

# The ADRC Connection

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

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

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

### National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

### Veteran's Services

262-548-7732

### Moraine Lakes Consortium

888-446-1239

### Alzheimer's Association

800-272-3900  
(24/7 Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

### Inside this Issue:

- ◆ National Caregiver Month
- ◆ Payday Loan Dangers
- ◆ National Smoke Out
- ◆ Thanksgiving Food Safety
- ◆ Medicare Open Enrollment



## CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently prods her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends, and neighbors who help older adults with things they no longer can do on their own. The role of the unpaid caregiver is invaluable and often don't recognize their own worth.

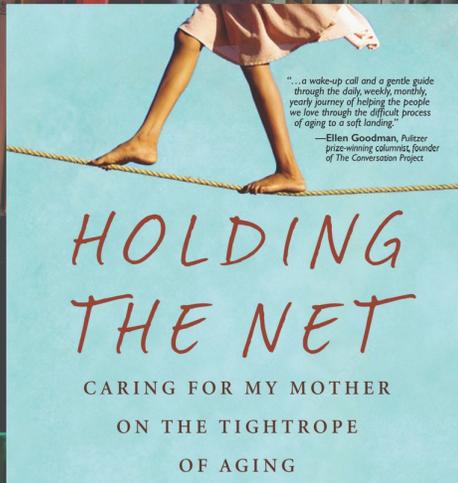
Let's celebrate caregivers this month! Here are some things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of saying, "Let me know if you need something," say, "I am going to help you. Do you want me to cook a meal? Clean your kitchen? Stop at the grocery store?" Be specific and gently insist on helping.
4. Invite them to do something – a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to the ADRC to find out the various types of supports that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.
8. Check in regularly. It doesn't have to take a lot of time and energy. A weekly phone call can alleviate feelings of loneliness and help them feel special and important.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!



# Care for Caregivers Book Club Event



**TUESDAY, NOVEMBER 19TH  
10AM-NOON | LUNCH INCLUDED**

**REGISTRATION INCLUDES A FREE  
COPY OF THE BOOK**  
RSVP REQUIRED BY NOVEMBER 8TH  
CALL THE ADRC AT: 262-548-7848

**LOCATION: EIG EDUCATION CENTER  
ELLENBECKER INVESTMENT GROUP INC.  
N35 W23877 HIGHFIELD COURT SUITE 200  
PEWAUKEE, WI**

If you regularly care for or help out someone else, then you're considered a caregiver, The research shows that stress and demands of caregiving can put you at risk for health problems!

Join us to discuss *Holding the Net* by Melanie Merriman. Not only will we be talking about a really great book, but we will be learning important health information about caregiver stress and the importance of self-care. Before you leave, you will have a better understanding of caregiver burnout and how to prevent it with practical self-care strategies.



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

**Waukesha County Public Health**

This event is funded by a grant from the Older Americans Act and the State of Wisconsin Department of Health Services

# Payday Loans: Dangerous Loans

## ***Did you know?***

On average, interest rates can range anywhere from 196% to 677% for payday loans. Wisconsin and Minnesota having some of the highest rates in the country. For example, a \$300 loan can turn into a total amount of \$800, paying nearly three times the amount of the original loan. There are twelve states that have banned this type of loan practice.

## ***What is a payday loan?***

A payday loan is a short-term loan that is typically due on the next payday or within a few weeks. These loans are small amount loans, often averaging \$500 to be due as a single repayment. Most often loans are needed longer term, extending the payment plan, which tacks on daily interest. At these higher rates individuals struggle and then take out multiple loans through different payday lenders. This is referred to as the debt trap because a 12-month loan that has a \$45 payment could have an additional \$42 tacked on in interest.

Many payday loan companies are centrally located in areas with a heavy concentration of low-income families. The maximum amount is \$1,500 or 35% of gross monthly income; however, other debt obligations are not considered. They market the loans in terms of fees that are often \$10-\$30 for every \$100 borrowed taking the focus off the real total cost. In addition, payday lenders charge fees for bounced checks causing an increased financial burden.

## **Here Are 6 Ways You Can Avoid Payday Loans:**

- Ask a friend or relative to borrow money.
- Try to get a small loan from a bank.
- Save money for an emergency fund.
- A good rule of thumb is to wait at least 24 hours to come up with an alternative solution.
- A credit card cash advance costs a fraction of what a payday loan does.
- Late bill payments can often have less fees than payday loans.

For more information or assistance please contact La Casa de Esperanza's Center for Financial Stability at 262-899-6784 or please visit [www.lacasadeesperanza.org](http://www.lacasadeesperanza.org).



# 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](http://www.facebook.com/ADRCWC)

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





# TAKE DIABETES TO HEART

## Linking Diabetes and Cardiovascular Disease

November is National Diabetes Month, this year's theme identifies the link between diabetes and cardiovascular disease. This day was first recognized in 1982 when President Ronald Regan designated November as Diabetes Awareness Month. Over 30 million people in the United States have some form of diagnosed diabetes. In addition, 1 in 4 Americans have the disease but are not yet aware they have it.

This day is designated to bring awareness and support to those who already have the disease and those who are at risk of becoming diabetic. The goal for 2019 is to educate people across the nation on the link between diabetes and cardiovascular disease.

To link these two conditions, we first need the basics about diabetes. There are several types of diabetes, which include;

- Type 1 - the pancreas makes no insulin at all.
- Type 2 - the body does not use insulin properly.
- Gestational - during pregnancy, hormones may block insulin to cells.
- Prediabetes - blood sugar levels are higher than normal but not high enough for a diagnosis.

No matter which form of diabetes you or a loved one have, the common denominator is having too much glucose in the bloodstream. So how does diabetes affect a person's cardiovascular system? Too much glucose in the bloodstream causes your organs to work much harder to circulate blood.

The disease itself can be managed, but even with good control of blood sugar levels, those with diabetes, especially type 2, may have other diagnoses that double their risk of cardiovascular disease.

These conditions include;

- Hypertension-(high blood pressure)
- Abnormal cholesterol and triglycerides
- Obesity
- Lack of physical activity
- Smoking

Increased blood sugar can also cause vision problems, kidney failure, nerve damage, and is also linked to Alzheimer's disease, which is why it is important to educate yourself on steps you can to lessen your risk of developing cardiovascular complications due to diabetes. Visit the below websites to learn more.

[www.diabetes.org](http://www.diabetes.org)

[www.heart.org](http://www.heart.org)

• A •  
**CUP**  
• OF •  
**HEALTH**  
• COFFEE TALKS •

# ADVANCED CARE PLANNING

Advance Care Planning is a process of understanding, reflecting on, and discussing future medical decisions regardless of age and current health status. All adults should think about, discuss, and create an advance care plan. Having an advance care plan is truly a gift for yourself and others.

**November 7th | Stoney Creek | 10-11am**  
S69W14142 Tess Corners Dr, Muskego, WI  
To Register Call: Anita at (414) 422-4686

Complimentary coffee, tea, and treats.  
Reservations highly suggested.

## HARVEST OF THE MONTH

The “Harvest of the Month” program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For November, the highlighted produce item is Spaghetti Squash! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



## Harvest of the Month the NOVEMBER SPAGHETTI SQUASH



For more information visit:  
[waukeshacounty.gov/LiveWell](https://www.waukeshacounty.gov/LiveWell)



## November Activities

Just because it's getting a little chilly doesn't mean you can't stay active! Below are some FREE options throughout the community to keep you moving this winter.

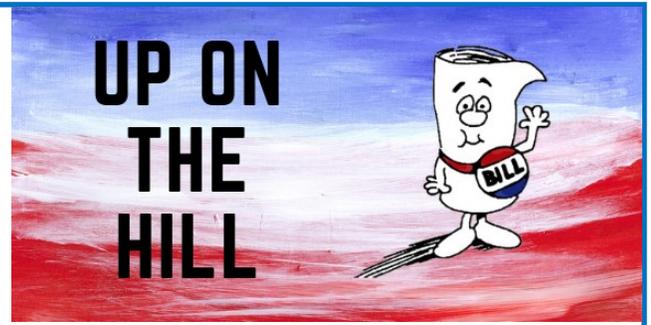
### UPCOMING EVENTS

Chair Yoga for Seniors | November 8th & 22nd: 9:30am - Mukwonago Community Library

Ping Pong | Wednesdays, 10:30am - 12:00pm - Oconomowoc Community Center Activity Room

## Dignity in Aging Act

On September 17, 2019, the leadership of the House Committee on Education and Labor introduced H.R. 4334, the Dignity in Aging Act. This bipartisan legislation reauthorizes the Older Americans Act (OAA) through 2024 and incorporates a number of improvements proposed by aging network advocates.



**“Aging with dignity is not an aspiration, it’s a human right and we applaud the Democratic and Republican lawmakers who are joining us in defending this principle,”** said National Council on Aging (NCOA) President and CEO James Firman. “On behalf of tens of millions of aging adults, their families, and caregivers, NCOA thanks these forward-thinking lawmakers for the Dignity in Aging Act, which not only reauthorizes the Older Americans Act but creates a path for a future where all adults can age well in their communities, with health and economic security.”

Over 11 million older adults and their caregivers benefit from OAA programs administered by the nationwide Aging Services Network, including senior centers, healthy aging programs, nutrition, in-home services, transportation, caregiver support, and elder abuse protections. Many of the individuals served are at risk of hunger, poverty, chronic and fatal health conditions, isolation, and loss of their ability to live with health, dignity, and independence.

Reauthorization is a crucial opportunity for Congress to modernize and improve services by supporting efficiencies and innovations, reassessing the Act’s successes and limitations, and addressing the ability to effectively serve older adults in need. The Committee’s bipartisan commitment to the efforts of the Aging Services Network to empower seniors to remain healthy and independent in their own homes and communities is to be applauded.

Several priorities for reauthorization are reflected in H.R. 4334. These provisions include:

- Creating an Innovation Center that can lead a robust aging services research and development authority to evaluate and support scaling of evidence-based interventions and innovations that can:
  - Improve wellness and quality of life;
  - Reduce Medicare or Medicaid costs;
  - Promote independence and healthy aging.
- Strengthening the OAA’s focus on healthy aging, particularly regarding falls prevention and chronic disease self-management.
- Enhancing the efforts of the Senior Community Service Employment Program to provide crucial workforce development opportunities to low-income older workers with significant barriers to employment and economic security.
- Protecting the crucial services provided by the OAA and paving a path for future investments.

The legislation also addresses a number of priorities endorsed by the Leadership Council of Aging Organizations. These include social determinants of health, social isolation, caregiver support, elder justice and legal services, multigenerational collaboration, and services for Native Americans and other underserved populations.

**You can help by contacting your local legislator(s) and urging bipartisan support for reporting the bill favorably out of Committee and expedient House passage of this important legislation.**

# November 1 is World Vegan Day!



## What is a Vegan?

**Veganism** is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose. For these reasons, the vegan diet is devoid of all animal products, including meat, eggs, and dairy. People choose to follow a vegan diet for various reasons. These usually range from ethics to environmental concerns, but they can also stem from a desire to improve health.

## Enjoy this Vegan Butternut Squash Soup Recipe

Prep Time 10 minutes | Cook Time 35 minutes | Total Time 45 minutes | Servings 4

## Ingredients

- 5 cups chopped butternut squash (a small squash about 1.75 lbs)
- 1 cup chopped shallots
- 5 cloves garlic , medium sized (adjust for your preferred garlic flavor)
- 2 teaspoons smoked paprika
- 1 teaspoon sea salt
- 10-12 sprigs thyme, about a 1 inch diameter bunch (see note)
- 2 ¼ cups lite coconut milk (about 1-1/2 13.6 fluid ounce/403 ml cans)
- 2 cups veggie broth, low sodium if needed

## Instructions

1. Preheat the oven to 450 F/ 230 C
2. Mix the squash, shallots and garlic with the smoked paprika and salt.
3. Put the mixture on a parchment lined cookie sheet. Top with the thyme sprigs.
4. Bake for 35 minutes until the squash is cooked and brown on the edges.
5. Remove the thyme sprigs, and put the rest into a blender with the coconut milk.
6. Blend until smooth.
7. If your blender is big enough, add the broth and blend until hot.
8. If your blender is not big enough, pour the mixture into a pot and add the broth to the pot. Heat on the stove over medium low heat until warm.
9. Serve, add toppings and dippers too!

Author: Sophia DeSantis. Recipe found at:

<https://www.veggiesdontbite.com/vegan-roasted-butternut-squash-soup/>

# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> - Virginia Brookfield Community Center 2000 North Calhoun Road Monday through Friday at 12:00	<b>Butler</b> <b>783-5506</b> - Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday through Friday at 11:45	<b>Hartland</b> <b>367-5689</b> - Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday through Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> - Jenny Birchrock Apartments 280 Birchrock Way Monday through Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> - Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> - Shawn National Regency Retirement Community 13750 West National Avenue Monday through Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> - Margaret Oconomowoc Community Center 220 West Wisconsin Avenue Monday through Friday at 12:00	<b>Sussex</b> <b>246-6747</b> - Josh Sussex Civic Campus N64 W23760 Main Street Monday through Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> - Lucille La Casa Village 1431 Big Bend Road Monday through Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 a.m. - 12:00 p.m., one working day in advance, or the ADRC at (262) 548-7826. 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.	

**The ADRC and Senior Dining Sites will be closed Thursday, November 28th; Friday, November 29th; Tuesday, December 24th; Wednesday, December 25th; Tuesday, December 31st and Wednesday, January 1st.**



## Clean Out Your Refrigerator!

November 13th is *National Clean Out Your Refrigerator Day*. So ask yourself: how long has that ketchup bottle been in there, anyway? And that salsa that you bought last May for Cinco de Mayo? Wait – was that *last* May or the year before?!...

Unless you make regular practice of cleaning your fridge, you probably have some unusual – and possibly scary -- stuff in there. Just because it's in the refrigerator doesn't mean it's still good. While most condiments are good for about a year, we still need to watch our use-by dates and make sure we don't keep old

food. If you have a habit of pulling out raw meat and then not getting to cooking it, raw meat is only good for a couple days before it needs to be cooked or frozen. Eggs have dates stamped on the cartons and those dates need to be monitored. Fresh produce is usually good until it gets wilted. **However**, if the produce is cut it's only good for 5-7 days.

And it's not just the food inside that matters – you have to make sure the refrigerator is kept at the right temperature. Household refrigerators should be kept at 41°F or less. There should be a refrigerator thermometer in everyone's refrigerator! It's also important that the fridge itself is cleaned regularly. Good food isn't safe if it's in a dirty fridge. Use a mild detergent and hot soapy water or cleaning wipes to clean the surfaces and doors - inside and out. And an open box of baking soda can help keep the odors reasonable.

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p>				Breaded Fish Potato Pancakes Stewed Tomatoes Tartar Sauce / Ketchup Spiced Apple Slices Frosted Cake Alt. Fresh Fruit
4	5	6	7	8
Swedish Meatballs Buttered Noodles Dilled Baby Carrots Brussels Sprouts Pumpnickel Bread w/ butter Fresh Apple Tapioca Pudding Alt. Sugar Free Pudding	Chicken Marsala with Mushrooms Mashed Potatoes and Gravy 5-Way Mixed Veg Dinner Roll w/ butter Diced Pears Dessert Bar Alt. Fresh Fruit	BBQ Pork on Bun Baked Baby Red Potatoes Creamy Coleslaw Cantaloupe Baker's Choice Cookie Alt. Sugar Free Pudding	Chili w/ cheese, onions, crackers Tossed Romaine Salad with Dressing Cornbread w/ butter Fresh Banana	Cheeseburger on Whole Wheat Bun With lettuce leaf and tomato slice Ketchup / Mustard pkts Broccoli Salad American Fried Potatoes Fruited Yogurt
11	12	13	14	15
<b>Veterans Memorial meal</b> Roast Beef w/ Gravy Mashed Red Potatoes and Gravy Peas and Pearl Onions Dinner Roll w/ butter Fruit Salad Apple Pie	Pork Cutlet w/ Gravy Baked Potato w/sour cream and butter Green Beans Tomato and Onion Salad Watermelon Wedge	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Steamed Broccoli Fresh Orange Almond Cookie Alt. Pineapple	Chicken Gumbo Red Beans and Rice Stewed Tomatoes Peaches Wheat Dinner Roll w/ Butter	Sloppy Joe Whole Wheat Bun Potato Pancakes w/ ketchup pkt Buttered Sweet Corn Pudding Alt. Pears
18	19	20	21	22
Jumbo Hot Dog w/ Ketchup & Mustard Poppy Seed Bun Potato Salad Baked Beans Fresh Apple Chocolate Chip Cookie Alt. Sugar Free Cookie	Whole Grain Spaghetti w/ Italian Meat sauce Italian Blend Veg Romaine Salad w/ Italian Dressing Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit	<b>Giving Thanks</b> Oven Roasted Turkey Mashed Potatoes with Gravy Green Bean Casserole Herbed Bread Stuffing Cranberry Relish Pumpkin Pie w/ Whipped Topping	Apple & Cranberry Chicken Salad on Flaky Croissant Broccoli Salad Mixed Fruit	Oven Baked Chicken on the Bone <b>Spaghetti Squash w/</b> Parmesan and Garlic Peas and Carrots Wheat Roll w/ Butter Frosted Cake Alt. Fresh Fruit
				
25	26	27	28	29
Italian Sausage w/Onions & Green Peppers and Marinara Sauce Sausage Roll Vegetable Pasta Salad Fresh Pear Pistachio Pudding Alt: Sugar Free Pudding	Hearty Beef Stew Mashed Potatoes w/ Gravy Creamy Cucumber Salad Rye bread w/ butter Apple Crisp Alt. Fresh Apple	Smoked Pork Chop Hashbrown Casserole Wisconsin Blend Vegetable Multigrain bread w/ butter Banana		<b>PROGRAM CLOSED</b>

# What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Here is a sampling of some of the great programs offered in Waukesha County libraries. If you have any questions, please contact Jill Fuller at 262-896-8085 or [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).



<p><b>Butler Public Library</b> 12808 W Hampton Ave Butler, WI 53007 (262) 783-2535 <i>Stars &amp; Stripes Honor Flight Art</i> <i>Saturday, Nov. 23 starting at 12:00 pm</i> <a href="https://www.butler.lib.wi.us/adults/">https://www.butler.lib.wi.us/adults/</a></p>	<p><b>Delafield Public Library</b> 500 Genesee St. Delafield, WI 53018 (262) 646-6230 <i>Cordelia Harvey,</i> <i>Angel in a Gray Bonnet</i> <i>Thursday, Nov. 14 at 6:30 pm</i> <a href="http://www.delafieldlibrary.org">www.delafieldlibrary.org</a></p>	<p><b>Elm Grove Public Library</b> 13600 Juneau Blvd. Elm Grove, WI 53122 (262) 782-6700 <i>Realistic Optimism: Meeting the Challenges of Change in Trying Times</i> <i>Thursday, Nov. 14 at 7:00 pm</i> <a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></p>
<p><b>Menomonee Falls Public Library</b> W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 <i>World War I Nurse Eleanor Maher</i> <i>Saturday, Nov. 16 at 2:30 pm</i> <a href="http://menomoneefallslibrary.org">http://menomoneefallslibrary.org</a></p>		<p><b>Mukwonago Public Library</b> 511 Division St Mukwonago, WI 53149 (262) 363-6411 <i>An Evening with John Gurda : The Making of Milwaukee</i> <i>Monday, Nov. 18 at 6:00 pm</i> <a href="http://www.mukwonagolibrary.org/">www.mukwonagolibrary.org/</a></p>
<p><b>New Berlin Public Library</b> 15105 Library Lane New Berlin, WI 53151 (262) 754-1815 <i>Pabst Mansion View; This virtual tour includes rarely seen images &amp; information</i> <i>Tuesday, Nov. 5 at 5:30 pm</i> <a href="http://www.newberlinlibrary.org">http://www.newberlinlibrary.org</a></p>	<p><b>Pauline Haass Public Library</b> N64W23820 Main St Sussex, WI 53089 (262) 246-5180 <i>Technology 101: Safety for Online Shopping</i> <i>Monday, Nov. 4 at 10:30 am</i> <a href="https://phplonline.org/">https://phplonline.org/</a></p>	<p><b>Waukesha Public Library</b> 321 W. Wisconsin Ave. Waukesha, WI 53186 (262) 524-3680 <i>What's It Worth? Antique Appraisal with Mark Moran</i> <i>Registration Rrquired for an appraisal</i> <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p>

## Medicare Presentations

Tracy Lipinski, Medicare Outreach Coordinator

Greater Wisconsin Agency on Aging Resources, Inc.

- Butler Public Library—Monday, Nov. 4 at 1:00 pm
- Hartland Public Library—Monday, November 11 at 2:00 pm
- New Berlin Public Library—Tuesday, Nov. 12 at 11:00 am
- Brookfield Public Library—Wednesday, Nov. 13 at 1:00 pm
- Menomonee Falls Public Library—Thursday, Nov. 14 at 1:00 pm
- Pauline Haas Library, Sussex—Monday, Nov. 18 11:00 am
- Waukesha Public Library—Wednesday, Nov. 20 at 10:30 am
- Muskego Public Library—Monday, Nov. 25 at 10:30 am
- North Lake Public Library—Wednesday, Nov. 27 at 1:00 pm

The **Great American Smoke Out**, on November 21, is a recognized event to help support smoking cessation and make others aware of tobacco user risks. Approximately 40 million adults still smoke and it remains the single largest PREVENTABLE cause of disease in our country. Using tobacco products can lead to increased risk of cancer, heart attack, stroke, and bronchitis. Fortunately, the high monetary cost of smoking has convinced many smokers to quit and led to legislation on smoke-free workplaces and communities.

Currently, a public health crisis is developing, related to another “smoking” product. The electronic cigarette and “vaping” industry currently generates an estimated 2.6 billion dollars annually, with sales estimated to reach 18 billion dollars by 2024. These products are primarily marketed to the young, with fruity and candy flavors, and account for more than 85% of their sales. The developing brain are particularly vulnerable to the effects of nicotine that it contains. These e-cigarettes also deliver higher amounts of nicotine than cigarettes.

More recently, news of serious respiratory illness in young, healthy individuals is forcing everyone to look even more carefully at this public health problem. As of October 8, there have been 1,080 vaping illnesses and 23 deaths due to vaping in the U.S. Chemicals that are used in the flavoring additives are a likely culprit in some of these illnesses. In addition, those that use cannabis products and CBD oils in vaping may be exposing their lungs to bits of the waxy outer layer from the plants that is not burned away during vaping at lower temperatures. Harsh chemicals such as propylene glycol (PG) and polyethylene glycol (PEG), which have been shown to induce allergies and respiratory complications, are also used in the dilution of the products for efficiency in vaping delivery.

These newer products, which were initially marketed as a safer alternative to smoking, are now being shown to have similar long term health consequences as traditional tobacco products. Although more studies need to be done on the risks of these products, at this time, it is recommended that people discontinue using these products.



**Daylight Saving Time Ends**

**Sunday November 3rd**

**Put your clocks back one hour!**



# 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 Prevention 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** - 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 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.

**Fridays, January 17 - March 6, 2020 | 10:30 a.m. – 12:00 p.m.**

Location: YMCA at Pabst Farms - 1750 East Valley Road | Oconomowoc

Registration: Call Cathi at 262-567-7251

Cost: Free and open to the public

Class size: 10 min. - 18 max. participants

**Strong Bodies: Be Strong - Stay Strong** - Osteoporosis is a serious medical condition for both men and women. The good news is that it is a preventable and treatable disease. Strong Women™, developed at Tufts University, is a national evidence-based community program targeted to midlife and older women / men. The complete Strong Bodies program aims to prevent or manage osteoporosis and build strength through sound nutrition and targeted exercise. The 10 – 12 week workshop meets twice weekly for 1 hour. Workshop is a University of Wisconsin Extension program with support of the ADRC.

**Tuesdays & Fridays, January 7 – March 13, 2020 | 2:30 p.m - 4:00 p.m.**

Location: Community Memorial Hospital - W180 N8085 Town Hall Road  
Menomonee Falls

Registration: Jen Whitty (262) 548-7789, [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)

Cost: \$25 for each 10-week session

**Mondays & Thursdays, January 6 - March 19, 2020 | 9:15 a.m. - 10:30 a.m.**

Location: St. James Catholic Church - W220 N6588 Town Line Road  
Menomonee Falls

Registration: Jen Whitty (262) 548-7789, [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu)

Cost: \$25 for each 10-week session

**My husband has a history of heart disease and high blood pressure in his family, but he seems healthy and he tells me not to worry so much. Even though he looks healthy, could he still be in danger? How can I get him to understand how dangerous high blood pressure can be?**

**Regards,  
Emma Wright**



Dear Mrs. Wright,

High blood pressure is known as the "silent killer" because there are no obvious warning signs. According to a new survey by the American Heart Association, over half of people diagnosed with high blood pressure aren't worried about having a heart attack or stroke. High blood pressure, also known as hypertension, however, greatly increases the chances of having a heart attack or stroke.

Possible reasons to explain why people aren't concerned about this diagnosis is the lack of symptoms and the difficulty some people have maintaining healthy lifestyle changes that can help control high blood pressure. Many people with high blood pressure might be unaware of the life-altering effects for survivors after a stroke or heart attack. They may lose their ability to complete everyday tasks and have to relearn basic living functions.

The American Heart Association survey indicated that 22% of respondents checked their blood pressure in the prior week, 40% said their most recent reading was uncontrolled (or higher than 130/80), and 16% said they didn't need to keep track of their readings when they're taking medication.

Health care providers play an important role to help people understand their risks and take precautions. In addition, initiatives such as [www.loweryourhbp.org](http://www.loweryourhbp.org) can help to help build awareness and bring to light stories of real-life consequences. Still, the survey results indicate much more needs to be done.

As Dr. Michael Rakotz, Vice President of Health Outcomes at the American Medical Association, stated, "We need to continue to work to get real stories out there and we need to do a better job of motivating people to take charge of their health and raising awareness that together we can create a plan to bring their blood pressure under control."

### **Key Messages**

High blood pressure is the leading cause of preventable heart disease and stroke death. Small choices made each day can make a positive impact in managing your blood pressure and reducing your risk of heart attack and stroke. Some important points to keep in mind include:

### **Check It!**

- Because high blood pressure typically has minimal or no symptoms, the only way to know your risk is to have your blood pressure checked.
- Once you know your number, go the AHA's new interactive blood pressure tool on their website, to learn what your numbers mean and to receive practical tips that you can use to take action immediately.
- Be reassured that studies show that those who check their blood pressure often are more likely to keep their blood pressure at a healthy level.

### **Make Changes that Matter**

- Take simple steps to control your numbers:
- Move more - find a physical activity you enjoy.
- Eat smart - strive to eat a well-balanced low salt diet and limit alcohol.
- Be well - manage stress and practice mindfulness.

### **Seek Support**

- If you have high blood pressure, work with your health care professional to learn how to accurately monitor and manage your blood pressure.
- Remember to take your medication properly even if it means taking it every day.
- Let your healthcare provider know if you are taking any natural treatments or over-the-counter medications as they may interfere with your prescribed medication or increase your blood pressure.
- Visit [www.heart.org/bplevels](http://www.heart.org/bplevels) for more information.

Information from American Heart Association website:

<https://www.heart.org/en/news/2019/05/24/many-with-high-blood-pressure-arent-worried-should-they-be>

# Relax...

The first Wednesday of November each year is Stress Awareness Day. This day is dedicated to educating people to not only recognize their stress but to find ways to manage their stress in a positive way.

According to statistics from the American Psychological Association, whose 2018 survey entitled “The Stress in America,” adults continue to report high levels of stress. Many report that their stress has increased over the past year with as much as 75% experiencing moderate to high levels of stress.

Stress comes from many different avenues in our lives, whether it is from our jobs, family, financial, or health issues it can have negative effects on our bodies, relationships, and overall wellbeing.

While some stress can be healthy, we need to have ways to relax when those unhealthy stressful times hit. Mindfulness has become a buzzword across the nation and can incorporate many different techniques. Many people only think of yoga or meditation when they consider mindfulness, but there are other options.

According to Mayo Clinic, “mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.”

With the upcoming holidays, you may want to consider how you will manage your stress and hopefully carry that with you throughout the upcoming new year. Mindfulness is a healthy way to redirect negative thoughts that can sometimes feed the stress in our lives.

So instead of daydreaming, or thinking negative or random thoughts which can be draining, try practicing some mindfulness exercises. These exercises can include breathing exercises, walking meditation, paying attention to your surroundings, and living in the moment.

Below are just a few apps for your phone that may help get you on your way to a less stressful you.

- Headspace
- #Mindful
- Calm
- The Mindfulness



# upcoming EVENTS

**November 2 & 16– Thomas Greenhouse & Gardens Winter Farmers Market @ Thomas Greenhouse** (Mukwonago), 9 am– 1 pm. At this farmers market, you will find many vendors offering canned goods, honey, essential oils, homemade cooking oils, spices, and more. There will also be coffee and baked goods served by Caffeinated Café. This is a reoccurring event on the first and third Saturdays each month until February 2020.

**November 2– Applause Holiday Kick Off @ The Corners of Brookfield**, 12-3 pm. This kick-off event will include live performances from the Brookfield Central High School band, choir, and orchestra. There will also be shopping specials, dining givebacks, raffle prizes, a 50/50 drawing, and fun for all!

**November 3– Fall Lantern Walk @ Hartbrook Park Hartland**, 4:30-5:30 pm. Families gather before dusk, sing songs, light lanterns, and enjoy a walk in the park that comes with the end of Daylight Savings Time. This event is free and open to all who register. Registration can be done here: [www.tinkergarten.com/lanternwalk](http://www.tinkergarten.com/lanternwalk).

**November 8 & 9– Christmas in the Grove @ Elm Grove Women’s Club**, 4-8 pm. Come get your holiday shopping done early as the Elm Grove Women’s Club hosts this annual event featuring talented artists who display and sell their handmade gifts like jewelry, woodworking, one of a kind ornaments, and more!

**November 9– Veterans Day Golf Scramble @ Wanaki Golf Course**, 9:30 am– 2:30 pm. A day to honor, spend time with, and reconnect with fellow Veterans, family, and friends while enjoying a round of golf on one of Wisconsin’s best public golf courses. This event is \$50 per player which includes 18 holes of golf with a cart and lunch!

**November 15– Christkindlmarket @ Fiserv Forum Plaza**, opens for the season: 11 am– 8 pm Sunday-Thursday; 11 am-9 pm Friday & Saturday. Enjoy free admission to this Christkindlmarket, rooted in German tradition, well known for its’ traditional candy cane striped huts, festive shopping options, international delicacies, hot spiced wine, hand crafted ornaments, and lots of family fun.

**November 21– Milwaukee Holiday Lights Festival @ Pere Marquette Park**, 6:30 pm. With the flip of a switch, the holiday lights will shine bright in Milwaukee. This festival also features live music, dance acts, a visit from Santa Clause, and a fireworks display. Free Jingle Bus rides will be made available until 8:20 pm to the guests in attendance.

**November 22-24– Holiday Folk Fair International @ State Fair Park Exposition Center**, 2– 9 pm (Friday), 10 am– 9 pm (Saturday), 10 am-6 pm (Sunday). This three day event features an all nations theater, world café offering traditional dishes, dances and singalongs, an international bazaar, a chef’s stage, and more!

**November 24– Waukesha Christmas Parade @ Downtown Waukesha**, 4 pm. Attend the 57th Annual Waukesha Christmas Parade! A holiday tradition for over half a century, local civic groups, businesses, schools, public services and entertainers each year come together to celebrate on the Sunday before Thanksgiving.

# Five Tips for a Food Safe Thanksgiving



## Tip 1: Don't wash that turkey.

Washing raw meat can cause bacteria to splatter and spread as far as three feet away from the sink! Properly cooking the turkey kills bacteria that may be present, so washing it is unnecessary.

## Tip 2: Defrost your turkey in the fridge, in cold water, or the microwave.

**Do not thaw turkey at room temperature.** Thawing food in the fridge is the safest method. Estimate 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator. You can also thaw in cold water by submerging the bird in its original wrapper in cold tap water and changing the water every 30 minutes.



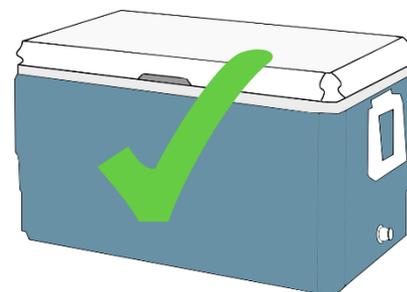
## Tip 3: Use a meat thermometer.

To make sure your turkey is **cooked but not overdone**, check the turkey's temperature in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast for a temperature of 165°F.

## Tip 4: Don't store food outside.

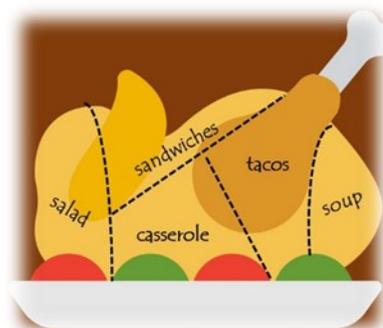
Even if it's cold outside, the temperature inside a plastic food storage container can climb, especially in the sun. Not to mention that animals can get into food stored outside, consuming it or contaminating it.

Instead, keep extra food in a **cooler with ice**.



## Tip 5: Store leftovers in the refrigerator for up to four days.

If you won't eat leftovers within 4 days, pack them into freezer bags or airtight containers and freeze. For best quality, use your frozen leftover turkey within four months.



Source: USDA. Questions about your Thanksgiving dinner? You can call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to a food safety expert.

**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](http://www.waukeshacounty.gov/uwex)

## Time to Review Your 2020 Medicare Plans



It's time to check your current Medicare plan and compare it to your other plan options. Plans may change their premiums, deductibles and formularies which can affect how much you pay for your medications. Medicare's Open Enrollment Period is October 15 – December 7 and is your opportunity to make plan choices for the upcoming year. **Need help comparing plans?**

**Please send completed form:**

ADRC of Waukesha County  
 514 Riverview Avenue  
 Waukesha, WI 53188 or Fax: (262) 896-8273  
 Email: [adrc@waukeshacounty.gov](mailto:adrc@waukeshacounty.gov)

**For Questions Call (262) 548-7848 or Toll Free (866) 677-2372**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, and Zip: \_\_\_\_\_

 Medicare Number: \_\_\_\_\_ Part \_\_\_\_\_ Part \_\_\_\_\_  
 Effective Date on Medicare Card: A \_\_\_\_\_ B \_\_\_\_\_

**How do you want to receive your comparisons? (Please check one)**

- Mailed
- Workshop

**Attend Workshop at ADRC**

- Tue 10/22 10-11 am
- Fri 10/25 10-11 am
- Mon 10/28 2-3 pm
- Thur 10/31 2-3 pm
- Mon 11/4 10-11 am
- Wed 11/6 2-3 pm
- Tue 11/19 10-11 am
- Wed 11/20 10-11 am
- Mon 12/2 2-3 pm
- Wed 12/4 2-3 pm

Starting in January 2020, providers will only accept the new Medicare card with the alphanumeric identifier. If you have not received a new card, contact 1-800-MEDICARE or log in to your [MyMedicare.gov](http://MyMedicare.gov) account.

**Please initial** if you would like a: \_\_\_\_\_ **Medicare Part D** search or \_\_\_\_\_ **Medicare Advantage Plan** search.

**Please initial which option you would like us to complete:**

\_\_\_\_\_ **Option #1: Complete a general search** comparing the two plans with lowest estimated annual drug cost. If you provide the complete name of your plan, your current plan may be included in this search.

Complete Plan Name: \_\_\_\_\_

\_\_\_\_\_ **Options #2: Complete a personalized search using the MyMedicare account I already created.**

Log in information will be kept strictly confidential.

Username: \_\_\_\_\_ Password: \_\_\_\_\_

\_\_\_\_\_ **Option #3: Assist with creation of a MyMedicare account for me and personalized plan search.**

I understand to receive assistance from an Elder Benefit Specialist or volunteer with creating a MyMedicare account and receiving a personalized plan search, I must attend a workshop. (please select a workshop above)



\*Username: \_\_\_\_\_

\*Password: \_\_\_\_\_

\*Will be completed after creation.

Login information will be kept strictly confidential.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fall Word Search



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

NOVEMBER  
HAYSTACK  
SQUIRREL  
SEPTEMBER  
PEARS  
SQUASH

PUMPKIN  
ACORN  
CORN  
PINE CONE  
AUTUMN  
RAINCOAT

HALLOWEEN  
LEAVES  
YELLOW  
ORANGE  
CHANGE  
APPLE

THANKSGIVING  
OCTOBER  
SEASON  
FESTIVAL  
MIGRATION  
CHESTNUTS

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

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