

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:

- ◇ "The Essentials": Understanding Omega Fatty Acids
- ◇ What is Adult Protective Services?
- ◇ Ask INA—Taxes
- ◇ Memory Cafés
- ◇ Wisconsin Senior Employment Program

MARCH 2015



March is National Nutrition Month®



National Nutrition Month® began as National Nutrition Week in 1973, but in 1980, with increasing interest in nutrition, it became a month long event. This year, the Academy of Nutrition and Dietetics is urging America and the world to "Bite into a Healthy Lifestyle".

"A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it's also essential to make informed food choices based on your individual health and nutrient needs," says Academy Spokesperson Marjorie Nolan Cohn Registered

Dietitian Nutritionist. "Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices."

There is no magic bullet – only patience, planning and practice. Keep your portion sizes reasonable and watch out for fad diets. If a diet's claim seems too good to be true, it quite likely is. It really is all about balance – if you don't eat enough fruits and vegetables today, make up for that tomorrow. If you ate too much yesterday, eat lighter today.

Using MyPlate as your guide, make 1/2 of your plate fruits and vegetables, 1/4 meat or other protein, and 1/4 a carbohydrate – preferably a high fiber, whole grain. Eat a wide variety of foods, including all colors of the rainbow when choosing fruits and vegetables. Eat or drink low-fat dairy products each day. Include foods with healthy fats such as nuts, seeds, fatty fish, tofu, avocados and heart-healthy oils.

Make a habit of healthy eating and regular physical activity – and take a "Bite into a Healthy Lifestyle! "



“The Essentials”: Understanding Omega Fatty Acids

Omega Fatty Acids 3, 6, and 9 are considered “essential” fats, and for good reason. The human body needs them for many functions, from building healthy cells to maintaining brain and nerve function. Our bodies can’t produce Omega 3 and Omega 6 fatty acids, they can only be obtained through diet. Omega-9 fatty acids are produced by the body, but are also beneficial when they are obtained in food.



Omega-3 and Omega-6 fatty acids play a crucial role in brain function, as well as normal growth and development. Also known as polyunsaturated fatty acids (PUFAs), they help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system. Omega 3 fatty acids, like Omega 9 fatty acids have also become popular because they may reduce the risk of heart disease.

Research shows that Omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function.

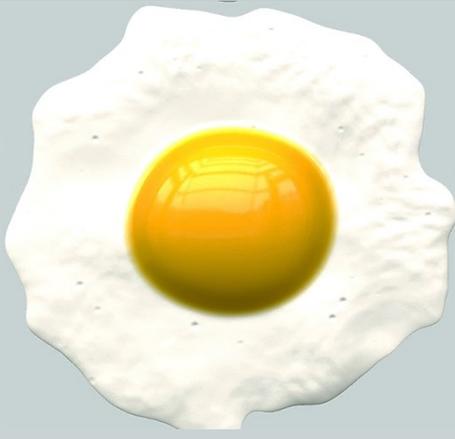
People must obtain Omega-6 fatty acids by consuming foods such as meat, poultry and eggs, as well as nut- and plant-based oils, including canola, corn, soybean, and sunflower oils. Most Omega-6 fatty acids are consumed in the diet from vegetable oils, such as linoleic acid. Excessive amounts of linoleic acid can contribute to inflammation and result in heart disease, cancer, asthma, arthritis and depression.

By finding a balance between Omega-3 and Omega-6 fatty acids in the diet, both substances can work together to promote health. An improper balance and excess in Omega-6 fatty acids promotes inflammation and can contribute to the development of diseases such as coronary heart disease, cancer, and arthritis. A healthy diet should consist of roughly two to four times more Omega-6 fatty acids than Omega-3 fatty acids. A typical North American diet may contain 11 to 30 times more Omega-6 fatty acids than Omega-3 fatty acids, contributing to the rising rate of inflammatory disorders in the United States.

Omega-9 fatty acids are from a family of unsaturated fats that commonly are found in vegetable and animal fats. Omega-9 fatty acids, often referred to as monounsaturated fatty acids, can help reduce the risk of cardiovascular disease and stroke. Because Omega-9 fatty acids have been shown to increase HDL (“good”) cholesterol and decrease LDL (“bad”) cholesterol, they help eliminate plaque buildup in the arteries, which causes heart attack and stroke.

The following table provides an overview of the essential fatty acids, common dietary sources for each and health promotions.

NAME	OMEGA-3	OMEGA-6	OMEGA-9
KNOWN AS	Polyunsaturated	Polyunsaturated	Monounsaturated
DIETARY SOURCE	Oils: Canola, flax, Soybean Nuts: Walnuts Fish: oily fishes (Herring, Mackerel, Salmon, Trout, Tuna) Other: Algae, Omega-3 eggs	Oils: Canola, Corn, Olive, Peanut, Safflower, Soybean, Sunflower Nuts: Almonds, Cashews, Hazelnuts, Peanuts, Pecans, Pistachios, Walnuts Other: eggs	Oils: Canola, Olive, Peanut, Safflower, Sunflower Nuts: Almonds, Cashews, Hazelnuts, Macadamias, Peanuts, Pecans, Pistachios, Walnuts Other: Avocados, eggs, poultry
POSITIVE HEALTH EFFECTS	Brain development, heart health, cholesterol, cognition, mood	Heart health, cholesterol	Heart health, cholesterol, blood sugar control



Ways to Include Eggs in Healthy Easy Meals:

- ◆ Egg salad on whole grain bread
- ◆ Scrambled egg mixed with salsa and cheese wrapped in a whole grain tortilla
- ◆ Salad topped with a hardboiled egg
- ◆ Egg and vegetable scramble
- ◆ Spinach, tuna and cheese omelet
- ◆ Mini Breakfast Pizzas (recipe below)

Mini Breakfast Pizzas

Makes 1 serving

Ingredients:

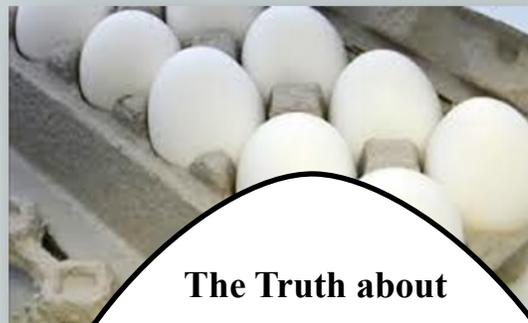
- 1 large egg, beaten
- 2 Tablespoons tomato sauce
- 1 whole wheat English muffin, split and toasted
- 2 Tablespoons shredded reduced-fat cheese
- 2 Tablespoons chopped vegetables (optional)

Instructions:

1. Preheat toaster oven broiler or oven to 350 degrees.
2. Heat a small pan over medium heat. Add egg, stirring often until cooked, 1 to 2 minutes.
3. Spread tomato sauce on English muffin halves. Top with the scrambled egg, cheese and vegetables (if using).
4. Bake or broil until the cheese is melted, 1 to 3 minutes. Serve.

Wake Up to Eggs! Eggs are...

- ⇒ Affordable and a good source of protein, containing 7 grams in one egg.
- ⇒ A powerhouse of disease-fighting nutrients, including nutrients important for brain and eye health.
- ⇒ Helpful for weight management—satisfying hunger, preventing over-eating and keeping you feeling full.
- ⇒ Easy to eat and can be combined with any meal.



Remember to:

store eggs in a carton in the refrigerator and cook thoroughly to kill any potential bacteria!

The Truth about Eggs and Disease Risk...

Experts say:

- ◇ One egg a day = no increase in heart disease risk.
- ◇ One egg contains 186 mg of cholesterol. The American Heart Association recommends no more than 300 mg daily for healthy people and no more than 200 mg for those with diabetes or heart disease.

Spotlight On ADRC Home Delivered Meals

Hello, I'm Cindy. I am the manager of the home delivered meals distribution center (better known as Meals on Wheels). Our prep kitchen is located in the Health and Human Services building near the Waukesha County Courthouse. Ours is a big operation, with eight delivery routes we're always looking for dedicated individuals to assist in getting hot meals to local people in need.



We package and deliver about 130 hot meals each day for the city of Waukesha. While we don't have a dining center for folks to come and have lunch with us, our selfless, dedicated volunteers help package and deliver these nutritious meals to local seniors come rain, snow or shine. No matter the issues of the day we always have a great time. The daily visits to our local seniors is priceless for them and for us! If you are interested in delivering meals to seniors in the Waukesha community, please call the Waukesha County Aging and Disability Resource Center at 262-548-7848, we'd be happy to answer any questions you might have. We hope to hear from you soon!

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 March 2015

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Polish Sausage on Whole Grain Bun Ketchup/Mustard Parsley Potatoes Baked Beans Chocolate Pudding Alt. Diet Pudding	Spaghetti w/ meat sauce Romaine Salad / Ranch Dressing Warm Breadstick Butter Pineapple Sugar Cookie Alt. Plain Cookie	Oven Baked Ham Baked Sweet Potato w/ butter Green Beans Dinner Roll w/ butter Applesauce	Chili w/ cheese & onions Creamy Coleslaw Cornbread muffin Butter Fruit Cocktail Dessert Bar Alt. Pineapple	Macaroni & Cheese Broccoli Pears Dinner Roll w/butter Apple Pie Alt. Apple Slices
9	10	11	12	13
Swedish Meatballs In Gravy Egg Noodles w/ gravy Brussels Sprouts Mandarin Oranges Bread/Butter Butterscotch Pudding Alt. Diet Pudding	Sliced Cold Turkey on Kaiser Roll Lettuce/Mustard/Mayo Tomato / Onion Salad Tropical Fruit Brownie Alt: Diet Cookie	Roast Beef Baked Potato Sour Cream/Butter Dill Baby Carrots Dinner Roll/Butter Seasonal Fresh Fruit	Lemon Pepper Chicken Breast Garlic Mashed Potatoes California Blend Veg Bread w/Butter Fruited Gelatin Alt. Diet Gelatin	Tomato Juice Crab Pasta Salad Croissant Lettuce /Tomato Peach Half Frosted Yellow Cake Alt. Plain Cake
16	17	18	19	20
Philly Chicken Sandwich on wheat bun w/ peppers and onions Country-Style Veggies Grapes Yogurt Alt: Apple	St. Patrick's Day Stuffed Cabbage Roll with Tomato Sauce 1/4'd Red Dill Potatoes Crinkle Cut Carrots Irish Soda Bread butter Chocolate Cake w/Mint Icing Alt: Diet Cookie	Meatloaf w/Gravy Baked Potato Sour Cream / Butter Spinach Salad w/Raspberry Dressing Marble Rye Bread w/ butter Fresh Fruit	BBQ Boneless Country-Style Pork Double Baked Potato Casserole Southwest-style Corn Potato Dinner Roll w/ butter Peanut Butter Cookie Alt: Sliced Pears	Clam Chowder w/ crackers HDM: Hot vegetable Mediterranean Fish Rice Pilaf Coleslaw Bread w/ butter Lemon Bar Alt: Pineapple
23	24	25	26	27
Sloppy Joe on a Bun Carrot Coins Apricots Butterscotch pudding Alt: Diet pudding	Beef Barley Soup HDM: Celery Sticks Grilled Chicken Caesar Salad w/ Croutons Caesar Dressing Split-Top Roll w/ butter Pineapple Tidbits Cookie Alt: Fresh Pear	MARCH MADNESS Cheeseburger on Wheat Bun Lettuce, Tomato Ketchup, Mustard Baked Beans Fresh Fruit Salad Rice Krispies Treat	Beef Stroganoff Egg Noodles Glazed Beets Sourdough Bread w/ butter Sliced Peaches Dessert Bar Alt: Diet Cookie	2-Cheese Lasagna Roll-Ups w/Alfredo Sauce Italian Beans Carrot Raisin Salad Italian Bread w/butter Raspberry Sherbet Alt: Fresh Fruit
30	31	<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p><i>Menu subject to change without notice</i></p> 		
Oven Roasted Turkey w/ gravy Mashed Potatoes w/ Gravy Green Beans Rye Bread w/ butter Peaches	Apple Juice Tahitian Chicken Wild Rice Blend Pacific Island Veg Vienna Dinner Roll butter Snickers doodle Cookie Alt: Fresh Fruit			

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 –7 weeks. To ensure workshops meet the highest level standards, workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for adults who have fallen in the past year or for those who have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught. Independent living adults without dementia will see the most improvement.

Next Class: 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

Registration Contact: Stefanie at Wheaton Franciscan (414) 447-3850

Class size limit: 18 participants

Cost: \$20 fee requested

Healthy Living with Diabetes – This workshop is ideal for any adult with pre-diabetes or type 2 diabetes as well as those adults living with someone who has diabetes or pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these 6 weekly sessions. 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

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

Class size limit : 18 participants

Cost \$20 book deposit requested

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: Stay Tuned**

Living Well with Chronic Conditions – For adults who are not suffering from dementia that have one or more chronic (ongoing) health condition. 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 a Chronic or ongoing Condition. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise with ongoing health conditions. With mutual support participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do the Things You Want to Do. Those who live with someone who has a lifelong condition will also benefit from this workshop.

Next class: 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

Tuesday May 19th-June 23rd (6 weeks)

1 :00-3:30 pm (refreshment included)

Location: **Community Memorial Hospital (Treiber Conference Room)**

W180N8085 Town Hall Rd

Menomonee Falls, WI 53051

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

Cost: confirm upon registration

Powerful Tools for Caregivers – Designed specifically for family caregivers (not professionals) who care for elderly or people with special needs. This 6 week focused workshop, empowers caregivers to improve self-care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care is provided upon request through the ARDC

Next Class:

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 at ADRC of Waukesha County (262) 548-7848

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

Wednesdays, April 22 - May 27(6weeks)

1:00 pm—3:30 pm light snack offered

Location: **Regency Senior Community New Berlin Campus**

13750 West National Avenue

New Berlin, WI 53151

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

Cost: \$3 park fee; \$30 workbook deposit requested; free will donation accepted

Mondays, April 13-May 18 (6weeks)

3:00 pm—5:00 pm light snack offered

Location: **Kirkland Crossing**

700 Quinlan Dr

Pewaukee, WI 53072

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

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

Healthy Eating for Successful Living—This program is for the 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 My Plate 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**

YOUR COLON HEALTH

yes, let's talk about it...



The large intestine (colon or large bowel) is about five feet long and about three inches in diameter. The colon absorbs water from wastes, creating stool. Your colon is a crucial part of the digestive system. Although many different conditions can cause it to work improperly, there can be positive impact from numerous lifestyle habits to keep your colon functioning properly.

Some diseases of the colon include diverticular disease, irritable bowel syndrome (IBS), or inflammatory bowel disease, such as Crohn's disease. Colorectal cancer (cancer of the colon or rectum) is one of the most serious diseases of the colon. It is the second leading cause of cancer deaths in the United States. Treatment for these conditions include diet and lifestyle changes, medications and/or surgery. The American Cancer Society reports that links between diet, healthy weight, and exercise are strongest for this type of cancer. An estimated 50 – 75% of colorectal cancer **can be prevented** through these lifestyle changes. Approximately 10% of colon cancers are heredity.

Some of the recommendations are:

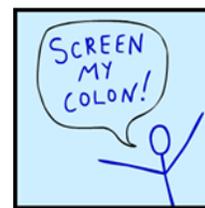
LIMIT THE CONSUMPTION OF RED AND/OR PROCESSED MEAT, SUGARS AND ALCOHOL

INCREASE YOUR FIBER INTAKE THROUGH FRUITS/VEGETABLES, WHOLE GRAINS AND LEGUMES

MAINTAIN A HEALTHY WEIGHT

BE PHYSICALLY ACTIVE

DON'T SMOKE



The risk of developing colon cancer increases with age, more than 90% of colorectal cancers occur in individuals over 50. **Symptoms are not always evident** early in the disease. Symptoms include blood in the stool, persistent stomach pain, aches, cramps, or unexplained weight loss. Even those who follow the recommendations for better colon health can be affected.

The **most effective way to prevent colon cancer is through screening** for precancerous polyps (abnormal growths) and removal. There are several screening tests and options available. A colonoscopy procedure is recommended every 5-10 years beginning at age 50 (earlier if family history or other risk factors), fecal occult blood test or sigmoidoscopy. Testing is evolving. There is a recently approved DNA stool test. Also CT (computed tomography) colonography is a new type of exam. Talk to your doctor to see which one is right for you!

March is **NATIONAL COLORECTAL AWARENESS MONTH** – now you are aware! For more information, go to: www.cdc.gov/screenforlife or www.coloncanceralliance.org



Caregiver Corner

How to Really Help a Caregiver

Your good friend seems different lately. You know that her husband's health has been failing and she has been taking him to more doctors' appointments. But she hasn't been returning your calls. You've offered to help but she hasn't accepted it. You begin to wonder if maybe she doesn't want your help. Or your calls. Trust me, she does.

Caregivers have so much on their plates when caring for a loved one. They are under a great deal of stress and often don't reach out or accept help that is offered. It's often really hard for someone to ask for help. Or to tell you what they need when you say "let me know what I can do to help". Caregivers don't want to be a burden to anyone and it's hard to sort through the 'to do' list and delegate.

They may want to, or feel they need to, provide all the care themselves. But there are things you can do. Here are some tips to really help a caregiver:

- Let her know you don't know what it's like to be in her situation but that will help in any way you can. Try to imagine what it would be like to be in her shoes. What would be helpful for you?
- When you offer to help, she may not know what to ask for help with. Be prepared to offer specific ideas. Some ideas include; offer to walk her dog, take the kids to the park in the evening, pick up a few groceries or sit with her husband so she can run some errands.
- She likely has a long "to do" list and each day it gets longer and may seem insurmountable. Offer to contact friends to let them know what is going on in her world. She's focusing all her energy on her loved one and doesn't have any more left at the end of the day to make those calls. Those friends will likely want to help if they know what's going on.
- Allow her to vent. Listen to what she needs to say. She does not expect you to have the answers. She just needs someone to hear her. You may not know what it is like to be a full time caregiver, but if it was you, you would want someone to talk to about the tough times.
- When calling, realize she may not be able to chat as long as she used to. But she appreciates hearing your voice and knowing you are thinking of her. Or send her texts or emails – simple notes saying "I'm thinking of you". Those really do mean a lot.
- Don't be offended if she doesn't return calls quickly or declines offers for get-togethers. She isn't trying to be standoffish. She truly is exhausted and may not have the energy to give to anyone else at this time. But she needs to know her friends are there and supportive. Make a point to call before you visit and offer to pick up items from the store or pharmacy.
- If you do drop by, don't expect to stay as she may be in the middle of something. Share something that will lift her spirits - like cut flowers from your yard, a plate of cookies or something as simple as a hug.
- Set up a 'standing appointment' if possible with her. For example, offer to come over every Saturday morning for 2 hours so that she can do whatever she would like. She will have something to look forward to each week – the promise of time to herself.

Bring in a hot meal and clean up afterwards. She is making sure her loved one eats well but may not be eating a balanced meal herself.

She may not have needed help when you offered a week ago. Or she thought the illness wouldn't last long and she could manage everything. But maybe her loved one is not getting better. Or she is beginning to realize that she can't do it all alone. Continue to offer and show that you care. Caregivers often forget to take care of themselves. They put their own health and well-being on the back burner. They expend so much energy on taking care of their loved one that they have little energy left for anything else. Knowing that you care means the world.

You may be surprised how much a kind, reassuring word can mean to a caregiver. They are dealing with stress, anger, pain and often daily changes which are frightening. Acknowledge that she is doing a good job. Words of encouragement can be just the fuel she needs to keep going.

Victoria Johns, Caregiver Support Coordinator, Aging & Disability Resource Center of Central Wisconsin

What is Adult Protective Services?

Adult Protective Services (APS) work with individuals who are defined by the State of Wisconsin as either Elders or Adults at Risk. Adults at Risk are individuals age 18 years and older who have a physical or mental condition that impairs their ability to care for themselves, and who have experienced or are at risk of experiencing abuse, neglect, self neglect or financial exploitation. Elder Adults at Risk are individuals age 60 years or older who have experienced, are currently experiencing or are at risk of experiencing abuse, neglect, self neglect or financial exploitation. The Adult Protective Services unit works with these two groups of individuals to ensure their safety and needs are being met.



The initial goal of an investigation is to verify the safety of the Elder/Adult at Risk and to inform them of their rights under the State Statutes. The scope of the investigation may include the following:

1. A visit to the Elder/Adult at Risk
2. Observation of the Elder/Adult at Risk
3. An interview with the Elder/Adult at Risk to evaluate competency
4. An interview with the caregiver, guardian or agent under an activated power of attorney for health care
5. A review of the treatment and patient health care records of the Elder/Adult at Risk
6. A review of the financial records of the Elder/Adult at Risk

Once the goal is met, Adult Protective Services and/or the ADRC may work with the individual to identify additional resources that may be of assistance. **If the individual is competent, they do not need to accept services from Adult Protective Services.**

Adult Protective Services works closely with law enforcement, medical providers, and the court system to ensure that community members are safe. At times, an Adult Protective Services worker may file for Guardianship, Protective Placement or Protective Services.

Waukesha County's Adult Protective Services unit consists of two Licensed Clinical Social Workers and eight Social Workers.

Community members can anonymously contact the Aging and Disability Resource Center at (262) 548-7848 to report any concerns they may have.

Celebrate March

In honor of March being the month to celebrate Frozen Food and Peanuts, with days for Peanut Butter Lover's (1st), National Frozen Food Day (6th) and National Pi Day (14th) enjoy this recipe for

Peanut Butter Pie

Cream: 8 oz cream cheese

1 Cup sugar

Add: ¾ Cup Peanut Butter

¾ Cup Milk

Fold In: 1 container Frozen Whipped Topping or 1 pint very stiffly whipped whipping cream

Pour into a chocolate crumb crust and freeze.





ASK INA



Dear INA,

Please help! I always have the hardest time filing my taxes. I can't afford to hire a tax attorney but really need the extra assistance. Is there something available??

-Terrible with Numbers

Dear Terrible with Numbers:

Great questions! First of all, as you probably know, the IRS tax filing deadline for your 2014 taxes is April 15, 2015. There are a couple different options for you to use.

If you prefer face-to-face tax help:

AARP offers Tax Assistance **by appointment only** at the following locations:

Brookfield Library, Tuesdays 9:00 am-3:00pm, call 262-782-4140

Menomonee Falls Library, Fridays 9:30am- 3:00pm, call 262-255-8460

Mukwonago Library, Mondays 9:00am-1:00pm, call 262-363-6411

Muskego Library, Tuesdays 9:00am-1:00pm, call 262-971-2100

New Berlin Library, Wednesdays 9:15am-2:00pm, call 262-785-4981

Oconomowoc Library, Tuesdays 9:00am-3:00pm call 262-567-3360

Waukesha Landmark Credit Union, Tuesdays and Thursdays 9:30am-2:00pm, call 262-796-4500.

You can also checkout http://www.aarp.org/money/taxes/aarp_taxaide/

The **Volunteer Income Tax Assistance (VITA)** program offers free tax help to people who generally make \$53,000 or less, persons with disabilities, the elderly, or limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

The closest VITA/TCE programs for Waukesha County residents is at La Casa de Esperanza on 202 East Broadway in Waukesha. They will be helping people file taxes from now until *April 22nd*. You must make an appointment and bring all required information. The number to call is 262-832-1534.

When you go to a 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.

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.

If you only have a few questions, IRS Taxpayer Assistance Centers (TACs) are your source for personal tax help when you believe your tax issue can only be handled face-to-face. No appointment is necessary. The closest IRS TAC is in Milwaukee at 211 W Wisconsin Ave. Their hours are Monday through Friday, 8:30 a.m.- 4:30 p.m. You can call ahead or get questions answered about what help they provide, by calling them at (414) 231-2100.

Continued next page

Continued from previous page

Just have questions about taxes? Keep in mind, many questions can be resolved online without waiting in line. Through www.IRS.GOV you can:

- Set up a payment plan.
- Get a transcript of your tax return.
- Make a payment.
- Check on your refund.
- Find answers to many of your tax questions

Finally, if you are comfortable with a computer, you can also file your taxes for free with online tax preparation software. Just visit IRS.gov/FREEFILE for more information!

From the Desk of Your Benefit Specialist



Medicaid Purchase Plan Can Help People With Disabilities Cover Medical Costs

Medicaid Purchase Plan (MAPP) is a Medicaid program that is available to people with a disability (including Seniors) who meet the following requirements:

- ◆ 18 years of age or older.
- ◆ Wisconsin resident.
- ◆ Countable assets less than \$15,000 (does not include value of a home or vehicle.)
- ◆ Adjusted income less than 250% of the Federal Poverty Level (\$2,393.75 monthly for a single person; \$3,231.25 monthly for a couple.)
- ◆ Have a disability determination from the DHS Disability Determination Bureau.
- ◆ Be employed in a compensated position (includes wages or in-kind payments-must receive something of value in return for services; also includes self-employment) at least one hour per month.

People who qualify for MAPP can receive Medicaid benefits. Even if you already have Medicare, you can qualify for MAPP. MAPP can help pay for medical expenses. Some people with incomes above 150% of the Federal Poverty level will have to pay a premium for MAPP.

The work requirement can be met by paid employment; but it is possible to meet the work requirement even if you do not have paid employment. Some other ways this requirement can be met include babysitting for grandchildren in return for home cooked meals or cleaning at church for coffee and donuts. The requirement can be met by a minimum of working once per month for an hour. People who do not have a job can enroll in a certified Health and Employment Counseling Program for assistance. Participation in the program meets the work requirement for MAPP until employment is obtained.

Contact your local Benefit Specialist for more information about MAPP at 262-548-7848.

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



Seasonal Help Needed

Are you part of a group looking to fulfill community service hours this spring and summer?

Interfaith Senior Programs, Inc. is in need of energetic volunteers to help seniors and adults with disabilities stay safe in their homes. You can help during a one-day Spring Yard Clean Up event or with on-going lawn mowing. You will be matched with a senior or an adult with a disability. You will help to make life easier for them!

Areas in need of yard clean up services include: Brookfield, Hartland, Menomonee Falls, Mukwonago, Muskego, New Berlin, Pewaukee, Sussex, Lannon and Waukesha.

For more information on how to volunteer as an individual or a group, contact Heather by phone at 262-549-3348 or email HeatherS@interfaithwaukesha.org.



Memory Cafés

The challenges of living with memory loss can disrupt social connection at a time when it is needed most. Memory Cafés are one way people with memory loss and their care companions are coming together to make new friendships and support one another.

A Memory Café is a social gathering intended for those who are experiencing early stage dementia, mild memory loss or cognitive impairment and their care partner. The Café is a place to have fun, find support, and share experiences. Developed in the United Kingdom and the Netherlands, Memory Cafés offer opportunities for socialization to persons with memory loss and their care partners and friends. Memory Cafés consist of informal conversation, some kind of program (e.g., speaker, music, arts, games), and refreshments like coffee and cookies. Information is available from professionals (e.g., social workers, nurses) who attend but do not lead the programs; a trained coordinator and volunteers plan and lead the programs, with input from attendees.



Memory Cafés are not suitable for people with dementia to attend alone. The Memory Cafés are social outlets not a support group. Register for a Memory Café by calling 800-272-3900.

Brookfield Panera Bread in the Ruby Isle shopping center in Brookfield hosts a group on the second Tuesday of each month at 3:00 to 4:30 pm.

Waukesha Denny's Restaurant 2801 N Grandview Blvd (near corner of Grandview and Silvernail) on the fourth Wednesday of each month 10:00-11:30 am.

Lake Country Libraries are also hosting Memory Cafés . Memory Cafés are being held the first Friday of the month, alternating between four public libraries in the area.

Friday, March 6, 2015 10:30am to Noon

Hartland Public Library

Friday, April 3, 2015 10:30am to Noon

Hartland Public Library

Friday, May 1, 2015 10:30am to Noon

Delafield Public Library

Friday, June 5, 2015 10:30am to Noon

Delafield Public Library

Friday, July 10, 2015 10:30am to Noon

Town Hall Public Library

Friday, August 7, 2015 10:30am to Noon

Town Hall Public Library

Friday, September 4, 2015 10:30am to Noon

Pewaukee Public Library

Friday, October 2, 2015 10:30am to Noon

Pewaukee Public Library

Friday, November 6, 2015 10:30am to Noon

Hartland Public Library

Friday, December 4, 2015 10:30am to Noon

Hartland Public Library

Delafield Public Library

500 Genesee Street

Delafield WI 53018

When visiting us, please note there is a parking lot in the back of the library.

Hartland Public Library

110 East Park Avenue

Hartland WI 53029

Pewaukee Public Library

210 Main Street

Pewaukee WI 53072

Town Hall Library

1N76 W31429 Hwy V V

North Lake WI 53064

Share a few laughs and form friendships in a safe, non-judgmental environment.

Please contact Wendy Betley, Alzheimer's Association, for more information at 800-272-3900 or to RSVP to attend a Memory Café.

Happy Saint Patrick's Day!



The year is 385 AD, and in that moment, a child is born. Unbeknownst to them at that time, the child went on to become the patron saint of Ireland, and the one who sparked a worldwide celebration we know today as Saint Patrick's Day.

But how did a Roman Briton child become such a figurehead? Most of what is known about Saint Patrick comes from *Declaration*, which is said to have been written by Patrick himself. Patrick was born to a wealthy Romano British family with a deacon father and Christian priest for a grandfather. According to the *Declaration*, a 16 year old Patrick was kidnapped by Irish raiders and taken as a slave to the Gaelic Island, where he worked as a shepherd. During that time it is said that he "found God."

According to legend, Patrick made his way home to become a priest. He later returned to Ireland in hopes of converting the pagan Irish to Christianity. It is said that he succeeded, with numbers of those he converted "in the 1000's." Through the passing of centuries, legend surrounding Patrick has flourished, making him the primary saint of Ireland.

Celebration of Saint Patrick's Day takes place on March 17th (the date of his death) all over the world. The color green has been associated with the holiday since the 1640's, stemming from Patrick's purported usage of the clover to teach the Holy Trinity. The consumption of alcohol stems from Lenten traditions being lifted in observation of Saint Patrick's Day.

Cultures ranging from Ireland, the United States, Great Britain, Japan, Malaysia, Canada and many others take time away from their busy lives to celebrate Saint Patrick's Day, so grab a shamrock and a friend to enjoy the festivities.



Don't Get Left Behind!

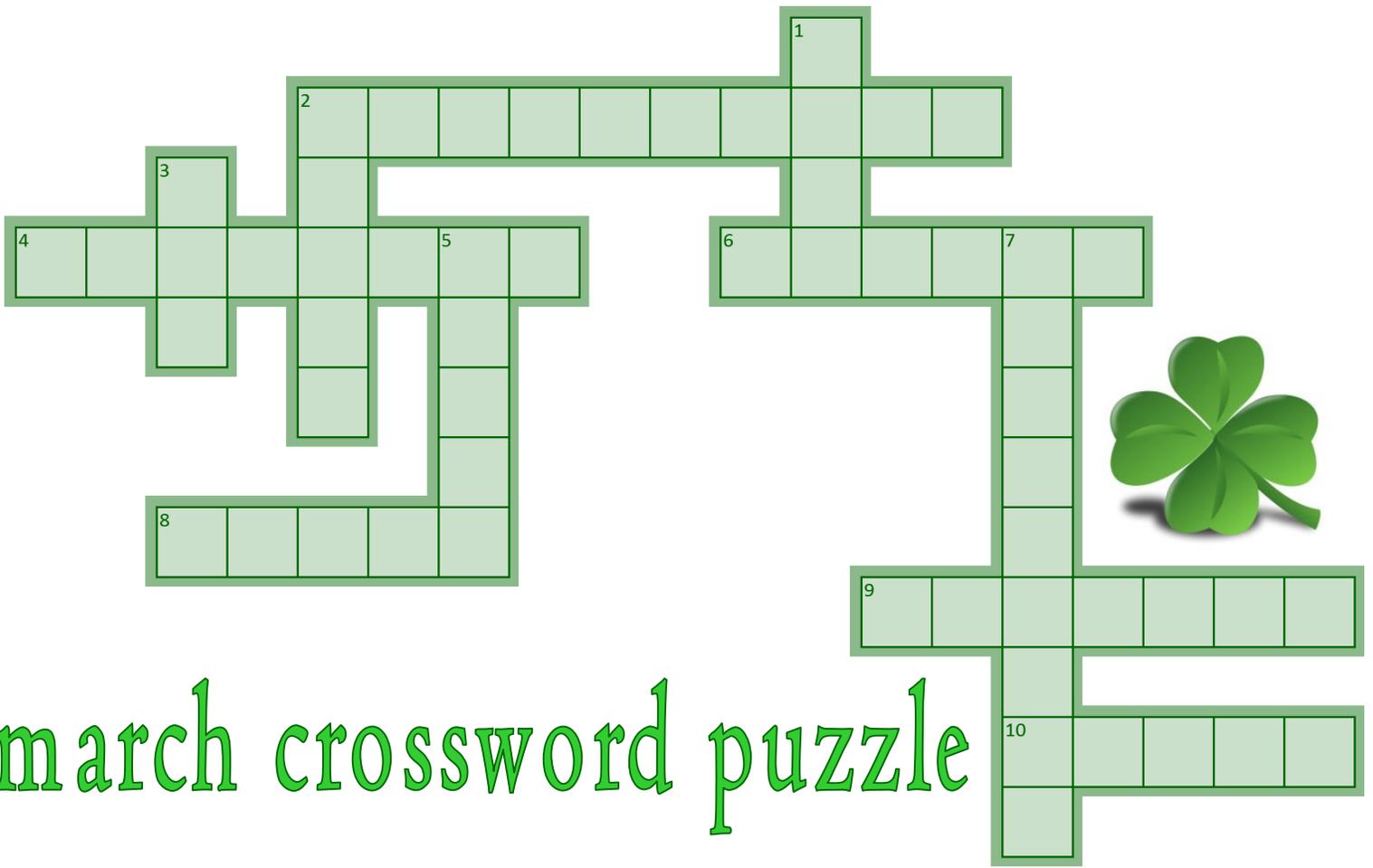
Remember that on Sunday, March 8th, all clocks are turned forward one hour. Time to Spring ahead!



Wisconsin Senior Employment Program



The Wisconsin Senior Employment Program is recruiting people in Waukesha County, 55 and older, unemployed, and at 125 % of Federal poverty level to be participants where they are placed at Non-Profit or Governmental worksites at 20 hours a week and paid 7.25 an hour. This is an employment training program. Most work is entry level and geared toward getting people back into the workforce. It is a program that has a Community Betterment aspect to it and helps people get out of the house and back into the swing of things which is good for self-esteem. If anyone wants to inquire further they should call Paul Koenig, Program Coordinator at 608-242-4897 or email him at paul.koenig@gwaar.org



EclipseCrossword.com

Across

2. A social gathering for those with memory impairments and their care partners. (two words)
4. This plant refers to the young sprigs of clover and is known as a symbol of Ireland.
6. This season begins on Friday, March 20th this year
8. This is a color associated with St. Patrick's Day
9. This person is one of Ireland's patron saints and many Americans with Irish ancestry celebrate him on March 17th.
10. These fatty acids are considered essential fats for the human body. Hint: This word is also known as the last letter of the Greek alphabet!

Down

1. This program offers people with disabilities who are interested in working the opportunity to buy health care coverage through the Wisconsin Medicaid Program (acronym)
2. The 3rd month of the year, named for Mars, the Roman god of war.
3. Your _____ return is due April 15th, 2015.
5. This organ is also known as your large intestine and is an important part of your digestive system. It removes water, salt, and other nutrients from the food we eat, giving us fuel for our bodies.
7. March is National _____ Month. This year, the theme is "Bite into a Healthy Lifestyle."

Word Bank

TAX SPRING SHAMROCK PATRICK OMEGA NUTRITION MEMORYCAFE MARCH MAPP GREEN COLON

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