

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7 Helpline)

www.alz.org/sewi

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National Freedom Day

On February 1, 1865, Abraham Lincoln signed a resolution to outlaw slavery. The anniversary of the signing of the 13th amendment is annually observed on February 1st as National Freedom Day. Freedom from slavery was not an easy road for many but Waukesha County played an important role in the abolition of slavery and was a hub for the Underground Railroad.

It was during this turbulent time in our Nation that two stories have emerged that included events that took place in the Waukesha County area. The first is about a man's drive to start a business and voice his views on slavery and the second of a slave herself looking for freedom.



The FREEMAN

Two years before the start of the Civil War, a Watertown man moved to Waukesha calling himself a "Free Man" and began a newspaper. He was telling the readers of his newspaper through his articles that he belonged to a popular northern group of abolitionists who stood for freedom from slavery. Martin Cullaton named his new venture The Freeman, hoping to enlist popular support from his readers. While Martin Cullaton only ran the newspaper for a few years, selling it shortly before the Civil War started, the Waukesha Freeman's slogan "Free Schools, Free Homesteads, and Universal Liberty" practiced its name, finding followers across the area. The newspaper may look a little different today but it is important to note the role the newspaper played locally during the abolition movement.

One of the most famous and well documented Underground Railroad stories is that of Caroline Quarlls, a 16 year old slave from St. Louis. Caroline was a slave who ran away after being beaten by her owner on Independence Day in 1842. Caroline was of light complexion and was able to board a steamboat to in Alton, Illinois and from there she took a stagecoach to Milwaukee, where she was hidden by sympathetic allies until authorities tracked her down. Defying all of the odds she was able to escape again and was whisked away to Waukesha, a town known for its anti-slavery radicals. In late summer, a Waukesha man took her by horse and wagon around Chicago, through Indiana and then across Michigan, where she escaped into Canada. Her journey was long, filled with bumpy rides in the bottom of a wagon and taking cover in everything from barrels to potato chutes, continually pursued by lawyers paid to retrieve her and bounty hunters greedy for the reward money.



Caroline Quarlls created a new life as a free woman in Canada. She married Allen Watkins, who was also a freed slave. She raised six children with her husband and passed away in Sandwich, Canada in 1892. Her story is an exciting yet frightening depiction of the experiences she had to overcome to become a free person during a very tense time in our Nation's history.

As we look back on the history of Freedom Day, remember the legacy and contributions of Waukesha County and the role of those who called it home more than 150 years ago that helped bring slavery to an end.

(Waukesha Freeman Archives, Wikipedia, timeanddate.com, Caroline Quarlls and the Underground Railroad, **Julia Pferdehirt**)

Presidents Day



Presidents Day is celebrated on the third Monday in February each year between President Washington and President Lincoln's birthdays. However, the origin of this day was not always to commemorate the two Presidents' birthdays. This day was originally to commemorate President George Washington's birthday on February 22nd. This day was implemented by an Act of Congress in 1879 and only included government offices in Washington. The Act was expanded to include all federal offices in 1885 and was considered the first federal holiday to honor a president.

It was not until 1951 when a committee was formed called the "Presidents Day National Committee" to honor the office of the president and not any one particular president. The committee's first thoughts were to celebrate Presidents Day on March 4th because of its proximity to inauguration day for the incoming president. This was not accepted by the Senate Judiciary Committee who oversees all federal holidays because having President Washington's and President Lincoln's birthdays in February and then Presidents Day on March 4th was too close together. The committee stalled and the name Washington's Birthday continues to be the recognized federal holiday in the 1960's through today. It was not until the 1980's when a push from advertisers began using the term Presidents Day and is recognized today, but is still not the official federal holiday. Washington's Birthday is still the official federal holiday and celebrations of our first president still take place across the nation.

Why Should You Vote?

"Why vote?" This is a question that must be asked by a lot of people. Nearly 2.7 million Wisconsinites cast a ballot in the 2018 midterm election, which is about 60% of the voting age population. However, that means that almost 40% of eligible adults must have been thinking, "Why vote?" and then didn't vote.

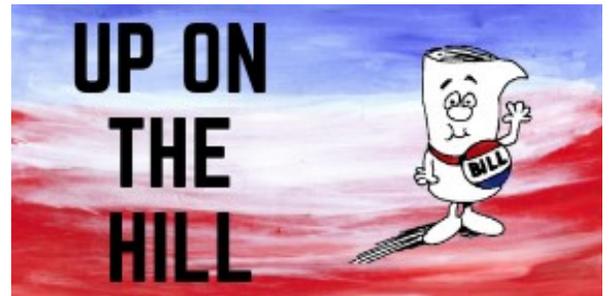
For some people, the question of "why vote" is specific only to the midterm elections, as they vote every four years in the presidential election but stay home for the midterm elections. The problem with this line of thinking is that the midterm elections are elections for your governor, U.S. Representatives, some U.S. Senators and many state and locally elected positions. These elected officials often make as many, if not more, decisions regarding healthcare, education, taxes and disability rights as the president who is only elected every four years.

There are others who want to vote but may not know the process or how to get started. When you are a newer voter or perhaps haven't voted in a long time, there are questions you might have including: How do I register? Where do I vote? When is the election? What identification do I need to bring with me? Maybe some voters with disabilities would find it easier to vote with an absentee ballot that is mailed to their home as opposed to going to a polling location.

The next days for you to make your voice heard are February 19, 2019 (Spring Primary) and April 2nd, 2019 (Spring Election). Nonpartisan state offices elected in 2019 are Supreme Court Justice, Court of Appeals Judge, Districts II, III and IV, and Circuit Court Judge.

To find your polling place, check if you are registered to vote or to see a sample ballot, visit myvote.wi.gov/ or call My Vote Wisconsin at (866) 868-3947.

For disability related voting questions, call the Wisconsin Disability Vote Coalition Hotline at (844) 347-8683.





Wednesday February 20 is National Love Your Pet Day!

Most of us who have pets know that we don't need a reason to celebrate our furry friends. But, chances are, we will take any extra opportunity to do so. Here are 5 more reasons to love your pets:

1. Pets can improve heart health. Studies have shown that a pet companion can be linked to lower blood pressure and reduced cholesterol which contributes to better cardiovascular health.
2. Pets can help to keep you fit and active. For example, dog owners are much more likely to meet the weekly recommendations for exercise.
3. Owning a pet can result in reduced doctors visits. If you're over 65 and own a pet, odds are you seek medical attention 30% less often than people who don't have pets.
4. Pets can help stave off depression. It's widely believed that pet owners are less prone to depression than the pet-less, largely because they seem to help in so many other areas of health and wellbeing.
5. Pets add meaning and purpose. As we grow older, especially after we retire, it can be difficult to find structure and meaning day in and day out. Pets take care of that. Pets help prevent loneliness and isolation, as well, which is key in staving off cognitive decline and disease.

The ADRC and HAWS (Humane Animal Welfare Society) of Waukesha County have partnered to provide pet owners with a Pet Alert. Many people are aware of the Vial/File of Life, which provides emergency medical services vital information for two legged humans, but it does not list information about your pet. The Pet Alert is similar to the Vial/File of Life where you can record your pets' pertinent information. The Pet Alert asks for the owner's information and any Emergency Pet Caregivers and their contact information. The Pet Alert also asks that you list the pets in the home, their names and breeds. Lastly, you want to list the pet's location of food, medication, leashes and any other important information. The Pet Alerts are easy to fill out and have a magnetic backing to apply to your refrigerator. Emergency Responders are trained to look for this medical information on the refrigerator.

If no other options exist, HAWS also has a Safe Keep Program, which may be able provide temporary shelter and care for your pet in times of an emergency. HAWS can also ensure that your pet gets safely to the person/home of your choice in times of need.

Love your pet as much as they love you and contact the ADRC or HAWS for your Pet Alert. Don't forget to show your pet some love not only on February 20th, but all days of the year.



So, I'm a Caregiver. Now What?

care-giv-er - *Someone who helps a person with something they used to do by themselves.*

If you have recently discovered that you are, indeed, a caregiver, you have taken an important first step! Identifying yourself as a caregiver is important because it connects you with resources, helps you deal with stress and gives you tools to provide the best care possible for your loved one.

The first benefit to realizing your role as a caregiver is that you will be connected with community resources. Finding out about local resources not only can make your work easier and more effective, but it can greatly benefit the person you're caring for. Home care agencies, home delivered meals, volunteer organizations, transportation services, support groups and senior congregate dining are some services that can lighten the load for any caregiver.

Second, caregiving can be difficult and stressful! When you add caregiving duties to your own busy schedule and health issues, it can sometimes push you to the limit. When you are able to identify that one of your stressors is your role as a caregiver, it is easier to sort things out and look for ways to reduce that stress. Maintaining friendships, attending support groups, taking time for you and caring for your own health are good ways to fend off stress.

And lastly, once you see yourself as a caregiver you will begin to see just how important your role is in the life of your loved one. It may prompt you to look for even more areas that the care receiver needs help and get more people to be involved! Delegating duties to other family members and/or friends is something that not only takes the strain off of one person but is good for everyone involved.

No matter how much or how little you are involved in a person's life, if you are doing something that the person is no longer able to do on their own, you are a caregiver. Do not downplay the tasks that you do! The assistance you are giving may be the one thing keeping the person living in their own home. You are a caregiver – enjoy your journey!

For information on local resources, support groups, caregiving tips and other related items please contact the ADRC at (262) 548-7848.

By Jane Mahoney
Greater Wisconsin Agency on Aging Resources



WE'RE ON FACEBOOK!



Looking to stay up to date on everything going on at the ADRC? Like our page on Facebook to get all the latest information! While on Facebook, search for

"Aging & Disability Resource Center of Waukesha County"

or find us at www.facebook.com/ADRCWC

And don't forget to tell your friends and invite them to LIKE us too!

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Boost Your Brain & Memory - This class 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 informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Thursdays, March 14 - May 2, 2019 | 9:30am – 11:00am

Location: **Aurora Summit Medical Center - Gifford Room**
36500 Aurora Drive | Summit, WI 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online www.aurora.org/events

Class size: 20 maximum participants

· A ·
CUP
· OF ·
HEALTH
· COFFEE TALKS ·

Wednesday | February 20th | 10:00AM

Brookfield Public Library

HEART DISEASE PREVENTION

Learn ways to protect your heart health by knowing your numbers and identifying your personal risk.

To Register: Call the Brookfield Public Library (262) 782-4140



Waukesha County Public Libraries offer a wide variety of programs, presentation and activities for seniors. Most are free and open to all. Visit the library system at www.bridgeslibrarysystem.org for more information or contact Jill Fuller at jfuller@bridgeslibrarysystem.org or 262-896-8085. Here are some of the available programs in February.

<p>Brookfield Public Library (262) 782-4140 1900 N Calhoun Rd Cinema of '39, Turning Back Time Wed., Feb. 6 from 2:00-4:30 pm http://www.ci.brookfield.wi.us/38/Library</p>	<p>Delafield Public Library (262) 646-6230 500 Genesee Street Posture with ATI Physical Therapy Wed., Feb. 27 at 10:00 am www.delafieldlibrary.org</p>	<p>Elm Grove Public Library (262) 782-6700 13600 Juneau Blvd. World War II—Milwaukee Wed., Feb 13 at 7:00 pm http://elmgrovelibrary.org</p>
<p>Menomonee Falls Public Library (262) 532-8900 W156 N8436 Pilgrim Rd. D2C2: The Silent Soldier and the Silent Portrait Tues. Feb. 12 from 10:00 am-12:00pm http://menomoneefallslibrary.org</p>	<p>Mukwonago Community Library (262) 363-6411 511 Division St. Apollo 11: A 50th Anniversary Tues., Feb. 19 at 6:00 pm http://www.mukcom.lib.wi.us</p>	<p>New Berlin Public Library (262) 785-4980 15105 Library Lane Eldercare Focus Group-Sweethearts Remembered Thurs. Feb. 14 from 11:00 am-12:00 pm http://www.newberlinlibrary.org</p>

February Medicare Presentations:

Monday, February 11 at Hartland Public Library— 11:00 am

Tuesday, February 12 at Waukesha Public Library—10:30 am

Thursday, February 14 at the Brookfield Public Library—1:00 pm

Monday, February 18 at the Butler Public Library-1:00 pm

Wednesday, February 20 Pauline Haas Public Library , Sussex –11:00 am



Community Memory Screens

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Early detection is as important as a screening for blood pressure, diabetes or a stroke. During the screening process an individual will get immediate results from their screen, receive information about dementia and Alzheimer's Disease, ask question directly to a Dementia Care Specialist, and learn about

Library	Address	Date	Time
Menomonee Falls Community Center	W152 N8645 Margaret Rd Menomonee Falls, WI	4/30/2019	9:00am-4:00pm
Muskego Public Library	S73 W166663 Janesville Rd.	4/18/2019	9:30-1:30pm

Free Tax Assistance Including Homestead Tax Credit



AARP offers Tax Assistance by **appointment only** at the following locations:

(Provided by trained AARP volunteers)

Brookfield Library, Tuesdays 9:00am-3:00pm, call 262-782-4140 (when prompted press option #1)

Menomonee Falls Library, Fridays 9:30am-3:00pm, call 262-255-8460

Mukwonago Library, Mondays 9:00am-1:00pm, call 262-363-6411

Muskego Library, Tuesdays 9:00am-1:00pm, call 262-971-2100

New Berlin Library, Wednesdays 9:15am-2:00pm, call 262-785-4981

Oconomowoc Area Senior Center, Tuesdays 9:00am-3:00pm, call 262-567-3360

Sussex Civic Center, Mondays 9:30am-3:00pm, call 262-246-5180

Waukesha Public Library, Thursdays 9am-2:15pm, Saturdays 9am-5pm, call 262-524-3682

The Volunteer Income Tax Assistance (VITA) program offers free tax help to all ages. IRS-certified volunteers provide assistance. Call 262-832-1534 to schedule an appointment. Appointments are available Monday through Friday from 9-11:30am, Tuesday and Thursday from 4-6:30pm, Friday and Saturday from 9-noon.

La Casa de Esperanza, 202 E Broadway Avenue, Waukesha



Be sure to bring with you:

- **Must have Photo I.D.**
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill and paid receipt
- Day care expenses

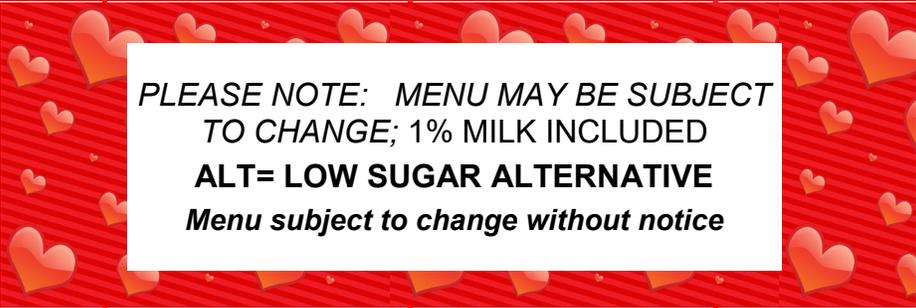
For those not on Medicare, you must be able to show proof of health insurance via your 1095 form. The ACA (Affordable Care Act) form 1095A can be obtained from the Marketplace and shows how much was paid and the credit amount.

If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office. Contact these locations ahead to confirm availability.

The due date for your 2018 Federal income tax return is Monday, April 15, 2019.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 <p style="text-align: center;">PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice</p>				Chili w/Meat and Beans, Diced Onions, Cheese and Crackers Breadstick w/ butter 5-Way Mixed Vegetable Fruit Cocktail Ice Cream Cup Alt. Sugar Free Ice Cream
4	5	6	7	8
Herbed Chicken Breast on a Hard Roll w/ Lettuce & Tomato Mayonnaise packet Green Beans Broccoli Salad Fruit Salad	Sweet & Sour Chicken With Green Peppers, Onions and Pineapple Brown Rice Oriental Blend Veg Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie	Oven Roasted Ham Buttered Baby Bakers Stewed Tomatoes Three Bean Salad Whole Wheat Bread w/ Butter Chocolate cake Alt. Fruited Yogurt	Chicken Marsala Whole Grain Pasta w/ Garlic Pesto Sauce Winter Veg Blend Italian Bread / butter Pineapple Chef's Choice Cookie Alt. Fresh Pear	Meatloaf/Ketchup Quartered Red Potatoes w/ butter Buttered Sweet Corn Bread w/ butter Peach Half Dessert Bar Alt. Fruit Cocktail
11	12	13	14	15
Crab Pasta Salad Tomato / Onion Salad Fresh Banana Dinner Roll w/ Butter Chocolate Cream Pie Alt: String Cheese	Creamy Chicken Casserole w/ Celery, Carrots and Onions Mashed Potatoes Steamed Broccoli Dinner Roll w/ Butter Peach Half	Be Our Valentine Roast Beef Baked Potato w/Butter and Sour Cream Romaine Salad w/ Italian Dressing Wheat Dinner Roll butter Fresh Fruit	Cranberry Glazed Oven Roasted Pork Au Gratin Potatoes Peas and Pearl Onions Broccoli Salad 7-Grain Bread w/ Butter Dessert Bar Alt: Fresh Orange	Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Diced Pears Alt. Fruited Yogurt
18	19	20	21	22
Salisbury Steak Mashed Sweet Potatoes w/Butter Coleslaw Rye Bread w/ butter Apricots	Mild Sausage Jambalaya Creole Wax Beans Seasoned Black-Eyed Peas Dinner Roll w/ butter Fruited Yogurt	Chicken on the Bone Cranberry Wild Rice California Blend Veg Mixed Green Salad w/ Dressing Whole Wheat Bread w/ butter Peaches	Hungarian Goulash Over Buttered Noodles Stewed Tomatoes Peas & Carrots Rye Bread w/ butter Grapes Ice Cream Cup Alt. Sugar Free Ice Crm	Apple Cranberry Chicken Salad Flaky Croissant Sun Chips Broccoli Salad Fruit Salad Rice Krispies Treat Alt: Banana
25	26	27	28	
Herbed Chicken Breast Squash Veg Medley Black Beans and Rice Fruit Cocktail Lime Gelatin Alt. Sugar Free Gelatin	Bratwurst on a bun Ketchup & mustard pkt Dill Cucumber Salad American Potato Salad Mandarin Oranges Iced Brownie Alt: Sugar Free Cookie	Stuffed Cabbage Roll Mashed Potatoes with gravy Harvard Beets Rye Bread w/ butter Cranberry Juice Tapioca Pudding Alt.Sugar Free Pudding	French Dip with Au Jus Sub Roll Italian Blend Vegetable Marinated Vegetable Salad Fresh Apple Cherry Crisp Alt: Fruit	

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 — Virginia Brookfield Community Center 2000 North Calhoun Road	Butler 783-5506 — Pam Hampton Regency Apartments 12999 West Hampton Avenue	Hartland 367-5689 —Peggy Breezewood Village Apartments 400 Sunnyslope Drive
Menomonee Falls 251-3406 — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 —Jacob Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 —Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 — Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 — Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 —Josh Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 — Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm or the ADRC at (262) 548-7826 one working day in advance. Transportation may be available by taxi or Rideline for \$1.00 each way. Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

RENEW YOUR SUBSCRIPTION

In an effort to keep our database up to date, we are asking everyone to renew their newsletter subscription before March 1st.

Call the ADRC at (262) 548-7848 and let them know you'd like to keep receiving the newsletter every month. Or fill out this online form:

<https://goo.gl/forms/ajcXQ98hcryEYWci2>

If you do not contact us, before March 1st, your subscription will be cancelled and you will no long receive our newsletter.

THANK YOU!

ASK INA

Dear Ina,

This cold weather always has an effect on my skin, especially my hands. It gets so bad, that sometimes my skin cracks and becomes very painful. What can I do to?

- B. McItchie

Dear B.,

Winter weather can be harsh to our skin. Low-humidity and cold winter air can make our skin drier than normal. As the dryness to our skin increases, the more likely our skin is to crack. Ouch! So what can we do? We reached out to the Waukesha County Public Health and here are seven tips for healthy winter skin:

- ❖ Use lukewarm water rather than hot water when washing your hands and bathing. Long, hot showers softens your skin and washes away the natural oils on the surface of the skin. If you cannot give up your hot shower, try to shorten the time you spend in hot water to 5 or 10 minutes.
- ❖ Be gentle to your skin! Avoid rubbing and tugging your skin after bathing. After you wash your hands or take a shower or a bath, gently pat your skin dry instead of rubbing the towel across your hands or body.
- ❖ Apply an ointment or cream moisturizer that is oil-based to your skin rather than water-based lotion. The oil helps to provide a protective layer over your skin and helps to seal in moisture.
- ❖ For an extra moisture boost, apply a moisturizer or a body oil promptly after you bathe or wash your hands to help lock in moisture. Talk to your healthcare provider to see if he or she recommends any specific skincare products.



Public Health
Prevent. Promote. Protect.

Waukesha County

- ❖ Use a humidifier. Dry winter air creates dry winter skin. A humidifier adds moisture to the air in your home, which can help to re-hydrate your skin. Humidifiers can help with dry eyes, and sinuses, too. Follow the cleaning and operating directions from the manufacturers to keep the humidifier properly maintained and to prevent bacteria growth.
- ❖ Wear gloves while cleaning your bathroom, washing your dishes, or performing other activities that require your hands to get wet. Chemicals and harsh cleaners can leave your skin painfully dry.

With a few additions to your daily routine, you can have healthy winter skin!

From the Desk of Your Benefit Specialist

The Medicare Advantage Open Enrollment Period (MA OEP)

Beginning in 2019, there will be a Medicare Advantage Open Enrollment Period (MA OEP) from January 1 through March 31 each year. During this time, MA-eligible beneficiaries will be able to change their MA Plan or elect Original Medicare and coverage under Part D. Changes are effective the first of the following month. The MA OEP replaces the Medicare Advantage Disenrollment Period (MADP), which previously gave beneficiaries the option to disenroll from MA and enroll in Original Medicare from January 1 through February 14. Now, in addition to switching to Original Medicare, individuals can use the MA OEP to switch to another MA Plan. When counseling clients about the MA OEP, it is a good idea to recommend that they still use Fall Open Enrollment (October 15 – December 7) to make coverage decisions. Waiting to use the MA OEP means a later start date for important coverage changes. Additionally, remind Original Medicare beneficiaries that they are not eligible to use the MA OEP. Unlike the Fall Open Enrollment Period, which allows beneficiaries to make any number of changes to their coverage (with the final change taking effect January 1 of the following year), beneficiaries are only able to make one change during the MA OEP.

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Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

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

**Turning 65?
Need Medicare?**

Waukesha County Memory Cafés

REGISTRATION:

First time attendees please call the Alzheimer's Association to learn more, 800.272.3900.

Hablamos Espanol 414.431.8811

Memory Cafés are places where persons with MCI (Mild Cognitive Impairment) early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. A Memory Café has no real agenda or stated purpose except to enjoy each other's company. Cafés provide a time where you do not need to focus on the diagnosis, while having a great time connecting with each other as a family or creating new friendships.

WILD PLUM MEMORY CAFE

Multiple public library locations:

Menomonee Falls, Brookfield, Elm Grove,
Germantown and Sussex Libraries

3rd Monday of every month

3:00-4:30pm

LAKE COUNTRY MEMORY CAFE

Multiple public library locations:

Pewaukee, Hartland,
Delafield, Town Hall and Oconomowoc
Libraries

1st Friday of every month

10:30am -12:00pm

THE SPOT ON BROADWAY

500 E. Broadway St, Waukesha
4th Wednesday of every month
10:30am-12:00pm

PURPLE SPRINGS MEMORY CAFÉ

Mukwonago Community Library
511 Division Street, Mukwonago
4th Thursday of every month
9:30-11:00 a.m.

FOUR POINTS MEMORY CAFE

Multiple public library locations:
Franklin, Hales Corners,
Muskego and New Berlin
3rd Tuesday of every other month
2:00-3:30pm

Beet Mine this Valentine's Day

Beets have become a trendy vegetable as of late because they are seen as a “superfood,” in other words, a food especially beneficial for health and well-being. There are lots of beet dishes and products out there... from beet salads to beet juice to beet chips!

In many ways, beets live up to the hype; they are a great source of fiber, folate, and potassium. Beets have also been studied for positive effects on heart health.



Red as a Beet

Beets have a bright red pigment known to stain fingers, clothes, and cutting boards. In fact, beets are so red that they can actually be used by manufacturers as natural food dyes! This red pigment is called betalain, an antioxidant that helps to give the beet its nutritional “super powers.” Eating foods rich in antioxidants may help fight against the development of diseases such as cancer and heart disease.

Simple Roasted Beets

Serves: 2

Ingredients:

- 4 small beets
- 1 Tablespoon canola or olive oil
- Salt and pepper, to taste
- 1 teaspoon dried herbs (such as Italian seasoning, dill, basil)

Directions:

1. Preheat oven to 400 degrees F.
2. Remove the tops and roots of the beets and cut into small chunks.
3. Toss with oil, salt, pepper, and herbs.
4. Place on a baking sheet lined with foil. Bake for 20-30 minutes or until fork tender.

FOOD WISE
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

We all know that Valentine's Day is one of the more popular holidays celebrated in February, but here are some others you could observe this month!

February 11th is *National Make a Friend Day*. This is an exciting opportunity to meet someone new and make new friendships. Friends serve a vital role in everyone's lives and are one of life's most valuable assets. New friends can help us see new perspectives, challenge us to try something different, or connect us to new opportunities. Meeting new people can help sharpen our social skills and keep us from becoming lonely. One of the simplest ways to make new friends is to explore your interests by taking a class, joining a club, or even coming together for a meal at one of the Waukesha County Senior Dining Sites!



Another lesser known days is *National Do a Grouch a Favor Day*. While this day may be intended as a joke, it may surprise you just how easy it can be to turn someone's frown upside down! A grouch might be someone you know who seems low, or lonely. They may complain more often than not. Whether they are just having a bad week or they are perpetually grouchy, think of ways you could improve their day. Have you noticed they like crossword puzzles? Why not slip a book of crosswords into their mailbox anonymously! Could they use a new fuzzy pair of socks? Do they crack a smile at silly jokes? The possibilities are endless! **This February 16th, *Do a Grouch a Favor Day* is a call to show kindness to that one person that needs it!**



Valentine's Day Word Search

Look for the words below by searching horizontally, vertically, inverted, and diagonally!

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

ARROW
BE MINE
CANDY
CARD
CHOCOLATE

COUPLES
CUPID
DATE
DIAMOND
FEBRUARY

FEELINGS
FLOWERS
FRIENDSHIP
GIFT
HAND HOLDING

HEART
HUGS
KISSES
LOVERS
ROMANCE

ROSES
STROLL
SUITORS
VALENTINE

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