

# Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848  
Toll Free: 866-677-2372  
Fax: 262-896-8273  
TTY: 7-1-1

Website:

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

**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](http://www.alz.org/sewi)

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# The ADRC Connection

October 2015

*"I choose not to place "dis" in my ability."*

—Robert M Hensel

All of us have differing abilities to contribute to a vibrant workforce. October is Disability Employment Awareness Month



Many people have challenges that make being in the workforce extra effort. They are still as capable and productive as most employees. In our more technologically driven world, those with physical challenges find that being active in the work place is achievable. Some of the challenges are visible, while others are not. For some, what may be seen as a challenge is a plus for the job

at hand. A focus on detail with the ability to do a repetitive task well is not something everyone can do. Empathy for someone's struggle is often enhanced by the experiences of the worker assisting them. An alternate view of the world often brings to the table new solutions to handle old problems. Take a look at these great examples of people who use their challenges to be productive.

If you've ever seen a poster or picked up a brochure about topics such as child safety seats or drunk driving prevention, you might already be familiar with Kenny Allen's work. A graphic designer with a Federal contractor to the U.S. Department of Transportation's (DOT) National Highway Traffic Safety Administration (NHTSA), Kenny is part of a prolific team that produces publications, websites and other materials to promote road safety. Kenny has osteogenesis imperfecta and uses crutches to walk.

Munir Bashir is a team leader for merchandising and special promotions at a large electronics retailer's store in Springfield, Virginia. He spends his days making sure the store's current of products flows smoothly; from the loading dock to the sales floor. His job requires good communication skills. Munir is deaf.

Helen Chang is a self-proclaimed 'techie.' A web developer with a multi-national technology services corporation, she spends the majority of her time writing code for computer applications. Her employer is a Federal contractor, and Helen works for the company's defense division, which services the U.S. Department of Defense by developing custom websites and systems to help its various components run more efficiently from a technological perspective. She is blind and is accompanied to work each day by her service dog, Watkins.



Anyone who works in a busy office understands the value of a good receptionist, especially in a fast-paced, client-based business. Jeffrey Krauthamer's employer certainly does. For nearly 20 years, Jeffrey's exceptional organizational and office management skills have benefitted the attorneys and clients at a Maryland law firm. Jeffrey has spina bifida and uses a wheelchair. He gets to work using accessible public transit.

Ricardo Thornton works in a bookworm's natural habitat. A clerk at the Martin Luther King, Jr. Memorial Library in Washington, D.C., he spends his days sorting,





stamping and shelving books and other clerical duties. He likes working both independently and as part of the library's larger team, and takes great pride in ensuring that patrons are satisfied with the branch's service and collection. "If the public is happy, we're happy," he says with a smile. Ricardo has intellectual disabilities.

Every day, Louise Thundercloud's job contributes not only to her own self-sufficiency, but that of others. As a home health care aide, she assists elderly people who have disabilities with daily life and routines, allowing them to live in their homes and remain independent longer. As a person with non-evident disabilities herself, including Obsessive Compulsive Disorder (OCD) and Asperger's syndrome, Louise uses a range of coping strategies to assist her in carrying out her responsibilities and meeting clients' needs.

"Keep moving!" That's the advice that Shirley Beck offers people with disabilities. And she demonstrates that mantra every day in her work as a self-employed pediatric physical therapist. Shirley had already been practicing physical therapy for three years when, at age 26, she was diagnosed with Multiple Sclerosis (MS). Day to day, she helps infants, children and young adults recover from injuries or improve their movement potential. She specializes in treatment through neuromuscular electrical stimulation and has also authored a book on Torticollis, an asymmetrical head or neck condition that is common in infants.



These profiles are from the US department of Labor. To learn more about these workers or others visit [www.dol.gov/odep/profiles/](http://www.dol.gov/odep/profiles/). For more information on employment for those with disabilities also visit [www.disabilities.gov/](http://www.disabilities.gov/) or DVR (Department of Vocational Rehabilitation) at <https://dwd.wisconsin.gov/dvr>

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

-Maya Angelou

## Save the Date!



Mark your calendars for the next **ADRC Open House** coming up on **Thursday, November 12<sup>th</sup> from 3-7pm**. Join us as we celebrate **National Family Caregiver's Month**, with fun activities and information aimed at helping those who fill the vital role of caring for others!

Some of the offerings we'll have available:

*Brain Fitness*

*Advance-Directive Planning*

*Laughter Yoga*

*Elder Benefit Specialists*

*Technology Assistance*

*Respite & Transportation Information*

*Blood Pressure & Glucose Testing*



**Plus, many more resources to honor and assist the selfless caregivers in our lives!**

# Ask Ina

Dear Ina,

Every Fall I have trouble with mice and insects in my house. My cat Fluffy used to keep the mice away but she is older now and cannot keep up. Is there anything I can do to control the problem?

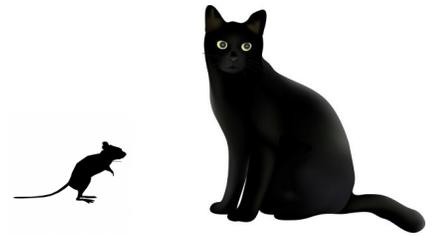
- Fluffy's Mom

Dear Fluffy's Mom,

There are ways you can try to prevent issues.



To assist Fluffy with the mice, check the foundation area of your house for even the smallest opening inside or out. If you find openings, seal them up. Caulk cracks and crevices around cabinets or baseboards. Use steel wool to fill spaces around pipes. Cover any holes with wire mesh. Most rodents, mice, voles and others, can squeeze through even a small opening. These creatures start looking for a warm place, like your home, to move into for the winter. There are also traps that can be set to catch them as they come in. Place traps near areas where they could enter such as doors, garages and breezeways. To protect Fluffy, it is best not to use poisons or open traps. The best bait is peanut butter.



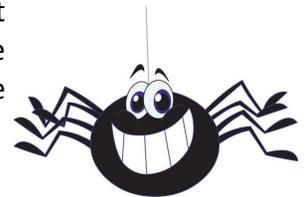
A way to keep all unwelcome pests out is to clean your home well. Clutter provides places for pests to breed and hide and makes it hard to get rid of them. Dispose of things like stacks of newspapers, magazines, or cardboard.

Store food immediately when brought in from the store or after a meal. Store food in sealed plastic or glass containers. Garbage containing food scraps should be placed in tightly covered trash cans. Remove garbage regularly from your home.

Fix leaky plumbing and don't let water accumulate anywhere in the home. If you have a damp area of your home, like the basement, a dehumidifier may be needed. Don't let water collect in trays under your house plants or refrigerator. Make sure you don't have standing water or dishes left to soak too long. Don't leave pet food and water out overnight.

Make sure if you are bringing plants in from outside you check that you aren't bringing in any extra visitors.

These tips should control most issues. If not, there are many companies that can do pest control for you. There are also some home remedies if you prefer. If doing it yourself, be certain all chemicals are handled safely. If you use natural remedies be sure that they are safe to use around children and pets.



Remove sources of food, water and shelter and the pest will go elsewhere.

For more information visit <http://www.epa.gov/pestwise/>.

## Flu Season is starting. Looking for where to get the vaccine?

Check with your primary health clinic for availability of vaccine and times. Contact your insurance, Medicare, or Medicaid for information on coverage.

Also, many pharmacies offer flu vaccination. The Waukesha County Public Health Division at 514 Riverview in Waukesha will be offering the trivalent (most common) vaccine Monday through Friday, 8:00 am to 4:30 pm for \$30. They are able to bill Medicaid but not Medicare. For more information about the flu, contact Public Health at 262-896-8430.

# Caregiver Corner

## What Caregiving Looks Like

What do you think of when you hear the word Caregiver? Many think of the person who provides hands on, daily care for a frail adult; usually involving help with dressing, feeding, bathing and mobility. While this person certainly is a caregiver I'd like to challenge you to think about other possibilities of what caregiving is. There is the middle-aged son who stops for groceries on the way home from work for his mother, the daughter who schedules and takes her dad to his many doctor appointments, the husband in charge of cooking and cleaning since his wife is no longer able, and the woman who must take her husband with her to her hair appointment for fear his confusion would endanger him if left home alone.

To sum it up, you don't have to be providing 24/7 care to be considered a caregiver. Anyone who helps someone with something they used to do by themselves is considered a caregiver. Let me give you a few examples:

- If you feel it is necessary to regularly check on your elderly neighbor and help with little jobs then you are a caregiver. Without your help, your neighbor may not be able to live independently.
- When you find yourself spending time making appointments for you mother and stopping at the pharmacy or grocery store for her amidst running your own errands, you are caregiving.
- If you have stopped going to your weekly card club because you don't feel you can leave your spouse at home alone you are a caregiver.
- When you spend time making phone calls to help your sister find an assisted living facility or to set up home care services you are a caregiver.

Caregiving is often a role you do not anticipate and one that brings new challenges and responsibilities to your life. Recognizing yourself as a caregiver is an important first step to handling the extra stress you may be feeling. Attending a caregiver support group, reading information on caregiver health or talking to a trusted friend or professional about your situation are all good ways to help cope with stress and gain support in this role.

Identifying yourself as a caregiver also helps you connect with community resources that can assist you. Getting help from a home care agency, adult day care, home delivered meals or volunteer drivers are some of the ways to reduce your stress as a caregiver. Information about these services is available at the ADRC of Waukesha County.



Finally, defining yourself as a caregiver helps you take your role more seriously and look for even more ways to assist the person, possibly involving more people to help! Sharing duties with other family members, friends or neighbors will take some of the responsibility off of you and will be positive for the person receiving help, too.

No matter what your caregiving looks like, the assistance you provide is vitally important to the life of the person you are helping. It is often the difference between the person living in their own home and living in a care facility. If you are a caregiver, call the ADRC of Waukesha County at 262-548-7848 and see how we can help!

Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources

# 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. The workshops are led by trained leaders.

**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, October 8- November 12, 2015**

9:00 am– 1:30 pm (snack included)

Location: **DN Greenwald Center**  
Wolf Drive  
Mukwonago, WI 53149



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

Cost: \$20 workbook deposit suggested

**Mondays, October 19- November 23, 2015**

3:00 pm – 5:30 pm (refreshment included)

Location: **Community Memorial Hospital - Trierber Conference Room**  
W180 N8085 Town Hall Road  
Menomonee Falls, WI

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

Cost: confirm upon registration

**A Matter of Balance: Managing Concerns About Falls** acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. Participants learn to, view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to change the environment to reduce fall risk factors, learn simple exercises to increase strength and balance.

**Fridays, October 9 - December 4, 2015**

10:00 am – 12 noon (light snack included)

Location: **Berkshire on Sunset**  
W30 S24890 Sunset Dr.  
Waukesha, WI 53189 (262) 548-0131

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

Class size: 10 minimum -15 maximum participants

**Tuesday & Thursdays, October 27- November 19, 2015**

10:00 am – 12 noon (light snack included)

Location: **St. John Church - Merton**  
W2831 Sussex Road  
Merton, WI (262) 538-1912

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

Class size: 10 minimum -15 maximum participants

**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.

**Thursdays, October 1 - November 5, 2015**

3:00 pm – 5:30 pm light snack offered

Location: **Heritage of Waukesha**  
1831 Meadow Lane  
Pewaukee, WI 53072 (262) 542-0343

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

Cost: \$30 workbook deposit requested



October is Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. An estimated 1 in 8 women born today in the United States will be diagnosed with breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Just as important is monthly self-breast exam. To learn how or as a review check out [www.cancer.org/cancer/breastcancer/moreinformation/breastcancerearlydetection/breast-cancer-early-detection-ac-s-recs-bse](http://www.cancer.org/cancer/breastcancer/moreinformation/breastcancerearlydetection/breast-cancer-early-detection-ac-s-recs-bse)

For more information, check out these websites:

<http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/breastcancer>

<http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

<http://healthfinder.gov/>



(left) Glen Choban, Tom Hlavacek, and Jim Tarantino celebrate a victorious Walk

On Saturday, September 12<sup>th</sup> the 2015 Alzheimer's Association Walk to End Alzheimer's was held at Frame Park in Waukesha County. The walk was co-chaired by Jim Tarantino and Glen Choban of Capri Senior Communities. Steve "Homer" True of 540 ESPN welcomed walkers and served as the Master of Ceremonies. Brad Schimel and Four on the Floor provided entertainment at the conclusion of the walk. Food for the event was provided by Chef Jack.



The 2015 Waukesha County Walk raised over \$191,152 and had more than 1300 participants.



Thank you to all who participated in this year's event! We could not have done it without you!

# Get Out and Enjoy Fall

Fall is a great time to be outdoors before the cold Wisconsin climate causes us to flee back inside! Relax and take time to enjoy the beautiful colors of fall, because they don't last forever! Here are some ways to get out and enjoy the mild weather that Waukesha has to offer this October:

- ◆ Visit the **Retzer Nature Center** in Waukesha: October 7<sup>th</sup> is Camera Club. October 10<sup>th</sup> and 24<sup>th</sup> they are requesting volunteers to keep Retzer Nature Landscape clean and beautiful. They also host several dates for family friendly hiking. Call the Retzer Nature Center at 262-896-8007 or visit [waukeshacounty.gov/retzernaturecenter/](http://waukeshacounty.gov/retzernaturecenter/) for more information.
- ◆ Check out **Old World Wisconsin** in Eagle: Relive the Spirit of America's Heartland. Explore this premier outdoor museum of 19th century rural and immigrant farm life. Costumed interpreters perform the daily tasks of farmers and shopkeepers in more than 65 historic buildings. Seasonal special events, workshops, day camps, restaurant, museum store and more. Open in October Thursday through Sunday. Call 262-594-6301 or visit [oldworldwisconsin.wisconsinhistory.org](http://oldworldwisconsin.wisconsinhistory.org) for more information.
- ◆ Visit the **Cozy Nook Farm** in Waukesha: Take hayrides through a Wisconsin dairy farm throughout the fields where you can see and pick pumpkins, gourds, squash, and corn. Call 262-968-2573 or visit [cozynookfarms.com](http://cozynookfarms.com) for more information. Or check out the popular **Elegant Farmer Bakery, Deli, and Market** in Mukwonago for Autumn Harvest Festival on Saturdays and Sundays until October 25th to pick apples, select perfect pumpkins from the pumpkin patch, take a tractor-pulled hayride, pony rides, or train ride, and enjoy the five-acre corn maze. Call 262-363-6770 or visit [elegantfarmer.com](http://elegantfarmer.com) for more information.
- ◆ Take a bite out of **Apple Fest at Weston's Antique Apples** in New Berlin on October 4<sup>th</sup>. Visit [westonapples.com](http://westonapples.com) or call 262-679-2862 for more information. Or check out **Patterson Orchards & Farm Market** in New Berlin for 33 varieties of apples along with other fresh fruits and vegetables. Call 414-425-0563 for more information.
- ◆ **Fish, Hike, Bike, or Golf** at the many parks in Waukesha County. For a complete list of available parks in your area call Waukesha County Parks and Land Use at 262-548-7801 or visit [Waukeshacounty.gov/parksystem](http://Waukeshacounty.gov/parksystem) to learn more!

This list is just a handful of opportunities you have to get outdoors and enjoy the October weather! For more information, check out [visitwaukesha.org/visitors/fall-activities/](http://visitwaukesha.org/visitors/fall-activities/)

## THE GREAT INDOORS

The summer months have come and gone, leaving the scent of fall in the air as we prepare for what will soon turn to winter. In Wisconsin, the weather doesn't always allow for time spent outdoors, but there's plenty of activities available to all that are indoors, out of the icy winds we all know so well.

-Marcus Theatres offers a Young at Heart special for those 60 or older, every Friday before 5:30 PM which reduces the ticket price for any non-3D movie to just \$5.00. In addition, on Tuesdays, everyone gets in for \$5.00 all day. The perfect way for any movie lover to spend an afternoon! Check out their Ridge Cinema in New Berlin (262-797-0889), Menomonee Falls Cinema (262-502-9070), Hillside Cinema of Delafield (262-646-7300), and Majestic of Brookfield (262-798-6800).

-True to Wisconsin tradition, bowling is a great winter activity. Bluemound Bowl – located on Bluemound Road in Brookfield - offers a \$1.00 off special on your first open bowling session. Give them a call at 262-786-6280 for more information.

-Staying active is important during the winter months and the YMCA offers discounted memberships for seniors age 65 and older, as low as \$44 per month. The YMCA offers a variety of classes at a discounted price to their members as well as gym and swimming pool access. The Waukesha location can be reached at 262-542-2557.

Don't let the snow and cold discourage you from being an active citizen this winter season!



# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield – 782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Mukwonago – 363-4458</b> - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Oconomowoc – 567-5177</b> – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
<b>Butler – 783-5506</b> – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Muskego – 679-3650</b> –Jack Muskego City Hall W182 S8200 Avenue Monday, Wednesday, Friday at 11:45	<b>Sussex – 246-6747</b> –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
<b>Hartland – 367-5689</b> –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	<b>New Berlin – 784-7877</b> – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Waukesha – 547-8282</b> – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
<b>Menomonee Falls – 251-3406</b> Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Eligibility:</b> 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.	

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

The following is a list of dates and times for blood pressure checks and foot care.

<b>Site</b>	<b>Blood Pressure</b>	<b>Toe nail trim/ Foot care</b>
Brookfield	Posted monthly. Upcoming dates: 10/20, 11/17 all at 11 am	Not Available
Butler	4 <sup>th</sup> Monday of the month: Blood Pressure, Glucose and Cholesterol	2 <sup>nd</sup> Tuesday of the month
Hartland	4 <sup>th</sup> Wednesday of the month at 11am	Not Available
Menomonee Falls	3 <sup>rd</sup> Monday of the month from 10:30a-11:30p	Every other Wednesday from 9a-3:30p
Mukwonago	End of the month. Each month a sign is posted at site with date of BP checks	Sign-up sheet at site \$20
New Berlin	3 <sup>rd</sup> Monday of each month from 11:45-12:15	Not Available
Oconomowoc	2 <sup>nd</sup> Tuesday of each month at 11:30	Not Available
Sussex	Last Monday of each month at 11am	4 <sup>th</sup> Tuesday. 12:30-4:30 \$27

**The ADRC and Senior Dining Sites will be closed Friday, October 16th; Thursday, November 26th; Friday, November 27th; Thursday, December 24th; Friday, December 25th; Thursday, December 31st; and Friday, January 1st.**

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU OCTOBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p><b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</b></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><b>Menu subject to change without notice</b></p>				
5	6	7	8	9
Hamburger on a bun w/ mustard and ketchup Potato Salad Coleslaw Iced Brownie Alt. Diet Cookie	Glazed Ham Rice Pilaf Steamed Spinach Whole Wheat Roll w/ butter Peaches Rice Krispies Treat Alt: Fresh Fruit	Roasted Chicken Baked Rosemary Potatoes Broccoli and Cauliflower blend Dinner Roll w/butter Dessert bar Alt: Diet pudding	BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes Winter Blend Vegetable Mandarin Oranges	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Frosted Yellow Cake Alt. Plain Cake
12	13	14	15	16
<p><b>COLUMBUS DAY</b></p> <p>Chicken Stew Black Beans and Rice Winter Squash Cornbread w/ Butter Apple Slices</p> 	Beef Tips w/Mushrooms Baked Potato w/Sour Cream and butter Beet Salad Multi-Grain Dinner Roll w/ butter Banana Cream Pie Alt. Banana	Green Pepper Casserole Whole Baby Carrots Orange Juice Garlic Breadstick w/ butter Lemon Pudding Alt. Diet Pudding	Chicken Stroganoff Buttered Noodles Romaine Salad w/Peppercorn Ranch Dressing Whole Grain Bread w/ butter Mandarin Oranges	<p><b>Mandatory staff training</b></p> <p><b>Closed</b></p> <p><b>No meals served</b></p>
19	20	21	22	23
Beef Enchilada Casserole Refried Beans w/ Mexican Cheese Sour Cream Southwest Style Corn Dinner Roll w/ butter Fruit Cocktail	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Wheat Bread w/ butter Cook's Choice Cookie Alt. Diet Cookie	Baked Fish w/ Tartar Sauce Macaroni & Cheese Broccoli Salad Whole Grain Bread w/ butter Pineapple Chunks	Beef Stew w/ Celery, Onions, Carrots, Peas Mashed Potatoes w/ gravy Spinach Salad w/ Raspberry Dressing Rye Bread w/ butter Apple Crisp Alt. Fresh Apple	Roasted Turkey w/Poultry Gravy Wild Rice Blended Pilaf Country Vegetable Blend Multi Grain Roll w/ butter Butterscotch Pudding Alt. Banana
26	27	28	29	30
Cranberry Meatballs Roasted Red Potatoes Oriental Vegetable Blend Vienna Dinner Roll w/ butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Sweet & Sour Pork Brown Rice Maui Vegetable Blend Whole Grain Bread w/ butter Sliced Peaches	Chicken Marsala Whole Grain Pasta w/Garlic Pesto Sauce Winter Vegetable Blend Italian Bread w/ butter Pineapple Juice Pistachio Pudding Alt. Fresh Pear	Grandma's Ground Beef Casserole Green Sweet Peas Whole Grain Dinner Roll w/ butter Orange Sherbet Alt. Fresh Orange	<p><b>HALLOWEEN</b></p> <p>Chicken Caesar Mummy Wrap Witches Brew Soup HDM: Broccoli Slaw Creepy Cranberry Compote Green Slimy Seafoam Gelatin</p> 

# Pumpkin Milkshake

Makes about 4 (3/4 cup) servings

Ingredients:

1 cup canned pumpkin, frozen\*  
2.5 cups 1% milk  
3 Tablespoons brown sugar  
Cinnamon to taste



## Try these healthy Pumpkin and Squash Recipes!

Directions:

Blend all ingredients together in a blender for a creamy fall drink.

\*To freeze pumpkin: split the contents of 1 can of pumpkin into two small freezer bags (about 1 cup in each bag). Freeze for at least 2 hours.

**UW**  
**Extension**

Waukesha County

**Nutrition  
Education  
Program**

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

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

# Pumpkin Applesauce

Make 2 (1/2 cup) servings

Ingredients:

1/3 cup canned pumpkin  
2/3 cup cinnamon applesauce  
Dash cinnamon

Directions: Mix pumpkin into apple sauce.  
Add a dash of cinnamon to taste. Enjoy!

# Spicy Pumpkin Soup

Makes 4 (1 cup) servings

Ingredients:

2 1/2 cups chicken broth  
1 (15 ounce) can pumpkin puree  
1/2 onion, chopped  
1 clove garlic, minced  
1 teaspoon Cajun seasoning  
1/2 cup cream or evaporated milk

Directions:

1. Heat chicken broth, pumpkin puree, onion, garlic, and Cajun seasoning to a boil in a saucepan over medium-high heat.
2. Reduce heat to low and simmer for 45 to 60 minutes, stirring every 15 minutes.

Stir in cream or evaporated milk before serving.

For squash soup: Substitute 2 cups of cooked and mashed or pureed winter squash for the pumpkin.

# Stuffed Acorn Squash

2 medium acorn squash (halved and seeded)  
2 tsp oil (olive, canola, or vegetable)  
1/2 tsp black pepper  
1 cup canned black beans, drained and rinsed well  
1/4 cup chopped nuts (any variety)  
1 large tomato, chopped  
2 green onions, thinly sliced  
1 tsp ground cumin  
2 oz reduced-fat Monterey Jack cheese, shredded (about 1/2 cup)

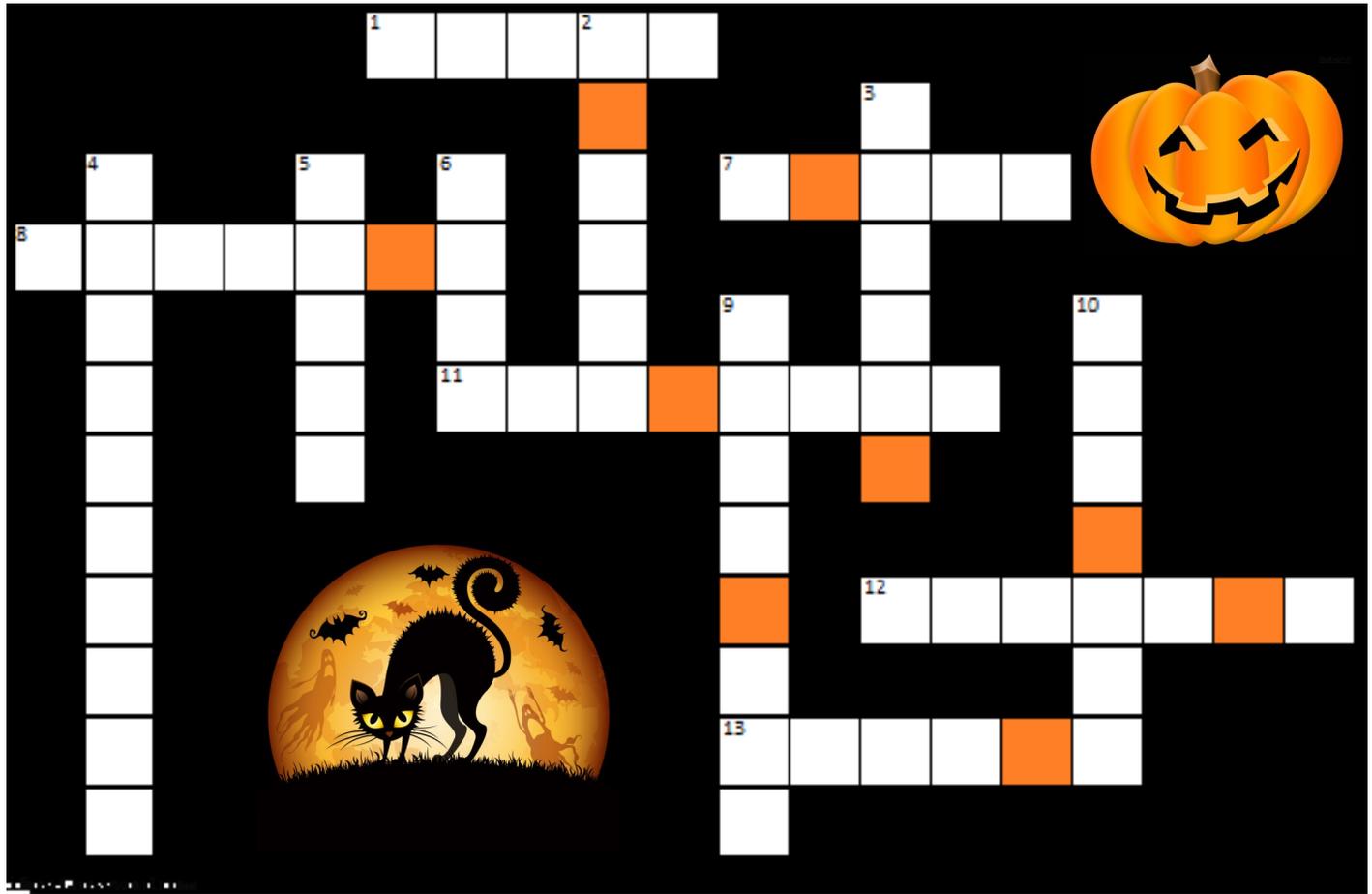
1. Preheat oven to 425 degrees. Coat rimmed baking sheet with oil.
2. Brush cut sides and inside of squash with oil. Sprinkle with 1/4 teaspoon of pepper. Place cut-side down on the baking sheet. Bake 30 to 40 minutes until tender. Turn cut side up.
3. Mix beans, nuts, tomato, green onions, cumin, and remaining 1/4 teaspoon pepper in medium bowl.
4. Spoon about 1/2 cup of bean mixture into each squash half, pressing down gently to get all filling in. Sprinkle evenly with cheese. Bake 10 to 15 minutes, until cheese is melted and golden brown. Serves 4.

Serves: 4



# Creepy Crossword Puzzle

Complete the 'spooky' puzzle using the clues given. Then, use the letters in orange to solve the puzzle down below!



## Across

1. " \_\_\_\_\_ or Treat!"
7. These undead souls are said to haunt the places that were important to them while they were living.
8. This Count, famous for drinking blood, was featured in a gothic horror novel by author Bram Stoker.
11. The bones of the human anatomy
12. These monsters prefer to eat the brains of their victims!
13. Walking under this may cause bad luck for those who are superstitious.

## Down

2. A witch's laugh
3. The magic liquid that witches brew.
4. A witch's mode of transportation
5. This monster is all 'wrapped up.'
6. These furry, flying mammals are associated with drinking blood, but only one species actually does so!
9. This part-human monster can send shivers down your spine when it howls to the moon.
10. The month in which Halloween is each year.

## Word Jumble

This spooky holiday is celebrated by children and adults on October 31st each year. Many people enjoy dressing up in costume, visiting their neighbors, and receiving treats! This holiday is called \_\_\_\_\_ (arrange the orange letters from above)

## make a difference **VOLUNTEER**



### **Give Back, Get Back, Volunteer!**

Volunteering does wonders for those on the receiving end but did you know there are real health benefits to being a volunteer? *Doing Good is Good for You: A 2013 Health and Volunteering Study* reveals that 76 percent of U.S. adults who volunteer report that volunteering has made them feel physically healthier, and 78 percent report that volunteering lowers stress levels. The study also illustrates that employees who volunteer have better health and professional-skills development.

The study reveals four key benefits of volunteering that make a positive impact on people's health:

- ◇ Health: volunteers say that they feel better – physically, mentally and emotionally;
- ◇ Stress: volunteering helps people manage and lower their stress levels;
- ◇ Purpose: volunteers feel a deeper connection to communities and to others;
- ◇ Engagement: volunteers are more informed health care consumers, also more engaged and involved in managing their health.

The study also shows that volunteering is good for employers:

- ◇ the health benefits volunteers enjoy also benefit the workplace – employers can expect lower health care costs and higher productivity from employees who volunteer;
- ◇ volunteers in the study report lower stress levels; other, established research shows that reducing employee stress contributes to higher productivity and levels of engagement;
- ◇ volunteering can develop employees' work skills, which benefits employer and employee;
- ◇ volunteers report that volunteering helps them build teamwork and time-management skills; fosters stronger relationships with colleagues; and supports professional networking;
- ◇ volunteer activities lead to stronger positive feelings toward an employer when volunteer programs are supported in the workplace.

### **Service with a Smile**

A Home Delivered Meal with a smile can do amazing things for both those that serve and for those who are served. Home Delivered Meal drivers are needed in the following locations: Brookfield, Butler, Hartland, Menomonee Falls, Mukwonago, Muskego, Oconomowoc, Sussex and Waukesha. Meals are delivered between the hours of 11:00 AM and 1:00 PM, Monday through Friday. Drivers are reimbursed for gas mileage and schedules can be flexible. If you are interested, call 262-548-7829 or visit the ADRC website [www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc) and click on the *volunteer* tab.



## Sweetest Day is October 17

Sweetest Day is the perfect time to celebrate sweeties and that special someone in your life. The holiday started on October 8, 1922, in Cleveland, Ohio. A committee of 12 confectioners chaired by candy maker C.C. Hartzell distributed over 20,000 boxes of candy to newsboys, orphans, elderly, disabled, and those suffering from illness or disease. Another candy maker, Herbert Birch Kingston, is credited with contributing to the creation of the holiday. In 1937, the National Confectioners Association launched a movement to make Sweetest Day a holiday similar to Valentine's Day, Mother's and Father's Day.



Sweetest Day is primarily observed in the Great Lakes region. Fourteen Midwestern states and portions of the Northeast observe Sweetest Day. Though the romantic holiday has its origins in the state of Ohio, three states outside the Midwest are included in the top ten states in terms of Sweetest Day sales: Florida, Texas and California.

Like Valentine's Day, Sweetest Day can be a great occasion to give gifts of chocolate or flowers. It is also a great time to let other people know that they are important and matter, like loved ones in nursing homes, siblings, friends and parents.

*How beautiful a day can be when kindness touches it! –George Ellison.*

Information for article: <https://www.Wikipedia.org> , [www.examiner.com](http://www.examiner.com), [www.theromantic.com](http://www.theromantic.com)

# Memory Screening

### ***Get immediate results***

Keep them for future comparison and/or share them with your physician. At your request we will fax them to your physician.

### ***Early detection is important***

Just as blood pressure, cancer, diabetes, or stroke screening, contribute to prevention and better treatments so do memory screens.

### ***Treatment is possible***

Some types of dementia are reversible, like those from nutritional & vitamin deficiencies, depression, thyroid issues, and more.

### ***Knowledge means more control***

Dementias that are not reversible can often be treated with medications that could slow down the process and preserve quality of life for a longer period of time.

## Community Memory Screenings Locations

**Where: Delafield Public Library**

**When: November 4, 2015**

**Time: 9:30am to 4:00pm**

**Where: New Berlin Public Library**

**When: November 5, 2015**

**Time: 9:30am to 4:00pm**

**To make an appointment, contact Vicki Beduze at the ADRC: 262-548-7848**

**Early detection is important**

*Treatment is possible. Stay in control of your life.*



**Waukesha County**  
**514 Riverview Avenue**  
**Waukesha, WI 53188**

# *From the Desk of Your Benefit Specialist*

## **Medicare Part D Open Enrollment Gives Opportunity to Save Money**

Open enrollment for Medicare plans in 2016 is October 15 through December 7, 2015. This is the time that Medicare beneficiaries who are enrolled in Part D prescription drug plans and Part C Advantage plans can review their plan to determine if it is still the best one for them. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

If you have had changes in your medications this past year, it's beneficial to look into different plans. Even if you have not had medication changes, sometimes the different pricing structure an insurance company imposes will mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan.

Insurance companies can also change their formularies (the list of medications that they cover) or change the way they cover your medication. In some cases, you will need to get prior authorization before your medication is covered. Sometimes, insurance companies will make you try an alternative drug before they pay for the one you and your doctor have chosen. This is called step therapy. Another restriction to watch out for is quantity limits, where you are limited to a certain number of pills each month. These are other reasons it is important to carefully review your Part D plan each year.

People on Wisconsin's state drug plan known as Senior Care (without a Part D), are not affected by this open enrollment period. They only need to renew their enrollment to Senior Care every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on Senior Care and have had medication changes, you might want to check on the cost of a Part D plan to see if Senior Care is still the best option for you or a combination of a Part D may save you more money.

Assistance with plan comparisons can be obtained through the following resources:

- \* 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov) and use the Medicare Plan Finder
- \* Aging and Disability Resource Center (ADRC) of Waukesha County 262-548-7848
- \* Medigap helpline 1-800-242-1060
- \* Disability Drug Helpline 1-800-926-4862 (if under age 60)
- \* Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)



Another avenue to saving money on prescription drugs next year is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and asset levels. If you are married and your income is less than \$1,991 per month with assets below \$24,250 or single with an income less than \$1,471 per month and assets below \$12,140 you may qualify for Extra Help. Remember that your home and car are not counted as assets. Call the ADRC of Waukesha County 262-548-7848 for more information.

Take the time to review your insurance options and also check to see if you might qualify for Extra Help. You just might end up with extra money in 2016!



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

If you'd like to be removed  
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electronically, please call the  
ADRC at (262) 548-7848