

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

After hours call

IMPACT 2-1-1

211, (262) 547-3388,
or toll free 1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7Helpline)

www.alz.org/sewi

Inside this Issue:

-Thinking About Caregiving

-American Heart Month

-Sunlight Required

February 2015

The ADRC Connection

Meet the Man Behind Our Senior Meals

Mike Glasgow, RDN, CD, *Registered Dietitian Nutritionist, Certified Dietitian*

Born and raised in central Lower Michigan, Mike received his undergraduate degree from Michigan State University and completed his dietetic internship at The University of Michigan Hospital. The first several years of his professional career were spent as a clinical dietitian and foodservice director in nursing homes in Michigan and Milwaukee.

He now works for Waukesha County as the Nutrition and Transportation Services Supervisor. Mike oversees the elderly nutrition program, which is the senior congregate dining program and Meals on Wheels. He also oversees the specialized transportation program which provides rides for seniors and adults with disabilities, and oversees the ADRC's volunteer program. While dedicating his professional career to elderly nutrition, his passion is for food safety and sanitation and foodservice management - Mike has been in foodservice for 25 years.

Mike is also very active in the dietetics organizations, at both the state and national levels. He has served on the Wisconsin Academy of Nutrition and Dietetics' Board of Directors as Wisconsin's State Policy Representative, Public Policy Coordinator, and Consumer Protection Coordinator. He currently chairs a national committee for the Academy of Nutrition and Dietetics on Consumer Protection and Licensure. Mike is a strong advocate for seniors and people in need, and has had several meetings with state and federal lawmakers on behalf of Wisconsin's seniors.

In his free time Mike enjoys traveling, music, Michigan State Spartans Football, Detroit Red Wings Hockey, the Green Bay Packers and Milwaukee Brewers.



Aging & Disability Resource Center
of Waukesha County

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:

Thursdays, February 19th-April 2nd (7 weeks) *Plus a 3 month class reunion June 4*

2:00 – 4 pm (snack included)

Location: **St. William Catholic Church**

440 N Moreland Blvd

Waukesha, WI 53188

(262) 547-2763

Registration Contact: Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Class size limit: 18 participants

Cost: Donation accepted + \$15 ankle weight deposit requested

Wednesdays ,April 8th-May 20th (7 weeks)

1:00 pm—3:00 pm (snack included)

Location: **Elmbrook Medical Center-Auditorium**

19333 W North Ave

Brookfield, WI 53045

(414) 447-3850

Registration Contact: Stefanie @ Wheaton Fanciscan (414) 447-3850

Class size limit: 18 participants

Cost: \$20 fee requested



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:

Wednesdays, March 25th-April 29th (6weeks)

1:30pm—4:00 pm (snack included)

Location: **Aurora (Summit) Medical Center– Armour Conference Room**

36500 Aurora Dr

Summit, WI 53066

(262) 434-8565

Registration: Martha Stanley @Aurora Summit (262) 434-8565

Class size limit : 18 participants

Cost \$20 book 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.

Thursdays March 19th-April 23rd (6 weeks)

2:00 – 4:30 pm (refreshment included)

Location: **Moorland Reserve Health Center**

4805 S Moorland Road

New Berlin, WI 53151

Registration Contact: Froedtert & Medical College Class Enrollment Service 1-800-272-3666

Cost: confirm upon registration

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 February 25th-April 1st 2015 (6 weeks)

1:30 – 3:00 pm light snack provided by the OASC

Location: **Oak Hill Terrace**
1808 Kensington Drive
Waukesha, WI 53188

Contact: Debby Jenkins (262) 548-1457 or Lee Clay (262) 548 – 7848

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

Fridays, March 6th—April 17th (6weeks)

10:00 am—12:30 pm light snack offered

Location: **ADRC of Waukesha County**
514 Riverview Ave
Waukesha, WI 53188

Contact: Lee Clay @ ADRC of Waukesha County (262)0548-7848

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



Eat Better Move More— (Presented in collaboration with Mount Mary University Dietetics Department students.) Eat Better Move More meets for 1 3/4 hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. Part 1 follows MyPlate guidelines and Part 2 follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+.

Next Class:

Tuesdays February 24th – May 5th 2015 (no class April 7th)

9:30 am – 11:30 am

Location: **Muskego Public Library**
S73W16663 Janesville Rd
Muskego, WI 53150 (262) 971-2100

Registration contact: Muskego Public Librarian Samantha Stark (262) 971-2100

Cost: \$15 suggested donation for equipment and refreshment costs.

Tuesdays, February 24th – May 5th, 2015 (no class April 7th)

1:30 pm – 3:10 pm

Location: **St. James Church (cafeteria)**
W220 N6588 Town Line Rd
Menomonee Falls, WI 53051 (262) 251-3944

Registration contact: Pam Dennis Parish Nurse (262) 250 – 2663

Cost: \$15 donation for equipment and refreshment costs.



Healthy Eating for Successful Living—Healthy Eating for Successful Living in Older Adults is program for diverse community-living adults age 60 and older. The overall goal of Healthy Eating is to increase self-efficacy and general well being by improving participants' knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. This program uses the MyPlate method of nutritional guidelines and safe exercises to promote balance, strength, flexibility and endurance. These 2 ½ hour weekly lessons include goal setting, problem solving and self-monitoring to optimize individual behavior change.

Next Class: Stay Tuned

Our Leaders of Evidence Based Health Program

The semi-annual leader meeting for all Waukesha County leaders of evidenced based prevention programs was held on Monday, Jan. 5, 2015. We enjoyed sharing our stories and learning from each other.

A highlight of the January meeting is the annual award ceremony. The envelope please.

Super Hero Award: is for the leader who facilitated the most number of workshops in 2014.

Congratulations Nick Argeroudis and Pat Shorr (each lead 4 workshops)

To the Rescue Award: is that special leader who is willing to help out as the needs arise.

Thank you Nick Argeroudis.

Welcome Aboard Awards: go to our newest volunteer leaders

Sue Pavlik and Kristian Moberg.

Congratulations leaders. Thank you for all you do to help spread wellness in our county.



From the Desk of Your Benefit Specialist



The Importance of Appeal Rights

One important activity of the Benefit Specialist Program is to assist seniors with appealing unfavorable decisions that affect their benefits. Under most benefit programs such as Social Security Disability, SSI, Retirement Benefits, Medicare, Medicaid, and Food Share, you have the right to appeal decisions with which you disagree. There are steps that a person can take if they are denied benefits or are receiving a reduced benefit and believe it is wrong. Instructions on how to appeal can be found on the letters or notices that inform you of changes to your benefits. These appeals are often successful in securing the proper benefit. Your local Benefit Specialist, located at the Aging and Disability Resource Center, may be able to assist you with certain appeals.

It is very important to remember that there are time limits in the appeals process. You must read all decisions and statements thoroughly and note any appeal deadlines. If your appeal is not received by the deadline, you will lose your right to protest the decision. It is also very important to start the appeal process as soon as possible, especially if you want a benefit specialist to assist you. Sometimes it is necessary to order medical records to help make your case. Waiting until the last minute makes it difficult to prepare a convincing argument that can win your case. If you wait too long, a benefit specialist may not have sufficient time to even evaluate your case.

You do not need an attorney for any of the first steps of the appeals process. You can often take those steps yourself, or with the help of a Benefit Specialist. The Benefit Specialist Program may be able to secure or refer you to an attorney for the later stages of appeals, if there is merit to your case.

It is also important to note that it is often possible to keep these benefits while you go through the appeal process if the appeal request is made within a certain, usually short, time frame. This fact makes a quick response even more important. The time frame for keeping benefits during an appeal varies with every program; again it is important to read the notice to determine your rights. However, keep in mind that if you opt to keep your benefits during the appeals process and you lose, you may have to pay back the benefits that you received during that time.

For many benefits, you may be able to request a hearing. Sometimes, you must file other appeals first. Information about what your appeal rights are and how to proceed will be found on notices that you receive about your benefits. After you request a hearing, you will have an opportunity to appear before an administrative law judge and tell your side of the story. An administrative law judge is an independent person who makes an impartial decision based on the evidence presented. In some cases, it is possible to appeal to a higher level, such as a circuit court.

These are general guidelines about appeals. If you have specific questions, please contact Medicare, Social Security, or the local office of your ADRC. If you have been denied benefits and believe the decision was wrong, the Benefit Specialist Program can investigate your case and possibly offer you representation in exercising your appeal rights. And don't forget to pay attention to the appeal deadlines!





ASK INA



Dear INA,

My mother is currently enrolled in Family Care in Waukesha County. She is 65 and has Multiple Sclerosis (MS). She uses a walker, cane and does not drive. Her doctor has also retired. She lives at home and can still manage meals and medications. She needs help with housekeeping and a bath.

I have heard of another program that is like the one she is in now, but it has an Adult Day Center, an onsite doctor, and she can receive therapies at the clinic. Can you tell me more about it?

-Interested daughter

Dear Interested daughter,

The program you might be referring to is called PACE, or Program of All Inclusive Care for the Elderly. It is a program for individuals 55 and older. PACE program members have access to medical care, long term care services and prescription drugs without the worry of insurance bills, copays, deductibles, or insurance coverage gaps. People who enroll in PACE can either live at home or in an assisted living facility such as an RCAC (Residential Care Apartment Complex), CBRF (Community Based Residential Facility), AFH (Adult Family Home) or SNF (Skilled Nursing Facility). If she chooses to enroll in PACE, your mother would have a care team and a care plan would be developed.

The Care team could include:

- PACE Primary Care Physician
- Nurse Practitioner
- Registered Nurse
- Social Worker
- Rehabilitation therapists
- Dietician
- Day Center manager
- Home Care coordinators
- Personal Care workers
- Transportation Coordinator



One feature of the PACE program is the option to attend the Adult Day center. Your mother could have her bath at the center. Transportation would be available for her to attend. Clinic services would be there for her to use. Dental care is also part of the program. Pharmacy is another service provided.

People on PACE either need to be able to privately pay for the program daily or, if they cannot afford this, they must be eligible functionally and financially to enroll. For more information on eligibility, please call the ADRC at 262-548-7848. Since your mother is already enrolled in Family Care, she would be able to switch to PACE if she chooses to do so. If you and your mother are interested in exploring PACE, a meeting could be set up to talk more about it. For more detailed information, and to view the handbook, visit their website at www.communitycareinc.org or call the PACE program number at (262) 953-8550.

Easy. Healthy Beef Casserole

- 1/2 pound ground beef
- 1 small onion sliced
- 2 small to medium sized potatoes
- 6 oz frozen green peas or peas and carrots
- 16 oz can whole tomatoes



Preheat oven to 350 degrees. Brown ground beef in skillet. Grease casserole dish. Place cooked ground beef in bottom of casserole. Slice onion and layer on top of ground beef. Slice potatoes and layer over the onions. Pour peas over potatoes. Pour tomatoes over peas, including all the juice. Cover casserole and bake at 350 degrees for 1 & 1/2 hours. Potatoes should be tender.

Come and Join Oconomowoc Senior Dining

Hello, I'm Penny. I am the manager of the Oconomowoc Senior Dining Center. We are located on the second floor of the Oconomowoc Community Center on Wisconsin Avenue. We enjoy unbeatable views of Lac La Belle.

We serve a tasty, well-balanced lunch every Monday through Friday at noon. We enjoy special holiday meals and occasional special parties.

Since we are located in the community center right next to the public beach, we enjoy watching the beachgoers and children swim during the warm months and can even dine outside when the weather is nice. It is a beautiful location, and our diners and volunteers would love to make new friends, so come join us!



We'd love to have you join us for lunch. Please call 24 hours in advance so we can have a lunch ready for you. We can be reached at 262-567-5177. If you are in need of Home Delivered Meals we can also deliver a hot meal to your home five days a week.

Take a Ride to Senior Dining !!!

Are you a Senior who is no longer driving **OR** is a limited driver, **AND** still able to enter and exit a vehicle? If so, the ADRC and Senior Dining program can help you attend a Senior Dining site for only \$1 each way!



If you do not have a yellow taxi card, call the ADRC at (262) 548-7848 to request an application for transportation. Tell us that you are interested in using the taxi or RideLine program to attend a Senior Dining site and we will certify you for the \$1 Senior Dining transportation.

Remember to call the Senior Dining site at least 24 hours in advance to reserve your meal. Come join us for a nutritious meal and enjoyable activities today!

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 February 2015

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Groundhog Day Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat-- "Peanut Butter" Alt. Canned Pears	Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Chicken Noodle Soup w/Crackers HDM: No soup Mushroom Swiss Burger on a Bun w/Ketchup & Mustard Baby Baker Potatoes Sugar Snap Peas Mandarin Oranges	Chicken Cordon Bleu Wild Rice Blend Spinach Salad w/Raspberry Dressing Seven Grain Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Buttered Noodles Country Vegetable Blend Wheat Bread / butter Pear Half Tapioca Pudding Alt. Diet Pudding
9	10	11	12	13
Italian Sausage w/Marinara Sauce and onions and peppers Bow Tie Pasta Italian Vegetable Blend Crusty Roll / butter Peaches	Swiss Steak w/Tomatoes and Onions Mashed Potatoes Romaine Salad w/ Ranch Sourdough Bread / butter Iced Brownie Alt. Banana	BBQ Chicken Tri-Colored Pasta Salad Vegetable Blend Corn Bread Muffin w/ butter Tropical Fruit	St. Valentine's Lunch Roast Beef w/Gravy Baked Potato w/Sour Cream & Butter Winter Vegetable Dinner Roll / butter Cherry Cheesecake Alt. Fresh Red Apple	Pork Chop Suey Brown Rice Baby Peas Wheat Dinner Roll w/ butter Ambrosia Fruit Fluff Alt. Fruit Cocktail
16	17	18	19	20
Presidents' Day Oven Roasted Turkey Garlic Mashed Potatoes w/ turkey gravy Broccoli Marble Rye Bread w/ butter Molasses Cookie Pears	Mardi Gras Hurricane Punch Chicken Creole Red Beans & Rice Seasoned Green Beans Southern Style Biscuit Fresh Apple Paczki (Jelly-Filled Doughnut)	Vegetarian Lasagna Italian Vegetable Blend Italian Bread w/butter Fruit Crisp Fruit Cocktail Alt. Banana	Chinese New Year Sweet & Sour Chicken Chinese Fried Rice Oriental Vegetables Parker House Roll w/ butter Mandarin Oranges Chinese Almond Cookie Fresh Fruit	Tomato Bisque with Crackers HDM: No soup Stuffed Salmon Boat w/Dill Sauce Red Skin Potatoes Crinkle Cut Carrots Rye Bread / butter Pineapple Chunks
23	24	25	26	27
Pork Cutlet Hot German Potato Salad Green & Wax Bean Medley Ice Cream Sundae Cup Alt. Fresh Orange	Chicken Parmesan Penne Pasta with Garlic Butter Sauce Sicilian Vegetables Italian Bread w/ butter Tropical Fruit Cup	Meatloaf w/Mushroom Gravy Mashed Potatoes Sweet Sour Red Cabbage Garlic Bread Chocolate Chip Cookie Alt. Fresh Fruit	Orange Juice Turkey à la King Seasoned Rice Sugar Snap Peas Biscuit Lemon Meringue Pie Alt. Diet Pudding	Baked Fish Tartar Sauce Baked Baby Reds California Blend Veg Rye Bread w/ butter Peaches



PLEASE NOTE: MENU MAY BE SUBJECT TO
CHANGE; 1% MILK INCLUDED
ALT= LOW SUGAR ALTERNATIVE
Menu subject to change without notice





CAREGIVER CORNER

IT'S TIME

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point where staying at home may no longer be the best option.

There are two main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important to look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ◆ Are the person's needs being met?
- ◆ Is constant care required beyond my physical capability?
- ◆ Is it safe at all times in the home?
- ◆ Is the person's ability to harm himself or others a concern?
- ◆ Does the person need specialized care not available or affordable at home?
- ◆ Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?
- ◆ Will placement allow me to devote needed time to my family/job/self?
- ◆ Am I healthy and physically strong enough to take care of the person?
- ◆ Is there a care facility in the area that I trust?



The most important thing to remember is that placing your loved one in a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver may spend endless hours doing personal cares, cooking, cleaning and keeping your loved one safe at all times. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, it frees up time to spend caring for the person on a different level. The person still needs you. His physical needs are being met by the staff, leaving you with the role of caring for his social, emotional and spiritual needs. Now you can spend time doing things like looking at photo albums, reading, watching old movies or just sitting and enjoying each other. Your energy will no longer be used up doing all of those physical cares and you can focus on your relationship again. Your caregiving role continues, but your tasks and focus change. And your own health and well-being will probably improve as well.

The Aging & Disability Resource Center has resources available to help you if you are considering long-term care placement. Call us at 262-548-7848 for more information.

Jane Mahoney, Greater Wisconsin Agency on Aging Resources

Are You Thinking About Caregiving?

When visiting more frail family and friends it may be difficult to see them struggle with their care. Before committing to being a caregiver ask yourself these questions:

- “ Do I have a good relationship with this person?
- “ Is the person difficult?
- “ Am I being pressured into this job by other family members?
- “ Are other family members going to help me?
- “ Will I have time to rest and take care of my needs?
- “ Can I afford to care for this person?
- “ Are there community resources that can help me?
- “ What are the other options for caregiving?
- “ Do I understand this person’s health issues?



Being a caregiver can be even harder when the person has dementia or memory loss. It can be upsetting, even annoying, to be asked the same questions over and over again. You can lose sleep worrying about night wandering or being asked for help at any hour of the night or day.

Understanding the medications a loved one takes, the desired effects and side effects to be concerned about.

Knowing the diet they need to follow as well as their likes and dislikes with food.

Know their physical limitations. Know what your ability and skill to provide physical “hands on care” are.

Caregiving can be rewarding, but it may be hard to keep a positive outlook when there’s little hope of the person’s physical and mental condition improving. All of these may play a part in caregiver burnout.

Before making any decision about becoming a caregiver for someone else make sure you have a committed defined support system around you. Make sure you are not making a hasty decision. Take a breath and think on it carefully for a few days.

If after considering all factors this is something you feel you want to do and are capable of doing. Do it, it can be the greatest gift if done with careful thought and planning

Adapted from the National institute of Health website

Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild? **You are?!** The ADRC has a group for you!

Grandparents over age 55 are eligible to join this group if you are raising a grandchild under 19 years of age or a grandchild 19-59 years of age that has a severe disability. The Grandparent’s Group can help provide support, networking, education and respite.

Monthly meetings are held where you can talk and network with other grandparents who are in a similar situation as you. Education is provided by guest speakers on topics that are chosen by the group, which will help them with their parenting skills. Respite is a break for the caregiver. This may include time at a summer camp for your grandchild or movie passes to have a fun family outing.

If this sounds like you or you know someone who is raising their grandchild, contact the ADRC at (262) 548-7848



Give Care and Take Care

Caring for Yourself

You may be so busy caring for the person with Alzheimer's disease that you don't have time to think about your emotional health. But, you need to. Caring for a person with Alzheimer's disease takes a lot of time and effort. Your job as caregiver can become even harder when the person you're caring for gets angry with you, hurts your feelings, or forgets who you are. Sometimes, you may feel really discouraged, sad, lonely, frustrated, confused, or angry. These feelings are normal.

Here are some things you can say to yourself that might help you feel better:

- I'm doing the best I can.
- What I'm doing would be hard for anyone.
- I'm not perfect, and that's okay.
- I can't control some things that happen.
- Sometimes, I just need to do what works for right now.
- Even when I do everything I can think of, the person with Alzheimer's disease will still have problem behaviors because of the illness, not because of what I do.
- I will enjoy the moments when we can be together in peace.
- I will try to get help from a counselor if caregiving becomes too much for me.



Be a Healthy Caregiver

Taking care of yourself is one of the most important ways to be a healthy caregiver.

- Know what resources are available. Adult day care, in-home assistance, visiting nurses and Meals-on-Wheels are just some of the services that can help you.
- Become an educated caregiver. As the disease progresses, new caregiving skills are necessary. Find information on alz.org or contact your local Alzheimer's Association.
- Get help. You are not failing as a caregiver by asking others for assistance. Seek the support of family, friends and community resources. Alzheimer's Association support group meetings are a good source of comfort and reassurance. Or you can join an online community.
- Take care of yourself. Watch your diet, exercise and get plenty of rest. Make time for shopping, lunch with friends or even a golf outing. Take advantage of community services such as adult day care or in-home companion services to care for your loved one while you take a break.
- Manage your stress level. Stress can cause physical problems and changes in behavior. If you experience symptoms of caregiver stress, use relaxation techniques that work for you, and consult your doctor.
- Accept changes as they occur. People with Alzheimer's change and so do their needs. They often require care beyond what you can provide on your own. Look into care services such as in-home caregiver services and residential care.
- Do legal and financial planning. Consult an attorney to discuss legal, financial and care issues. If possible and appropriate, involve the person with Alzheimer's and other family members.
- Be realistic. Many of the behaviors that occur are beyond your control and the control of the person with Alzheimer's. Grieve your losses, but also focus on the positive moments.

Give yourself credit, not guilt. You are doing the best you can. Don't feel guilty because you can't do more. Your loved one needs you, and you are there—that should make you feel proud.

Adapted from the [Alzheimer's Association](http://www.alz.org) (www.alz.org)

Looking to Volunteer?

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.



Volunteer Guardians Serve a Very Important Role

The Aging and Disability Resource Center has a unique volunteer opportunity for caring and compassionate people. Volunteer guardians are needed to help make essential decisions for adults with disabilities who cannot make informed decisions on their own due to their disability. These disabilities can include dementia, developmental disability, traumatic brain injury, or mental illness. The volunteer guardian is the person who helps make decisions in the best interest of these vulnerable adults to ensure their safety and well-being. The volunteer guardian will not be responsible for managing the ward's finances.

If you have the time and desire to help advocate for these vulnerable adults please consider becoming a volunteer guardian. Volunteers must be 25 years or older, pass a criminal background check, have a valid current driver's license and proof of insurance. Support and training will be provided. If interested in this opportunity or if you would like more information please call the ADRC at 262-548-7829 or e-mail the volunteer program specialist: kstraw@waukeshacounty.gov



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.

Volunteers are needed beginning with the first snowfall until April 2015. 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



WHAT'S COOKING?

TIPS FOR PREPARING DELICIOUS & NUTRITIOUS SMALL MEALS

Convenience Foods Can Be Tasty and Healthy!

Easy to prepare, affordable, and nutritious how can they not sound appealing? Incorporating nutritious convenience foods into your weekly meal plans can help save money and minimize cooking time.

Healthy convenience food options include: instant brown rice, oatmeal, pre-cut frozen or fresh vegetables, pasta, bagged greens, canned beans, and canned soup with vegetables.



Liven Up Convenience Foods

Try adding vegetables to pre-packaged foods such as pasta or rice mixes, frozen meals, and canned soups. Use leftover meats, veggies, and fruits to make quick meals and snacks like salads, stir-fries, sandwiches, smoothies, and omelets.

Buy In Bulk and Use As Needed

What is not used now can be frozen for future use. Foods to consider purchasing in bulk are: chicken, meats, fish, potatoes, and frozen vegetables.

Keep your cupboard stocked
with foods from MyPlate!

Fruits:

Frozen, canned or fresh (if you will use it soon)

Grains:

Instant rice, oatmeal, pasta or bread (keep in freezer & remove as needed)

Vegetables:

Frozen, canned, or fresh (if you will use it soon)

Proteins:

Canned or frozen meats (chicken, fish, tuna), canned beans, tofu, peanut butter, nuts

Dairy:

Buy what you will use soon (before it expires).



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 mas información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

FEBRUARY is AMERICAN HEART MONTH

In February, many see the heart as the symbol of love, so it is natural to devote this month to heart health. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health. Learn about your risks for heart disease and stroke. Stay heart healthy for yourself and loved ones.

Cardiovascular disease, including heart disease, stroke and high blood pressure, is the number one killer of women and men in the United States. It is also leading cause of disability.

Cardiovascular disease does not affect all groups of people in the same way. One in three women die of heart disease and stroke every day. Women's symptoms are different from men's. They are more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain. Other symptoms, dizziness, fainting, extreme fatigue, pain in lower chest and abdomen. Men are even more likely to die from preventable cardiovascular disease. Men often experience chest tightening, lower jaw pain, shortness of breath and pain radiating down an arm. Having a close relative with heart disease puts you at higher risk for cardiovascular disease. Though the number of preventable deaths has declined in people aged 65-74, it has remained unchanged in people under age 65.

Many cardiovascular deaths can be prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

The risk factors you can control are:

Diet

Physical activity

Tobacco use

Obesity

High blood pressure

High cholesterol

Diabetes



The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

As you begin your heart health journey, do not be discouraged! Keep these steps in mind:

Try not to be overwhelmed. Every step brings you closer to a healthy heart

Partner up. Ask a friend or family member to join you as change diet, exercise.

Don't get discouraged. It will take time to change habits acquired over years.

Reward yourself. Find fun things to do to decrease stress.

Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Information from American Heart Association, GO Red for Women and Health Central.

National Wear Red Day to honor women who have, or have died from heart disease is February 6, 2015.





One glance around us is all it takes to see just how far technology has come over the decades. Computers are now in control of everything from starting our cars to improving our health. One of the most notable advances is how accurately we can predict the weather. Storms are tracked by radar and temperature can be predicted a week before it happens, giving us a better chance of being prepared. However, one groundhog still proves to be our favorite weather man, and his name is Punxsutawney Phil.

Hailing from Punxsutawney, Pennsylvania, the groundhog has been making his annual winter prediction since 1887. According to the legend, if the groundhog sees its shadow when emerging from his den, there will be six more weeks of winter. If he does not see his shadow, spring is in sight.

The tradition of Groundhog Day has German roots from immigrants who brought the lore with them from their home country. When the immigrants began to settle in the hills of Pennsylvania, they started to use the groundhog for predicting the arrival of spring, which is based on Candlemas, the day that is midpoint between winter and spring.

We might have fancy satellites and meteorologists to tell us what the weather will be like, but none are as endearing or historical as Punxsutawney Phil, who will be seeing (or not seeing) his shadow on February 2nd for many more generations.

SUNLIGHT REQUIRED!

By Esther Jensen Community Health Educator
Waukesha County Public Health



During these gray days of winter, it's natural to want more sunshine . . .

Scientists have found that serotonin is a neurotransmitter in the brain that helps control appetite, sleep, memory, and mood. Serotonin levels are affected by sunlight and are lower in winter. More sunlight, for many, means better moods and fewer symptoms of depression. Lower levels of serotonin directly affect people with Seasonal Affective Disorder (SAD), which most often occurs during these darker winter months.

Serotonin helps keep you more active and alert. Serotonin levels are better during the daylight hours. Fifteen minutes of exposure to sun or even indirect exposure to sunlight (i.e. through a window) can improve mood significantly in individuals.

Natural daylight can also influence your normal 24-hour rhythm and improve sleep. This regular sleep-wake cycle is vital to a better night's sleep! The lack of sunlight can cause an increase in the body's production of melatonin, a hormone produced at night that makes you feel drowsy. Good sleep effects mood, so often as the sun wanes during the darker winter months, the cycle is disturbed.

Studies have also shown Vitamin D, known as "the sunshine vitamin," boosts serotonin levels. It is also shown to help protect against colon, kidney, and breast cancers, as well as improve bone health. Vitamin D deficiency has been linked to neurological, cardiovascular and immune diseases in some people. The daily level of Vitamin D recommended for most individuals is 1,000 IUs, the equivalent of 10-15 minutes of sun exposure, and is best achieved with a combination of diet, supplements, and short intervals of sun exposure throughout the day.

Dress warm and keep stepping outside in these next couple months for a quick walk. Feeling a bit of sun on your face could be the perfect healthy antidote to the winter "blahs".





Roses are Red



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

CAKE
 CANDY
 CAREGIVER
 CHOCOLATES
 COUPLE
 CUPID



DATE
 FEBRUARY
 FLOWERS
 FRIEND
 HEART
 HUG



KISS
 LOVE
 POETRY
 RED
 ROMANTIC
 ROSES



SAINT
 SENIOR DINING
 SEROTONIN
 STEPPING ON
 VALENTINE
 VOLUNTEERS

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

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