

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

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

Website:

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

**After hours call**

**IMPACT 2-1-1**

**211, (262) 547-3388,  
or toll free 1-866-211-3380**

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

262-524-8886

**Veteran's Services**

262-548-7732

**Moraine Lakes Consortium**

888-446-1239

**Alzheimer's Association**

800-272-3900  
(24/7Helpline)

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

## Inside this Issue:

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## ADRC Advisory Board Member Needed

The Aging and Disability Resource Center (ADRC) Advisory Board is looking for a new member. We are currently in need of someone to serve as a representative for people with physical disabilities. The person for this position should ideally be a person with a physical disability or the caregiver of a person with a physical disability.

The Aging and Disability Resource Center (ADRC) Advisory Board consists of members approved by the Waukesha County Board of Supervisors. Members are individuals from the community representing target populations served by the ADRC. In addition to taking over the role of what was the Commission on Aging, the Advisory Board will advise the ADRC and hear any complaints/grievances and act upon them.

### Operational Duties

ADRC governing boards are required to do the following:

- Develop a mission statement for the ADRC;
- Determine the appropriate structure, policies, and procedures;
- Oversee the on-going operations of the ADRC including annual review of interagency agreements;
- Assure input from consumers, service providers, Managed Care Organizations (MCOs) and local constituents in the policies, procedures and goals of the resource center;
- Identify potential new sources of community resources and funding to serve the target populations;
- Provide financial oversight including development of a budget and monitoring of expenditures;
- Ensure the terms of the contract are fulfilled;
- Provide recommendations on selecting the director;
- Recommend strategies for building local capacity to serve the target populations to local elected official, the regional advisory committee and the Department of Health and Family Services as appropriate.

### Oversight Duties

- Review the number and type of grievances and appeals concerning the long term care system in their service area and make recommendations for improvements as appropriate;
- Identify the unmet needs of the target populations;
- Provide well advertised opportunities for persons to participate in the board's informational gathering activities;
- Report findings to the regional advisory committee;
- Appoint members to the regional advisory committee.

Our Board meets in the Health & Human Services Building at 9:30 a.m. on the first Thursday of every month. If you are interested in serving on the ADRC Advisory Board, please contact ADRC Manager Luann Page at 262-548-7848.



# Play Ball!

## Origins of Baseball: A Brief History

Versions of baseball have been played and recorded all over the world from different times throughout history. In the late 1700's and the early 1800's many different "stick and ball" games were being played in America. Immigrants to the country were bringing variations of the games they played in their home countries. Baseball is widely agreed to have roots in the English games of Rounders and Cricket. One early American version of Rounders called Town Ball was played in fields. Similar stick and ball games that were being played included a Dutch game called Stool Ball, originally played by milkmaids who used milking stools as a wicket- a type of goal for the ball. Another English game called Old Cat involved a batter, pitcher and two bases, and an American form of Rounders called Goal Ball involved a runner touching a series of bases.

One of the earliest references to the term "baseball" was found in old records from a town called Pittsfield, Massachusetts. The record was of a 1791 statute prohibiting "baseball" to be played within 80 yards of the new town meeting house as a means of protecting the windows from being broken.

In 1839 Alexander Cartwright, a book seller from New York, founded The Knickerbockers—the first official baseball team. He authored the written rules of the game in 1845. The game quickly became the first professional sport. The National Association of Baseball Players was formed in 1850 and the National League formed in 1871. By 1903, professional baseball in America divided into two leagues - the National League and the American League. The winning team from each league then squared off in the World Series and became the champion team by winning at least four of seven games. As the sport continued to grow, the championships were altered to the present day arrangement in which the leagues are subdivided. The winning teams are decided from the playoff series and compete in the World Series.

Early on, baseball was developed as a sport and players were owned by the teams. The game gained popularity when early gamblers found ways to use the sport to their advantage. Players were easily influenced by the promise of a percentage of the coffers. This was known as "game-fixing" and was highly publicized in 1865 when three players were banned, then again in the Black Sox Scandal of 1919. Today baseball thrives as a favorite American pastime. Cities in nearly every state of the nation have a team. The sport is run as a business franchise. Players are free to sell their services to teams through bidding wars. The sport that started out in variations of stick and ball games played in open fields has graduated to stadiums with millions of spectators.



Information obtained from:

International Baseball Federation:

<http://www.ibaf.org/en/page/the-origins-of-baseball/1d4801fb-6d5e-42c9-9ca6-37e5b85396b8>

The Baseball Almanac: <http://www.baseball-almanac.com/treasure/autont2004b.shtml>

The U.S Department of State: <http://www.factmonster.com/ipka/A0875086.html>

National Public Radio: <http://www.npr.org/2011/03/16/134570236/the-secret-history-of-baseballs-earliest-days>

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## **National Public Health Week**

National Public Health Week is April 6-15.

The public health system keeps our communities healthy and safe; working with the public's beliefs for improving personal and environmental health to provide greater health and safety options. Public health professionals are the guides to this system, helping our communities navigate the many choices along the way to achieving and maintaining health.





## Caregiver Stress

If you help a loved one with chores such as cleaning, cooking, grocery shopping, setting up medications, going to doctor appointments or even calling just to make sure someone is “ok”, you may be a family caregiver. Family caregivers provide care to a spouse, a neighbor or friend. Some are caring for an adult child or a parent with a disability or illness. You do not need to live with someone to be considered a caregiver. According to the National Alliance for Caregiving, 65.7 million Americans served as caregivers for an ill or disabled relative in the past year.

Caregiving can be a very rewarding experience, but it can also be challenging. Caregivers often feel overwhelmed with the responsibilities of caregiving. Feelings of loneliness, isolation, exhaustion, anger and even depression are common. Caregivers are more likely than the general population to have a chronic illness due to conditions of high stress. (82% vs 61% per the American Psychological Association) Some signs of caregiver stress are:

- Inability to concentrate
- Feeling irritable
- Frequent crying
- Difficulty sleeping
- Lack of interest in activities
- Withdrawal from family and friends
- Increased physical illness

If you are a caregiver, it is important to recognize the warning signs of stress and GET HELP. Getting support can make a substantial difference and make caregiving a matter of “thriving” and not just “surviving.”

Here are some simple things that you can do as a caregiver to take care of yourself:

- Reach out to family and friends for support and accept help when it is offered.
- Maintain your hobbies and your friendships.
- Give yourself a treat at least once per week –no matter how small, as long as it is something that makes you feel special.
- Make a call today to get help. Take advantage of support that is available for caregivers.

There is more support available for caregivers as well.

**Support groups:** Support groups provide an opportunity to share strategies and coping skills to deal with caregiving challenges. They also provide a chance to build new friendship connections.

**Workshops:** Powerful Tools for Caregivers is one of several workshops designed to teach self-care and increase caregiving skills.

**Respite Grants:** The National Family Caregivers Support Program and the Alzheimer’s Family Caregiver Support Program offer financial assistance for respite and other supplemental services to eligible caregivers.

**Veteran Programs:** Respite and other supplemental services may be available for those who are caring for a veteran who is eligible for those programs.

**Long Term Care Programs:** Options counseling and possible funds for services that help caregivers to keep eligible individuals in their homes in the community.

Call the ADRC of Waukesha County at 262-548-7848 for more information about these available services.

Make sure that you are a caregiver who “thrives” and not just “survives!”

Kathleen Manny

Healthy Sheboygan County 2020 Mental Health Committee/Community Services Specialist

Aging & Disability Resource Center of Sheboygan County

# Evidence Based Health Promotion Program

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

All workshops meet weekly over a period of 6–7 weeks. To ensure workshops meet the highest level standards, workshop is led by trained leaders.

**Stepping ON** - This 7 week program is perfect for 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.

## Next Class:

### Wednesdays, April 8th-May 20th (7 weeks)

1:00 pm—3:00 pm (snack included)

Location: **Elmbrook Medical Center-Auditorium**

19333 W North Ave

Brookfield, WI 53045

(414) 447-3850

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

Class size limit: 18 participants

Cost: \$20 fee requested

### Thursdays, April 9th- May 20th (7 weeks) *plus* a 3 month class reunion

1:30 – 3:30 pm (snack included)

Location: **St. William Catholic Church**

440 N Moreland Blvd

Waukesha, WI 53188

(262) 547-2763

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

Class size limit: 15 participants (only 3 spots open)

Cost: Donation accepted + \$15 ankle weight deposit requested



**Healthy Living with Diabetes** – This 6 week workshop is 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 will learn how to control their diabetes with monitoring, nutrition, exercise, and symptom management as well as how to talk with care providers to improve your health. This workshop does not replace your existing treatment... rather it complements it.

**Next class:** Stay Tuned

**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.

## Next class:

### Monday, April 13th-May 18th (6 weeks)

9:30 – 11:25 pm (refreshment included)

Location: **Stoney Creek Adult Living Community**

569 W14142 Tess Corners Drive

Muskego, WI 53150

Registration Contact: Charleen S.: (414) 422-4686

Cost: confirm upon registration / \$25 workbook deposit

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

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

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

W180N8085 Town Hall Rd

Menomonee Falls, WI 53051

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

Cost: confirm upon registration



Wellness Put to Work

**Eat Better Move More**— (Presented in collaboration with Mount Mary University Dietetics Department students.) Eat Better Move More meets for 1 3/4 hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. Part 1 follows MyPlate guidelines and Part 2 follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+.

**Next Class:** Stay Tuned

**Healthy Eating for Successful Living**—Healthy Eating for Successful Living in Older Adults is program for diverse community-living adults age 60 and older. The overall goal of Healthy Eating is to increase self-efficacy and general well being by improving participants' knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. This program uses the MyPlate method of nutritional guidelines and safe exercises to promote balance, strength, flexibility and endurance. These 2 ½ hour weekly lessons include goal setting, problem solving and self-monitoring to optimize individual behavior change.

**Next Class:** Stay Tuned

**Powerful Tools for Caregivers** – Caregivers learn to how to care for themselves in this 6 week focused workshop. Physical, emotional and financial needs frequently occur during the caregiving period. This program helps caregivers learn to reduce stress, improve communication (both with the care receiver and others), set action plans and solve problems, as well as master caregiving transitions including making tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

**Next Class:**

**Mondays, April 13 - May 18th** (6 weeks)

3:00 – 5:00 pm light snack offered

Location: **Kirkland Crossings**

700 Quinlan Drive.

Pewaukee, WI 53072

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

Cost: \$30 workbook deposit requested

**Wednesdays, April 22nd - May 27th** (6 weeks)

1:00 – 3:30 pm light snack offered

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

S14 W28167 National Ave.

New Berlin, WI 53151

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

Cost: \$3 park fee; \$30 workbook deposit requested

**Mondays, May 4th - June 15th** (6 weeks)

9:30 am – 12 noon light snack offered

Location: **Waukesha Memorial Hospital**

American Drive

Waukesha, WI 53188

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

Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Cost: \$30 workbook deposit requested

**Wednesdays, May 6th - June 10th** (6 weeks)

1:30 – 4 pm light snack offered

Location: **Retzer Nature Center**

S14 W28167 Madison Street

Waukesha, WI 53188

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

Cost: \$3 park fee; \$30 workbook deposit requested



## Mark Your Calendar!

On Wednesday May 20th, the ARDC of Waukesha County will be holding an open house to help celebrate the 50th birthday of the Older Americans Act (OAA) program. Come join us for a fun and informative day. Stay tuned next month for more details.



# With Your Waukesha County Library Card

With your Waukesha County library card, you are part of the Waukesha County Federated Library System (WCFLS). Founded in 1981, WCFLS provides services to 16 member libraries. Their mission: *Improving member libraries through leadership, collaboration, and support.*

They provide a variety of services to our libraries; continuously seeking opportunities to maximize resources, leverage our buying power, and share costs. The following is a sample of what is available in Waukesha County.

**Lake Country Memory Project:** In partnership with the ADRC of Waukesha County and the Alzheimer's Association, the Lake County Libraries Memory Project was established. Delafield, Pewaukee, Hartland and Town Hall/Merton will be working together to offer Memory Cafés for those with memory loss and their care partners. Visit [www.librarymemoryproject.org](http://www.librarymemoryproject.org) for more information.



**Gale Courses:** Your library card also provides you access to over 300 FREE instructor-led online courses. Classes run for six weeks and new classes begin every month. Many types of classes are available including: accounting, computer applications, legal and personal development. Sign up now! It's free, fun and convenient! Take classes to improve your job skills or learn something new... there is a class for everyone! Start by browsing the course catalog at <http://www.wcfls.org/classes>



**Wisconsin's Digital Library** (powered by OverDrive) is your connection to free library e-books, e-audiobooks and e-videos. All you need is a valid library card and PIN number to get started. Read/listen via your computer or download material to a mobile device.



Easy to follow guides for downloading e-Books and e-audiobooks to Kindles, Nooks, mobile tablets and more! Visit [www.dbooks.wplc.info](http://www.dbooks.wplc.info) for more information.

**Flipster-eMagazines:** Access 50 popular magazines by logging in with your library card.



Magazines include Consumer Reports, People, TIME and Newsweek

Visit [www.wcfls.org/magazines](http://www.wcfls.org/magazines) for more information.

**Café Libraries Online:** Provides access to resources across all 16 member libraries. CaféPlus queries multiple databases and displays results within the Café catalog. Use the "Community" tab to search for upcoming programs at the library. Visit [www.cafelibraries.org](http://www.cafelibraries.org) for more information.



**Additional Electronic Resources:** Many additional resource databases are available, including Genealogy, Health & Wellness, Investment, Consumer & U.S. Company Info and Language Learning.

**Homebound Delivery Service:** This program provides free delivery and pick-up of library materials. Contact your local library for specific program details.

## Member Libraries

<a href="#">Big Bend Village Library</a>	<a href="#">Brookfield Public Library</a>	<a href="#">Butler Public Library</a>	<a href="#">Delafield Public Library</a>
<a href="#">Eagle (Alice Baker Memorial Library)</a>	<a href="#">Elm Grove Public Library</a>	<a href="#">Hartland Public Library</a>	<a href="#">Menomonee Falls Public Library</a>
<a href="#">Mukwonago Community Library</a>	<a href="#">Muskego Public Library</a>	<a href="#">New Berlin Public Library</a>	<a href="#">North Lake's Town Hall Library</a>
<a href="#">Oconomowoc Public Library</a>	<a href="#">Pewaukee Public Library</a>	<a href="#">Sussex's Pauline Haass Public Library</a>	<a href="#">Waukesha Public Library</a>

Download a [member library directory](#) (.pdf) with locations, hours and phone numbers or visit the member library web sites above. Visit [www.wcfls.org](http://www.wcfls.org) to learn more about the Waukesha County Federated Library System

## Did you know...

# the ADRC has a Resource Library!

For any and all who are interested, our lending library has over 1,700 items that are available for checkout. Many new Dementia-related books and resources will become available in 2015, so stop in and peruse the shelves. If you find something of interest (which we are confident you will!), spend some time reading in the library or stop at the ADRC reception window to check out material to take home.



New arrivals include:

It's All in Your Approach (DVD) - a training program for caregivers. Teepa Snow, an internationally acclaimed Alzheimer's and Dementia Care Specialist, teaches her students how to properly adapt one's own behavior to increase communication and the patient's quality of life. Learn techniques to improve communication, mutual understanding, how to better manage distress and much more.

You Only Die Once: Preparing for the End of Life With Grace and Gusto, Margie Jenkins. *You Only Die Once* is a warm-hearted, easy to read book that demystifies end-of-life planning. Ideas for this usually intimidating challenge are illustrated by poignant personal stories. These anecdotes open the heart and mind to go down planning paths that we often avoid...until it's too late. Plans like: Where you want your cherished possessions to go; your vital papers; preparing your will; and even planning your own funeral or memorial service. It also gives very helpful insights on how to live boldly before you die; hope for survivors; what to do first after a death or a medical crisis; advance directives; and spirituality when it really counts.

Another exciting addition coming in 2015 will be a display case with an extensive selection of demonstration adaptable items to "try before you buy". Many items are available to aid you in all activities of daily living including pill reminders and talking prescriptions, tableware and kitchen help items, Easi-Grip scissors, motion alarms, bath handles and safety aids for the bathroom.

Some items to enhance socialization include:

Pocket Talker (pictured left) is used to amplify your voice when visiting with a person with hearing loss.

XL playing card (pictured below) and card holders for those with low vision or dexterity impairment.

Making Memories Together - Making Memories Together® is an award winning noncompetitive board game designed for persons with major memory disorders, such as Alzheimer's disease. Families are instructed on how to create individualized Memory Cards that help tap into pockets of preserved memories for the memory impaired individual, thereby improving the quality of visits. The game cannot reverse the progression

of Alzheimer's disease, but it does enhance the quality of life for the affected individual by making visits by family and friends more comfortable and enjoyable. Families enjoy involving members of all age groups in the fun and creative intergenerational process of making the Memory Cards. Materials for creating the Memory Cards are included with the game, along with extensive tips and techniques for making the game engaging for all involved. The Memory Cards, with their personal pictures and stories about the person with memory problems, attract volunteers and enable staff to know the patient as a person. In the end, families find they have created a rich biography of their loved one in the form of a game—a highly valued treasure they will always have.





# ASK INA



Dear INA,

My health has been declining and I want to be able to relieve my loved ones the burden of paying for my funeral costs by planning for my own funeral and burial expenses. I'm worried that my money won't be used for what I intend. I'm wondering if setting aside money for my funeral will it effect my being eligible for Medicaid. What information can you give me so that I can make the best decision?

Sincerely, Planning for the Future

Dear Planning,

It has been said that there are only two things certain about life: death and taxes. According to the NAFD, or National Association of Funeral Directors, in 2012 the average cost of a funeral in the U.S. was around \$7,000, not even taking cemetery fees into account. Basic funeral director's services for a traditional burial can be around \$4,500 in Wisconsin but funeral prices vary significantly depending on casket, plot, and grave marker choices. As costs of burial go up more people are opting for cremation, but this can still be costly. If you would like to be cremated, you can expect them to pay approximately \$3,200 along with service costs.



Many people choose the option of preplanning their funeral to help their loved ones offset the high costs as well as outline their own preferences for their funeral. When looking into prepaying funeral costs, there are a couple different options to keep in mind. You can find general information about those options below. If you want to consult an experienced Medicaid Planning attorney before making funeral arrangements, call the Lawyer Information and Referral Service at (800) 362-9082 or visit the National Academy of Elder Law Attorneys website at [www.naela.org](http://www.naela.org).

If you decide to prepay your funeral or burial prearrangements at a funeral home, there are generally two methods to assure the funeral home and/or cemetery's performance. One option is that your money can go towards a premium to purchase life insurance whereby the policy proceeds will pay for your arrangements. The other way can be that your funds -- either the entire amount or a portion of them -- will be deposited into a trust fund account to defray the provider's costs. In both methods the contract should state whether or not the purchase price is guaranteed, and it should be disclosed to you. That is, the contract should state whether there could be additional amounts owed on the items you have selected. A 'guaranteed price' contract means that no further payment will ever be required beyond the price stated in the contract for the items you are purchasing.



To preserve Medicaid eligibility, you must set up an **irrevocable** policy or burial trust with the Medicaid Planning Advisor at the funeral home of your choice. You may also be able to purchase a burial space which will not affect your Medicaid eligibility. Some cemeteries also allow prepayment of their fees.

Another option is the ability to set up to \$1,500 in a burial fund by visiting the financial institution of your choice. You can open a new account and request that it be designated and labeled for burial expenses. Remember; these trusts can earn interest which could effect asset eligibility for Medicaid.

Finally, you can purchase life insurance which pays out proceeds upon the death of the insured. If whole life insurance policies have a face value of \$1,500 or more, then their entire cash surrender value is counted as an asset. Term life insurance policies are not counted because they have no cash surrender value, but they are subject to Estate Recovery.

For more information about Medicaid eligibility requirements, contact the ADRC at (262) 548-7848.

# *From the Desk of Your Benefit Specialist*

## **Prevent Identity Theft**

*The Wisconsin Office of Privacy Protection (OPP) provides information to consumers about preventing identity theft. They can also assist people who are victims of identity theft. A variety of information related to that topic is available at the website of the Wisconsin Department of Agriculture, Trade, and Consumer Protection [www.privacy.wi.gov](http://www.privacy.wi.gov).*

### **Some of those tips are summarized here:**

Guard all identifying information carefully. This includes your name, date of birth, Social Security number, Medicare number, email addresses, financial account numbers and any PINs or passwords. OPP recommends that people limit the kinds of documents that they carry with them. Do not put your birth certificate, passport, or Social Security card in your purse or wallet unless you have a specific need for them.

Buy a shredder and shred all documents that contain important information when you no longer need them. This includes bank and doctor's statements, Medicare notices, and credit card offers. Credit card offers and even inserts from magazines and catalogs you receive may contain enough identifying information to pose a risk of identity theft. Shred these instead of putting them in the garbage.

NEVER give out identifying information over the phone. Your credit card company already knows your account number; they will not call and ask for that information. The same is true for Social Security and Medicare; they will not call and ask you for your Social Security number. If someone phones you claiming to be your credit card company, ask for their name and then call the number on your credit card and find out whether someone from there has tried to contact you.

Keep a list of your credit cards and bank account numbers, as well as phone numbers to reach these companies. But remember to keep this information in a safe place.

Finally, OPP recommends that you frequently check your bank and credit card statements for unauthorized withdrawals or charges. Contact the bank or credit card company immediately if you discover fraudulent items. Also be sure to check your credit report annually. You can receive a credit report free once per year. The three main credit reporting agencies are Equifax, Experian, and TransUnion. You can call for your free credit report at 1-877-322-8228.

Contact OPP at 1-800-422-7128. They can assist you if you experience identity theft. They will give you more advice about what to do if your identity has been compromised. For example, they will tell you to call the police and report the theft to the credit reporting agencies, to your bank and to your credit card companies. You can request that a fraud alert or security freeze be placed on your credit report account. Please contact OPP if you discover identity theft; they can help you through this difficult process.



**Tax Day is Wednesday April 15th**  
**Make sure to file by Midnight**

# The RideLine Program

## Wheelchair Accessible Transportation in Waukesha County!

If you or someone you know are in need of wheelchair accessible or specialized transportation within Waukesha County, the RideLine Program is for you! The RideLine Program is available to Waukesha County residents who are non-drivers age 65 or older and are unable to enter or exit an automobile with ease. It is also available for transportation needs that cannot be met by the shared-fare taxi program.

The RideLine Program utilizes Meda-Care Vans of Waukesha to help seniors and adults with disabilities with their transportation needs. RideLine helps people get to and from medical appointments, nutrition services, education, training or employment needs, personal business, respite, and social or recreational activities. Meda-Care Vans of Waukesha, Inc. has been proudly serving Waukesha County since 1994.

The lift-equipped van service has drivers who provide door-to-door service. This service is available Monday through Friday from 6am to 6pm. Reservations are required at least 24 hours in advance. The RideLine Program has limited ability to travel into Milwaukee County and can do so with prior approval for a one-time second medical opinion or for a medical procedure not available in Waukesha County. For those residents permanently or temporarily residing in a nursing home or rehab center, an attendant will be required for transportation services and is the responsibility of the passenger. RideLine does not have the ability to offer attendants for any need or trip purpose.

The RideLine Program is available to Waukesha County residents under age 65 who do not drive, need assistance with entering and exiting a vehicle, and use a mobility aid or are blind. For more information and to complete an application, contact the Aging and Disability Resource Center of Waukesha County at 262-548-7928 or go to [www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc) for an application.

### Take a Ride to Senior Dining !!!

Are you a Senior who is no longer driving **OR** is a limited driver, **AND** still able to enter and exit a vehicle? If so, the ADRC and Senior Dining program can help you attend a Senior Dining site for only \$1 each way!

If you do not have a yellow taxi card, call the ADRC at (262) 548-7848 to request an application for transportation. Tell us that you are interested in using the taxi or RideLine program to attend a Senior Dining site and we will certify you for the \$1 Senior Dining transportation.

Remember to call the Senior Dining site at least 24 hours in advance to reserve your meal. Come join us for a nutritious meal and enjoyable activities today!



## WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield – 782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Mukwonago – 363-4458</b> - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	<b>Oconomowoc – 567-5177</b> – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
<b>Butler – 783-5506</b> – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Muskego – 679-3650</b> –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	<b>Sussex – 246-6747</b> –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
<b>Hartland – 367-5689</b> –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	<b>New Berlin – 784-7877</b> – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Waukesha – 547-8282</b> – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
<b>Menomonee Falls – 251-3406</b> Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or RideLine for \$1.00 each way.	

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY  
SENIOR DINING AND HOME DELIVERED MENU April 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p>		BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes Winter Blend Vegetable Fresh Orange	Salisbury Steak Mashed Sweet Potatoes Brussels Sprouts 7-grain bread w/butter Choc Chip Cookie Alt: Banana	Baked Fish / tartar sc Baby Reds w/ butter Crinkle Cut Carrots Dinner Roll w/ butter Lemon Sunshine Cake Alt: Plain Angel Food Cake
6	7	8	9	10
<p><b>OPENING DAY</b></p> Brat on a Bun Ketchup & mustard American Potato Salad Marinated Veg Salad Grapes Ice Cream Cup Alt: Lorna Doone	Glazed Ham Hot German Potato Salad Peas and Carrots Whole Wheat Roll w/ butter Frosted Spice Cake Alt: Fresh Fruit	Stuffed Green Pepper Casserole Whole Baby Carrots Garlic Bread Stick w/ butter Pears Lemon Pudding Alt: Diet Pudding	Chicken Stroganoff Buttered Noodles California Vegetable Blend Whole Wheat Bread Mandarin Oranges	Herbed Pork Loin Baked Sweet Potato w/ butter Romaine Salad ranch Dinner roll w/ butter Mandarin Oranges
13	14	15	16	17
Meatloaf w/Onion Gravy Scalloped Potatoes Stewed Tomatoes Sourdough Bread w/ butter Oatmeal Cookie Alt: Diet Cookie	Smothered Chicken Mashed Sweet Potato Bean Medley (Green & Wax) Corn Bread Muffin w/ butter Chocolate Iced Brownie Alt: Fresh Fruit	Old Fashioned Beef Stew Baby Red Potatoes Spinach Salad w/ French Dressing Marble Rye Bread butter Apple Crisp Alt: Apple Slices	Roast Turkey w/ Gravy Stuffing Vegetable Blend Pineapple Juice Whole Grain Roll butter Pumpkin Pudding Alt: Lo-Cal Pudding	Pork Chop Suey with Vegetables Rice Baby Peas Seven Grain Bread w/ butter Fresh Fruit Compote Fortune Cookie
20	21	22	23	24
Roasted Chicken Garlic Mashed Potatoes Dilled Carrots Sourdough Bread w/ butter Frosted Brownie Alt: Fresh Fruit	Cheeseburger Whole Wheat Bun Ketchup & Mustard Baked Beans Wisconsin Veg Blend Baker's Choice Cookie Alt: Sliced Peaches	<p><b>EARTH DAY</b></p> 3-Bean Vegetarian Vegetable Chili w/ saltine crackers Mixed Green Salad w/ dressing Cornbread w/ butter Fresh Banana	Beef Enchilada Casserole Lettuce & Tomatoes Cheese & Sour Cream Southwest Style Corn Chocolate Cream Pie	Unbreaded Baked Fish In lemon butter sauce Tartar Sauce Macaroni & Cheese Crinkle-Cut Carrots Rye Bread w/ butter Pineapple Tidbits
27	28	29	30	
Cranberry Meatballs Roasted Red Potatoes Oriental Vegetable Blend Vienna Dinner Roll w/ butter Snickerdoodle Cookie Alt: Fruit Cocktail	Sweet & Sour Pork Brown Rice Maui Vegetable Blend Whole Grain Bread w/ butter Mandarin Oranges	Chicken Marsala Whole Grain Pasta w/Garlic Pesto Sauce Broccoli & Cauliflower Italian Bread w/ butter Pineapple Juice Pistachio Pudding Alt: Fresh Grapes	Pub Burger w/ Cheese & Sautéed Onions Onion Burger Bun Double Baked Potato Casserole Green Beans Ketchup & Mustard Peaches	

# Herbs and Spices *Quick Tips*

## How can herbs and spices help limit salt in food?

Herbs and spices can make food taste saltier. According to the American Spice Trade Association, flavors with “bite” are best for replacing the taste of salt, such as...

Black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, onion

**Reminder:** Use garlic or onion **powder** instead of garlic or onion **salt**.



## How much of an herb or spice should I add?

The amount to add depends on the type of spice or herb, recipe, and personal taste. Try to start with a tested recipe from a reliable source. As a general rule:

Start with 1/4 teaspoon of **most** ground spices or ground herbs for the following amounts and adjust as needed:

- 4 servings; or
- 1 pound of meat; or
- 1 pint (2 cups of soup or sauce)

Exception: Start with 1/8 teaspoon for cayenne pepper or crushed red pepper; adjust as needed. Red pepper has a strong flavor that gets even stronger during cooking.

## When should I add herbs and spices during cooking?

Timing depends on the type of spice or herb and the type of food for which it is used. As a general rule:

Add fresh herbs near the end of the cooking time. Too much heat can cause flavor and aroma losses.

Add dried herbs and spices during cooking to allow flavors to mix with the food.

**Reminder:** Remove whole spices such as cinnamon sticks or bay leaves at the end of cooking.

**UW  
Extension**

Waukesha County

Nutrition  
Education  
Program

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

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

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

## Get to Know Your Spice Cabinet

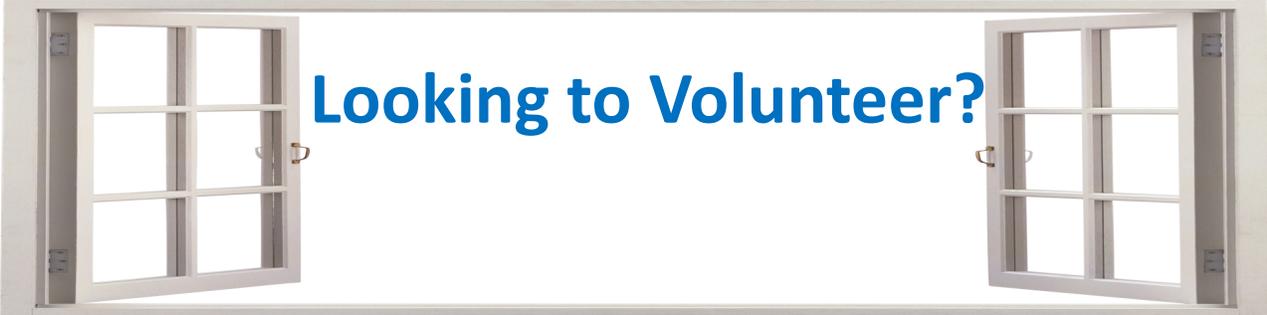
A pinch or a dash of an herb or spice can add new and exciting flavors to an old favorite. Try these spice and food combinations to make foods tasty without adding salt.

### For meat, poultry and fish, try...

- **Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, or thyme
- **Lamb:** Curry powder, garlic, rosemary, or mint
- **Pork:** Garlic, onion, sage, pepper, or oregano
- **Veal:** Bay leaf, curry powder, ginger, marjoram, or oregano
- **Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, or thyme
- **Fish:** Curry powder, dill, dry mustard, marjoram, paprika, or pepper

### For vegetables, try...

- **Carrots:** Cinnamon, cloves, dill, ginger, nutmeg, or rosemary
- **Corn:** Cumin, curry powder, onion, paprika, or parsley
- **Green Beans:** Dill, marjoram, garlic, oregano, tarragon, or thyme
- **Potatoes:** Dill, garlic, onion, paprika, parsley, or sage
- **Summer Squash:** Basil, curry powder, marjoram, rosemary, or sage
- **Winter Squash:** Cinnamon, ginger, nutmeg, sage, or onion
- **Tomatoes:** Basil, bay leaf, dill, marjoram, onion, oregano, or parsley



## Looking to Volunteer?

### **Volunteer Guardians Serve a Very Important Role**

The Aging and Disability Resource Center has a unique volunteer opportunity for caring and compassionate people. Volunteer guardians are needed to help make essential decisions for adults with disabilities who cannot make informed decisions on their own due to their disability. These disabilities can include dementia, developmental disability, traumatic brain injury, or mental illness. The volunteer guardian is the person who helps make decisions in the best interest of these vulnerable adults to ensure their safety and well-being. The volunteer guardian will not be responsible for managing the ward's finances.

If you have the time and desire to help advocate for these vulnerable adults please consider becoming a volunteer guardian. Volunteers must be 25 years or older, pass a criminal background check, have a valid current driver's license and proof of insurance. Support and training will be provided. If interested in this opportunity or if you would like more information please call the ADRC at 262-548-7829 or e-mail the volunteer program specialist: [kstraw@waukeshacounty.gov](mailto:kstraw@waukeshacounty.gov)

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### **Compassionate and Caring Volunteers Needed**

If you are a caring and compassionate individual looking to make a difference in the life of a senior, consider becoming a friendly visitor. Friendly visitors spend at least one hour a week visiting with a senior in need of a friend. Volunteers must be 18 years or older and hold a current valid driver's license. Training and mileage reimbursement provided. For more details call the ADRC at 262-548-7829.

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### **Seasonal Help Needed**

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



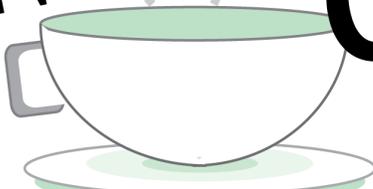
Interfaith Senior Programs, Inc. is in need of energetic volunteers to help seniors and adults with disabilities stay safe in their homes. You can help during a one-day Spring Yard Clean Up event or with on-going lawn mowing. You will be matched with a senior or an adult with a disability. You will help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

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

For more information on how to volunteer as an individual or a group, contact Heather by phone at or email [HeatherS@interfaithwaukesha.org](mailto:HeatherS@interfaithwaukesha.org).



# CONVERSATION Café



Join us for conversations regarding topics related to being a caregiver for an aging loved one.

**Cost: \$10 per session**  
Beverages and light appetizers will be served.

Register today at [InterfaithWaukesha.org](http://InterfaithWaukesha.org)  
or call **262-549-3348**.

## Where Do I Even Start?

Not sure how to introduce the subject with your aging parent / family member or if you should be concerned? You're not alone. Find ways to start the conversation and what's normal and what's not pertaining to aging, Alzheimer's and other forms of dementia.

**Date: Tuesday, March 24, 2015**  
**Time: 4:00 pm to 5:30 pm**

Hosted at

**Summit Woods Senior Living Community**  
2501 Summit Avenue, Waukesha

## When to have the Conversation - Family Dynamics

Experienced senior living consultants, social workers and home health care directors will provide information and answer questions on options for families and loved ones.

**Date: Tuesday, April 21, 2015**  
**Time: 4:00 pm to 5:30 pm**

Hosted at

**Three Pillars Senior Living Communities**  
375 State Road 67, Dousman

## Tools to Have on the Journey

Learn about the financial implications such as what assets are available, how the assets can be used, tax consequences, and steps for preparing now for these transitions.

**Date: Thursday, May 28, 2015**  
**Time: 4:00 pm to 5:30 pm**

Hosted at

**Janssen + Company**  
W239 N3490 Pewaukee Road, Pewaukee

## Been There, Done That

Gather the information and advice needed to assist you on your caregiver journey from a panel of Caregivers, who will share their personal experiences.

**Date: Tuesday, June 30, 2015**  
**Time: 5:00 pm to 7:00 pm**

Hosted at

**Silverado Memory Care**  
1105 Davidson Road, Brookfield

Brought to you by . . .



JANNSSEN + COMPANY



Seats are limited. Register online at [InterfaithWaukesha.org](http://InterfaithWaukesha.org) or call **262-549-3348**.  
Interfaith Senior Programs 210 NW Barstow St. Suite 101, Waukesha, WI 53188

# April Cryptogram

**Directions:**

The puzzle below is called a Cryptogram. At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.

The letter 'E' has already been solved as an example. Sometimes it's easier to solve the shorter words first!

HINT: What mythical animal will visit the children this April?



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				24										17											

            E          E                         E       

1    25   24      24    6    23    1    24    20      18   10   22   22   11      19   23

2   17    8   19   22   7      1   17      1   17   9   22

            E          E                                   E                         E  

9   25   24   20   24      12   19   12      25   24      25   19   12   24

            E          E                       ?

1   25   24      24    7    7    23

## MANDARIN ORANGE CAKE



Preheat oven to 350°

1 Box Butter Recipe Yellow Cake Mix

½ C. Oil

4 Eggs

1- 11 oz. Can Mandarin Oranges – do not drain

In a large bowl, combine cake mix, oil, eggs and oranges with juice. Beat 3-4 minutes with electric mixer. Make sure oranges are well blended.

Pour into well-greased 9 x 11 pan. Bake 20-25 minutes in 350° oven. Cool

Icing

1-20 oz. Can Crushed Pineapple – do not drain

1-3.5 oz. Box Instant Vanilla or French Vanilla Pudding

1-9 oz. Container of Frozen Whipped Topping, thawed

In a large bowl, combine pineapple with juice and dry pudding – mix well with wooden spoon.

Add thawed whipped topping and blend with spoon.

Spread over cooled cake. Refrigerate.

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

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electronically, please call the  
ADRC at (262) 548-7848