

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

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

### Our Mission Statement:

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

### Inside this Issue:

- Free Tax Assistance
- Caregiver Burnout
- What are twiddlemuffs?
- Disability Advocacy Day
- World Down Syndrome Day
- Diabetes and Prevention
- Learn about butterflies!



## Last Chance to Renew Your Subscription!

I know, I know - we probably sound like a broken record and I'm sure you're tired of seeing that big yellow box take up half a page in the newsletter each month. Well. You're in luck, because after March - you'll never have to see it again!

In an effort to make sure our list is correct and up-to-date, we are asking everyone who receives our newsletter (and wishes to continue receiving it) to give us a call or take a minute to fill out a short form online. By only sending the newsletter to people who wish to see it, we are ensuring that we will be able to provide you with this great content for years to come!

Did you know April will mark the 5 year anniversary of The ADRC Connection? Keep a look out next month - we will be showcasing some of our favorite articles from the past!

**Thank you for continuing to read with us!**

## RENEW YOUR SUBSCRIPTION

**In an effort to keep our database up to date, we are asking everyone to renew their newsletter subscription before March 21st.**

Call the ADRC at (262) 548-7848 and let them know you'd like to keep receiving the newsletter every month. Or fill out this online form: <https://goo.gl/forms/ajcXQ98hcryEYWci2>

If you do not contact us, before March 21st, your subscription will be cancelled and you will no long receive our newsletter.

**THANK YOU!**

# Tax Day is Monday April 15th— Make sure to file by Midnight!

## Free Tax Assistance

**AARP** offers Tax Assistance (including Homestead Tax Credit) by **appointment only** (Provided by trained AARP volunteers) at the following locations:

- **Brookfield Library**, Tuesdays 9:00am-3:00pm, call 262-782-4140 (when prompted press option #1)
- **Menomonee Falls Library**, Fridays 9:30am-3:00pm, call 262-255-8460
- **Mukwonago Library**, Mondays 9:00am-1:00pm, call 262-363-6411
- **Muskego Library**, Tuesdays 9:00am-1:00pm, call 262-971-2100
- **New Berlin Library**, Wednesdays 9:15am-2:00pm, call 262-785-4981
- **Oconomowoc Area Senior Center**, Tuesdays 9:00am-3:00pm, call 262-567-3360
- **Sussex Civic Center**, Mondays 9:30am-3:00pm, call 262-246-5180
- **Waukesha Public Library**, Thursdays 9am-2:15pm, Saturdays 9am-5pm, call 262-524-3682



**The Volunteer Income Tax Assistance (VITA)** program offers free tax help to all ages. IRS-certified volunteers provide assistance. Call 262-832-1534 to schedule an appointment. Appointments are available Monday through Friday from 9-11:30am, Tuesday and Thursday from 4 -6:30pm, Friday and Saturday from 9-noon.



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

### Be sure to bring with you:

- **Must have Photo I.D.**
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill and paid receipt
- Day care expenses



For those not on Medicare, you must be able to show proof of health insurance via your 1095 form. The ACA (Affordable Care Act) form 1095A can be obtained from the Marketplace and shows how much was paid and the credit amount.

If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office. Contact these locations ahead to confirm availability.

# Ask Ina



Dear Ina,

My mother received a phone call from a medical equipment supply company who wanted her Medicare information and sent her a knee brace that she did not need. What should my mother do?

Sincerely,

Sorely Kneeded

Dear Sorely Kneeded,

The Wisconsin Senior Medicare Patrol (SMP), receives daily reports from Medicare beneficiaries who are being contacted by durable medical equipment (DME) supplier scammers. Some of these scammers seem to be after a person's Medicare number and contact information, some of them are actually sending out shipments of knee and back braces to Medicare beneficiaries and billing Medicare for the products. The Wisconsin SMP heard reports of people receiving five different knee or back braces at one time! Most of the people receiving these phone calls and supplies have never suffered from back or knee problems during their lifetime, so it is obvious that the supplies were not needed and not ordered by a treating physician.

What can you do if you receive phone calls like this?

- Hang up immediately
- If you have caller ID, write down the caller's phone number
- Write down the company the caller alleges it works for
- Do not provide any personal contact information, your Medicare number, or even verify information they may already have
- Call the Wisconsin SMP helpline at 1-888-818-2611 to report the call. The Wisconsin SMP will report this fraudulent activity to Medicare and the federal Office of Inspector General
- Review all of your Medicare Summary Notices to be sure nothing was fraudulently billed under your Medicare number.



For more information on how to review your Medicare Summary Notice, visit the publication on this topic on the GWAAR website, <https://gwaar.org/senior-medicare-patrol>.

**Turning 65?  
Need Medicare?**

## Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

# Recognize Caregiver Burnout

Providing care for an aging or disabled loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose his/her independence is emotionally difficult. And the changes in your personal, social and work life as a result of caregiving may leave you feeling confused, unhappy and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called **caregiver burnout**. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death



You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Participate in a support network. Find family and friends whom you can share joys and frustrations with.
- Consult with a professional counselor for one-on-one counseling.
- Attend a support group to receive positive feedback and coping strategies from others in similar situations.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy.

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please contact the ADRC at (262) 548-7848.

By Jane Mahoney

Greater Wisconsin Agency on Aging Resources





## Waukesha County Seeks Adults Willing to Be Trained to Staff a Volunteer Reception Center

*Learn How to Organize Volunteers in an Emergency*

Waukesha County is recruiting adult volunteers willing to staff a Volunteer Reception Center (VRC) in the event of an emergency. A Volunteer Reception Center efficiently processes individuals who spontaneously show up to volunteer following a disaster and refers them to

organizations who are in need of services. To best manage the safety and mobilization of a workforce of volunteers in emergency response and recovery, adults interested in taking on key leadership roles through a VRC following a disaster need to be trained.

Waukesha County Health & Human Services will conduct a training Thursday, March 14<sup>th</sup>, 9 a.m. – 4 p.m. for adults interested in being part of a Waukesha County Volunteer Reception Center team. **Pre-registration is required and a volunteer application must be submitted prior to the training.** For more information, to pre-register and request an application, contact Volunteer Program Specialist Karen Straw, 262-548-7829 or [kstraw@waukeshacounty.gov](mailto:kstraw@waukeshacounty.gov), by Friday, March 8th.



## Twiddlemuffs: Keeping Hands Warm and Occupied

As people age they may find that their hands and feet seem to get cold easier. There are a number of reasons why this feeling of cold may be happening, such as hypothyroidism, hypertension, diabetes or due to the thinning of the fat under the skin. Living in Wisconsin, we know that cold temperatures outside certainly don't help.

For individuals with Alzheimer's disease and other dementias, they may not be able to tell us that their hands are cold. They may be uncomfortable or even agitated because they are cold and unable to tell us. We may try many things to figure out what the individual might need and in the process they may become more anxious. This is a very challenging situation and one that many caregivers have had to work through. One possible answer is to provide the individual with a twiddlemuff.

A twiddlemuff is a knitted or crocheted tube with accessories, such as ribbons, strings, buttons or beads sewn on to them. They usually have multiple textures, with different things sewn on the inside and outside of the muff. This allows for the person's hands to stay warm while they "twiddle" with the accessories. The twiddlemuffs provide stimuli for the hands to keep them busy, often providing a positive effect of calmness and comfort, as well as movement and brain stimulation.

The ADRC staff distribute twiddlemuffs to individuals with dementia during home visits and/or at Memory Café's for them to keep and use at home, in the car or wherever they would like to take them. The Ascension Lutheran Church knitting/crocheting group, "The Ascension Knit Wits" make the twiddlemuffs and donate them to the ADRC for distribution. Based on the generosity of the "Knit Wits", it is estimated that over 100 twiddlemuffs have already been distributed to individuals with dementia in Waukesha County.

The ADRC, in coordination with the "Knit Wits," look forward to the continued distribution of the twiddlemuffs. If you would like more information about twiddlemuffs or would like to donate yarn for the future creation of the twiddlemuffs, please contact Randy Kohl, Dementia Care Specialist, Waukesha County ADRC at 262-548-7848.





## Don't Miss Disability Advocacy Day in Madison!

Disability Advocacy Day Is Wednesday, March 20<sup>th</sup> at the Monona Terrace in Madison, WI. Disability Advocacy Day is a day-long even focused on connecting self-advocates with their legislators to discuss issues that matter to them. Participants support Survival Coalition's mission to maximize community inclusion for all people with disabilities.

Attendees are expected to participate in the full day of activities, which begins at 9:30am and ends around 3:30pm. This year, there is a

small fee to register: \$10/person (scholarships are available). Registration is now open and the deadline to sign up is March 8<sup>th</sup>! If you are interested in learning more about this day or to register: please visit <http://www.survivalcoalitionwi.org/index.php/events/> or email Fil Clissa at [survivalcoalitionwi@gmail.com](mailto:survivalcoalitionwi@gmail.com).

## CMS Approves Another Temporary Extension of SeniorCare Program! Prescription drug assistance program for seniors will continue:

The Centers for Medicare & Medicaid Services (CMS) announced it is granting the Department of Health Services (DHS) an additional temporary extension of Wisconsin's SeniorCare waiver. This 60-day temporary extension allows the program to continue until March 31, 2019, as CMS finalizes its review of the application for a long-term extension. Reviews of applications have been delayed due to the 35-day federal government shutdown. This is the second extension DHS has received in 2019 for the SeniorCare waiver, which expired at the end of 2018.

In April 2018, DHS submitted an application requesting an extension of the SeniorCare Prescription Drug Assistance Program. The current three-year waiver expired on December 31, 2018, and DHS has requested a 10-year extension so the state may continue to operate the program through December 31, 2028.

**The ADRC will continue to share updates as they are available.**

### What is World Down Syndrome Day?

World Down Syndrome Day (WDSD), March 21st, is a global awareness day which has been officially observed by the United Nations since 2012. Down Syndrome International (DSi) encourages our friends all over the world to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

### Why March 21st?

The date for WDSD being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

### History of WDSD

WDSD was first observed in 2006 in many countries around the world and Down Syndrome Association Singapore launched and hosted the WDSD website from 2006-2010, on behalf of DSi, for global activities to be recorded.

On December 19, 2011, the United Nations General Assembly declared March 21st as World Down Syndrome Day. The General Assembly decided to "designate March 21st as World Down Syndrome Day, to be observed every year beginning in 2012" and "invites all Member States, relevant organizations of the United Nations system and other international organizations, as well as civil society, including non-governmental organizations and the private sector, to observe World Down Syndrome Day in an appropriate manner, in order to raise public awareness of Down syndrome."

Learn additional ways to celebrate by visiting <https://www.worlddownsyndromeday2.org/> .



# Munch Madness

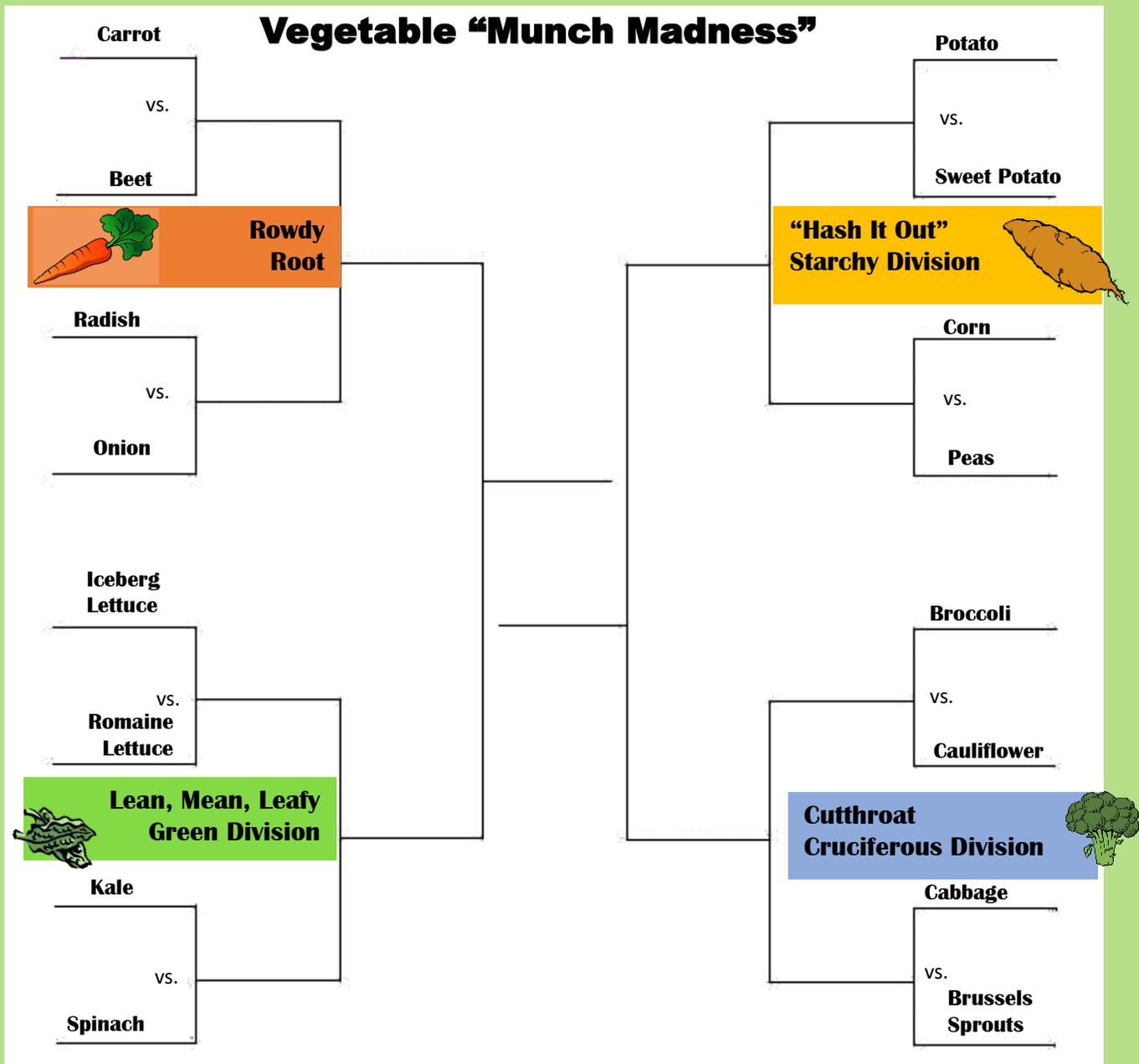
March is National Nutrition Month, a great time to incorporate more vegetables into meals. Are you game? Complete the veggie bracket below to determine your vegetable champion! If you're not sure which vegetable you like better, pick up the contenders next time you go to the store and do a taste test!

For an extra challenge, try incorporating some of the runners-up—or even the losers—into a future meal. Tastes change over time, so you may find that one of your “losers” is actually a winner!




**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188  
Phone: 262-548-7877 Fax: 262-548-7787  
Para más información en español comuníquese con: 262-548-7882  
[www.waukeshacounty.gov/uwex](http://www.waukeshacounty.gov/uwex)



## WISE – Putting Experience Back to Work with the Wisconsin Senior Employment Program

*Part-time employment and training for unemployed people age 55 and older.*

Tough economic times make it challenging for older workers to find jobs. The Wisconsin Senior Employment (WISE) program in Waukesha County can help. An SCSEP Title V program, WISE assists unemployed people age 55 and older at a modest income level by helping them obtain the training and experience needed to get a job in their community.



“We hope that people who want to re-tool and re-enter the workforce will give WISE a call” says Darice Hannon, Title V WISE Coordinator. “We’re eager to help individuals prepare for today’s jobs.”

The program is operated by the Greater Wisconsin Agency on Aging Resources (GWAAR) around the state. Please contact WISE for information and eligibility guidelines at 262-785-2579, 920-469-8858 or email: [darice.hannon@gwaar.org](mailto:darice.hannon@gwaar.org). Learn more at [www.gwaar.org/WISE](http://www.gwaar.org/WISE)

*“The WISE program gives people a chance to get back into the workforce,” says WISE participant Jo Dennis. “I’m enjoying working with clients, learning computer programs and using my skills updating spreadsheets.”*

**Diabetes is a serious condition** that can lead to complications including heart disease, stroke, vision loss, kidney failure, and amputation. When someone has diabetes, their body is not able to control blood sugar levels. One in three Americans are at risk for developing type 2 diabetes, that is 84 million people! Even more surprising is that 9 out of 10 people who have prediabetes don’t even know they have it! Prediabetes is a condition in which your blood glucose (also called blood sugar) is higher than normal, but isn’t quite high enough to fully be considered diabetes. Any blood glucose level above normal can cause damage to your body. If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition!



**Public Health**  
Prevent. Promote. Protect.

**Waukesha County**

March 26<sup>th</sup> is Diabetes Alert Day and encourages everyone to take a Type 2 Diabetes Risk Screening Test. Risk factors for developing diabetes include: having parent, sister or brother with diabetes, being overweight or obese, getting little or no exercise in a typical day, being over 45 years old, and being a woman who has had a baby weighing more than 9 pounds at birth. Take this simple screening test, and review your results with your healthcare provider. Thankfully, diabetes can be managed (or even prevented) with a combination of lifestyle changes and medications. The risk for diabetes can be greatly reduced by losing weight, exercising, eating well and decreasing your stress. The actions you take now impact your future health!

Here is a link to the Type 2 Diabetes Screening Test:

<https://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>

# Evidence-Based Health Promotion Program

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

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

**Healthy Living with Diabetes** - This workshop is ideal for any adult with Pre-diabetes or type 2 Diabetes as well as those adults living with someone who has Diabetes or Pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather it complements it.

**Wednesdays, March 13 - April 17, 2019 | 11:00am - 1:30pm (light snack offered)**

Location: **Aurora Summit Medical Center - Armour Room**

36500 Aurora Drive | Summit, WI 53066

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

Cost: Complimentary - Includes Workbook

Class size: 20 maximum participants

• A •  
**CUP**  
• OF •  
**HEALTH**  
• COFFEE TALKS •

## DIABETES PREVENTION

Learn about diabetes prevention and steps families can take to reduce their risk and stay healthy

**Wednesday | March 7th | 10:00AM**

**Stoney Creek Adult Community**

**S69W14142 Tess Corners Dr, Muskego, WI**

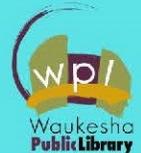
**Call Anita to Register: (414) 422-4686**



# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield</b> <b>782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Butler</b> <b>783-5506</b> – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Hartland</b> <b>367-5689</b> –Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
<b>Menomonee Falls</b> <b>251-3406</b> — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Mukwonago</b> <b>363-4458</b> - Jason Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Muskego</b> <b>414-422-0420</b> –Jack Stoney Creek Adult Community Center S69 W14142 Tess Corners Dr. Monday, Wednesday, Friday at 11:45
<b>New Berlin</b> <b>784-7877</b> – Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Oconomowoc</b> <b>567-5177</b> Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	<b>Sussex</b> <b>246-6747</b> –Josh Sussex Civic Campus N64W23760 Main Street Monday thru Friday at 12:00
<b>Waukesha</b> <b>547-8282</b> – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

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



## DISABILITY ETIQUETTE

March 15

10:30 AM

Waukesha Public Library

321 Wisconsin Ave. (262) 524-3682



# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
	<p><i>PLEASE NOTE: 1% MILK INCLUDED</i></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p>			Baked Chicken Quarter Mashed Sweet Potatoes w/ butter Spinach Salad w/ Dressing Dinner Roll w/ butter Fresh Orange Dessert Bar Alt. Fruit
4	5	6	7	8
Whole Wheat Spaghetti and Meatballs Italian Blend Vegetable Tomato / Onion Salad Banana Italian Bread w/ butter Frosted Yellow Cake Alt: Fruited Yogurt	<p style="text-align: center;"><b>Fat Tuesday</b></p> Roast Beef Garlic Mashed Potatoes w/ Gravy Seasoned Green Beans Italian Bread w/ butter Fruit Compote Paczki	Macaroni & Cheese Cottage Cheese Green Beans Tomato Juice Dinner Roll w/butter Cook's Choice Fruit Apple Pie Alt. Apple Slices	Enchilada Casserole Mexican Bean Salad Southwest Style Corn Diced Pears Dinner Roll w/ butter Churro Alt: Sugar Free Pudding	Ain't nuthin' but Hound Dogs (hot dog on bun) Nat King Coleslaw Big Bopper Baked Beans Patti Page Potato Salad Chubby Checker Cheesecake Alt. Sugar Free Cookie
11	12	13	14	15
Scalloped Potatoes with Ham Peas and Carrots Buttered Sweet Corn Biscuit w/Butter Fruit Cocktail	Oven Roasted Turkey on Herbed Stuffing With Turkey Gravy Mashed Potatoes with Turkey Gravy Green Bean Casserole Mandarin Oranges	<p style="text-align: center;"><b>St. Patrick's Day early</b></p> Irish Beef Stew Carrots and Cabbage Parsley Baby Bakers Irish Soda Bread w/ butter Shamrock Cake Green Grapes	Oven Roasted Pork Herbed Roasted Root Vegetables Creamed Spinach Fresh Banana Rice Krispies Treat Alt. Fruit Cocktail	Baked Fish Tartar sauce Buttered Baby Reds Dill Baby Carrots Wheat Bread w/ Butter Fresh Fruit Dessert Bar Alt: Yogurt
18	19	20	21	22
Breakfast Omelet Sausage Patty Diced Potatoes w/ Peppers & Onions Ketchup packet Apple Juice Wheat bread / butter Fresh Orange	Pizza Casserole 5-Way Mixed Vegetable Romaine Salad w/ Golden Italian Dressing Warm Breadstick w/ Butter Fresh Apple	Split Pea w/ Ham Soup Saltine Cracker packet Sloppy Joe Whole Wheat Bun Green Beans Fresh Apple Dessert Bar Alt. Fruited Yogurt	Chicken Patty on Bun Mayo packet Texas Caviar Broccoli Salad Diced Pears Oatmeal Raisin Cookie Alt. Lorna Doone	Beef w/Broccoli Vegetable Fried Rice Vegetable Egg Roll Sweet & Sour Sauce Mandarin Oranges Almond Cookie Alt. Sugar Free Cookie
25	26	27	28	29
Lemon Pepper Chicken Breast Garlic Mashed Potato Cook's Choice Veg Wheat Roll w/ butter German Chocolate Cake Alt. Fresh Orange	Chicken Stew Mashed Potatoes Stewed Tomatoes Whole Grain Bread / Butter Spiced Apple Slices	Stuffed Cabbage Roll Baby Bakers Potatoes with butter Beet and Onion Salad Rye Bread w/ butter Tapioca Pudding Alt. Fresh Orange	<p style="text-align: center;"><b>Brewers Opening Day!</b></p> Bratwurst on a Bun Ketchup and Mustard Baked Beans Potato Salad Peach Slices Apple Pie Alt. Fresh Apple	Crab Pasta Salad Tomato Onion Salad Bran Muffin w/ butter Fruit Cocktail Chocolate Pudding Alt. Diet Pudding



# March 10th

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

## **The Plight of the Monarch– March 14th is National Learn About Butterflies Day**

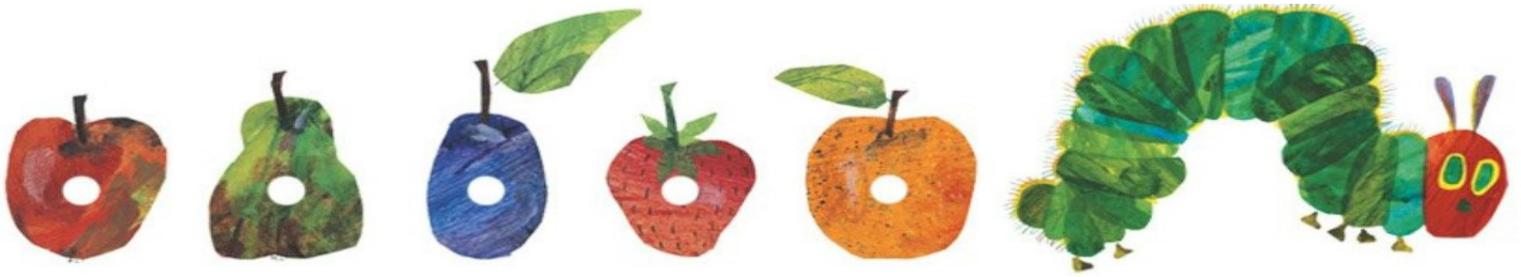
The Monarch butterfly is found throughout Wisconsin and is one of the most recognized and widely distributed butterflies in North America. They are easily recognized by their bright orange wings covered with black veins, rimmed with a black border and white dots. The wingspan of a full-grown monarch can reach nearly five inches, although the average is closer to four inches. Monarchs start their migration north in March and arrive in mid-May. Large numbers of these butterflies can be seen at night roosting together along Lake Michigan or the Wisconsin and Mississippi Rivers.

The most amazing thing about monarch butterflies is their enormous migration they undertake each year. Every fall, as cold weather approaches, millions of these delicate insects leave their home range in Canada and the United States and begin flying south. They continue until they reach Southern California or central Mexico, more than 2,000 miles away! Monarchs use a combination of air currents and thermals to travel long distances. These international travelers return to the same forests each year, and some even find the same tree that their ancestors landed on. Some estimates say up to a billion butterflies arrive in the mountains of Mexico each year. Monarchs can travel between 50-100 miles a day; it can take up to two months to complete their journey. The farthest ranging monarch butterfly recorded traveled 265 miles in one day.

Scientists aren't sure how migrating monarchs know which way to go, since they only live a few months and none makes the journey more than once. Toward the end of winter, the monarchs in Mexico and California mate. The males then die, while the females head north, depositing eggs on milkweed plants along the way and eventually dying themselves. From these tiny, round eggs become small green-and-white-striped caterpillars, which feed on the milkweed leaves. For about two weeks, they eat constantly and grow by shedding their skin. They are then ready to transform into pupae. To become a pupa, a monarch larva attaches itself with silk to a leaf or branch, sheds its skin, and forms a hard shell. After 9 to 15 days, a fully formed butterfly emerges.

Scientists think North American monarchs have been making their amazing annual journey for thousands of years however logging in Mexico has greatly reduced forests where these butterflies roost and the loss of habitat in North America has contributed to their decline.

Groups across Wisconsin are joining forces to save the monarch butterflies. More than 70 groups are cooperating in an "all hands on deck" effort they are calling the Wisconsin Monarch Collaborative. The Wisconsin Monarch Collaborative includes stakeholders representing agriculture, transportation, utilities, public and private land management, research, education and government. The state strategy will serve as a roadmap for voluntary statewide monarch conservation efforts and will focus on increasing monarch habitat, namely through increasing native milkweed and nectar plants. To receive periodic updates about the Wisconsin Monarch Collaborative and other news about monarchs in Wisconsin you can subscribe to the DNR's monarch updates. Subscribe at [dnr.wi.gov](http://dnr.wi.gov) and search "[pollinators](#)."



In honor of National “Learn about Butterflies” Day help The Very Hungry Caterpillar™ turn into a beautiful butterfly, so that he can begin his migration! The Very Hungry Caterpillar™ is based on a well-known children’s picture book by Eric Carle. You can check it out at your local library! In the book, the caterpillar eats and eats and eats until he becomes ready to turn into a beautiful butterfly. Using the clues below, help the caterpillar find all the foods that he eats in the book!

**Across**

- 1. I scream, you scream, we all scream for \_\_\_\_\_!
- 4. Similar to a sucker but usually it is flat, rounded candy on the end of a stick.
- 7. A fruit with a green rind, red flesh, and black seeds
- 8. A soft, sweet red fruit with seeds on its' surface
- 9. a cucumber that has been preserved in vinegar brine.
- 10. An \_\_\_\_\_ a day keeps the doctor away.

**Down**

- 2. A dessert made with cocoa, flour, eggs, sugar. Baked in the oven and frosted.
- 3. Twas the Night Before Christmas: "While visions of sugar \_\_\_\_\_ danced in their heads"
- 5. The name of a color AND a fruit
- 6. The natural food of a caterpillar. Green, grows on plants, attached to a stem/stalk.



A1. Ice Cream, A4. Lollipop, A7. Watermelon, A8. Strawberry, A9. Pickle, A10. Apple, D2. Chocolate Cake, D3. Plums, D5. Orange, D6. Leaf

## What's happening at your local library?

Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or if you live in a different town. Here is a sampling of some of the programs and activities scheduled for March. If you have any questions, please contact Jill Fuller at 262-896-8085 or [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).

<p><b>Brookfield Public Library</b> 1900 N Calhoun Road Brookfield, WI (262) 782-4140 <a href="http://www.ci.brookfield.wi.us/38/Library">www.ci.brookfield.wi.us/38/Library</a></p> <p><i>Veterans' Benefits Program</i> Wednesday, March 13 at 2:00 PM</p>	<p><b>Delafield Public Library</b> 500 Genesee St Delafield, WI 53018 (262) 646-6230 <a href="http://www.delafieldlibrary.org">www.delafieldlibrary.org</a></p> <p><i>Elizabeth Cady Stanton: The Battle for Women's Right to Vote</i> Sunday, March 10 at 1:00 PM</p>	<p><b>Elm Grove Public Library</b> 13600 Juneau Blvd Elm Grove, WI 53122 (262) 782-6700 <a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></p> <p><i>"Coffee From Farm to Cup"</i> Wednesday, March 13 at 7:00 PM</p>
<p><b>Muskego Public Library</b> S73 W16663 Janesville Rd. Muskego, WI 53150 (262) 971-2100 <a href="http://www.ci.muskego.wi.us/library.org">www.ci.muskego.wi.us/library.org</a></p> <p><i>Turning 65? Welcome to Medicare</i> Monday, March 11 at 10:30 AM</p>	<p><b>New Berlin Public Library</b> 15105 Library Lane New Berlin, WI 53151 (262) 785-4980 <a href="http://www.newberlinlibrary.org">http://www.newberlinlibrary.org</a></p> <p><i>Quilt Series: PBS's "The Art of Quilting"</i> Wednesday, March 6 at 10:00 AM</p>	<p><b>Waukesha Public Library</b> 321 W Wisconsin Ave. Waukesha, WI 53186 (262) 524-3680 <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p> <p><i>A Pabst Mansion View</i> Thursday, March 7 at 6:30 PM</p>

## Community Memory Screens

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Early detection is as important as a screening for blood pressure, diabetes or a stroke. During the screening process an individual will get immediate results from their screen, receive information about dementia and Alzheimer's Disease, ask question directly to a Dementia Care Specialist, and learn about brain health and ways to stimulate your brain.

**To Register for a Memory Screen: Call Randy at (262) 548-7848**

Location	Address	Date	Time
Menomonee Falls Senior Center	W152 N8654 Margaret Rd Menomonee Falls, WI	4/3/19	9:00am– 4:00 pm
Pewaukee Public Library	210 Main St Pewaukee, WI	4/17/19	10:00am– 2:00pm
Muskego Public Library	S73 W16663 Janesville Rd Muskego, WI	4/18/19	9:30am– 1:30pm
Pauline Haas Public Library	N64 W23820 Main St Sussex, WI	6/1/19	10:00am– 2:00pm

# Alzheimer's Association Caregiver Support Groups



## Do I need it? Isn't it just one more thing to do?

Coping with the day-to-day problems and physical care of a person with Alzheimer's disease or another form of dementia is both emotionally and physically draining. It is different from many other illnesses, and because the disease may cause personality and behavioral changes in your loved one, you may find yourself feeling embarrassed, impatient, exhausted and even angry. We are left feeling that no one understands what is happening in our daily lives or the frustration we feel.

With other caregivers, it's easier to share your feelings. You may have a lot of mixed feelings, and it is hard to know what to do with them – sharing with our loved one is no longer possible.

At support group meetings, heads nod with a lot of understanding as you speak. You can feel a sense of relief, the release of pent up tension that comes with knowing your problems or emotions are not so different and that you are not alone.

You can share as little or as much as you want to. If you only want solid information and how-to's, that is fine. You'll be part of a group where people can talk together, cry together and laugh together. You may find new friends, form special relationships or just find it helps you cope with day-to-day life.

### Support Groups in Waukesha County

2 <sup>nd</sup> Tuesday of the month	1:30-3:00 p.m.	Elmbrook Hospital
2 <sup>nd</sup> Monday of the month	6:30-8:00 p.m.	Menomonee Falls Fire Dept
3 <sup>rd</sup> Tuesday of the month	6:30-8:00 p.m.	St. Paul's Lutheran, Muskego
1 <sup>st</sup> Tuesday of the month	6:30-8:00 p.m.	New Berlin Library
1 <sup>st</sup> Wednesday of the month	6:30-8:00 p.m.	St. Jerome Catholic, Oconomowoc
1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	10:00-11:30 a.m.	Shorehaven

For more information regarding these and other support groups offered by the Alzheimer's Association contact our **24/7 Helpline at 800.272.3900**.



**414.479.8800 | Phone**  
**800.272.3900 | 24/7 Helpline**  
**[www.alz.org/sewi](http://www.alz.org/sewi)**

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

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

# **LAST CHANCE!**

## **RENEW YOUR SUBSCRIPTION**

**In an effort to keep our database up to date, we are asking everyone to renew their newsletter subscription before March 21st.**

**Details on Page 1, inside!**

ADRC Advisory Board

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