

## 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)

## Inside this Issue:

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- Absentee Voting
- Caregiver Connection
- Dental Health
- Girl Scout's Anniversary



MARCH 2016

## THE ADRC CONNECTION

## Developmental Disabilities Awareness Month

In 1987, President Ronald Reagan proclaimed March “Developmental Disabilities Awareness Month.” The deinstitutionalization movement of the seventies and early eighties laid the foundation for significant social change. The Presidential Proclamation called upon Americans to provide the “encouragement and opportunities” necessary for people with developmental disabilities to reach their potential.

As those citizens began living within the general community in larger numbers, programs to provide career planning, job coaching and supported employment began to emerge. The idea that individuals with developmental disabilities could become productive members of the workforce was new to many people, and preconceptions had to be overcome. Advocates recognized a moral imperative to engage individuals with developmental – and other – disabilities. With passage of the Americans with Disabilities Act in 1990, workplace discrimination against people with disabilities became enforceable.



The expectations of young people with developmental disabilities and their parents began to shift. Productive, self-directed lives within the community increasingly became an obtainable goal. At the same time, improvements in healthcare made it possible for people with developmental disabilities to live longer. The national conversation began to address the full spectrum of services needed for people with disabilities to live secure, fulfilling lives. Passage of the Individuals with Disabilities Education Act (IDEA) in 2004 further cemented the resolve of self-advocates and their supporters. IDEA opened a world of possibilities through early intervention, special education, and services to transition those in high school to adulthood.

The world has changed in many important ways since the establishment of Developmental Disabilities Awareness Month. However, much remains to challenge us. In the coming years, we’ll need to engage in the fight for more advances for people with disabilities.

People with developmental disabilities age 17 ½ years and older or their families can contact the ADRC for resources and assistance in finding programs to maintain or improve their independence. For some, ADRC Specialists may be able to provide options counseling to plan for the future. Others may qualify for long term assistance programs such as Family Care, Partnership, and IRIS. Call Monday through Friday from 8:00 am to 4:30 pm at 548-7848 and ask to speak with an ADRC Specialist.

Adapted from an article published by the Special Needs Alliance, written by Robert B. Fleming, Certified Elder Law Attorney



## Area High Schools Students Lend A Helping Hand



If you read the article on the front page you will know that March is Developmental Disability Awareness Month. The article talks about the passage of IDEA (Individuals with Disabilities Education Act). IDEA mandates school districts to provide transition services for students with disabilities in order to improve post-school outcomes. To help meet the requirements for transition, many school districts have developed community-based transition options. We are very fortunate to have partnered with three area high schools to help students age 18-21 acquire independent living skills, social skills, vocational skills and self-advocacy skills through volunteer efforts. The Sussex Senior Dining Center and the Oconomowoc Senior Dining Center offer opportunities to develop and grow these skills. Students from Pewaukee, Oconomowoc and Sussex Hamilton High School are lending a helping hand at the senior dining sites while learning skills for independent living and vocational training.

Oconomowoc transition program teacher Kristin Staus has this to say of the program, *“it has given students unique experiences developing relationships with others, food management operations, and the joy of helping others by volunteering their time. The skills the students have learned are food preparation including sealing food containers, checking health needs to package food correctly, serving people at a table and using polite manners, working hard, staying organized, and the importance of doing tasks correctly, quickly, and on task. The students also really like playing games/dominos with the seniors who come for lunch. We are glad for this experience in our schedule two days per week. There are many opportunities in our community to volunteer time and it makes us all feel good showing others how much we can do and that we can make a difference.”*

And what a difference these high schools are making! We salute the students and teachers of Pewaukee, Oconomowoc and Sussex Hamilton High School transitional programs.



## Don't Get Left Behind!

Remember that on Sunday, March 13th, all clocks are turned forward one hour.  
Time to Spring ahead!



# From the Desk of Your Benefit Specialist



## Free Tax Assistance

### Including Homestead Tax Credit

AARP offers free, individualized tax preparation for low- to moderate-income taxpayers - especially those 60 and older by **appointment only** at the following locations:

(Provided by trained AARP volunteers)

**Brookfield Library**, Tuesdays 9:00am-3:00pm, call 262-782-4140 (when prompted press option #1)

**Menomonee Falls Library**, Fridays 9:30am-3:00pm, call 262-255-8460

**Mukwonago Library**, Mondays 9:00am-1:00pm, call 262-363-6411

**Muskego Library**, Tuesdays 9:00am-1:00pm, call 262-971-2100

**New Berlin Library**, Wednesdays 9:15am-2:00pm, call 262-785-4981

**Oconomowoc Area Senior Center**, Tuesdays 9:00am-3:00pm, call 262-567-3360

**Waukesha Landmark Credit Union**, Tuesdays and Thursdays 9:30am-2:00pm, call 262-796-4500



The **Volunteer Income Tax Assistance (VITA)** program offers free, bilingual tax help for low- to moderate-income taxpayers. IRS-certified volunteers provide assistance. Call 262-832-1534 for hours or to schedule an appointment at these locations:

**La Casa de Esperanza, 410 Arcadian Avenue, Waukesha**

**Waukesha County Technical College (WCTC), Pewaukee Campus**

**Oconomowoc Public Library**



### Be sure to bring with you:

- Your photo I.D
- Social Security Card
- Last year's taxes
- All 1099 forms
- W-2 Forms from any employers
- Social Security statement (SSA1099)
- Original rent certificate
- Copy of property tax bill

If you have health insurance on the Marketplace bring along the ACA (Affordable Care Act) 1095A form. The ACA form can be obtained from the Marketplace and shows how much you paid in 2015 and your 2015 tax credit. If you would like direct deposit, bring a check with your account number and routing number. Tax forms can be obtained at the library or your local post office.



**Tax Day is Monday April 18th**  
**Make sure to file by Midnight!**

# ASK INA



Dear Ina,

I'd like to vote in the upcoming elections. However, I read that I need a valid ID. I haven't driven in years and my driver's license expired. Also, I was hoping to vote with an absentee ballot because I don't have transportation available on voting day. What can I do?

Sincerely, Voting Makes a Difference

Dear Voter,



The upcoming 2016 Spring Election and Presidential Preference Vote is on April 5<sup>th</sup> this year. To be eligible to vote in Wisconsin, you must be a U.S. citizen on the day of registration, be at least 18 years of age on or before Election Day, be a resident of Wisconsin, not be a convicted felon with unrestored voting rights, and not have lost the right to vote due to a cognitive disability.

To register as a voter, you will need to complete a [Voter Registration Form](#) and provide the following information: your full legal name, your date of birth, a valid picture ID (such as a driver's license, passport, Tribal ID Card, U.S. Military Photo ID Card, Certificate of Naturalization, or state ID), proof that you live in the district in which you are voting (via driver's license, utility bill, credit card, or any other identification with your current address listed on it), and your phone number.

Most people already have the required ID, but if you don't then you can obtain a Wisconsin Identification Card for free at a Division of Motor Vehicles (DMV) service center at locations around the state. To qualify for this card, you must prove four things: Name and Date of Birth (e.g. a certified Birth Certificate), your Wisconsin Residency (e.g. Utility Bill), Proof of Identity (e.g. Social Security Card), and Proof of Citizenship (e.g. U.S. Birth Certificate).

A valid photo ID must be provided when voting by absentee ballot. You must fill out this [Wisconsin Application for Absentee Ballot](#) prior to Election Day. You may provide a copy of your photo ID. Voters who are indefinitely confined (meaning you have trouble getting to your polling place due to age, illness, infirmity, or disability, or who reside in nursing homes or other residential facilities, may have witnesses verify their identity instead of submitting a copy of their photo ID).

Accommodations are available for voters at polling places. If a voter cannot enter the polling place due to a disability, curbside voting is available. Accessible voting machines will be available in every polling place. Machines will be set up to allow voters who use a wheelchair to reach the controls. They will have an audio ballot-marking option for voters with a visual impairment. If you require help marking the ballot, you may have someone assist you. If you need other accommodation, speak to the chief inspector at your polling place or the municipal clerk.

Visit [myvote.wi.gov](http://myvote.wi.gov) to register as a voter, request an absentee ballot, locate your nearest polling place, check out what's on the ballot for the upcoming Election Day, and even search your voting history. You may also call The Wisconsin Government Accountability Board at 608-266-8005 or call the Toll-Free Voter Help Line at 866-VOTE-WIS (866-868-3947).



**Turning 65?**  
Need Medicare?

## Welcome to Medicare Class

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

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



March is the month for St. Patrick's Day and all things green! Lucky for you, there are many good-for-you green foods out there. Let's take a look!

**UW  
Extension**

Waukesha County

**Nutrition  
Education  
Program**

515 W. Moreland Blvd., Administration Center Rm G22

Waukesha WI 53188

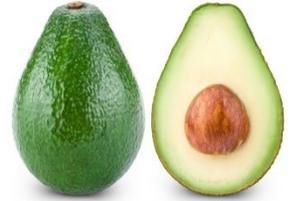
Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7789

<http://waukesha.uwex.edu>

## Avocados

Tasty and loaded with vitamin E, which may help to lower the risk of Alzheimer's disease. Try these cut up on salads and tacos, or in the guacamole recipe below!



## Kiwi

This sweet fruit has nearly 2.5 times the recommended daily value of Vitamin C packed into its small size. Slice it onto your yogurt or eat it by itself!

## Green pepper

High in vitamins C and A, this veggie is tasty cut into salads. Or try them dipped in guacamole (see recipe listed below)!



## Green Tea

Try a cup of green tea to warm you during the winter! Research has shown that green tea may help to lower cholesterol, improve blood flow and reduce the risk for many types of cancer.



## Guacamole

- 1 avocado
- 1 tomato, diced
- 1 garlic clove, minced
- 1 lime (optional)

### Directions:

Cut the avocado in half and scoop into a bowl. Mash avocado with a fork. Stir in tomato, garlic and lime. Serve with tortilla chips, carrots, or green pepper.



Welcome to a new feature of the ADRC Newsletter - The Caregiver Connection. Each month will feature an article written by one of the Caregiver Connection Members. The Caregiver Connection, co-led by the ADRC of Waukesha County and Interfaith Senior Programs, promotes awareness of resources available to help caregivers.

This month we would like to acquaint you with The Caregiver Connection website.

[www.TheCaregiverConnection.org](http://www.TheCaregiverConnection.org)



The Caregiver connection website also has the availability to accept questions by clicking on the **Contact Us** button, located in the upper right corner of the Home page.

**Help is Available** lists resources and supportive services within Waukesha County to assist you and help make your caregiving journey easier to navigate.

**Am I a Caregiver** helps us identify ourselves as caregivers. At first it may not seem as though we are caregivers but the care journey is a long one that intensifies as we move along. Better to know this so that education and resources can be identified before a caregiving crisis arises.

**Events** is a calendar of local events for caregivers. Events can be educational or social activities.

**News and Research** keeps caregivers informed of local news important for caregivers and national news about research.

**Caregivers Giving Back** includes ways to provide support for those who are currently in the role of family caregiver.

**Aimee's Blog** is an ongoing feature from a caregiver who has been involved in many personal caregiving roles throughout her life. Aimee also brings expertise from a 25-year career as a social worker. It is an open forum for other caregivers to share thoughts and ideas.

The Mission Statement of the Waukesha County Caregiver Coalition is to provide information, support, timely access to resources, educational opportunities, and assistance in navigating the system for caregivers in Waukesha County.



The Alzheimer's Association provides education workshops and programs for the general public, family caregivers, individuals with dementia and healthcare professionals. The programs listed on this page are provided at **no cost** to the participants.

## Memory Loss, Dementia, and Alzheimer's disease – The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

### Location:

Pewaukee Public Library,  
210 Main Street,  
Pewaukee, WI

### Date and Time:

Monday, March 7, 2016,  
1:00-3:00 p.m.

### Registration:

Call Deborah Klement at 414.479.8800 or  
800.272.3900 or  
Email: [dklement@alz.org](mailto:dklement@alz.org)

## ***Living with Alzheimer's Disease - Early Stage*** for persons with early-stage Alzheimer's disease and their care partners.

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

### Location:

Aging and Disability Resource Center (ADRC)  
514 Riverview Avenue  
Waukesha, WI 53188

### Date and Time:

Three consecutive Tuesdays  
March 1, 8, & 15, 2016  
4:00 pm - 6:00 pm

### Registration:

Pre-registration is required. Please call  
Jennifer Harders at 414.479.8800 or 800.272.3900  
or email: [jharders@alz.org](mailto:jharders@alz.org)

## **Know the 10 Signs. Early Detection Matters.**

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America.

### Location:

Pauline Haass Public Library  
N64 W23820 Main Street  
Sussex, WI 53089

### Date and Time:

Thursday, March 3, 2016  
1:00 – 2:00 p.m.

### Registration:

Call Deborah Klement at 414.479.8800  
or 800.272.3900 or email [dklement@alz.org](mailto:dklement@alz.org)



# Play It Safe With Eggs this Easter

## What You Need to Know

The most effective way to prevent egg-related illness is by knowing how to buy, store, handle and cook eggs — or foods that contain them — safely. Follow these safe handling tips to help protect yourself and your family.



## Buy Right

Buy eggs only if sold from a refrigerator or refrigerated case. Open the carton and make sure that the eggs are clean and the shells are not cracked. Refrigerate promptly. Store eggs in their original carton and use them within 3 weeks for best quality.

## Cook Thoroughly

Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to 160°F (72°C).

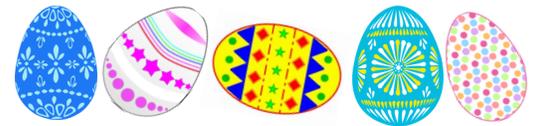
## Serve Safely

Serve cooked eggs and egg-containing foods immediately after cooking. For buffet-style serving, hot egg dishes should be kept hot, and cold egg dishes kept cold. Cooked eggs, including hard-boiled eggs, and egg-containing foods, should not sit out for more than 2 hours. Within 2 hours either reheat or refrigerate.

## Store Properly

Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking. Use frozen eggs within 1 year. Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together and store. Egg whites can also be frozen by themselves. Refrigerate leftover cooked egg dishes and use within 3 to 4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.

For more information on food safety, visit [www.fda.gov/Food/ResourcesForYou/Consumers](http://www.fda.gov/Food/ResourcesForYou/Consumers)



# 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 March 2015

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## 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



## 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 :

**Monday March 29th** from 11:00am-3:00 pm at The Waukesha Public Library, 321 W Wisconsin Ave, Waukesha.

**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

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



## 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

### The Spot on Broadway Café

500 E Broadway Street, Waukesha

Fourth Wednesday of each month, 10:30am-12:00pm

### Four Points Library Memory Project-multiple locations

Fourth Tuesday of each month, 2:00pm-3:30pm

## 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.

**What The Mind Can't Remember,  
The Heart Never Forgets.**

~ The Fresh Quotes ~





# TEST YOUR SOCIAL SECURITY KNOWLEDGE

By Jeff Barta, Social Security District Manager in Waukesha

Knowledge about Social Security empowers you and prepares you for retirement. Remember, the more you know about Social Security, the more control you have over your bright future.

**Q.** What is the average number of years someone has paid into Social Security once they start collecting disability benefits?

- A.** 2                      **B.** 7                      **C.** 13                      **D.** 22

**A.** *Because the Social Security Act sets out a strict definition of disability, our beneficiaries are among the most severely disabled people in the country. We provide modest benefit payments to workers who contributed into the Social Security trust fund before becoming disabled. The average disability beneficiary today paid into the disability trust fund for 22 years before they began receiving Social Security disability benefits.*

**Q.** At what age can I begin receiving Social Security retirement benefits?

- A.** 62                      **B.** 65                      **C.** 67                      **D.** 70

**A.** *The answer to this question is not the same for everyone. Depending on when you were born, your full retirement age will be between 65 and 67. You can draw benefits as early as 62, but you will receive a lesser benefit. For more details and a handy chart, visit [www.socialsecurity.gov/planners/retire/retirechart.html](http://www.socialsecurity.gov/planners/retire/retirechart.html).*

*The best time for you to retire will depend on several factors, including when you were born, how long you contributed to Social Security, and how long you expect to live. The longer you work, and the more money you earn at Social Security-qualifying jobs, the more Social Security retirement benefits you stand to receive. The longer you wait to draw Social Security benefits, the larger your monthly payout will be. Past age 70, there is no longer any advantage to waiting.*

**Q.** How much money can I earn and still receive Social Security disability benefits?

- A.** \$500 per month                      **B.** \$750 per month                      **C.** \$1,090 per month                      **D.** None

**A.** *A worker who is disabled can earn up to \$1,090 per month and still receive benefits. If the worker is blind or has work expenses, this amount is higher. More information about working while disabled is available at [www.socialsecurity.gov/pubs/EN-05-10095.pdf](http://www.socialsecurity.gov/pubs/EN-05-10095.pdf).*

**Q.** Who receives the largest annual share of Social Security benefits?

- A.** Survivors of deceased workers    **B.** Disabled workers and their families    **C.** Retired workers and their families

**A.** *The answer is C. About 39.5. Of the nearly 60 million people who receive retirement, dependent, disability, and survivors benefits in 2015, the largest share went to retirees and their families, totaling \$53 billion each month. We also paid \$6.7 billion dollars in survivors benefits each month, and \$10.5 billion dollars in disability benefits each month in 2015.*



## Wisconsin Senior Employment Program

### Wisconsin Senior Employment Program (WISE)

The Wisconsin Senior Employment Program (WISE) is an employment training program, geared toward getting people back into the workforce. WISE is currently recruiting people in Waukesha County. Participants must be 55 or older, unemployed and at 125 % of Federal poverty level. Most work is entry level with placement at Non-Profit or Governmental worksites. Individuals work 20 hours a week at \$7.25 an hour.

For more information, contact Paul Koenig, Program Coordinator at 608-242-4897 or [paul.koenig@gwaar.org](mailto:paul.koenig@gwaar.org)

## What's happening at your local library.....

The Waukesha County public libraries offer a wide variety of programs and activities for seniors. Most are free and open to all, even if you don't have a library card or 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).

**Alice Baker Public Library. 820 E. Main St., Eagle, WI 53119. (262) 594-2800.**

*Afternoon Gaelic Harp Music at Old World Wisconsin:* Sunday, March 13 at 2:00 p.m. Please call library to register.

\*Program is at Old World Wisconsin in Eagle!\*

<http://www.alicebaker.lib.wi.us/>

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

*History and Memories of Iwo Jima:* Thursday, March 10 at 7:00-8:00 p.m.

<http://www.ci.brookfield.wi.us/index.aspx?NID=38>

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

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

<http://www.butler.lib.wi.us/>

**Elm Grove Public Library. 13600 Juneau Blvd., Elm Grove WI 53122. (262) 782-6700.**

*Downsizing? Let's Get Started!:* Wednesday, March 30 at 7:00 p.m.

<http://elmgrovelibrary.org/>

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

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

<http://menomoneefallslibrary.org/>

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

*Planning for Nursing Care & Final Expenses:* Monday, March 7 at 4:30-5:30 p.m.

<http://www.mukcom.lib.wi.us/>

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

*Mudslinging, Muckraking, and Apple Pie: History of Presidential Campaigns:* Tuesday, March 22 at 7:00-8:15 p.m.

<http://www.newberlinlibrary.org/>

**Pauline Haass Public Library. N64 W23820 Main St., Sussex, WI 53089. (262)-246-5180.**

*Know the 10 Signs of Alzheimer's:* Thursday, March 3 at 1:00-2:00 p.m.

<http://www.phplonline.org/>

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

*Books and Banter Book Club- Redeployment by Phil Klay:* Tuesday, March 15 at 6:30-7:30 p.m.

<http://www.pewaukeelibrary.org/>

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

*Memory Café: Healthy Eats.* Friday, March 4 at 10:30 a.m.-12:00 p.m.

<http://www.townhalllibrary.org/>

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

*Doughnuts and Documentaries: The Brain: Who Will We Be?* Wednesday, March 9th at 10:00 a.m.

<http://waukeshapubliclibrary.org/>

# March is Dental Health Month

Taking care of someone with a cognitive impairment requires patience and skill. As a caregiver, you know this as well as anyone does. You also know how challenging it is to help that person with dental care. It takes planning, time, and the ability to manage physical, mental, and behavioral problems.

Everyone needs dental care every day. Brushing and flossing are crucial activities that affect our health. In fact, dental care is just as important to maintain health and needs daily routine the same as taking medications and getting physical exercise. A healthy mouth helps people eat well, avoid pain and tooth loss, and feel good about themselves.

The bathroom isn't the only place to brush someone's teeth. The kitchen or dining room may be more comfortable by allowing the person to sit at a table. Place the toothbrush, toothpaste, floss, and a bowl and glass of water on the table within easy reach. No matter what location you choose, make sure you have good light.

If the person you care for can brush but needs some help, the following ideas might work for you. You may think of other creative ways to solve brushing problems based on your care recipient's special needs.

## Make the toothbrush easier to hold.



## Make the toothbrush handle bigger.



## Try other toothbrush options.



A Velcro® strap used to hold food utensils is helpful for some people. Others attach the brush to the hand with a wide elastic or rubber band. Make sure the band isn't too tight. You can also cut a small slit in the side of a tennis ball and slide it onto the handle of the toothbrush. Foam pipe insulation split open can make the handle easier to grasp. You can buy a toothbrush with a large handle, or you can slide a bicycle grip onto the handle. A power toothbrush might make brushing easier. Take the time to help your client get used to one

If the person you care for is unable to brush, these suggestions might be helpful.

Try the "tell-show-do" approach to deal with this natural reaction. **Tell** them about each step before you do it. For example, explain how you'll help him or her brush and what it feels like. **Show** how you're going to do each step before you do it. Also, it might help to let your client hold and feel the toothbrush and floss. **Do** the steps in the same way that you've explained them.

Give your client time to adjust to dental care. Be patient as that person learns to trust you working in and around his or her mouth.

Use your voice and body to communicate that you care. Give positive feedback often to reinforce good behavior.

Have a routine for dental care. Use the same technique at the same time and place every day. Many people with developmental disabilities accept dental care when it's familiar. A routine might soothe fears or help eliminate problem behavior.

Be creative. Maybe allow them to hold a favorite toy or special item for comfort. Others make dental care a game or play a person's favorite music. If none of these ideas helps, ask their dentist or dental hygienist for advice

First, wash your hands. Sit or stand where you can see all of the surfaces of the teeth. Being behind may help them see themselves and you in mirror if they are anxious about someone close to their face.

Be sure to use a regular or power toothbrush with soft bristles.

Use a pea-size amount of toothpaste with fluoride, or none at all. Toothpaste bothers people who have swallowing problems. If this is the case for the person you care for, brush with water instead.

Gently brush back and forth in short strokes.

Gently brush the tongue after you brush the teeth.

Help the person rinse with plain water. Give people who can't rinse a drink of water, consider sweeping the mouth with a finger wrapped in gauze, or use a water pik

Flossing cleans between the teeth where a toothbrush can't reach. Many people with disabilities need a caregiver to help them floss. Flossing is a tough job that takes a lot of practice. Waxed, unwaxed, flavored, or plain floss all do the same thing.

Use a string of floss 18 inches long. Wrap that piece around the middle finger of each hand.

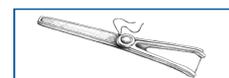
Grip the floss between the thumb and index finger of each hand.

Start with the lower front teeth, then floss the upper front teeth. Next, work your way around to all the other teeth.

Work the floss gently between the teeth until it reaches the gumline. Curve the floss around each tooth and slip it under the gum. Slide the floss up and down. Do this for both sides of every tooth, one side at a time.

Adjust the floss a little as you move from tooth to tooth so the floss is clean for each one.

If you have trouble flossing, try using a floss holder instead of holding the floss with your fingers.



The dentist may prescribe a special rinse. Fluoride rinses can help prevent cavities. Chlorhexidine rinses fight germs that cause gum disease. Follow the dentist's instructions and tell make sue that the rinse is not swallowed. Ask the dentist for creative ways to use rinses for someone with swallowing problems.

Everyone should have regular dental appointments. Professional cleanings are just as important as brushing and flossing every day. Regular examinations can identify problems before they cause unnecessary pain.

As is the case with dental care at home, it may take time for the person you care for to become comfortable at the dental office. A "get acquainted" visit with no treatment provided might help: The person can meet the dental team, sit in the dental chair if he or she wishes, and receive instructions on how to brush and floss. Such a visit can go a long way toward making dental appointments easier.

Adapted from <http://www.nidcr.nih.gov/oralhealth/Topics/DevelopmentalDisabilities/DentalCareEveryDay.htm>

# The Girl Scouts of America

The Girl Scout organization has been around for many years. Over one hundred years ago, they were founded by Juliette Gordon Low on March 12th, 1912. First named the Girl Guides of America, the name was changed to "Girl Scouts of America" in 1913. When it was first founded, the Girl Scouts only had 18 members. By 1920 there were nearly 20,000 members. In 2013 there were 2.3 million members and 890,000 adult leaders.

Girl Scouts of America's goals are to help teach values such as honesty, fairness, courage, compassion, character, camping, and community service. The Scouts also learn first aid and earn badges by acquiring practical skills.

But possibly the most famous thing the Girl Scouts are known for is the cookie!

The history of selling the Girl Scout Cookies began as early as 1917 as a way to finance troop activities. Simple sugar cookies were baked by the girls and their mothers and sold door to door for 25 cents per dozen. By 1951, Girl Scout Cookies came in three varieties; Peanut Butter Sandwich, Shortbread, and Chocolate Mints (now known as Thin Mints). Today, Girl Scout cookies are still sold door to door, but also at workplaces and outside of stores. To view a timeline of the cookie sale history, and to learn more about the Girl Scouts of America, go to [www.girlscouts.org](http://www.girlscouts.org)

Many websites offer recipes for all of the Girl Scout cookies. Check this one out!

Thin Mint Brownies

**Ingredients:**

- 1/2 box of crushed Thin Mints Girl Scout Cookies
- 1 box of brownie mix
- 2 eggs (3 eggs for cake-like brownie)
- 1/4 cup of water
- 1/2 cup of vegetable oil

**Directions:**

Crush Thin Mints into medium size chunks. Mix all ingredients into mixing bowl. Do not use electric mixer; batter will be stiff. Spread batter evenly in greased baking pan (13 x 9 x 2 inch). Bake in center of oven at 350 degrees for 30 to 35 minutes. Allow to cool, then put in an airtight container. **Yields 6 servings**



## St. Paddy's Day Irish Sudoku Puzzles!

Fill a number in to every cell in the grid, using the numbers 1 to 9

You can only use each number once in each row, each column, and in each of the 3x3 boxes

2	7	3		1				
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				5		3		7
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ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

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