

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

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

Website:

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

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

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

262-524-8886

### Veteran's Services

262-548-7732

### Moraine Lakes Consortium

888-446-1239

### Alzheimer's Association

800-272-3900  
(24/7 Helpline)

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

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## Brewers Celebrate 50<sup>th</sup> Anniversary

Spring is right around the corner and you know what that means? The Brewers baseball season is about to heat up, and this year tickets will be quite hot. The Brewers will start celebrating their 50<sup>th</sup> anniversary season in front of home fans at Miller Park on Thursday, March 26, 2020. They will face off against rival team Chicago Cubs at 1:10 pm. This will mark the second time in history that the Cubs play the Brewers during a home opener. The teams also started the season against each other in 2008 at Wrigley Field.

The 50<sup>th</sup> anniversary celebration of the Milwaukee Brewers Club will feature Brewers Decade Weekends – each honoring a different era in team history with themed music and entertainment. All five Decade Weekends will feature tons of excitement and promotions.

To commemorate its 50<sup>th</sup> season, the Brewer's team logo will have a slightly familiar look displaying the clever ball-in-glove logo. A fan favorite. Rick Schlesinger, Brewers Club President of Operations said, "We always knew the fans loved the ball-in-glove. Before we brought it out as part of our uniform system in 2006, the impression we had was there was a segment of our fans who grew up in the '70s and '80s with Harvey's Wallbangers, and liked it. We weren't sure if the newer fans would embrace it because they had grown up with the wheat ball. The reality is that people of all demographics, of all ages, embraced the ball-in-glove. Retail sales were a great measurement, just the reaction we get when we show it, in giveaways and promotional items."

How will this new branding of an old design be different? The first thing one will see is the color. It will change from royal blue to navy blue. The baseball in the center of the glove will be different as well. Fans will see two seams on the now-centered baseball to give it a more authentic look.

According to Schlesinger, the intent was to stay true to the nature of the original logo while bringing it forward to mesh with a rebranding of player uniforms as well.

The Brewers "ball-in-glove" logo was first introduced in 1978 after a contest open to the public drew more than 2,000 entries. The rebirth of the logo is an ode to the past and hopefully a sign of championships to come. Join us at one of our ten senior dining centers throughout the county to enjoy a special opening day menu – brats, beans, potato salad, and more!





ational Deaf History Month, which runs from March 13 to April 15, celebrates deaf history and promotes awareness of American deaf culture. The celebration spans two calendar months to include several key dates:

- March 13, 1988, Deaf President Now! protest at Gallaudet University, a college for the deaf and hard of hearing, which culminated in the naming of the institution's first deaf president.
- President Abraham Lincoln's April 8, 1864, signing of Gallaudet's charter. According to President Lincoln, this new charter would provide deaf, hard of hearing, and deafblind people "a fair chance in the race of life."
- April 15, 1817, opening of the American School for the Deaf, the first permanent public school for the deaf, in Hartford, Connecticut.

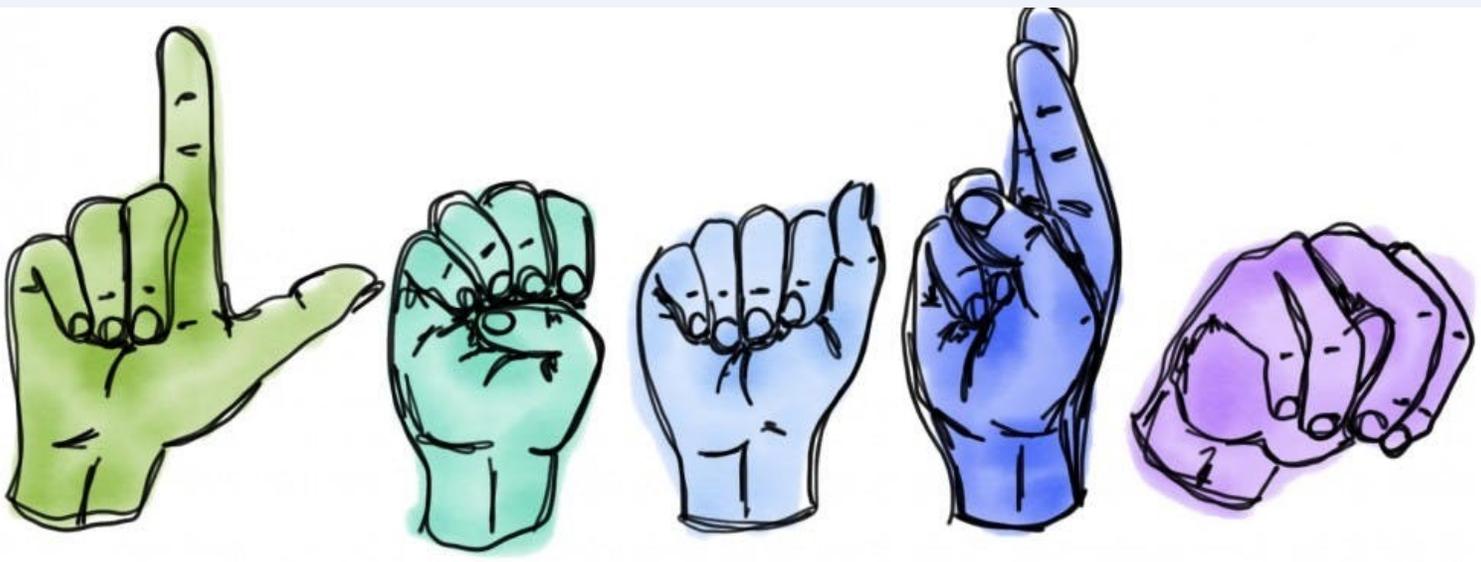
The history of the Deaf\* community largely centers on the educational experiences of deaf Americans. During the 19th century, residential schools for the deaf opened nationwide and became the epicenters for a burgeoning Deaf community and culture. The opening of Gallaudet University allowed many deaf individuals to pursue higher education at a time when few Americans went to college. American Sign Language (ASL) emerged as a language and was embraced at these schools. However, ASL saw a backlash in the wider society in the latter part of the century. Opposition at the time viewed ASL as inferior, foreign, and a barrier to assimilation. Telephone inventor Alexander Graham Bell was a leading proponent of "oralism" or the method of teaching deaf people to communicate using speech and lip-reading. ASL continued to thrive outside of schools among members of the Deaf community.

Deaf Americans saw many new opportunities in the 20th century. Employment in the job market increased, especially during WWI and WWII, and technology such as closed captioning enabled deaf individuals to participate more fully in society. In the 1960s, ASL began to be understood as a bona fide language with complex grammar and vocabulary. As a result, ASL re-emerged in classrooms and schools for deaf students. Many high schools and colleges even began offering ASL to meet foreign language requirements. Alongside other disability rights advocates, the Deaf community fought for and achieved legislative changes, most notably the Americans with Disabilities Act in 1990.

The story of the Deaf community continues to be one in the making. Technologies such as cochlear implants and educational trends like the closing of residential schools, which were historically used to segregate and assimilate children, have stirred debate and change. Increased awareness of diversity within the community is reflected by groups such as the National Black Deaf Advocates and the Rainbow Alliance of the Deaf, among many others. These are a few examples of how the Deaf community continues to take shape into the 21st century.

*\*The uppercase "D" in the word Deaf is used when referring to the group of people who share a language (American Sign Language) and culture, while deaf spelled with a lowercase "d" is a label describing the audio logical condition of a partial or complete lack of hearing.*

Article found at: <https://www.lapl.org/collections-resources/blogs/lapl/national-deaf-history-month-celebrating-american-community>



## Colorectal Cancer Screening

Medicare covers colorectal cancer screening tests to help find pre-cancerous polyps (growths in the colon), so polyps can be removed before they become cancerous and to help find colorectal cancer at an early stage when treatment works best.

### How often is it covered?

- **Screening fecal occult blood test**—Once every 12 months for people 50 or older.
- **Screening flexible sigmoidoscopy**—Once every 48 months after the last flexible sigmoidoscopy or barium enema, or 120 months after a previous screening colonoscopy.
- **Screening colonoscopy**—Once every 120 months (high risk every 24 months), or 48 months after a previous flexible sigmoidoscopy.
- **Screening barium enema**—Once every 48 months (high risk every 24 months) when used instead of sigmoidoscopy or colonoscopy.
- **Multi-target stool DNA test**—Once every 3 years for people who meet all of these conditions:
  - Between 50–85.
  - No signs or symptoms of colorectal disease including, but not limited to, lower gastrointestinal pain, blood in stool, positive guaiac fecal occult blood test, or fecal immunochemical test.
  - Average risk for developing colorectal cancer, meaning they have no personal history of adenomatous polyps, colorectal cancer, or inflammatory bowel disease, including Crohn’s Disease and ulcerative colitis.
  - No family history of colorectal cancers or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer.

### Your costs if you have Original Medicare

You pay nothing for the fecal occult blood test, if you get a written referral from your doctor, physician assistant, nurse practitioner, or clinical nurse specialist. You pay nothing for the flexible sigmoidoscopy or screening colonoscopy if your doctor accepts assignment.

**Note:** If a polyp or other tissue is found and removed during the colonoscopy, you may have to pay 20% of the Medicare-approved amount for the doctor’s services and a copayment in a hospital outpatient setting.

For barium enemas, you pay 20% of the Medicare-approved amount for the doctor’s services. The Part B deductible doesn’t apply. If it’s done in a hospital outpatient setting, you pay a copayment.

### Am I at high risk for colorectal cancer?

Risk for colorectal cancer increases with age. It’s important to continue with screenings, even if you were screened before you had Medicare. Your risk for colorectal cancer increases if any of the following statements apply to you:

- History of colorectal cancer.
- A close relative who had colorectal polyps or colorectal cancer.
- History of polyps.
- Inflammatory bowel disease (like ulcerative colitis or Crohn’s disease).

## Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement.

Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**March is recognized nationally as Nutrition Month.** A healthy diet is a key component to living a healthy life. To brush up on your nutrition knowledge and maybe learn a healthy eating tip, check out this Fact vs Fiction quiz from the Academy of Nutrition and Dietetics. For further information and recommendations, visit [myplate.gov](http://myplate.gov).

1. The amount of calories needed daily is the same for everyone.

**Fiction:** The amount of calories needed daily will depend on a person's age, gender, height, weight, and activity level.

2. Eating carbohydrates causes weight gain.

**Fiction:** Too many calories from any type of food (or beverage) can result in weight gain.

3. Doing some physical activity is better than doing none.

**FACT:** Research has shown that even a little physical activity is better than being sedentary.

4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.

**Fiction:** Foods and beverages that contain naturally occurring sugars, such as fruit, milk, and yogurt contribute important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks often contain no nutrients, just calories.

5. Portion sizes have increased over the years.

**FACT:** The size of portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. The new Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).

6. Only fresh produce is considered to be a good source for fruits and vegetables.

**Fiction:** All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried will help you meet your daily goals. With forms other than fresh, it's important to look for fruits in water or their own juice (with no added sugars) and vegetables with no added salt or ones labeled reduced or low sodium.

7. Oils, which are a source of fat, provide important nutrients.

**FACT:** Fats can be either solid or liquid at room temperature. Liquid types of fats, like vegetable oils, are sources of necessary nutrients. Whereas solid fats are high in saturated fat and/or trans fats, both of which should be limited. All types of fat are high in calories, so portion sizes of these foods can make a big difference. The daily allowance for most people is just a few teaspoons.

8. Vegetarian diets are not appropriate for certain age groups.

**Fiction:** Well-planned vegetarian and vegan eating plans that include a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes can be nutritionally adequate during all stages of the life cycle.

9. Everyone should take a multivitamin mineral supplement.

**Fiction:** For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin and/or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.

10. All sources of nutrition information are credible.

**Fiction:** Unfortunately, there is a lot of misinformation available when it comes to nutrition, especially on the internet. Look for sources of credible information from health care organizations and government agencies and consult the nutrition experts — registered dietitian.



# NUTRITION MONTH

MARCH HEALTH TOPIC

# Free Tax Assistance

**The due date for your 2019 tax return this year is Wednesday, April 15, 2020.**

AARP offers tax assistance (including Homestead Tax Credit) by **appointment only** (provided by trained AARP volunteers) at the following locations in Waukesha County:

- **Brookfield Library**, Tuesdays 9:00am-3:00pm. Call **262-782-4140** (option #1)
- **Menomonee Falls Library**, Fridays 9:30am-3:00pm. Call **262-255-8460**
- **Mukwonago Library**, Mondays 9:00am-2:00pm. Call **262-363-6411**
- **Muskego Library**, Tuesdays 9:00am-1:00pm. Call **262-971-2100**
- **New Berlin Library**, Wednesdays 9:15am-2:00pm. Call **262-785-4981**
- **Oconomowoc Area Senior Center**, Tuesdays 9:00am-3:00pm and some Fridays available. Call **262-567-3483**
- **Sussex Civic Center**, Mondays 9:30am-3:00pm. Call **262-246-5180**
- **Waukesha Public Library**, Thursdays 9am-2:15pm. Call **262-524-3682**



To search for other AARP Tax-Aides outside Waukesha County, go to:

[https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)



The **Volunteer Income Tax Assistance (VITA)** program offers free federal and state income tax return preparation and filing for low to moderate income people of all ages. IRS-certified volunteers provide assistance. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino

community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

Call **262-832-1534** to schedule an appointment.

***La Casa de Esperanza,***  
***202 E Broadway Ave, Waukesha***



**LA CASA DE ESPERANZA**  
HOPE • HELP • OPPORTUNITY

## **Be sure to bring with you:**

- **Must have photo I.D.**
- Social Security card
- Last year's tax return
- Last year's PIN (if applicable)
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill and paid receipt
- Deductions/credits/adjustments

If you would like direct deposit, bring a check with your account number and routing number.

Tax forms can be obtained at the library or your local post office. Contact these locations ahead to confirm availability.

For full list of tax information to bring to your appointment, go to:

<https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

## Multiple Sclerosis (MS) Awareness Month: March 2020



Multiple Sclerosis, or MS, is a disease of the central nervous system that can cause symptoms throughout the body. It's believed to be an autoimmune condition, in which the immune system mistakenly attacks normal tissues. In MS, the immune system attacks the myelin sheath that normally protects nerve fibers in the brain, spinal cord, and optic nerve. As the myelin sheath is gradually destroyed, the resulting scar tissue (sclerosis) disrupts the electrical impulses between the brain and other parts of the body. It's not clear what causes the onset of this immune reaction; most people diagnosed with MS have no known risk factors. It is estimated that there are approximately 1 million Americans living with MS.

To help people with the disease, as well as those who have a loved one with MS, a number of societies and advocacy groups have named March Multiple Sclerosis Awareness Month. It's also a time to bring attention to the current state of research on MS, including new ways to diagnose and treat the condition.

Throughout March, you may see orange ribbons adorned with a butterfly symbol. Orange is the official color for MS awareness, and the butterfly represents the shape commonly seen on a magnetic resonance imaging (MRI) scan of a brain of a person with MS.

As part of MS Awareness Month, MS Awareness Week is held annually in the United States. In 2020, it's scheduled for March 8 - 14. During this week, the National MS Society (NMSS) takes a leadership role by focusing on the individual stories of those living with the condition. In sharing tales of the challenges and successes experienced by those with MS, the goal of the NMSS is to "help people better understand life with MS and become inspired to do whatever it takes to change the world for people living with the condition."

There are several ways to get involved, whether you have a current diagnosis, or you know someone living with this disease, or you simply want to support those effected by MS.

- You can participate in any number of walks or other events designed to raise funds for research and to provide support for those with MS. Most are held in the spring, in the weeks and months following MS Awareness Month.
- There are several conferences and meetings held by various societies offering people with MS and their caregivers a chance to network with others facing similar challenges.
- The NMSS can connect you with volunteer opportunities in your local area, or with individual groups who share similar challenges or interests.
- If you can not attend a conference or participate in any of the events, social media can help you boost the message of MS awareness and connect with others.
- In order to develop new and better therapies and other interventions for MS, clinical trials need people with the condition to enroll and assist in research efforts.
- A number of financial resources are available for people with MS, including an annual scholarship for students affected by the condition. The scholarship is for high school graduates with MS, or the dependent children of parents with MS, who will be freshmen attending an accredited college or university in the United States. More than 600 scholarships are awarded every year.

For more information regarding MS, contact the National Multiple Sclerosis Society at 1-800-344-4867, or visit their website at: <https://www.nationalmssociety.org/>

From: <https://www.everydayhealth.com/multiple-sclerosis/awareness-month/#awarenessdaysandweeks>



The Library Memory Project consists of library partnerships in Waukesha, Washington, and Racine Counties. Our mission is to provide programs to those living with memory loss, Alzheimer's disease, or other forms of dementia.

**WE NEED VOLUNTEERS!**  
**for the Library  
Memory Project**

Photo provided by Library Memory Project

## **Memory Café Volunteer Training**

**DELAFIELD PUBLIC LIBRARY,  
COUNCIL CHAMBERS  
500 GENESEE STREET, DELAFIELD**

**Thursday, March 19 1:00 p.m. - 3:30 p.m.**

Learn how to support those living with memory loss by serving as a volunteer. Volunteers offer assistance at memory cafes by interacting with attendees and fostering relationships.

For more information,  
visit us online at

**[www.librarymemoryproject.org](http://www.librarymemoryproject.org)**



**Please register for the  
Volunteer Training**

**Contact: Angela Meyers**

**Phone:**

**(262) 896-8245**

**Email:**

**[ameyers@bridgeslibrarysystem.org](mailto:ameyers@bridgeslibrarysystem.org)**

# The 2020 Census is accessible for everyone.

We're making sure that **however you choose to respond**—online, by phone, or by mail—that **the census is accessible**. You'll receive an invitation to respond **beginning in mid-March**. You choose how you want to respond.



You can respond **online** in English or in 12 additional languages. The online questionnaire is accessible, following the latest web accessibility guidelines. We'll also have a video in **American Sign Language** available to guide you through responding online.



You can respond by **phone** in English or in 12 additional languages. You can also respond in English by **TDD** at 844-467-2020.



By mid-April, we'll mail a **paper questionnaire** to every household that hasn't already responded. (Some households will receive a paper questionnaire along with the first invitation in March.)

We'll have **braille and large print guides** available online to assist you with completing the paper questionnaire.



If necessary, you can respond **in person** beginning in mid-May. Census takers will visit all households that have not yet responded.

We'll have census takers available who can communicate in **American Sign Language** and additional languages. When the census taker visits to help you respond, you can request that another census taker who communicates in American Sign Language returns, if you prefer.

If you prefer, you may also choose to have another member of your household interact with the census taker.

**Responding is important.** A complete count helps ensure that services like Medicare, Medicaid, social security, and public transportation can support those who need them.

**Responding is safe.** All of the information you share with us is protected by law and cannot be used against you.

**Responding is accessible.** We're doing everything we can to ensure the ways to respond are accessible for everyone.

Any questions? Please visit **2020census.gov**.  
This website is 508 compliant and accessible to people of all abilities.

Shape  
your future

United States®  
Census  
2020

Dear Ina,

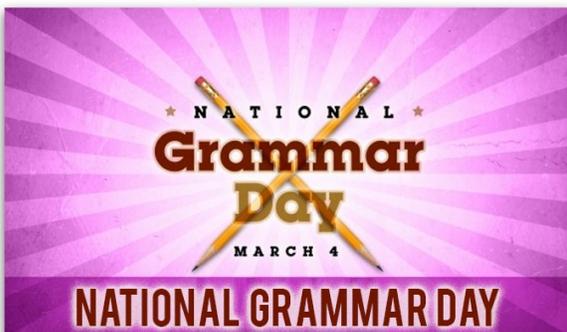
March 4 is National Grammar Day, which got me thinking about my own personal writings. There are certain words that I'm always confused about how they are spelled, or their correct meaning or usage. Could you clarify for me when to use these tricky twin words?

Regards,  
Mark Meyewurds

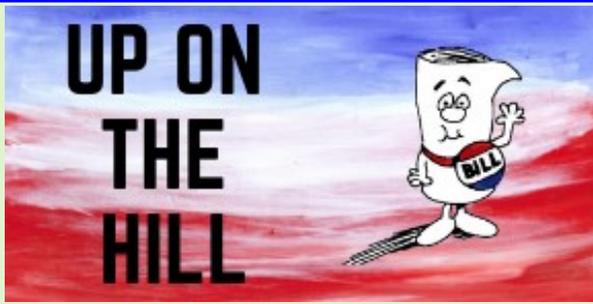
Dear Mark:

It happens all the time. You're writing a paper for school, or an article for work, or writing a letter to a friend, and you have to ask yourself, "Is it affect or effect? A while or awhile?" Sometimes, even the most seasoned writers have to stop and do a quick Google search to double check themselves. The English language has a lot of commonly confused words; they either look alike, sound alike or, worst of all, look and sound alike (but have completely different meanings). If you take a moment to review these commonly confused words, you might be able to compose your next paper or article without having to stop and chat with Google!

From: <https://grammar.yourdictionary.com/>



<b>ACCEPT</b> <i>(verb) - to receive</i> I <b>accepted</b> all my birthday gifts with gratitude.	<b>vs</b>	<b>EXCEPT</b> <i>(conjunction) - apart from; otherwise than; were it not true</i> When Susan travels, she packs everything <b>except</b> the kitchen sink.
<b>AFFECT</b> <i>(verb) - to have an effect on; influence; produce a change in; to stir the emotions</i> The dog's death <b>affected</b> his owners.	<b>vs</b>	<b>EFFECT</b> <i>(noun) - anything brought about by a cause or agent; result</i> The new speed limit law had little <b>effect</b> on the speed of the motorists.
<b>A LOT</b> <i>(noun phrase) - many</i> A <b>lot</b> of people came to the party. <b>Note - "A lot" is always two separate words.</b> "Alot" is not a real word.	<b>vs</b>	<b>ALLOT</b> <i>(verb) - to distribute, give or assign</i> Fifteen minutes were <b>allotted</b> to each of the speakers at the conference.
<b>AWHILE</b> <i>(adverb) - to do something for a short time or briefly</i> The guests planned to stay <b>awhile</b> .	<b>vs</b>	<b>A WHILE</b> <i>(noun) - for a period of time; when "while" is used as the object of the preposition</i> We gave him something to eat a <b>while</b> ago.
<b>ENSURE</b> <i>(verb) - to make something certain or to guarantee.</i> He locked the dog in the yard to <b>ensure</b> it didn't escape.	<b>vs</b>	<b>INSURE</b> <i>(verb) - to provide insurance</i> They had a policy with Allstate to <b>insure</b> their home.
<b>ITS</b> <i>(possessive pronoun) - of, belonging to, made by, or done by it</i> The dog will only eat <b>its</b> food when I am also eating.	<b>vs</b>	<b>IT'S</b> <i>(contraction) of it + is</i> <b>It's</b> a very strange dog.
<b>LOSE</b> <i>(verb) - to become unable to find; to mislay; to fail to win or gain</i> Did you <b>lose</b> your glasses again?	<b>vs</b>	<b>LOOSE</b> <i>(adjective) - not tight; giving enough room</i> I've lost twenty pounds, and now these jeans are really <b>loose</b> .
<b>THAN</b> <i>(conjunction) - used to introduce the second element in a comparison</i> My right foot is bigger <b>than</b> my left foot.	<b>vs</b>	<b>THEN</b> <i>(adverb) - at that time; next in order</i> Take off all your clothes first. <b>Then</b> , get in the shower.
<b>THEIR</b> <i>(adjective) - of, belonging to, made by, or done by them</i> They were proud of <b>their</b> work.	<b>vs</b>	<b>THERE</b> <i>(noun) - that place or point</i> Just put it over <b>there</b> .
<b>TO</b> <i>(preposition) - in the direction of and reaching; as far as; to the extent of</i> I'm going <b>to</b> Baltimore.	<b>vs</b>	<b>TOO</b> <i>(adverb) - in addition; as well; besides; also; more than enough</i> I'm <b>too</b> busy. I can't go to Baltimore.
<b>WHICH</b> <i>(pronoun) - a particular one(s) of those mentioned or implied; use which before a non-restrictive clause (words you can change without changing the meaning of the sentence)</i> Grammar, <b>which</b> can be confusing, is key to learning English.	<b>vs</b>	<b>THAT</b> <i>(pronoun) - something indicated; use that before a restrictive clause (words you can't change without changing the meaning of the sentence)</i> There is a question mark <b>that</b> clarifies the meaning.
<b>YOUR</b> <i>(adjective) - belonging to you</i> Is this <b>your</b> dog?	<b>vs</b>	<b>YOU'RE</b> <i>(contraction) of you + are</i> <b>You're</b> a great mother!



# Don't Miss Disability Advocacy Day in Madison!

Disability Advocacy Day is Tuesday, March 24, at the Monona Terrace in Madison, WI. Disability Advocacy Day is a day-long event focused on connecting self-advocates with their

legislators to discuss issues that matter to them. Participants support Survival Coalition's mission to maximize community inclusion for all people with disabilities.

Attendees are expected to participate in the full day of activities, which begins at 9:30 am and ends around 3:30 pm. This year, there is a small fee to register: \$10/person (scholarships are available). Registration is now open and the deadline to sign up is March 13! If you are interested in learning more about this day or to register:

Visit: <http://www.survivalcoalitionwi.org/index.php/events/> or email Fil Clissa at [survivalcoalitionwi@gmail.com](mailto:survivalcoalitionwi@gmail.com).



## Are you on a fixed income, but need home repairs?

Waukesha County's Community Development offers low to moderate income residents funds to fix home repairs. These funds are distributed as a loan, but no monthly payments are required and there is no interest! Pay it when you sell!

**Call today for more information!**  
Debbie Narus | Housing Program Coordinator  
Waukesha County Community Development  
**262-896-8170**



# Wisconsin's Irish Heritage

March is the time of year when many of us celebrate St. Patrick's Day. Whether you are of Irish decent or not, it has become a popular holiday with parades, dances, and celebrations across our state.

But there is another story behind the holiday, and that is the millions of people who fled Ireland to come to the United States during the 1800s. They fled Ireland for several reasons, some fled from religious and political persecutions, while others fled because of the Great Potato Famine. The Great Famine, or the Great Hunger as some Irish called it, took place between 1845 and 1849. During the famine, nearly 1 million people emigrated from Ireland, with as many as 4.5 million people arriving in the United States from Ireland and other European countries. It is estimated that more than 25% of Ireland's population left the country during this time. This was truly a time of devastation and despair for the people of Ireland.

Most Irish immigrants came to Wisconsin between 1840 and 1860, during the famine and shortly thereafter. The Irish were not fast movers, according to historians at the Wisconsin Historical Society. They took their time migrating to Wisconsin from the East Coast, often moving from one county to another, and eventually from state to state. The thought of owning a piece of their own land at a more affordable cost than land on the East Coast was too irresistible to pass up. They came with a sense of adventure and nothing to lose.

Once the Irish settled in Wisconsin they preferred the south western sections of the state where the mining industry provided many jobs such as smelting, lumbering, and rail construction. However, a large population of Irish immigrants stayed in the Milwaukee area and worked as artisans and laborers. In 1850, the Irish made up over half of all immigrants who arrived in Wisconsin during that year.

Today it is estimated that 11% of Wisconsin's population are of Irish decent. While that may seem like a small percentage, they are, without a doubt, an influential group. They were hard working people who left their homeland during times of despair and have left their mark on Wisconsin and the Milwaukee metropolitan area. When we go to a parade or see Irish dancers this March, we should take some time to remember the people who came to Wisconsin for a better life, and who have passed down from generation to generation their customs and traditions, and helped build this great state we call home. You can visit the Irish Cultural and Heritage Center in Milwaukee at [www.ichc.net](http://www.ichc.net) to learn more.

**"If you're Irish, it doesn't matter where you go, you'll find family."** *Victoria Smurfit*



## NUTRITION



What we eat can greatly affect our health. Come learn about the importance of good nutrition in a one-hour presentation given by a public health nurse!

**Mar. 5 | Stoney Creek Adult Community | 10-11am**  
S69W14142 Tess Corners Dr., Muskego, WI  
To Register Call: (414) 422-4686

**Mar. 11 | Menomonee Falls Senior Center | 10-11am**  
W152N8645 Margaret Rd., Men. Falls, WI  
To Register Call: (262) 255-8460

**Mar. 18 | Brookfield Library | 10-11am**  
1900 N Calhoun Rd., Brookfield, WI  
To Register Call: (262) 782-4140

**Mar. 24 | Hartland Library | 10-11am**  
110 E. 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 February, the highlighted produce item is mushroom! 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 MARCH MUSHROOM



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



## Stay Active This Winter!

Just because the winter chill is still here 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

Indoor Walking | Sundays: Noon-3:00pm - Mukwonago High School (door #4)

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

Dartball | Thursdays: 1:00-3:00pm - Oconomowoc Community Center Activity Rm.

# Evidence-Based Health Promotion Program

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

<https://www.waukeshacounty.gov/ADRCWorkshops/>.

**Boost Your Brain & Memory** - This class is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the 8 weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

**Wednesdays, March 25 - May 13, 2020 | 9:30am – 11:00am**

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

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

**Powerful Tools for Caregivers** - Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self-care. Caregivers will learn how to reduce stress, improve communication, set action plans, and solve problems. It offers solid information on hiring in-home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care through the ADRC is possible upon request.

**Mondays, March 30 - May 11, 2020 | 1:30pm – 3:00pm (no class April 13)**

Location: **Learning in Retirement (WCTC Waukesha Campus)**  
327 East Broadway | Waukesha, WI 53186

Contact: Learning in Retirement Office: (262) 695-3473 or online [www.wctc.edu/lir](http://www.wctc.edu/lir)

**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 falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

**Thursdays, April 2 - May 14, 2020 | 1:30pm – 3:30pm**

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

Contact: Call (262) 434-2600

# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday through Friday at 12:00	<b>Butler</b> <b>783-5506</b> – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday through Friday at 11:45	<b>Hartland</b> <b>367-5689</b> – Dave Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday through Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> - Jenny Birchrock Apartments 280 Birchrock Way Monday through Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> – Jack Stoney Creek Adult Community Center S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> – Shawn National Regency Retirement Community 13750 West National Avenue Monday through Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> – Margaret Oconomowoc Community Center 220 West Wisconsin Avenue Monday through Friday at 12:00	<b>Sussex</b> <b>246-6747</b> – Josh Sussex Civic Campus N64W23760 Main Street Monday through Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> – Lucille La Casa Village 1431 Big Bend Road Monday through Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, 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.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

## Medicare - Library Presentations

*These are free 1 hour "Introduction to Medicare" classes presented by Tracy Lipinski, Greater WI Agency on Aging Resources, Inc. in conjunction with the Aging and Disability Resource Center (ADRC) of Waukesha County.*

**Brookfield Public Library—Wednesday, March 4 at 1:00 pm**  
**Elm Grove Public Library—Thursday, March 12 at 10:30 am**  
**Menomonee Falls Public Library—Wednesday, March 18 at 10:30 am**

**Pewaukee Public Library-Wednesday, April 22 at 1:00 pm**  
**New Berlin Public Library-Wednesday, April 29 at 10:30 am**

**Muskego Public Library—Wednesday, May 6 at 1:00 pm**  
**Waukesha Public Library—Tuesday, May 12 at 10:30 am**  
**Pauline Haas Library, Sussex—Wednesday, May 13 at 6:30 pm**  
**Brookfield Public Library—Monday, May 18 at 10:00 am**  
**Hartland Public Library—Wednesday, May 20 at 2:00 pm**  
**Alice Baker Library Eagle WI—Wednesday, May 27 at 1:30 pm**



# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Mushroom</b> Swiss Burger Rye Hamburger Bun Ketchup, Mustard Dilled Baby Carrots Baby Red Potatoes Spiced Apple Rings Dessert Bar Alt: Banana 	Oven Roasted Pork Scalloped Potatoes Winter Vegetable Blend Rye Bread w/ butter Kitchen's Choice Fruit Carrot Cake Alt. Apple	Spaghetti w/Meat Sauce Italian Vegetable Blend Garlic Bread Mixed Greens Salad w/ Italian Dressing Peaches	Beef with Broccoli Vegetable Fried Rice Egg Roll Sweet & Sour Sauce Mandarin Oranges Almond Cookie Alt. Sugar Free Cookie	Enchilada Casserole Mexican Bean Salad Southwest-style Corn Diced Pears Dinner Roll w/ butter Churro Alt: Sugar Free Pudding
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Swedish Meatballs In Gravy Mashed Potatoes gravy Brussels Sprouts Fresh Orange Bread w/Butter Butterscotch Pudding Alt. Diet Pudding	Cream of Broccoli Soup Saltine Crackers Diced Carrots Hot Shaved Turkey in Gravy on Kaiser Roll Fresh Apple Dessert Bar Alt. Plain Cookie	Stuffed Cabbage Roll Mashed Potatoes with gravy Diced Beets Rye Bread w/ butter Banana Tapioca Pudding Alt. Fresh Orange	Lemon Pepper Chicken Breast Garlic Mashed Potatoes w/ Gravy California Blend Veg Wheat Bread w/Butter Fruited Gelatin Alt. Diet Gelatin	Oven Baked Ham Baked Sweet Potato w/Butter Sweet Green Peas Texas Toast w/Butter Fresh Fruit
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Meatloaf w/ Onion and <b>Mushroom</b> Gravy Mashed Potatoes Broccoli Italian Bread / Butter Fruit Salad 	Pork Cutlet Maple Glazed Baby Carrots Baked Baby Reds w/ butter Green Gelatin w/ Diced Pears 7 Grain Bread w/Butter	<b>St. Patrick's Day Celebration</b> Corned Beef Casserole w/Carrots and Peas Mashed Potatoes/Grvy Coleslaw Chef's Choice Fresh Fruit Irish Soda Bread butter Mint Brownie	Chicken Alfredo with <b>Mushrooms</b> Over Egg Noodles Stewed Tomatoes Romaine Salad w/ Dressing Rye Bread / Butter Peach Half 	Breaded Fish Tartar Sauce Red Beans and Rice 5-Way Mixed Veg Creamy Coleslaw Grapes Wheat Roll w/ butter Baker's Choice Cookie Alt. Banana
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beef Macaroni Casserole Stewed Tomatoes Wheat Bread w/ Butter Peach Half Fruited Yogurt	Crab Pasta Salad Croissant Lettuce /Tomato Tomato Juice Diced Melon Frosted Yellow Cake Alt. Plain Cake	Shredded Pork w/ Herb Gravy Mashed Potatoes w/ Gravy Spinach Salad w/ Dressing 7 Grain Bread w/ Butter Diced Peaches	<b>Opening Day</b> Bratwurst on Bun Ketchup/Mustard Baked Beans Potato Salad Fresh Apple Apple Pie	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Oriental Blend Veg Mandarin Oranges Almond Cookie Alt. Sugar Free Cookie
<b>30</b>	<b>31</b>	 <p style="text-align: center;"> <b>PLEASE NOTE: 1% MILK INCLUDED</b>  <b>ALT= LOW SUGAR ALTERNATIVE</b>  <b>Menu subject to change without notice</b> </p> 		
Herb Roasted Chicken on the Bone Mashed Sweet Potatoes Coleslaw Crushed pineapple Parker House Dinner Roll w/ Butter Chocolate Mousse	Smoked Pork Chop Mashed Potatoes and Gravy Calico Beans Cornbread Muffin w/ butter Fresh Peach			

# March EVENTS

**March 6 & 7 – Arrowhead Pool Open Swim @ Arrowhead High School, 7:30-9 pm & 2-4 pm.** This is a reoccurring event for the community on Fridays and Saturdays until May. Admission for the open swim is \$3 per person.

**March 7 – Get Lucky Waukesha Art Crawl @ Downtown Waukesha, 4-9 pm.** 175 artisans at 20 galleries and showplaces are featured in this seasonal event. Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music, and indulge in food and drink.

**March 7 – St. Matthew’s Winter Carnival @ St. Matthews of Oconomowoc, 10 am-2 pm.** Bring the family to enjoy games, a huge prize booth, silent auction, and lots of food!

**March 13 – The Many Facets of Quilting @ The Waukesha County Expo Center, 10 am-6 pm.** This event will feature over 300 quilted items, many vendors, boutique gift items, quilt appraisals, and a raffle. Admission is \$5 per person.

**March 14 – Spring Workshop Day @ Retzer Nature Center, 9 am-3 pm.** Spend your day getting ready for spring through free, expert-led workshops and programs. Learn about gardening from pollinators, invasive species, home composting, sustainable home practices, and container gardening ideas.

**March 14 – Lake Country Community Fest @ Kettle Moraine High School, 10 am-3 pm.** This is the 16th annual Lake Country Community Fest, featuring 150 exhibitor booths, a food court, live demonstrations, children’s activities, entertainment, healthcare clinics and more! This event gives local businesses the opportunity to meet one-on-one with prospective customers close to home.

**March 14 – Milwaukee St. Patrick’s Day Parade @ Downtown Milwaukee, 12 pm.** This is the 54th Annual St. Patrick’s Day Parade. The parade kicks off at noon at Old World 3rd Street and Wisconsin and finishes at Water and Highland. Come enjoy over 100 units including Irish dance groups, pipe and drum corps, local celebrities and dignitaries.

**March 15 – Family Day in the Village @ Milwaukee Irish Fest Center (1532 Wauwatosa Ave., Milwaukee), 11 am-3 pm.** This family friendly celebration of St. Patrick’s Day has activities for everyone, including crafts, live music and entertainment, Irish dancing, Irish themed activities, tours of the Ward Irish Music Archives, and more! Admission is \$10 per family.



## March 8th

Don't forget to set your  
clocks ahead one hour!

# March is National Nutrition Month!

Take part by making an informed choice on your produce picks!

Small changes can add up to big results, one bite at a time!  
Here you can decide whether fresh, frozen, or canned vegetables are for you.

## FRUITS

### Fresh

- Mainly grown in warmer seasons in the midwest, so most are picked early and shipped in from other areas. To get the freshest produce possible, support local farms and markets.
- The most versatile and delicious form to eat. Can be eaten raw or added to any dish for added health benefits.
- Stay fresh for a few days, depending on type ripeness and storage method.

### Frozen

- Usually harvested at peak ripeness and quickly frozen to retain the most of their nutritional value.
- Typically don't contain added sugar or preservatives.
- Are typically the most nutritious and convenient option.
- Last 6-9 months frozen.

### Canned

- Are sometimes packed with syrup and very high in added sugar. If you select canned, read labels to compare the amount. Try to pick those packed in water or 100% fruit juice.
- Are least versatile as they are usually consumed as-is or chilled, but cost efficient.
- They have the longest shelf life 2-5yrs.

## VEGETABLES

### Fresh

- Mainly grown in warmer seasons in the midwest, so most are picked early and shipped in from other areas. To get the freshest produce possible, support local farms and markets.
- The most versatile and delicious form to eat; can be eaten raw or added to almost any dish for added health benefits.
- Stay fresh for a few days, depending on type, ripeness, and storage method.

### Frozen

- Usually harvested at peak ripeness and quickly frozen to retain the most of their nutritional value.
- Typically don't contain added salt or preservatives.
- Are typically the most nutritious and convenient option.
- Last 8-10 months frozen.

### Canned

- Are usually high in sodium. If you select canned, read the labels and pick the one with the lowest amount of sodium. These are typically labeled on the front as low or no sodium/salt.
- Are least versatile as they usually are consumed as-is or heated, but cost efficient.
- They have the longest shelf life 2-5yrs.



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

[waukesha.extension.wisc.edu](http://waukesha.extension.wisc.edu)

## What's happening at your local library?

Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or if you live in a different town. Here is a sampling of some of the programs and activities scheduled for March.

<p><b>Brookfield Public Library</b> 1900 N Calhoun Road Brookfield, WI 53005 (262) 782-4140 <a href="http://www.ci.brookfield.wi.us/38/Library">www.ci.brookfield.wi.us/38/Library</a></p> <p><i>Veterans' Benefits Program</i> Wednesday, March 11 at 2:00 PM</p>	<p><b>Butler Public Library</b> 12808 W Hampton Avenue Butler, WI 53007 (262) 783-2535 <a href="http://www.butler.lib.wi.us">www.butler.lib.wi.us</a></p> <p><i>Fiber Arts Circle— bring in your own fiber art projects.</i> Wednesday, March 18 at 6:30 PM and every 3rd Wednesday through May.</p>	<p><b>Delafield Public Library</b> 500 Genesee Street Delafield, WI 53018 (262) 646-6230 <a href="http://www.delafieldlibrary.org">www.delafieldlibrary.org</a></p> <p><i>Lighthouses of Wisconsin</i> Thursday, March 12 at 6:30 PM</p>
<p><b>Elm Grove Public Library</b> 13600 Juneau Boulevard Elm Grove, WI 53122 (262) 782-6717 <a href="http://www.elmgrovelibrary.org">www.elmgrovelibrary.org</a></p> <p><i>The Discovery Of Magic</i> Wednesday, March 18 at 7:00 PM</p>	<p><b>Hartland Public Library</b> 110 E park Avenue Hartland, WI 53029 (262) 367-3350 <a href="http://www.hartlandlibrary.org">www.hartlandlibrary.org</a></p> <p><i>Cutting the Cable Cord— For people thinking of canceling cable TV?</i> Tuesday, March 24 at 6:00 PM</p>	<p><b>Waukesha Public Library</b> 321 W Wisconsin Avenue Waukesha, WI 53186 (262) 524-3680 <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p> <p><i>Author Visit Scott Hendrix: God, Philosophers &amp; Scientist: Religion and Science in the West</i> Wednesday, March 4 at 6:30 PM</p>

### Memory Cafes

Are you looking for something to do with your loved one in a safe, supportive space? A Memory Café is a social gathering for those who are experiencing early stage dementia, mild memory loss, or mild cognitive impairment, and for their families, friends, or care partners. Below are some of the programs scheduled in March and early April.

First-time attendees should contact the [Alzheimer's Association of SE Wisconsin](http://www.alz.org) 800-272-3900 to register.

Location	Address	Date & Time	Topic
Town Hall Library	N76 W31429 Highway VV North Lake, WI 53064	Friday, March 6 from 10:30 - 12:00	Jessica Michna will portray Laura Ingalls Wilder taking us back in time to pioneer days. "Wisconsin-themed"
Pauline Haass Public Library	N64W23820 Main St. Sussex, WI 53089	Monday, March 16 from 3:30 - 4:30	Celebrate St. Patrick's Day and the Emerald Isle with food, music, and dance! Join us for this informal social gathering.
Pewaukee Public Library	210 Main Street Pewaukee, WI 53072	Friday, April 3 from 10:30 – 12:00	Revisit everyday life from 1930s - 1950s. Walk down memory lane with Rochelle Pennington and revisit the good old days.

# Celebrate Brain Awareness Week

## March 16 - 22, 2020

The brain is arguably the most important organ in the human body. It controls and coordinates actions and reactions, allows us to think and feel, and enables us to have memories and feelings - all the things that make us human.

Brain Awareness Week is a worldwide campaign to increase public awareness about the progress and benefits of brain research. From March 16 - 22, the world will celebrate the beauty and mysteries of the brain.

*Unscramble the ten words below by rearranging the order of the letters – then fill them in the spaces below to find out why it’s useful to exercise your brain on games and puzzles!*

L A M E N T

S K I D

R A T E

S W O R D

M U T I L A T E S

R E N A L

H E R C A R E S

M E G A S

T A R T S

P H A S E

Everyone knows that \_\_\_\_\_ brains continue to \_\_\_\_\_ and grow, but new \_\_\_\_\_ suggests that even the brains of older adults are not "frozen." They respond well to \_\_\_\_\_ exercise such as \_\_\_\_\_ involving \_\_\_\_\_ like this one here. It is also useful to \_\_\_\_\_ your senses and to seek out new experiences. \_\_\_\_\_ your brain workouts now and get yourself in \_\_\_\_\_. It works, as will be shown - or as they say in Latin, "quod \_\_\_\_\_ demonstrandum!"

Reprinted with permission of the Dana Alliance for Brain Initiatives

Everyone knows that KIDS brains continue to LEARN and grow, but new RESEARCH suggests that even the brains of older adults are not "frozen." They respond well to MENTAL exercise such as GAMES involving WORDS like this one here. It is also useful to STIMULATE your senses and to seek out new experiences. START your brain workouts now and get yourself in SHAPE. It works, as will be shown - or as they say in Latin, "quod ERAT demonstrandum!"

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

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

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