

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, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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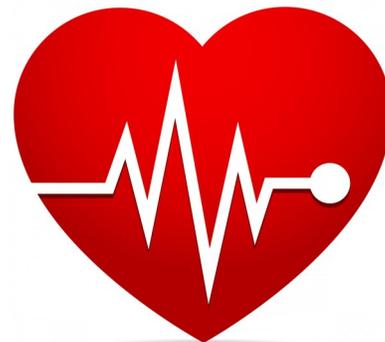
FEBRUARY is AMERICAN HEART MONTH

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. Learn about your risks for heart disease and stroke. Stay heart healthy for yourself and loved ones.

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

The risk factors you can control are:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High cholesterol
- Diabetes



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

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. Get educated about eating habits that work.
- Don't get discouraged. It will take time to change habits acquired over years. Encourage small changes, like using spices to season food instead of salt.
- Reward yourself. Find fun things to do to decrease stress.

For more information check out <http://www.heart.org/>

**National Wear Red Day to honor women who have,
or have died from heart disease is February 5, 2016.**



Evidence Based Health Promotion Programs

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.

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. 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+.

Tuesdays, Feb. 23-April 26, 2016 9:30 am – 11:00 am

Location: **Waukesha Public Library (public welcome)**
321 Wisconsin Ave
Waukesha, WI 53188

Registration contact: Karol Kennedy (262) 524 - 3746 or

Community Health Education Coordinator Lee C. at ADRC of Waukesha County (262) 548 - 7848

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

Tuesdays, Feb 23, – April 26, 2016 1:00 pm – 3 pm

Location: **St. William Catholic Church (public welcome)**
440 N. Moreland Blvd
Waukesha, WI 53188 (262) 547-4686

Registration contact: Amy H. Parish Nurse. - (262) 547-4686 or
Community Health Education Coordinator Lee C at
ADRC of Waukesha County (262) 548 - 7848

Cost: \$15 suggested donation for equipment and refreshment

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 regimen.... Rather it complements it.

Mondays, Feb. 15,- March 21 2016 4 pm – 6 pm

Location: **ADRC / Health and Human Services Building**
Conference Room 114 (public welcome)
514 Riverview Ave
Waukesha, WI 53188 (262) 548 - 7848

Registration contact: Community Health Education Coordinator Lee C @ ADRC of Waukesha County (262) 548 - 7848

Cost: \$20 workbook deposit requested. Light Refreshment offered.

Stepping On Falls Prevention Workshop

This 7 week program is perfect for active senior adults who have fallen in the past year or 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 beginning at session #1. Active, independent living adults without dementia will see the most improvement.

Wednesdays, Feb 3, March 30 2016 1:30pm – 4:00pm

Location: **St. John United Church of Christ**
W 2831 Sussex Road
Merton, WI

Contact: ADRC Community Health Ed. Coordinator- Lee C.: (262) 548-7848

Cost: Suggest \$10 free will donation to church

Mondays, Feb 22 -April 4, 2016 10am–12 noon

Location: **Life Enrichment Center**
1306 W. Wisconsin Ave
Oconomowoc, WI (262) 244-6592

Registration Contact: Christy D: (262) 244-6592 or

ADRC of Waukesha County – Lee: (262) 548 – 7848

Class size: 10 minimum – 15 maximum

Boost Your Brain & Memory

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 8-weekly sessions includes well constructed informational video segments, followed by group discussion, exercises and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Fridays, April 1,- May 13 2016 1:00 pm– 2:30 pm

Location: **Steeple View Senior Community**
12455 West Janesville Road
Muskego, WI 53150

Registration Contact: Activity Coordinator Nancy at (414) 525-5500 or
Lee C. at ADRC of Waukesha County (262) 548 – 7848

Class size: 10 minimum - 20 maximum

Fridays, April 1,- May 13 2016 1:00 pm– 2:30 pm

Location: **Hickoryview Commons**
211 South Concord Road
Oconomowoc, WI 53066

Registration Contact: Housing Service Coordinator Jean Carlson at (920)379-1458 or Lee C. at ADRC of Waukesha County (262)548– 7848

Class size: 10 minimum - 20 maximum

Evidence Based Health Promotion Programs

Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, 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

Wednesdays, March 9, - April 13, 2016 9:00 am – 11:30 am

Location: **Curative Care Network-Waukesha (public welcome)**

149 Wisconsin Ave
Waukesha, WI 53186

Registration contact: Kendall N. - (414) 479-9652 or
Community Health Education Coordinator Lee C @ ADRC of
Waukesha County (262) 548 - 7848

Cost: Free with \$30 book deposit



Wednesdays, April 20,- May 25, 2016 9:00 am – 11:30 am

Location: **Center for Life Enrichment (Oconomowoc)**

1306 W. Wisconsin Ave.
Oconomowoc, WI 53066

Registration Contact: Christie D. @ (262) 244 -6592
Class size: 10 minimum - 20 maximum participants

Cost: \$15 with \$30 book deposit

A Matter of Balance: managing concerns about Falls

A Matter of Balance 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 their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Wednesdays, February 10, March 30, 2016 9:30 am– 11:30 am

Location: **Berkshire on Kensington**

1800 Kensington Road (second floor commons)
Waukesha, WI 53188

Registration Contact: Management- Chris or Courtney (262) 548-1449 or Lee C. @ ADRC of Waukesha County (262) 548 - 7848

Class size: 10 minimum - 12 maximum participants



Wednesdays, April 5, - May 3, 2016 10 am – 12 noon

Location:

Stoney Creek Senior Apartments

S69 W14142 Tess Corners Drive
Muskego, WI 53150

Registration Contact: Activity Coordinator-Charlene:(414) 422-4686 or Lee Clay at ADRC of Waukesha County (262) 548-7848

Class size: 10 minimum - 15 maximum participants

Living Well with Chronic Conditions

People with chronic health conditions live most of their lives outside of hospitals and clinics. This workshop will focus on learning information and skills on how to manage the daily aspects of chronic conditions. This workshop is appropriate 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 chronic or ongoing health conditions. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with a chronic or ongoing health condition. With mutual support participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do this Things YOU want to do. Those who live with someone who has a chronic or ongoing health condition will also benefit from this workshop.

Wednesdays, March 2,- April 13, 2016 10:00am – 12:30pm

Location:

St. James Church

W220 N6588 Town Line Road
Menomonee Falls, WI 53188

Contact: St. James Parish Nurse- Bridgett G.: (262) 250-2663

Cost: \$20 workbook deposit suggested

Mondays, April 18-May 2, 2016 1:00 pm–3:30 pm

Location: Community Memorial Hospital–Treiber Conference room

Town Line Road

Menomonee Falls, WI 53188

Contact: Community Memorial class registration online

Cost: \$20 workbook deposit suggested

Memory Screening

ADRC Dementia Specialist, Vicki Beduze will be conducting Free Community Memory Screening on Tuesday February 23rd from 11:00 am - 3:30 pm at Town Hall Public Library, N76 W31429 Hwy VV, North Lake. Following the screening, Vicki will present an educational session, "Aging Well" from 4:00 - 5:00 pm. To make an appointment for a memory screen, contact Vicki at the ADRC at 262-548-7848 .

From the Desk of Your Benefit Specialist



SeniorCare Program Renewed Through 2018

Good News! Wisconsin's popular drug benefit for seniors will continue to be an option for at least three more years. SeniorCare is Wisconsin's Prescription Drug Assistance Program for Wisconsin residents who are 65 years of age or older and is designed to help seniors with their prescription drug costs. Last month the Wisconsin Department of Health Services received formal approval from the Centers for Medicare and Medicaid Services (CMS) for renewal of the SeniorCare program through December 31, 2018.

How does the program work? People 65 or older can apply by completing a simple application form and paying an application fee of \$30 each year. There is NO monthly premium. There are income limits for the program which determine the level of coverage. The current income limit for SeniorCare Level 1 is \$18,832/year for an individual and \$25,488/year for a couple. At this level there is NO deductible. Medications are available with a co-payment of \$5 for generic drugs and \$15 for brand-name drugs.

For participants at higher income levels, medications are also available with a co-payment of \$5 for generic drugs and \$15 for brand-name drugs after paying a deductible. The amount of the deductible is determined by the level of income.

SeniorCare will continue to be an easy-to-use program, making medications more affordable for seniors with limited incomes. SeniorCare also saves money for seniors with incomes of any amount who need little or no medication. Since SeniorCare is considered "creditable coverage", (which means it is as good as the standard Medicare Part D plan) if you remain enrolled in SeniorCare and later decide to enroll with a Medicare Part D plan, you will not be charged a penalty.

By making prescription drugs more affordable, SeniorCare continues to make it easier for seniors to obtain the medicine they need for a healthier life. Do you need help paying for prescription drugs? Do you know a Wisconsin senior who does? Tell them about SeniorCare!

For local assistance, contact the Aging and Disability Resource Center of Waukesha County at: (262) 548-7848.

Or call SeniorCare Customer Service at 1-800-657-2038 or visit the SeniorCare Website at: dhs.wi.gov/seniorcare



Welcome to Medicare Class

*****New Dates and Times added*****

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the Aging and Disability Resource Center at 262-548-7848.



ASK INA



Dear Ina,

I've always had trouble keeping my weight down. I've heard about a pill that helps you lose weight — and you don't have to stop eating the foods you love or start exercising all the time. Could this really work?

Sincerely, Wishful Shrinking

Weight Loss Claims

Federal Trade Commission
ftc.gov/health
1-800-382-4357
(TTY: 1-866-653-4261)

Health and Nutrition

National Institute of Diabetes
and Digestive and Kidney
Diseases
Weight-control Information
Network
win.niddk.nih.gov
1-877-946-4627

CDC

Division of Nutrition, Physical
Activity and Obesity
cdc.gov/nccdphp/dnpa
1-800-311-3435

USDA

Center for Nutrition Policy and
Promotion
hoosemyplate.gov
1-888-779-7264

FDA

www.fda.gov/healthfraud
1-888-463-6332

Academy of Nutrition and
Dietetics
eatright.org
1-800-877-1600

Getting to a healthy weight now can lower your risk for all kinds of diseases later. It's never too late to start. But pills, patches, and creams promising quick, easy, and lasting weight loss aren't worth the money or the risk. As promising as claims may sound, doctors, dietitians, and other experts agree that the best way to lose weight — and keep it off — is to eat fewer calories and increase your activity so you burn more energy. There's nothing you can wear or apply to your skin that will cause you to lose weight. While there is a weight loss pill approved by the FDA for prescription and over-the-counter use by people who are overweight, it's designed to be used along with exercise and a reduced-calorie, low-fat diet. To learn more, visit the FDA website.

When you see a weight loss product, read the claims. Be skeptical when you see:

“Lose weight without diet or exercise!”

“Lose weight permanently!”

“Lose 30 pounds in 30 days!”

“Everybody will lose weight!”



The reality is that the quicker you lose the weight, the more likely you'll gain it back. Experts recommend a goal of losing about a pound or two a week. Even if a product promising lightning-fast weight loss causes you to lose weight, it also could be hurting your health. To learn more about false weight loss claims, visit the FTC website.

The federal government has many resources on safe and effective ways people can lose weight, including those listed on the left.

Internet Tip: To check if you're at a health weight, calculate your body mass index (BMI) which is a measure of weight adjusted for your height. Search the CDC website for more information.



WAUKESHA COUNTY SENIOR DINING CENTERS



Site	Blood Pressure	Toe nail trim Foot care	<p>Eligibility: Persons 60 years and older</p> <p>For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.</p> <p>Transportation may be available by taxi or Rideline for \$1.00 each way.</p> <p>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.</p>
Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Posted monthly.		
Butler 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	4 th Monday Blood Pressure, Glucose and Cholesterol	2 nd Tuesday	
Hartland 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	4 th Wednesday at 11am		
Menomonee Falls 251-3406 — Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	3 rd Monday 10:30 am-11:30 am	Every other Wednesday 9 am -3:30 pm	
Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	End of the month. Each month a sign is posted at site with date of BP checks		
Muskego 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Posted at the site once per month, call for more information		
New Berlin 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	3 rd Monday 11:45 am-12:15 pm		
Oconomowoc 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00			
Sussex 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00	Last Monday of each month at 11am	4 th Tuesday. 12:30-4:30 \$27	
Waukesha 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00			

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Groundhog Day Sloppy Joe Whole Wheat Bun American Potato Salad Carrot Raisin Salad Rice Krispies Treat Alt. Canned Pears	Crab Pasta Salad Marinated Vegetable Salad Dinner Roll /butter Apricots Dessert Bar Alt. Fresh Fruit	Lemon Garlic Chicken Wild Rice Blend Mixed Vegetable 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
8	9	10	11	12
Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Italian Vegetable Blend Crusty Roll / butter Peaches	MARDIS GRAS / FAT TUESDAY Chicken Gumbo Red Beans and Rice Southern Green Beans Cornbread muffin / butter Pazcki Alt: Diet Cookie	VALENTINE'S DAY Roast Beef w/ Gravy Baked Potato w/ Butter and Sour Cream Broccoli Salad Split top Roll w/ Butter Cream Pie Alt: Diet Pudding	BBQ Boneless Country-Style Pork Potato Pancakes Ketchup pkt Southwest-style Corn Potato Roll w/ butter Tropical Fruit Salad	Beef Macaroni Casserole Three Bean Salad Cornbread/Butter Fruit Cocktail Chocolate Chip Cookie Alt. Plain Cookie
15	16	17	18	19
PRESIDENTS' DAY Yankee Pot Roast w/Celery & Onion Parsley Potatoes Peas & Carrots Sourdough Bread w/ butter Cherry Pie Alt: Pears	Vegetarian Lasagna Italian Vegetable Blend Italian Bread w/butter Fruit Crisp Apricots Alt. Banana	Cheeseburger on wheat bun Lettuce leaf / tomato slice Ketchup / Mustard Sweet Potato Fries w/ ketchup Corn Pudding Alt. Diet pudding	Sweet & Sour Chicken Vegetable Fried Rice Oriental Vegetables Dinner Roll w/ butter Mandarin Oranges Chinese Fortune Cookie Alt. Fresh Fruit	Tomato Bisque Soup with Crackers HDM: Tomato salad Stuffed Salmon Boat W/ Dill Sauce Baby Red Potatoes Crinkle Cut Carrots Rye Bread / butter Pineapple
22	23	24	25	26
Chicken Parmesan Penne Pasta with Garlic Butter Sauce Sicilian Vegetables Italian Bread w/ butter Tropical Fruit Cup	Meatloaf with Mushroom Gravy Garlic Mashed Potatoes and gravy Sweet/Sour Cabbage Marble Rye Bread Chocolate Chip Bar Alt: Banana	Orange Juice Turkey à la King Seasoned Rice Spinach Salad w/ dressing Biscuit w/ butter Lemon Meringue Pie Alt. Diet Pudding	Pork Cutlet German Potato Salad Green & Wax Bean Medley Wheat roll w/ butter Chocolate Marble Cake Alt. Fresh Apple	Tuna Noodle Casserole Broccoli Multi-Grain Bread w/ butter Oatmeal Raisin Cookie Alt: Sliced Peaches
29				
Baked Chicken Quarters Baked Sweet Potato w/ Butter Green Beans Almandine Dinner Roll w/ Butter Lime Sherbet	 <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p> 			

Caregiver Corner

Grandparents Raising Grandchildren



According to the 2010 census, there are 3.1 million children under age 18 living in a grandparent-headed household (age 60 or older). In Waukesha County, there are approximately 800 families raising grandchildren.

When grandparents assume responsibility for the daily care and well being of grandchildren, they are providing the security and stability of home. As a grandparent or other relative caregiver, you might think “Hey, I’ve got this! I’ve done it before!” Most grandparents will tell you they gain great joy from their role, but sometimes well-intentioned plans to be there for family can turn into generational chaos. Past parenting skills, while tried and true, can be pushed to the limit when skipping a generation. Kids today can bring a whole new world of technology, education, social interaction, relationship dynamics and environmental dangers that can intimidate even the savviest Grandma.

“Besides exhaustion, these grandparents face an overwhelming array of emotional and social concerns as they raise their grandchildren. Grandparents might feel angry or resentful, since they were looking forward to leisure time in retirement and must now put those plans on hold. They might feel guilty and feel responsible because their child cannot care for their own children. There are also feelings of stress: are the decisions being made for the grandchildren the best ones? Many grandparents also feel lonely, since many of their peers are not in the same role and don’t truly understand the demands that they face daily.

Social issues may include dating, drugs, alcohol, emotional and health problems, learning difficulties, financial strains, legal questions and social isolation. When coupled with their own health and financial issues, grandparents find themselves faced with sacrificing their own needs for the benefit of the grandchildren, so that they can have a better life.” Helen Hunter, ACSW, CMSW

To assist those who are over the age of 55, residing in Waukesha County and providing primary care for one or more of their grandchildren, the ADRC offers a participant-driven program to meet specific family needs. ‘Grandparents Raising Grandchildren’ is funded through the National Family Caregiver Support Program established by the Older American’s Act, which has recognized the difficulties grandparents face while raising their grandchildren. Qualified families can receive support and financial assistance for a variety of programs including summer camps, music lessons and other activities for grandchildren as well as support group opportunities, educational information and respite help for grandparents.

Connecting with others who are sharing a commitment to their children and grandchildren is important to your success. Our grandparent group will be meeting in June to plan activities for the summer and a direction for the next year. If you think you may benefit from joining us, please contact the ADRC at 262-548-7848 or email Jennifer Rath at jrath@waukeshacounty.gov or Marcy Mata at mmata@waukeshacounty.gov .

Ref: U.S. Census Bureau, American Community Survey (2010a): tables B05003, B10051, B10051B, B10052, B10053, B10054, B10056, B10057, B10058, B10059, B10061, and B16005, accessed at <http://factfinder2.census.gov>, on Nov. 30, 2011.

NEED TO GET OUT??? CHECK OUT THE LIBRARY

Looking for something to do on Tuesday mornings? Need information on health topics? Or do you wish you had some friends to knit with? Look no further than your public library. The Waukesha County public libraries offer a wide variety of programs and activities for seniors. Most are free and open to all, even if you don't have a library card or live in a different town. You don't have to register for most of these programs. If you have any questions, please call the local library or Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.

Following are some February events:

Brookfield Public Library, 1900 N Calhoun Rd, Brookfield WI 53005 (262) 782-4140

Hands-On Internet Classes: Friday, February 19 at 10:00 a.m.

Butler Public Library, 12808 W Hampton Ave, Butler WI 53007 (262) 783-2535

Knitting Group: Every Thursday at 1:30-3:30 p.m.

Delafield Public Library, 500 Genesee St, Delafield WI 53018 (262) 646-6230

Memory Café Valentine Party: Friday, February 5 at 10:30-12:00 p.m.

Hartland Public Library, 110 E Park Ave, Hartland WI 53029 (262) 367-3350

Preserving Family Stories: Tuesday, February 16 at 6:30 p.m.

Menomonee Falls Public Library, W156 N8436 Pilgrim Rd, Menomonee Falls WI 53051 (262) 532-8900

AARP Tax Preparation: Every Friday. Anytime. Call to register.

Mukwonago Community Library, 511 Division St, Mukwonago WI 53149 (262) 363-6411

Board/Card Games for Adults and Seniors: Tuesday, February 16 at 2:00-3:00 p.m.

New Berlin Public Library, 15105 W Library Lane, New Berlin WI 53151 (262) 785-4980

Memory Café: Tuesday, February 23 at 2:00-3:30 p.m.

Pewaukee Public Library, 210 Main St, Pewaukee WI 53072 (262) 691-5670

Winter Reading Challenge for Adults: All winter long

Town Hall Public Library, N76 W31429 Hwy V V, North Lake WI 53064 (262) 966-2933

Stitchin' Time Craft Night: Thursday, February 25 at 6:00 pm - 7:30 pm

Waukesha Public Library, 321 W Wisconsin Ave, Waukesha WI 53186 (262) 524-3680

Doughnuts and Documentaries: Wednesday, February 10 at 10:00 a.m.



GAME TIME!

It's that time of year. Although the beloved Packers will not be playing in this year's big game, televisions across the country and world will be tuned in to CBS on February 7, 2016 at 5:30 central time.

This will be the 50th time that the NFL is holding the championship game. The logo for the game is a departure from using Roman numerals and is instead going with a prominent number 50 to denote a special significance. The game is being held in Santa Clara at the 49ers home field Levi's Stadium.

Watching the Super Bowl is one of the largest television events of the year. Along with Black Friday, the time leading up to the game is one of the largest television sales times of the year. Many viewers only watch the game to see the commercials and the halftime show. This year's halftime performances include Coldplay and Beyoncé.

Even if your favorite team is out of the playoffs, you can still get excited to watch the game. This is a time to gather with friends and/or family to enjoy the game. It can be a good time to go to a sports entertainment establishment to watch one of their T.V.'s or stay home and watch on your own T.V., where you'll be sure to have the best seat in the house!



Dementia and Alzheimer's Disease

Your memory often changes as you grow older.

But memory loss that disrupts daily life is not a typical part of aging.

What is Dementia?

Dementia is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities. This decline occurs because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged and no longer function normally.

Alzheimer's disease is the most common type of dementia, accounting for 60-80% of all cases.

Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage in the brain, is the second most common type of dementia.

Other types of and causes of dementia include:

- Creutzfeldt-Jakob disease
- Down Syndrome
- Frontotemporal dementia
- Huntington's disease
- Lewy body dementia
- Normal-pressure hydrocephalus
- Parkinson's disease
- Pick's disease
- Progressive supranuclear palsy

Symptoms of dementia can vary greatly. Examples include problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments and traveling out of the neighborhood.

Some causes of memory loss can be treated and reversed if detected early.

If you are experiencing signs of dementia, see your doctor as soon as possible to discuss your concerns.

Contact the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit alz.org/sewi if you have questions or need additional information.



We're Searching for Volunteers



As winter sets in and snowbirds travel south for a few months each year, the need for volunteers to assist with the ADRC of Waukesha County's Senior Meal program increases. Volunteer drivers are needed in Butler, Hartland, Menomonee Falls and the Sussex area to deliver meals to seniors in need. Drivers deliver weekdays between the hours of 11:00 am-1:00 pm, generally one day a week. Mileage reimbursement is provided and schedules can be flexible.

The Oconomowoc Senior Dining Center is looking for a senior dining assistant to help pack meals for home delivery and serve lunch to seniors coming to the Community Center to dine during the week. Help is needed once a week from 9:30 am-1:00 pm. If you are interested in any of these opportunities call Karen at 262-548-7829 or visit the website at www.waukeshacounty.gov/adrc and click on the volunteer tab.

There is no exercise better for the heart than reaching down and lifting people up.

John Andrew Holmes Jr.



INTERFAITH SENIOR PROGRAMS

The snow is here! Interfaith Senior Programs is looking for volunteers to help seniors and adults with disabilities in the community. Help is needed to shovel snow off their sidewalks and driveways as well as drive clients to their appointments and the grocery store. Your service helps provide a better quality of life to someone who has difficulty getting out of their home.

Driving can be based on your availability. Shoveling will depend on the ever-changing weather. Whether you are able to shovel or drive, the gift of your time will make a huge difference to someone in need.

If interested in getting involved please contact Anna Roesel at (262) 522-2402 or at AnnaR@InterfaithWaukesha.org. Volunteer applications are available online at InterfaithWaukesha.org as well as other opportunities to serve.



When it Comes to Chocolate, Choose Dark

Craving some chocolate? Who can blame you? It tastes delicious, has a pleasing aroma and texture, and adds appeal to some nutritious foods. Chocolate can fit within a healthful eating plan, but only if it is enjoyed as an occasional treat and doesn't replace healthy foods.

The Darker the Better

The darker the chocolate is, the less sugar it contains and the healthier it is for you. The most beneficial is dark chocolate that is at least 70% cocoa.

A Little Goes a Long Way

Dark chocolate can be good for you when eaten in moderation. Although we don't know the exact amount to eat for maximum health effect, $\frac{3}{4}$ ounce of dark chocolate provides the same amount (400 milligrams) of antioxidants as a glass of red wine. By eating a small piece of dark chocolate, you can satisfy a chocolate craving without consuming too many extra calories.

Remember, even dark chocolate can contain a lot of calories, fat, and sugar. An ounce has about 150 calories. Similar antioxidants are available in vegetables, fruits, and whole grains, which are low-fat, high-fiber foods.

To get the heart healthy benefits, choose a small piece of dark chocolate, not milk or white chocolate. Milk chocolate, which most Americans eat, contains a low amount of flavonoids and antioxidants and has higher amounts of sugar compared to dark chocolate.



Health Benefits of Dark Chocolate

Dark chocolate is rich in flavonols, which are healthy antioxidants that also are found in fruits, vegetables, green tea, and red wine. Flavonoids give dark chocolate a slightly bittersweet taste.

Dark chocolate provides some health benefits that other varieties of chocolate do not. It may help to:

- ◆ lower blood pressure among people with hypertension.*
- ◆ increase levels of HDL (good cholesterol) and decrease the oxidation rate of LDL (bad cholesterol), reducing artery plaque build-up.
- ◆ improve elasticity in blood vessels leading to healthy blood flow.
- ◆ improve insulin resistance, which helps regulate blood sugar.*
- ◆ improve mood and pleasure by boosting serotonin and endorphin levels in the brain.

*This does not mean that people with high blood pressure or diabetes should replace other important blood pressure-reduction methods (e.g. medication and exercise) with eating dark chocolate. J

Adapted from "When it Comes to Chocolate, Choose Dark" by Clemson University Extension 4/08

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Chinese New Year celebrations, also known as the Spring Festival, starts on the 23rd day of the 12th lunar month of the Chinese calendar. The festival lasts 23 days. This year, Chinese New Year will begin February 8th and celebrates the Year of the Monkey.

Many people clean their homes to welcome the Spring Festival.

Red posters with poetic verses are placed on doors and red lanterns are used to decorate homes. It is a time to reunite with relatives, so many people visit their families at this time of the year .

Spring Festival Eve starts the celebration with fireworks and firecrackers, hoping to cast away any bad luck and bring forth good luck. Children often receive “luck” money. Many people wear new clothes and send Chinese New Year greetings to each other. Various activities such as beating drums and striking gongs, as well as dragon and lion dances, are all part of the Spring Festival festivities.

The Spring Festival is a national holiday in China. Government offices, schools, universities and many companies are closed during the period from the Spring Festival Eve to the seventh day of the first lunar month in the Chinese calendar. Some enterprises, such as banks, often arrange for workers to be on shift duty.

The basic origin of Chinese New Year dates back more than 4000 years when Shun, who was one of ancient China’s mythological emperors, came to the throne. He led his ministers to worship heaven and earth. From then on, that day was regarded as the first day of the first lunar month in the Chinese calendar. Chinese New Year was renamed the Spring Festival when China adopted the Gregorian calendar in 1911.

During this year’s Spring Festival, the focus will be on the Year of the Monkey. According to astrologyclub.org, global economic growth can be expected in the Year of the Monkey as well as the release of life changing inventions. The monkey is all about being creative and innovative with what you have. It could make for an interesting lunar new year!

<http://www.timeanddate.com/holidays/china/spring-festival>

<http://astrologyclub.org/chinese-horoscope/2016-year-monkey>



This FEBRUARY is a LEAP YEAR

A Leap Year occurs every four years. Leap Years are needed to keep our modern day Gregorian calendar in alignment with the Earth’s revolutions around the sun. In the Gregorian calendar, three criteria must be taken into account to identify leap years:

The year can be evenly divided by 4;

IF the year can be evenly divided by 100, it is NOT a leap year, unless;

The year is also evenly divisible by 400. Then it is a leap year.

Roman General Julius Caesar introduced Leap Years in the Roman Empire over 2000 years ago. The last Leap Year was February 29, 2012.

If you happen to be born on a leap year, you are called a “leapling” or a “leap year baby”. Some leap year babies choose to observe their birthday’s on February 28 or March 1, while others observe it on the actual 4 year calendar date. The effective date varies in different countries. For example, the United States has no statute declaring a special date for your birthday; the United Kingdom and Hong Kong recognizes March 1 as the legal date for a person’s birthday and Taiwan recognizes February 28. People born on February 29 are all invited to join The Honor Society of Leap Year Day Babies.

Who are some famous people born on a Leap day?

Dinah Shore, American singer and actress

Pope Paul the third

Anthony Robbins motivational speaker

Alex Rocco actor

Jimmy Dorsey composer

A woman in Utah shares the record with a Norwegian woman giving birth three times on February 29.

According to an old Irish legend, or possibly history, St Brigid struck a deal with St Patrick to allow women to propose to men – and not just the other way around – every four years. This is believed to have been introduced to balance the traditional roles of men and women in a similar way to how Leap Day balances the calendar.

Information for article taken from: Wikipedia and timeanddate.com



MATCHING GAME– COUPLES EDITION

February 14th is Valentines Day! To celebrate, we've put together a list of well known couples. OH NO! It looks like the couples got mixed up! Use a pen or pencil to pair the lonely duos below back together! One is solved for you already.
Happy Valentine's Day!

Famous Celebrity Romances

Paul Newman

Bonnie

John Lennon

Jada Pinkett

Kate Middleton

John F Kennedy

Portia de Rossi

David Bowie

Humphrey Bogart

George Burns

William Arthur Philip Louis

Joanne Woodward

Gracie Allen

Lauren Bacall

Clyde

Ellen DeGeneres

Iman

Jackie Onassis

Will Smith

Yoko Ono

Famous Fictional Romances in TV

Lucy (*I Love Lucy*)

Jeannie (*I Dream of Jeannie*)

Homer (*The Simpsons*)

Mickey (*Mickey Mouse*)

Rachel Green (*Friends*)

George Jefferson (*The Jeffersons*)

Fred (*The Flintstones*)

Wilma

Minnie

Louise Jefferson

Ricky

Captain Tony Nelson

Marge

Ross Geller

Famous Fictional Romances in the Movies

Vivian Ward (*Pretty Woman*)

Jack Dawson (*Titanic*)

Elizabeth Swann (*Pirates of the Caribbean*)

Jerry Maguire (*Jerry Maguire*)

Joe Fox (*You've Got Mail*)

Westley (*The Princess Bride*)

Rhett Butler (*Gone with the Wind*)

Aladdin (*Aladdin*)

Princess Leia (*Star Wars: Episode IV – A New Hope*)

Danny Zuko (*Grease*)

Han Solo

Princess Buttercup

Dorothy Boyd

Rose Bukater

Scarlett O'Hara

Will Turner

Kathleen Kelly

Edward Lewis

Sandy Olsson

Jasmine

Happy
Valentine's
Day

ADRC of Waukesha County
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ADRC at (262) 548-7848