

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

Website:

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

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
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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The ADRC Connection

December 2014

UNITED NATIONS INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

In 1992, the General Assembly proclaimed December 3rd as the International Day of Persons with Disabilities. Today, countries all around the world celebrate the day.

Each year, the United Nations announces a theme that provides a frame for considering how people with disabilities are excluded from society by promoting the removal of all types of barriers: physical, environmental, information and communications technology, and attitudes.

The 2014 theme is Sustainable Development: the Promise of Technology

This year the International Day of Persons with Disabilities will focus on the role of technology in disaster risk reduction practices and emergency response, creating enabling working environments, and creating disability-inclusive sustainable development goals.

History and Action on International Day of Persons with Disabilities

Throughout human history, technology has always impacted the way people live. Today, technology is built into every facet of daily living. The emergence of information and communications technologies have dramatically increased connectivity between people and their access to information, and raised living standards. However, not all people benefit from the advances of technology and higher standards of living. This is mainly because not all people have access to new technologies and not all people can afford them.

Today there are over 1 billion people living in the world with some form of disability. Around the world, persons with disabilities not only face physical barriers but also social, economic, and attitudinal barriers. Furthermore, disability is associated with twenty percent of global poverty, of which the majority is living in developing countries. In spite of being the world's largest minority group, persons with disabilities and the issue of disability has remained largely invisible in the mainstream development frameworks and its processes.

Since 1992, the annual observance of the International Day of Persons with Disabilities aims to promote an understanding of disability issues and mobilize support for the dignity, rights, and well-being of persons with disabilities. It also seeks to increase awareness of the gains that come from integrating persons with disabilities in every aspect of political, social, economic and cultural life.

Continued next page



Aging & Disability Resource Center
of Waukesha County

The UN General Assembly in the recent years has repeatedly emphasized the genuine achievement of internationally agreed upon development goals requiring the inclusion and integration of the rights, well-being and perspective of persons with disabilities in development efforts at national, regional, and international levels.

The theme of this year's International Day of Persons with Disabilities, "Sustainable Development: The Promise of Technology" marks the conclusion of one 5 year period of goals in 2015 and the launch of the new 5 year development framework of goals moving forward.

Disability is referenced in various parts of the draft proposal on the new goals and specifically relates to education, growth and employment, inequality, accessibility of human settlements, and data collection and monitoring of the goals. All goals concern persons with disabilities. Technology can greatly impact the achievement and outcome of the goals for persons with disabilities and for people everywhere. The Day can be used to promote the impact and benefits of assistive technology, accessible information and communications technology, technological adaptations and other policy and programmatic measures to improve the well-being and inclusion of persons with disabilities in society and development.

This year on December 3, 2014 celebrate United Nations International Day of Persons with Disabilities by finding ways to Include, Organize, Celebrate, and Take Action! For more information and ideas on how to observe the Day, visit United Nations website at <http://www.un.org/disabilities>.

Ask INA



Dear Ina

I live in Waukesha County and have a low income but do not qualify for Medicaid or Medicare. I cannot afford to go to my doctor anymore. Is there someplace I can get medical care?

Desperate for Medical Care



Dear Desperate for Medical Care

In Waukesha County there are five low income clinics to assist people.

St Joseph's Medical Clinic at 826 N East Ave in Waukesha was our first opening in 1977. St Joseph's Medical Clinic doors open Monday & Thursday 11:00 am-3:45 pm; Tuesday, Wednesday, Friday 9:00 am-3:45 pm. Appointments are required for the Medical Clinic. They provide medical care and medications; related support services are provided free or low-cost to eligible people. For more information call 262-544-6777 Monday through Friday 9:00 am - 3:45 pm. Website www.sjmhc.net

Also in Waukesha there is the **Waukesha Community Health Center**, part of the Sixteenth Street Community Health Centers, located at [309 East North Street](http://www.sshc.org/waukesha-location) (in the North Street Market, adjacent to the Transit Center and the Barstow Building). The clinic is open Monday-Friday 8:00 am-5:00 pm. The Waukesha Community Health Center provides a full range of medical primary care services for people of all ages. Behavioral health services for medical patients are also available. Many staff are bi-lingual in English and Spanish. On site social services staff can assist with health care advocacy, power of attorney, special needs youth and adults and domestic violence and abuse issues. For more information call 262-408-2530. Website www.sshc.org/waukesha-location

On the west side of the county is **Lake Area Free Clinic** located on 856 Armour Road Suite B, Oconomowoc, WI 53066. The Lake Area Free Clinic is open Tuesday 5:00-8:00 pm and Thursday 5:00-8:00 pm. They provide preventive medical exams for adults, medical treatment for acute and chronic illness for adults and children., and access to laboratory and radiology services, with referral to local physicians for follow-up care and specialty services. For more information call 262-569-4990. Website www.lakeareafreeclinic.org

In Menomonee Falls there is the **Community Outreach Clinic** at W180N8085 Town Hall Rd. The Community Outreach Health Clinic serves the uninsured and underinsured residents of Community Memorial Hospital's service area. They are open Monday, 12:00-2:00 pm (pre-scheduled medication pick-up), Thursday, 1:00-5:00 pm (by appointment only), Tuesday and Thursday, 5:00-8:00 pm. Services provided at the Community Outreach Health Clinic include non-emergent medical, dental care and pharmaceutical assistance. Client referral to appropriate community resources. Education and counseling to promote a preventative wellness lifestyle. For more information call 262-257-3393. Website www.froedtert.com/community-memorial/outreach-health-clinic

In Mukwonago the is the new **Eagle's Wing Free Clinic** located at the Mukwonago Food Pantry Resource Center 225 Eagle Lake Avenue, Mukwonago. Clinic hours are the 1st & 3rd Thursdays from 5:00 to 8:00 pm. Eagle's Wing Free Clinic offers non-emergent medical services, health education and screening, community resources, and referrals. For more information call 262-385-9211. Website www.EaglesWingFreeClinic.org

Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better.

All workshops meet weekly over a period of 6 (or 7) weeks. To ensure the workshop meets the highest level standards, each 2 (2 ½) hour workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a “healthy respect” for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week.

Next Class: Mondays January 12th – February 23rd 2015 (7 weeks)

1:30 – 3:30 pm (snack included)

Location: **Stony Creek Adult Community**
569 W14142 Tess Corners Drive
Muskego, WI 53150

Registration Contact: Charleen S. 414- 422 - 4686
ADRC of Waukesha County 262- 548 – 7848

Cost: \$15 ankle weight deposit requested



Living Well with Chronic Conditions – Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis and asthma, as well as Crohn’s disease and depression are some examples of Chronic or Life Long Conditions. During this 6 week workshop you will learn practical ways to deal with complications that arise when you have a life long condition. You will Feel Better, Be in Control and Do the Things You Want to Do. Those who live with someone who has a life long condition will also benefit from this workshop.

Next Class: Mondays, December 8th – January 12th (6 weeks)

12:30 – 3:00 pm (refreshment included)

Location: **Rehabilitation Hospital of WI**
1625 Coldwater Creek Drive
Waukesha, WI 53188

Registration Contact: Pro Health Care Class Enrollment Service 262-928-2745

Cost: Free



Healthy Living with Diabetes – This 6 week workshop is 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 will learn how to control their diabetes with monitoring, nutrition, exercise, and symptom management as well as how to talk with care providers to improve your health. This workshop does not replace your existing treatment... rather it complements it.

Next class, stay tuned

Powerful Tools for Caregivers – Caregivers learn to how to care for themselves in this 6 week focused workshop. Physical, emotional and financial needs frequently occur during the caregiving period. This program helps caregivers learn to reduce stress, improve communication (both with the care receiver and others), set action plans and solve problems, as well as master caregiving transitions including making tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

Next class: Wednesdays, January 14th – February 18th 2015 (6 weeks)

10:00 – 12:30 pm Lunch provided by the Mukwonago Food Pantry

Location: **Mukwonago Food Pantry Resource Center**
225 Eagle Lake Avenue
Mukwonago, WI 53149

Contact: Lee Clay @ ADRC of Waukesha County 262- 548 – 7848

Cost: \$30 workbook deposit requested; free will donation accepted



PEACE for the Holidays

By Melanie Bunn, RN, MS, GNP, Alzheimer's Training Consultant From the Eastern NC Chapter of the Alzheimer's Association

The best of times, the worst of times might well describe the holiday experience of loved ones of people with dementia. With some reflection, planning and flexibility, the balance can be shifted from the worst to the best.

Integrate the following suggestions as you plan your holiday events to create memories that bring laughter not tears.

Prioritize Decide which family traditions are most important and which parts of those are truly meaningful. While the person with dementia may not be able to tolerate the entire ritual, often they can participate in well chosen components.

Empathize Try to view the planned event through the eyes of the person with dementia. Changes in routines and environments can be difficult and frightening. Try viewing decorations and events as the person with dementia might.

Adjust Consider modifying or simplifying plans, adapting to the person's best time of day or limiting numbers of people in the environment at any one time.

Capture Record the memories of the person with dementia, take candid multi-generational photos or video-they can be more touching and much easier than posed portraits. Try to encourage reminiscence and story telling to preserve family history.

Enjoy Take time to make memories. Don't get so involved in the plans you forget the point.



The holidays are a time when family and friends often come together.

But for families living with Alzheimer's and other dementias, the holidays can be challenging. Take a deep breath. Acknowledge that the holidays are full of emotions, so it can help to let guests know what to expect before they arrive.

If the person is in the early stages of Alzheimer's, relatives and friends might not notice any changes. But the person with dementia may have trouble following conversation or tend to repeat. Family can help communication by being patient, not interrupting or correcting, and giving the person time to finish his or her thoughts.

If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last time an out-of-town friend or relative visited. These changes can be hard to accept. Make sure visitors understand that changes in behavior and memory are caused by the disease and not the person.

alzheimer's association®

Gifts for people with Alzheimer's

In the early stages:

Items to help remember things

- magnetic reminder refrigerator pads
- Post-It notes
- baskets or trays that can be labeled within cabinets or drawers
- a small pocket-sized diary or notebook
- erasable white boards for key rooms in the house
- a calendar featuring family photos – note family occasions such as birthdays and anniversaries



Items to help with everyday tasks

- a memory phone that can store up to eight pictures with the names and contact information of family and friends
- automatic medication dispenser that can help the person living with Alzheimer's remember to take medicine
- nightlights that come on automatically when it gets dark
- a clock with the date and time in large type

Items to help keep the person engaged

- an outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family
- favorite musical CDs or CD with compilation of favorite tunes
- VHS/DVD collection of favorite movies
- activities such as scrapbooking or other craft projects

In the middle-to-late stages

Sensory stimulation gifts. Stimulating the five senses may bring back pleasant memories. Give gifts such as:

- scented lotions
- a fluffy bathrobe in a favorite color
- a soft blanket or afghan to keep warm

Clothes. Get comfortable, easy to remove, easily washable clothes such as:

- sweat suits
- knits
- large banded socks
- shoes with Velcro ties
- wrinkle free nightgowns, nightshirts and robes

Music. Research shows that music has a positive impact on individuals with Alzheimer's, bringing them back to good times, increasing stimulation and providing an opportunity to interact with family members. Buy favorite CDs or burn a CD full of musical favorites

Framed photographs or a photo collage. Copy photos of family members and friends at photo centers, insert the names of the people in the photo and put in frames or in a photo album created specifically for that person.

MedicAlert® + Alzheimer's Association Safe Return®. Enroll the person in [MedicAlert + Safe Return](#), a 24-hour nationwide emergency response service for wandering and medical emergencies.

Gifts for caregivers

* **The gift of time.** Cost-effective and truly meaningful gifts are self-made coupons for cleaning the house, cooking a meal, shoveling the driveway, and giving time off so a caregiver can do something to meet their needs.

* **Gift cards and certificates** for restaurants, laundry/dry cleaning services, lawn care services, maid services, computer/technology support, and personal pampering services such as massages and pedicures.

* **Books.** In addition to giving novels on the caregiver's "must read" list, there are also books on caregiving such as "The 36-Hour Day" by N.L.Mace and P.V. Rabins; "The Best Friends Approach to Alzheimer's Care" by V. Bell and D. Troxel; and "Alzheimer's: A Caregiver's Guide and Sourcebook," by H. Gruetzner; and "Coach Broyles' Playbook for Alzheimer's Caregivers" by Frank Broyles. Also consider giving book on CD.



CAREGIVER CORNER

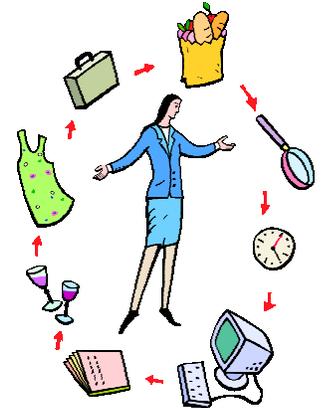
Careers and Caregiving can be a Juggling Act

By Lee Clay, Community Health Education Coordinator

Adapted from: Wisconsin Women magazine 10/14 and the State of Wisconsin Department of Workforce Development

Every Caregiver's journey is unique. Caregivers often juggle at least three roles or jobs:

- ◆ Taking care of themselves
- ◆ Work/employment responsibilities
- ◆ Helping or caring for their spouse or parent.
- ◆ If that caregiver is also a parent, add a fourth role...Caring for **their** children.



There are basically two types of caregivers:

- ◆ Paid caregivers such as those hired to provide assistance in the home, assisted living or long term care facilities
- ◆ Family caregivers, unpaid helpers who offer assistance to family members, friends and neighbors.

Family caregivers are becoming more common and the numbers of family caregivers are rising. Family caregiving involves many activities including coordinating services, assisting with medical appointments, planning for future needs as well as handling both minor and major emergencies.

Being organized helps Family Caregivers prioritize what needs to be done and may even reduce the time needed for the actual care. Here are some tips that may be helpful for a Family Caregiver;

- ◆ Make a "to do" list for each role. Keeping things in writing is one more way to help track and organize duties. Who is responsible and when they need to accomplish each task. This will also help lessen the stress of trying to "remember" everything.
- ◆ Ask for help. Communicating personal needs does not make you a weaker person. It demonstrates the importance of self care, improves communications and when done correctly will even reduce anger or hurtful feelings. Make sure to be specific about what help you need and when you need the help.
- ◆ Pursue community services or pay for outside help. Contact the Aging and Disability Resource Center to learn what kind of assistance may be of benefit for your loved. The ADRC can also help with exploring options and eligibility requirements for assistance covering costs of services. Some helpful community home services could be home delivered meals, in home personal care, adult day programs, and home making assistance.

Family Caregivers who are employed outside the home should also consider working closely with their supervisor and the Human Resources professional from their employer. Explore with them potential options such as flexible work schedules (job sharing/part time if possible), work from home, and possible reimbursement programs for day programs. The Family Medical Leave Act may also be available to you so that you can take time off of work to assist your loved one without the threat of losing your job.

Family Medical Leave Act allows employees up to two weeks of leave in a calendar year for the care of a child, spouse, domestic partner, or parent or a parent of a domestic partner with a serious health condition. Family Leave is required to be available under state law when employers have 50 or more permanent employees. Employers with 25 or more employees are required to post their particular leave policy. This law only applies to an employee who has worked for the employer more than 52 consecutive weeks and for at least 1000 hours during that 52-week period. The law also requires that employees be allowed to substitute paid or unpaid leave provided by the employer for Wisconsin Family and Medical Leave. Employers may have leave policies, which are more generous than leaves required by the law.

Looking to Volunteer?

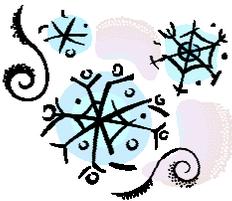


Are you looking for an opportunity to give back to your community and help a senior? The ADRC is looking for home delivered meal drivers in the cities of Waukesha and Mukwonago. Home delivered meal drivers deliver meals to homebound seniors over the lunch hour from 11:00-1:00. Drivers are reimbursed for their gas mileage. Help out once a week or twice a month.

If interested call 262-548-7829 or consult the volunteer tab on our website at www.waukeshacounty.gov/adrc

Compassionate and Caring Volunteers Needed

If you are a caring and compassionate individual looking to make a difference in the life of a senior, consider becoming a friendly visitor. Friendly visitors spend at least one hour a week visiting with a senior in need of a friend. Volunteers must be 18 years or older and hold a current valid driver's license. Training and mileage reimbursement provided. For more details call the ADRC at 262-548-7829.



Are you a family looking to help out a neighbor? Are you a large group looking for service hours? Are you an individual who wants to give back to your community? We need your help! We need energetic volunteers to prepare the homes of seniors and adults with disabilities in Waukesha County for winter. Sign up your family, congregation, community group or business for Fall Yard Clean Up today. You pick the day (between October 18 through November 16th) and we coordinate the rest. You will be placed in a location that you want to help out in. You will also be able to help out with as few or as many houses as your or your group wants to help with. This is a completely flexible position. It's just that easy, and the homeowners truly appreciate your help!

Volunteers are also needed beginning with the first snowfall until April 2014. Volunteers will be matched with a senior or adult with a disability in their community to remove snow from their driveway and sidewalk. Details can be coordinated directly with the person you serve. Enjoy the crisp winter weather as you provide this needed service to an individual that is no longer able to shovel snow due to age or physical condition.

Contact Jo Jones (262-522-2404 or joj@interfaithwaukesha.org)



INTERFAITH
SENIOR PROGRAMS
— Faith In Action —



From the Desk of Your Benefit Specialist

Seniors Can Get Help with Tax Returns

The Volunteer Income Tax Assistance (VITA) program provides income tax assistance to low-income people, individuals with disabilities and the elderly. Volunteer tax preparers are trained by the Internal Revenue Service and the Wisconsin Department of Revenue. Volunteers will prepare basic income tax forms for free. They will also assist with Homestead Credit and Earned Income Credit. Most sites provide free electronic filing.

An additional program called Taxpayer Counseling for the Elderly (TCE) provides assistance with tax preparation for the elderly. This program is supported by the AARP Foundation.

VITA sites are often located at community centers, churches, or libraries. To find the VITA site near you, call 1-800-906-9887. Information is also available at www.irs.gov, keyword VITA.

For the locations of TCE sites, call 1-888-227-7669.

The VITA and TCE sites will assist with only the following tax forms:

1040EZ	<p>When you go to the site, you should bring all W-2 wage and tax forms, proof of income, including Social Security income, interest and dividend statements, and all other relevant tax documents. You should also bring photo identification, Social Security cards for yourself, your spouse, and any dependents. If you would like to file for Homestead credit, you should also bring a rent certificate and/or a copy of your property tax bill.</p> <p>Both spouses must come to the site to file a joint tax return. VITA will not prepare tax returns for married people who are filing their tax returns as separate individuals. Most sites are only open between February 1st and April 15th.</p>
1040A with Schedules 1, 2, 3, and EIC	
1040 with Schedules A,B, C-EZ, EIC, and R	
Form 1040V (Payment Voucher)	
Form 1040ES (Individual Estimated Tax Payment)	
Form 2441 (Child and Dependent Care Credit)	
Form 8863 (Educational Credits)	
Form 8812 (Additional Child Tax Credit)	
WI Form 1, 1A and WI-EZ	
WI Homestead Credit (Household income must be less than \$24,680)	



Did you know December 12th is National Cocoa day?



The Mayans are credited with cultivating the cacao bean to brew xocoatl, an unsweetened version of a chocolate beverage. It began as a spiced cold beverage and it has a rich history.

The Swiss are the founders of the hot chocolate we know of today, which they discovered by mixing pieces of chocolate with boiling milk. The Dutch were said to have invented the cocoa powder which is now used in the beverage and other treats. We have all seen many powdered hot cocoa brands in store, although true hot chocolate fans say that hot chocolate is made by mixing chocolate pieces with heated water or milk.

The first hot chocolate shop was opened in the year 1657, which resembled coffee shops of today. The idea of making solid foods out of cocoa, such as chocolate pudding, was introduced in 1674.

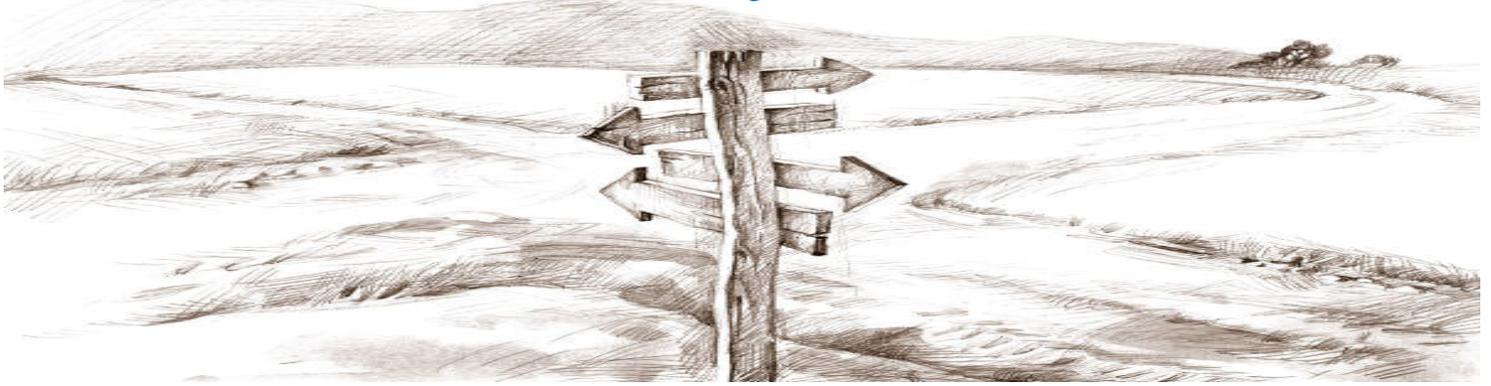
When the weather is frightful, cozying up with a mug of hot cocoa can make the day more delightful!



Information for this article was taken from The Nibble, Great Food Finds www.thenibble.com and www.dates.aboutravellingtheworld.com



Older Driver Safety Awareness Week



December 1 – 5, 2014

It is a fact of life that people grow older every day. With increasing age come changes in physical, mental and sensory abilities that can challenge a person's continued ability to drive safely. The vast majority of us will outlive our ability to drive, but safe driving is about ability – not age. A variety of safe travel options are available for people of all ages. The real need is a broader awareness of the solutions, rather than a narrow focus on the problem. The American Occupational Therapy Association (AOTA) believes that occupational therapy practitioners have the skills to evaluate a person's overall ability to operate a vehicle safely and provide rehabilitation, if necessary. Many are specially trained in the full scope of driving rehabilitation. Occupational therapy practitioners work with older adults as well as their families and caregivers, offering individualized assessment. They can identify individuals' unique challenges and find strategies that will help them live life to its fullest by keeping them active, healthy, and safe in their communities. Helping to maintain the mobility of drivers who are already self-regulating and managing their driving, and assessing the need for appropriate alternatives when necessary. AOTA's Older Driver Safety Awareness Week aims to promote understanding of the importance of mobility and transportation to ensuring older adults remain active in the community—shopping, working or volunteering—with the confidence that transportation will not be the barrier to strand them at home. Throughout the week, AOTA will bring attention to a different aspect of older driver safety. Occupational therapy practitioners are encouraged to share their experiences during Older Driver Safety Awareness Week on the Driving/Driver Rehabilitation forum in OT Connections.

Monday: Identifying Changes That Can Affect Driving

Tuesday: Family Conversations

Wednesday: Screening and Evaluations with an Occupational Therapist

Thursday: Equipment That Can Empower Drivers

Friday: Taking Changes in Stride



Are you or a loved one are having concerns over driving and mobility, or just want to discuss planning for the future? The ADRC of Waukesha County can help you review and apply for alternative transportation options, discuss concerns and help with having important discussions about driving, and help located an AARP Driver Safety Course for an older driver. Call the ADRC of Waukesha County at (262) 548-7848 to discuss your questions or concerns.



A HISTORY OF CHARLES DICKENS

16TH Century Europe experienced the Reformation when influential leaders such as Martin Luther, John Calvin, and Henry VIII challenged Roman Catholicism and Orthodox religious beliefs bringing with it a period of religious, political, intellectual and cultural upheaval. The Reformation rejected the merit of good works and indulgences. It condemned the pagan customs that were deeply rooted in many early ceremonies and traditions. Public celebrations of Christmas were banned. In England the holiday was banned by Oliver Cromwell and in America the Puritans abolished the holiday celebrations following the Civil War. By the 1800's in England celebrations were no longer in danger of fines or confiscation of goods but fervor continued to decline until the Victorian Era when England's Queen Victoria married Germany's Prince Albert and together they brought Christmas to their family. Incorporating Victorian Christmas traditions into the mainstream is largely credited to Charles Dickens. Charles Dickens self-published the original manuscript for *A Christmas Carol*. A huge artistic success this novella conveyed the traditions of caroling, feasting, gift giving, and the Christmas Tree as common practices for the Christmas holiday. Dickens drew on childhood and concern for the poor to advance Christmas as a time for remembering the past and aiding the impoverished in the present. Prince Albert celebrated Christmas as a time of gift giving and receiving. He also brought the concept of the Christmas Tree from his native country, Germany. These themes were then written into Dickens' Christmas works as normal, perfectly acceptable ideas. Starting with *A Christmas Carol*, Charles Dickens continued to write a festive story each year until 1848. At this time he changed from writing novellas and began publishing a Christmas periodical. Dickens' Christmas works were successful and popular. Other writers copied from the periodical format and published their own works based on holiday themes. Through the years as Christmas continues to be celebrated around the world, it is Charles Dickens and his original



A Christmas Carol that is credited with the rebirth of Christmas and Dickens continues to be heralded as the true Father of Christmas.

THE ORIGINS OF CAROLING



The holiday season is a time that is brimming with tradition – be it the decorating of a Christmas tree, hanging a stocking, putting out cookies for Santa Claus or having a family dinner, most of what we do continues on because it was passed down by family through the generations. One curious tradition we keep alive today is that of caroling, but it isn't very often that we think about how it started. Who decided to sing for their neighbors, and why did they do it?

As it turns out, caroling is not a new trend, and it can be traced back to a European celebration called the Festival of Yule where townsfolk would come together to sing and dance in honor of the Winter Solstice. There really is no definitive history as to when Christmas caroling began, but some historians believe that caroling began because folk were not allowed to perform in churches, so instead, they took to singing in front of houses within the neighborhood. Others believe that the tradition of caroling didn't begin until the 16th century when peasants would sing songs of good tidings in exchange for nourishment, or for wassail, which is a hot and spicy drink that is similar to the eggnog of today. The wassail is believed to be the link between Christmas and caroling, because children often sang door to door in search of a cup or two. It is commonly accepted, though, that caroling didn't truly take hold as the feel-good fun we think of today until the 19th century and it was well received during the Victorian Era.

The reasons for caroling may have changed some through the centuries, but it still remains a fun, spirited activity that can be enjoyed by all ages, so grab someone and head out this holiday season to keep the tradition alive.



Healthy Holidays!

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

Enjoy all food groups at your celebration. Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.



Make sure your protein is lean. Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

Cheers to good health. Quench your thirst with low-calorie options. Drink water with lemon or lime slices, unsweetened iced tea, or seltzer water with a splash of 100% fruit juice.



Bake healthier. Use recipes with unsweetened applesauce or ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, nutmeg, and allspice instead of salt.

Tweak the sweet. For dessert, try baked apples with cinnamon and sugar instead of apple pie, like these Quick and Easy Microwave Apples!

Quick and Easy Microwave Apples

Ingredients:

- 2 large apples
- 2 Tablespoons brown sugar
- 2 Tablespoons raisins
- 1 teaspoon ground nutmeg
- 1 teaspoon cinnamon
- 2 teaspoons butter or soft margarine

Instructions:

- Core apples, leaving the bottom intact.
- In a bowl mix brown sugar, raisins, nutmeg, and cinnamon.
- Spoon the sugar mixture into the apples and place a teaspoon of butter or margarine on top of sugar mixture.
- Place apples in a deep casserole dish and cover with a lid.
- Microwave for 3-4 minutes or until tender. Let the apples sit 2 minutes before serving. Enjoy!

**UW
Extension**
Waukesha County

**Nutrition
Education
Program**

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: 262-548-7789
<http://waukesha.uwex.edu>

Source: www.ChooseMyPlate.gov 10 Tips for a Healthier Holiday.
Recipe retrieved from www.fruitsandveggiesmorematters.org.



HELLO FROM HARTLAND

Hi! My name is Peggy and I am the manager of the Hartland senior dining center. We have a wonderful, fun-filled, diverse group of diners. We serve a hot lunch every Monday, Wednesday and Friday at 12:00 noon. You can find us in the Breezewood Village Apartments at 400 Sunnyslope Drive. If you live in the Hartland area and are in need of home delivered meals, we distribute them from this site three days each week.

December is a busy, activity-packed month. This year's festivities include a "Welcome Winter" cupcake day, several Lucky Lunches (find a holiday sticker on the bottom of your tray and win a treat), a "Pick a Pine Cone...Win a Prize" day and a wonderful holiday meal, complete with caroling. For the first time there will be a Holiday Mystery to solve! Clues will be given – come help us put the pieces together!

As always, we will have an end of the year party with snacks and beverages and we would love for you to join us. The fun continues into the new year and each summer we have a huge barbeque where you can enjoy grilled brats and dine outside on the patio.

Give us a call at 262-367-5689. Make a reservation (at least 24 hours in advance) to join the fun. We'll hold a seat for you.



WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatballs in Marinara Sauce Whole Wheat Penne Pasta Italian Bread/Butter Romaine Lettuce Salad/Dressing Tropical Fruit	Polish Sausage Ketchup/Mustard Parsley Potatoes Sauerkraut Bread/Butter Brownie Alt. Fresh Fruit	Chicken Rice Au gratin Casserole California Blend Dinner Roll/Butter Fresh Pear Pie Alt. Vanilla Wafers	National Cookie Day Chili w/ crackers Tossed Salad Ranch Dressing Biscuit/Butter Mandarin Oranges Cookie Alt. Plain Cookie	Tuna Casserole Carrot Coins Blueberry Muffin w/ Butter Pineapple Sherbet Cup Alt. Diet Gelatin
8	9	10	11	12
Swiss Steak w/Gravy Egg Noodles Broccoli & Cauliflower Italian Bread w/Butter Pear Half Oatmeal Raisin Cookie Alt. Plain Cookie	Baked Chicken Quarters Sweet Potatoes w/ Butter Romaine Salad w/ Dressing Fresh Banana Dinner Roll w/ butter	Scalloped Potatoes w/ Ham Peas and carrots Dinner Roll w/Butter Apricots Frosted Chocolate Cake Alt. Plain cake	Chicken Parmesan Mostaccioli w/Marinara Vegetable Blend Spinach Salad w/ Dressing Italian Bread w/Butter Sliced Peaches	Baked Cod / tartar sauce Hash Brown Casserole Creamy Coleslaw Bread /Butter Kiwi Dessert Bar Alt. Banana
15	16	17	18	19
Roast Pork with Gravy Stuffing w/ gravy Dill Baby Carrots Dinner roll / butter Mandarin Oranges Pudding Alt. Lorna Doone	Crab Pasta Salad Tomato/Onion Salad Croissant /Butter Grapes Choc. Chip Cookie Alt. Diet Cookie	HAPPY HOLIDAYS! Oven Roasted Turkey w/ gravy Stuffing w/ gravy Fresh Broccoli Salad Dinner roll w/ butter Apple, Cranberry, Orange Compote Pecan pie w/ whipped topping	HOLIDAY HOLIDAYS! Baked Ham (with warm fruit sauce) Loaded Mashed Potatoes Holiday Spinach Salad w/ dressing Parkerhouse roll butter Cherry Cheesecake	Beef Lasagna Italian Blend Vegetables Bread/butter Pineapple Ice Cream Alt. Diet Pudding
22	23	24	25	26
Chicken Stew with Dumplings Broccoli Bread/Butter Peaches Ice Cream Alt. Angel Food Cake	Roast Beef Mashed Potatoes Gravy Green Beans Dinner roll/Butter Holiday Cookie Alt. Diet Cookie	Christmas Eve Holiday All Senior Dining Centers Closed No Meals Delivered	Christmas Day Holiday All Senior Dining Centers Closed No Meals Delivered	Sloppy Joe on Bun Mixed Vegetables Potato Salad Fruit Cocktail Sugar Cookie Alt. Plain cookie
29	30	31		
Polish Sausage Ketchup/Mustard Parsley Boiled Potatoes/Butter Sauerkraut Rye Bread/Butter Tapioca Pudding Alt. Diet Pudding	Whole Wheat Spaghetti with Meat sauce Italian Green Beans Breadstick/Butter Apricots Pound Cake Alt. Angel Food Cake	New Year's Eve Holiday All Senior Dining Centers Closed No Meals Delivered	<i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i> ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i>	



HAPPY HOLIDAYS

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

ADVENT

BAKING

BELLS

CANDLE

CANDY

CAROL

CHARITY

CINNAMON

DECORATE

ELF

FAMILY

FIREPLACE

FRUITCAKE

GIFTS

GINGERBREAD

HOLLY

JINGLE

MANGER

MISTLETOE

NATIVITY

NUTCRACKER

ORNAMENTS

PRESENT

RIBBON

SHEPARD

SLEIGH

STOCKING

TREE

WISEMEN

WREATH

Stay Healthy Through the Holidays



While the holiday season can be a joyful time for many, it can be filled with a number of health and safety concerns that individuals need to be mindful of. The changes in routines, schedules, environment, diet, and stress levels may be triggers for more serious issues.

A recent survey asking for greatest concerns during the holiday season indicated that many people of all ages worry about weight gain throughout this period. Although realistically, an average of 1-2 pounds is gained, it typically stays on for the rest of the year! Several years later, only a Santa suit will fit!

Several tips to keep this to a minimum:

- ◇ Weigh yourself twice weekly, in the AM, to help keep track
- ◇ Keep up an exercise routine – generally in the AM will impact cravings for high fat holiday fare
- ◇ Continue to eat your 3 meals a day (or 5 smaller ones) – aim for a good selection of fruits and vegetables, whole grains and lean proteins to keep your appetite in control
- ◇ Keep yourself hydrated – drink water, plus eat foods with greater water content such as leafy greens
- ◇ Alcohol is loaded with calories – because we drink them, we may not recognize them as a source of high calorie intake. Also, more drinking often leads to more holiday eating!
- ◇ Eat foods with potassium (bananas, kiwi, strawberries, etc.) which is a natural diuretic – fight bloat. Avoid additional salt in your diet too.
- ◇ Just Say NO! Chew slowly! Don't stand by the table with all the food! Don't take home leftovers!
- ◇ Enjoy the special treats of the season in moderation.

Other holiday related concerns are:

Change in sleep (travel, different schedules, different environments/beds) – disruptions in sleep can lead to decrease in your immunity health, making you more susceptible to communicable diseases

Seasonal Automobile Accidents - there are more people on the road during holidays. This, in combination of more adverse weather conditions, and / or people driving under the influence of alcohol or other drugs, can lead to tragic circumstances.

Fires - Flammable Christmas Trees (each year over 400 residential fires in the U.S. from tree fires in the home), lit fireplace and lit candles can be a beautiful sight, but lead to home fires, and even that holiday turkey that some people want to try to deep-fry can turn into a fireball without the proper precautions, and watchful eyes!

Be Aware of Signs and Symptoms ... with the additional stresses, eating, drinking, lack of sleep, etc., this is also the season in which heart problems increase. Cold weather is also a factor – the cold is harder on the heart – blood vessels constrict, blood clots more readily, and even limited exposure to frigid temperatures can strain the heart. Be aware of any chest or back pain/pressure, shortness of breath, chronic fatigue, chronic nausea or heartburn – and recognize the need for immediate attention

HAVE A HAPPY, HEALTHY, AND SAFE HOLIDAY SEASON



Shrimp & Garlic Cream Sauce

- 1 dry pint grape tomatoes cut in half
- 8 cloves garlic minced
- 1/3 cup pasta sprinkle (Penzeys or mix listed below)
- 1 box (12-16 oz) angel hair pasta
- 4 Tbsp butter
- 4-5 Tbsp olive oil
- 1lb raw shrimp- peel and devein
- 16 oz cream or half and half
- Seafood seasoning (your favorite or mix below)

Cook pasta according to directions on box. Heat olive oil in large nonstick skillet over medium heat. Add garlic and sauté until it is a light golden color. Add cream and pasta sprinkle to garlic. Lower heat to low/medium low. Stirring occasionally. Heat separate skillet over medium heat. Toss shrimp with seafood seasoning. Add shrimp to second skillet. Cook until white/pink and no longer translucent. Cut butter into 4 slices. Add butter to garlic cream and stir. Remove sauce from heat. Add cooked pasta to sauce. Mix to coat the pasta. Add tomatoes and shrimp to mixture. Toss lightly and serve.

Makes 4-6 servings

Pasta sprinkle: Mix garlic powder, onion powder, thyme, oregano, basil in equal parts

Seafood seasoning: Paprika, fine ground pepper, onion powder, garlic powder, salt in equal parts.

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

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