

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

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Terri Guillemets' website, *Quote Garden*, posted the following: "The world is hugged by the faithful arms of volunteers." During the week of April 10-17, many nonprofit and community organizations will celebrate and recognize the efforts of their volunteers. President Nixon established National Volunteer Week with an executive order in 1974. Every sitting U.S. president since Nixon has issued a proclamation during National Volunteer Week (as have many U.S. mayors and governors), urging Americans to give their time to community outreach organizations.

The United States has relied on volunteers from the start: colonists joined together to help each other plant crops, build houses and fight disease. Benjamin Franklin created the very first volunteer fire department. Clara Barton founded the American Red Cross. Franklin Delano Roosevelt helped to create the Civilian Conservation Corps, which planted approximately three billion trees in 1933, proving to be a crucial move following the impact of the dust bowl.

Charitable organizations started cropping up during the 19<sup>th</sup> century. Organizations such as the YMCA, American Red Cross and the United Way were born as people became aware of the needs of others. The 20<sup>th</sup> century saw mainstream volunteerism really begin to flourish which shaped many of the volunteer based nonprofit organizations that we know today. The Rotary Club, Kiwanis and the Lions Club were all established within the first few decades of the 1900's.

Volunteers are the most important resource community organizations have. The ability of people to willingly work together for the betterment of their community and themselves is a valuable asset. President Lyndon Baines Johnson knew this first hand when he signed the Older Americans Act into law in 1964. The Older Americans Act focuses on community based services for seniors with an emphasis on volunteers assisting with the services. Waukesha County's senior nutrition program started in 1977. Since that time volunteers have been the backbone of the program. Today the ADRC uses volunteers in a variety of areas from meal service and delivery, office help, guardianship, assisting the benefit specialist, friendly visitors, teaching evidenced based programming and more. The ADRC, like so many agencies, is truly fortunate to be "hugged by the faithful arms of volunteers".

If you would like more information on how to become involved call the ADRC at 262-548-7829 or visit the website: <http://www.waukeshacounty.gov/ADRCVolunteer/>



# April 10th is Golfers Day



## ***“Gentlemen Only, Ladies Forbidden.”***

It is a common misconception that the word “golf” is derived from the phrase above. It goes without saying that in 2016, such a phrase would not bode well with golf enthusiasts, since it is a sport played and loved by both men and women. Actually, the word GOLF may have originated from the Dutch word “kolf,” which is a type of stick, or “goulf,” which is a Scottish phrase for “to strike or cuff.”

Regardless of where the word came from, the sport has been a popular pastime since 14th century Scotland. The earliest known reference to the word came from King James II in 1457 when he banned the sport to encourage young men to practice more archery and less golf. In 1502—following the lift of the golfing ban put in place by King James II—the first formal golfing group was formed.

For the Waukesha County golf lover, there is a discount card available through the Department of Parks and Land Use which, for a one-time fee, offers discounts on games of golf at the Moor Downs, Naga-Waukee War Memorial and Wanakai golf courses in 2016. The table below illustrates the cost of each discount card offered. For more information about getting a card, call 262-548-7790 between 8:00 AM and 4:30 PM, Monday through Friday.

### General Information

Discount Card (County Resident)	\$20.00
Discount Card (Non-County Resident)	\$30.00
Senior Discount Card (60+—one time fee, good for life)	\$20.00
Handicap System League	\$27.00
Handicap System Individual	\$30.00

## The Wizard of Waukesha

Les Paul, considered the father of the solid-body electric guitar, was both an iconic guitar player and inventor. In the early 1950s, Les Paul and his wife Mary Ford created 36 gold records. His lightning-fast guitar playing along with unique trills, chording sequences and fretting techniques mesmerized musicians and music-lovers. Mary’s crystal voice made the duo unmatched. At the same time, Les experimented with recording techniques and used his cutting-edge developments to create a new sound with his iconic guitars.



International Guitar Month is April and who better to honor than Waukesha’s very own Les Paul! Paul's hometown of Waukesha, Wisconsin opened a permanent exhibit titled "The Les Paul Experience" at the Waukesha County Museum in June 2013. The exhibit features artifacts on loan from the Les Paul Foundation. A self-guided tour of Les Paul's Waukesha was created by the Les Paul Foundation. Les is also the only person to be included in both the Rock and Roll Hall of Fame and the National Inventors Hall of Fame.

Take a moment to view the exhibit and walk downtown and see the colorful guitars. A part of history is right in our backyard!

Information for this story: <https://en.wikipedia.org/wiki/Les>





The Caregiver Connection, co-led by the ADRC of Waukesha County and Interfaith Senior Programs, promotes awareness of resources available to help caregivers. Visit [www.TheCaregiverConnection.org](http://www.TheCaregiverConnection.org) for more information!

## Housing Options for Seniors

Before you can even begin to choose the best option for your loved ones, it's imperative that you know the basics about four common types of senior living facilities. From there, you can work with your family, your physician and the nurse or social worker at the senior community to determine the best level of care. Continuing Care Retirement Community (CCRC) is a housing option that offers many types of facilities that encourage *aging in place* at one community.

### Independent living

Also called a retirement community or senior apartments, this is a living environment with minimal to no care or services provided. There is usually a minimum age requirement, and residents are all able to care for themselves independently. You may find amenities such as a restaurant, light housekeeping services and an on-site maintenance staff to care for exterior work like mowing and interior work like a leaky faucet.

### Assisted living

In assisted living, or catered living communities, residents live in their own room or apartment with medical or supportive personal care provided. These services could be physical assistance, medication administration, assistance with personal care and activities of daily living or reminders about appointments and activities. Assisted living includes most or all meals, housekeeping services and activities. There are professionals in the building 24 hours per day, many of whom are licensed in nursing.

Many assisted living communities offer various levels of care. One person could be living there under a basic care plan and paying the minimum amount, while their neighbor might have the highest care plan, receiving many visits per day from staff.

### Memory care

This setting is designed for someone whose main need is support due to memory loss. Often, the people at this level of care are quite physically able, and just need reminders throughout the day and stimulating activities.

This type of service can be provided in an assisted living or nursing home setting, depending on the community. Most services that are included at general assisted living are also included at memory care, sometimes called dementia care or an Alzheimer's unit. There are typically options to add additional services as needed. This level tends to cost more than regular assisted living due to the specialized training and programming required to provide the best quality of life for these residents. These are usually locked communities to keep residents safe.

### Skilled nursing

A nursing home offers the highest level of care that most senior communities can provide, with registered and licensed nurses on site 24 hours per day to care for the highest level of medical and physical needs. In addition to nursing needs, other services like meals, activities and transportation are also included. Most communities offer short-term rehabilitative stays for someone recovering from an injury, illness or surgery, as well as long-term-care for those who require skilled nursing services on a regular basis.

Kelsey Pangborn  
*Communication Strategist*  
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# Evidence Based Health Promotion Program

## 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, 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 C. at ADRC of Waukesha County (262) 548-7848

Class size: 10 minimum - 15 maximum participants

## 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, 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. at (262) 244 -6592

Class size: 10 minimum - 20 maximum  
participants

Cost: \$15 with \$30 book deposit



## 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.

**Fridays, April 15- May 27, 2016 9:30 am – 11:30 am**

Location: **Brookfield Senior Dining @ Brookfield Senior Center**  
2000 North Calhoun Road  
Brookfield, WI 53005

Registration Contact: Virginia T. at (262) 782-1636 or  
Lee C. at ADRC of Waukesha County (262) 548-7848

Class size: 10 min. – 15 max.



## 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

**Wednesdays, April 6- May 18 2016 11:30 am– 12:30 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

## Alzheimer's Association Memory Cafes

An opportunity for individuals with MCI, early-stage Alzheimer's disease and related dementias, their care partners as well as those who worry about memory problems, to come together to share your stories, socialize and create new friendships while enjoying refreshments. Contact Wendy Betley at (414) 479-8800 or [wbetley@alz.org](mailto:wbetley@alz.org).



### Lake Country Libraries Memory Cafe- multiple locations

First Friday of each month, 10:30am-12:00pm

### Panera Bread-Ruby Isle Shopping Center

2095 N Calhoun Rd., Brookfield  
Second Tuesday of each month, 3:00pm-4:30pm

## Center for Life Enrichment's Care Café

A Monthly social outing and program for caregivers to attend with their loved ones who have dementia and/or Alzheimer's disease or any other life impacting diagnosis. The format of the Care Café will include introductions, an engaging activity and will allow people attending the opportunity to make connections and share resources.

### The Care Café

1306 W Wisconsin Ave, Oconomowoc

Fourth Monday of each month, 3:00pm-4:30pm in the Center for Life Enrichment in the Roehl Auditorium.



"The April rain, the April rain,  
Comes slanting down in fitful showers,  
Then from the furrow shoots the grain,  
And banks are fledged with nestling flowers;  
And in grey shawl and woodland bowers  
The cuckoo through the April rain  
Calls once again."  
- Mathilde Blind, *April Rain*

## Attention!

## Drivers Needed!

Our routes have expanded and drivers are needed to deliver meals in the Sussex, Pewaukee, Hartland and Oconomowoc areas. A hot nutritious meal can do amazing things for those we serve. Drivers deliver meals between the hours of 11:00a-1:00p Monday through Friday and are reimbursed for their gas mileage. If you could offer two days a month or once a week it would make a huge difference in someone's life.

If interested, call the ADRC 262-548-7829 or go to the website [www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc) and click on the Volunteer Opportunities tab on the left-hand side of the website.



## Memory Screening

The ADRC is partnering with 10 area libraries to provide community memory screens. ADRC Dementia Specialist, Vicki Beduze will be conducting Free Community Memory Screening :

**Wednesday April 6th** 10:00 am - 2:00 pm at Elm Grove Public Library, 13600 Juneau Blvd, Elm Grove

**Tuesday April 26th** 9:30 am - 1:00 pm at the Muskego Public Library, S73W16663 Janesville Rd, Muskego.

**Monday May 16th** 1:00pm-5:00pm at Butler Public Library, 12808 W Hampton Ave, Butler

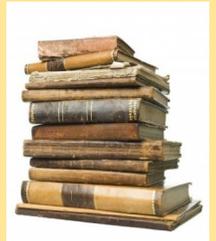
**Monday May 23rd** 10:00am-3:00pm at Menomonee Falls Public Library W156 N8436 Pilgrim Rd, Menomonee Falls

To make an appointment for a memory screen, contact Vicki at the ADRC at 262-548-7848.



# What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).



<p><a href="#"><u>Big Bend Village Library</u></a>  <b>W230 S9185 Nevins St</b>  <b>Big Bend, WI 53103</b>  <b>(262) 662-3571</b></p>	<p><a href="#"><u>Brookfield Public Library</u></a>  <b>Brookfield City Hall</b>  <b>2000 N. Calhoun Rd</b>  <b>Brookfield, WI 53005</b>  <b>(262) 782-9650</b></p>	<p><a href="#"><u>Butler Public Library</u></a>  <b>12808 W Hampton Ave</b>  <b>Butler, WI 53007</b>  <b>(262) 783-2535</b></p>	<p><a href="#"><u>Delafield Public Library</u></a>  <b>500 Genesee St.</b>  <b>Delafield, WI 53018</b>  <b>(262) 646-6230</b>            Monday Movie Matinee:            Monday, April 11 from 1:00-3:00 p</p>
<p><a href="#"><u>Eagle (Alice Baker Memorial Library)</u></a>  <b>820 E. Main St.</b>  <b>Eagle, WI 53119</b>  <b>(262) 594-2800</b>            Book Sale. Sponsored by the Friends of Alice Baker Public Library: Monday, April 4 through Wednesday, April 6th</p>	<p><a href="#"><u>Elm Grove Public Library</u></a>  <b>13600 Juneau Blvd</b>  <b>Elm Grove WI 53122</b>  <b>(262) 782-6700</b>            Happiness: What It Is and How We Grow It: Wednesday, April 13, 7:00 p Presenter: Philip Chard.</p>	<p><a href="#"><u>Hartland Public Library</u></a>  <b>110 E Park Ave,</b>  <b>Hartland, WI 53029</b>  <b>(262) 367-3350</b>            Beginner Bridge Games: Every Wednesday night at 6:30-8:00 p</p>	<p><a href="#"><u>Menomonee Falls Public Library</u></a>  <b>W156 N8436 Pilgrim Rd.</b>  <b>Menomonee Falls, WI 53051</b>  <b>(262) 532-8900</b>            Bell-bottoms, Disco and Nixon: the 1970s: Wednesday, April 20 at 7:00-8:00 p</p>
<p><a href="#"><u>Mukwonago Community Library</u></a>  <b>511 Division St</b>  <b>Mukwonago, WI 53149</b>  <b>(262) 363-6411</b>            Bingo! For Adults: Tuesday, April 5 at 2:00-3:00 p</p>	<p><a href="#"><u>Muskego Public Library</u></a>  <b>S73W16663 Janesville</b>  <b>Muskego, WI 53150</b>  <b>(262) 971-2100</b></p>	<p><a href="#"><u>New Berlin Public Library</u></a>  <b>15105 W. Library Lane</b>  <b>New Berlin, WI 53151</b>  <b>(262) 785-4980</b>            Color Your Way to Calm: Thursdays, April 14 and 28 at 1:00 p</p>	<p><a href="#"><u>North Lake's Town Hall Library</u></a>  <b>N76 W31429 Hwy. V V</b>  <b>North Lake, WI 53064</b>  <b>(262) 966-2933</b>            Four Points Library Memory Café: 50's Sock Hop: Friday, April 1 at 10:30 a-12:00 p</p>
<p><a href="#"><u>Oconomowoc Public Library</u></a>  <b>200 W South St.</b>  <b>Oconomowoc, WI 53066</b>  <b>(262) 569-2193</b></p>	<p><a href="#"><u>Pewaukee Public Library</u></a>  <b>210 Main St</b>  <b>Pewaukee, WI 53072</b>  <b>(262) 691-5670</b>            Effective Communication Strategies and Dementia: Monday, April 4 at 1:00-3:00 p</p>	<p><a href="#"><u>Sussex's Pauline Haass Public Library</u></a>  <b>N64 W23820 Main St</b>  <b>Sussex, WI 53089</b>  <b>262-246-5180</b></p>	<p><a href="#"><u>Waukesha Public Library</u></a>  <b>321 W Wisconsin Ave</b>  <b>Waukesha, WI 53186</b>  <b>(262) 524-3680</b>            Handspinning Interest Group: Wednesday, April 13 at 6:00-8:00 p</p>

## ElderCare Focus Group of Southeastern Wisconsin

FREE educational seminars for seniors are held monthly on the second Thursday of the month in the Community Room at the New Berlin Library from 10 am until 12 noon. Refreshments are served and door prizes offered. These presentations are open to the public and all ages are welcome. No dues or membership required. The purpose of our group is to help address the health, financial, legal and social issues facing an aging America. Announcements for upcoming seminars are posted at the New Berlin Senior Citizens Center and the New Berlin Library. The April 14th topic of discussion is advanced care planning... Can We Talk? For more information, visit [www.eldercarefocusgroup.com](http://www.eldercarefocusgroup.com) or call Jean at 414-352-1966.



## April is Sexual Assault Awareness Month

Sexual violence is a very serious public health problem that affects millions of women and men. In the United States, 1 in 5 women and 1 in 59 men have experienced rape or attempted rape. Most victims first experienced sexual violence before age 25.

**What is sexual violence?** Sexual violence is any type of unwanted sexual contact. This can include words and/or actions of a sexual nature against a person's will and without their consent. Consent is voluntary, mutual, and can be withdrawn at any time. Reasons someone might not consent include fear, age, illness, disability, and/or influence of alcohol or other drugs. A person may use force, threats, manipulation, or coercion to commit sexual violence. Anyone can experience sexual violence including children, teens, adults, and elders. Those who sexually abuse can be acquaintances, family members, trusted individuals, or strangers.

**Victims are never at fault.** It doesn't matter what someone is wearing or how they are acting; victims are never to blame. An absence of injuries to the victim does not indicate consent.

**Sexual violence impacts health** in many ways and can lead to long-term physical and mental health problems. For example, victims may experience chronic pain, headaches, or sexually transmitted diseases. They are often fearful or anxious and may have problems trusting others. Anger and stress can lead to eating disorders, depression, and even suicidal thoughts.

**Sexual violence is preventable.** We can all help create a culture of empathy, respect, and equity. Prevention starts with challenging victim-blaming and believing survivors when they disclose. In your personal life, you can model supportive relationships and behaviors and speak up when you hear sexist, racist, transphobic, or homophobic comments. Each of us is essential in challenging harmful attitudes and the societal acceptance of rape.

If you are or someone you know is a victim of sexual violence:

- Contact the Rape, Abuse, and Incest National Network (RAINN) hotline at 1-800-656-HOPE. Help is free, confidential, and available 24/7. Get information at [RAINN](http://RAINN.org).
- For more information, visit the National Sexual Violence Resource Center at [www.nsvrc.org](http://www.nsvrc.org)
- Contact your local emergency services at 9-1-1.

Information for this article was taken from the CDC.gov website and nsvrc.org

## PUBLIC HEARING ANNOUNCEMENT



Waukesha County Health & Human Services Board will hold a Public Hearing on Thursday April 7, 2016 at 7:00 PM in the Health & Human Services Building, Public Health Department, 514 Riverview Ave, Waukesha 53188. Interested persons will have the opportunity to comment on the quality of health and human services programs, unmet needs and improvements that could be made in the current system of Health & Human Services in Waukesha County. It will be helpful for speakers to prepare a written statement for the Chairperson.

If you are unable to attend the Hearing, written comments may be submitted to Donna Ferguson, Public Hearing Coordinator, Waukesha County Department of Health & Human Services, 514 Riverview Ave, Waukesha WI 53188 by April 8, 2016. To view the complete Public Hearing Announcement, visit

<http://agendas.waukeshacounty.gov/Committee/61/pdf/9686.pdf>

For additional information, contact Donna Ferguson at 262-548-7383.

# ASK INA



Dear Ina,

I am so confused. I am on Social Security. Do I need to file taxes this year?

Sincerely, Sally Citizen

**Tax Day is Monday April 18th**

**Make sure to file by Midnight!**

Dear Sally C,

It's that time of year again: time to start preparing to file your taxes. If you receive Social Security benefits, you may need to file your taxes.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099). This form usually arrives through the mail in January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The 1099 form is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Taxable Social Security benefits may include monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens only if you have other substantial income — such as pensions, wages, self-employment, interest, dividends, IRA distributions, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

## April 16th is National Health Care Decisions Day

National Health Care Decisions Day exists to empower, inspire, and educate the public and health care providers about the importance of advance care planning. This year's theme is '*It Always Seems Too Early, Until It's Too Late.*'



Advance Care planning:

- ◆ Can be made at any time in your life.
- ◆ Gives you and your loved ones peace of mind.
- ◆ Helps prevent questions, confusion, and disagreements among family members.
- ◆ Advises health care providers what you want if you are unable to speak for yourself.

A lack of planning has personal and economic consequences:

- ◆ Family members may not know what you want and whether they are "doing the right thing" on your behalf.
- ◆ Getting care you didn't want may lead to unnecessary medical expenses for treatment, hospital and nursing home stays.

### **Think, Communicate, Decide, and Document**

To create an advance care plan:

- ◆ Think about your wishes and preferences regarding health care while you are able.
- ◆ Talk with family members about your wishes and preferences.
- ◆ Decide who will be responsible for making decisions if you cannot.
- ◆ Most importantly, put your preferences in writing using an advance care form.

NHDD is a 50 state initiative to provide concise information on health care decision making to both the public and providers/facilities. NHDD helps people understand that advance healthcare decision-making includes much more than living wills. Please visit the National Health Care Decisions Day website at <http://www.nhdd.org/about/> to read more about advance planning or visit the Center for Disease Control and Prevention at <http://www.cdc.gov/aging/advancecareplanning/index.htm>. You can also discuss advance care planning with your physician.

# *From the Desk of Your Benefit Specialist*

## **PLEASE BEWARE OF PHONE SCAMS**



### **IRS Phone Scam**

In the highly successful IRS phone scam, the scammer calls a vulnerable person and threatens them, usually saying that he or she owes taxes. The scammer further threatens that if the money is not paid immediately, the person will be arrested. The scammer usually demands cash, wire transfer, prepaid debit cards, or even checks or money orders deposited into a bank account. The scammers can be very specific about the way the “owed tax” must be paid. Recent immigrants are more at risk, with scammers using threats of deportation, arrest, loss of a business, utility shut-off, or driver license revocation.

Recommendations for a person being targeted include the following:

- If you’re concerned about owed taxes, call the IRS directly at 1-800-829-1040.
- The IRS will always send taxpayers written notification of any tax due via U.S. Postal mail. The IRS will not call a person without first sending a bill in the mail.
- **Never** give bank information (debit card, PIN, account numbers) over the phone. The IRS never asks for this information over the phone.
- The IRS does not demand payment without offering the opportunity to question the amount owed or appeal the decision.
- The IRS will not threaten to bring in the police or other agencies to arrest you for not paying/complying.
- If you receive such a phone call, report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484 and include the words “IRS Telephone Scam.”

For more information, please visit: [www.irs.gov/uac/Tax-Scams-Consumer-Alerts](http://www.irs.gov/uac/Tax-Scams-Consumer-Alerts)



### **Computer Tech Support Scams**

The latest version of the Computer Tech Support scam begins with a phone call. Scammers can get your name and other basic information from public directories. They might even guess what computer software you’re using.

Once they have you on the phone, they often try to gain your trust by pretending to be associated with well-known companies or confusing you with a barrage of technical terms. They may ask you to go to your computer and perform a series of complex tasks. Sometimes, they target legitimate computer files and claim that they are viruses. Their tactics are designed to scare you into believing they can help fix your “problem.”

Once they’ve gained your trust, they may:

- ask you to give them remote access to your computer and then make changes to your settings that could leave your computer vulnerable
- try to enroll you in a worthless computer maintenance or warranty program
- ask for credit card information so they can bill you for phony services — or services you could get elsewhere for free
- trick you into installing malware that could steal sensitive data, like user names and passwords
- direct you to websites and ask you to enter your credit card number and other personal information

For more information, please visit: <https://www.consumer.ftc.gov/articles/0346-tech-support-scams>

# Garlic

Garlic has been consumed for 5000+ years. It is believed to be native to Siberia and spread quickly around the world. It is grown easily in moderate temperatures and can be grown in cold climates as well. With its ability to grow in many climates, garlic is grown around much of the world, including in gardens in Wisconsin. China is by far the largest commercial grower.

Garlic is widely used in cuisine. It is a fundamental component of dishes. It is a key component in dishes all around Asia, the Middle East and the Americas to name a few.

It is a bulbous plant, closely related to onions, shallots and leeks. Garlic can be eaten raw or cooked. It can be used to flavor a variety of liquids, from oils to sauces. April 19th, 2016 is National Garlic Day. It is a good time to tempt your tastes buds and enjoy as much garlic as possible.



## Garlic Butter

4 Tbsp Butter at room temperature

1 large clove of garlic peeled

Pinch of salt

Chop garlic, add a pinch of salt and mince the garlic/salt mixture. Thoroughly combine butter with the garlic/salt mixture. Place mixture on a piece of plastic wrap and roll tightly. Refrigerate for a minimum of 1 hour.

## WAUKESHA COUNTY SENIOR DINING CENTERS

<p><b>Brookfield</b>  <b>782-1636</b> – Virginia                      Brookfield Community Center                      2000 North Calhoun Road                      Monday thru Friday at 12:00                      Blood Pressure offered monthly- see posting</p>	<p><b>Butler</b>  <b>783-5506</b> – Pam                      Hampton Regency Apts                      12999 West Hampton Avenue                      Monday thru Friday at 11:45                      Blood Pressure, Glucose and Cholesterol checks every 4<sup>th</sup> Monday                      Toe nail trim/foot care every 2<sup>nd</sup> Tuesday</p>	<p><b>Hartland</b>  <b>367-5689</b> –Peggy                      Breezewood Village Apts                      400 Sunnyslope Drive                      Monday, Wednesday, Friday at 12:00                      Blood Pressure offered the 4<sup>th</sup> Wednesday at 11am</p>
<p><b>Menomonee Falls</b>  <b>251-3406</b>—Diane                      Menomonee Falls Community Center                      W152 N8645 Margaret Road                      Monday thru Friday at 12:00                      Blood Pressure offered 3<sup>rd</sup> Monday 10:30 am-11:30 am                      Toe nail trim/foot care every other Wednesday 9 am -3:30 pm</p>	<p><b>Mukwonago</b>  <b>363-4458</b> - Anna                      Birchrock Apartments                      280 Birchrock Way                      Monday thru Thursday at 12:00                      Blood Pressure offered the end of the month. Each month a sign is posted at site with date of BP checks</p>	<p><b>Muskego</b>  <b>679-3650</b> –Jack                      Muskego City Hall                      W182 S8200 Racine Avenue                      Monday, Wednesday, Friday at 11:45                      Blood Pressure offered at the site once per month, call for more information</p>
<p><b>New Berlin</b>  <b>784-7877</b> – Betty                      National Regency Retirement Community                      13750 West National Avenue                      Monday thru Friday at 12:00                      Blood Pressure offered 3<sup>rd</sup> Monday 11:45 am-12:15 pm</p>	<p><b>Oconomowoc</b>  <b>567-5177</b> – Penny                      Oconomowoc Community Center                      220 West Wisconsin Avenue                      Monday thru Friday at 12:00</p>	<p><b>Sussex</b>  <b>246-6747</b> –Nick                      Sussex Community Center.                      W240 N5765 Maple Avenue                      Monday thru Friday at 12:00                      Blood Pressure offered last Monday of each month at 11am                      Toe nail trim/foot care 4<sup>th</sup> Tuesday. 12:30-4:30 for \$35</p>
<p><b>Waukesha</b>  <b>547-8282</b> – Christina                      La Casa Village                      1431 Big Bend Road                      Monday thru Friday at 12:00</p>	<p><b>Eligibility:</b> 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.                      Transportation may be available by taxi or Rideline for \$1.00 each way.</p>	

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 <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> 				1
4	5	6	7	8
Grilled Chicken Sandwich on Kaiser w/Lettuce & Mayo Potato Salad Maui Vegetable Blend Cinnamon Applesauce Chocolate Cake Alt. Plain Cake	Cranberry Glazed Pork Loin Spätzle w/Gravy Sweet/Sour Red Cabbage Rye Bread / Butter Apple Kuchen Alt. Apple Slices	Meatloaf w/ Onion Gravy Mashed Potatoes Broccoli Italian Bread / Butter Fruit Salad 	Ring Bologna Buttered Red Potatoes Carrot Coins Peach Half Wheat Bread / Butter	Chicken Pasta Salad Tomato / Onion Salad Blueberry Muffin / Butter Fruit Cocktail Chocolate Pudding Alt. Diet Pudding
11	12	13	14	15
Cheeseburger on a Wheat Bun w/ Lettuce & Tomato Ketchup / Mustard Baked Beans Banana Ice Cream Alt. Diet Pudding	Sweet & Sour Chicken w/ Pineapple, Green Pepper and Onions Brown Rice Broccoli Fresh Orange Almond Cookie Alt. Diet Cookie 	St. Louis Style BBQ Pork Steak Hash Brown Casserole Coleslaw Sliced Peaches Crusty Roll / Butter Goopy Butter Cake Alt. Plain Angel Food Cake	Oven Roasted Turkey w/ gravy Herbed Stuffing Green Bean Casserole Dinner Roll / Butter Mandarin Oranges	Tomato Soup w/ crackers HDM: Tomato/Onion Salad Ham & Cheese on Kaiser w/ Lettuce, Mayo & mustard Potato Salad Rice Krispies Treat Alt: Fresh Fruit
18	19	20	21	22
Baked Chicken Quarters Mashed Potatoes and Chicken Gravy Broccoli & Cauliflower Dinner Roll / Butter Cream Pie Alt. Fresh Apple 	<b>NATIONAL GARLIC DAY</b> Chicken Breast in Lemon Garlic Sauce Bowtie Pasta w/ Garlic Pesto Sauce Two Tone Beans Garlic Breadstick / Butter Lemon Sherbet Alt. Diet Pudding	<b>VOLUNTEER RECOGNITION DAY</b> Roast Beef w/ Gravy Baked Potato w/ Butter & Sour Cream Broccoli Salad Crusty Roll / Butter Dessert Bar Alt. Diet Cookie	Rotini Pasta with Meatballs & Marinara Italian Bread / Butter Romaine Salad w/ Italian Dressing Applesauce 	<b>EARTH DAY</b> Three Bean Vegetarian Chili w/ onions and crackers Marinated Vegetable Salad 7-grain bread / butter Cranberry Compote
25	26	27	28	29
BBQ Pulled Pork on Wheat Bun Creamy Coleslaw Pasta Salad Pear Halves 	Chicago Style Hot Dog on Poppy Seed Bun Ketchup, Mustard, Relish, Diced Onions Calico Beans American Potato Salad Apple Slices Sugar Cookie	Chicken Salad on Croissant with Lettuce and Tomato Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Swedish Meatballs Mashed Potatoes w/ Gravy Spinach Salad w/ Dressing Multigrain roll / Butter Grapes	Baked Potato topped w/ Broccoli & Cheese Cottage Cheese Cauliflower Apricots Wheat Bread / Butter Chocolate Ice Cream Alt: Peaches

# Oh, nuts!



Looking to add more protein to your diet? Nuts are packed with healthy fat and are a great source of protein. Choose unsalted nuts as an even healthier option!

A serving size is 1 ounce. 1 ounce looks like:



20-24 almonds



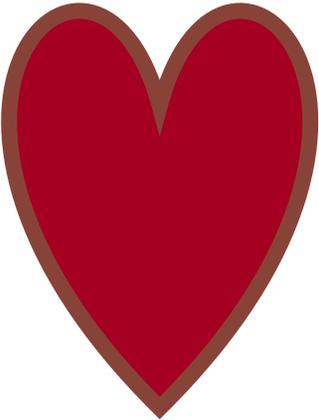
16-18 cashews



8-14 walnut halves



47-49 pistachios



Nuts may also reduce the risk of developing blood clots.

High LDL, or “bad”, cholesterol is one of the leading causes of heart disease. Nuts may help lower LDL levels.

## Roasted Maple Cinnamon Almonds

### Ingredients:

- 1 cup unsalted almonds
- 1 ½ tbsp. maple syrup
- ½ tsp ground cinnamon
- Pinch of salt

### Directions:

Preheat oven to 300°. In a small bowl, combine maple syrup, cinnamon and salt. Add almonds and coat them evenly. Spread almonds on a baking sheet and bake for 25 minutes, stirring every 10 minutes. Remove from oven and let cool. Store in an airtight container.

**UW**  
**Extension**

Waukesha County

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>

**Nutrition  
Education  
Program**

# Assistive Technology and Autism Spectrum Disorder

The 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 be featuring different items each month in our 2016 ADRC Connection Newsletters. If you would like to have some hands-on experience with our assistive tech or if you would like more information about similar devices, contact the ADRC at 262-548-7848. You can also contact our local Independent Living Center, *IndependenceFirst*, located in downtown Milwaukee at 414-291-7520. Independent Living Centers are providers of the WisTech device loan program and are available to work with you on your assistive technology goals.

This month, we will be focusing on assistive technology specific for people with Autism Spectrum Disorder. Throughout the years, a large variety of strategies and tools, including technology, have been used to enhance both the functional capabilities and the quality of life of people with developmental disabilities. The varied use of these strategies and tools— especially those with the power of technology— can be specifically tailored to help people who are struggling with areas that may be difficult for individuals with autism spectrum disorder (ASD). Some of these areas include Sensory Input, Receptive and Expressive Communication, and Social Interaction, to name a few.



**Sensory Input:** Some individuals with ASD may be unable to manage uncomfortable environmental factors, such as sitting on a scratchy rug or hearing the hum of overhead lights. Using sensory tools and strategies may help promote calm, relaxed states.



**Low Tech—** Some individuals with ASD that seek pressure may find comfort in being rolled up in a mat, provided firm pressure with pillows, or find that using a weighted vest or blanket helps calm them.

**High Tech—** Some individuals with ASD find sensory regulation in various computer programs or games. Some people prefer highly visually stimulation games, while others prefer programs accompanied by music or other auditory stimuli.

**Communication:** Receptive (listening) and expressive (speaking) skills can be difficult for people with ASD to master. Using the following strategies might help in certain situations:



**Low Tech—** Use a schedule to outline activities of an entire day. Try a variety of methods (words, pictures, magnets on a refrigerator) to achieve the goal. Check off each activity once it is completed. Or try communication boards; a person can point to a picture or word on a place mat to help them communicate their needs. Boards can be interchangeable based on the activity.

**High Tech—** There are many options for speech-generating devices, computer programs, and other display technology to help with communication limitations.

**Social Interaction:** For some with ASD, adhering to the rules and boundaries of social interaction can be like walking in a confusing maze with no map. Some have found positive results using the following assistive tech tools and strategies.



**Low Tech—** Peer in-service and autism awareness training can improve the social experiences of people with ASD by helping the people around them adapt to their needs.

**High Tech—** Try video recording social situations to be replayed to teach appropriate social behaviors.

# Alzheimer's Association Caregiver Support Groups



## Do I need it?

## Isn't it just one more thing to do?

Coping with the day-to-day problems and physical care of a person with Alzheimer's disease or another form of dementia is both emotionally and physically draining. It is different from many other illnesses, and because the disease may cause personality and behavioral changes in your loved one, you may find yourself feeling embarrassed, impatient, exhausted and even angry. You are left feeling that no one can understand what happens in your daily life or the frustration you feel.

With other caregivers, it's easier to share your feelings. You may have a lot of mixed feelings, and it is hard to know what to do with them – sharing with your loved one is no longer possible.

At support group meetings, heads nod with a lot of understanding as you speak. You can feel a sense of relief, the release of pent up tension that comes with knowing your problems or emotions are not so different and that you are not alone.

You can share as little or as much as you want to. If you only want solid information and how-to's, that is fine. You'll be part of a group where people can talk together, cry together and laugh together. You may find new friends, form special relationships or just find it helps you cope with day-to-day life.

### Support Groups in Waukesha County

2 <sup>nd</sup> Tuesday of the month	1:30-3:00 p.m.	Elmbrook Hospital
4 <sup>th</sup> Tuesday of the month	2:00-3:00 p.m.	Congregational Home
2 <sup>nd</sup> Monday of the month	6:30-8:00 p.m.	Menomonee Falls Fire Dept
1 <sup>st</sup> Thursday of the month	1:30-3:00 p.m.	Menomonee Falls Library
2 <sup>nd</sup> Tuesday of the month	4:30-5:30 p.m.	Linden Ridge
1 <sup>st</sup> Tuesday of the month	6:30-8:00 p.m.	New Berlin Library
1 <sup>st</sup> Wednesday of the month	6:30-8:00 p.m.	St. Jerome Catholic Church
1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	10:00-11:30 a.m.	Shorehaven

For more information regarding these and other support groups offered by the Alzheimer's Association contact our **24/7 Helpline at 800.272.3900**.



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

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