

Aging & Disability Resource Center of Waukesha County

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Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

- ⇒ Roadside Safety
- ⇒ Rental Assistance
- ⇒ Ask INA
- ⇒ Lifeline
- ⇒ National Ice Cream Day



The ADRC Connection

July 2020

National Wheelchair Beautification Month

It is believed that the founder of National Wheelchair Beautification Month was author and illustrator Horace Knowles. He had the idea to Velcro a florist's water tube to the top of his wheelchair to display flowers. His goal was to express his happiness and put a smile on the faces of others who saw him, with the hope that other people would use their wheelchairs as an expression of their creativity and themselves.

Over the years, the concept of decorating one's wheelchair took off with people all over the country. They wanted an opportunity to highlight the importance of wheelchairs in their lives and show that the way a wheelchair looks can be an extension of their personality. Social events, parades, and decorating competitions are held in different communities, senior centers, and libraries, especially during the month of July. Adding simple personal touches, such as a bandana to the armrest, or a flower to the joystick, or having a colored wheelchair seat cover, makes each wheelchair as unique and original as the owners.

To those who do not need to use a wheelchair, the cosmetics of it might seem trivial. However, try to think of it like this: your body helps you to get where you need to go. People in wheelchairs use their chairs as an extension of their bodies. Therefore, having a wheelchair that looks good, feels good to be in, and stays in great working order are all important.

Today, there are many options to choose from when picking out a wheelchair and accessories. Not only can you pick the color of the base, but sometimes you can order fabric colors as well. You can also buy an array of accessories for your wheelchair such as cup holders, water bottles, umbrella holders, decorative bags, and cellphone holders to name just a few. These options help make life easier, healthier, and more enjoyable.

If you don't use a wheelchair yourself, you may have a relative or friend that relies on a wheelchair for mobility. National Wheelchair Beautification Month is an opportunity for people to embrace their assistive device, have some fun, and bring color and comfort to their lives.

If someone is looking for ways to beautify their wheelchair, they have many options to choose from. Stickers provide a lot of variety, and they can choose a theme, pictures, or even glow-in-the-dark types. Similarly, patches, faux jewels, and decals can add some sparkle. They can add-in more color by wrapping metal parts with tape, yarn, or vinyl strips. The wheels can get a makeover by using streamers, ribbon, or bicycle spoke decorations. It's easy to attach battery-powered rope lights to the wheelchair for some extra pizzazz.

The stigma of being in a wheelchair can sometimes be hard on a person's self-esteem. However, by highlighting all the amazing things that wheelchairs do for people who need them, the negative associations can quickly recede into the background. Not only is celebrating the wheelchair inspiring and empowering, but it will also help to show that life in a wheelchair doesn't limit your ability to express yourself.





SAFETY FIRST

The National Highway Traffic Safety Administration's mission is to save lives, prevent injuries, and reduce economic costs associated with traffic crashes through education, research, safety standards, and enforcement activities. July is **National Roadside Safety Awareness Month** and there are many things that you can do to keep yourself and others safe.

Drivers:

- Get in the habit of conducting periodic safety checks to make sure your vehicle is in good operating condition. A safety check includes tires, lights, belts, hoses, fluids and windshield wipers.
- Read your owner's manual to clearly understand which dash lights or signals indicate your vehicle is not operating properly and what to do in such situations.
- Keep a close eye out for pedestrians and bikers.
- Program your cell phone with emergency numbers, including that of your roadside assistance provider, and keep a backup written list in your glove compartment.
- Always carry a well-stocked emergency kit and familiarize yourself with the use of safety flares, warning triangles, and other emergency equipment.
- If trouble strikes, take note of your surroundings and traffic patterns. Note your vehicle's location, such as the nearest street or mile marker. Signal, slow down gradually and carefully pull onto the shoulder of the road, as far away from traffic as possible. Alert other drivers by putting on your flashers, place flares or traffic cones, or even hang a scarf outside your window. **STAY INSIDE YOUR VEHICLE** and call for assistance.

Pedestrians:

- Be predictable; follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic as far away from traffic as possible.
- Stay alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
- At crosswalks or intersections, make eye contact with drivers as they approach to ensure you are seen.
- Be visible at all times. Wear bright colored clothing during the day and wear reflective materials or a flashlight at night.

Bicyclists:

- Always wear a helmet and other appropriate safety gear while riding; the more brightly colored, the better.
- Keep both hands on the handlebars.
- Before entering a roadway, stop. Look left, right, and left again.
- Avoid riding at twilight or in the dark, especially on narrow or hilly roads with speed limits exceeding 35 mph.
- Learn how to use hand signals to indicate a turn.



Waukesha County Specialized Transportation Taxi Program

The ADRC would like to remind our readers about the Specialized Transportation program provided by Waukesha County. Contracted taxi providers are available to provide subsidized transportation in our community.

The taxi program is one of the projects of the ADRC's Specialized Transportation Program, which is primarily funded by the Wisconsin Department of Transportation. The ADRC currently contracts with eight taxi companies to provide subsidized taxi rides for Waukesha County seniors and adults with disabilities. These rides are not just for medical appointments – the taxi program can be used for grocery shopping, banking, getting to work, or visiting friends and loved ones.

To be eligible for the ADRC's Specialized Transportation Program, riders must be Waukesha County residents and registered as an ADRC program rider. There is an application available at www.waukeshacounty.gov/adrc, or by calling 262-548-7848. Riders must be a non or limited drivers aged 60 years of age or older, or a non or limited driver between 18 and 60 with an appropriate disability designation form. Also, passengers must be able to enter or exit a car with little or no assistance.

While trip rates are determined by each individual taxi provider, the ADRC subsidizes rides, paying up to \$5.25 per one-way taxi ride for registered riders. Reservations do need to be made 24 hours in advance, but some same-day requests may be honored. Contact the taxi company with trip questions and to schedule your rides.



4Boomers (Lake Country)	(262) 224-9000
Best Cab of Waukesha	(262) 549-6622
Elmbrook Senior Taxi (Brookfield and Elm Grove)	(262) 785-1200
Lake Country Cares Cab	(262) 695-2670
Muskego Senior Taxi	(262) 679-4754
New Berlin Senior Taxi	(262) 814-1611
Oconomowoc Silver Streak	(262) 567-6404
Seniors on the Go (Mukwonago and other areas)	(262) 363-5700



Horseradish is a Wisconsin Tradition

What is Horseradish?

Horseradish is a perennial plant of the Brassicaceae family which also includes mustard, wasabi, broccoli, cabbage, and radish. It is a root vegetable, cultivated and used worldwide as a spice or condiment. The species is probably native to southeastern Europe and western Asia.

Wasabi, the popular Japanese condiment, is traditionally prepared from the true wasabi plant but outside of Japan horseradish is being used due to the scarcity of the wasabi plant.

During the Middle Ages, both root and leaves were used as a traditional medicine. The root was used as a condiment on meats in Germany, Scandinavia, and Britain. It was introduced to North America during European colonialization; both George Washington and Thomas Jefferson mention horseradish in garden accounts.



How Did the Term Horseradish Originate?

The German word for horseradish is “*meerrettich*” which means sea radish because initially it was grown by the sea. The English mistook the name and pronounced it as “*mareradish*,” and it was eventually changed to horseradish denoting its harsh taste and the large size of the root.

Largest Producer of Horseradish is in Wisconsin

Ellis Huntsinger, a German immigrant, farmed to feed his family during the Depression. That’s when he started growing horseradish and other vegetable crops on a few acres of land near a freshwater spring south of Eau Claire, Wisconsin. What he discovered, says great-grandson Eric Rygg, is that the land was particularly suitable for growing horseradish. He says the combination of fertile soil and cold temperatures during winter are conducive to developing a consistently hardy and hot horseradish root.

In the early days, Ellis prepared and bottled horseradish by hand in an old milk shed behind his house. He sold his fresh ground horseradish locally to help augment his income during Wisconsin’s cold winter months. That paved the way for Huntsinger Farms and its subsidiary, Silver Spring Foods, to become known as the world’s largest grower and processor of horseradish, selling products ranging from 8-ounce jars (for consumers) to 400-pound drums (for food manufacturers). Huntsinger Farms now grows horseradish in a 5 to 7-year rotation with corn, soybeans, snap beans, and other forage crops on over 7,000 acres of prime Wisconsin and Minnesota farmland.

Horseradish roots can be harvested in the spring and fall. Prepared horseradish is traditionally made by grinding and mixing horseradish with vinegar as a natural preservative. Without the vinegar, the fresh root (once washed and grated) would otherwise quickly darken and lose its characteristic bite. Refrigeration is necessary in order to keep the horseradish white in color and to retain its sharp flavor. Ellis Huntsinger discovered that the addition of fresh sweet dairy cream helped to further enhance the flavor, heat, and longevity of his prepared horseradish. This discovery helped him expand his horseradish sales to markets throughout the country. In fact, today Silver Spring horseradish is the number one retail brand for prepared horseradish in the United States.

Currently owned by Ellis Huntsinger’s granddaughter and her two sons, the company has been family owned and operated for over 90 years and through four generations. A talented management team and an exceptional group of employees remain dedicated to providing the service and product quality that have been key to their success.

<https://www.silverspringfoods.com>

Wisconsin Rental Assistance Program (WRAP)

By the GWAAR Legal Services Team

On May 20, 2020, Governor Evers announced a \$25 million rental assistance program for residents who have experienced job or income loss as a result of COVID-19. The program, called Wisconsin Rental Assistance Program or WRAP, will be administered by the Department of Administration (DOA) and will provide direct assistance to individuals for rent, security deposits, and wrap-around services for eligible individuals.

The program is funded by the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act. Assistance will be provided on a first-come, first served basis, and the program will expire once CARES funding is exhausted.

To be eligible, an applicant must be an adult Wisconsin resident with a household income at or below 80% of the county median income in the month of or prior to the application date. Once approved, eligible individuals may receive assistance of up to \$3,000 in a combination of rental payments and/or security deposits. These payments will be paid directly to the landlord on behalf of the tenant.

DOA will partner with Wisconsin Community Action Program Association member agencies across the state to accept applications from interested individuals and distribute the rental assistance.

Waukesha County residents can call Community Action for South Central Wisconsin at 608-237-1255 to apply. A list of those agencies and the counties served is located:

<https://doa.wi.gov/Secretary/WRAP-CAPContacts.pdf>

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available through the Aging & Disability Resource Center (ADRC).

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.

Because of the COVID-19 pandemic, applications and vouchers are being distributed through US Mail or by fax this year.



For an application or more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.

Evidence Based Health Promotion Programs

As a result of the COVID-19 outbreak, events and gatherings have been cancelled or postponed and many older adults are staying safer at home. Participating in online health and wellness workshops from a computer or tablet at home is a great alternative to attending in-person workshops. The ADRC is now offering a limited amount of registrations free of charge for the workshops outlined below. For a full list of classes available and restrictions, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Eat Smart, Move More, Weigh Less

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Class Details: 15-week, LIVE weekly online program

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Better Choices, Better Health

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched at Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression/mental health, diabetes (type 1 and type 2), hypertension, and many others.

Class Details: Must commit to login for six consecutive weeks, total time commitment 1-2 hours per week

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

REV UP for National Disability Voter Registration Week

National Disability Voter Registration Week is July 13 - 17th. The Wisconsin Disability Vote Coalition invites you to join them to grow the power of the disability vote.

Stay Safe! Request your absentee ballot for the August 11 Election TODAY!

Due to continued concerns about COVID 19, the Disability Vote Coalition encourages registered voters to request an absentee ballot for the August 11th and November 3rd elections.

If you are a registered voter, you can request your absentee ballot now at MyVote at myvote.wi.gov/en-us/VoteAbsentee!



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 July, the highlighted produce item is CHERRY! Check out the Live Well website for more information and featured recipes.



FIT in the Parks

While the pandemic threw a wrench in to many of the plans this spring, our communities have been working hard to come up with a schedule that allows for fun fitness while maintaining a safe distance. Here are a couple of upcoming classes, but you can check out the website for a full calendar of possibilities! <https://www.waukeshacounty.gov/livewell>

- ◆ Zumba - July 7th | Frame Park, Waukesha | 6:40-7:40pm
- ◆ Cardio Tennis - July 16th | Fowler Park, Oconomowoc | 1-2pm
- ◆ Foam Rolling - July 23rd | Oak Ridge Park, Mukwonago | 6:30pm
- ◆ Yoga - July 14th | ProHealth Care Park, New Berlin | 9-10am
- ◆ Summer Stretch Yoga - July 16th | Veterans Park, Muskego | 8:15am



Attorney General Kaul and Greater Wisconsin Agency on Aging Resources Partner to Launch Elder Abuse Hotline

On May 7, 2020, Attorney General Josh Kaul and the Greater Wisconsin Agency on Aging Resources announced the launch of a new elder abuse hotline to assist victims, family members, and concerned citizens in reporting abuse of older adults.

“This new hotline comes at a critical time, when many Wisconsinites are staying safe at home and it’s particularly important to be wary of possible scams,” said Attorney General Kaul. “This partnership with the Greater Wisconsin Agency on Aging Resources will help bring awareness to this important issue and provide an easy-to-access tool for reporting.”

The Wisconsin Elder Abuse Hotline Program was created through a \$440,000 federal grant the Wisconsin Department of Justice was awarded by the U.S. Department of Justice’s Office for Victims of Crime. This new toll-free hotline, **1-833-586-0107**, is available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities.

The program will also include outreach to victims through online advertisements, print materials, and an online reporting tool on the www.ReportElderAbuseWI.org website. The Greater Wisconsin Agency on Aging Resources will manage the day-to-day operations of the elder abuse hotline and promote outreach to victims through their broad network of programs that support older adults across the state.

“We know from studies on the prevalence of elder abuse that for every case that is reported there are 23 that are not reported,” said Robert Kellerman, Executive Director of the Greater Wisconsin Agency on Aging Resources. “This hotline is a much-needed resource for our state and we are pleased to partner with Attorney General Kaul in the fight against elder abuse.”

Individuals who suspect that they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at **1-833-586-0107**.

ASK INA

Dear Ina,

I am struggling to obtain groceries in the current environment. As an elderly person with many health conditions, I know that I have a higher risk of developing complications if exposed to COVID-19, so I feel that a trip to the grocery store is extremely risky for me. Added to that, I live in a relatively rural area so taxis are not readily available. Both of my adult children live out of state and I really do not have anyone else to help me safely obtain groceries at this time. I have a Quest card and even get a little extra each month because of the pandemic.

Can you offer any ideas for on how to obtain groceries?

Sincerely,
Ollie Tasnack



Dear Ollie,

Your inquiry has perfect timing! As of May 21, 2020, beneficiaries of FoodShare or Pandemic EBT (P-EBT) benefits will be able to order and purchase food on Amazon's and Walmart's websites using their QUEST or P-EBT card. In light of the COVID-19 pandemic, the U.S. Department of Agriculture's Food and Nutrition Service approved Wisconsin's request to implement online food purchasing at authorized retailers. At this time, [Amazon](https://www.amazon.com) (www.amazon.com) and [Walmart](https://www.grocery.walmart.com) (www.grocery.walmart.com) are the only authorized retailers to accept online payments in Wisconsin.

Here are a few things to know:

Purchasing Process - When purchasing food on Amazon's and Walmart's websites, shoppers will be able to choose an EBT card payment option and enter their card details. They will be asked to enter their card PIN each time they check out. Note: an EBT card is very different from a credit card. If you attempt to use the EBT card as a credit card, the transaction may be declined. Shoppers can only use their QUEST or P-EBT card to [purchase eligible food](#). If they are ordering other items at the same time, they will be asked to enter another form of payment to purchase those items. It is also important to note that you will never be charged a fee for using your EBT card and there is no minimum you must spend in order to purchase food.

Delivery - Delivery options depend on location. Amazon delivers across the state and offers free shipping on eligible orders over a certain dollar amount. Walmart delivers to certain locations or offers pick up at the store. Both Amazon and Walmart *may* charge a delivery fee in some cases. Delivery fees cannot be paid with QUEST or P-EBT cards; they must be paid with another form of payment.

Other Purchasing Options - Some grocery stores offer other options to help shoppers purchase their food safely and easily. For example, shoppers can order their food online or over the phone, choose an EBT card payment option, and swipe their QUEST or P-EBT card when they pick up their order, either curbside or in store. Shoppers should check with their local grocery stores to see what options they offer.

As always, be cautious when giving personal and payment information online. Happy shopping!

¡PREGUNTA A ANA!

Querida Ana,

Encuentro difícil obtener comestibles en el entorno actual. Como una persona mayor con varias condiciones médicas sé que tengo un riesgo más alto de desarrollar complicaciones si me expongo a COVID-19 y siento que un viaje al supermercado es muy arriesgado para mí. En adición, vivo en un área muy rural así que no hay taxis disponibles. Ambos hijos viven fuera del estado y no tengo a nadie que me ayude a obtener comestibles en este momento. Tengo una tarjeta QUEST (estampillas de comida) y aun recibo un poco más al mes por la pandemia. ¿Me puede ofrecer unas ideas de cómo obtener comestibles?

Sinceramente,
Teng Ohambre

Querida Teng,

¡Tú pregunta viene en el momento perfecto! Empezando el 21 de mayo 2020, beneficiarios de FoodShare o Pandemic EBT (P-EBT) podrán pedir y comprar comida en el sitio web de Amazon y Walmart usando su tarjeta QUEST o P-EBT. Ante esta pandemia, el servicio de alimentación y nutrición del departamento de agricultura de Estados Unidos aprobó la petición de Wisconsin para implementar la compra de comida por internet en distribuidores autorizados. En este momento Amazon (www.amazon.com) y Walmart (www.grocery.walmart.com) son los únicos distribuidores autorizados para aceptar pagos por internet en Wisconsin.



Aquí hay unas cosas para saber:

Proceso de compra—En el momento de la compra de comida en el sitio web de Amazon o Walmart, los compradores podrán elegir una opción con tarjeta EBT y introducir los detalles de la tarjeta. Serán preguntados a introducir su número PIN de la tarjeta para cada proceso de pago. Nota: una tarjeta de EBT es muy diferente de una tarjeta de crédito. Si intentas usar la tarjeta EBT como una tarjeta de crédito, la transacción puede ser declinada. Los compradores solo pueden usar su tarjeta QUEST o P-EBT para comprar comida elegible. Si están pidiendo otras cosas al mismo tiempo, serán preguntados a introducir otra forma de pago para comprar esas cosas. Es importante saber que nunca será cobrado un recargo por usar su tarjeta EBT y no hay ningún mínimo de compra para comprar comida.

Entrega—Opciones de entrega depende de la ubicación. Amazon envía a través del estado y ofrece envío gratis en compras elegibles por más de un cierto costo. Walmart envía a ciertas ubicaciones u ofrece recogida en la tienda. Ambos Amazon y Walmart pueden cobrar un recargo de envío en algunos casos. Recargos de envío no se pueden pagar con la tarjeta de QUEST o P-EBT; deben ser pagados con otra forma de pago.

Otras opciones de compra—Algunos supermercados ofrecen otras opciones para ayudar a compradores a comprar su comida seguramente y fácilmente. Por ejemplo, compradores pueden pedir su comida por internet o por teléfono, elegir la opción de pago con tarjeta EBT, y introducir su tarjeta QUEST o P-EBT cuando recogen su orden en la acera o en la tienda. Compradores deben verificar con su supermercado para ver que opciones ofrecen.

Como siempre se cuidadoso dando información personal o de pago por internet. ¡Feliz compra!

Benefit Specialist Corner

Got Medicare? Get a no-cost test for COVID-19

If you have Medicare and want to be tested for coronavirus disease 2019 (COVID-19), there is good news.

Medicare covers tests with no out-of-pocket costs. You can get tested in your home, doctor's office, a local pharmacy or hospital, a nursing home, or a drive-through site. Medicare does not require a doctor's order for you to get tested. Testing is particularly important for older people and nursing home residents, who are often among the most vulnerable to COVID-19. Widespread access to testing is a critical precursor to a safe, gradual reopening of America.

For Medicare beneficiaries who are homebound and can't travel, Medicare will pay for a trained laboratory technician to come to your home or residential nursing home to collect a test sample. (This doesn't apply to people in a skilled nursing facility on a short-term stay under Medicare Part A, as the costs for this test, including sample collection, are already covered as part of the stay.)

If you receive Medicare home health services, your home health nurse can collect a sample during a visit. Nurses working for rural health clinics and federally qualified health clinics also can collect samples in beneficiaries' homes under certain conditions.

Or you can go to a "parking lot" test site set up by a pharmacy, hospital, or other entity in your community. The federal government is doing similar things in the Medicaid program, giving states flexibility to cover parking-lot tests as well as tests in beneficiaries' homes and other community settings.

They've also implemented the Families First Medicaid eligibility option, which allows states to cover uninsured citizens' testing costs with no cost-sharing. Individuals should contact their state Medicaid agency to apply for this coverage.

Both Medicare and Medicaid cover serology or antibody tests for COVID-19. These tests can help identify who has been exposed to the virus.

Medicare generally covers the entire cost of COVID-19 testing for beneficiaries with Original Medicare. If you're enrolled in a Medicare Advantage health plan, your plan generally can't charge you cost-sharing (including deductibles, copayments, and coinsurance) for COVID-19 tests and the administration of such tests.

In addition, Medicare Advantage plans may not impose prior authorization or other utilization management requirements on the COVID-19 test or specified COVID-19 testing-related services for the duration of the COVID-19 public health emergency.

Federal programs have also required that private health issuers and employer group health plans cover COVID-19 testing, and certain related items and services, with no cost-sharing during the pandemic. This includes items and services that result in an order for, or administration of, a COVID-19 diagnostic test in a variety of medical settings, including urgent care visits, emergency room visits, and in-person or telehealth visits to the doctor's office.

By: Seema Verma: Administrator, U.S. Centers for Medicare & Medicaid Services

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on a monthly basis. However, during the COVID-19 pandemic we are cancelling all in person Welcome to Medicare Classes through 7/31/2020. A virtual class will be held Wednesday, July 8th at 1:00pm. Visit our website to register or find additional information. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at [http://www.waukeshacounty.gov/](http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/)

Turning 65?
Need Medicare?

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

Dementia Friendly Communities



For several years, Waukesha County residents have been working to create Dementia Friendly Communities.

A Dementia Friendly Community:

- Shows a high level of public awareness and understanding of dementia.
- Is where it is possible for a person living with dementia to live a good life.
- Where persons living with dementia are enabled to live as independently as possible and continue to be part of their community.
- Is where persons living with dementia are met with understanding and given support where necessary.

Why is this important?

There are approximately 14,000 persons living with dementia in Waukesha County.

70% of these individuals are living in the community

25% live alone in the community

Current Dementia Friendly Communities in Waukesha County:

- **Oconomowoc**
- **Pewaukee**
- **Menomonee Falls**
- **Muskego**
- **Elmbrook (Elm Grove and Brookfield)**

If you would like to learn more about Dementia Friendly Communities in Waukesha County, please call the Aging and Disability Resource Center's Dementia Care Specialist, Jennifer Harders at 262-548-7848 or visit our website, www.waukeshacounty.gov/adrc.

Changes to Lifeline Program

By the GWAAR Legal Services Team



Lifeline is a federal and state program that provides affordable access to internet and phone services through monthly discounts. There have been some recent federal changes in how Lifeline program eligibility is determined.

Eligibility

Lifeline enrollment is limited to one subscriber per household. You may be eligible based on programs you already receive, or your income level.

- **Programs:** If you already receive Medicaid, FoodShare, Supplemental Security Income (SSI), Federal public housing assistance (Section 8), or Veterans and Survivors Pension benefit, you are automatically eligible for Lifeline.
- **Income:** If you have a household income at or below 135% of the federal poverty guidelines, then you are also eligible for Lifeline.

Current Lifeline Participants

Current Lifeline participants who are eligible by income only (not through public benefits programs) may have received a request for additional eligibility determination information, or a notice of disenrollment when program re-verification began late May, 2020. You'll need to send in proof of income according to the directions on the notice.

New Lifeline Applicants

If you are new to Lifeline, you first have to find out if you're eligible. There are now three ways to verify your Lifeline eligibility:

1. **Local Provider:** Contact a local telecommunications provider in your area and ask for assistance applying in the Lifeline Program. The provider will help you determine eligibility through the new National Verifier system.
2. **Online:** Visit www.checklifeline.org. The online portal may be accessed by the customer or by someone working with that person, including advocates, consumers, benefit specialists, or phone companies.
3. **Paper:** You can download the paper application and mail it in. https://www.usac.org/wp-content/uploads/lifeline/documents/forms/LI_Application_NVstates.pdf.

To apply for Lifeline, you will need to provide the following information: full name; birthdate; last four digits of Social Security Number; and address. The national system will check for eligibility based on receipt of low-income programs. If you're not eligible based on receipt of public benefits, then you'll need to submit documentation demonstrating income qualification.

If you're eligible through the online or paper application, you need to contact one of your local telecommunications providers. Under the federal rules, providers are the only entities authorized to enroll a customer in Lifeline. A provider cannot enroll a customer without an eligibility determination from the National Verifier system.

New Helpline

If you have questions or need assistance, the new Lifeline Internet & Phone Helpline is (608) 267-3595.

Assistive Technology Can Help YOU!

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking, and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking, and laundry, and you may wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!



When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives, and neighbors for help is one great solution, but with social distancing in place, this may not be a feasible option. Another way of making your caregiving tasks more manageable is by using assistive technology.

Assistive technology is an item, piece of equipment, or product, that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors allowing them to eat on their own. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, such as a long-handled reacher, a back scratcher, or a jar opener. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

- MOBILITY/TRANSFERRING
 - Swivel seat cushion
 - Furniture risers
 - Ceiling mounted pole
- EATING
 - Plate guard
 - Weighted forks
 - Forks with grips
- COOKING
 - Suction cup brushes
 - Rocking T knife
- BATHING/DRESSING
 - Sock aid
 - Shampoo trays
- MEDICATION MANAGEMENT
 - Talking pill bottle
- RECREATION
 - Lighted magnifying glass
 - Extra-large playing cards
 - Pocket talker
- GENERAL SAFETY
 - 3-prong plug with helper
 - Non-skid tape
- WANDERING PREVENTION
 - Door posters
 - Door alarms
 - Adaptive doorknobs

If you are interested in exploring how assistive technology might help you, contact the ADRC of Waukesha County at (262) 548-7848. Assistive technology may be just the thing you need to make your role as a caregiver a little easier.

COVID-19:

Protecting yourself during a home visit

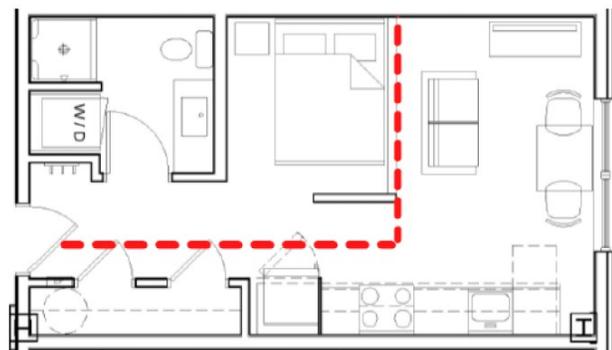


These are recommended best practices for protecting yourself from COVID-19 during a home visit. Not everyone will be able to follow each step. Talk with your caregiver and members of your household to create a plan that works for you.

Before home visit:

#1. Identify a safe space.

- Think of the areas in your home where a caregiver might be able to provide your care.
- Decide on an area that seems most comfortable for you. Try to use as few rooms as possible.
- Set up supplies in that area ahead of time so your caregiver doesn't need to go to other parts of your home.



#2. Prepare the space.

- If you are able, disinfect commonly touched surfaces in that area such as doorknobs, counter tops, and other surfaces where care may be provided.
- If others live with you, ask them to not enter the area while you will be receiving care.

#3. Prepare yourself.

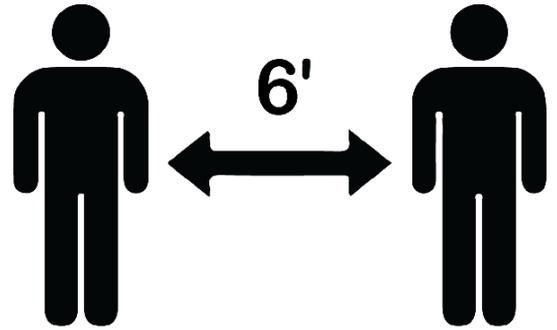
- Write up a list of tasks you want the caregiver to complete before they arrive.
- Wash your hands for 20 seconds with soap and water before your caregiver arrives. Use hand sanitizer if soap and water are not available.
- Put on your face covering after washing your hands, if you have one available.
- Make sure the list of tasks for your caregiver are part of the services approved in your plan of care, when applicable.



During home visit:

What should you do?

- Wear a cloth mask and gloves.
- Stay 6 feet apart from your caregiver and others who live with you, as much as possible.
- If you are able, use a separate bathroom from other people living in the home during the visit and while receiving care.
- Do not touch your eyes, nose, or mouth. If you do touch your face, make sure you wash your hands before and after.
- Ask your caregiver to not come into your home if they are sick.



What should your caregiver do?

- Wash their hands and put on gloves when they enter your home and before and after providing personal care.
- Wear a mask and gloves at all times in your home
- Help you disinfect surfaces if you weren't able to before they arrived.
- Keep 6 feet from you and others in your home when possible.

After home visit:

- Disinfect commonly touched surfaces. Ask your caregiver if you need help.
- If you received any home care supplies, throw away the outer packaging in the trash outside your home or ask your caregiver to throw it away for you.
 - Disinfect items that did not come in a package. Ask your caregiver for assistance if you need help.
 - After touching your supplies and once your caregiver leaves, wash your hands with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.



Paying Taxes on Unemployment Insurance

Since the beginning of the COVID-19 pandemic and Governor Evers' Safer-at-Home order, over a half million Wisconsinites have filed for Unemployment Insurance (UI) benefits. In addition to regular state UI, many individuals also receive the additional \$600 per week in federal pandemic unemployment compensation (FPUC).

All of these unemployment benefits that an individual receives are taxable. While the \$1,200 CARES Act stimulus check was not taxable income, the CARES Act FPUC is subject to both federal and state taxes. At the end of the year, an individual will receive a 1099-G tax form, and if they did not elect to have taxes withheld from their benefit, they may end up owing a significant amount of money in taxes.

How do I have taxes withheld from my UI benefit?

When you filed your initial application for UI benefits, you had the option to have taxes withheld. However, if you later change your mind and want to change your selection, it's not too late (for future benefits, taxes cannot be withheld from benefits already paid out).

To change your tax withholding selection, go into your online UI portal and click "Tax Withholding"

Benefit Payment Information:

<u>Last Week Claimed:</u>	Your weekly c
<u>Benefit Payment Method:</u>	Direct Deposi
<u>Tax Withholding:</u>	None



Then check the taxes you want to have withheld and click "Next." You will see a confirmation of the change, and taxes will be withheld starting with your next benefit check.

Tax Withholding

Unemployment Benefits are taxable.

- Federal taxes are withheld at a rate of 10%.
- State taxes are withheld at a rate of 5%.
- Withheld taxes are not refundable.

Your current withholding is: No tax withholding

Check those taxes you want to have withheld

- Federal
- Wisconsin
- I do not want taxes withheld

[Return to My UI Summary](#)

[Next](#)

Can you hear on your phone?



IndependenceFirst

The Resource For People With Disabilities

Telecommunications Equipment Purchase Program (TEPP) is a Wisconsin State-wide program that helps people with disabilities buy adaptive telephone equipment that they need to live independently. TEPP is paid for by the Universal Service Fund (USF) established by the Public Service Commission.

- ◇ Do you want a large print or talking caller-id?
- ◇ Do you want your lights to flash when the phone rings?
- ◇ Do you want your phone to ring more than 4 times?
- ◇ Do you need memory buttons to assist with dialing?
- ◇ Do you need a louder amplified answering machine?
- ◇ Are you tired of asking people to repeat themselves?

There is NO catch! All you have to do is fill out an application and meet these three requirements:

- * Be a Wisconsin Resident
- * Be a person who is deaf, hard of hearing, or have speech, mobility or motion limitations
- * Have a need for adaptive equipment in the home

There is no age or income limit, but an applicant can only apply every three years. Some of the higher voucher categories will require a recent certificate of hearing loss OR physician/audiologist signature.

Contact IndependenceFirst if you would like to see what kinds of adaptive phone equipment are available! We will help you fill out the TEPP application, assist in ordering you the correct equipment, install the equipment in your home, and get your independent living needs met!

For more information on TEPP, contact Tonya Villwock, (414) 731-7834 or tvillwock@independencefirst.org

If you'd like to keep your oven turned off in the hot and humid summer months, try this simple, no-bake, cherry pie recipe:

Creamy Cherry Pie

(makes 1, 9" pie)

- 16-oz. can cherry pie filling**
- 1/2 tsp. almond extract**
- 8-oz. package cream cheese, softened**
- 1 cup powdered sugar**
- 1 cup heavy whipping cream**
- 1, 9" baked graham cracker crust**

- 1. Combine pie filling and almond extract and set aside.**
- 2. Cream together cream cheese and powdered sugar.**
- 3. Whip the heavy whipping cream until peaks form. Fold into cream cheese mixture. Spoon into graham cracker crust. Spread cherry pie filling over all.**
- 4. Chill and serve.**



Sunday, July 19, is National Ice Cream Day

It doesn't get much better than enjoying a cold, creamy treat on a hot summer's day. But have you ever thought about how ice cream came to be?

Thousands of years ago, people in the Persian Empire put snow in a bowl, poured concentrated grape juice over it, and ate it as a treat. They could even savor this special treat in the summertime without electricity! How? The Persians would hike to mountain tops to gather snowfall. Then they would place snow in underground chambers where the cold temperatures would keep the snow from melting, allowing them to use it even in the hottest months.

In 679 AD, the Chinese began to freeze dairy with salt and ice. However, most culinary experts point to Naples, Italy, as the birthplace of the first true ice cream. Born in 1642, Antonio Latini created a milk-based sorbet. Quaker colonists brought their recipes to America and opened the first ice cream shops. Ben Franklin, George Washington, and Thomas Jefferson all enjoyed ice cream. In 1842, a Philadelphian named Nancy Johnson received the first U.S. patent for a small-scale, hand-cranked ice cream freezer. And in 1920, the first ice cream trucks began serving on the streets.

You don't need a hand-crank ice cream machine or an ice cream truck to get your own delicious ice cream treat! Check out the recipe below and cool down with this cold, creamy summertime treat!

Here are the ingredients you'll need:

- 1/2 cup half-and-half
- 1 tablespoon sugar
- 1/4 teaspoon vanilla
- 1 sandwich Ziploc bag
- 1 gallon Ziploc bag
- 3 cups crushed ice
- 1/3 cup rock salt (or any other salt you have)
- 2 hands and some patience!



1. Put the first 3 ingredients into the small Ziploc bag and seal the bag, making sure it's tightly closed.
2. Put the ice and salt in the larger bag and place the small bag inside. Seal the large bag.
3. Squeeze and shake the bag until the ice cream is thickened, about 10-15 minutes.
4. Remove the small bag, unseal, and enjoy! Add any additional toppings you would like.

4th of July Word Scramble!

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Answers: Freedom, America, Flag, Fireworks, England, July, Liberty, Colonies

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