions and crackers<br>Marinated Vegetable Salad<br>Corn Bread Muffin w/ butter<br>Cranberry Compote                                                                                                                               | Whole Wheat Spaghetti with Italian Sausage Spaghetti Sauce<br>Italian Blend Vegetables<br>Romaine Salad w/ Italian Dressing<br>Italian Bread / Butter<br>Peaches | Chicken Caesar Salad w/ Croutons, parmesan cheese and Caesar dressing<br>Tomato & Onion Salad<br>Potato Roll / Butter<br>Seasonal Fresh Fruit                       |
| <b>29</b>                                                                                                                                                                                                                   | <b>30</b>                                                                                                                                                |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                  |                                                                                                                                                                     |
| BBQ Pulled Pork on Wheat Bun<br>Creamy Coleslaw<br>Potato Salad<br>Pear Half<br>Oatmeal Raisin Cookie<br>Alt. Raisins                                                                                                       | Chilled Roast Beef Sandwich w/ cheese, lettuce, tomato & mayo packet<br>Sheboygan hard roll<br>Beet & Onion Salad<br>Vegetable Pasta salad<br>Watermelon | <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE.</b><br/>1% MILK INCLUDED <b>ALT= LOW SUGAR ALTERNATIVE</b></p> </div>  |                                                                                                                                                                  |                                                                                                                                                                     |

# MAKE YOUR OWN SALAD DRESSING!

## 3 or 4 Parts Olive Oil



## + 1 Part Acid:

- Vinegar or citrus juice
- Red wine vinegar
- White wine vinegar
- Apple cider vinegar
- Balsamic vinegar
- Champagne vinegar
- Raspberry, blueberry, or other fruit vinegar
- Lemon juice
- Lime juice
- Orange juice
- Grapefruit juice

## + Seasonings to taste:

- Salt and pepper
- Dijon mustard
- Garlic powder or minced fresh garlic
- Minced sweet onion
- Sugar, honey, or fruit jam
- Chopped fresh herbs

These are some of our favorite recipes from the last five years! - Jen

## Layered Ratatouille



July 2016

## Ingredients

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1/2 onion, finely chopped            | 1 zucchini                |
| 2 garlic cloves, very thinly sliced  | 1 yellow squash           |
| 1 cup tomato puree                   | 1 long red bell pepper    |
| 1/4 tsp. oregano                     | Few sprigs of fresh thyme |
| 1/4 tsp. crushed red pepper flakes   | Salt & pepper             |
| 2 tbsp. olive oil, divided           |                           |
| 1 small eggplant, Italian or Chinese |                           |

## Directions

Preheat oven to 375 degrees F.

Pour tomato puree into bottom of an oval baking dish, approximately 10 inches across the long way. Drop the sliced garlic cloves and chopped onion into the sauce, stir in oregano, crushed red pepper flakes, one tablespoon of the olive oil, and season the sauce generously with salt and pepper.

Trim the ends of the eggplant, zucchini and yellow squash. Trim the top of the red pepper and remove the core.

On a mandolin, adjustable-blade slicer or with a very sharp knife, cut the eggplant, zucchini, yellow squash and red pepper into very thin slices, approximately 1/16th-inch thick.

Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the outer edge to the inside of the baking dish, overlapping so just a smidgen of each flat surface is visible, alternating vegetables. You may have a handful left over that do not fit.

Drizzle the remaining tablespoon of olive oil over the vegetables and season them generously with salt and pepper. Remove the leaves from the thyme sprigs with your fingertips, running them down the stem. Sprinkle fresh thyme over the dish.

Cover dish with a piece of parchment paper cut to fit inside.

Bake for approximately 45-55 minutes, until vegetables have released their liquid and are clearly cooked, but with some structure left so they are not totally limp. They should not be brown around the edges, and you should see that the tomato sauce is bubbling up around them. Serve with a dab of soft goat cheese on top, alone, or with some crusty French bread.



Nearly a quarter century ago, the Autism Society launched a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with Autism Spectrum Disorder (ASD) is provided the opportunity to achieve the highest possible quality of life. This year the Autism Society hopes to go beyond simply promoting autism awareness to encouraging friends and collaborators to become partners in the movement toward acceptance and appreciation.

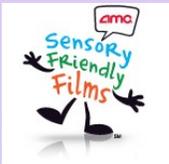
Let's embrace a new perspective. For over 50 years the Autism Society has worked in communities (both large and small) to ensure their actions, through their services and programming, supported all individuals living with autism. They are now expanding this work to focus on the rest of us – ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. The Autism Society wants to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts.

Join us in celebration for 2018 National Autism Awareness Month! National Autism Awareness Month represents an excellent opportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year. Below are a few options for you to consider:

**Put on the Puzzle!** The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 68 children in America. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture – and educate folks on the potential of people with autism! To learn more



about the Autism Awareness Ribbon, or to learn where they are available for purchase, visit this website: <https://www.autism-society.org/get-involved/>.



**Connect with your neighborhood.** Many Autism Society [local affiliates](#) hold special events in their communities throughout the month of April. But if you can't find an event that suits you just right, [create your own!](#)

## Just Peachy!

Did you know there are over 700 varieties of peaches? Did you also know that peaches are high in vitamins A, B and C? August is National Peach Month and a great time to enjoy this luscious stone fruit. Peaches are delicious by themselves but here is another way to enjoy fresh peaches with friends or family.

### Peach Salsa

- 1½ cups ripe peaches, diced (4-6 depending on size)
- 1 cup tomato, diced (about 2 medium)
- 1 tablespoon jalapeño, finely minced
- ¼ cup yellow pepper, small dice (substitute red or green pepper if you'd like)
- ¼ cup red onion, finely diced
- 1 tablespoon cilantro, chopped
- juice of 1 lime
- ¼ teaspoon ancho chili powder or other chili powder
- 1 tablespoon brown sugar, packed
- salt and pepper to taste
- for spicier version add more jalapeño or cayenne powder or other ground pepper to taste

August 2018



Mix all ingredients together, chill, and serve with your favorite corn chips.

## You Can't Always Believe Your Caller ID

Scam artists, or scammers, realize many people no longer answer calls from phone numbers with unfamiliar area codes, or calls that display either no caller ID information or “unknown.” As a way around this, scammers are now employing a technique called “spoofing.” Spoofing occurs when the caller deliberately falsifies the information they are transmitting to your caller ID, to disguise their true identity in an attempt to trick you into giving away valuable personal and financial information. By using spoofing technology, scammers can make it seem as though the call is coming from a local number, nearby person or business, a bank, creditor, insurance company or even the government. The possibilities of whom the scammer can pretend to be is endless. While the caller’s information may appear local or familiar, the calls are often placed by scammers who are actually located outside the state or country. Sometimes, the call will begin as a recorded message instead of a live person, and you are directed to press a number to speak to a live operator. This is referred to as a “robocall.”



What can you do if you think you’re being spoofed? Unfortunately, you may not be able to tell right away if an incoming call is spoofed, so be careful about responding to any request for personal identifying information. As a rule of thumb, never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls, or if the call appears suspicious. Rather, if you get an inquiry from someone claiming to represent a company or a government agency and they are seeking your personal information, hang up and call the company or government agency back using the phone number on your account statement, in the phone book, or on the company's or government agency's website. This will allow you to verify the authenticity of the request.

Under the Truth in Caller ID Act, FCC rules prohibit any person or entity from transmitting misleading or inaccurate caller ID information with the intent to defraud, cause harm, or wrongly obtain anything of value. Anyone who is illegally spoofing can face penalties of up to \$10,000 for each violation. If you have received a “spoofed” call, you should report it to the Federal Communications Commission (FCC). If you have lost money to a criminal scam, you should report the matter to your local and federal law enforcement officials.

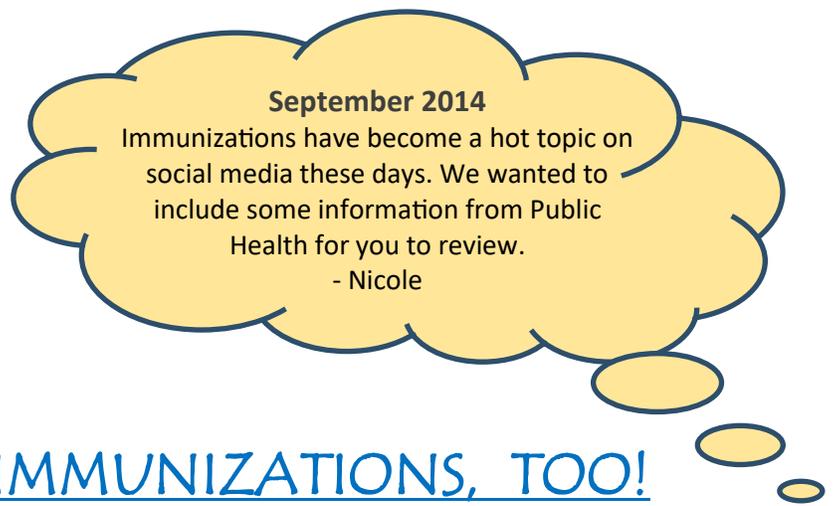
- File a complaint online at <https://consumercomplaints.fcc.gov/hc/en-us>
- By phone: 1-888-CALL-FCC (1-888-225-5322); TTY: 1-888-TELL-FCC (1-888-835-5322); ASL: 1-844-432-2275
- By mail (please include your name, address, contact information and as much detail about your complaint as possible):

Federal Communications Commission  
Consumer and Governmental Affairs Bureau  
Consumer Inquiries and Complaints Division  
445 12th Street, S.W.  
Washington, DC 20554

**January 2018**

Scams targeting seniors aren't going away anytime soon. We want to make sure our readers are informed of the dangers and know how to protect themselves.

- Jess



## ADULTS NEED IMMUNIZATIONS, TOO!

Regardless of age, we all need immunizations to continue to keep us healthy. With time, the immunity we get from childhood vaccines can wane, and you may also be at risk for new and different diseases. Maintaining protection against many preventable illnesses that often result in serious complications is an ongoing responsibility we have to ourselves and our loved ones who depend on us.

**BE THE EXAMPLE** in teaching others how to care for themselves, **through your actions**. Encourage others in your family, and friends, to find out what immunizations they need to continue to stay well. Both adult and child vaccinations are readily available through primary care clinics, physicians offices, and pharmacies, in addition to the Waukesha County Public Health Division. All offer information regarding the benefits and risks of immunizations in easy to understand terms.

The specific immunizations that are required as an adult are determined by many factors, including your age, lifestyle, health conditions, travel destinations, and previous immunization history. Some of the recommended vaccines are:

- \* **Seasonal Influenza (flu)** - for all adults annually
- \* **Tdap - Tetanus, Diphtheria, and Pertussis (whooping cough)** - Pertussis is often transmitted to young children by adults (parents, grandparents). Immunization is usually repeated every 7-10.
- \* **Shingles (Zoster)** - for adults 60 and older
- \* **Pneumococcal Disease (Pneumonia)** - for adults 65 or older, and adults with specific health conditions
- \* **Hepatitis B** - for adults who have diabetes or at risk for Hep B

Ask your doctor which vaccines are recommended for you, or contact the **Waukesha County Public Health Division** to get additional information. Public Health also has walk-in immunization services **Monday through Friday, 8:00am – 4:00pm located at 514 Riverview Avenue, Waukesha**. Nurses are available to answer any questions you may have. If you are traveling, the International Travel Clinic provides vaccines and education to protect travelers by appointment.

**For more information, please call (262) 896-8430.**

Cost of routine vaccines are often covered by Medicare. Medicare B covers seasonal flu, pneumonia and Hepatitis B. Medicare D plans often cover Tetanus, Diphtheria, and Pertussis (Tdap), some cover Shingles (Zoster). Contact your plan through the number on the back of the card to find out. Medicaid also covers most routine vaccines.



**Public Health**  
Prevent. Promote. Protect.

**Waukesha County**



# Your worst nightmare... BED BUGS

## What are Bed Bugs?

Bed bugs are blood-drinking insects known for inhabiting beds and other nearby areas. Adults are oval-shaped, have six legs, are relatively flat, small, and are reddish brown in color. Bed bugs feed on human blood, which causes itching and swelling. It is very difficult to exterminate bed bugs because they can survive for several months to a year before dying of dehydration and females can lay 10-20 eggs per week. Bed bugs do not transmit disease.



## Where do bed bugs come from?

Bed bugs can be introduced into any environment through fabrics such as bedding, furniture, clothing or even luggage. They can travel between hotel units and apartment buildings. They typically infest the bed, but also near the bed. Inspect all areas within 3-5 feet of where people sleep or relax, including folds, seams, cracks of furniture, bed frames, and headboards. Bed bugs can 'hitchhike' on your clothes to go where you go, including your car, work, or other people's homes.

## How do I know if I have bed bugs?

Bed bugs come out at night and they are very small, making them easy to overlook. But if you notice these signs, chances are you may have an infestation:

- ◆ Small dark spots on sheets, resembling black sharpie marks
- ◆ Dark spots in seams on mattresses
- ◆ Dark spots on bed frames/headboards
- ◆ Small, itchy red welts similar to a mosquito bite.



## What do I do?

If you live in your own home, it is important to have the identification of bed bugs confirmed by a pest management professional. If you live in an apartment building, notify your property manager IMMEDIATELY to avoid the spread of bed bugs to other residents. Do not use over-the-counter pesticides. This can make the infestation worse. Bugs can survive in the filter or the bristles. As soon as you are done vacuuming, tie the bag shut in a trash bag and discard outside of the home. If you have identified bed bugs on your mattress, do not change where you sleep. If you move to another area of the home, the bed bugs will follow you, making it even more difficult to eliminate the infestation. Also, do not immediately throw items like mattresses away. Allow a professional to discard of an item properly if necessary.

## How do I avoid getting bed bugs?

There are things you can do to avoid an infestation.

- ◆ Eliminate clutter near and under the bed. The more clutter you have near the bed; the more areas you are providing the bed bugs to hide.
- ◆ Wash/dry linens regularly. Heat is deadly to bed bugs. Putting items in the dryer for 30 minutes on high heat, washing in hot water, and drying on high heat again will normally kill bed bugs. Bed bugs have been able to survive a cold wash cycle even with detergent.
- ◆ Purchase mattress/box spring encasements specifically designed to protect against bed bugs.
- ◆ When staying in hotel/motel or visiting friend's home, thoroughly inspect the mattress and other furniture within 8-10 feet of the bed for signs of bed bugs before sleeping.

Hopefully you didn't get too itchy reading this article! Bed bugs are a worldwide problem causing property loss, expense, and inconvenience. It is up to all of us to prevent the spread of bed bugs. Contact your local extermination agency if you believe you may have bed bugs. For more information, check out this article from the Wisconsin Department of Health Services website:

<https://www.dhs.wisconsin.gov/publications/p0/p00489.pdf>

**October 2017**  
Bed bugs are still a prevalent issue today. No one is immune to getting bed bugs, and it is important to know how to get rid of them. Don't spread the bed bug love! - Jaclyn

# Sherlock Holmes Day!



May 22 is celebrated as National Sherlock Holmes Day every year. This super sleuth has been cracking cases since 1887. We picked this puzzle because it was one of our favorites and was featured in **May 2018**. Solve the puzzles to see if your detective skills were able to crack these mysteries!

Good luck and happy sleuthing!

Sherlock, a detective who was mere days from cracking an international smuggling ring has suddenly gone missing. While inspecting the mob boss' last-known location, you find a note:

**710 57735 34 5508 51 7718**

Currently, there are 3 suspects: Bill, John, and Todd. Can you break the detective's code and find the criminal's name?



One snowy night, Sherlock Holmes was in his house sitting by a fire. All of a sudden a snowball came crashing through his window, breaking it. Holmes got up and looked out the window just in time to see three neighborhood kids who were brothers run around a corner. Their names were John Crimson, Mark Crimson and Paul Crimson.

The next day Holmes got a note on his door that read:

*? Crimson. He broke your window.*

Which of the three Crimson brothers should Sherlock Holmes question about the incident?



Sherlock is called upon on a crime scene. A woman has vanished and there are only three suspects to her disappearance; the three people who saw her last.

- Alice, the best friend of the woman who was present for a night out.
- Debra, who was accompanying Alice.
- Sia, who is the house maid.

A note is found that was written by the victim, which reads:

*Second of January, Third of July, Fourth of April, Second of October, Fourth of December*

The note was all Sherlock needed to find out who knows where the woman is. Can you figure it out too?



1. Bill. If you read the message upside down, you'll notice that the numbers resemble letters and that those letters form legible sentences. The message is 'Bill is boss. He sells oil.'  
2. Mark Crimson "??" = question MARK, so the note on the door reads "Question MARK, so the note on the door reads "He broke your window."  
3. Alice knows where she is.  
The number in front of the month's name in the note actually points towards the position of a particular letter in every month.

Solutions:

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

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

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