

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, (414) 455-1736,
or toll free 1-866-211-3380**

Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Inside this Issue:

- National Trivia Day
- Social Security Scams
- Census 2020
- History of Meals on Wheels
- Thyroid Awareness
- January Events
- AND MORE!



January 2020



The ADRC Connection

New Year Brings Changes to the ADRC Transportation Program

IMPORTANT ADRC TRANSPORTATION INFORMATION:

For many years, ADRC's Specialized Transportation service – Rideline, Senior Taxi, etc. – have required older adult riders be 65 years of age or older to be eligible for a subsidized fare. In an effort to increase transportation options for Waukesha County seniors, and align the transportation programs with other county aging services, the ADRC is very excited to announce that beginning **January 1, 2020** ADRC Specialized Transportation services will be available to non or limited drivers **60 years of age or older**.

Additionally, **the ADRC is requiring that all riders, current and new complete a new specialized transportation application form.** If you are a current rider, you have nothing to fear – re-registration will begin in January and will end June 30. Our partner providers have agreed to assist with distribution of the new application forms, so if you are a current user, please ask your provider for a new form to complete and one will be provided to you. You can also call the ADRC at 262-548-7848 and ask for a form to be mailed to you, or the form is available on the ADRC website at www.waukeshacounty.gov/ADRC.

As part of this process, all riders will be issued a new card with a new number. This new card will be PINK. The goal of the ADRC is to have all riders reissued a new card by June 30, 2020. Yellow taxi cards and old rider ID numbers will no longer be accepted by providers beginning July 1, 2020. Please make sure you have completed the registration before July 1. **Riders will not receive a subsidized fare through the ADRC Transportation Service after June 30th if you do not have a PINK card.**

Please call the ADRC with questions about this process or any questions about the ADRC's Specialized Transportation service at 262-548-7848.



Trivia



January 4th is National Trivia Day!

Unscramble these amazing facts to learn some interesting trivia! Check out the example. Answers listed below.

- IRIVATE The word TRIVIA is plural for the word trivium.
- HSNUAM Some cats are allergic to _____.
- ANJAP Washington D.C.'s cherry trees were a gift to the people of the United States from the people of _____.
- JDYU Judge _____ is TV's highest paid host, surpassing Ellen DeGeneres, Dr. Phil, and Ryan Seacrest.
- LAHWE A newborn Blue _____ gains about 200 pounds a day during its first year.
- TRYFO _____ is the only number whose letters are in alphabetical order.
- SPGEAR About 700 _____ go into one bottle of wine.
- RDCANILA The Northern _____ is the most popular state bird, selected by Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia, and West Virginia.
- ADOS Coca-Cola was the first _____ in space.
- SRTRAOP Ravens in captivity can learn to talk better than _____.
- KASRH You may have never seen a Great White _____ in a zoo because they rarely survive in captivity. Experts suspect the electricity in buildings interfere with the animals' electro-sensory systems.
- EIREENDRD The eye colors of _____ change throughout the seasons. They're gold during the summer and blue in the winter.
- ORLLAD There are 293 ways to make change for a U.S. _____.

Dear INA,

I nearly slipped and fell in my bathtub the other day. Thankfully, I was able to catch myself and didn't sustain any injury. But the situation made me think of my elderly parents; what are things that I can do to prevent or protect ourselves against falls in the bathroom?

-Robert Duckie



Dear Robert,

Do you know which room in your house is the most dangerous? As it turns out, it is your bathroom! According to the Consumer Product Safety Commission, about 370 Americans of all ages have shower or tub-related accidents each *day*. In addition, according to a study by the University of Michigan, 1 out of every 3 adults over age 60 have trouble getting in and out of the bathtub.

January is National Bath Safety Month. Here are a few simple, inexpensive ideas to help make you and your loved one's bathroom a safer place to be.

1. **Say goodbye to the bath.** There are many advantages and comforts a bath can offer that a shower just can't. But baths often provide a set of challenges that are difficult for most seniors to overcome. Slippery surfaces can occur due to warm water mixed with soaps and shampoos. Getting in and out over the lip of the tub may also cause a trip and fall. It is fairly inexpensive to purchase a shower chair or tub bench. You could also purchase and install a hand-held shower nozzle if you want to enjoy the warm water without getting your hair wet.
2. **Monitor water temperature.** The older we get, the more our skin becomes sensitive. Beyond a burn risk, hot water can cause skin to dry out and crack, making it more susceptible to infection. Hot water can carry blood away from internal organs to the skin's surface, causing cardiovascular risk. Cold water carries a risk for hypothermia. While everyone's preferences are subjective, the temperature of the water should generally be just a degree or two higher than your body temperature. If you have a hot water heater, it is most likely set to 140 degrees, which is the default setting from most manufacturers. The Department of Energy recommends adjusting the settings to 120 degrees Fahrenheit not only to conserve energy but also to protect against burns.
3. **Install accommodating equipment.** If you can, install grab handles. Do not rely on the towel rack or the sliding glass door to steady yourself. Place adhesive traction strips (not tub mats, which can lose suction) in the tub as well as a large anti-slip bath rug outside your tub or shower. Make sure to wipe up any moisture left on the floor to avoid slips.
4. **Don't forget the toilet.** Yes, even the toilet can be dangerous. Standard toilet heights are low, which can place strain on joints and muscles that may already be compromised in seniors. You can install a simple raised toilet seat and grab bars. For nighttime, consider purchasing a bedside commode to prevent late night walks to and from the bathroom.
5. **Consider in-home help or an assisted living environment.** Of course, most people would prefer to bathe independently but, for safety's sake, sometimes it's simply less embarrassing to have help. Caregivers are experts at preserving dignity while also ensuring safety.

If you are interested in purchasing any of the above accommodations and want assistance choosing the right equipment for you, you can contact Independence First, an independent living center, which provides several different equipment options for you to trial and purchase. They can be reached at (414) 291-7520. If you know what you need and are looking for free or low cost equipment lending program, contact Katy's Kloset at (262) 746-9034. If you are interested in learning more about in-home assistance or assisted living options, contact the ADRC of Waukesha County at 262-548-7848.

Travel Safety Tips for Families

During the cold Wisconsin winters, many families will look forward to vacationing in sunny destinations. Check out these travel safety tips for families:

- When traveling by airplane, in order to decrease ear pain during descent, encourage infants to nurse or suck on a bottle. Older children and adults can try chewing gum or drinking liquids with a straw.
- Wash hands frequently and consider bringing hand-washing gel and disinfectant wipes to prevent illnesses during travel.
- Be aware that cribs or play pens provided by hotels may not meet current safety standards. If you have any doubts about the safety of a crib/play pen, ask for a replacement or consider other options.
- Stay within arm's reach of children while swimming, as pools may not have safe, modern drain systems and both pools and beaches may lack lifeguards.
- Most rental car companies can arrange for a car seat if you are unable to bring yours along. However, they may have a limited selection of seats. Check that the seat they provide is appropriate for the size and age of your child, that it appears to be in good condition, and that the instruction manual is provided before accepting it.
- If traveling internationally, make sure your family has the additional vaccines, preventative medications and safety information they may need. Getting vaccinated will help keep your family safe and healthy while you're traveling. It will also help to ensure you don't bring home any serious diseases.



- Be aware of your surroundings. Traveling is a great opportunity to explore new cities and cultures, but remember, danger exists everywhere. Keep your belongings close, trust your gut, and know how to ask for help.

Waukesha County Public Health offers an International Travel Clinic and we're here to answer any of your travel questions. For more information visit:

www.waukeshacounty.gov/travel or call us at (262) 896-8430.



The Dangers of Hypothermia

The cold weather is upon us in Wisconsin! While some people enjoy the snow and cold, others cannot wait for summer to return. No one can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but also the possibility of hypothermia.

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, however hypothermia can affect a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!

As caregivers, it's important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia.

- * Confusion or sleepiness
- * Slowed, slurred speech or shallow breathing
- * Weak pulse or low blood pressure
- * Cold, pale skin
- * A lot of shivering or stiffness in the arms or legs
- * Chilly rooms or other signs that they have been in a cold place
- * Poor control over body movements or slow reactions

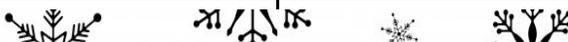
If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people to keep their homes warm by setting the thermostat to at least 68 degrees.

There are some things you can do to keep yourself warm and cut down on heating costs such as closing vents and doors to rooms you are not using. Wearing several layers of loose clothing and eating enough food to maintain your body weight will also help you stay warmer in your house. Additionally, you can also call your power or gas company for information on weatherizing your home. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call the ADRC at (262) 548-7848 for more information. May you have a happy and safe winter!

Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JANUARY 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p align="center">  PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice </p>		<p>NEW YEAR'S DAY PROGRAM CLOSED</p>	<p>Meatloaf with Gravy Mashed Potatoes with Gravy Orange Glazed Carrots Mandarin Oranges Whole Wheat Dinner Roll w/ butter</p>	<p>Creamy Chicken & Broccoli over Brown Rice Buttered Sweet Corn Applesauce Whole Wheat Bread w/ butter</p>
6	7	8	9	10
<p>Lemon Pepper Chicken Mashed Red-Skinned Potatoes Cook's Choice Veg Dinner Roll w/ butter Fruit Cup Molasses Cookie Alt. Peaches</p>	<p>Whole Wheat Spaghetti With Italian Sausage Seasoned Green Beans Tossed Romaine Salad w/ Dressing Garlic Bread Cherry Crisp Alt. Fresh Fruit</p>	<p>Cabin Fever Day BBQ Pulled Pork on Bun Creamy Coleslaw Potato Salad Fresh Fruit Brownie Alt: Yogurt</p>	<p>Chicken Stroganoff Parsley Buttered Noodles Sweet Green Peas Romaine Salad w/ Ranch Dressing 7-grain Bread / butter Pears</p>	<p>Scalloped Potatoes with Diced Ham Peas and carrots Dinner Roll w/Butter Grapes Frosted Chocolate Cake Alt. Plain cake</p>
13	14	15	16	17
<p>Green Pepper Casserole Whole Baby Carrots Garlic Bread Stick Banana Lemon Pudding Alt. Sugar Free Pudding</p>	<p>Cherry Glazed Pork Mashed Potatoes Gravy Sliced Beets Tomato / Onion Salad Wheat Bread w/butter Diced Peaches Chef's Choice Cookie Alt: Fresh Fruit</p>	<p>Cream of Broccoli Soup Saltine Crackers Sloppy Joe on Wheat Hamburger Roll Dilled Carrot Coins Kitchen's Choice Fruit Rice Krispies Treat Alt: Fruited Yogurt</p>	<p>Crab Pasta Salad Tossed Salad w/ Tomatoes and Cucumbers / Italian drs Wheat Roll w/ butter Peaches Dessert Bar Alt. Fresh Fruit</p>	<p>Herb Roasted Chicken on the Bone Horseradish & Garlic Mashed Potatoes Creamed Spinach Tropical Fruit Dinner Roll w/ Butter</p> 
20	21	22	23	24
<p>National Pie Day Shepard's Pie Spring Mix Salad w/ Balsamic Dressing Dinner Roll/Butter Sliced Pears Chefs Choice Pie Alt: Fresh Fruit</p>	<p>Polish Sausage Ketchup & Mustard Baby Bakers w/ butter German Red Cabbage Rye Bread / butter Fresh Orange Oatmeal Raisin Cookie Alt: Raisins</p>	<p>Hot Roast Beef Sandwich on Onion Roll Cheddar Cheese Slice Horseradish sauce Romaine Salad w/ Ranch Sweet Green Peas Fresh Apple</p> 	<p>Chicken Marsala over Whole Grain Pasta Winter Veg Blend Green Beans Italian Bread w/ butter Watermelon Butterscotch Pudding Alt. Pear</p>	<p>Smoked Pork Chop Mashed Sweet Potatoes Peas and Carrots Rye Bread w/ butter Ice Cream Cup Alt. Fruit Cocktail</p>
27	28	29	30	31
<p>Pork Cutlet Mushroom-Quinoa Wild Rice Blend California Blend Veg Whole Wheat Bread w/ butter Peaches</p>	<p>Meatballs in Gravy Mashed Potatoes and Gravy Broccoli Salad Rye Dinner Roll w/ Butter Applesauce</p>	<p>Italian Wedding Soup Crackers Cottage Cheese Stewed Tomatoes 9-Grain Bread w/ butter Apricots Dessert Bar At: Sugar Free Cookie</p>	<p>Mild Sausage Jambalaya Red Beans and Rice Creole Wax Beans Dinner Roll w/ butter Kitchen's Choice Fruit Dessert Bar Alt: Fresh Fruit</p>	<p>Stuffed Salmon Boat Dill Sauce Quartered Red Potatoes Brussels Sprouts Rye Roll w/ butter Sliced Peaches</p>

WAUKESHA COUNTY SENIOR DINING CENTERS

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

ATTENTION: If you are still using your old Medicare card (the one with your Social Security number on it), be aware that as of January 1, 2020, this card will no longer be accepted. You will need to use your new Medicare card and number that was mailed to your home between April 2018 and April 2019.

Medicare Tips and Reminders

Brand-new to Medicare?

Before you schedule an appointment, ask the provider if they accept Medicare. If you chose to privatize your Medicare A and B into a Medicare Advantage plan, you will need to ask if the provider is in-network and if they accept that specific plan.

When scheduling your first visit with a doctor, be sure to call it a **Welcome to Medicare VISIT** – not a physical. Medicare does not pay for physicals.

If you are interested in a Medigap policy, you should sign up for one within six months of starting Medicare Part B. After that time, you may be required to pass medical health underwriting to be approved to purchase a Medigap plan.

Evidence Based Health Promotion Program

All programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help participants 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/>.

Stepping On - This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk of falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

Wednesdays, January 29 – March 11, 2020 | 1:00 pm – 3:00 pm

Optional Booster Session: Wednesday, June 3 from 1:00 pm – 3:00 pm

Location: Brookfield Senior Center, 2000 N Calhoun Rd. | Brookfield, WI

Contact: Virginia at 262-782-1636

Cost: Complimentary

Class size: 16 maximum participants

Living Well with Chronic Conditions - For adults who are not suffering from dementia but have one or more chronic (ongoing) health conditions. Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis, and asthma, as well as Crohn's disease and depression are a few examples of a chronic ongoing condition. During this highly participative six-week workshop you will learn practical ways to deal with complications that arise with ongoing health conditions. With mutual support, participants learn to better manage their conditions and maintain healthy, active lives. Those who live with someone who has an ongoing health problem will also benefit from this workshop.

Mondays, February 10 — March 23, 2020 (no class March 16) | 1:30 pm – 4:00 pm

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

Contact: Call the LIR office at 262-695-3473

Cost: Free and open to the public

Class size: 20 maximum participants

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.

Wednesdays, February 5 – March 11, 2020 | 10:00 am – 12:30 pm

Location: Aurora Medical Center Summit – Armour Room, 36500 Aurora Dr. | Summit, WI

Contact: Trish Golden at 262-434-1248

Cost: Complimentary

Class size: 20 maximum participants

From the Desk of Your Benefit Specialist

SSA Scam Reporting Contacts

By the GWAAR Legal Services Team

Recently, scams—misleading victims into making cash or gift card payments to avoid arrest for Social Security number problems—have skyrocketed. The Social Security Administration (SSA) has partnered with the federal Office of Inspector General (OIG) to create one central location for people to report SSA-related fraudulent activities and scams.

File a report online at <https://oig.ssa.gov/>

Or call their helpline at **(800) 269-0271**

Remember, SSA employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security employees also will not:

- Tell people that their Social Security number has been suspended.
- Promise a Social Security benefit approval, or increase, in exchange for information.
- Contact people to demand an immediate payment.
- Ask people for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card or gift card.
- Demand that people pay a Social Security debt without the ability to appeal the amount you owe.

Be cautious about providing personal information to anyone who calls you and asks for:

- Cash;
- Retail gift cards;
- Prepaid debit cards; or
- Wire transfers.

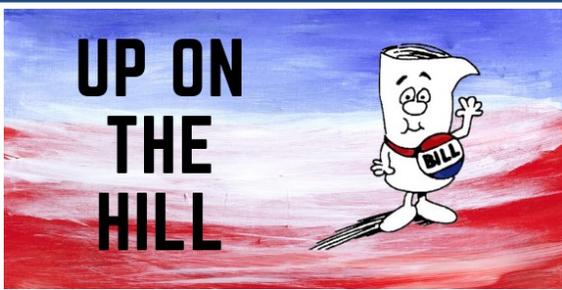
Never provide payment to callers over the phone. If you receive a suspicious call or are unsure of the identity of someone alleging to be from Social Security:

- Hang up;
- Do not provide personal information, money, or retail gift cards; and
- Report details of the call to our Office of the Inspector General.

Source: ssa.gov and <https://faq.ssa.gov/en-us/Topic/article/KA-10018>

Check out some of the wonderful programs your local library has to offer. Here is a sampling:

Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230 Apple Settings: Don't let your phone decide what is best for you. Thursday, January 9 at 1:00 pm www.delafieldlibrary.org	Elm Grove Public Library 13600 Juneau Blvd. Elm Grove WI 53122 (262) 782-6700 Better Brain Health Friday, January 17 at 1:00 pm http://elmgrovelibrary.org	Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 What's Your Story with Ben Merens Monday, January 27 at 7:00 pm http://menomoneefallslibrary.org
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2020 Census Will Help Policymakers Prepare for the Incoming Wave of Aging Boomers

Baby boomers have changed the face of the U.S. population for more than 70 years and continue to do so as more enter their senior years, a demographic shift often referred to as a “gray tsunami.”

The 2020 Census will provide the most up-to-date count of the baby boomer generation, now estimated at about 73 million. Born after World War II, from 1946 to 1964, the oldest boomers will turn 74 next year. When the last census was taken in 2010, the oldest had not even turned 65. Since then, about 10,000 a day have crossed that age threshold and by 2030, all boomers will be at least age 65.

“Data from the 2020 Census will show the impact of the baby boomers on America’s population age structure,” said Wan He, head of Aging Research Programs for the Population Division of the U.S. Census Bureau.

Why Knowing Where Boomers Are Matters

Knowing about the number of people age 65 and older is important for tribal, local, state, and federal lawmakers. They will use 2020 Census statistics to help decide how to spend billions of dollars annually in federal funds on critical public services for the next 10 years. Everyone uses roads, hospitals, and emergency services, but some state and federal programs target specifically older populations — such as money for senior citizen centers, job-training programs, and Medicare Part B health insurance.

“The census is really important to us in the aging community,” said John Haaga, of the National Institute on Aging in Washington, D.C. “It’s our only way to figure out how things are different across the country, what areas are aging faster, where elderly disabled people live, or where older people are concentrated, like Appalachia or West Virginia, because young people are leaving for the cities.”

According to Haaga, other states, such as Florida, have large older populations because people are moving there to retire. By using Census Bureau statistics and its geographic information system, analysts and community planners can get a refined picture of where older Americans live and how close they are to the services they need. This helps lawmakers or businesses decide where to open health clinics or senior citizen centers, among other services.

“You can start to look at specifics like how many older people are living alone who are more than 10 miles from an adult day care center,” Haaga said. “You can answer questions of access and how to improve it.”

Enter the Baby Boomers

At an estimated 73 million, this generation is the second-largest age group after the millennials, born from 1982 to 2000.

“As boomers age through their 60s, 70s, 80s, and increasingly beyond, the ‘big bulge’ of the boomer generation will contribute to the overall aging of the U.S. population in coming decades,” said Stella Ogunwole, a demographic statistician with the Census Bureau. “The older population is becoming even more significant.”

The number of people age 65 and older in the United States has grown rapidly over most of the 20th century, from 3.1 million in 1900 to 35 million in 2000. In 2018, there were 52 million people age 65 and older, according to the Census Bureau’s Vintage Population Estimates. Their share of the population grew as well, from 12.4% in 2000 to 16.0% in 2018.

Federal Programs Help People Over Age 65

Lawmakers and planners use census statistics to help decide how to spend on programs that help improve the quality of life for all people age 65 and older. Medicaid, the health insurance program for low-income people including those age 65 and older, is the largest federal program that uses census statistics to determine funding. In 2015, Medicaid received \$312 billion, according to a 2017 report from the Census Bureau.

The Supplemental Nutrition Assistance Program (SNAP) spent \$71 billion in 2015. SNAP is the second-largest program that uses census statistics to allocate funds. Third is Medicare Part B, at \$70.3 billion, which is part of the Medicare health insurance program for all people over 65 years old, no matter their income.

These programs are just a few of the reasons why it is important for people age 65 and older to respond to the 2020 Census. They can respond online, by phone, or by mail.

Programs that help older people live better lives include:

Social Services Block Grants

Adult day centers, community center lunches, home-delivered meals, protection and remedy from abuse — both physical and financial — are all funded by Social Services Block Grants. The funding levels for these services are determined, in part, from statistics produced by the Census Bureau. The federal funding program for social services grants gives states money to spend on a wide variety of programs.

In 2015, the program granted \$1.6 billion, according to the Census Bureau, and 10% of the grants were aimed at the needs of vulnerable and elderly adults, according to the Social Services Block Grant 2016 focus report. In 2016, 42 states spent \$284 million to provide help for nearly 950,000 people age 65 and older, including intervention services, emergency medical services, emergency shelters, and counseling.

One of the largest programs under SSBG that is aimed at the elderly is for people suffering from abuse or neglect, including maltreatment, lack of adequate food or shelter, or financial abuse. Sadly, one in 10 older adults experience some form of abuse, according to the Census Bureau.

Farmers' Market Program

Getting healthy food is a key concern for low-income older people. The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that they can exchange for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and Community Supported Agriculture (CSA) programs.

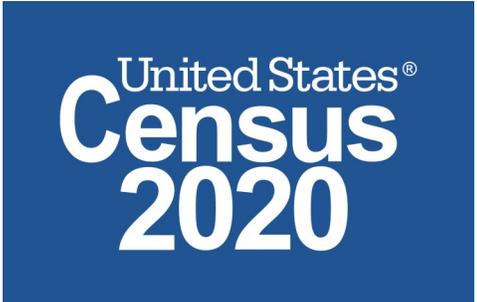
The SFMNP is administered by state agencies such as Departments of Agriculture or Aging, and federally recognized tribal governments. Not all states operate the SFMNP statewide. In 2016, an estimated 816,000 seniors used the program.

Job Training

The Senior Community Service Employment Program (SCSEP) is a work-based job-training program for older individuals. Two-thirds of participants are women and almost half are from a racial or ethnic minority, according to the SCSEP. Veterans and qualified spouses are given priority for enrollment.

Participants get work experience in nonprofit and public agencies, including schools, hospitals, day care centers, and senior centers.

Watch for more information about Census 2020 in the coming months. Collection of data will begin in April. More on that soon!

The logo for the United States Census 2020, featuring the text "United States® Census 2020" in white on a blue background.

It's National Egg Month!

Why eat eggs?

Eggs are a low cost way to vary your protein sources. Proteins are building blocks for our bones, muscles, cartilage, skin, and blood. Eggs provide a number of nutrients including vitamin A, iron, zinc, and vitamin B12. Not to mention eggs are egg-stremely versatile!

- Vitamin A keeps our eyes working, our immune system strong, and our cells growing.
- Iron is crucial for red blood cells and muscles.
- Zinc is important for a healthy immune system and for healing wounds.
- Vitamin B12 helps keep our nerve and blood cells healthy. It also keeps our brain working properly.

(Eat Fresh, n.d.)

Worried about cholesterol?

Don't be! While scientists were concerned about cholesterol in the past, more recent research has shown that cholesterol from foods has not been proven to relate to high cholesterol levels.

Try these recipes!

Try these scrambled egg muffins for a fun, easy, and nutritious way to incorporate more eggs into your diet. They can even be frozen and heated up as needed, making for a very quick breakfast! Also try this recipe for a different and easy way to make scrambled eggs without dirtying up a pan or using the stove!

Recipes adapted from Iowa State University Extension and Outreach and the California SNAP-ED Program



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

FoodWise 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. For more about FoodShare in Waukesha County, families with minor children can call 262-695-7971 or if you are elderly or disabled, call 262-548-7708.

Scrambled Egg Muffins

Makes: 6 Servings

Ingredients:

- 2 cups vegetables (washed and diced) (broccoli, red or green bell peppers, onion)
- 6 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/2 cup low fat cheddar cheese, shredded

Directions:

Preheat oven to 350°F. Spray muffin tin with nonstick spray.

Add diced veggies to the muffin tin.

Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.

Pour eggs into the muffin tin and bake 20-25 minutes. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.

Bake until the temperature reaches 160°F or a knife inserted near the center comes out clean.

Nutrition Facts: Calories: 110, Fat: 6g, Saturated Fat: 2.5g, Cholesterol: 190mg, Sodium: 200mg, Carbohydrate: 4g, Fiber: 1g, Sugars: 2g, Protein: 8g

Microwave Scrambled Eggs

Makes: 1 Serving

Ingredients:

- 2 Eggs
- 2 Tablespoons water or milk
- Salt
- Pepper

Directions:

1. Crack eggs into a microwave safe dish
2. Whisk in water or milk, salt, and pepper to taste
3. Cook for 30 seconds on high, stir, cook for an additional 30 seconds. If the eggs are still runny, continue to cook at a 30 second intervals until the eggs are cooked through.

Nutrition Facts: Calories: 158, Fat: 10g, Saturated Fat: 3.5g, Sodium: 156mg, Carbohydrate: 2.2g, Fiber: <1g, Protein: 13.5g

The History of Meals on Wheels

The term Meals on Wheels originated in the United Kingdom during World War II when many people were displaced by the German Luftwaffe's bombing of London. The Woman's Volunteer Service for Civil Defense provided food for these people and they also took refreshments to servicemen in canteens during the war. It was from these canteens that the term "Meals on Wheels" derived. The concept of delivering meals to those unable to prepare meals for themselves evolved into the modern programs that deliver mostly to elderly individuals today.

The first home-delivered meal program in the United States began in Philadelphia in January 1954. The program was pioneered by a social worker to provide nourishment that met the dietary needs of homebound seniors and other "shut-ins." As is the case today, many participants are people who do not require hospitalization, but simply needed a helping hand in order to maintain their independence. What started as a compassionate idea has grown into one of the largest and most effective social movements in America.

Meals on Wheels America was established in 1974. They are the oldest and largest national organization supporting 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network, along with more than 2 million volunteers, delivers nutritious meals and provides safety checks that enable America's seniors to live nourished lives with independence and dignity.



Meals on Wheels programs generally operate at the county level or smaller. Waukesha County started home delivered meal service to seniors in 1977 under the Department of Aging. At that time, they did not have an official membership with Meals on Wheels America so the service was referred to as home delivered meal program. Today, the Waukesha County agency that delivers Meals on Wheels is called the Aging and Disability Resource Center (ADRC), a division of Health and Humans Services. Three years ago, the ADRC became an official member of Meals on Wheels America. Membership to Meals on Wheels America helps with advocacy, research, education, and volunteer recruitment.

Today, the Aging and Disability Resource Center of Waukesha County operates ten senior nutrition centers throughout the county that distribute meals. Collectively, they deliver approximately 500 meals per weekday on 41 different routes. This would not be possible without the many dedicated volunteers who help make the deliveries possible. If you would like more information on the Meals on Wheels program or would like to volunteer to assist with the delivery of Meals on Wheels call the Aging and Disability Resource Center 262-548-7848 or visit our website: www.waukeshacounty.gov/adrc.



SUBSTANCE ABUSE + MEDICATION SAFETY

Learn what common drugs that may be misused by older adults and why, including signs and symptoms of misuse and strategies and alternatives to prevent misuse.

Jan. 15th | Brookfield Library | 10-11am

1900 N Calhoun Rd., Brookfield, WI

To Register Call: (262) 782-4140

Jan. 28th | Hartland Library | 10-11am

110 East Park Ave., Hartland, WI

To Register Call: (262) 367-3350

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 January, the highlighted produce item is horseradish! 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
JANUARY
HORSERADISH



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



Live Well
Waukesha County

Stay Active This Winter!

Just because the winter chill is starting to set in doesn't mean you can't stay active in the community. Below are just a few of the free community activities offered in Waukesha County to keep you moving!

UPCOMING EVENTS

Dartball | Thursdays, January through April, 1-3pm - Oconomowoc Comm. Center

Open Walking | Monday-Friday: 7:45-8:30am - Schuetze Recreation Center Gym

Shake, Rattle & Roll | Every Tuesday: 9:30am - Mukwonago Community Library

Free Currency Reader for People with Visual Impairments

By the GWAAR Legal Services Team

Although it may be more convenient to carry paper money in your wallet than a jumble of coins, the uniformity of American dollar bills creates challenges for individuals with vision loss who are unable to tell one denomination from another. One dollar bills and one hundred dollar bills weigh the same amount, are the same size,



and are made of the same material, which means that someone with visual impairments may find it impossible to tell them apart. Fortunately, the U.S. Bureau of Engraving and Printing (BEP) will provide a free iBill® Talking Banknote Identifier to eligible blind or visually impaired people who request one.

To use the iBill, someone can insert a bill into the device and press a button on the side, and the device will identify the denomination. The iBill can announce the denomination in a clear natural voice, a pattern of tones, or a pattern of vibrations for privacy. The vibration mode also allows people who have vision and hearing impairments to identify their currency. The iBill is about the size of a car key fob and uses a single AAA battery, which is included.

The iBill can identify all U.S. paper money currently in circulation: \$1, \$2, \$5, \$10, \$20, \$50, and \$100. However, even though the iBill can identify your money, it cannot tell you if it is counterfeit or keep track of how much you have. In addition, it may not be able to identify a bill that is in poor physical condition.

To request an iBill, individuals must complete and mail an application, which is available to download from www.bep.gov. You can also call the BEP toll-free at 844-815-9388 to ask for an application to be mailed to you. The application requires verification of a visual impairment signed by a medical professional or issued by another federal, state, or local agency. Once a visual impairment is verified, an iBill will be delivered in approximately eight weeks.

In addition to the iBill, there are some smartphone apps that can determine a bill's denomination. EyeNote is a free iPhone application developed by the BEP to help blind or visually impaired consumers identify U.S. currency. EyeNote uses a phone's camera to scan U.S. currency and then announces its value back to the user. The app can be downloaded from the Apple App Store.

For Android users, the IDEAL Currency Identifier uses text-to-speech voice and image recognition technology to read a bill and tell users its denomination. IDEAL does not rely on a connection to the internet. The app is available as a free download on Google Play.

Memory Screening

A Closer Look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **FREE** and takes only 15 minutes!



Early detection is important.

Treatment is possible. Stay in control of your life.

- Get immediate results.
- Receive information about dementia and Alzheimer's disease.
- Talk with a Dementia Care Specialist about available resources.
- Learn about brain health and ways to stimulate your brain.

Community Memory Screenings

Where: Town Hall Public Library

When: Tuesday, February 25, 2020

Time: 10:00am - 3:00pm (30 minute time slots)

Call Jennifer Harders at the Waukesha ADRC
to schedule your memory screen.

262-548-7848



514 Riverview Avenue
Waukesha, WI 53188

January is Thyroid Awareness Month

The thyroid can be either overactive or underactive. Both conditions can lead to big health problems.

Here are the facts:

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- Women are five to eight times more likely than men to have thyroid problems.
- The causes of thyroid problems are largely unknown.
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis, and infertility.

The thyroid is found in the middle of the lower neck. The hormones it produces (T3 and T4) affect every cell in the body. They help control your body temperature and heart rate, and help regulate the production of protein. If the thyroid produces too much — or too little — T3 and T4, it can create problems. Specifically, those conditions are hyperthyroidism and hypothyroidism.

Hyperthyroidism happens when the thyroid produces too much T-4. Symptoms can include irritability, nervousness, shaking, muscle weakness, sudden weight loss, and sleeping problems. Hyperthyroidism is a lifelong, but treatable, condition. It's diagnosed through a physical exam, blood test, and other thyroid tests if appropriate. Treatments include anti-thyroid medicines and other methods with the goal of slowing hormone production.

Hypothyroidism sometimes occurs when the thyroid doesn't produce enough T-3 and T-4 hormones, or enough thyroid-stimulating hormone (TSH). Symptoms include extreme fatigue, depression, forgetfulness, and weight gain. Doctors will normally do a physical exam and a blood test to check TSH levels. Standard treatment involves daily use of medication to regulate hormone levels.

The thyroid is a small gland, but it can cause a big disruption. The good news about thyroid conditions is that they're treatable. The not-so-good news: they can be physically and mentally challenging. Symptoms range from mild to severe, which can make it hard to function. If you suspect you are suffering from a thyroid condition, talk with your primary care provider right away.

Sources for this article include: Mayo Clinic, American Thyroid Association, American Cancer Society, and Prime Therapeutics.

DID YOU KNOW?

1 in 10 people suffer from a Thyroid disorder

1 in 8 women will develop a thyroid disorder during her lifetime

JANUARY IS THYROID AWARENESS MONTH

Nutrients for a Happy Thyroid

Iodine ← → Selenium
L-Tyrosine ← → Vitamin C

More than half of the people in America that suffer from a Thyroid disorder are undiagnosed

Vision Boards

January 11, 2020, is National Vision Board Day. A vision board is a collage of items that are meant to kick start your imagination and help you visualize a goal or goals that you're aiming to achieve. Consider your vision board to be a sacred place that displays what you want in life. When you hang it in a space where you see it on a daily basis, your vision board brings your goals and aspirations to life. You can pin photos, magazine cut-outs, quotes, images, and other keepsakes, to keep you inspired and motivated toward something you want to do, to be, to have, or to otherwise manifest.

Five Reasons to Create a Vision Board:

1. **Vision boards make you think about what it is you really want.** Creating a vision board forces you to make the time to sit and really think about what it is you want from life, and it forces you to go beyond casual thinking or dreaming and helps you to focus on your goals and aspirations.
2. **Vision boards help you get “unstuck.”** Often times we have limited flexibility in our daily routine. When we robotically do the same activities day-in and day-out, it can lead to feelings of being stuck in a rut, and people tend to lose touch with their creative side. A vision board is an effective way to get out of the rut, unstick yourself, and get your creative juices flowing.
3. **Vision boards provide you with a daily visual reminder of your dreams and goals.** The reason that the boards work so great is because you see it every day. Visualization is one of the most popular and effective mind workouts that you can do. When you see something that inspires you on a daily basis, it motivates you to stay on track to make your dreams a reality.
4. **Vision boards will get you fired up emotionally.** Seeing your vision board will help you passionately connect with your goals. It can help you notice opportunities or simply help you imagine what achieving your goal may feel like. If you get fired up and passionate about something, it will spur you into action.
5. **Vision boards are fun.** A vision board is a fun, risk-free, and stress-free way to unload your creativity and express ideas without scrutinizing them. You don't have to organize, analyze, or beautify your board. Just have fun and put it together. Change it up. Do what feels right to you. Your vision board should inspire you.

Making your own vision board is a simple process that anyone can follow, even if you don't have much crafting or design experience. You will need some sort of board (for example: a cork board, a poster board, or a pin board), magazines and/or internet sites to cut images and quotes from, and other items/embellishments that inspire you. Then give yourself plenty of time to put your board together. Do not put a limit on your creativity, and invest the time needed so that your vision board works for you. There really isn't a right or wrong way to organize your vision board, and there is no template to follow.

To be effective, your vision board needs to accurately reflect the future life you want to lead. Therefore, choosing the most appropriate images that clearly show this future is vital. The things you put on your board should be the end result that you are aiming for, but you can also include imagery that reflects the steps required to get there. So while you may have a main image showing the pyramids of Egypt, you could also have one that shows the amount of money you'd need to take that trip. Or if you have a picture of some scales showing your ideal weight, you might include photos of someone jogging, or some healthy, nutritious meals.

You should place your vision board wherever you will see it every day. It will be most effective when you spend at least a few minutes each day looking at it. And remember, it doesn't need to stay in one place. Sometimes we become blind to the things we see every day. By moving your vision board around to different positions in your home, you will be more likely to study it rather than just glossing over it.

To get the most from your vision board, it is suggested that you pair it with a journal to track your progress. Hopes and dreams are great, but they require action to make them a reality. In your journal, determine which steps you need to take in order to attain your goal, and list them in the order that they need to be achieved. Then, if needed, create sub-lists of all the things required for each step. This will allow you to prioritize your actions, and give you small, attainable goals to strive for so you don't end up getting overwhelmed by the bigger picture.

A vision board is a simple and effective way to keep you focused and motivated to pursue your goals for the future. Making one doesn't take long, yet the benefits can be significant and meaningful. So make 2020 the year you follow through with your goals by creating a vision board to give you a clear picture of what you have dreamed your life would be.



January

January 11 – Delafreeze @ Downtown Delafield, 10 am – 3 pm. Come and experience the 2nd annual Delafreeze on the streets of downtown Delafield and watch ice sculptures come to life before your eyes while enjoying a hot beverage!

January 11 – Outwigo Snow! @ Lapham Peak State Park, 12-4 pm. Join the Wisconsin DNR for a winter recreation celebration for an afternoon of cross-country skiing, snowshoeing, sledding, fat tire biking, ice fishing, s'mores, and more! This event is \$5 per person who are ages 18 and older. A Wisconsin State Park vehicle admission sticker or day pass is required.

January 11 – Waukesha Expo Market @ Waukesha County Exposition Center, 9 am – 4 pm. A huge indoor collectible and flea market style show! Adult admission is \$5 or \$3 with 2 non-perishable food donation items.

January 14-15 – Wee Wonders @ Retzer Nature Center, 9:30-10:30 am. These classes are a hands-on discovery of the natural world. The theme is "Wee Reuse, Wee Recycle" and will include practicing sorting recyclables, playing with DIY toys made from recyclable materials, and go on a fun scavenger hunt. The class will end with a winter hike to enjoy the wonders of wintertime. These classes are \$4 per child. Register online.

January 17-19 – Winterfest at the Corners of Brookfield @ The Corners of Brookfield, 8 am – 3 pm. Come and see the annual Winterfest celebration by enjoying ice sculptures, shopping deals, and delicious restaurants at The Corners of Brookfield all weekend long.

January 17-26 – Waukesha JanBoree @ All Over Waukesha, Come celebrate the new year with free events all around Waukesha. Highlights include free indoor and outdoor ice skating, nature hikes, footgolf, ice fishing clinic, candlelight hike, and even an event for dogs to get active with free entrance on Saturday the 25th at Minooka Park. Come see winter fireworks as you've never seen them before! We're celebrating 35 years of the Waukesha JanBoree with a bigger and better fireworks adventure! Fireworks will kickoff the events at 8 pm on January 17th at Lowell Park.

January 25 – Oconomowoc Chili Fest @ Downtown Oconomowoc, 9 am – 4 pm. Don't miss the 11th annual Chili Fest! This is a great family event complete with a pond hockey tournament and plenty of homemade chili to warm you up! The chili tasting downtown is from noon to 2 pm and is \$15 or \$13 with 2 non-perishable food donation items. A \$1 sampler ticket is also available in the official chili cook-off tent.

January 31 – St. Joan of Arc Annual Carnival @ St. Joan of Arc School in Nashotah, 5-8 pm. One of the largest events of the year full of family fun, games start at only 25 cents! Grilled hot dogs, brats, burgers, and popcorn will be available throughout the evening. There will also be face painting, balloon animals, cake walk, games, a cash drawing, and more!

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

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