Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1
Website:
www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Waukesha County (NAMI)
262-524-8886

Veteran's Services
262-548-7732

Moraine Lakes Consortium
888-446-1239

Alzheimer's Association
800-272-3900
(24/7Helpline)
www.alz.org/sewi

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ADRC
Aging & Disability Resource Center of Waukesha County

During the month of May, we celebrate Older Americans Month. This annual recognition dates back to 1963, when President John F. Kennedy designated May as a month to honor older Americans and celebrate their contributions to our communities and our nation.

OLDER AMERICANS MONTH
MAKE YOUR MARK: MAY 2020

March 25, 2020 marked an important day for older adults as President Trump signed HR4334, the Older Americans Act of 2020 into law, affirming the rights, dignity, independence, and well-being of older adults. The law reauthorizes critical Older Americans Act (OAA) programs through 2024. Services supported by the OAA include congregate and home-delivered meals, case management, specialized transportation services, employment and volunteer programs, adult day care, senior centers and activities, personal care, homemaker and chore services, legal support, health promotion, and disease prevention. The Waukesha County ADRC administers many of these programs and carries out the functions required by the Older Americans Act.

This year, The Administration for Community Living (ACL) has selected "Make Your Mark" as the theme to celebrate Older Americans Month. The purpose of the theme is to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day.

Waukesha County is very fortunate that our older adults continue to "Make their Mark" in the community as a volunteer. During this time when many of the community programs provided by the ADRC have been suspended, we have provided alternate opportunities for volunteers to help in the community. A number of our home delivered meal volunteers are now making weekly calls to folks they used to deliver to and provide a check in. Some of volunteers under the age of sixty continue to deliver meals in the community. The ADRC has many volunteers who "Make their Mark" on the programs and services offered in our community. As we develop plans to reopen and provide services, we are thankful for the volunteers who will return to assist with our various programs. Our volunteers help build a strong community throughout Waukesha County and continue to "Make their Mark".

May is National Mental Health Awareness Month

There is no doubt that the world, our nation, county, and communities have been enduring extraordinary circumstances in recent weeks. This has been uncharted territory dealing with a virus of this magnitude and we've all had to make changes to our daily lives. All of the unknowns can be anxiety provoking and at times scary.

One thing that has not changed, is having hope. Hope is defined as: "to cherish a desire with anticipation: to want something to happen or be true." Having hope is so very important during this time of social, financial, emotional, and health instability. Some of you have endured difficult times in the past such as wartime, the Great Depression, and even other health crises. During each of those times in history, "we," as a nation, have endured and that was through hope.

We can all do our part to instill hope in ourselves and others. This is a time to be a good friend, neighbor, or loved one, in ways both big and small. Maybe it is giving someone hope by sending them a card or a letter, offering to get groceries, pick up their needed medications, or just make a phone call to check on those who are isolated alone. You can also instill hope in yourself by practicing mindfulness to stay mentally and physically healthy. Coloring, journaling, exercising, or simply taking a walk, can all be healthy ways to preserve hope in your daily lives as we navigate these changing times.

Here are some other ideas to help you take care of yourself:

- Stay connected and in touch with friends and family through calls, texts, and videos. (A virtual get together can relieve stress and help you realize we will all get through this and life will get back to normal.)
- Stay informed but avoid too much media, including social media.
- Focus on your own mental and physical health. Find ways to care for your own mental health.
- Get enough sleep.
- Try to stay physically active.
- Eat well.
- Keep everyone busy with games, books, or puzzles.
- Spend time outside.
- Reward yourselves with a fun activity like a movie and popcorn or a great dinner and dessert.

The steps we have taken already and continue to take can make a difference in the lives of many. Through hope, we can overcome and become stronger as a nation and as individuals. Strength and hope know no boundaries, so stay strong and keep the hope today and every day.

"There's incredible acts of kindness and bravery, and in the most unlikely places, and it gives you hope." Dave Matthews

ALZHEIMER'S ASSOCIATION IS OFFERING FREE VIRTUAL SERVICES

While the COVID-19 pandemic threatens the health of millions in this country and around the world, the novel coronavirus presents unique challenges for more than 5 million Americans, including 120,000 in Wisconsin, living with Alzheimer's and their caregivers.

The Alzheimer's Association, Wisconsin Chapter is offering free virtual (phone and webinar) programming including care consultations, education programs, and support groups to help all Wisconsin caregivers and their families.

"During this challenging time, it's critical that all Wisconsin caregivers have access to Alzheimer's Association resources even if they cannot venture out," said Wendy Betley, Senior Program Director, Alzheimer's Association Wisconsin Chapter. "The COVID-19 crisis is altering Americans' daily lives, but the needs of Alzheimer's caregivers cannot be put on hold. These online programs allow us to connect with caregivers and provide necessary information even amid the current crisis."

State-wide virtual (phone and webinar) programs include:

- Wisconsin Men's Caregiver Support Groups
- Wisconsin Statewide Telephone Support Group
- Wisconsin Support Group: Family Members of Loved Ones in Facilities
- Wisconsin Support Group: Caregivers of individuals in the early stages of Alzheimer's or dementia
- Wisconsin FTD Caregiver Support Groups
- Wisconsin Support Group: Grupo de Apoyo de Milwaukee en UCC
- Early Stage Alzheimers' education programs (various)
- Education programs for family caregivers (various)

For a complete list of upcoming programs, or to register for a program, visit alz.org/crf. In addition to the virtual education classes, the Alzheimer's Association offers online community resources at alz.org including ALZConnected®, a free online community where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice and find support.

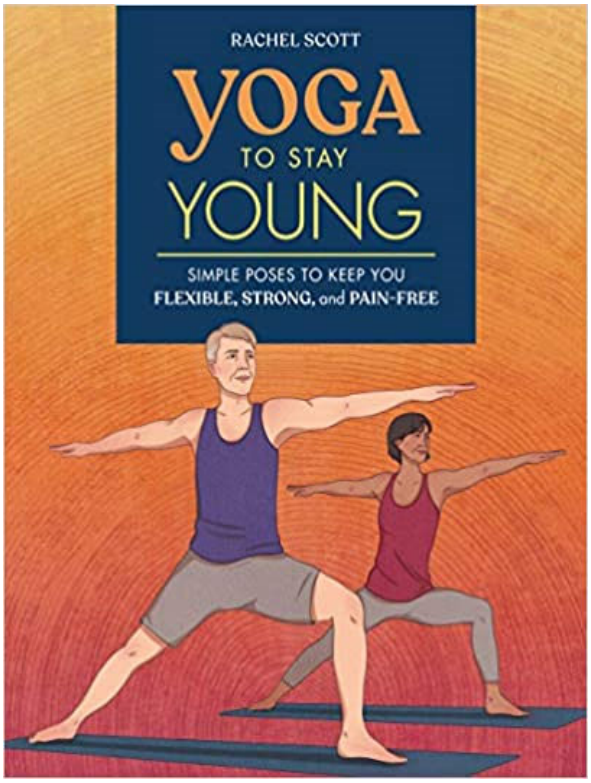
The Alzheimer's Association free, 24/7 Helpline (800.272.3900) offers around-the-clock support for caregivers and families impacted by Alzheimer's and all dementia.

We all see Memorial Day as a day to honor fallen soldiers who have served our country, as well as being the unofficial start to summer, but many may not know that Memorial Day was once called Decoration Day. Starting on May 5, 1868, General James Garfield gave a speech at Arlington Cemetery to 5,000 attendees who then decorated graves of 20,000 Union and Confederate Soldiers with flowers and flags.

The date of May 5 was chosen because it was not the anniversary of any particular battle. While this is historical fact, some records also show that the real earliest Decoration Day celebration was held in 1865 after the Confederacy surrendered and was organized by a group of freed slaves in Charleston, South Carolina.

The name transition from Decoration Day to Memorial Day happened gradually during World War I as America faced more hardships and the date turned into honoring fallen soldiers from all wars fought, not just the Civil War. The date itself changed from May 5th to the last Monday in May in 1968 when Congress passed the Uniform Monday Holiday Act that created a three day weekend for federal employees and made Memorial Day an official Federal holiday.

Nowadays, Memorial Day means cemetery and memorial visits, family gatherings, parades, and more. There is still even a nationwide Moment of Remembrance at 3:00 pm. This Memorial Day, take these facts and hold them close to heart as you honor the fallen however you see fit.



May's Book of the Month: Yoga to Stay Young by Rachel Scott

This month's book comes at a time when all of us are looking for any tips and tricks to keep active while staying inside and at home! Forming daily routines during this time will help the days go by quicker while providing a sense of productivity. Aiming to make readers fit, flexible, and strong at any age, Yoga to Stay Young includes 40 pain free yoga poses ranging to simple neck stretches to combined poses. These poses are perfect for active seniors who want to find balance and manage pain by mastering a wide variety of easy poses and routines. This guide is perfect for starting from square one to build a healthy lifestyle that will last for years to come.

Rachel Scott is yoga educator, author, and instructional designer. She has contributed to Yoga International, The Huffington Post, and presented at yoga conferences around North America. This book can be found for purchase online, but you can also check your local library and do curbside pickup if available!.

The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than $675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

2020CENSUS.GOV

D-OP-EL-EN-125

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United States® Census 2020

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based 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/.

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

Tuesdays, June 2 - July 14, 2020 (no class June 23) | 1:00pm – 3:30pm

Location: **Stoney Creek Senior Community**
S69 W14142 Tess Corners Dr., Muskego, WI 53150

Contact: To register, call Anita at 414-422-4686

May is Arthritis Awareness Month!

Being active is a simple and effective, non-drug way to manage and relieve arthritis pain. Physical activity, such as walking, biking, swimming, weight lifting, and stretching, decreases arthritis pain and improves function, mood, and quality of life. Exercising is also a great way to reduce stress, boost self-confidence, and combat depression and anxiety. Adults with arthritis should move more and sit less throughout the day. Due to the Safer at Home order and social distancing requirements many gyms, swimming pools, and physical therapy centers are closed for the foreseeable future. Stay active and get moving with the tips and resources below. Remember, some physical activity is better than none!

EXAMPLES OF PHYSICAL ACTIVITIES FOR PEOPLE WITH ARTHRITIS:

- **Low-impact aerobic activities** – Such as brisk walking, cycling, light gardening, and dancing. Make sure to choose exercises and activities that do not put stress on the joints. If safe to do so, walk or bike around the neighborhood.
- **Muscle-strengthening exercises** – Such as lifting weights, working with resistance bands, and yoga. See links below for exercises to try at home.
- **Flexibility exercises** – Try daily stretching or yoga exercises to help maintain range of motion. See links below for flexibility exercises to try at home.
- **Balances exercises** – Such as walking backwards, standing on one foot, and tai chi. Do balance exercises 3 days per week if you are at risk of falling. See links below for balance exercises to try at home.

Resources:

Arthritis Foundation - Lower Body Strength Exercises: https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/lower-body-strength-workout

Arthritis Foundation - Upper Body Strength Exercises: https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/upper-body-strength-workout

Arthritis Foundation's Walk with Ease program exercises: https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-exercises

A Message from your Librarian!

With the outbreak of the coronavirus, or COVID-19, most of us are staying inside to keep ourselves and others healthy. As boredom sets in, and your list of things to do dwindles, it might be tempting to visit the library to check out some books or movies, or attend a program or story time. And although most libraries in Waukesha and Jefferson counties are open for curb-side pickup, the CDC still recommends staying home as much as possible.

But don't worry - your library is also online! You can keep learning, keep reading, and keep the boredom at bay with free digital library resources. All you need is a library card. (If you don't have one yet, you can even sign up for a library card online too at www.GetYourLibraryCard.org!) Here are some things you can do to stay busy right from home.

Check out books: Wisconsin's Digital Library gives you access to thousands of library ebooks and digital audiobooks. Get started by visiting https://wplc.overdrive.com/ or find the free Libby app in the app store. The digital library never closes!

Flip through magazines: Flipster is an online collection of digital magazines, which you can read on your computer or on your mobile device with the free Flipster app. There are over 90 magazine titles to choose from, including People magazine, Parents magazine, Ranger Rick Jr., Better Homes and Gardens, and much more. You can even see new and past issues! Visit www.bridgeslibrarysystem.org/magazines to start reading.

Keep learning: Gale Courses is an online learning platform with over 360 instructor-led classes for adults in everything from Spanish to Photoshop. All classes are free and available with your library card. Sign up for a class here: www.bridgeslibrarysystem.org/classes.

Stream movies and TV shows: Every library in the Bridges Library System has access to a streaming service called Hoopla. Cardholders can stream or download movies, TV shows, ebooks, audiobooks, magazines, and more. It's like Netflix…but free! There are no holds or fines, but each cardholder is limited to 4 downloads per month. Visit www.bridgeslibrarysystem.org/databases and scroll down until you see the link for Hoopla.

Besides the options listed above, there is a long list of online activities, resources, and tools on the Bridges Library website. They will even be adding virtual story times so your kids can still get that fun library experience. Take a look at www.bridgeslibrarysystem.org/stuck-at-home-resources. You can also tune into the Bridges Library System's Facebook page every Saturday at 7:00pm to watch a live book chat with one of their librarians and get new book recommendations.

As Ron Weasley says in the Harry Potter books, "When in doubt, go to the library." Your library might be closed, but library staff are still available at most libraries and they are still answering phones and checking emails, so feel free to contact them if you have a question on using any of these resources. And if you already have library materials checked out at home, don't worry about returning them now. Due dates have been extended to June 1 and fines won't accrue until then. Finally, make sure to follow your public library on Facebook or check their website for further details as the month progresses. Stay healthy and we hope to see you back at the library very soon!

https://www.facebook.com/BridgesLibrarySystem/

Bridges
LIBRARY SYSTEM
Bringing libraries together

18 Shelf-Stable Foods for Your Emergency Food Supply

You've probably heard the advice to have an emergency food supply and to stock up on other basic needs in response to the coronavirus pandemic. The Department of Homeland Security advises that every household should have a two-week supply of food and water on hand (among other things, like prescriptions and over-the-counter medications). Shelf-stable foods, in particular, are your smartest buy for an emergency food supply. These nonperishable products can be stored safely at room temperature and stay good for weeks, months, or even years without refrigeration.

Blanking on what you should actually be buying? Here's a handy list of shelf-stable foods for your emergency food supply that will provide you with tasty nourishment, pandemic or no pandemic.

1. Macaroni and Cheese—You might have a few boxes of this favorite on your shelf already.
2. Crackers—Crackers are a great vehicle for other foods you might have on hand, like nut butter or cheese. Whole grain crackers will be more filling.
3. Applesauce—Applesauce is very much for adults too. For a better deal, go for a big jar over single-serving cups.
4. Nut or Seed Butter—Always amazing by the spoonful, or in peanut butter and jelly sandwiches, on crackers, or with apples.
5. Oats—This breakfast staple is super versatile in terms of toppings (just about anything) and cooking method (on the stovetop, in the microwave, or overnight).
6. Canned Chili—Vegetarian or meatless, spicy or mild, just heat and eat for a filling dinner.
7. Granola or Protein Bars—Tasty bars are one of the best snacks ever, quarantine or not.
8. Dried Fruit—The trail mix staple will help you get your daily servings of fibrous fruit and natural sweetness. Maybe try a new kind: pineapple, mango, apple, banana, or blueberries.
9. Tuna Pouches/Cans—Your best bet for Omega-3 fatty acids, and there are plenty of flavorful varieties available.
10. Canned Vegetables—Having a nonperishable source of vegetables is key in the event you can't get to the grocery store.
11. Popcorn—One of the more fun whole grains to have on hand. Go for dry kernels, which stay fresh longer than microwave bags.
12. Jerky—A great source of animal protein (beef or turkey), with lots of zesty flavors.
13. Hearty Soups—Opt for beefier varieties such as minestrone, chicken noodle, or lentil vegetable, which contain several different food groups to make a meal in and of itself.
14. High-protein Pasta—Pasta made with beans and legumes is extra high in protein.
15. Cereal—The healthiest cereals have whole grains and are low in sugar and carbohydrates.
16. Rice—Brown rice, such as Jasmine or Basmati, provide important nutrients and dietary fiber.
17. Precooked Entrees—So simple and quick, just warm up the food in the microwave or on the stovetop.
18. Trail Mix—This energy-dense snack tastes just as good inside as in the great outdoors.

From: https://www.self.com/gallery/emergency-food-supply-list

Guidance for Caregivers to Address Concerns Related to Social Distancing

Caregivers face special challenges during this time of self-isolation. The person in your care needs you to be physically healthy and emotionally strong, which can feel overwhelming during a crisis. Below are guidelines to help caregivers through the days ahead. Staying connected to friends and having access to information from qualified professionals in your community is the best way to maintain peace of mind.

1. Create a Household Plan that Practices Prevention. This includes following CDC Guidelines for frequent handwashing and limiting contact with individuals other than the person in your care, especially if the person has underlying health conditions that put them at higher risk of complications from COVID-19. Practice everyday preventive actions now, and teach everyone in your household how to stay safe from the spread of respiratory illnesses:

a. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.
b. Avoiding close contact with others as much as possible (about 6 feet).
c. Stay home when you are sick, except to get needed medical care.
d. Cover your coughs and sneezes with a tissue.
e. Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet, refrigerator and appliance handles).

2. Enlist extra help by phone. Enlist help from neighbors, friends, and relatives (or contact a local faith organization, ADRC, or volunteer organization if you don't have acquaintances who can help) by phone, not by inviting them to your house. Discuss what you and the care recipient are likely to need during self-isolation, and ask people to volunteer to make sure each need gets met. Now is the time to let others take on some of the tasks you've been doing as the primary caregiver so that you don't have to leave the house and risk heightened exposure to the COVID-19 virus.

3. Create an emergency contact list. Your doctor should be at the top of this list. Also ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

4. Post a list of organizations in your community. Create a list of local organizations that you and your family members can contact for information, health care services, support, and resources. The **Aging and Disability Resource Center (ADRC)** should be at the top of the list. You can reach us at **(262) 548-7848**. Also consider including organizations that provide mental health or counseling services, food, and other supplies. In response to direction from the CDC, many ADRCs are taking precautionary steps to protect the more vulnerable population they serve by changing some services to customers.

5. Discuss your needs with your employer. Learn if telework is an option or if leave options are available. Emphasize that someone else's health is dependent on you remaining well, too.

6. Take care of your emotional health needs. Make time to unwind. Call a friend or spiritual support, take a bubble bath, or listen to music that makes you feel good. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends by phone or video-chat. Share concerns, and let others know how you are feeling.

7. In the absence of gathering with family and friends in person, **consider connecting via conference call or video conferencing**. FreeConferenceCall.com, FreeConference.com and Zoom are a few platforms that allow multiple people to talk or video-chat.

8. Stay informed about the local COVID-19 situation. Get up-to-date information about local COVID-19 activity from the Wisconsin Department of Health Services website. www.dhs.wisconsin.gov/covid-19/index.htm

May's Produce of the Month is:

Asparagus

What health benefits does asparagus bring to the table?

- Packed with vitamins A,C, and K
- A good source of Iron
- Asparagus is full of antioxidants which can help protect your body from many diseases
- Rich in fiber which keeps you full and your digestive system healthy
- A low calorie and carbohydrate food with less than 30 calories per cup
- Contains a natural diuretic which means it helps flush out excess water and toxins from our bodies

~ Recipe ~

~ Oven Roasted Parmesan Asparagus ~

Ingredients:

1/2 pound fresh asparagus
1 tablespoon olive oil
1/4 teaspoon salt (optional)
1/2 teaspoon black pepper
3 cloves minced garlic (or garlic powder)
3 tablespoons Parmesan cheese

Instructions:

1.Preheat oven to 425°F.
2.Line a rimmed baking sheet with aluminum foil and set aside.
3.Rinse the asparagus and cut or snap off woody end pieces.
4.Spread out in a thin layer on top of the prepared cookie sheet.
5.Drizzle the asparagus in olive oil, and then add salt, pepper, garlic, and parmesan cheese.
6.Using tongs (or your hands) toss the asparagus to evenly coat and, then lay out into an even layer again.
7.Bake in the preheated oven for 8 minutes.
8.Remove from oven and serve immediately.
9.Enjoy!

FOOD WISE
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

Virtual Field Trips

A virtual field trip is a guided exploration through the world wide web that organizes a collection of pre-screened, thematically based web pages into a structured online learning experience. We have found several free interactive experiences for you to try. No permission slips required.

The Georgia Aquarium offers 8 different LIVE underwater experiences, and more. Check them out here: https://www.georgiaaquarium.org/webcam/ocean-voyager/

"Walk" the Great Wall of China without ever leaving your chair. Visit online here: https://www.thechinaguide.com/destination/great-wall-of-china

Visit the Louvre Museum without the 12 hour flight to Paris, or the baggage fees. Virtual tours found here: https://www.louvre.fr/en/visites-en-ligne?nrppage=10

The San Diego Zoo offers 11 live experiences featuring pandas, penguins, elephants, and so much more. Visit them at https://zoo.sandiegozoo.org/live-cams

Prepare for Space Travel with an exclusive virtual field trip to historic Johnson Space Center in Houston, Texas. https://www.boeingfutureu.com/virtual-field-trips/space

Explore the National Parks of the United States. You can visit Hawaii, New Mexico, Alaska, Florida, and Utah; all in one day if you'd like: https://artsandculture.withgoogle.com/en-us/national-parks-service

Safe & Happy Travels!

Fraud Surrounding COVID-19 is On the Rise

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes. And because older adults are at greater risk for serious illness from this virus, they are at increased risk of being targets.

During this medical crisis facing our nation, it is important to have the facts surrounding COVID-19, to be aware of the potential for scams, and to know what you can do to protect yourself.

Currently there is no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure". However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

Key Points

- Beware of anyone contacting you in person, on the computer or by phone, claiming to have a cure or vaccine.
- Do not give your Medicare number, Social Security number, or any personal information in response to unsolicited calls, text, email, or home visits.
- Hang up (or shut the door) on anyone who claims they have a test kit for the virus.
- Be suspicious of anyone offering anything related to COVID-19 such as testing kits, any supplies, or treatments.
- Don't succumb to fear-based tactics of scammers. Cut off those who make you afraid and contact familiar sources instead.

Also, remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you, they **will not** ask for your insurance number or financial information.

Attention:
Smoking and COVID-19

People with smoking-related chronic medical conditions like heart disease, diabetes, and lung disease are at **greater risk** for getting seriously ill from COVID-19.

Free quit services are available for all Wisconsinites by calling the Wisconsin Tobacco Quit Line.

WISCONSIN TOBACCO QuitLine

800-QUIT-NOW

HOW TO: HEALTH INSURANCE AFTER JOB LOSS

A GUIDE TO HEALTH INSURANCE OPTIONS FOR INDIVIDUALS WHO HAVE LOST HEALTH COVERAGE

The COVID-19 public health emergency has presented economic challenges to Wisconsin businesses, leading to many Wisconsinites losing their employer-based health insurance. If you have lost your health insurance coverage, the Wisconsin Office of the Commissioner of Insurance (OCI) and other state agencies have put together this brief guide that can help you make informed decisions about which option is best for you and your family. The State of Wisconsin is committed to assisting you during this public health emergency.

BUYING HEALTH INSURANCE ON HEALTHCARE.GOV

WHAT IS HEALTHCARE.GOV?

HealthCare.gov is the website that is run by the U.S. Department of Health and Human Services and allows individuals and families to shop for and enroll in health insurance plans. It is the online Marketplace created as part of the Affordable Care Act (ACA).

WHAT KINDS OF PLANS ARE AVAILABLE THROUGH HEALTHCARE.GOV?

Plans on the HealthCare.gov Marketplace are presented in four "metal" categories: Bronze, Silver, Gold, and Platinum. Metal categories are based on how you and your plan split the costs of your health care (monthly premiums, deductibles, etc.); they have nothing to do with the quality of care itself. The cost of coverage will vary depending on factors such as the type of plan you select, your income, and your location. Depending on your income, you might qualify for subsidies to help pay for your coverage.

Keep in mind that low-cost Bronze plans might have high deductibles. That may mean you have to pay a lot of money out of pocket to receive health care before your health insurance starts paying.

Silver plans may be the best choice for many individuals and families. Silver plans may have no-cost or low-cost coverage for you to see a doctor or use the emergency room even though the monthly cost may be slightly more than a Bronze plan.

I THOUGHT THE OPEN ENROLLMENT PERIOD WAS ALREADY OVER FOR HEALTHCARE.GOV. CAN I STILL ENROLL?

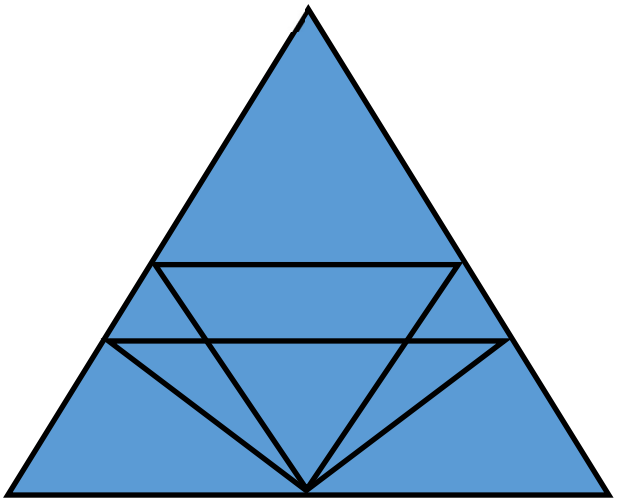
Yes, if you have just lost your health insurance, you are eligible for a 60-day special enrollment period. You can work with an enrollment assister, an insurance agent, or use HealthCare.gov to enroll in a new insurance plan. You may also qualify for a special enrollment period if you have experienced a life event such as moving, getting married, having a baby, or adopting a child.

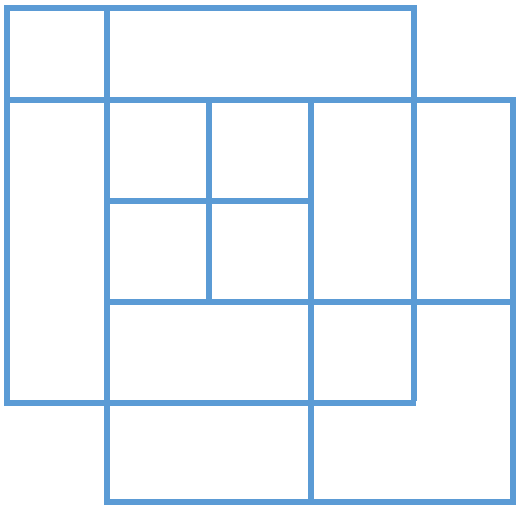
HOW DO I GET HELP ENROLLING IN HEALTH INSURANCE THIS WAY?

- Call 2-1-1 for free expert help.
- Call 608-261-1455 or 414-270-4677 for help from Covering Wisconsin.
- Visit HealthCare.gov to pick a plan.

Visual Puzzles

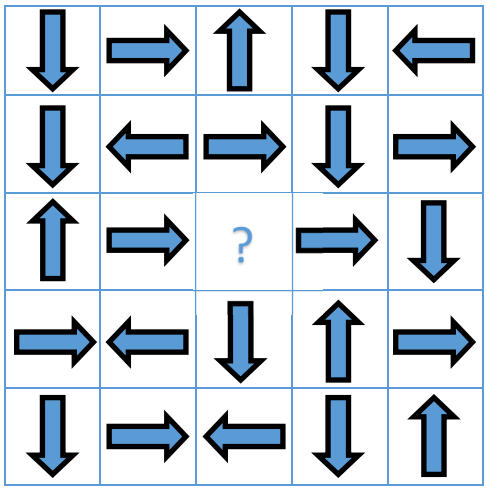
How many triangles are there?





How many squares are there?

Which direction should the missing arrow face?



ANSWERS:

Triangle– there are 18 triangles in total. This includes 8 stand-alone triangles and 10 assembled triangles.

Square– there are 17 squares in total. This includes 6 small squares (1x1 unit squares), 6 medium squares (2x2 unit squares), 3 large squares (3x3 unit squares), and 2 very large squares (4x4 unit squares).

Arrows– the missing arrow is pointing down. The pattern goes down, right, up, down, left, right spirals clockwise from the top left-hand corner.

Benefit Specialist Corner

As of March 17, 2020, all local Social Security offices closed to the public for in-person service due to the COVID-19 pandemic. Due to current circumstances, beneficiaries may have difficulties submitting their Medicare enrollment forms by mail.

In order to assist beneficiaries who have stopped working and are seeking immediate enrollment into Medicare Part B, SSA has developed a method for beneficiaries to fax their enrollment forms.

Now Medicare beneficiaries can fax Medicare Part B form, CMS-40B and CMS L564- Request for Employment Information, along with proof of employment, Group Health Plan (GHP), or Large Group Health Plan (LGHP) to **1-833-914-2016,** if unable to mail the forms directly to your local Social Security office. To find your local office mailing address, please use the Social Security Office Locator. https://secure.ssa.gov/ICON/main.jsp

Please visit the Social Security & Coronavirus information page to get updates on the latest, including how to get help from the Social Security Administration by phone and online. www.ssa.gov/coronavirus/

What Does Medicare Cover in Relation to COVID-19?

Medicare Part B (Medical Insurance) covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020. Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine. There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare will cover it.

Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their providers without having to travel to a facility. This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers. During this emergency, there are also more options, for the ways your providers can talk with you under this provision.

Medicare is waiving certain requirements for skilled nursing facility care. During the COVID-19 pandemic, some people may be able to get renewed SNF coverage without first having to start a new benefit period. If you're not able to be in your home during the COVID-19 pandemic or are otherwise affected by the pandemic, you can get SNF care without a qualifying hospital stay. www.medicare.gov/coverage/skilled-nursing-facility-snf-care

COVID-19 ForwardHealth Program Updates:

- Get your prescriptions by mail - If you are enrolled in a Wisconsin Medicaid program, BadgerCare Plus, or SeniorCare, you may be able to get your prescriptions mailed to your home. You may also be able to get a three-month supply. Please check with your pharmacy to see if you can do this
- FoodShare applicants may not need to do an interview
- Medicaid Purchase Plan work requirement is temporarily removed
- Medicaid Purchase Plan members will not be charged a monthly premium
- BadgerCare Plus children will not be charged a monthly premium

More information: https://www.dhs.wisconsin.gov/covid-19/forwardhealth.htm

Indoor Activities for All

Here are some fun activities for everyone to enjoy, especially older adults, to keep themselves busy while staying indoors!

Complete a puzzle. Studies show that solving jigsaw puzzles can keep older adults' minds sharp and can target the parts of the brain that deteriorate through neurological diseases like Alzheimer's.

Watch old home movies. Home movies are special because they capture our most cherished memories and allow us to play them back whenever we want. Watching home movies can lift your spirit and remind you that you're loved.

Learn a new skill. Continuous learning is important to maintain our cognitive abilities as we age. There are thousands of tutorials on sites such as YouTube that teach everything from knitting to basic home repair.

Cook! Because seniors are especially at risk for malnutrition, it's particularly important to be eating well balanced, nutritious meals in this time of self-isolation. So get out that old cookbook and find some healthy recipes to make at home.

Play card games. There are plenty of card games that are meant to be played solo, including Solitaire, Canfield Solitaire, Chain Solitaire, Spider Solitaire, Devil's Grip, Pyramid, and Klondike.

Spend time reading. Reading is a fun way to keep the brain engaged, and it can also improve memory, reduce stress, improve sleep, and delay cognitive decline.

Explore a variety of hobbies. Perhaps there are hobbies or interests that you've never had a chance to explore before. Activities that can be done indoors include baking, birdwatching, knitting, crocheting, container gardening, playing a musical instrument, or learning a new language.

Get creative! Drawing, coloring, painting, and sculpture are all wonderful ways to be creative. Fun projects might include creating scrapbooks, organizing family photo albums, or making a family recipe book. As a plus, research has found that creative activities can help people to decrease negative emotions and increase positive ones, and reduce stress and anxiety.

Enjoy movies, TV shows, or music. Watching TV all day, every day, isn't a healthy pastime. But you might be interested in watching a documentary on a topic that you'd like to learn about. Or channels such as the Food Network or the Travel Channel might inspire new recipes to try or travel destinations you'd like to discover. Listening, or singing along, to music is another great activity. Music has the power to reduce stress and anxiety, improve immune function, help with sleep, and improve memory.

Participate in charitable works. Contact local charities, non-profits, hospitals, or religious organizations to find out if they have any projects you could contribute to. This could mean knitting or crocheting blankets or hats, creating no-sew blankets, helping to assemble care packages, or making telephonic friendly visits when in -person visits are not possible.

Write a letter. It's such a simple activity, but it has great benefits. Written correspondence can brighten someone's day knowing that you are thinking of them, and it keeps you socially connected, and it ensures that someone outside the house knows how you're doing.

Online resources. There are numerous websites that provide activities and information to keep yourself healthy, and to fend off boredom while you are stuck inside. If you have access to the internet, here are a couple websites to check out:

- Ten Percent Happier (www.tenpercent.com) has a "Coronavirus Sanity Guide," which provides practical, actionable ways of coping with stress, fear, and anxiety. There are meditations, podcasts, blog posts, and talks on this page that will help you build resilience and find some "calm amidst the chaos."
- YMCA's website (https://ymca360.org/) has 60 free health and fitness classes online, including barre, yoga, weightlifting, boxing, Tai Chi, and classes specifically designed for active older adults.

Remaining inside is the best way to protect yourself and others from the Coronavirus, and it is an important measure we all need to take to lessen the number of daily cases that will put pressure on our health care systems. Hopefully, your time spent indoors will be interesting, productive, creative, and you might learn something new.

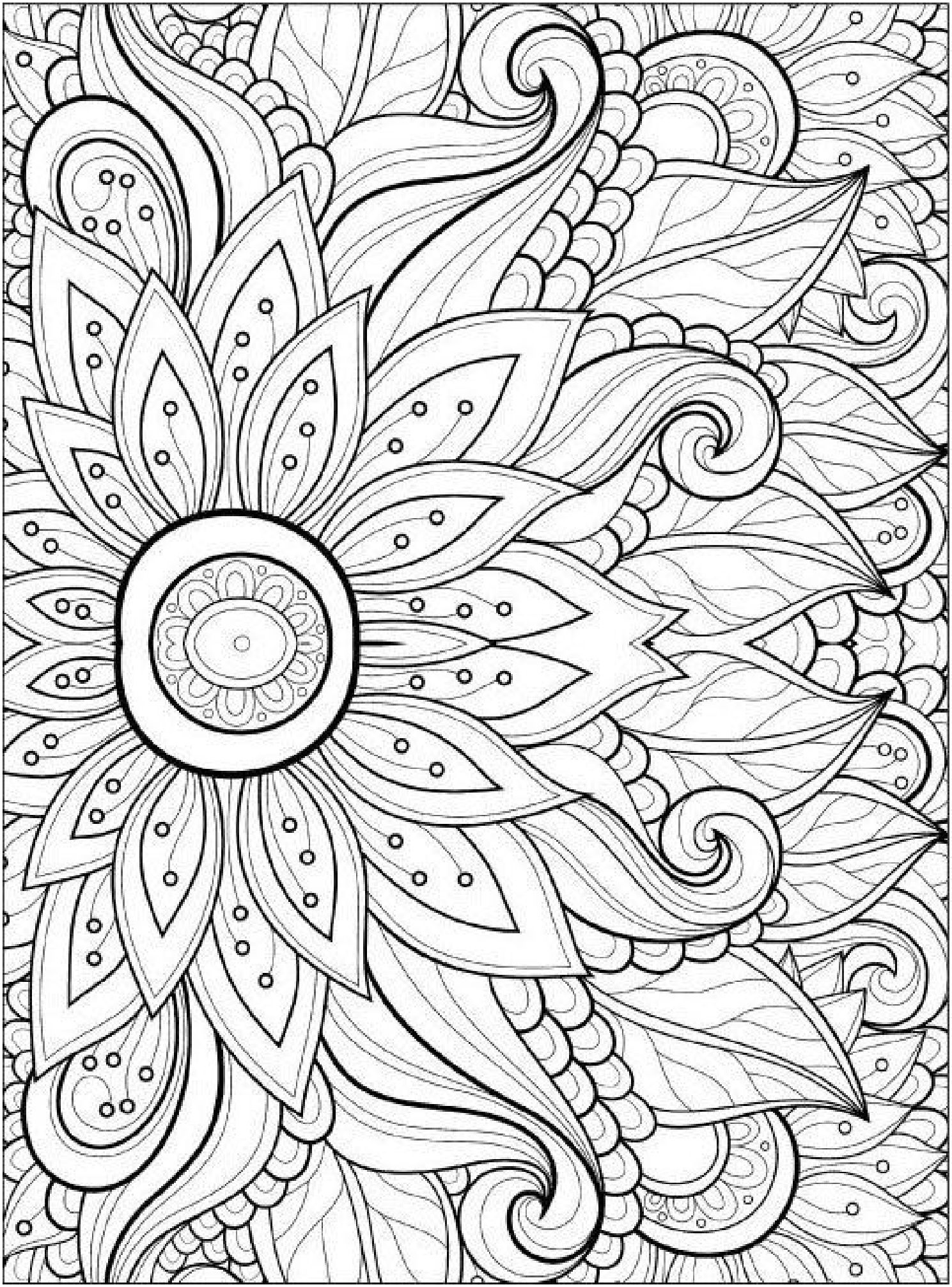
From: https://www.seacarehomecare.com/resources/7-fun-indoor-activities-for-seniors-and-caregivers-to-enjoy

From: https://dailycaring.com/9-enjoyable-activities-for-seniors-with-limited-mobility/

BRAIN TEASERS

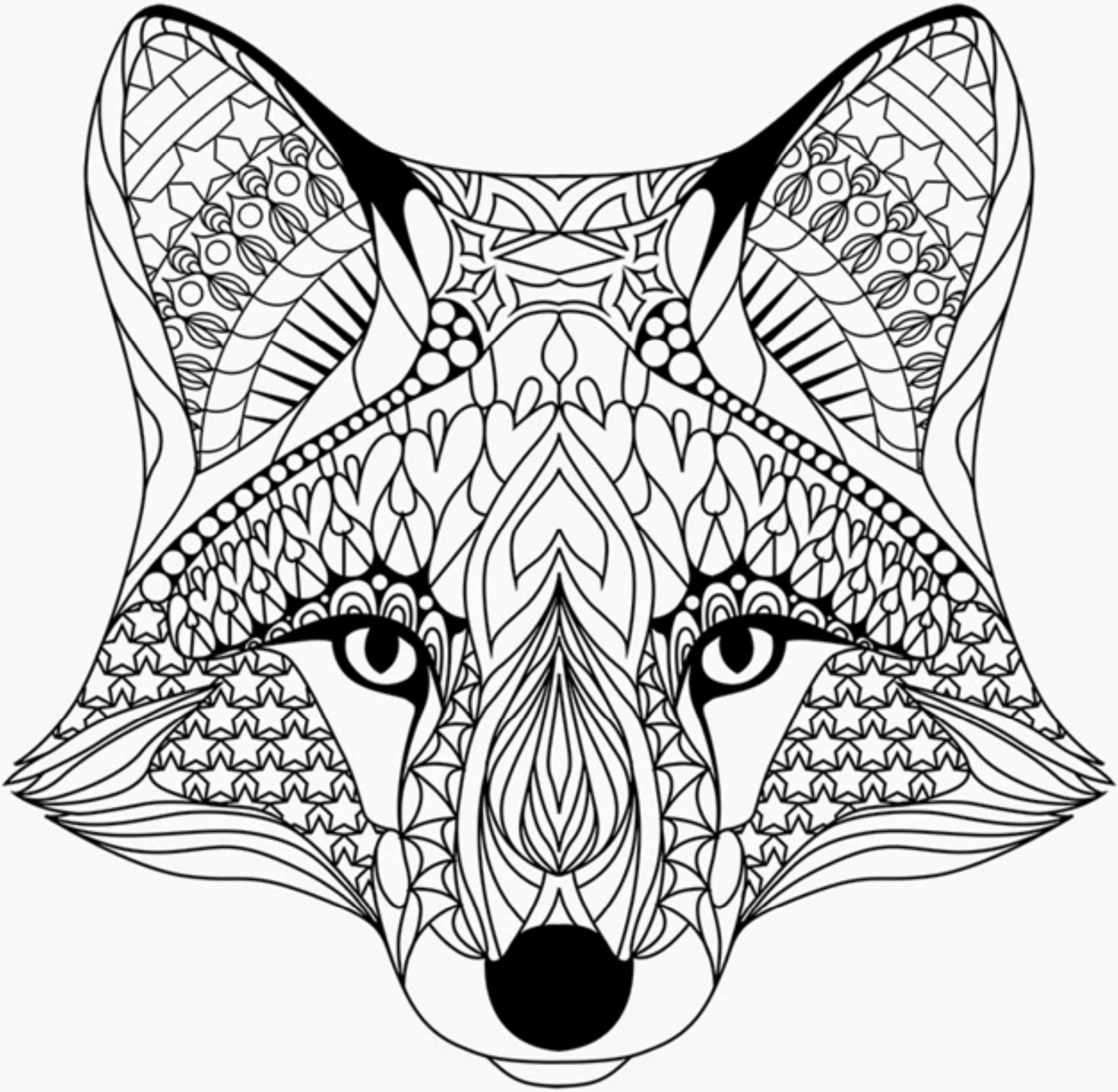
1. **A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?**
2. **A sundial has the fewest moving parts of any timepiece. Which has the most?**
3. **What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?**
4. **What makes this number unique – 8,549,176,320?**
5. **Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?**
6. **Two boxers are in a match scheduled for 12 rounds. (Pure boxing only - no kicking, UFC takedowns, or anything else). One of the boxers gets knocked out after only six rounds, yet no man throws a punch. How is this possible?**
7. **What five-letter word becomes shorter when you add two letters to it?**
8. **A man takes his car to a hotel. Upon reaching the hotel, he is immediately declared bankrupt. Why?**
9. **Your parents have six sons including you and each son has one sister. How many people are in the family?**
10. **Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?**

ANSWERS: 1) The river was frozen. 2) An hourglass, with thousands of grains of sand. 3) Take the first letter of each word and place it at the end. It will spell the same word backwards. 4) It contains each number, zero through nine, in alphabetical order. 5) Push the cork down into the bottle. Then shake the coin out. 6) Both boxers are female. 7) Short 8) The man is playing Monopoly. He lands on a property with a hotel and doesn't have enough money to pay the rent. 9) Nine—two parents, six sons, and one daughter. 10) The catcher and the umpire



COLORING PAGES!

Relieve some stress by coloring these pictures.



ADRC of Waukesha County
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