

**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**

414-497-8800

800-272-3900 (24/7)

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# The ADRC *Connection*

April 2014

Volume 1

Issue 1

## A Letter From Our Editor

Hello and welcome to the first issue of the ADRC Connection! We are the ADRC of Waukesha County and are pleased to bring you a monthly newsletter full of interesting and informative articles. The ADRC is located inside the beautiful new Waukesha County Health and Human Services Center at 514 Riverview Avenue in Waukesha. Please come and visit us anytime during our regular business hours of 8:00 AM to 4:30 PM, Monday through Friday.

There are many helpful services the ADRC has to offer. We are the "one stop shop" for any assistance you may need regarding long term care services. We have a team of skilled Information and Assistance Specialists available to answer any questions you may have regarding aging and/or disability issues. Some examples of things we can help with are home delivered meals, adult day services, respite care, Medicaid and Medicare services, Guardianship and elder welfare concerns. We also serve as the gateway for all publicly funded long term care services including Family Care and Older American's Act services. We are also participating in a five year "Active Aging Research Center" grant looking at the use of technology to assist older adults to remain more active and independent in the community. We are looking for volunteers to participate in this exciting study. Please see the last two pages in this issue for details.

ADRC staff are available to provide assistance to you on the telephone, in the ADRC office suite, or in your home if you choose. There are no fees for our consulting and information services. You may contact us at 262-548-7848 during our regular business hours. We look forward to assisting you in any way we can.

**Mark Komppa**



# Get to know us before you need us...

## Did you know we offer Options Counseling?

The Waukesha County Aging and Disability Resource Center staff are able to provide information and assistance regarding a wide variety of topics. These can include: housing, home care, transportation questions, Home Delivered Meals, caregiver support, Long term Care planning for a loved one or yourself, transition assistance for children with special needs moving to adult programming, Medicare and Medicaid questions, and Alzheimer's/Dementia resources. Options counseling is one of the ADRC's primary services. ADRC staff will provide you with accurate information to help you make decisions regarding your long term care needs. We are also available to follow up with you in regard to programs or services you may be interested in.

Like what you hear?  
Get in touch with an  
ADRC Specialist to set  
up your own Options  
Counseling:

**Local:** 262-548-7848

**Toll Free:** 866-677-2372

or stop in Mon-Fri

8:00 AM—4:30 PM

514 Riverview Ave

Waukesha, WI 53188

## What is Options Counseling?

Many people contact us looking for assistance in making long term care decisions. We can help with those decisions by working with you and your family. When you call our Information and Assistance number, we help sort out any questions you have regarding community services, support, services outside of home and questions about Long Term Care. We gather information from you via the telephone and may visit you in your home to discuss services and programs that may fit your needs. If someone is in need of public assistance to fund in home services, assisted living, or even nursing home placement, an ADRC Specialist will be able to explain all of the options regarding eligibility for programs such as Family Care or Older American's Act which can help pay for services of this nature.

Options counseling is giving you information to empower you to make the best decision for yourself or a loved one. The ADRC of Waukesha County is here for no fee to help you and your families make an informed decision about your needs. Please feel free to call us at any time.

(262) 548-7848



# April is Autism Awareness Month

## How is it celebrated?

- ◆ Presidential/Congressional declarations
  - ◆ Online events
  - ◆ Local Events

## Facts

- ◆ The CDC estimate approximately 1-88 individuals are affected with autism spectrum disorder. These range from mild to severe where the child, adult can not communicate and are severely disabled ([www.cdc.gov/ncbddd/autism](http://www.cdc.gov/ncbddd/autism))
- ◆ Proposed causes are varied and range from genetics, severe infections that affect the brain, and metabolic or neurological factors to exposure to toxins .

## Looking for support?

The Autism Society of Southeastern Wisconsin can be an excellent resource and they offer three support groups:

**Morning Coffee Parent Support Group**— First Thursday of every month during school year from 9:30-11:30AM.  
Coffee & pastries served

**Adults on the Autism Spectrum Support Group**— Open to adults of all ages diagnosed with high functioning Autism and Asperger's. Offered 3rd Wednesday of each month, 6:30-8:30PM

**Evening Parents' Support Group**— Offered 3rd Tuesday of each month during school year from 6:30-8:30PM.

Groups are located at:  
3720 N 124th St. Suite O  
Wauwatosa, WI 53222  
Phone: 414-988-1260

### **Other groups in Waukesha County are:**

Asperger's Parents Support  
Located in Brookfield.

Please see website [www.support4as.com](http://www.support4as.com) or call 262-442-2923 for location and times.

Parents Place  
1570 E Moreland Blvd  
Waukesha, WI  
Please call for times 262-549-5575

Wisconsin First step is a 24 hour information and referral for families and provider working with children and youth.  
[www.mch-hotlines.org](http://www.mch-hotlines.org) or 800-642-7837



# Have questions? Need assistance? We're here for you!

## Questions or concerns about Alzheimer's disease or related dementias?

The Alzheimer's Association is here to assist you in your journey. Whether you are a person with memory loss or a caregiver, we can provide the help you need.

Ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts
- early stage programs and educational opportunities



## When

4th Wednesday of each month

1:15 - 2:15 p.m. or 2:30 - 3:30 p.m.

## Upcoming 2014 dates

Jan. 22   April 23   July 23   Oct. 22

Feb. 26   May 28   Aug. 27   Nov 26

Mar. 26   June 25   Sept. 24   No Dec. Hours

## Where

Aging and Disability Resource Center  
of Waukesha County

514 Riverview Ave., Waukesha

## To schedule a meeting

Call (262) 548-7848 to arrange an appointment.

Services are provided at no cost.

## About the Alzheimer's Association

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Our vision is a world without Alzheimer's, and since our founding in 1980, we have moved toward this goal by advancing research and providing support, information and education to those affected by Alzheimer's disease and related dementias.

## Local Contact

Judy Gunkel, Community Outreach Coordinator

Alzheimer's Association—Southeastern WI Chapter

Email: [jgunkel@alz.org](mailto:jgunkel@alz.org)

24/7 Helpline: Toll Free 800.272.3900



## The ABC's of why people call 800-272-3900

- A— activities, adult day centers, agitation
- B—bathing, behavioral changes, basic information
- C—caregiver stress, communication tips, clinical trials
- D—driving, depression & diagnosis...how and when
- E— education, early stage, elder law, eating issues
- F—financial planning, feelings, fronto-temporal lobar degeneration
- G—guardianship, genetic testing, grief
- H—healthcare power of attorney, holidays, hospice

## April Alzheimer's Programs

### **What's it like? The world through the eyes of those with Alzheimer's**

-Free program providing insight through words of those with Alzheimer's

Tuesday, April 15th 1:00-2:00PM

Pewaukee Public Library

Call to register: 262-691-5670 or email:

[pwlib@pewaukee.lib.wi.us](mailto:pwlib@pewaukee.lib.wi.us)

### **Conversations about Dementia: Tips for Family Conversations**

-Free program on how to have honest/caring conversations about difficult topics

Tuesday, April 22nd 10:00-11:30 AM

Shorehaven Center for Live Enrichment

Register: 262-548-7224 or email:

[jgunkel@alz.org](mailto:jgunkel@alz.org)

### **Planning your Days**

-Discuss keys to successful day-to-day interaction with someone with Alzheimer's/Dementia

Tuesday, April 29th 10:00-11:30 AM

Shorehaven Center for Life Enrichment

Register: 262-548-7224 or email:

[jgunkel@alz.org](mailto:jgunkel@alz.org)

### **Alzheimer's Association Wisconsin Conference**

-Over 40 workshops, national keynote speakers and numerous exhibits and displays. Register by April 17th

Kalahari Resort Convention Center

Register: 715-869-2667 or email:

[kdavies@alz.org](mailto:kdavies@alz.org)



alzheimer's  association®

**For questions or concerns about Alzheimer's disease or related dementias**

**Please call 262- 548-7848 to schedule an appointment**

**Location:** Aging and Disability Resource Center of Waukesha County, 514 Riverview Ave., Waukesha

**Wednesdays: 4/23 - 5/28 - 6/25 - 7/23 - 8/27 - 9/24 - 10/22 - 11/26 Times: 1:15 to 3:30 p.m.**

**Services provided at no cost**

**Or call the Alzheimer's Association 24/7 Toll Free Helpline at 800-272-3900 for immediate assistance at any time.**

A close-up photograph of several vibrant pink roses in full bloom, with green leaves and stems visible. The background is softly blurred, creating a shallow depth of field.

# Caregiver Corner

## “Spring” Your Stress: Quick Tips for Family Caregivers

Caregiver stress is the emotional and physical strain of caregiving and it can take many forms. It can make you feel frustrated and angry, taking care of someone with dementia who often wanders away or becomes easily upset. You may feel guilty because you think that you should be able to provide better care despite all the other things that you have to do. Caregiving can cause you to feel lonely because all the time you spend caregiving has hurt your social life. It may even make you feel exhausted, both physically and emotionally, when you go to bed at night.

Dealing with a loved one who’s ill or incapacitated is stressful; as a caregiver you know this. Unfortunately, though, the psychological needs of caregivers, family members and friends often get lost in the shuffle of arranging for care, scheduling doctor’s visits, and dealing with health crises. Whether you’re a primary caregiver all or part of the time, or simply assisting while a full-time nursing aide cares for your loved one, if you’re not in good psychological shape, your ability to help is critically diminished. An ongoing effort to attend to your mental health not only benefits you, but also those around you, including the loved one you are caring for.

So, how do you care for your own mental well-being? Relax in minutes. You don’t have to have time to spare to help yourself relax. Following are some relaxation techniques you can use when you’re stressed but only have a couple of minutes to yourself.

**Deep breathing.** This isn’t quite as simple as it sounds. Lay a hand on your chest and another on your stomach. When you breathe deeply, your stomach should expand—moving the hand there drastically—while the hand on your chest only moves a little bit.

**Visualization.** There’s more to visualization than simply remembering a pretty vista you saw once. In order to get the full benefit of visualization’s stress relief, focus on each sense in turn. You should not only try to see the visual picture, you should feel it, smell the scents, hear the sounds, and taste it on your tongue!

**Stretching.** Yoga is a great relaxation technique, but if you’re short on time it might not be the best option. So instead of doing a full series of poses, you can, instead, focus on just a few simple stretches. Any kind of stretching can refresh you and help reinvigorate you, and the best part is it requires no equipment—only a few minutes and a little bit of space!

**Treat yourself.** While self-medicating for stress is never a good thing, treating yourself to something you like every once in a while can have a positive effect on your overall mental health. Love chocolate? Keep a stash of Hershey’s kisses somewhere and, when you’ve had a rough day, allow yourself a few. There are other ways to treat yourself, too—YouTube your favorite scene from your favorite movie, listen to an embarrassingly bad band you happen to love, or take a bubble bath instead of a shower! A little treat can do wonders.

**Scalp massage.** Massage of any kind feels great, but scalp massage is easy and has multiple benefits—it boosts blood flow, relieves stress, and can reduce headaches and migraines. Place your thumbs in the hollow behind each ear and spread your fingertips over your head, as far as is comfortable; massage in circles for a minute or two for instant relief.

# Volunteers Plant the Seeds of Love & Kindness

Spring is the time of year when many Midwesterners turn their thoughts to gardening. The joy of planting small and insignificant seeds and receiving a bounty of fresh fruits and vegetables from them is pure magic. The Aging and Disability Resource Center's dedicated volunteers provide services and programs that help our agency flourish and grow which is pure magic to us. In May, we will recognize these volunteers with a themed event titled "volunteers plant the seeds of love and kindness". Over 700 ADRC volunteers help plant seeds of love and kindness throughout Waukesha County and they do it in the following ways:

- **Senior Dining Assistants** help pack meals for home delivery, set up, serve and clean up at one of ten senior dining centers in Waukesha County. Dining Assistants can also welcome guests, assist with registration and assist individuals to the dining center
- **Home Delivered Meal Drivers** deliver meals to homebound individuals on specific routes over the lunch hour. Drivers are reimbursed for mileage.
- **Medical Professionals** take blood pressure readings at the Senior Dining Centers.
- **Benefit Specialists** help older adults with insurance, medical bills, legal issues, social security, and other benefits, and provide assistance filling out forms.
- **Courthouse Greeters** greet and direct visitors to offices or departments in the courthouse complex. Greeters may also assist with special mailing projects.
- **Friendly Visitors** visit older adults who may not have family or friends nearby. Volunteers spend 1-2 hours per week visiting with their assigned client.
- **Office Assistants** assist the office staff with a variety of duties such as answering phone, making calls, preparing mailings, filing, computer entries, etc.
- **Eldereach Volunteers** call on older adults to assess their needs, and to inform them about services available in the community.
- **Volunteer Guardians** are appointed by Probate to help make decisions for another adult who the court has determined is incapable of making decisions for him or herself.



You, too can plant seeds of love and kindness by becoming an ADRC volunteer. If you are interested call the ADRC Volunteer Coordinator at 262-548-7829 or visit the Waukesha County Volunteer website at [wcvolunteers.com](http://wcvolunteers.com).

# Social Security & What it Means for You This Tax Season



## ARE YOUR SOCIAL SECURITY BENEFITS TAXABLE?

By Jeffrey Barta  
Social Security Assistant District Manager in Waukesha, WI

If you've recently begun receiving Social Security benefits or plan to apply in the near future, you may be wondering this tax season: are Social Security benefits taxable?

The short answer is: sometimes.

Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your Social Security benefits.

There is never a case when a person pays tax on more than 85 percent of his or her Social Security benefits, based on Internal Revenue Service (IRS) rules. Now, let's get down to the numbers.

If you file a federal tax return as an individual and your income is between \$25,000 and \$34,000, you may have to pay income tax on up to 50 percent of your benefits. If your income is more than \$34,000, then up to 85 percent of your benefits may be taxable.

If you are married and you file a joint return, and you and your spouse have a combined income that is between \$32,000 and \$44,000, you may have to pay income tax on up to 50 percent of your benefits. If your combined income is more than \$44,000, then up to 85 percent of your benefits may be taxable.

Note that your "income" for the purpose of determining whether you must pay taxes on some of your Social Security benefits includes your adjusted gross income, your nontaxable interest, and one half of your Social Security benefits.

In January, you should have received a *Social Security Benefit Statement* showing the amount of benefits you received last year. You can use this statement, or SSA-1099, when completing your federal income tax return to find out whether some of your benefits are subject to federal income tax. If you didn't receive yours, you can request one at [www.socialsecurity.gov/1099](http://www.socialsecurity.gov/1099). So, are your Social Security benefits taxable? Maybe. To learn more, read page 14 of our booklet, *Retirement Benefits*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) or visit [www.irs.gov/](http://www.irs.gov/) to obtain more detailed information on the subject.

QUESTIONS & ANSWERS  
February 20, 2014

## DISABILITY

### Question:

I applied for Disability benefits, but was denied. I'd like to appeal. Can I do it online?

### Answer:

Yes — in fact, the best way to file a Social Security appeal is online. Our online appeal process is convenient and secure. Just go to [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal) to appeal the decision. For people who don't have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to file your appeal.

### Question:

It's hard for me to get around because of my disability. Can I apply for disability benefits from home?

### Answer:

Yes — in fact, the best way to apply for disability benefits is online. Our online disability application is convenient and secure. You can apply for benefits over the Internet at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). If you do not have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to apply. However you decide to apply, begin by looking at our Disability Starter Kit at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). It will help you prepare for your application or interview.



## For Your Convenience



# Welcome to Medicare Presentation

4<sup>th</sup> Wednesday Every Month from 1:00-3:00 p.m.

**Aging & Disability Resource Center of Waukesha County**

514 Riverview Ave

Waukesha, WI 53188

Everyone needs a solid foundation as you begin your Medicare journey or are already on Medicare. This is a fun-filled unbiased presentation of information on plans and options. Updates to Medicare are shared during the presentation, along with some cost-effective ways to make your Social Security dollar stretch. After the presentation, you may also want to schedule a personal consultation on the best fit for your particular situation.

## Meet Our Disability Benefit Specialists

Disability Benefit Specialists (DBS) provide services to people ages 18 to 59 with physical disabilities, developmental disabilities, mental illness and substance use disorders. They provide information and assistance with public and private benefit programs including application and appeal procedures.

Here are some areas and programs the disability benefit specialist can help you with:

- Medicaid (Medical Assistance)
- Social Security Disability Income (SSDI)
- Supplemental Security Income (SSI)
- Medicare, including Part D
- Prescription Drug Assistance
- FoodShare
- Low-Income Tax Credits
- Insurance Issues
- Housing and Utility Issues
- Veterans' Benefits

There is no charge for disability benefit specialist services.

### Like what you hear?

Give us a call at:

262-548-7848

To learn more about what a  
DBS worker could do for you

## Food, Fellowship and Fun...

Good nutrition is critical to good health—no matter what your age. Studies show that the right diet and adequate intake are especially important for older people; poor nutrition is the biggest threat to an older adult's independence. Waukesha County Senior Dining is a step in the right direction toward good nutrition. We offer tasty, nutritious meals to anyone aged 60 and older. Each meal provides at least 1/3 of the daily amount of nutrients needed to promote good health.

Waukesha County operates ten senior dining centers at various locations throughout the county. Seniors 60 years of age and older can attend any of the dining centers and enjoy a nutritious meal, fun activities, and receive nutrition education. These 10 dining centers are located throughout Waukesha County and serve meals Monday through Friday. The senior dining centers provide seniors the opportunity to get out of their home, socialize and make new friends, all while enjoying a nutritious meal. Meal reservations must be made 1 day in advance by calling the ADRC at 262-548-7826. Request a complimentary coupon for your first visit. Menus are available on the ADRC of Waukesha County website. We hope to see you at one of our ten locations.

Home Delivered Meals provide a hot noon meal delivered to frail, homebound older adults who are unable to prepare their own meals. To be assessed for eligibility to receive a meal delivered to your home, please call the ADRC at 262-548-7848.

Meals are provided on a donation basis. Meals are funded by federal, state and local dollars. Donations from participants cover about one-third of the cost of the meals. No eligible consumer will be denied a meal based on inability to pay.

During the month of April we will be celebrating Brewer's Baseball, and spring holidays.

**We hope you will join us and see how the dining centers can enhance your life.**

### National Public Health Week

National Public Health Week is April 7-13.

The public health system keeps our communities healthy and safe; working with the public's beliefs for improving personal and environmental health to provide greater health and safety options. Public health professionals are the guides to this system, helping our communities navigate the many choices along the way to achieving and maintaining health.



### Alcohol Awareness Month

April is also Alcohol Awareness Month. Alcohol and drug problems are increasing dramatically among older adults, becoming one of the fastest growing health concerns facing our communities. Drinking at an older age can have negative effects, such as reducing the ability to function clearly, increasing the risk of accidental falls, or negative interaction with other prescription medications. It is often overlooked in older adults, mistaking the symptoms for dementia, depression, or other problems, resulting in many seniors who need help not receiving it. Our awareness, understanding, and response to this health care problem is inadequate at this time .

For more information on alcohol and/or how to get help in our community, visit:

[www.addictionresourcecouncilwaukesha.wi.org](http://www.addictionresourcecouncilwaukesha.wi.org) or  
[www.ncadd.org](http://www.ncadd.org).

## Fats: The Good, The Bad, and the Ugly

We actually NEED fat. In fact, we can't live without it! Fat keeps our skin soft, helps our bodies to absorb some vitamins, and is a source of fuel.

Experts recommend eating more **GOOD** fats, fewer **BAD** fats, and **NO UGLY** fats.

### The Good Monounsaturated and Polyunsaturated Fat

Mono- or Poly-unsaturated fats are found in **plant foods** and **fatty fish**. They keep your bad cholesterol in check and some types even raise good cholesterol.

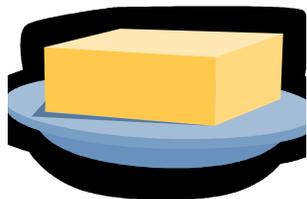


*Food sources of GOOD Fat:*

*Canola, peanut, vegetable and olive oil, nuts, seeds, avocados, peanut butter, salmon, tuna, herring, sardines, and other omega-3-rich fatty fish.*

### The Bad Saturated Fat

Saturated Fat is often found in **animal products**. It can raise the level of bad cholesterol in your blood and should be limited to 10% of daily calories.



*Food sources of BAD Fat:*

*Sausage, bacon, and other high-fat cuts of meat, lard, butter, some margarines, whole milk, cheese, ice cream, coconut oil, and palm oil.*

### The Ugly Trans Fat

Trans Fats are found in processed foods. They raise bad cholesterol **AND** lower good cholesterol. Trans fats should be avoided as much as possible.



*Food sources of UGLY Fat:*

*Some margarines, shortening, and any product with partially hydrogenated oil (an artificial man-made fat). Partially hydrogenated oil is found in some cookies, crackers, baked goods, frostings, snack foods, and other processed foods.*

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## Spinach-Strawberry Salad

4 Servings, about 1 ½ cups each

10 ounces fresh spinach

1 pint fresh strawberries

¼ cup walnuts or almonds (if desired)

Light raspberry vinaigrette salad dressing

Wash and dry spinach leaves, tear into bite sized pieces. Place in a medium sized bowl.

Wash and slice strawberries. Place on top of spinach

Sprinkle with nuts (if desired) and salad dressing.



## What is an Evidenced Based Health Promotion Program?

Evidenced Based health promotion programs increase the likelihood of success for the participant. Whether looking to prevent falls, increase physical activity, eat healthier or manage a chronic illness like diabetes, people attending evidenced based educational programs will have more success than those who attempt these skills alone.

With so many different health promotions in the market today, it has become increasingly difficult to untangle which programs are good and which are scams. Evidence-Based Health Promotion programs (EBHP) are based on models proven to work. These workshops are a proven successful way to get information and support to older adults. The health promotion programs offered by Waukesha County ADRC are facilitated by trained leaders who follow specific guidelines and lesson plans. The main goal of EBHP is to help the participant to adopt healthy behaviors, improve health status and manage chronic conditions better. When attending an evidenced- based program, participants can be confident they are participating in a program that works.

The Aging and Disability Resource Center of Waukesha County has made it easier for you to determine what works and what doesn't by offering a variety of Evidenced-Based Prevention Programs throughout the year at various countywide locations.

Workshops offered by the ADRC are:

Stepping On – to prevent falls

Living Well with Chronic Conditions (Tamando- Spanish version)

Powerful Tools for Caregivers

Healthy Living with Diabetes

Eat Better Move More

Healthy Eating for Successful Living.

Throughout the year we will be discussing each of these workshops in detail. For specific workshop information, location and times please consult the ADRC website at: [www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc) or call the Community Health Coordinator at (262) 548-7848.



## Unused Medications Collection

The 2014 Waukesha Country Drug Free Coalition (DFC) collection will take place on Saturday, April 26th from 10 a.m. to 2 p.m. at the following sites:

- \* **Brookfield:** The Brookfield Highway Department Recycling Center, 19700 Riverview Drive
- \* **Menomonee Falls:** Community Memorial Hospital, W180 N8085 Town Hall Road, Entrance B
- \* **Mukwonago:** D.N. Greenwald Center, 240 West Maple Avenue
- \* **Muskego:** Muskego Police Department, W183 S8150 Racine Avenue
- \* **New Berlin:** Moorland Reserve Health Center
- \* **Oconomowoc:** Oconomowoc Memorial Hospital, 791 Summit Avenue, Regional Cancer Center Entrance
- \* **Pewaukee:** Waukesha County Technical College (WCTC), 800 Main Street, Main Parking Lot
- \* **Waukesha:** Waukesha State Bank, Downtown Location, 151 E. St. Paul Avenue

The Waukesha Country Drug Free Coalition hosts one drive-through collection per year. The collection involves four months of planning and 250 volunteers to run this one-day event. We were able to collect 6,115 pounds of medication at the 2013 collection and properly disposed of it in partnership with the Drug Enforcement Agency (DEA).



## Meet our Veteran's Department

It is the mission of the Waukesha County Department of Veteran's Services to advocate for and provide assistance to all of the U.S. Armed Services, their dependents and survivors.

**Phone:** 262-548-7732

**Fax:** 262-896-8588

**Hours of Operation:**

Monday through Friday

8:00 AM—4:30 PM

## Smile Today

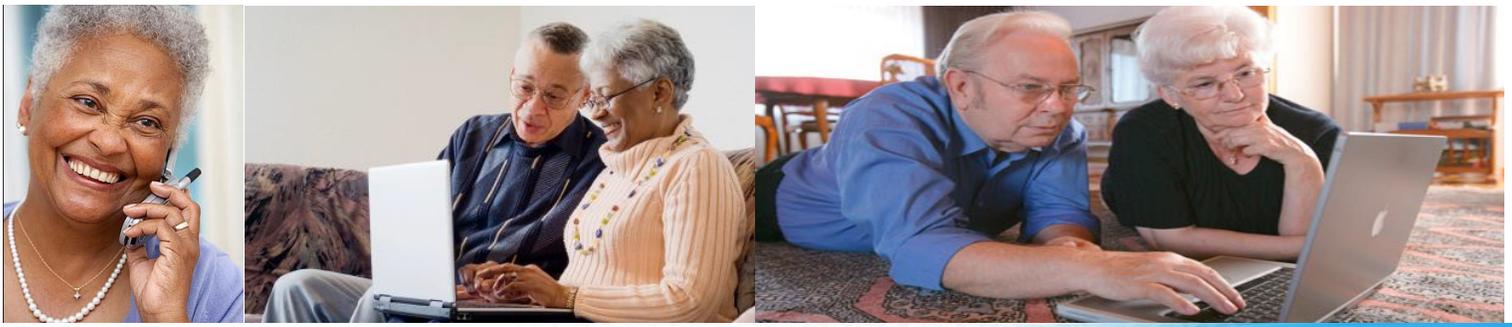
### The Difference Between Men and Women

A man will pay \$2 for a \$1 item that he really wants—a woman will pay \$1 for a \$2 item that she doesn't want.

A woman has the last word in any argument—anything a man says after that is the beginning of a new argument.

A successful man is one who makes more money than his wife can spend—a successful woman is one who can find such a man.

A man has six items in his bathroom: a toothbrush, comb, razor, shaving cream, bar of soap and a towel from the Holiday Inn. The average number of items in a typical woman's bathroom is 337.



## *Helping Older Adults Stay Independent*

The Active Aging Research Center (AARC) is looking for older adults (and their caregivers, if available) to participate in an upcoming research study to see if technology can help them continue to live independently.

This federal research study is a partnership between the University of Wisconsin-Madison, the Aging and Disability Resource Center of Waukesha County, and the State of Wisconsin.

### [What is the technology?](#)

AARC, in partnership with UW-Madison, has created a safe, secure, and easy-to-use system that offers both computer and community centered support. It was made to address key areas that may help older adults stay independent, such as:

- \* [Preventing](#) falls, social isolation, and loneliness.
- \* [Improving](#) family and caregiver communication, medication and side effects awareness, access to transportation and driving information.

### [How could this benefit me?](#)

Your participation may help you and other older adults live independently, now and in the future. Some participants will have an opportunity to try this new technology.

### [What will it cost me?](#)

Nothing. There is no cost to participate in the study, other than your time.

### [I'm interested in learning more.](#)

Contact your local Study Coordinator:

**Christa Glowacki**  
ADRC of Waukesha County  
514 Riverview Ave.  
Waukesha, WI 53188  
Phone: (262)548-7838  
Email: [cglowacki@waukeshacounty.gov](mailto:cglowacki@waukeshacounty.gov)

### **Is this study right for you?**

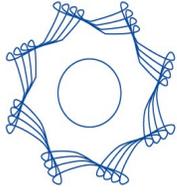
**If you are :**

- ◆ **65 or older;**
- ◆ **Live in your own home or apartment**
- ◆ **A resident of Waukesha county**
- ◆ **And interested in learning more**

**Call Christa Glowacki at (262) 548-7838 for more information!**



**Active Aging  
Research Center**



# Active Aging Research Center



## Research Study Interest Form

Older adults in Waukesha County are needed to participate in a research study to determine if technology can help them continue to live independently. This study is a partnership involving the Aging & Disability Resource Center of Waukesha County, UW-Madison, and the State of Wisconsin. If you are interested in participating and are willing to be contacted to determine if you qualify, please fill out the following information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone#: \_\_\_\_\_ E-mail (optional) \_\_\_\_\_

Are you 65 years of age or older? Yes No

Are you a resident of Waukesha County? Yes No

Do you live independently (in your own home or apartment)? Yes No

Have you experienced 1 or more of the following in the last 12 months?

Had 2 or more falls or "near falls" Yes No

Often felt sad or depressed Yes No

Went to the Emergency room or Urgent Care Yes No

Were admitted to the hospital Yes No

Have received In-Home Services (like skilled nursing, skilled therapies, personal care services, supportive home care services like laundry, meals on wheels) Yes No

Have been in or received services from a skilled nursing facility Yes No

### Please return to:

Christa Glowacki – Study Coordinator  
Aging & Disability Resource Center of Waukesha County  
514 Riverview Ave.  
Waukesha, WI 53188  
262-548-7838  
[cglowacki@waukeshacounty.gov](mailto:cglowacki@waukeshacounty.gov)



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

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ADRC at (262) 548-7848