

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, (414) 455-1736,
or toll free 1-866-211-3380**

**National Alliance on Mental
Illness of Waukesha County
(NAMI)**

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7Helpline)

www.alz.org/sewi

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THE ADRC CONNECTION

January 2016

"This is going to be the year."

For many, the month of January is symbolic of a fresh beginning. It represents a new start; an opportunity to achieve goals you may not have completed or even attempted the year prior. New Year's resolutions, as we call them, are not a modern trend. The Romans began each new year by making a promise to Janus—the god of January—and the Babylonians made promises to their gods at the start of each year that they would repay their debts and return borrowed belongings. Even in Medieval times, knights took what they called a 'peacock vow' at the end of each Christmas season to pledge their commitment to chivalry.

Undoubtedly one of the most popular New Year's resolutions is that of beginning, and sticking with, an exercise routine. Maybe you have a specific goal in mind or maybe you just want to be in healthier, better shape. Whatever the reason, committing to an exercise routine comes with excellent health benefits. According to a study done by the *National Runners' and Walkers'* over a 17 year period, exercise at any level can reduce your risk of Alzheimer's disease.

Health authorities recommend 150 minutes (or 2.5 hours) of exercise per week but Dr. Williams—a staff scientist at Lawrence Berkeley National Laboratory in California—concluded that performing 300 minutes (5 hours) of moderate exercise per week could lower your risk of Alzheimer's disease by as much as 40%. This study indicated that those who exercised the most had the lowest probability of dying from Alzheimer's disease, and Dr. William's study found that even raking leaves or walking made a big contribution in lowering the risk of Alzheimer's. One in seven cases could be prevented entirely if everyone simply met the minimum guidelines of 150 minutes per week.

Experts are in agreement that Alzheimer's patients who exercise are less likely to suffer from depression, have better balance to help prevent falls, and have improved general cognition. They are able to remain in their homes longer and retain their independence longer than Alzheimer's patients who lead more sedentary lifestyles. There's also evidence that suggests exercise stimulates the production of a protein that helps protect the brain from stress-related damage linked to depression, which often accompanies Alzheimer's.

When the ball has dropped in Times Square and the confetti has settled, let this be the year that you conquer your resolutions. In the long run, it could have an enormously positive impact on both your present and future health.

Information taken from GWAAR legal services team



ADRC
Aging & Disability Resource Center
of Waukesha County

From the Desk of Your Benefit Specialist

Work Incentives Can Help People with Disabilities

Return to Work

Special rules make it possible for people with disabilities receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) to work and still receive monthly payments and Medicare or Medicaid. Social Security calls these rules “work incentives.” This article explains more of the commonly used incentives.

SSI Work Incentive to Continue Medicaid

One of the biggest concerns many people receiving SSI have when thinking about going to work is the possibility of losing Medical Assistance coverage. Section 1619(b) of the Social Security Act provides a way for SSI beneficiaries with earnings too high for an SSI cash payment to remain eligible for Medicaid if they meet certain requirements. One of the requirements is that the person’s gross income must be below the state income threshold; in Wisconsin that threshold was \$33,622 for 2015. The updated 2016 threshold amount should be released in February.

SSDI Trial Work Period

The trial work period allows beneficiaries to test their ability to work and still continue to receive benefits. This period will last for up to nine months (not necessarily consecutive) in a 60 month period. During a trial work period, a person receives his/her full disability benefit regardless of how much he/she earns, as long as the work activity has been reported and he/she continues to have a disabling impairment. Additional rules also apply. For 2016, earnings above \$810 a month will constitute a trial work period. During the trial work period, there are no limits to your earnings.

Extended Period of Eligibility

After your trial work period you have 36 months during which you can work and still receive benefits for any months your earnings are not “substantial.” In 2016 earnings above \$1130 per month are considered substantial. For more information please call the Aging and Disability Resource Center (ADRC) at 262-548-7848.



MARKETPLACE OPEN ENROLLMENT

Open enrollment for the Marketplace ends January 31, 2016. Go to www.healthcare.gov or call the marketplace at 800-318-2596 to enroll.

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 at 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.



The Dangers of Hypothermia

The cold weather is upon us in Wisconsin! While some people enjoy the snow and cold, no one can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but also the possibility of hypothermia.

Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death, if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help!

As caregivers, it is important to be aware of the symptoms and risks of hypothermia because as people age they become more vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia:

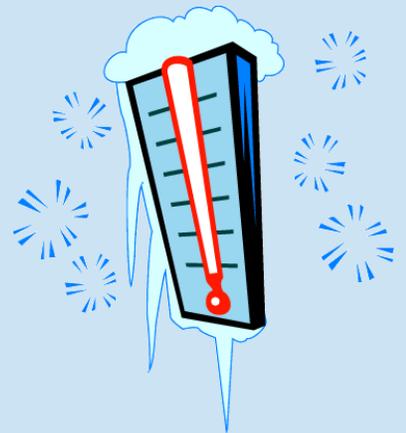
- Confusion or sleepiness
- Slowed, slurred speech
- Shallow breathing
- Weak pulse or low blood pressure
- Cold, pale skin
- A lot of shivering or stiffness in the arms or legs
- Chilly rooms or other signs that they have been in a cold place
- Poor control over body movements or slow reactions

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. Keep the person warm and dry by moving them to a warmer place, wrapping the person in blankets or coats or using your own body warmth by lying close to them. Do not rub their arms or legs as this can result in skin tears. Once at the emergency room, the doctor will verify the diagnosis and then warm the person's body from the inside out. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down too low as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people keep their home warm, especially on those days and weeks where the temperatures stay near zero. To be safe, your thermostat should be set for at least 68 degrees. Even temperatures between 60 and 65 can lead to illness.

There are some things you can do to keep yourself warm and cut down on heating costs. First, you can get ideas on reducing your heating bill by calling WE Energies for information on weatherizing your home. Ideas such as closing vents and doors to rooms you are not using can cut your energy usage. Also, wearing several layers of loose clothing will keep you warmer while tight clothing can keep your blood from flowing freely. And lastly, eating enough food to keep up your body weight can also keep you warmer. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call 1-866-432-8947 for more information. May you have a happy and safe winter!

Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources



WAUKESHA COUNTY SENIOR DINING CENTERS

Site	Blood Pressure	Toe nail trim/ Foot care	
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	Eligibility: Persons 60 years and older 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.
Hartland 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	4 th Wednesday at 11am		Transportation may be available by taxi or Rideline for \$1.00 each way.
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	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
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		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.
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 JANUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i></p> 				<p>HAPPY NEW YEAR!</p> <p>PROGRAM CLOSED</p>
4	5	6	7	8
Lemon Pepper Chicken Breast Spiral Pasta with sauce Steamed Spinach Dinner Roll/Butter Butterscotch Pudding Alt. Diet pudding	Meatloaf/Ketchup Baby Red Potatoes Cauliflower Bread/Butter Peach Crisp Alt. Peaches	Open Faced Turkey Sandwich with Gravy Mashed Potatoes w/ gravy Brussels Sprouts Rice Krispies Treat Alt: Fruit	BBQ Chicken Potato Salad Baked Beans Wheat Bread w/Butter Seafoam Gelatin Dessert Alt. Diet Gelatin	Pepper Steak over Steamed Rice Dilled Carrots Bread/butter Pineapple
11	12	13	14	15
Green Pepper Casserole Broccoli Florets Garlic Bread Stick Fresh Orange Lemon Pudding Alt. Diet Lemon Pudding	Polish Sausage Pickled Red Cabbage Buttered Potatoes Rye Bread / butter Ketchup & Mustard Oatmeal Raisin Cookie Alt. Raisins	Baked Potato Stuffed with Taco Meat Southwest Style Corn Lettuce/Tomato Shredded Cheese Sour Cream Dinner Roll / butter Fresh Fruit	Chicken Stroganoff Parsley Buttered Noodles Romaine Salad w/ Ranch Wheat Bread / butter Mandarin Oranges	BBQ Pulled Pork on Whole Wheat Bun Creamy Coleslaw Potato Salad Brownie Alt. Lorna Doone
18	19	20	21	22
DR. REV. MLK DAY Baked Chicken Mashed Sweet Potatoes w/butter Creamed Spinach Cornbread w/ butter Apple Pie Alt: Fresh Apple	Cheese Omelet Ham Slice Croissant American Fries / ketchup Apple Juice Coffee Cake Alt: Fresh Orange	Boneless Pork Loin w/ Sage Gravy Rotini Noodles w/ gravy Harvard Beets Multi-Grain Dinner Roll w/ butter Fresh Banana	Old Fashioned Beef Stew w/ Mashed Potatoes Spinach Salad w/Raspberry Dressing Rye Bread / butter Apple Crisp Alt. Apple Slices	Roast Turkey w/Gravy Stuffing Country Vegetables Cranberry Compote Dinner Roll / butter Butterscotch Pudding Alt. Banana
25	26	27	28	29
Cranberry Meatballs Roasted Baby Reds Oriental Vegetable Blend Dinner Roll / butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Sweet & Sour Pork Brown Rice Maui Vegetable Blend Bread / butter Sliced Peaches	Chicken Marsala Whole Grain Pasta w/ Garlic Pesto Sauce Winter Veg Blend Italian Bread / butter Pineapple Pudding Alt. Fresh Fruit	Pub Burger w/Onions And provolone Onion Bun Potato Casserole Green Beans Dinner Roll / butter Orange Sherbet Alt. Fresh Orange	Healthy Baked Fish w/Tartar Sauce Macaroni & Cheese Broccoli Salad Rye Bread / butter Frosted Cake Alt: Diet cookie



Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better.

All workshops meet weekly over a period of 6 (or 7) weeks. To ensure the workshop meets the highest level standards, each 2 (2 ½) hour workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a "healthy respect" for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week.

Wednesdays, **January 6 - February 10, 2016** 1:30pm – 4:00pm (snack included)

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

Contact: ADRC Community Health Educator Coordinator (262) 548-7848

Cost: Suggest \$10 free will donation to church

Mondays, **January 11— February 22, 2016** 10 am – 12 noon (snack included)

Location: **Waukesha Memorial Hospital – conference room 1&2**
725 American Ave
Waukesha, WI 53188

Contact: ProHealth Care registration line (262) 928-2745

Cost: No fee

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.

Wednesdays, **January 6,- February 10, 2016** 1:30pm – 4:00pm (snack included)

Location: **St. James Church**
W220 N6588 Town Line Road
Menomonee Falls, WI 53188

Contact: St. James Parish Nurse, Bridget (262) 250-2663

Cost: \$20 workbook deposit suggested

Thursdays, **January 14—February 18, 2016** 9:30 am – 12 noon (snack included)

Location: **Oconomowoc Memorial Hospital –Okauchee room**
791 Summit Ave.
Oconomowoc, WI 53066

Contact: ProHealth Care (262) 928-2745

Cost: No fee

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+.

Tuesdays, **Feb. – April 2016** (exact dates TBD) 9:30 am – 11:00 am

Location: **Stoney Creek Adult Community (public welcome)**
S69 W14142 Tess Corners Drive
Muskego, WI 53150

Contact: Charlene S. - (414) 422- 4686 or

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

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



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, January 8 - February 26, 2016 10:00 am – 12 noon (light snack included)

Location: **Holy Cross Lutheran Church**
W156 N8131 Pilgrim Road
Menomonee Falls, WI 53051
(262) 251-2740

Registration Contact: ADRC of Waukesha County at (262) 548 – 7848 (ask for Lee)
Class size: 10 minimum – 15 max.

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.

Wednesdays, January 6 - February 10, 2016 1:30 pm – 4:00 pm (snack included)

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

Contact: ADRC Community Health Ed. Coordinator (262) 548-7848
Cost: Suggest \$10 free will donation to church

Mondays, January 25— March 14, 2016 9:30 am – 11 am light snack offered

Location: **Brookfield Senior Dining**
2000 Calhoun Road
Brookfield, WI

Registration Contact: Meal site manager Virginia: (262) 782 – 1636 or
Lee Clay @ ADRC of Waukesha County (262) 548 – 7848

Class size: 10 minimum - 20 maximum participants

Mondays, January 14, - February 25, 2016 10 am – 11:30 am light snack offered

Location: **Center for Life Enrichment (Oconomowoc)**
1306 W. Wisconsin Ave.
Oconomowoc, WI 53

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

What is crunchy and munchy? What can be served sweet or salty? What's the top seller at movie theaters? What is celebrated on January 19th?

POPCORN!

Popcorn, also known as popping corn, is a type of corn that expands from the kernel and puffs up when heat is applied through a microwave cooking device or other heating object, such as stove top or air popper. There are various techniques for popping corn. Along with prepackaged popcorn, which is generally intended to be prepared in a microwave oven, there are small home appliances for popping corn. These methods require the use of minimally processed popping corn.



During the Great Depression, popcorn was fairly inexpensive at 5-10 cents a bag. While other businesses failed, the popcorn business thrived and became a source of income for many struggling farmers, including the Redenbacher family, namesake of the famous popcorn brand. During World War II, sugar rations diminished candy production and Americans compensated by eating three times as much popcorn as they had before!

Depending on how it is prepared and cooked, some consider popcorn to be a health food, while others caution against it for a variety of reasons. Popcorn can also have non-food applications, ranging from holiday decorations to packaging materials.



Heritage Hall in Marion County Ohio, is the home of the Wyandot Popcorn Museum, the "only museum in the world dedicated to popcorn and its associated memorabilia."



However you prefer it, enjoy a delicious bowl of popcorn on January 19th; National Popcorn Day!

Information from www.holidayinsights.com, www.wikipedia.com





Volunteering, the Other Healthy Resolution



Looking for a New Year's resolution that has healthy benefits for you and for others without the need for a gym membership? Volunteer! When one volunteers, it has a positive impact on their health. Volunteers report they feel better physically, mentally and emotionally. Volunteering with the Aging and Disability Resource Center is a win-win situation for the volunteer as well as the recipient. Volunteers help create and support healthy communities, those giving and receiving. If you would like to volunteer, see our website, www.waukeshacounty.gov/adrc or call 262-548-7848.

Life's most persistent question is: What are you doing for others?"

- Dr. Martin Luther King Jr.



Are you looking for an opportunity to give back to your community and help a senior? **The ADRC is looking for home delivered meal drivers in Sussex and Hartland.** Home delivered meal drivers deliver meals to homebound seniors over the lunch hour from 11:00-1:00. Drivers are reimbursed for their gas mileage. Help out once a week or twice a month.

If you would prefer to help serve and pack home delivered meals, you could volunteer as a dining assistant.

If you are interested in either of these positions, call 262-548-7848 or consult the volunteer tab on our website at www.waukeshacounty.gov/adrc



Grandparents Raising Grandchildren

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

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

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

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



ASK INA



Dear INA,

I often have to ask people around me to repeat what they say, and I need to turn up the volume on my TV. I think I might need a hearing aid. I've seen ads for hearing aid dealers who guarantee satisfaction. What else do I need to know?

- I'm All Ears

Dear Ears,

You certainly are not alone; almost 40 million Americans deal with hearing loss. But not all of them can be helped by a hearing aid. That's why it's a good idea to visit an otolaryngologist (ENT), a physician who specializes in the ear, nose, and throat, before you buy. It's possible your hearing loss is caused by a medical condition and treating the condition would improve your hearing. Or, you might find that you have a type of hearing loss that an aid won't help. The FDA requires hearing aid sellers to tell you about your need for a medical evaluation before you buy. If you decide not to have a medical evaluation, you must sign a waiver.

If your doctor thinks a hearing aid could help you, you'll need to get a hearing test and be fitted by a licensed hearing health professional, such as a qualified audiologist. Look for someone who offers products from several manufacturers so you can find the best aid for your needs. Then check out the sellers with your local Better Business Bureau (BBB), consumer protection agency, or state Attorney General (AG). Audiologists and Hearing Aid Dispensers are required to be licensed in the state of Wisconsin.

When you shop for an aid, ask if there's a trial period so you can test it. Wisconsin has laws that require a trial period for hearing aid sales. Be sure to find out what fees are refundable if you return the aid during the trial period, and get the details about guarantees and warranties. It's important to get this information in writing. Check whether the price quoted includes testing and other services, as well as the aid. If you buy an aid, but believe the seller isn't living up to a guarantee, file a complaint with your state AG, BBB, or the Federal Trade Commission (FTC).

Internet tip:

Buying a hearing aid online can be risky. An aid needs to be custom fitted and tested to be sure it's working properly.

TAKE ACTION:

National Institute on Deafness and Other Communication Disorders
www.nidcd.nih.gov
1-800-241-1044
(TTY: 1-800-241-1055)

American Academy of Audiology
audiology.org
1-800-222-2336

Academy of Doctors of Audiology
audiologist.org
1-866-493-5544

American Academy of Otolaryngology
entnet.org

American Speech- Language -Hearing Association
asha.org

Better Hearing Institute
betterhearing.org
1-800-327-9355

AARP
aarp.org
1-888-687-2277

American Speech-Language-Hearing Association
www.asha.org

Make Your Own Instant Oatmeal Packets

Oatmeal is a whole grain that contains soluble fiber, which has been shown to help reduce cholesterol levels. Here are some ideas to enjoy oatmeal!

Instant Oatmeal Packets

Oatmeal makes a great hot breakfast or a quick snack. Make your own flavored packets of oatmeal to customize them to your tastes. Save on your grocery bill by making your own instant packets!

For each packet you will need:

Instructions:

- A zip-top plastic snack or sandwich bag
 - ½ cup quick oats
 - Dash of salt, optional
 - Other optional ingredients, as desired
1. Put dry oatmeal into bag. Add dash of salt and other optional ingredients, as desired. Close bag and store for future use.
 2. To use: Empty packet into a microwave safe bowl. Stir in 1 cup of water or milk. Microwave on HIGH 2 ½ to 3 minutes; stir before serving.

Variations:

- **Apple Cinnamon**—To each packet, add 1 teaspoon or more of sugar, ¼ teaspoon cinnamon and 1-2 Tablespoons chopped dried apples
- **Cinnamon Raisin**—To each packet, add a packed Tablespoon brown sugar, ¼ teaspoon cinnamon, and 1-2 Tablespoons raisins
- **Cocoa**—Add 1 teaspoon baking cocoa and 1 teaspoon sugar to each packet OR 2 teaspoons ‘quick type’ chocolate drink powder
- **Banana Nut**—To each packet, add a packed Tablespoon of brown sugar, 1 Tablespoon chopped dried bananas, and 1 Tablespoon chopped walnuts

Other optional ingredients:

Chopped almonds or pecans
Dried cranberries
Dried cherries
Chopped dried apricots
Chopped dried figs



How much can you save?

A packet of instant flavored oatmeal will cost anywhere from \$.25 to \$.35, when purchased in the grocery store (\$2.50-\$3.50 for a box of 10 packets).

Your homemade packets cost as little as \$.10-\$.15 per packet, including the optional ingredients and a small plastic bag! (Note: Quick oats are about 6 cents for ½ cup).



ASSISTIVE TECHNOLOGY

The Wisconsin Department of Health Services website states that “Assistive Technology (AT) is a product or device that enables people with disabilities to improve their independence and quality of life in the community, at home, at work, and at school. Assistive Technology can be commercially-made equipment, custom-made devices, or products that have been modified to serve a special need.”

Here at the ADRC, we have a number of assistive technology devices supplied to us by Independence First and the Stout Vocational Rehabilitation Institute. We will feature some each month in 2016 ADRC Connection Newsletter.

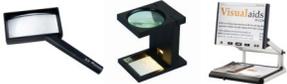
January is ‘Glaucoma Awareness Month,’ and, according to the National Eye Institute, by 2030, more than 4.2 million people are projected to have glaucoma. The Glaucoma Research Foundation reports that glaucoma is the second leading cause of blindness in the world. A person affected by glaucoma can lost up to 40 percent of their vision with little warning. Vision loss is caused by optic nerve damage. Vision loss from glaucoma usually begins with peripheral (side eye) vision. The best way to detect glaucoma is through a comprehensive eye exam. Below are some ideas from the Wisconsin Council of the Blind & Visually Impaired that may help you with everyday tasks that may be more difficult if you have a vision problem like glaucoma.



Use a ‘bright white’ light bulb rather than ‘soft white’ bulbs. Bring the light down so it is 8-10 inches from the task you are trying to do. To reduce shadows, place the light to the side of your non-dominant hand.



Use bright or fluorescent duct tape or electrical tap to mark items that are often lost, such as your key ring, a deodorant bottle, or your favorite paring knife in the silverware drawer.



Various magnifiers might work for you. You can purchase hand magnifiers, lighted magnifiers, or even screen magnifiers, which can run up to thousands of dollars.

Have a smart phone? Checkout visual aid apps! Here are some popular ones:



LookTel Money Reader recognizes US currency. Point the phone’s camera at any bill and a voice will tell you what denomination you have.

SayText scans text, such as on a medical form or a restaurant menu, and reads it using the camera on your phone.

The Talking Calculator is an easy-to-read app that speaks button names, numbers, and answers aloud.

If you would like to have some hands-on experience with one of these devices or if you would like more information about similar devices, you can come to the ADRC and request to see one, you can call the ADRC and request an in-home appointment, or you can contact our local Independent Living Center, *IndependenceFirst*, located in on 540 South 1st Street in Milwaukee. Their phone number is 414-291-7520 (V/TTY) or you can visit their website at www.independencefirst.org. For more vision-specific resources, visit Vision Forward at vision-forward.org or call them at 414-615-0100. You can also learn more at the Wisconsin Council of the Blind & Visually Impaired website www.wcblind.org or call 800-783-5213.

January 18th is Martin Luther King Jr. Day

Martin Luther King Jr. was an American clergyman, activist, and leader in the African–American Civil Rights movement. He was the youngest person to receive the Nobel Peace Prize. His message was to end racial segregation and racial discrimination through civil disobedience and non-violent means. His birthdate is January 15, 1929. On the third Monday of January, America takes time to celebrate Dr. King’s life and work and to honor his legacy.

A memorial dedicated to Martin Luther King, Jr. stands in the National Mall in Washington D.C. The official address of the monument is 1964 Independence Ave SW which signifies the 1964 Civil Rights movement. It covers four acres and was sculpted by Lei Yixin from China. It first opened to the public on August 22, 2011 after more than two decades of planning, fundraising and completion.

The centerpiece of the memorial is based on a line from his famous speech; “Out of a mountain of despair, a stone of hope.” The statue is named a Stone of Hope. As visitors walk by the monument, they pass through two pieces of granite that symbolizes the “mountain of despair”. After passing through, the Stone of Hope appears.

There is a 450 feet long inscription wall that includes excerpts from his speeches and sermons. Some examples are: “Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.” (1963) “Make a career in humanity. Commit yourself to the noble struggle for equal rights. You will make a greater person of yourself, a greater nation of your country, and a finer world to live in” (April 18, 1959).

This memorial is the fourth that commemorates a non-United States President. Martin Luther King, Jr. joins others such as, the George Mason Memorial, author of the Virginia Bill of rights, John Ericsson memorial, Swedish born inventor who designed the USS Monitor during the Civil War and the John Paul Jones Memorial. The King memorial is the first memorial to honor an African –American on or near the National Mall.

Martin Luther King, Jr. Day has become known as a day of service, so if you are able to volunteer at an agency or an organization, it would be well worth your time. Check online or in the newspaper to see where there may be opportunities near you.

Information for article taken from www.wikipedia.org/wiki/MartinLutherKingMemorial, www.timeanddate.com, and www.thekingcenter.org



The “Four Points” partnership between the Hales Corners, Franklin, Muskego and New Berlin Public Libraries formed to provide programs to those living with memory loss, Alzheimer’s disease, and other forms of dementia. The partnership will kick off in 2016 with a Memory Care event on January 19th from 2:00-3:30pm at the New Berlin Public Library– 15105 Library Lane.

A Memory Café is a social gathering for those who are experiencing early stage dementia, mild memory loss or cognitive impairment, and a family member or care partner. The Café is a place to have fun, find support, and share experiences. The Four Points Libraries are holding Memory Cafes on the third Tuesdays of the month and the location rotates between the four libraries.

Are you interested in attending? We’d love to see you. Register for a Memory Cafe by calling Wendy Betley, Alzheimer’s Association for more information or to RSVP at 414-479-8800.

Touchdown! Football: The Early Years



It wasn't until after the Civil War that recreational sports gained popularity in America. If you could travel back in time to the 1870's to watch a football game, you would not recognize the sport. The game has changed immensely over the last 100+ years. American football started as a combination of soccer (football to the rest of the world) and rugby. As teams met to play each other, they created and agreed to rules at the start of the game. Football started in the Northeast and moved West.



November 6, 1869 is considered the date of the first college football game. It was played by Rutgers and Princeton using modified English rugby rules. It was played at Rutgers using Rutgers' rules. Players could not carry or throw the ball. Rutgers won 6-4. One week later the teams met again at Princeton, this time playing by Princeton's rules. The major change was that if a player caught a ball on the fly they could get a free kick to try and score. Although the "fair-catch" rule has been modified, it is still in use in today's game.

Rule changes took a big step forward during the late 1870's and 1880's. Walter Camp, "Father of American Football" was a player from Yale who pioneered rule changes. He made changes that slowly moved the sport from rugby-style rules to American football-style rules.

During the 1880's, interest grew rapidly in athletic clubs throughout the country. People that played football through athletic clubs were supposed to be amateurs. As the competition grew, clubs tried different ways to attract the best players. Some clubs would create well-paying jobs, others would offer their best players expensive trophies for game play. The player would then pawn the trophy back to the club for money only to win the same award the following game. Since athletic clubs were supposed to use amateur players, the Amateur Athletic Union (AAU) would investigate and deem these types of 'pay' illegal. Each time the AAU declared a practice illegal a new scheme popped up.

November 12, 1892 is known as the "Birth of Pro Football." William (Pudge) Heffelfinger was the first player to be paid to play. He was paid \$500 by Allegheny Athletic Association (AAA) to play in a game against Pittsburgh Athletic Club (PAC). PAC and AAA were heated rivals. Their first two games of the 1892 season were against each other. The first game ended in a 6-6 tie, thus leading to renewed efforts to bring in the best players available. Both teams ventured to Chicago and Cleveland to try to recruit players from athletic associations in the west. Due to allegations that there were paid players, the game was turned into an exhibition. The fans of both teams were upset with the game being turned into an exhibition because bets were then null and void. Betting on games was a big part of the sport at that time.



In 1897 the Latrobe Athletic Association became the first team made up of all paid players becoming the first professional football team. 1899 saw the start of the oldest, continuous running pro football organization. Chris O'Brien formed a Chicago neighborhood football team named the Morgan Athletic Club. The MAC went through a succession of names; the Normals, Racine (a street name in Chicago) Cardinals, Chicago Cardinals, St. Louis Cardinals, Phoenix Cardinals and finally became the Arizona Cardinals.



Information taken from The National Football League. nfl.com

Pro Football Hall of Fame. profootballhof.com

Got questions? Need assistance? We're Here for You!

Questions or concerns about Alzheimer's disease or related dementia?

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

Ask questions about:

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



About the Alzheimer's Association

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

Local Contact

Jennifer Harders,
Community Outreach Coordinator
Alzheimer's Association-Southeastern WI Chapter
24/7 Helpline: 800.272.3900
Email: jharders@alz.org

To schedule a meeting with Jennifer,
Call 262.548.7848

When

Jennifer will be available for appointments on the 4th Wednesday of each month from 1:00 p.m. to 3:30 p.m.

Upcoming dates 2016:

Jan 27	May 25	Sept. 28
Feb 24	June 22	Oct. 26
March 23	July 27	Nov 23
April 27	Aug 24	Off Dec

Where:

Waukesha ADRC
514 Riverview Ave
Waukesha, WI 53188

Services are provided at no cost to consumers.



NATIONAL TRIVIA DAY



National Trivia Day is celebrated across the United States each year on January 4th.

The word “trivia” is plural for the word “trivium”. In ancient times, the term “trivia” was appropriated to mean something very new.

Nostalgic college students in the 1960s began to informally trade questions and answers about the popular culture of their youth. After writing “trivia” columns, Columbia University students Ed Goodgold and Dan Carlinsky created the earliest inter-collegiate quiz bowls that tested culturally significant, yet essentially unimportant facts, which they dubbed “trivia contests”. Over time, the word “trivia” has come to refer to obscure and arcane bits of dry knowledge as well as nostalgic remembrances of pop culture.

In North America, the game *Trivial Pursuit* peaked in 1984, in which over 20 million games were sold. Steven Point, Wisconsin holds the largest current trivia contest at the University of Wisconsin-Stevens Point’s college radio station WWSP 89.9 FM. The contest, which usually has 400 teams ranging from 1 to 150 players. It is open to anyone and spans 54 hours over a weekend with eight questions each hour.

Celebrate **National Trivia Day** by answering the following trivia questions! Share with your friends to see if they know the answers! (Answers on the bottom)

1. For which fruit is the US state of Georgia famous?
2. What is an infant whale commonly called?
3. How many gallons of beer are in a “firkin”?
4. In which bay is Alcatraz located?
5. In Roman mythology, Neptune is the equivalent to which Greek god?
6. Which TV character said, 'Live long and prosper'?
7. What make of car was the time-machine in the film *Back To The Future*?
8. How old is a horse when it changes from a filly to a mare?
9. Which is the smallest member of the flute family?
10. Commonly called the tailbone, what is the biological name for the small triangular bone at the base of the spinal column?
11. Which gender of fireflies (or lightning bugs) fly through the summer night air?
12. Who wrote the words to the U.S. national anthem, “The Star Spangled Banner”, during which war?
13. What is the oldest stadium currently hosting major league baseball games?



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| 11. Males: Both sexes illuminate, but the females are wingless and known as glowworms | 6. Mr. Spock | 1. Peach |
| 12. Francis Scott Key, during the War of 1812 | 7. De Lorean | 2. Calf |
| 13. Fenway Park in Boston, since 1912 | 8. Four Years | 3. Nine |
| | 9. Piccolo | 4. San Francisco Bay |
| | 10. Coccyx | 5. Poseidon |

ADRC of Waukesha County
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Waukesha, WI 53188

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