

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

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The ADRC Connection

November 2015

Please join us for the ADRC Open House

514 Riverview Ave, Waukesha

Thursday, November 12, 2015

3PM - 7PM

Caregiving is a journey. Let the ADRC help you prepare!

3:00-3:30pm Welcome!! Free time to explore and get acquainted.

3:30-4:30pm "Brain Fitness"- Bob Best, Executive Director at Oak Hill Terrace, shares fun ways to keep your brain sharp!

4:30-5:30pm Time to browse our exhibits, relax and enjoy the sights and sounds of the evening!

5:30-6:30pm "Honoring Choices" Advance-directive planning with Lee Clay, RN Community Health Education Coordinator, ADRC.

6:30-7:00pm Last chance to visit our exhibits and take advantage of the evening's offerings!

Special complimentary services being offered:

- **Laughter Yoga**— Beth Boeck, MSW, LCSW
- **Therapeutic Touch**— Jacqui Weber, MS
- **Technology Assistance**— Arrowhead HS National Honor Society Students (bring your phones and tablets!)
- **Hand Massage**— Sue Walton, LMT
- **Blood Pressure/Glucose/Cholesterol Screening**— Waukesha Co. Public Health Nurses

There is no fee or registration required to attend.

Join us at your leisure.

Refreshments provided.

Relaxing harp music provided by Dorothy Walsh, Harpist, Milwaukee Public Theater (UPAF).

Off-site adult respite care will be available with advance notice.

Please call the **ADRC 262-548-7848** to make respite arrangements.

This event is sponsored by:





Managing Holiday Stress

Holidays can be stressful for anyone, but caregivers might experience added holiday stress due to changes in your loved one's condition or lack of understanding among family members who only visit during the holidays. Even if you have read holiday stress tips before, we encourage you to read through this list to find one or two that might give you a few well-deserved moments of recuperation.

Prepare your family for the holiday gathering. Arrange for a telephone conference with those who will be visiting. Describe in plain terms how the person has changed since they last visited, both physically and behaviorally. If a telephone conference isn't an option, consider sending a private Facebook message, email or letter accompanied with a current picture of your loved one. Also send copies of helpful articles or videos (see below) if you think your family will read or watch them.

Give yourself permission to ask for help. Most people are happy to do something; even if it is small. Take advantage of their generosity and be prepared! Have a list of items pre-planned in advance so delegating help is easy and you're not trying to 'come up with something' at the last minute. This also allows for people to make a choice they're comfortable with. If you've always been in charge of the holiday gathering, that doesn't mean that you have to keep doing everything you used to do. For an example, it is okay to ask for help with dinner (have a potluck meal instead of cooking everything yourself). If you feel it's too much to host the holiday gathering, **it's okay to change the tradition.** What's important is that you find a way to still enjoy the holidays without pushing yourself so hard that you run the risk of caregiver burnout.

Let gifts contribute to caregiving. If someone asks what kind of gift to bring, suggest something practical, such as frozen foods, gift certificates or even an "I owe you" for running errands or shopping.

Get feedback from your family after the holidays. It may be tempting for some of your family members to offer advice (and unfortunately, criticisms) about how you should be taking care of your loved one while they are visiting for the holidays. The way to diffuse this is to tell them *before* they arrive that there will be no discussions about your loved one's care during the gathering. Instead, you'd like to follow-up with them after the holidays are over to hear their thoughts, ideas, and suggestions.

Lean on people who understand. If your family seems unsympathetic towards your caregiving situation, it often means that they simply don't understand what you are going through. In times like these, reach out to people who do understand, such as members of a local support group or people you've grown to trust.

Take good care of yourself. Get enough sleep, exercise, and make sure to get proper nutrition. Write these healthy habits into your calendar if that's what it takes, but don't sacrifice them. By caring for your body as well as your emotional well-being, you'll be well-prepared to handle the stress that can accompany holiday gatherings.

Contributed by: *Tonia Simmons, Caregiver Support Services Director at the ADRC of Portage County*

Here are some YouTube videos that you can watch and send to your family to watch to prepare them for the changes their loved one may be experiencing if they have dementia. The videos below may help with Holiday Stress. These videos are provided by Teepa Snow, a leading expert, trainer, and presenter on dementia care.

What is Dementia? <https://www.youtube.com/watch?v=t--mkzfHuIE>

Common Issues of Dementia: <https://www.youtube.com/watch?v=u5QMeQpkPhA&index=19&list=PLatS0cNYfmoFGLXtfXVzaIYfJs40dG0B2>

Evidence Based Health Promotion Program

ADRC Held Several Prevention Workshops in September

September was a busy month for the ADRC's evidenced based prevention programs. Not only did we introduce a brand new program called *A Matter of Balance – reducing the fear of falling*, we also held a *Healthy Living with Diabetes* workshop in Muskego and two *Living Well with Chronic Conditions* workshops in Hartland and Oconomowoc.

Special "Thank You's" go to our trained volunteer workshop leaders Louise Adams, Donna Fleming, Daine Flucan, Pat Shorr, Kristian Moberg and Christie Ducklow. Also, thanks to our host site coordinators Lynn Stanton (Breezewood Village Apartments), Jean Carlson (Hickoryview Commons) and Bridget Klawitter (St. Leonard's Church).

Special mention goes to Virginia Trimble at the Brookfield Senior Dining site for hosting the inaugural workshop of *A Matter of Balance*. All eight participants of the workshop had many positive responses to the program. Here are a few thoughts shared by participants:



"Look, I can lift my arm this high now. I can't remember when I was able to do this. See?" "I really thought this going to be a waste of time, but, boy, was I surprised." "I have a more positive attitude and am less reluctant to do things." "Great class. Thanks."

Be sure to check our schedule for upcoming workshops. www.waukeshacounty.gov/adrc. We are always looking for workshop host sites. If your organization or business would like to sponsor a prevention workshop please contact the Community Health Education Coordinator at (262) 548 – 7848, ask for Lee C.

Pictured from the left: *Virgina T., Shakuntla S., Patsy, Lou P., Lorraine H. Seated: Dolores G., Chester Z., Elenor S.*

Sedentary Participants Wanted for (PALS) Research Project

Getting regular physical activity is one the most important things older adults can to do to improve their health. It has been proven to prevent many of the health problems that come with age. Improving your strength can improve balance, reduce falls, improve your mood, and reduce your dependence on others for daily tasks. Physical Activity for Life for Seniors (PALS) may be just the ticket to help seniors develop an active lifestyle and improve their life.

PALS is a group fitness program led by a trained health educator. The lifestyle classes cover such topics as fitness monitoring, goal setting, nutrition & hydration, social wellness and stress reduction. PALS focuses on ten simple exercises that are most beneficial to older adults. It also includes time for older adults to learn and develop strategies to keep them on track. The exercises in PALS are designed to be practical as well as beneficial. PALS meets three times a week over ten weeks and is followed by 6 months of telephone support.

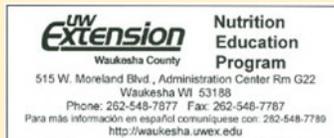
Qualified participants:

1. Are age 60 years or older
2. Currently exercise less than 1 hour per week
3. Are willing to commit to the entire 8 ½ month program
4. Are able to do exercises (having a chronic health condition does NOT make you ineligible)
5. Can walk for more than 3 minutes unassisted without rest.

With the generosity of community partners, the ADRC of Waukesha County has arranged for this research workshop to begin on **November 2, 2015** at the Berkshire at Kensington Apartments in Waukesha. Interested participants should call the ADRC of Waukesha County and ask for the Community Health Education Coordinator, Lee Clay (262) 548 – 7848. This study is limited to 10 qualified participants.



Try these new takes on classic holiday recipes!



MIXED MASHED POTATOES

Makes about 4 (1 1/2 cup) servings

Ingredients:

- 3 cups of red potatoes, diced
- 3 cups cauliflower, diced
- 1/3 cup 2% milk
- 2 1/2 Tablespoons butter
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt to taste

Directions:

1. Boil a large pot of water. Add diced potatoes and cook for 15 minutes.
2. Next, add the diced cauliflower to the pot, and cook for 10 minutes until vegetables are soft.
3. Use a strainer to remove water, then put vegetables in a mixing bowl.
4. Add the butter, milk, and seasonings, then mash and mix everything together until you have your desired texture.

You can use a potato masher, blender, hand mixer, or food processor.

Serve hot and enjoy!

Per 1 1/2 cup serving:

200 Calories	30mg Sodium
28g Carbohydrate	8g Fat
5g Protein	5g Saturated Fat
4g Fiber	21 mg Cholesterol

CROCKPOT GREEN BEAN CASSEROLE

Makes about 4 (1 cup servings)

Ingredients:

- 32 oz bag of frozen green beans
- Thaw overnight in refrigerator, and drain water before cooking*

For Sauce:

- 2 Tablespoons olive oil
- 8 ounces of sliced mushrooms
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 Tablespoons all-purpose flour
- 1/2 cup low sodium chicken stock
- 1 cup 2% milk
- 1/2 cup grated parmesan cheese

Directions:

1. In a pan, cook mushrooms with the olive oil, garlic powder, and onion powder until they are soft.
2. Add flour to pan and stir, then slowly add the chicken broth while mixing with a spoon.
3. Add milk to the pan, and bring pan to a simmer for one minute.
4. Lower heat, then stir in parmesan cheese until it melts.
5. Put thawed green beans into crockpot on low, and pour sauce on top. Let casserole cook on low for up to 2 hours. Serve warm and enjoy!

Per 1 cup serving:

218 Calories	266mg Sodium
20g Carbohydrate	12g Fat
9g Protein	4g Saturated Fat
5g Fiber	16mg Cholesterol

The First Thanksgiving

Prayers of thanks and special thanksgiving ceremonies are common among almost all religions after harvests and at other times. In the United States, the first Thanksgiving can be traced to a celebration that took place in 1621 celebration at the Plymouth Plantation in Plymouth, Massachusetts. Pilgrims and Puritans who emigrated from England in the 1620s and 1630s carried the tradition of Fasting and Thanksgiving to New England. The Plymouth settlers held a harvest feast after a prosperous, growing season. The celebration lasted for 3 days sometime between September 21 and November 11, 1621. The participants did not call this "Thanksgiving" as we do today, but a harvest festival. Some research claims that the first harvest festival included 50 Pilgrims who invited 90 Native Americans as their guests.

The first National Proclamation of Thanksgiving in the US was in 1777. Delegate Samuel Adams drafted the first version and it cited Thursday, December 18 to celebrate that day as solemn Thanksgiving and praise. In 1789, President George Washington decreed that national Thanksgiving Day would be designated to the last Thursday of November. It has been celebrated as a federal holiday every year since December 26, 1941. President Roosevelt declared the fourth Thursday as Thanksgiving rather than the fifth one. With the Great Depression, Roosevelt thought that an earlier Thanksgiving would give the merchants a longer period to sell goods before Christmas. He hoped it would help bring the country out of the Depression. Since the early 2000s, 'Black Friday,' the day after the US Thanksgiving celebration, is the busiest shopping day of the year.

This year, Thanksgiving is on November 26. Today we all know Thanksgiving is a time for family, food, football, and parades. The food commonly served at Thanksgiving such as turkey, stuffing, sweet potatoes, and cranberries are actual foods native to the Americas or that were introduced as a new food source to the Europeans when they arrived.

Fun fact: Did you know American's eat more food on Thanksgiving than on any other day of the year? Gobble, gobble. Happy Turkey Day!

Turkey Meatloaf with Sage Gravy

For the Meatloaf:

- 1 egg
- 1 TB tomato paste
- 1 1/4 lb. ground turkey
- Salt & pepper
- 1/3 cup bread crumbs
- 1 small yellow onion
- 1 small celery stalk, chopped fine
- 2 TB chopped flat leaf parley
- 2 teaspoon chopped fresh rosemary

For the Gravy:

- 2 TB unsalted butter
- 2 TB all-purpose flour
- 2 cups chicken broth
- 2 teaspoons fresh sage
- Salt & pepper

Preheat the oven to 350. Lightly oil a 9-by-13-inch baking pan and a 1-quart bowl.

To make the meat loaf, in another bowl, whisk together the egg, tomato paste, 3/4 teaspoon of salt and 1/4 teaspoon pepper until well combined. Add the turkey, bread crumbs, onion, parley, celery and rosemary and mix until combined. Pack the mixture in the prepared oiled bowl. Place the prepared baking pan over the bowl and, holding the pan and bowl together, flip the mixture into the pan and lift off the bowl.

Bake until an instant thermometer inserted in the center of the loaf registers 165 degrees , about 1 1/4 hours. If the cooking juices appear likely to burn, add 1/4 cup of water to the pan. Transfer the meat loaf to a serving platter and tent with aluminum to keep warm. Pour off any liquid from the pan.

To make the gravy, add the butter to the pan and melt over low heat. Whisk in the flour and cook for 1 minute. Slowly whisk in the broth. Raise the heat to medium, bring to a boil, and deglaze the pan (stirring to scrape up any browned bits from the bottom of the pan). Reduce the heat to medium-low and simmer until slightly reduced, about 5 minutes. Strain the gravy, stir in the sage, and season with salt and pepper. Pour into a gravy boat.

Cut the turkey loaf into wedges and serve hot along with the gravy.

Makes 4 servings



WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: 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.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered. The following is a list of dates and times for blood pressure checks and foot care.

Site	Blood Pressure	Toe nail trim/ Foot care
Brookfield	Posted monthly. Upcoming dates: 10/20, 11/17 all at 11 am	Not Available
Butler	4 th Monday of the month: Blood Pressure, Glucose and Cholesterol	2 nd Tuesday of the month
Hartland	4 th Wednesday of the month at 11am	Not Available
Menomonee Falls	3 rd Monday of the month from 10:30a-11:30p	Every other Wednesday from 9a-3:30p
Mukwonago	End of the month. Each month a sign is posted at site with date of BP checks	Sign-up sheet at site \$20
New Berlin	3 rd Monday of each month from 11:45-12:15	Not Available
Oconomowoc	2 nd Tuesday of each month at 11:30	Not Available
Sussex	Last Monday of each month at 11am	4 th Tuesday. 12:30-4:30 \$27

The ADRC and Senior Dining Sites will be closed Thursday, November 26th; Friday, November 27th; Thursday, December 24th; Friday, December 25th; Thursday, December 31st; and Friday, January 1st. Heading into the winter weather months at times the Senior Dining Sites and Home Delivered Meals will need to close due to weather. Closings will be on local news channels' broadcasts and websites. The listing shows as "Waukesha County Senior Dining". The closings are in the crawl at the bottom of the screen. The websites to check are [WTMJ 4](#), [Fox 6](#), [WISN 12](#) and [CBS 58](#).

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU NOVEMBER 2015

2	3	4	5	6
Sloppy Joe Whole Wheat Bun Potato Salad Baked Beans Rice Krispies Peanut Butter Treat Alt. Canned Pears	Peachy Pork Roast Cheesy Diced Potato Casserole Chef's Choice Vegetable Potato Dinner Roll w/ butter Fruited Yogurt	Mushroom Swiss Burger on wheat Bun w/Ketchup & Mustard Baby Baker Potatoes w/ butter Sugar Snap Peas Mandarin Oranges	Chicken Cordon Bleu Wild Rice Blend Spinach Salad w/ Assorted Dressing Rye Bread w/ butter Cinnamon Apple Slices	Swedish Meatballs Buttered Noodles Country Vegetable Wheat Bread / butter Pear Half Tapioca Pudding Alt. Diet Pudding
9	10	11	12	13
Italian Sausage on bun w/Marinara Sauce and onions and peppers Bow Tie Pasta w/ marinara sauce Italian Vegetable Crusty Roll / butter Peaches	Orange Juice Turkey à la King Seasoned Rice Sugar Snap Peas Biscuit w/ butter Lemon Bar Alt. Diet Pudding	Veterans Day Roast Beef w/ Gravy Baked Potato w/ Butter and Sour Cream Broccoli Salad Dinner Roll w/ Butter Fruit Compote	Chicken Parmesan Penne Pasta with Garlic Butter Sauce Sicilian Vegetables Italian Bread w/ butter Tropical Fruit Cup	Swiss Steak w/Tomatoes & Onions Mashed Potatoes Romaine Salad w/ Ranch Sourdough Bread w /butter Iced Brownie Alt. Banana
16	17	18	19	20
Hungarian Goulash Noodles Harvard Beets Marble Rye Bread w/ butter Creamy Cucumbers Molasses Cookie Alt: Fruit	Baked Ham Au Gratin Potatoes California Vegetable Blend Vienna Dinner Roll w/ butter Applesauce	Giving Thanks Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Green Bean Casserole Cranberry Compote Wheat Roll w/ butter Pumpkin Pie w/ Whipped Topping	Spaghetti & Italian Meat sauce Parmesan Cheese Italian Beans Romaine w/Ranch Italian Bread Pistachio Pudding Alt: Diet Pudding	Cheese Omelet Sausage Patty American Potatoes (with peppers and onions) Ketchup Sourdough Bread w/ butter Pineapple Chunks
23	24	25	26	27
BBQ Country Ribs Oven-Browned Potatoes Mixed Vegetables Whole Grain Bread w/ butter Peaches	Meatloaf w/ Mushroom Gravy Mashed Potatoes w/ gravy Brussels Sprouts Garlic Bread Chocolate Chip Cookie Alt: Fresh Fruit	Baked Potato Loaded with Broccoli Florets and Cheese Sauce Cottage Cheese Tomato Onion Salad Italian Bread w/ Butter Peaches	 MEAL PROGRAM CLOSED	MEAL PROGRAM CLOSED
30	PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice			



“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often.” - Johnny Carson

ASK INA

Dear Ina, My Father served in Korea in the 50's. He is now having difficulty affording medical care. Are there any benefits for veterans? - Concerned Son

Dear Concerned Son,



Veterans Day is November 11th and it is a great time to honor our veterans as well as review available benefits offered to those who have served in our military. There are benefits that older veterans don't always realize are out there. If your father is new to the Veterans Administration (VA), it is best to find a copy of your father's DD-214 (more commonly known as discharge papers). These will help determine the benefits for which he may be eligible.

Zablocki VA Medical Center, located in downtown Milwaukee, is available to veterans for their primary health care. Over the years there have been many positive changes at our local VA medical center. They also have ways for veterans to balance care between the VA and private physicians. These benefits can help provide medical care and medications. Being a patient of the VA Medical Center can also open up the opportunity to receive needed home care. Transportation is available for veterans who need to get to the Milwaukee Zablocki VA Medical Center for appointments.

Veterans of a war era may have pension benefits if they meet the financial guidelines the VA has set. This benefit can be very helpful if your father needs assistance paying for care to maintain independence or if he needs help paying for assisted living. There may also be assistance for those who reside in a Nursing Home. There are assisted living and nursing homes primarily available to veterans which are located in King and Union Grove. There is housing help for those that are having difficulty maintaining a residence independently.



All this starts by contacting our local Veterans Services Office. Call 262-548-7732 or visit the Waukesha County Veteran Services department located in the Health and Human Services building at 514 Riverview Avenue in Waukesha. You can also check out these websites <http://www.waukeshacounty.gov/veterans> or www.va.gov.

Wrod Jbulme (Word Jumble!)

Solve the scrambled words! (Some of the words can be solved by reading the articles throughout this newsletter!)

ikgvTinhnsa _____

The holiday at the end of November

eartesVn ayD _____

Day to celebrate those who have served in our armed forces

umipPkn _____

The orange gourd used to make delicious pie

eaeCrigrv _____

Someone who provides time, support, and help to a loved one

eedMairc _____

Open enrollment for _____ part D and supplements is now!

ncBlaea _____

This new program called "Matter of _____" has been a hit!

Nivtea icmAaern _____

The pilgrims invited them to The First Thanksgiving

bGeblo _____

Turkey says what?

apeTe nwoS _____

This woman is a leading expert on dementia care and training

Apelp _____

This crisp, fall fruit is another favorite for pie

lgiriPm _____

They held The First Thanksgiving.

seraHtv _____

A time to gather all the food that was planted in springtime.

giaanuHnr oGausHl _____

Dish served on Nov. 16th at the Senior Dining Meal Sites

ueykTr _____

A Thanksgiving dinner staple

Sleet and Snow and Ice... Oh My!

Winter is a beautiful time of the year, especially when a fresh layer of new snow covers everything. Winter can also be a very dangerous time of the year. If you plan on traveling during the winter, it pays to be prepared for the unexpected. Getting stranded during a winter storm can be a matter of life-or-death.



- * **Clear snow and ice from all windows and lights** - even the hood and roof - before driving.
- * **Pay attention.** Don't try to out-drive the conditions. Remember the posted speed limits are for dry pavement.
- * **Leave plenty of room for stopping.**
- * **Leave room for maintenance vehicles and plows.** The law requires you to slow down or move over when approaching emergency or maintenance vehicles, including snowplows, parked on the side of the road when they have their flashing lights turned on. If you approach a parked emergency or maintenance vehicle during a winter storm and decide to change lanes be extra careful. The passing lane may be in worse shape than the driving lane. There may also be a snow ridge between the two lanes. Avoid making an abrupt lane change. If approaching a snowplow, stay back at least 200 feet (it's the law!), and don't pass on the right.
- * **Know the current road conditions.** Call 511 or check out the winter road conditions report at www.511wi.gov.
- * **Use brakes carefully.** Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions. Do not pump anti-lock brakes. If your car is equipped with anti-lock brakes, do not pump brakes in attempting to stop. The right way is to "stomp and steer!"
- * **Watch for slippery bridge decks,** even when the rest of the pavement is in good condition. Bridge decks will ice up sooner than the adjacent pavement.
- * **Don't use your cruise control in adverse conditions.** Even roads that appear clear can have sudden slippery spots and the short touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- * **Don't get overconfident in your 4x4 or all wheel drive vehicle.** Remember that your four-wheel drive vehicle may help you get going quicker than other vehicles but it won't help you stop any faster. Many 4x4 vehicles are heavier than passenger vehicles and actually may take longer to stop. Don't get overconfident in your 4x4 vehicle's traction. Your 4x4 can lose traction as quickly as a two-wheel drive vehicle.
- * **Don't forget the importance of tires.** Having a set of tires that are appropriate for winter conditions (i.e. snow or winter tires) can mean the difference between having traction and finding yourself losing control. Inspect your tires before the snow flies and buy new ones when necessary.
- * **Look farther ahead in traffic than you normally do.** Actions by cars and trucks will alert you quicker to problems and give you a split-second extra time to react safely.
- * **Remember that trucks are heavier than cars.** Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them. **Go slow!**

Following a few simple driving habits like planning ahead, driving at a safe and legal speed, driving alert and sober and buckling up could insure that you make it to your destination safely.

Understanding Dementia

An Educational Program for Family Caregivers

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease/dementia, this free presentation series is for you. Join us for a 3-session workshop and learn more about:

Session I

- *Warning signs Alzheimer's disease*
- *Differences between dementia and Alzheimer's disease*
- *Treatment options and disease progression*
- *Risk factors and research*

Session II

- *Steps to maximize function in the individual dementia*
- *Strategies to enhance communication and interactions*

Session III

- *Understanding challenging or difficult behaviors*
- *Strategies for behavior management*

When: Wednesdays -
November 4, 11, and 18, 2015
6:00 pm—8:00pm

Presenter: Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Where: Waukesha Memorial
Hospital at 725 American Ave
Treiber Auditorium

To Register: Call Deborah Klement
414.479.8800 or
800.272.3900

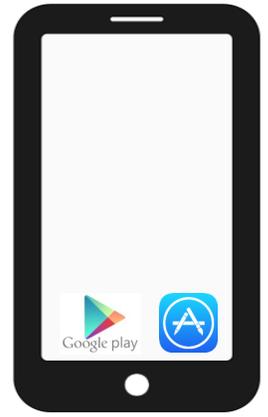
alzheimer's  association™

620 S. 76th Street, Suite 160
Milwaukee, WI 53214
414.479.8800

27/7 Helpline 800.272.3900
www.alz.org/sewi
Hablamos Espanol 414.431.8811

Technology for You

If you are tech-savvy and have an Android or Apple product, such as a smart phone or a tablet, you may want to check out these apps that can help you and your loved one throughout the day.



Entertainment/Relaxation:



4 pics 1 word: Free, find the word that all the pictures have in common. For Android and Apple users



“Memory Block”: Free, a traditional game of ‘Simon Says’ for Android and Apple users



Koi Pond Lite: Free, a realistic water and fish simulation for Android and Apple users

Brain Games:



“Acuity Games: Concentration”: Free, brain health game for Apple users



“Word Stack” or “Word to Word”: Free, word association brain games for Android and Apple users



Luminosity: Free, use to train memory and attention, for Android and Apple users

Caregiving apps:



“Caring Bridge”: Free, this app offers multiple caregivers and family members to share updates and encouragement and arrange care.



“Grey Matters: Reaching beyond dementia”: Free app that aims to improve quality of life for people with dementia and their caregivers.



Lotsa Helping Hands: Free, an app that helps you create a community of care around your loved one.

If you have a smart phone or tablet and would like help using it, bring it to the ADRC Open House (see front page)! We will have students available to help with technology devices and answer questions you may have.

The ADRC does not endorse, rate, comment, or evaluate resources, programs, or providers; therefore, the ADRC does not assume, warrant, or guarantee the quality of services provided. The ADRC does not imply any sort of endorsement by inclusion in this resource. All information in this handout is based upon the best information available at the time of publication, and the ADRC assumes no responsibility for changes, errors or omissions.

Information gathered from: <https://www.caring.com/articles/caregiving-apps>, <http://www.apple.com/itunes/>, <http://englishrosesuites.com/top-dementia-focused-app-suggestions/>, <https://www.agingcare.com/Articles/13-Handy-Apps-for-Caregivers-149392.htm>, <http://memoryappsfordementia.org.uk/apps/>, presentation: “Using Technology to inspire passion and purpose” by Deb Bera



HELP SENIORS RECEIVE A WELL-BALANCED MEAL

Waukesha County's Aging and Disability Resource Center (ADRC) has provided home delivered meal service to seniors since 1993. This would not be possible without the help of volunteers. Last year 105,200 well-balanced meals were delivered throughout Waukesha County by a caring and dedicated group of volunteer drivers. As the aging population continues to grow, so does the need for home delivered meal service. Now, more than ever, volunteer drivers are needed in Brookfield, Butler, Hartland, Menomonee Falls, Mukwonago, Muskego, Oconomowoc, Sussex and Waukesha.

Drivers must be 18 years of age or older, have a good driving record and show proof of insurance. Typically, volunteers deliver meals to an average of 15 seniors on the same route. Delivery time is between 11:00 am-1:00 pm. Drivers use their own vehicle but are reimbursed for their mileage. Interested parties can call the Aging and Disability Resource Center 262-548-7829 or visit the website waukeshacounty.gov/adrc for more information or to apply. A hot nutritious meal with a smile can do amazing things for a senior in need.

VOLUNTEERS NEEDED TO HELP SENIORS WITH SNOW REMOVAL



According to the 2009 U.S. Consumer Product Safety Commission, about 16,500 people in the U.S. were treated in hospital emergency rooms for injuries sustained when trying to remove snow, most of which were seniors. As seasons change and winter quickly approaches, Interfaith Senior Programs, Inc needs energetic volunteers to shovel snow for seniors and adults with disabilities in Waukesha County in order to help maintain quality of life. People that receive Home Delivered Meals will not receive their meal without help from the community clearing their driveways and sidewalks.

Help is needed beginning with the first snowfall until April 2016. Volunteers will be matched with a senior or adult with a disability in their community to remove snow from their driveway and sidewalk. Details can be coordinated directly with the person you serve. Enjoy the crisp winter weather as you provide this needed

service to an individual that is no longer able to shovel snow due to age or physical condition. Sign up your family, congregation, community group or business for snow shoveling. Whether you can shovel for one home or multiple homes, you'll be making a difference in other people's lives.

INTERFAITH
SENIOR PROGRAMS

Contact Anna Roesel for more information by phone: (262) 522-2402 or email: AnnaR@InterfaithWaukesha.org.

Energy Assistance

As we prepare for the cold winter months ahead, it's good to remember what your options are in a heating or electric emergency. The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 230,000 Wisconsin households annually.



Heating and Electric Assistance

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of the heating costs or electric (non-heating) costs, but the payment is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

Crisis Assistance

A household may be eligible for crisis assistance if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. WHEAP crisis assistance provides both emergency and proactive services, including providing information on how to reduce fuel costs, counseling on budgeting and money management, providing payments to a fuel supplier, and co-pay agreements.

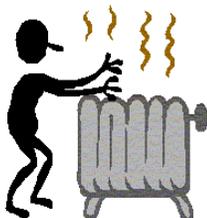
Furnace Assistance

WHEAP emergency heating system assistance can provide services to eligible home owners if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler.

How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov. Waukesha County residents can contact Energy Services, Inc. at (800) 506-5596 or visit 217 Wisconsin Ave, STE 401 in Waukesha.



INCOME GUIDELINES FOR THE 2015-2016 HOME ENERGY PLUS PROGRAM YEAR

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

Household Size	Monthly Income limit	Annual Income limit
1	\$2,133	\$25,601
2	\$2,790	\$33,478
3	\$3,446	\$41,355
4	\$4,103	\$49,232
5	\$4,759	\$57,109
6	\$5,416	\$64,986
7	\$5,539	\$66,463
8	\$5,662	\$67,940

From the Desk of Your Benefit Specialist



Benefits

Medicare Open Enrollment is October 15, 2015 – December 7, 2015

Your health care needs can change from year to year. And, your health plan may change benefits and costs each year too. That's why it is important to review your Medicare choices each fall. Compare your current plan to new options and see if you can lower some costs or to find a plan that better suit your needs. Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

Whether you have Original Medicare or a Medicare Advantage plan, you will still have the same benefits and security you have now:

- Certain preventive benefits – including cancer screenings – are available at no cost to you when provided by qualified participating health professionals. The annual wellness visit lets you sit down with your doctor and discuss your health care needs and best ways to stay healthy.
- Medicare will notify you about plan performance and use its online Plan Finder to encourage enrollment in quality plans.
- In 2016, if you reach the “donut hole” in Medicare’s prescription drug benefit, you will get a 55% discount on covered brand name drugs and see increased savings on generic drugs.



Helpful Medicare Resources

- Visit www.Medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area and to enroll in a new plan if you decide to make changes
- Medigap Helpline 1-800-242-1060 & Medigap Part D and Prescription Drug Helpline 1-855-677-2783
- Review the ‘2016 Medicare & You’ handbook mailed in September
- If you have limited income and resources, you may be able to get Extra Help paying your prescription drug coverage costs. For more information, visit

www.socialsecurity.gov/i1020 or call Social Security at 1-800-722-1213.

- Receive one-on-one help from a benefit specialist by calling The Aging & Disability Resource Center (ADRC) of Waukesha County at 1-262-548-7848.

Choosing a Medicare Part D Drug Plan Workshops

The Aging & Disability Resource Center (ADRC) of Waukesha County is offering Medicare beneficiaries 60 and older a workshop on comparing Medicare Part C & D Plans.

Workshop Schedule:

8:30am – 11:00am	Monday, Nov. 9 th Wednesday, Nov. 11 th Friday, Nov. 13 th Thursday, Nov. 19 th Friday, Nov. 20 th
11:30am-2:00pm	Monday, Nov. 23 rd Tuesday, Nov. 24 th Monday Nov. 30 th Tuesday, Dec. 1 st

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The Health Insurance Marketplace: Third Annual Enrollment Period

If you are currently receiving insurance through the federal Health Insurance Marketplace, Open Enrollment for 2016 is here! Additionally, anyone currently uninsured can enroll for 2016 coverage. Open enrollment starts November 1, 2015 and ends January 31, 2016. Open enrollment is an opportunity to review your current coverage, and change health plans, if needed, to maximize your benefits. It is also an important review of your eligibility for Advanced Tax Credits (ATCs) for reductions in premiums and other out-of-pocket cost savings. For more information, call Covering Kids & Families at (414) 270-4677 or you can reach the Healthcare Marketplace at 1-800-318-2596.

www.healthcare.gov

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

If you'd like to be removed
from this mailing, or would
prefer to receive our Newsletter
electronically, please call the
ADRC at (262) 548-7848