Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

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

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

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

Veteran's Services
262-548-7732

Moraine Lakes Consortium
888-446-1239

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

Inside this Issue:

- 2023 Benefit Changes
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- Safe Snow Removal Tips
- 4 Ways to Contact Your Elected Officials
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ADRC
Aging & Disability Resource Center of Waukesha County

Happy Holidays from the ADRC!

They twinkle, shine, and make the holiday season a little brighter! No, we are not talking about your friendly ADRC staff, although we do the same. What we are talking about is Christmas lights! Before the invention of electricity and the lightbulb most people used candles to decorate their trees. Candles were used to illuminate ornaments hung on the tree and is said to have originated over 200 years ago in Germany.

That all changed in 1882 when Edward Johnson of New York, (a friend of Thomas Edison) adorned his Christmas tree with beautiful red, white, and blue lights. It also led to the creation of the first string of Christmas lights, which were easily mass produced and available for sale around 1890. This, of course, was the start of the wonderful traditions we have today of placing strings of Christmas lights around our trees and homes to liven the holiday.

The first sets of string lights were too expensive for the majority of people to afford, but by 1900 many department stores were using Christmas lights to liven up their holiday displays and attract customers. The American Eveready company produced the first Christmas light set in 1903, the sets were expensive $12 for 24 lights, which in today's money would be about $80.00. In 1917, a fire caused by the Christmas lights led to some reworking; Albert Sadacca developed safe lights, which helped to reduce the risk of fire from Christmas light strings.

Today, Christmas lights come in all shapes and sizes, they are more cost efficient with the development of LED lights, available in most stores. We have lights that can adorn our trees, houses inside and out, and they can really lift one's spirits or remember days gone by as we gaze into them during this holiday season. Not to mention, Santa needs some lights on to be able to find you, presuming you are on the nice list!

Happy Holidays to all and to all a good night!!

2023 BENEFIT CHANGES

8.7% INCREASE

Watch your mailbox in December for your 2023 summary of benefits

Part A

No Premium with enough work credits. If you buy Part A: premiums will be $506 per month ($7 Increase)

$1600 Deductible per benefit Period

Part B

- $164.90 Monthly Premium (*$5.20 decrease*)
- $226 Deductible per year ($7 decrease)

Part C

- Network changes – **Don't assume that your doctors will be included in the plan next year, because they were included in 2022**
- 12 plans with $0 premium that cover Health & Drugs.
- 15 plans with Premiums ranging from $23 to $230 that cover Health & Drugs.
- $0 - $505 Deductible on prescription drugs
- 10 Health only advantage plans
- 1 Medical Savings Account Advantage Plans

Open Enrollment

Oct 15 – Dec 7

Part D

- Premiums range from $6.60 - $113 monthly
- Up to $505 Deductible on prescription drugs (*$25 increase*)
- Doughnut hole starts at $4,660* and lasts until $10,516.25* *full cost of drugs (*estimated out of pocket spending = $7,400 before reaching Catastrophic coverage*)
- Pharmacy Network changes – **Don't assume that your pharmacy will be included in the plan next year.**
- Formulary Changes – **Don't assume that your drugs will be covered next year!**

SENIORCARE®
Prescription Drugs for Wisconsin Seniors

Senior Care will continue through 2023

Reducing Holiday Stress

It is time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards…and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family fearing the changes in physical health, behavior, and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations**. You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.
- **Prepare family and friends before getting together**. Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.
- **Suggest gift ideas**. Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.
- **Keep the needs of your loved one in mind**. For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself**. Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it!

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact the ADRC at (262) 548-7848.
Happy Holidays!

Energy Assistance and Weatherization for Waukesha County Residents

ENERGY ASSISTANCE
The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

In response to the COVID-19 crisis, the Department of Administration (DOA) has adjusted the eligibility requirements for residents who are seeking heating and electric assistance through the Wisconsin Home Energy Assistance Program (WHEAP).

Eligibility is now based on the household's previous month of income, rather than the former requirement of the previous three months of income. This move was made to ensure those who are recently affected by the COVID-19 response are able to receive assistance quickly.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE
The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation

How to Apply
Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) and weatherization services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on **www.homeenergyplus.wi.gov** to find your local energy assistance agency. You may also apply online at www.energybenefit.wi.gov.

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	$ 2,675.25	$32,103
2	$ 3,498.42	$41,981
3	$ 4,321.58	$51,859
4	$ 5,144.83	$61,738
5	$ 5,968.00	$71,616
6	$ 6,791.17	$81,494
7	$ 6,945.50	$83,346
8	$ 7,099.83	$85,198

Dear Ina,

Every year I hear about older adults having accidents or heart attacks while shoveling their snow. I really enjoy being independent and removing the snow myself, but I am getting older and I am worried that something is going to happen to me while I am out there. Any advice or tips? Are there little things I can do to make sure I stay safe while I am outside?

Sincerely,
Aslip Enfal

Dear Aslip,

As we approach the beginning of this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. Shoveling or pushing a snow blower can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. These conditions cause the heart to work harder, which can trigger a potentially fatal heart attack.

Safety tips to help prevent falls & orthopedic injuries:

- See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip-resistant soles. Watch for black ice and ice under freshly fallen snow, and "walk like a penguin" until you are sure that the surface is not icy.
- Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the handle to increase your leverage.
- Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.
- When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist.
- Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

Safety tips to help prevent heart attacks:

- Check with your doctor. Because this activity places high stress on the heart, speak with your physician first.
- Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks.
- Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place.
- Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration.
- Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart.
- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.
- Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in your chest, neck, arms or back. If you think you are having a heart attack, call 911.

Safety tips for using a snowblower:

- Prior to using a snow blower, read the instruction manual for specific safety hazards, unfamiliar features, and whenever attempting to repair or maintain the snow blower.
- Do not leave the snow blower unattended when it is running. Shut off the engine if you walk away from the machine.
- If you are operating an electric snow blower, be aware of where the power cord is at all times so you do not trip and fall.
- Add fuel before starting the snow blower. Never add fuel when the engine is running or hot.
- Never stick your hands or feet in the snow blower. If snow becomes too impacted, stop the engine and wait at least five seconds. Use a solid object to clear wet snow or debris from the chute. Beware of the recoil of the motor and blades after the machine has been turned off.

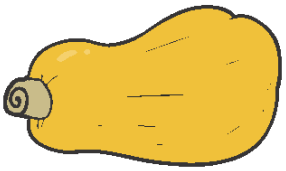
Stay safe this winter and enjoy the beauty of our Wisconsin seasons!

Harvest of the Month

DECEMBER | BUTTERNUT SQUASH

HEALTH BENEFITS

- VITAMIN A
- VITAMIN C
- VITAMIN E
- DIETARY FIBER
- ANTIOXIDANTS



HEALTHY SERVING IDEAS

Cutting squash can be tricky because of the hard skin. Pierce the squash a few times with a fork or knife and microwave for 3-4 minutes. Be careful – it will be hot! From here, you can more easily cut the squash with a knife or peel it with a vegetable peeler.

Roast squash cubed or halved. Drizzle with olive oil, salt and pepper and place in a 400* F oven for 20-30 minutes or until fork tender. Be sure to toss or flip half way.

Blend up into a warming squash soup. Top with croutons or try roasted chickpeas and a dollop of plain Greek yogurt!

The seeds in butternut squash can be roasted for a snack or to top soups and salads.

SHOPPING & STORAGE TIPS

Look for a solid tan color, free from any deep cuts or bruises. Some surface scratching is normal.

Butternut squash can be stored in a cool, dark part of your kitchen for several weeks to months. It does not need to be refrigerated.

Some grocery stores sell pre-cut butternut squash in the freezer or fresh produce sections.

LIVE WELL

Harvest of the Month

WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.

Live Well
Waukesha County

LEARN MORE AT

WWW.WAUKESHACOUNTY.GOV/LIVEWELL

December 1st is World AIDS Day

What is World AIDS Day?

World AIDS Day is observed on December 1 each year. It is a day of solidarity for people around the world who are affected by HIV. This is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV. While great strides have been made over the four decades since the first known reported cases of AIDS, this disease remains a public health challenge. World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness.

Why is World AIDS Day Important?

Globally, there are an estimated 38 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS related illnesses, making it one of the most destructive pandemics in history.

Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. Despite this, people do not know the facts about how to protect themselves and others, and stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

Multiple sclerosis: What you need to know

What is it?

Multiple sclerosis (MS) is a nervous system disease that affects the brain, optic nerve (which helps you see), and spinal cord. The immune system attacks myelin—the coating on nerve fibers—and makes it harder for those cells to send signals across the body. The exact cause of MS is unknown, but it's linked to a number of infectious diseases like the Epstein-Barr virus, which can cause the disease commonly experienced by teenagers or young adults known as mononucleosis or mono. Environmental factors like low levels of vitamin D and genetic factors also play a role. People typically experience their first symptoms between ages 20 and 40.

Symptoms of an MS attack develop and peak within a few days, and then slowly resolve over the next several days or weeks. In the early stages of the disease, symptom attacks happen about once a year. As the disease progresses, symptoms can arrive more frequently and resolve less completely. MS is different for everyone, and in its most severe forms it can impair walking or standing, and it can even lead to partial or complete inability to move.

Symptoms and diagnosis

Different people have different experiences with MS. Some cases can be less severe, and others can be disabling. Symptoms can include:

- Double vision
- Blurred vision or blindness in one eye
- Colors looking different
- Muscle weakness
- Dizziness
- Difficulty with balance
- Numbness, prickling, or a "pins and needles" sensation
- Pain
- Tremors

Many people experience mental symptoms as well, such as:

- Difficulty speaking
- Impaired concentration, attention, and memory
- Depression

MULTIPLE SCLEROSIS
AWARENESS

Because MS has so many different symptoms, it can be difficult to diagnose. People with MS might be diagnosed soon after developing symptoms, while others might spend years with confusing symptoms and multiple diagnoses. An MRI to look for scars in the brain and spine can help medical professionals make an accurate diagnosis.

Treatment

There is currently no cure for MS. Treatment plans depend on the severity of the disease and can include:

- Steroids to improve symptoms of an attack
- FDA-approved drugs that reduce the number of relapses, change how the body responds to inflammation, and improve mobility
- Muscle relaxants and tranquilizers that reduce stiffness
- Drugs that decrease fatigue

Learn more: **www.nationalmssociety.org/**

MS By The Numbers

2.5 Million **- The Number of people worldwide with MS**

60% **- The amount of people with MS who can walk without assistance**

1878 **- The year MS was first recognized as a specific disease in the United States**

300% **- How much more likely it is for women to develop MS compared to men**

Celebrating International Day of Persons with Disabilities

History
The annual observance of the International Day of Disabled Persons was proclaimed in 1992 by United Nations General Assembly resolution 47/3. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

The United Nations Disability Inclusion Strategy
When launching the United Nations Disability Inclusion Strategy in June 2019, the Secretary-General stated that the United Nations should lead by example and raise the Organization's standards and performance on disability inclusion—across all pillars of work, from headquarters to the field.

The United Nations Disability Inclusion Strategy provides the foundation for sustainable and transformative progress on disability inclusion through all pillars of the work of the United Nations. Through the Strategy, the United Nations system reaffirms that the full and complete realization of the human rights of all persons with disabilities is an inalienable, integral and indivisible part of all human rights and fundamental freedoms.

In recognition of this commitment, the Secretary-General submitted in October 2020, the first comprehensive report on steps taken by the United Nations system to mainstream disability inclusion and implement the Strategy since its launch.

The theme this year is "Transformative solutions for inclusive development: the role of innovation in fueling an accessible and equitable world".
The annual observance of the International Day of Persons with Disabilities (IDPD) on December 3 was proclaimed in 1992 by the United Nations General Assembly resolution 47/3. The observance aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities.

The 2022 global observance to commemorate the International Day of Persons with Disabilities will be around the overarching theme of innovation and transformative solutions for inclusive development, covering topics such as employment and reducing inequality.

"As the world recovers from the pandemic, we must ensure that the aspirations and rights of persons with disabilities are included and accounted for in a -inclusive, accessible and sustainable post COVID-19 world. This vision will only be achieved through active consultation with persons with disabilities and their representative organizations." - **António Guterres,**

Benefit Specialist Corner

Health Insurance Marketplace Open Enrollment Ends January 15th

Open enrollment for 2023 health insurance coverage through the Marketplace started November 1 and ends January 15, 2023. If you enroll in a health insurance plan before December 15, 2022, your coverage will start January 1, 2023.

If you don't have health insurance through your job, Medicare, Medicaid, the Veterans Administration (VA), or another source, the Marketplace can help you get coverage. Marketplace health insurance plans provide coverage for benefits like doctor visits, inpatient and outpatient hospital care, prescriptions, mental health services, and laboratory tests. Marketplace plans are also required to provide coverage for pre-existing medical conditions. That means that a plan cannot reject you, charge you more, or refuse to pay for care for any condition you had before your coverage started.

What you pay for Marketplace insurance depends on your expected income for the year. You may qualify for a premium tax credit that lowers your monthly insurance bill. In addition, some people are eligible for extra savings on out-of-pocket costs like deductibles and copayments.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will most likely not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs.

There are several ways to apply for Marketplace coverage. Starting November 1, you can apply:

- Online at **www.healthcare.gov,**
- By phone at 1-800-318-2596,
- With in-person help from local enrollment assisters or insurance agents or brokers (you can search for local help here: **https://localhelp.healthcare.gov/#/),** or
- With a paper application, available at: **https://marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf.**

In order to apply, you will need to provide information about your household size, income, and any current health insurance coverage. Even if you currently have a Marketplace plan, it's a good idea to review your application information to make sure it is up-to-date. In addition, you should make sure that your plan is still the best fit for you.

If you do not sign up for a 2023 Marketplace plan by January 15, 2023, and you do not have another type of health insurance coverage, it may be very difficult for you to find health insurance if you need it later. Outside of Open Enrollment, you can only enroll in a Marketplace plan if you have a special enrollment period. Examples of events that might give you a special enrollment period include getting married, losing your health insurance, or moving to a new county or zip code.

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

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

4 WAYS TO CONTACT

Your Elected Officials

PLAN A VISIT

Call the official's office to schedule an appointment. Do your homework and come prepared with main talking points. Clearly and concisely state your position. Have materials that summarize your points. Several days after the meeting, call or send a thank you note.

WRITE A LETTER

A handwritten note is most effective/ Identify the issue or piece of legislation you're referring to, including the bill, ordinance number or author. Give concise reasons how you are personally affected by the issue and how if affects other constituents. Be polite and courteous. Request a response from the official. Include your contact information and the names of any organizations you are a part of.

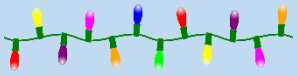
MAKE A CALL

For Federal Legislators call: (866) 220-0044 and ask for your official. For Wisconsin Legislators call: 1-800-362-9472 and ask for your official's contact information. Identify yourself and keep your call as short as possible. Try to cover only one subject per call. You may be transferred to a staff member, so take note of who they are. Remember to provide your contact information.

SEND AN EMAIL

Check the official's website for email addresses and contact information. Follow the same guidelines as writing a letter. If you wish, include your mailing address. Use separate messages if you are emailing more than one official. Remember to proofread your email! It is best to use emails as a follow up to calls and letters. You can also quickly reach your officials using Twitter, Facebook and other social media if you prefer.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Stew Mashed Potatoes w/ Chicken Gravy Stewed Tomatoes Buttermilk Biscuit w/ butter Fresh Melon	Oven Roasted Pork Scalloped Potatoes Creamed Spinach Diced Peaches Dinner Roll w/Butter Frosted Brownie Alt. Fruit
5	6	7	8	9
Cheese Omelet w/ Peppers and Onions Sausage Patty Hash Brown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Orange Juice	Swedish Meatballs Mashed Potatoes and Gravy 5-Way Vegetables Broccoli Salad Applesauce Frosted Cake Alt: Fruit	Chicken Cordon Bleu Roasted Red Potatoes Green Beans Almandine Pear Half Baker's Choice Cookie Alt. Fresh Fruit	Whole Grain Spaghetti w/ Italian Meat sauce Capri Blend Vegetable Spinach Salad w/ Dressing Italian Bread/Butter Tropical Fruit	Oven Baked Ham Mashed Potatoes & Gravy Three Bean Salad Dinner Roll w/Butter Banana
12	13	14	15	16
Grilled Burger w/ Pretzel Bun Tomato Slice & Lettuce Potato Wedges Baked Beans Fresh Apple Oatmeal Cookie Alt: Fruited Yogurt	Tuna Salad on Croissant Sliced Tomatoes Marinated Veg Salad Baked Potato Chips Banana	Baked Mostaccioli Green Beans Broccoli Seasonal Fresh Fruit Italian Bread w/ Butter Peanut butter cookie Alt: Fruit	Stuffed Green Peppers Roasted Red Skin Potatoes Buttered Sweet Corn Dinner Roll w/ butter Peaches	Chili w/ Saltines, Shredded Cheese, Onions and Sour Crm Romaine Salad w/ Italian Dressing Sourdough Brd w/ Butter Mandarin Oranges Chocolate Chip Cookie Alt: Sugar Free Cookie
19	20	21	22	23
Salisbury Steak w/ Gravy Au Gratin Potatoes Roasted Bell Pepper Blend Rye Bread w/ butter Chilled Peaches	Herbed Chicken Breast Parsley Potatoes w/ Dill Butter Sauce Winter Blend Vegetable Rye Bread w/ butter Fruit Cup Frosted Chocolate Brownie Alt: Yogurt	**HAPPY HOLIDAYS** Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes w/ gravy Green Bean Casserole Broccoli Salad Fresh Fruit Dinner Roll w/ Butter Banana Cream Pie	Sweet Italian Sausage on Brat Bun with Marinara Sauce Italian Rice Pea and Cheese Salad Kitchen's Choice Fruit	**PROGRAM CLOSED**
26	27	28	29	30
CHRISTMAS OBSERVED **PROGRAM CLOSED**	Pasta with Lemon Butter Sauce with Chicken, Spinach, Onions, & Mushrooms Dilled Steamed Carrots Wheat Bread w/ Butter Pear Half	Oven Baked Turkey Twice Baked Potato Sauteed Bell Peppers and Onions Rye Bread w/ Butter Banana	Pork Cutlet Mashed Pot & Gravy Broccoli Calico Beans Fresh Orange Peanut butter cookie Alt: Sugar Free Cookie	**PROGRAM CLOSED**

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; **1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE**

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield **262-782-1636** Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	**Menomonee Falls** **262-251-3406** Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	**Mukwonago** **262-363-4458** Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00
Oconomowoc **262-567-5177** Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	**Sussex** **262-246-6747** Sussex Civic Center N64W23760 Main Street Monday thru Friday at 12:00	**Waukesha** **262-547-8282** La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00

Eligibility: 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.

DHS Will Be Using New Communication Channels: Text and Email

The Wisconsin Department of Health Services now has the ability to email and text members who get BadgerCare Plus, Medicaid, or other program benefits from the State of Wisconsin. These new communication channels will give members quick, easy access to important benefits information.

As DHS introduces these new channels, they are not discontinuing any existing communications methods. They will continue to mail physical letters to those who have opted to receive them by mail. DHS will also continue to email members with notifications about letters that are available to view in ACCESS if members have opted for that method of delivery.

A New Way to Connect

The first messages they send will introduce members to these channels as an additional way for to stay in touch with them. DHS will only text or email about critical things members need to know or do to keep their benefits. Examples include reminders about renewal due dates or when members need to submit documents.

Protecting Members from Scams

Texts will be sent from 94347 (WI DHS). The email sender will be **dhs@info.wisconsin.gov**. These texts and emails will never:

- Ask members for personal information, like their birthday or Social Security number.
- Ask members for financial information like their bank account or credit card number.
- Offer members a prize or money for responding.

Boost Your Brainpower!

Many factors contribute to brain health, including physical activity, social activities, sleep, and many other factors. Diet can also play a role in brain health. According to the Academy of Nutrition and Dietetics, *"The best menu for supporting memory and brain function encourages good blood flow to the brain—much like what you'd eat to nourish and protect your heart."*

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

Foods that Support Brain Health	
Cruciferous & Dark Green Leafy Vegetables (Broccoli, Cabbage, Brussels Sprouts, Kale, Spinach, Collard Greens, Arugula)	These veggies are rich in brain-healthy antioxidants that may slow cognitive decline
Berries and Cherries (Blueberries, Blackberries, Raspberries, Strawberries, Cherries)	Berries contain plant pigments called flavonoids, which may help improve memory and delay cognitive decline, according to research.
Fatty Fish rich in Omega 3s (Salmon, Tuna, Herring, Sardines)	Omega 3s from fish are associated with cleaner arteries, better circulation, and lower blood levels beta-amyloid, the damaging protein found in the brains of people with Alzheimer's disease.
Plant Sources of Omega 3s (Walnuts, Flax Seeds, Chia Seeds, Avocado)	Walnuts especially are associated with higher cognitive test scores in research studies
Coffee and Tea	Coffee and tea contain antioxidants, and research suggests that moderate caffeine intake may even improve cognitive test scores.

Puzzles can also boost your brain health! Circle the brain-healthy foods in the word search.

F C P Q B R O C C O L I N B N
A P D A E N D R U G A F T S N
C V C I L L W V S U B I M A B
O B O B Y L P U Z S A K B L Q
F Q L C L C H E R R I E S M C
F J S A A U V U C N S E R O A
E D W F C D E J Y H Z L A N B
E W Z X J K O B O O M F U O B
T K Z Y R G B T E U U N A I A
U C O N W N K E C R N S P N G
N A L O T M L A R L R B U T E
A D W A L N U T S R Y I L Q U
M A F D U X P G C U I P E V B
S V D S P Y K Q L P P E A S B
Q M Y F Z M Z A V B C V S T B

Blackberries
Cherries
Blueberries
Tuna
Cabbage
Walnuts
Salmon
Tea
Coffee
Broccoli
Avocado

FoodWIse education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act ***(ADA) and Section 504 of the Rehabilitation Act requirements.***

Memory Screening

A Closer look at Memory Changes

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

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

Early detection is important

Treatment is possible. Stay in control of your life.

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

Two Community Memory Screenings to choose from:

Where: Alice Baker Public Library Eagle
When: Monday, January 23, 2023
Time: 1:00pm—4:00pm
(30 minute time slots)

Where: Mukwonago Community Library
When: Monday, January 30, 2023
Time: 9:00am - Noon

Call Kathy Glaser at the Waukesha ADRC to schedule your memory screen.

262-548-7354

ADRC
Aging & Disability Resource Center of Waukesha County

Watch Out for the "Hang-up Delay" Phone Scam

A new phone scam is making the rounds. Here's what you need to know about the "hang-up delay" or "delayed disconnect" scam so you can protect yourself.

In this scam, someone calls you on your landline phone pretending to be your bank, a police officer, or a government agency. For example, the caller may tell you that there have been unauthorized withdrawals from your bank account or that they are calling from Medicare about your new Medicare card. To seem more believable, the caller will ask you to call the bank or government agency for more information.

However, when you hang up on a call on your landline phone line, the person who called you can stay on the line for several seconds. That means that if you hang up to call, for example, your bank or Medicare, the scammer will still be on the line. The person might even play a false dial tone to make it sound like you are making a new call. Then, the scammer will answer your call pretending to be the agency you are calling.

The scammer may then ask you for financial information, like your credit card number, or pretend to "verify your identity" by asking questions that sound like security questions. The scammer can then use the information you provided to steal your identity or make purchases with your credit card. Unfortunately, because you thought that you were calling your bank or a government agency, you will not realize that you have been speaking with the same person who called you. Instead, you will believe that you are speaking with someone trustworthy.

If you receive a call from your bank about suspicious charges or from someone claiming to be from a government agency, do not give the caller any information. Instead, hang up the phone immediately and wait a minute before calling that agency yourself. You can also use a cell phone instead of a landline to make that call.

Don't Fall Victim to Scam Shame

One of the hardest pills to swallow for victims of scam or fraud can be the sense of shame that comes from realizing you've been duped. It's perfectly natural to feel embarrassed when you've dropped your guard or missed a warning sign and allowed a scammer to put one over on you, but it's important to remember that scams happen to people of all ages, from all walks of life, all the time. Fraudsters are professionals at what they do, and they are constantly refining their tactics to get past the defenses of even the most savvy and skeptical among us. To make matters worse, scammers rely on shame to stay in business.

It's well known that the vast majority of successful scam and fraud incidents go unreported – by some estimates as many as 95% - and much of that is due to victims' feelings of shame. For that reason, while it's certainly important to educate consumers about how to detect and avoid fraud and scam efforts, it's equally important to empower people to speak out when they've fallen victim to scam or fraud. Having the courage to report fraud can help not only to reduce damage to the victim, it can help reduce the likelihood of the same thing happening to others.

Fortunately, Wisconsin has excellent resources available to respond to frauds and scams, including our Senior Medicare Patrol and the Wisconsin Department of Agriculture, Trade, and Consumer Protection. Reporting an incident of scam or fraud as soon as possible can help keep a bad situation from getting even worse and spreading to other victims.

Memory Cafés in Waukesha County

Memory cafes started in the Netherlands in 1997 by the Dutch clinical psychologist, Dr. Bère Misen, for people with dementia and their family and friend caregivers. Since then, memory cafes have spread across the world and are available right here in your backyard. Many libraries in Waukesha County offer memory cafes, or social engagement opportunities, on a monthly basis or on a rotating schedule.

Memory cafes are a welcoming place for individuals living with Alzheimer's disease or any other form of dementia. They are designed to include the care partner too. They can be helpful for people with all forms of mild cognitive impairment (MCI).

Each memory café will offer a unique experience. Some are more activity based, while others are more education focused. Cafes offer a variety of elements including music, art making, informal conversations, or reminiscing.

To learn more about memory cafes, visit: https://www.memorycafedirectory.com/what-is-a-memory-cafe/

To obtain a schedule of local memory cafes at your public library, visit www.librarymemoryproject.org/events

If you have a question about whether a memory café would be a good fit for you or a loved one, please reach out to the ADRC Dementia Care Specialists, Jennifer or Kathy, at (262) 548-7848.

Savvy Caregiver Training - Increase Your Confidence, Knowledge, and Skills

Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills

SAVVY CAREGIVER™
KNOWLEDGE. SKILLS. MASTERY.

January 10th - February 4th, 2023 | Tuesdays, 1-3pm | Virtual via Microsoft Teams

- Please register by calling Jennifer Harders, at the ADRC - (262) 548-7650
- For more information, contact the ADRC at (262) 548-7848 or jharders@waukeshacounty.gov

December 2 - **Downtown Waukesha Christmas Tree Lighting @ The Rotunda**, Waukesha, 5:30-7 pm. Come see Waukesha's Christmas tree be lit, starting at 5:30 pm. The night continues at 6 pm with a lantern lit walk along the riverwalk and caroling along Main Street. At 6:30 pm Riverfront Street will be lit with the first annual Walk of Lights. Stick around for treats and a chance to meet Santa!

December 2 - **Downtown Sussex Christmas Tree Lighting @ The Sussex Civic Center**, 6- 8 pm. This free holiday event is for children of all ages and includes live musical performances by local children, countdown and lighting of the tree, and a visit from Santa. Hot chocolate and cookies will be served, courtesy of QuadGraphics.

December 2 - **Hartland Tree Lighting @ The Village Center**, 6-9 pm. Come enjoy caroling and the annual tree lighting with additional holiday festivities put on by participating local businesses. Tree lighting countdown begins at 6:30 pm.

December 3 - **Waukesha Winter Farmers Market @ Chef Pam's Kitchen** (290 W Main Street), 9 am- 1 pm. Now through April, the Waukesha Winter Farmers Market will feature over 20 vendors with locally made goods and a food court.

December 3 - **Midnight Magic Mukwonago @ Downtown Mukwonago**, 9 am- midnight. This annual all day event in Mukwonago features a tree lighting, nativity scene, parade, craft fair and marketplace, concessions, fireworks, and more. It is guaranteed fun for the whole family. For a full schedule of events, visit the event's Facebook page.

December 3 - **New Berlin Tree Lighting @ The City Center Plaza**, 3-6 pm. Enjoy Christmas music, ice skating, write letters to Santa, and take part in the 2022 Tree Lighting Countdown. Actual tree lighting begins at 5:30 pm.

December 3- **Oconomowoc Christmas Parade @ Downtown Oconomowoc**, 5-6 pm. Downtown Oconomowoc Christmas parade lights up the holiday season. The parade is lighted as it travels through downtown. Parade route begins at Pleasant Street and Walnut Street.

December 4 - **Waukesha Christmas Parade @ Downtown Waukesha**, 4-5 pm. This year's parade theme is "Peace on Earth" and will be Waukesha's 59th Annual Christmas Parade. A portion of proceeds will go to local organizations. Healing Hearts of Waukesha will have a booth available for community support.

December 9 - **Canadian Pacific Holiday Train @ Hartland and Oconomowoc**, 5:30-6:30 pm and 6:30-8 pm. After a two year hiatus, the Canadian Pacific Holiday Train show returns! In Hartland, see the train at the crossing of Cottonwood and Pawling Avenues. In Oconomowoc, see the train at the Silver Lake Crossing. Further details can be found by visiting **https://www.cpr.ca/holiday-train/canada**.

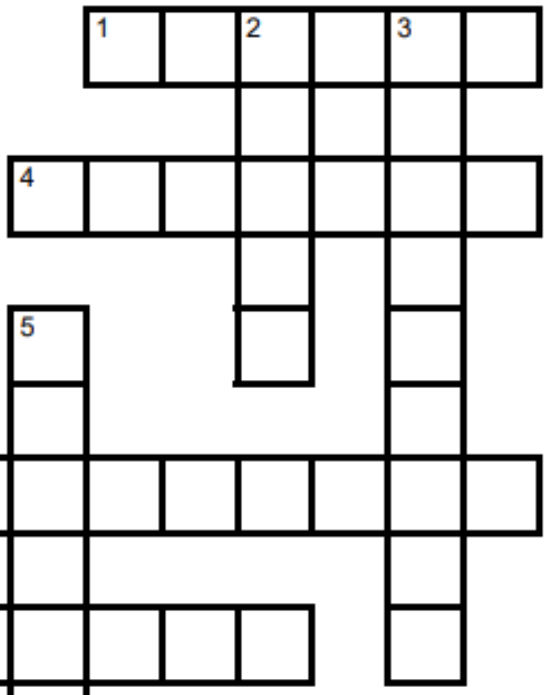
All of December- **Country Christmas @ The Ingleside Hotel**, 5-10 pm. *Country Christmas is Wisconsin's longest standing and most spectacular drive-through holiday lights event! Country Christmas features over a million holiday lights festively displayed along a mile-long trail that winds through the woods. You'll experience enchanting animated figures and holiday scenes – all from the comfort of your car. And when you've finished your trip through the trail, leave your vehicle behind and visit Christmas Village and The Streets of Bethlehem. Christmas Village is home to our spectacular, working model train display as well as a concession area to purchase refreshments. The Streets of Bethlehem is where you will be amazed by the near life-size Fontanini nativity display, an exact replica of the one found at the Vatican.*

All weekends in December- **Home for the Holidays @ Old World Wisconsin**, 10 am- 4 pm. Stroll through the site's Crossroads Village, decked in holiday greenery and full of homes and shops bustling with holiday preparations. Old World Wisconsin is the perfect spot to meet friends and family from across the region to enjoy a day of warmth and discovery as you create your own holiday traditions. Sights, sounds, smells, and tastes will make history come to life as we connect in new ways.

Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine

1. Ribbon, 2. Balls, 3. Ornaments, 4. Garland, 5. Pinecone, 6. Candles, 7a. CandyCane, 7d. Card, 8. Stocking, 9. Nutcracker, 10. Wreath, 11. Lights, 12. Tree, 13. Tinsel

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

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

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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