

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

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

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

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

Inside this Issue:

- ◇ Caregiver Corner
- ◇ Book Review: *Evicted*
- ◇ Eat Better, Eat Together
- ◇ Ask INA - Snow Removal
- ◇ Medicare Open Enrollment
- ◇ Train Your Brain Day!



The ADRC Connection

October 2019

Each year we recognize the staff of the ADRC who provide excellent service to the customers who utilize the ADRC. This year, October 7th-11th is celebrated as Customer Service Week, dedicated to the professionals who serve customers each and every workday.

Waukesha County's Strategic Pillars include providing high customer satisfaction. Waukesha County is committed to providing great service to our colleagues and to members of the public. The staff at the ADRC exemplify this pillar. Recent survey results indicate a high level of satisfaction with the service consumers receive from staff at the ADRC.

Comments received via customer satisfaction surveys include:

"You did everything right. I am an adult daughter seeking resources to care for an aging mother. Excellent help"

"I cannot say enough positive comments about Meals on Wheels – rating achieved and exceeded"

"If I didn't talk to someone when I called, I knew when I left a message I would get a call back by the next day and my questions were answered. Thanks to all"

"Completely satisfied with services received at this time of need"

Waukesha County takes great pride in a dedicated workforce and providing a high level of customer service. As the population of Waukesha County increases, and the number of consumers we serve increase, the staff at the ADRC remain committed to providing excellent service. We welcome you to call or visit the ADRC!

"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception; it is a prevailing attitude."

-Colin Powell





The Sandwich Generation

A caregiver can sometimes take on many roles, spanning generations. In today's society, it is not uncommon for caregivers to be providing care for aging parents while raising children of their own. Whether the family unit is living under one roof or thousands of miles apart, the Sandwich Generation is common in many parts of the world.

The Sandwich Generation was coined in the early 1980's and, according to the Pew Research Center, just over one of every eight Americans aged 40 to 70 is both raising a child and caring for a parent. Approximately seven to ten million of those adults are caring for their aging parents from a long distance.

In recent years, the term Sandwich Generation has evolved according to Carol Abaya, a nationally recognized expert on the Sandwich Generation. Abaya categorized the different scenarios involved in being a part of the Sandwich Generation as:

- Traditional: those sandwiched between aging parents who need care and/or help and their own children.
- Club Sandwich: those in their 40s, 50s or 60s sandwiched between aging parents, adult children and grandchildren, or those in their 20s, 30s and 40s, with young children, aging parents and grandparents.
- Open Faced: anyone else involved in elder care.

So no matter which sandwich you or a loved one are, it can be difficult to juggle all that encompasses providing care for our families, friends, or neighbors. The Aging and Disability Resource Center can assist with various resources, programs, and options counseling to give you the tools you need.

Care for Caregivers Book Club Event

TUESDAY, NOVEMBER 19TH

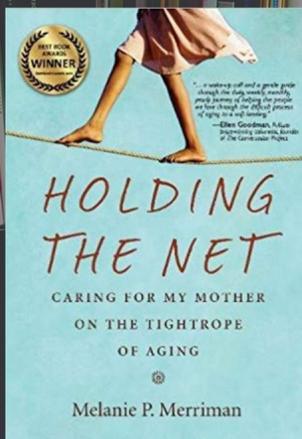
10AM-NOON | LUNCH INCLUDED

ELLENBECKER INVESTMENTS COMMUNITY ROOM

N35 W23877 HIGHFIELD COURT SUITE 200 | PEWAUKEE

RSVP REQUIRED TO RECEIVE A FREE COPY OF THE BOOK

CALL THE ADRC AT: 262-548-7848



If you regularly look after someone else, then you're considered a caregiver, and the 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.

What Can You Do with a Can of Pumpkin?



Simple Pumpkin Soup

Makes 4 (1 cup) servings

Ingredients:

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



Directions:

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

Pumpkin Oatmeal

Makes 2 (1 cup) servings

Ingredients:

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



Directions:

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

Pumpkin Parfait

Make 8 (1/2 cup) servings

Ingredients:

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



Directions:

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

Recipe adapted from Pumpkin Parfait- USDA Mixing Bowl

Pumpkin Applesauce

Make 2 (1/2 cup) servings

Ingredients:

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



Directions:

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

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
University of Wisconsin-Extension

EAT RIGHT WHEN MONEY IS TIGHT!

Have you ever found yourself choosing between buying groceries and paying for medicine at the end of the month? Or maybe you've found yourself skipping fruits and vegetables and opting for cheaper, less nutritious foods so you have money to pay your utility bill? We believe these are choices no one should have to make. And that's why we'd like to make sure you are familiar with a benefit you may be eligible for called FoodShare. It's a monthly benefit deposited on a debit-like card, the QUEST Card, to help with buying food. This can free up money for bills, medications and other necessities. It's a completely free benefit to those who are eligible. Eligibility is based on income and certain expenses; many people who are working or receiving Social Security are eligible.

Plus, claiming FoodShare benefits helps your local community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Claiming benefits you are eligible for is a great way to stretch your grocery budget while supporting your local community!

Applying is fast, easy, and confidential. FoodShare has a team of Outreach Specialists who would be happy to assist you with the process. Call the FoodShare Helpline toll-free at 1-877-366-3635, and they can answer any questions you may have and set up a time to help you apply.

Household Size	You <i>may</i> qualify if your total monthly household income is less than:
1	\$2,024
2	\$2,744
3	\$3,464
4	\$4,184
For each additional member add \$720	



Need Health Insurance? Marketplace Special Enrollment Periods

Enrollment in a Marketplace plan is generally limited to the open enrollment period which will occur this year from November 1st, 2019 through December 15, 2019 for plans starting January 1, 2020. However, if you qualify for a Special Enrollment Period, it is possible to enroll in a plan at other times. Some examples of Special Enrollment Periods include:

- >Losing employer based health insurance within the past 60 days
- >Becoming ineligible for Medicaid or Medicare within the past 60 days
- >Losing coverage through a family member within the past 60 days
- >Getting married within the past 60 days
- >Moving to a new home in a new zip code or county within the past 60 days.

There are other Special Enrollment Periods. Call the Marketplace at 1-800-318-2596 if you need insurance and want to know if there is a Special Enrollment Period that could help you. You can apply for Marketplace plans online, by phone, in-person, or with a paper application.

You should gather the documentation that will be needed to apply. Some of the information that you will need includes:

- >Information about your household size
- >Birthdates and Social Security numbers for everyone in your household
- >Tax and income information for all household members
- >Estimate of what your income for 2020 will be
- >Policy numbers for any current health insurance coverage for any household members

Additional information can be found at [Healthcare.gov](https://www.healthcare.gov).

BOOK REVIEW

Evicted: Poverty and Profit in the American City by Matthew Desmond

Nonfiction: Author follows eight Milwaukee families that lost homes and argues that the lack of affordable housing helps create poverty. A New York Times bestseller.

In this brilliant, heartbreaking book, Matthew Desmond takes us into the poorest neighborhoods of Milwaukee to tell the story of eight families on the edge. Arleen is a single mother trying to raise her two sons on the \$20 a month she has left after paying for their rundown apartment. Scott is a gentle nurse consumed by a heroin addiction. Lamar, a man with no legs and a neighborhood full of boys to look after, tries to work his way out of debt. Vanetta participates in a botched stickup after her hours are cut. All are spending almost everything they have on rent, and all have fallen behind.

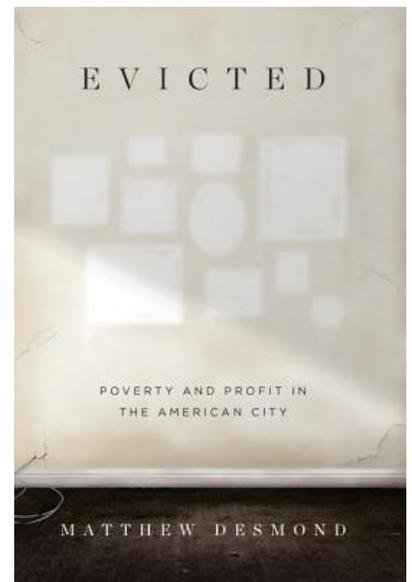
The fates of these families are in the hands of two landlords: Sherrena Tarver, a former schoolteacher turned inner-city entrepreneur, and Tobin Charney, who runs one of the worst trailer parks in Milwaukee. They loathe some of their tenants and are fond of others, but as Sherrena puts it, “Love don’t pay the bills.” She moves to evict Arleen and her boys a few days before Christmas.

Even in the most desolate areas of American cities, evictions used to be rare. But today, most poor renting families are spending more than half of their income on housing, and eviction has become ordinary, especially for single mothers. In vivid, intimate prose, Desmond provides a ground-level view of one of the most urgent issues facing America today. As we see families forced into shelters, squalid apartments, or more dangerous neighborhoods, we bear witness to the human cost of America’s vast inequality, and to people’s determination and intelligence in the face of hardship.

Based on years of embedded fieldwork and painstakingly gathered data, this masterful book transforms our understanding of extreme poverty and economic exploitation while providing fresh ideas for solving a devastating, uniquely American problem. Its unforgettable scenes of hope and loss remind us of the centrality of home, without which nothing else is possible.

(From the Hardcover edition.)

Due to the popularity of this book, there may be limited copies available at your local library. However, you can call to place a request for this book and ask that it be held for you to pick up once it becomes available at your chosen library location.



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!



The **Waukesha County Public Libraries** offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Visit the library system at www.bridgeslibrarysystem.org. Here are some of the available programs at local libraries in the county:

<p>Elm Grove Public Library 13600 Juneau Blvd. Elm Grove, WI 53122 (262) 782-6700</p> <p>Realistic Optimism : Meeting the Challenges of Change in trying Times Thursday, November 17 at 7:00pm http://elmgrovelibrary.org</p>	<p>Menomonee Falls Public Library W156 N8436 Pilgrim Rd. Menomonee Falls, WI 53051 (262) 532-8900</p> <p>Overdose Awareness: Naloxone (Narcan) Training Monday, November 28 at 6:00 PM http://menomoneefallslibrary.org</p>	<p>Mukwonago Community Library 511 Division St. Mukwonago, WI 53149 (262) 363-6411</p> <p>North to Alaska!: Sights and Insights from a Summer-Long Journey Tuesday, October 1 at 6:30 PM http://www.mukcom.lib.wi.us</p>
<p>New Berlin Public Library 15105 W Library Lane New Berlin, WI 53151 (262) 785-4980</p> <p>Music of the West Africa Kora performed by Sean Gaskell Sunday, October 6 at 2:00 registration encourgaed www.newberlinlibrary.org</p>		<p>Pauline Haass Public Library N64 W23820 Main St. Sussex, WI 53089 (262) 246-5180</p> <p>Technology 101: Safety for Online Shoppers Monday, November 4 at 10:30 www.phplonline.org</p>
<p>Pewaukee Public Library 210 Main St. Pewaukee, WI 53072 (262) 691-5670</p> <p>Identity Theft: Protect and Prevent Tuesday, October 29 at 6:00 PM http://www.pewaukeelibrary.org</p>	<p>Town Hall Public Library N76 W31429 Hwy. VV North Lake, WI 53064 (262) 966-2933</p> <p>David Stokes-Naturalist with Humor Thursday, October 17 at 6:00 PM www.townhalllibrary.org</p>	<p>Waukesha Historical Society 101 West Main Street Waukesha, WI 53186 (262) 521-2859</p> <p>Wisconsin Famous & Historic Tress Tuesday, October 15 at 6:30 PM http://waukeshapubliclibrary.org</p>

Library and Senior Center Medicare Presentations

Monday, October 23 at 2:00 Big Bend Village Library

Monday, November 4 at 1:00 Butler Public Library

Monday, November 11 at 2:00 Hartland Public Library

Tuesday, November 12 at 11:00 am New Berlin Public Library

Wednesday, November 13 at 1:00 Brookfield Public Library

Thursday, November 14 at 1:00 Menomonee Falls Public Library

Monday, November 18 at 11:00 am Pauline Haas Public Library

Wednesday, November 20 at 10:30 Waukesha Public Library

Monday, November 25 at 10:30 Muskego Public Library

Wednesday, November 27 at 1:00 North Lake Public Library

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

ORAL HEALTH

Education on how the health of your mouth is connected to the health of your whole body.

Oct. 3rd | Stoney Creek | 10-11am

S69W14142 Tess Corners Dr, Muskego, WI

To Register Call: Anita at (414) 422-4686

Oct. 16th | Brookfield Public Library | 10-11am

1900 N Calhoun Rd., Brookfield, WI

To Register Call: (262) 782-4140

Oct. 25th | Pabst Farms YMCA | 12:15-1:15pm

1750 Valley Rd, Oconomowoc, WI

To Register Call: Member Services at (262) 567-7251

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 October, the highlighted produce item is Parsnip! 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>



Fall Sunset/Candlelight Hikes

Join us for a self-guided hike to continue the "Live Well Waukesha County (LWWC)" initiative. Candles will be available to light the way, or come early and enjoy the park's natural beauty at sunset. Free entrance for all participants.

UPCOMING EVENTS

October 11th - 6 p.m. - 8 p.m. - Menomonee Park, by the beach house

October 17th - 6 p.m. - 8 p.m. - Mukwonago County Park, picnic areas 2 & 3

October 24th - 6 p.m. - 8 p.m. - Retzer Nature Center



Eat Better Eat Together



Did you know that one in five seniors report that they feel loneliest when eating by themselves?

Eating with others on a regular basis has been associated with improved social skills, better eating habits, and stress reduction. When mealtimes are shared with others, meals typically last longer than when a person eats alone. While the taste and nutritional value of the food is important, sharing stimulating conversation during the meal is almost equally as important. Eating a meal with others helps foster an environment of friendship and community, creating a positive effect on health and happiness.

October is Eat Better, Eat Together Month. For a senior living alone and far from family this may seem impossible but it's not. The Aging and Disability Resource Center has 10 senior dining centers located throughout Waukesha County which offer well-balanced low cost noon meals for seniors 60 years of age or older. In addition to a nutritious lunch, these senior dining centers also provide nutrition education, health information and screening, outreach, and support to older adults and their families and it's a great way to develop new friendships!

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi (yellow card) and RideLine programs for \$1.00 each way. This fare subsidy must be authorized in advance. Call the ADRC at (262) 548-7848 for more information.

Listed below you will find a complete listing of Waukesha County Senior Dining Centers, the days and times they operate, and number to call for reservations. Call the dining manager at least 24 hours in advance to make reservations. On the adjacent page, you will find a copy of this month's menu. Find some meals that appeal to you and book your reservation today!

WAUKESHA COUNTY SENIOR DINING CENTERS

<p>Brookfield 782-1636 - Virginia Brookfield Community Center 2000 North Calhoun Road Monday through Friday at 12:00</p>	<p>Butler 783-5506 - Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday through Friday at 11:45</p>	<p>Hartland 367-5689 - Katie Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00</p>
<p>Menomonee Falls 251-3406 - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday through Friday at 12:00</p>	<p>Mukwonago 363-4458 - Jenny Birchrock Apartments 280 Birchrock Way Monday through Thursday at 12:00</p>	<p>Muskego 414-422-0420 - Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45</p>
<p>New Berlin 784-7877 - Shawn National Regency Retirement Community 13750 West National Avenue Monday through Friday at 12:00</p>	<p>Oconomowoc 567-5177 - Margaret Oconomowoc Community Center 220 West Wisconsin Avenue Monday through Friday at 12:00</p>	<p>Sussex 246-6747 - Josh Sussex Civic Campus N64 W23760 Main Street Monday through Friday at 12:00</p>
<p>Waukesha 547-8282 - Lucille La Casa Village 1431 Big Bend Road Monday through Friday at 12:00</p> <p>Eligibility: 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.</p>		

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Corn, Black Bean and Pepper Salad Dinner Roll w/ butter Grapes	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie	Pork Roast & Gravy Mashed Pot and Gravy Swt & Sour Red Cabbage Apple Juice Rye Dinner Roll Butter Black Forest Torte Alt. Fruited Yogurt	Vegetarian Lasagna Sweet Green Peas Italian Blend Vegetables Italian Bread/Butter Tropical Fruit
7	8	9	10	11
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes 5-Way Mixed Vegetables Diced Peaches	Turkey Burger w/ Provolone on Whole Wheat Bun Ketchup / mustard pkts Cottage Fries ketchup Buttered Sweet Corn Pineapple	Chicken Stroganoff Buttered Noodles Steamed Spinach Tomato Juice Whole Grain Bread w/ butter Mandarin Oranges	Tuna Salad on Croissant w/ lettuce & tomato Pickled Beet Salad Fruit Salad Lemon Sunshine Cake Alt. Diet cookie	Green Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding
14	15	16	17	18
Porcupine Meatballs Buttered Corn Mashed sweet potatoes Cranberry Compote Apple Pie Alt. Fruited Yogurt	Pork Cutlet w/ gravy Mashed Potatoes And Gravy Green Beans Applesauce Marble Rye w/ Butter	Roasted Chicken on the Bone Mashed Potatoes Roasted Root Veg's Romaine Salad with Ranch Dressing Dinner Roll butter Fresh Pear	Scalloped Potatoes with Diced Ham Peas & Carrots Grapes Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake	Chicken Salad on Kaiser Roll with Lettuce & Tomatoes Tomato & Onion Salad Sun Chips Watermelon Dessert bar Alt: Diet pudding
21	22	23	24	25
Beef Macaroni Casserole Creamed Spinach Stewed Tomatoes Wheat Roll w/Butter Fresh Apple Peanut Butter Bar Alt. Diet Cookie	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Diced Peaches Wheat Bread w/ butter Cook's Choice Cookie Alt. Diet Cookie	Beef Stew with Stew Vegetables and Parsnips Green Sweet Peas Cornbread w/ Butter Applesauce 	Chicken Cordon Bleu Wild Rice Pilaf Green Bean Casserole Spinach Salad w/ Shredded Carrots and French Dressing Waldorf Salad	Whole Wheat Spaghetti With Meat Sauce 5-Way Mixed Veg Italian Blend Veg Italian Bread w/ butter Pear Half Rice Krispies Treat Alt: Fresh Fruit
28	29	30	31	
Pork Chop Suey Seasoned Brown Rice Capri Vegetable Blend Dinner Roll w/ butter Ambrosia Fruit Cup Alt. Pears	Open-Faced Turkey Sandwich on Whole Wheat Bread w/ Gravy Mashed Pot /gravy Peas and Carrots Fresh Banana Oatmeal Raisin Cookie Alt. Pineapple	Bratwurst on a Bun With Sauerkraut Ketchup / Mustard pkts German Potato Salad Spinach Salad w/ Dressing Applesauce	HALLOWEEN Goulish Beef Tips Smashed Potatoes with gravy Creepy Carrot Coins Goblin Grapes Pumpkin Bars Alt. Frightened Yogurt	<p style="text-align: center;"><i>PLEASE NOTE:</i> 1% MILK included ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i></p>

Ask Ina

I am concerned about how my sidewalk and driveway are going to be cleared of snow and ice this winter. In previous years, my son handled this job, but he moved out of state over the summer. My husband and I are no longer able to tackle this task, due to our current age and health problems. Do you have any ideas or suggestions on how I can get this accomplished?

**Regards,
Ayma Snowdin**

Dear Ms. Snowdin:

Here at the ADRC we receive many phone calls throughout the winter from individuals looking for assistance with snow removal. It's great that you are thinking of this now because the snow will be flying before we know it.

The ADRC doesn't employ any persons or agencies to remove snow, and the number of resources available throughout Waukesha County for low cost or no cost is extremely limited. There is one agency in Waukesha that can coordinate services with a volunteer that is free of charge; however, there is typically a wait list for this service because the need for snow removal far outweighs the number of volunteers available to help. With this gap between paid and unpaid snow removal options, we encourage those in need to get creative and plan ahead for the winter months.

If you are willing and able to pay for snow removal, we suggest that you contact lawn service companies now to inquire if they will do snow removal. If you wait until the first snowfall, it will likely be too late for these companies to get you into their schedule. You should also inquire about what priority you will be given, as many companies will have several clients and you may or may not be first on the list to service. If you have any special needs that should give you priority, such as a health condition that could require treatment at a facility, you should let the company know.

Another possible solution is to start looking for options within your own neighborhood. Are there any children in the neighborhood that would like to earn a few dollars? You could go door-to-door and ask your neighbors if they know of anyone they could refer to you. If you are able to clear your own driveway, while you are out look around to see who might be in need of assistance. Is there someone elderly and struggling to walk down icy steps or walkway? Is a neighbor using a walker or cane while trying to remove snow? Perhaps they have a ramp that they are using with their wheelchair? Keep in mind that if one of your neighbors receives home delivered meals, those volunteer delivery drivers are prohibited from delivering the meals to a person's door if the walkway is too icy or snow covered.

You could also try asking around to members of your church, or check the bulletin boards at your local supermarket, laundromat, or community center. When neighbors reach out and help one another, a sense of community will happen organically. Furthermore, a sense of community has been shown to be linked to many positive outcomes: creating a sense of belonging, providing a physical and mental health boost, and even lowering crime rates. With benefits like these, we could all stand to strengthen our neighborhood ties.



Rosa's Law and the Special Olympics

On October 5, 2010, bill S.2781 was signed into federal law and became known as "Rosa's Law." This law removes the terms "mental retardation" and "mentally retarded" from federal health, education, and labor policy and replaces them with people-first language "individual with an intellectual disability" and "intellectual disability."



Rosa's Law began as one Maryland family's battle for respect and acceptance for their daughter and sister, Rosa. Nina Marcellino is the mother of four children, including Rosa, a child with Down syndrome. In 2009, Nina learned that Rosa has been labeled "retarded" at her school. Nina didn't allow the r-word to be used in her home, and none of her children ever described their sister in that way. Nina teamed up with other parents and her state delegate to introduce a bill to change the terminology in Maryland state law. Before the bill was brought up for consideration in the Maryland General Assembly, they held a hearing on the implications of changing the term.

There were several witnesses at that hearing, but the testimony which had the greatest impact was given by Rosa's brother, Nick. "What you call people is how you treat them," Nick said. "What you call my sister is how you will treat her. If you believe she's 'retarded,' it invites taunting, stigma. It invites bullying and it also invites the slammed doors of being treated with respect and dignity."

Nick's comments speak to the core values of Special Olympics: respect, dignity, acceptance, and inclusion. Prior to Rosa's Law, the Special Olympics had long championed the use of people-first language. In 2004, the Special Olympics International Board of Directors adopted a resolution to update the movement's terminology from "mental retardation" to "people with intellectual disabilities." In 2008, Special Olympics launched the website www.r-word.org to combat the inappropriate use of the r-word in common usage and helped lead protests against media use of the word, particularly in response to the film *Tropic Thunder*. In 2009, the youth-led "Spread the Word to End the Word" campaign launched with rallies in K-12 schools and universities around the country, enlisting young people to combat the use of the word and collecting more than 100,000 signatures to pledge inclusion and respect towards all people.

Youth leaders, like "Spread the Word to End the Word" campaign co-founders Soeren Palumbo and Tim Shriver, had used viral and grassroots methods to garner support amongst their peers and in schools across the U.S. and around the world. By highlighting the pervasive use of the r-word in mainstream media and reaching out to people like Bill O'Reilly when the r-word was used on his show, the campaign had begun to have a noticeable impact. Fox Broadcasting adopted the campaign's ideals when they edited out multiple uses of the r-word in the movie *Miss March* and replaced it with alternatives in the DVD release. The F/X network now includes the r-word as one of three words that are not allowed to be broadcast. MTV had also embraced the campaign by bleeping out the r-word just like any other curse word or slur in shows like *The Real World* and *Teen Mom*.

Why the Term "Mental Retardation" is Outdated

Although originally a clinical term and introduced with good intentions, the term "mental retardation," and its pejorative form "retard," has been used widely in today's society to degrade and insult people with intellectual disabilities. By instead using "intellectual disability" and "an individual with an intellectual disability" in federal laws, the U.S. sends a strong message that language is important and that no form of the r-word should be used to refer to any of its citizens.

Champions of Rosa's Law ensured that by updating the language in federal law the bill would not expand nor diminish services, rights, responsibilities, or educational opportunities duly owed to individuals with intellectual disabilities. It simply makes the federal law language consistent with that used by the Centers for Disease Control, the World Health Organization, and the White House through the President's Committee for People with Intellectual Disabilities.

"For far too long we have used hurtful words like 'mental retardation' or 'mentally retarded' in our federal statutes to refer to those living with intellectual disabilities," said Senator Barbara Mikulski (D-Md.) when the bill first became law. "Rosa's Law will make a greatly-needed change that should have been made well before today - and it will encourage us to treat people the way they would like to be treated."

From: <https://www.specialolympics.org/stories/news/rosas-law-signed-into-law-by-president-obama>

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/>.

Healthy Living with Diabetes - This workshop is ideal for any adult with pre-diabetes or type 2 diabetes as well as those adults living with someone who has diabetes or pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... rather it complements it.

Thursdays, October 17 – November 21, 2019 | 2:30 p.m. – 5:00 p.m.

Location: ProHealth Oconomowoc Memorial Hospital 791 Summit Ave. | Oconomowoc, WI 53066

Contact: www.ProHealthCare.org/classes or 262-928-2745

Cost: Free; includes workbook

Class size: 20 maximum participants

Chronic Pain Self-Management - For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their chronic pain symptoms and challenges. This workshop meets for 2.5 hours over 6 weeks. This workshop includes use of the Chronic Pain workbook and Moving with Ease exercise CD.

Fridays, November 8 – December 20, 2019 | 1:30 p.m. – 4:00 p.m.

Location: Learning in Retirement (WCTC Waukesha Campus) 327 E. Broadway | Waukesha, WI

Contact: 262-695-3473 or www.wctc.edu/lir

Cost: Complimentary

Class size: 20 maximum participants



FREE LUNCH & DINNER FOR VETERANS

Veterans' Resource Fair

October 15th | Noon - 6:00 pm

Waukesha Expo Center

1000 Northview Rd. | Waukesha

Resources Include:

- Federal & State benefits
- Local assistance with education, employment, & legal needs
- Free haircuts, flu shots, and health screenings
- AND MUCH MORE!



GRANDPARENTS

& SAFE SLEEP

WHAT GRANDPARENTS AND OTHER TRUSTED CARETAKERS NEED TO KNOW ABOUT INFANTS SLEEPING SAFELY IN THEIR CARE.



Safer Sleep for our Babies

Holding and watching an infant sleeping are precious moments.

But, what do grandparents and other trusted caretakers need to know about infants sleeping safely in their care? More grandparents than ever are helping care for, and in some cases, raise grandchildren on their own. There is so much to know and keep up with!

Since the 1990's, when safer sleep recommendation changes were released for sleeping infants TO SLEEP ON THEIR BACK, NOT THEIR STOMACH, **SIDS (Sudden Infant Death Syndrome) rates have dropped about 60 percent.**

SIDS is the death of an infant under 1 year of age, with no known causes. However, other sleep related causes of infant death – **Sudden Unexpected Infant Death (SUID)** - include suffocation, entrapment, and strangulations. These are all PREVENTABLE situations. The newer recommendations to have infants sleep on their back in a safe sleep environment are based on evidence showing this will reduce the risk!

A safe sleep environment, whether in your home or caring for a child in someone else's home, looks like this:

- No bumpers, pillows, blankets in the baby's crib
- No sleeping on soft surfaces, such as on a couch/sofa, adult beds, pillows, etc.
- A firm, flat mattress with fitted sheet is recommended. Do not allow infant to sleep in baby swings, infant carrier, or car seat as these sleep positions pose a risk.
- Do not share a bed with an infant – children or adults.
- Infants should be ALONE, ON THEIR BACK, AND IN THEIR CRIB (ABC) EVERY TIME THEY SLEEP –
- NAPS **AND** NIGHTTIME SLEEP – for safe sleep
- Do not smoke around an infant or in their environment
- Do not allow infants to overheat – overdressing them or keeping their room too warm is unneeded and can pose a risk. Watch for signs of flushing, sweating.
- Use of pacifiers for naps/nighttime sleep is encouraged

Share these messages with everyone who cares for the infants you love . . .

parents, grandparents, siblings, aunts, uncles, daycare providers, babysitters, and friends.

Everyone needs to know the recommended ways to reduce this risk. Recommendations and ideas change over time, but the evidence shows that this is the BEST way to keep our babies safe during rest. Sweet Dreams!

Benefit Specialist Corner

How to Choose a Plan on the Medicare Plan Finder

Choosing a Medicare Plan can be done in a few easy steps.

Go to: <http://www.medicare.gov>

Click on: **Find Health & Drug Plans.**



Enter your Medicare login or create an account for a personalized search. Login directions are on page 16. Creating an account will allow you to save your information. You can also select “continue without logging in” which will provide you a basic search and will not save your prescription information.

Medicare Plan Finder

Enter the name of each prescription drug you are taking; after each one, click on: **Find My Drug >**

Indicate Dosage, Quantity, Frequency, and Pharmacy Type in pop-up menu. Click on: **Add Drug and Dosage.** Continue adding all of your medications including topical prescription medications for your skin, eye and/or ear drops. (Do not enter over the counter prescriptions)

After you have entered all of your drugs, review the “My Drug List” box for accuracy; then click on: **My Drug List is Complete >**

Find the pharmacy or pharmacies where you buy your drugs, and click on: Add Pharmacy.

If you do not see your pharmacy in the list, increase the number of miles from your zip code. (This can be done in the drop down menu at the top of the pharmacy list) Once you have selected your pharmacies, click on: **Continue to Plan Results >**

Your Plan Results

Results can be filtered in the drop down menu box on the right. You can check up to three boxes to compare those plans side by side. After you have clicked the plans you want to compare click on: **Compare Plans >**

At the top of Your Plan Comparison you will see several tabs; make sure you are on the tab: “Drug Costs & Coverage.” Here you can view your estimated annual drug costs, premiums and deductible (if any) and the cost of the drug during each month of the year. You can also click on any words in blue print to find out more information.

If you need assistance with the personalized Medicare Plan Finder,
please complete page 15 and return it to the ADRC.

Waukesha County Residents: Do you need help comparing 2020 Medicare plans? Fill out and return the form below.

When we receive your form, we will complete a personalized search of your current plan and top 2 lowest cost Drug and/or Advantage Plans. Attend our workshop to pick-up your packet and understand the results. Please sign-up below for a workshop or online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>; otherwise, your plan comparisons will be mailed to you. Medicare Open Enrollment is Oct. 15–Dec. 7, 2019. Call 262-548-7848 with questions. Email adrc@waukeshacounty.gov or fax #262-896-8273.



Mail or drop off at: ADRC, 514 Riverview Ave, Waukesha 53188

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Phone _____

Current Plan _____

Medicare ID # _____

Part A start date _____

Part B start date _____

Pharmacy

Preferences _____



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

Mailed

Workshop

Attend Workshop at ADRC:

Tue 10/22 10-11

Fri 10/25 10-11

Mon 10/28 2-3

Thur 10/31 2-3

Mon 11/4 10-11

Wed 11/6 2-3

Tue 11/19 10-11

Wed 11/20 10-11

Mon 12/2 2-3

Wed 12/4 2-3

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

I have requested the Elder Benefit Specialist (EBS) assistance facilitating my enrollment into a Medicare Advantage and/or Part D plan. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2019.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.



Elder Benefit Specialist Program

Beneficiary signature: _____

Date: _____

Create an Account for a Personalized Medicare Plan Finder Experience

When you create an account, you can:

- Build a better drug list. We'll make suggestions based on prescriptions you filled within the last 12 months.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

Create your new account

If you want access to personalized information and features, you'll need to create an account. Visit [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) and click "Log in or create account."

1. Have the following information ready (for yourself or the person you're helping): Medicare Number – You can find this on your red, white, and blue Medicare card. If you're new to Medicare and don't have your Medicare card yet, you can get your Medicare number on the letter you get from Social Security after you enroll.
2. Last name
3. Date of birth
4. Current address with ZIP code or city
5. Part A or Part B coverage start date (find this on your Medicare card)



Once you add this information and select "Next," you can create a user name and password and use your new Medicare account. You can write your username and a password hint below. Just remember to keep this sheet in a safe place to protect your privacy.

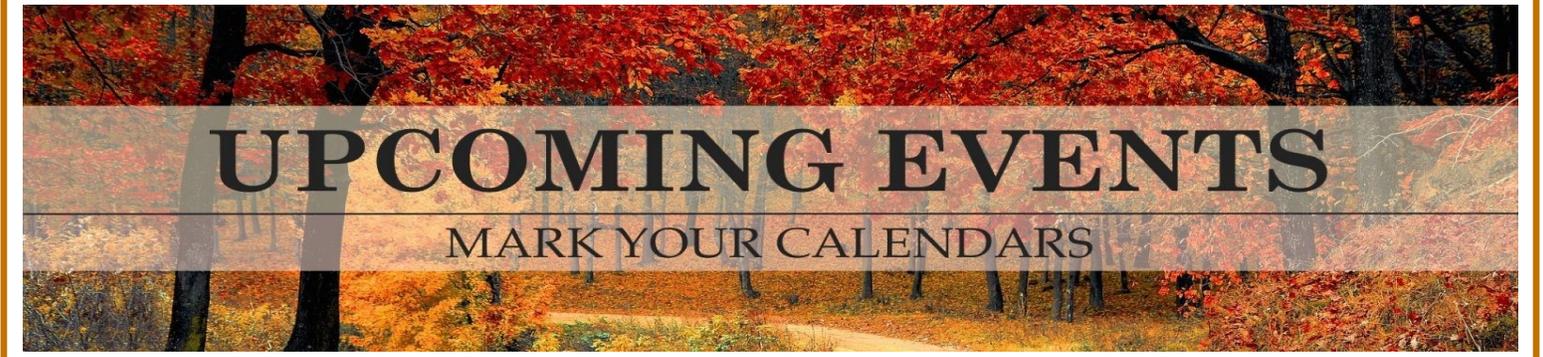
My Username:

My Password Hint:

Forgot your username or password?

If you have an existing account, but forgot the username or password, click "Trouble signing in?" under the Username box on the log in page. You'll need this information:

1. Medicare number
2. Last name
3. Date of birth



UPCOMING EVENTS

MARK YOUR CALENDARS

- October 5 & 6, 11 & 12, 18 & 19– Night Run: Pumpkin Train Rides @ Milwaukee Light Engineering Society, 6-9 pm.** Experience the railroad decorated for Halloween with many light up pumpkins and nothing scary! All rides are free but small donations are appreciated.
- October 4 & 5, 11 & 12– The Hollow at Phantom Lake @ Phantom Lake YMCA Camp, 7-9:30 pm.** Over 1,000 hand carved, illuminated pumpkins will line enchanted forest trails covered in pixie dust. The Hollow promises to stir the imagination and rekindle the nostalgia of the season. Tickets are \$12 online and a limited number of tickets (if not sold out) will be available at the door for \$15. Admission is free for children 3 years old and younger.
- October 5– Weiner Dog Derby @ Wisconsin Harley Davidson Oconomowoc, 9 am– 3 pm.** It's the 6th Annual Weiner Dog Derby with 5 age categories. Bring the family to watch these pups race and go for the gold and celebrate canines of all kinds!
- October 5– Hartford's Autumn Fest @ Downtown Hartford, 9 am– 3 pm.** Enjoy shopping, artisans, food, crafters, and music at this beautiful fall harvest complete with a scarecrow decoration contest and pumpkin carving contest.
- October 5 & 6, 12 & 13– Fall Fun on the Farms @ Old World Wisconsin, 10 am– 5 pm.** Go on a time travel adventure and experience how your favorite Wisconsin foods and drinks were made over 100 years ago.
- October 5– Oaktobefest @ Stone Fences Farm, 12-4 pm.** Join the Waukesha County Land Conservancy for self-guided nature walks among the oak trees, kids activities hosted by Retzer Nature Center, food and beer, & self-guided art walks.
- October 5– Delafield Fall Fest @ Downtown Delafield, 4-11 pm.** Complete with good chili and food, great music, and beer, Delafield Fall Fest is sure to impress!
- October 6– Lake Mills Fall Festival of Color @ Downtown Lake Mills, 9 am– 3 pm.** This is a great event for all ages! Over 150 vendors will be selling pumpkins, gourds, mums, crafts, artwork, and jewelry. There will be games for kids, face painting, and much more along with a variety of food vendors!
- October 6– Applefest at New Berlin Historical Park @ New Berlin Historical Society, 1-4 pm.** See New Berlin History before your eyes as you pioneer homes and music demonstrations and activities for the whole family like pressing apples for cider, riding the barrel train, and square dancing.
- October 10– Pretty in Pink @ The Corners of Brookfield, 6-9 pm.** Come in your 80's attire and join the American Cancer Society for the 2nd Annual Pretty in Pink night to fight breast cancer. Tickets are \$30 and include 80's music, entertainment, silent auction, appetizers from top local restaurants, and pink cocktails!
- October 12– Hartland Fire Department Pancake Breakfast @ Hartland Fire Department, 7 am– 12 pm.** Pancakes, sausage, applesauce, and beverages will be served by Hartland Firefighters and activities will include blood pressure screenings, raffles, and a blood drive.
- October 12– Mukwonago Fire Department Annual Open House @ Mukwonago Fire Department Station 1, 10 am– 2 pm.** Come and enjoy fire and EMS demonstrations, Flight for Life landing, and much more!
- October 12– Halloween at the Haunted Inn @ Dousman Stagecoach Inn Museum, 3-6 pm.** Tour the 1840's Stagecoach Inn decorated for an old fashioned, not so scary, Halloween. Play games, make a craft, and feel free to come dressed in costume!
- October 13– Lake Country Community Orchestra Fall Concert @ Oconomowoc's Our Savior's Lutheran Church, 2 pm.** The Lake Country Community Orchestra will be performing a great mix of classic pieces along with contemporary pieces.
- October 26– Pewaukee Halloween Fun Fest @ Downtown Pewaukee, 12-1:30 pm.** Dress your family in your best costumes and come downtown for games, crafts, and fun from local nonprofits, churches, and businesses. There is even a dog costume contest and kids can trick or treat at the downtown merchants.



Your brain has the ability to learn and grow as you age — a process called brain plasticity — but for it to do so, you have to train it on a regular basis.

"Eventually, your cognitive skills will wane and thinking and memory will be more challenging, so you need to build up your reserve," says Dr. John N. Morris, director of social and health policy research at the Harvard-affiliated Institute for Aging Research. "Embracing a new activity that also forces you to think and learn and requires ongoing practice can be one of the best ways to keep the brain healthy."

Research has shown that regular physical exercise is one way to improve cognitive functions like memory recall, problem solving, concentration, and attention to detail. However, it is not clear if the physical aspect alone boosts your brain or if a combination of other factors — like the mental challenge of the activity, the frequency you do it, and the desire to improve — also contribute.

Take swimming, for example. It has obvious cardiovascular and muscle-building benefits, but also involves constant thinking, processing, and learning. You have to be mindful of your breathing rhythm and how to properly execute strokes and kicks. You also can measure your expertise in terms of endurance and speed, which motivates you to practice your skills to be a better swimmer.

A brain training activity doesn't always have to be exercise-related. Much research has found that creative outlets like painting and other art forms, learning an instrument, doing expressive or autobiographical writing, and learning a language also can improve cognitive function. A 2014 study in *Gerontologist* reviewed 31 studies that focused on how these specific endeavors affected older adults' mental skills and found that all of them improved several aspects of memory like recalling instructions and processing speed.

These tips can support your new brain training endeavor:

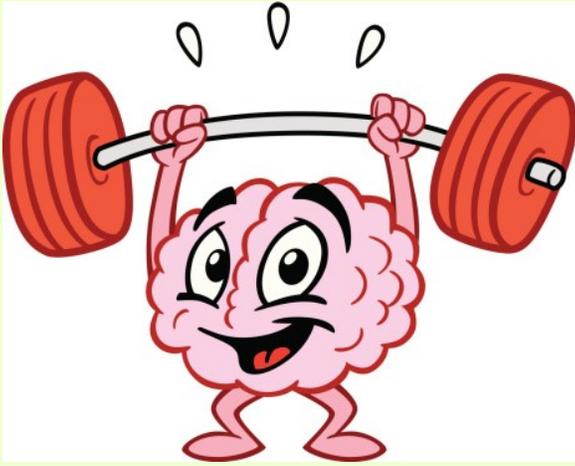
- Pick one new activity. Devote your time and attention to only one additional activity, so you won't be tempted by other interests.
- Sign up for a class. Classes are a good way to learn the basics of any new activity, especially one that requires specific skills, like painting or music.
- Schedule practice time. Don't focus on the amount of time you practice at first, but rather aim for consistency. Devote what time you can, but be firm with your commitment. Schedule it and do it.

No matter which new activity you choose, make sure it follows three guidelines in order to maximize brain training, according to Dr. Morris.

- It must be challenging. You have to always challenge your brain in order for it to grow. This is why choosing a new activity is so beneficial. It engages your brain to learn something new and offers the chance to improve.
- It must be complex. A complex activity not only strikes a match of excitement, but forces your brain to work on specific thought processes like problem solving and creative thinking. A 2013 study in *Psychological Science* found that older adults ages 60 to 90 who did new and complex activities, such as digital photography or quilting, for an average of 16 hours per week for three months scored better on working and long-term memory tests than those who did more familiar activities like reading and doing crossword puzzles.
- You must commit to practice. Practice makes permanent, and that goes for brain function, too. "You can't improve memory if you don't work at it," says Dr. Morris. "The more time you devote to engaging your brain, the more it benefits."

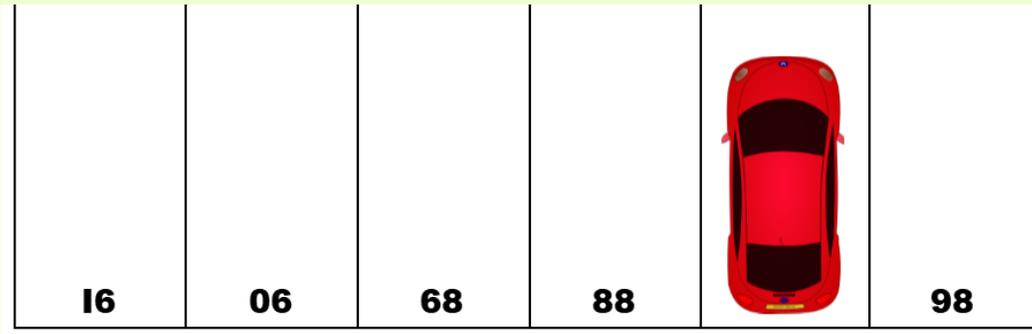
Your activity should require some level of constant practice, but the goal is not to strive for vast improvements. "It is the constant repetition of working to improve, and not the quest for mastery, that can have the greatest impact," says Dr.

Morris. - <https://www.health.harvard.edu/mind-and-mood/train-your-brain>

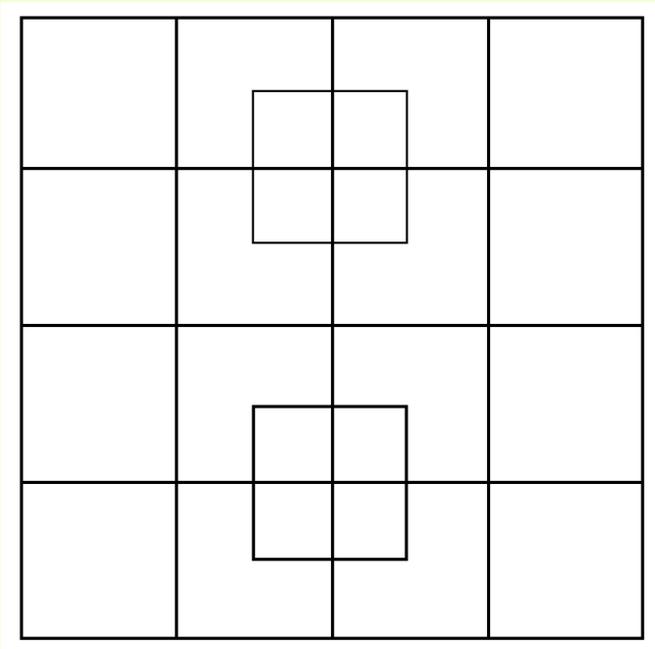


Brain Teasers

In celebration of
National Train Your Brain Day

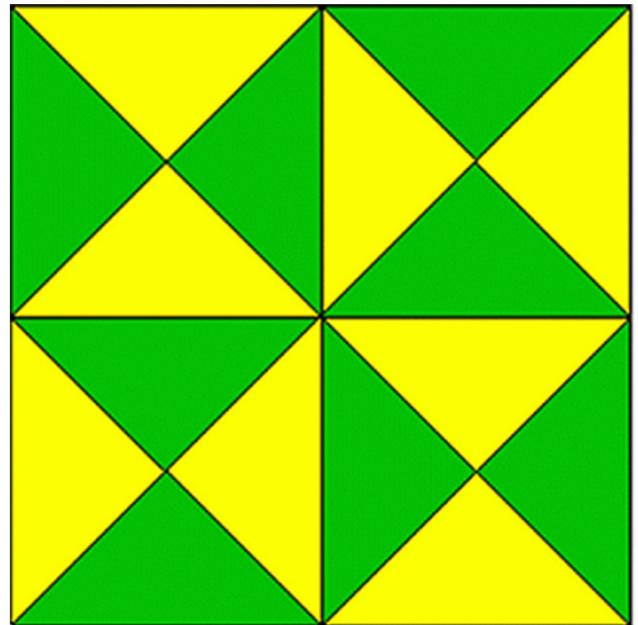


1. What is the number of the parking space containing the car?



2. How many squares do you see?

3. How many triangles do you see?



1. Turn the picture upside down. You will then see the following number sequence: 86 ? 88, 89, 90, 91. So the answer is 87.
2. There are 40 squares 3. There are 44 triangles

Answer key:

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

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

ADRC Advisory Board

Christine Howard, Chair

Judie Berthelsen

Patricia Carriveau

Carla Friedrich

Sandie Heberling

Betty Koepsel

Paulette LaMountain

Susan Schweda

Phyllis Wesolowski

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Jan Nguyen, Supervisor

Shirley Peterson, Supervisor