



**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

[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 Southeast Wisconsin (NAMI)**

- Mental Health ▪ Education
  - Support Groups
- 262-524-8886**

**Veteran's Services**

- Benefits (incl. dependents and survivors)
- 262-548-7732**

**Moraine Lakes Consortium**

- BadgerCare Plus ▪ Medicaid
  - FoodShare
- 888-446-1239**

**Alzheimer's Association**

- Support and Education
- 800-272-3900**  
(24/7 Helpline)  
[www.alz.org/sewi](http://www.alz.org/sewi)

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**SEPTEMBER 2024**

**The ADRC Connection**

**September is Falls Prevention Awareness Month**



**WAUKESHA COUNTY  
FALLS PREVENTION COALITION**  
PROMOTING STRENGTH, CONFIDENCE AND  
INDEPENDENCE

The newly formed Waukesha County Falls Prevention Coalition is kicking off their community involvement by attending the seven Senior Dining Centers in Waukesha County with information and conversations about preventing falls. Coalition team members will be attending the dining sites during their lunch hour (12-1pm) on these dates:

Monday, September 23rd	Birchrock Apartments 280 Birchrock Way Mukwonago, WI 53149
Tuesday, September 24th	Brookfield Senior Center 2000 North Calhoun Road Brookfield, WI, 53005
Tuesday, September 24th	La Casa Village Apartments 1431 Big Bend Road Waukesha, WI 53188
Wednesday, September 25th	Sussex Community Center N64 W23760 Main Street Sussex, WI, 53089
Thursday, September 26th	Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls, WI, 53051
Thursday, September 26th	Our Lord's Methodist Church 5000 S. Sunnyslope Road New Berlin, WI 53151
Friday, September 27th	Oconomowoc Community Center 220 W. Wisconsin Avenue Oconomowoc, WI 53066

If you are interested in attending, please reserve a meal at the various dining center; contact information is found on page 11.  
*For more information on preventing falls, turn to page 9.*

**Alzheimer's Family & Caregiver Support Program (AFCSP) —Pg. 7**

*Learn more about how you may be eligible for \$4,000 per year if you are taking care of a family member with Alzheimer's or dementia.*

**What You Need to Know About Medicare Open Enrollment—Pg. 16-17**

*Learn about upcoming Medicare open enrollment and what to stay tuned for.*



# SEPTEMBER *events*

**September 2 - Labor Day Water Ski Show @ Lakefront Park** (Pewaukee), 5:30 pm. This show features water skiers in colorful costumes performing various water ski tricks, live announcer, and live music. Come out and have some fun as the 2024 summer comes to an end.

**September 7 - Oconomowoc Fall Festival @ Downtown Oconomowoc**, 9 am - 7 pm. Main Street will close as vendors line both sides selling wares, food, and more for the 13<sup>th</sup> annual Fall

Festival. Free children's games and an entertainment stage that will feature dance groups and live music will also be featured.

**September 9 & 23 - Cruisin' the Spur @ Silver Spur** (13275 Watertown Plank Rd., Elm Grove), 5-8 pm. Owners of antique, classic, collectible, muscle, or special interest cars as well as hot rods, pick-ups, motorcycles, rat rods, and more are welcome to display their vehicles. Show begins at 5pm and ends at dusk. There will be a DJ, door prize drawings, and food and drink available.

**September 11—Pewaukee Senior Resource Fair**, @ Christ Lutheran Church, W240N3103 Pewaukee Rd, Pewaukee, 11a-1p

**September 14 & 15 - Maxwell Street Days @ Field Park** (Mukwonago), 8 am - 5 pm. Mukwonago American Legion Post 375 presents the 68<sup>th</sup> annual Maxwell Street Days Flea Market with free admission. Sellers offer a variety of goods such as crafts, produce, plants, tools, and more. Food and refreshments are available on the grounds. Parking available throughout the area. This will be the last Maxwell Street Days of the year!

**September 18—Companions for Care Resource Fair** @ Holy Apostles Church, 16000 W National Ave, New Berlin, 4-7pm. Seniors, family members, and caregivers welcome.

**September 20 & 21 - 8<sup>th</sup> Annual Waukesha Oktoberfest @ Frame Park**, 2 - 10 pm. Waukesha's Oktoberfest includes live music, food, beer, and contests of hammerschlagen, masskrugstemmen, and cornhole.

**September 21- North Lake Harvest Fest and Parade @ North Lake Fireman's Park**, 10 am - 9 pm. Come join in on the fun for the 31<sup>st</sup> Annual North Lake Harvest Festival! This free event features a craft fair, parade, food trucks, wiffleball tournament, recipe contest, rock wall, face painting, live music, inflatables, meat raffles, and more!

**September 21 - Apple Harvest Festival @ Retzer Nature Center**, 9 am - 4 pm. Come enjoy this family-friendly autumn celebration featuring an apple market, Delafield Brewhaus beer garden, craft vendors, sweet treats, scavenger hunt, children's activities, live music, and much more!

## SNEAK PEAK INTO OCTOBER:

**October 4 & 5 - Fall Wisconsin Antiques Dealers Association Show & Sale @ Waukesha County Expo Center**, 10 am-7 pm. This 73<sup>rd</sup> annual, two-day show, presents affordable and authentic antiques! 58 quality dealers from 8 states will be exhibiting, including this year's special exhibit "Toyland", featuring holiday decorations curated from private collections. Admission is \$8 and is good for both days.

**October 5 - Fall Art Crawl @ Downtown Waukesha**, 2-8 pm. Hundreds of artisans at 20 galleries and showplaces are featured at this seasonal event. Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music, and indulge in Waukesha's food and drink!

**October 18—Oconomowoc Senior Resource Fair** @ Oconomowoc Community Center, 10a-2pm.

**October 18—Menomonee Falls Senior Resource Fair** @ Menomonee Falls Community Recreation Center, 9a-10:30a.

**Text in this color is a senior resource fair that is open to the public and ADRC of Waukesha County will be there!**



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**HOW TO PLAY:** A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each full line, horizontally or vertically. Additionally, there cannot be any repeats within the marked 3x3 squares within the grid.

*Answers are on Page 18*

# RECIPE: FLUFFY PANCAKES



## INGREDIENTS

- 1 ½ cups (195g) all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon of fine sea or table salt
- 1 ¼ cups milk
- 1 large egg
- 5 tablespoons unsalted butter, plus more for skillet
- 2 teaspoons vanilla extract

## INSTRUCTIONS

- 1) Melt the butter and set it aside. In a medium bowl, whisk together the flour, sugar, baking powder, and salt.
- 2) In a separate bowl, whisk together milk, egg, melted butter, and vanilla extract. (Don't worry if the butter solidifies slightly).
- 3) Create a well in the center of your dry ingredients. Pour in the milk mixture and stir gently with a fork until the flour is just incorporated. A few small lumps are okay. As the batter sits, it should start to bubble.
- 4) Place a large skillet or griddle over medium heat. Sprinkle in a few drops of water to test if it's ready. You want them to dance around a bit and evaporate.
- 5) Brush the skillet with melted butter (this creates crispy edges, but you can skip it if using a quality nonstick pan).
- 6) Scoop the batter onto the skillet using a 1/4 cup measure or large cookie scoop, and spread each pancake into a 4-inch circle.
- 7) After 1 to 2 minutes, the edges will look dry, and bubbles will form and pop on the surface. Flip the pancakes and cook for another 1 to 2 minutes until lightly browned and cooked in the middle.
- 8) Serve immediately with warm syrup, butter, and berries.



**National Pancake Day is celebrated  
in the United States on  
September 26th**

# BE PREPARED, STAY PREPARED

Dan Michaels, Community Health Educator, Waukesha County Public Health

**September is National Emergency Preparedness month.** This is a good time to remember to plan and ensure you are ready for any emergency. If you are already prepared for emergencies, September is also a good time to check your plans and supplies to see if they need to be updated or refilled. Potential emergencies include power outages, tornados, fires or something else. Using emergency preparedness is important because no one cares about YOU and your family more than YOU. The best way to take care of you and your family in an emergency is to prepare before it happens. Think of preparedness as survival in advance. So, it is a great to be ready and stay ready.



**Public Health**  
Prevent. Promote. Protect.  
Waukesha County Public Health

For emergency preparedness, there are three basic steps you should take: Build a Kit, Make a Plan, Be Informed.

**Build a Kit** involves gathering supplies you may need to survive if you were on your own for a few days without power or water. Items in your kit should include:

- ⇒ Water: a gallon per person, per day (3-day supply)
- ⇒ non-perishable food
- ⇒ Flashlight
- ⇒ Battery radio
- ⇒ Extra batteries
- ⇒ First aid kit
- ⇒ Medications (7-day supply)
- ⇒ Can opener/Multi-purpose tool
- ⇒ personal hygiene items
- ⇒ Cell phone/chargers
- ⇒ Family/emergency contact information
- ⇒ Extra cash
- ⇒ Pet supplies
- ⇒ Durable container for these items

This is just a basic list, you should customize your kit for what's best for you and your family. Once you have a kit, remember to inspect the supplies annually to check if any of your supplies have stopped working or have expired or are near to expiration.

To **Make a Plan**, think about where the safest place in the house/apartment for certain emergencies is. What is the best way to get outside and where to meet others? How will you contact friends and family members? What will you do with pets? Do you have a caregiver; what will happen if they cannot get to you? When planning, remember to consider any physical limitation you might have, or medications/devices you might require. Once you have a plan make sure you practice, review, and update to ensure you know what to do in an emergency and you stay prepared.

To **Be Informed**, make connections with neighbors/friends before an emergency and check in with them during or after an emergency. Tune in to your local radio, TV, news and weather webpages. You could also sign up for an alert system such as Waukesha County AlertSense which you can find online. Being informed will help you to be ready for whatever comes your way.

Building a kit, making a plan, and being informed are great ways to be prepared. Also reviewing, updating, and resupplying your kit is a great way to stay prepared. So have fun, be prepared, and stay prepared. For more information go to [www.ready.gov](http://www.ready.gov)

# HEALTH PROMOTION PROGRAMS!

## **Stepping On—Fall Prevention and Balance Class**

“Stepping On” is a workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards.

In-person workshops:

**Fridays, October 11 to November 22, 1:00p.m.—3:00p.m.**

(a 3-month booster class on Feb, 21, 2025)

Waukesha Schuetze Rec Center, 1120 Baxter St. Waukesha

To register, contact Waukesha Park and Rec at (262)-524-3737 or email [prf@waukesha-wi.gov](mailto:prf@waukesha-wi.gov)

## **Powerful Tools for Caregivers**

Online workshop—through ProHealth Care

**Thursdays, September 12 to October 17, 1:30 to 3 p.m.**

Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

**To register** visit [www.ProHealthCare.org/classes](http://www.ProHealthCare.org/classes) or call 262-928-4059

## **HOSTED BY ADRC OF WAUKESHA COUNTY:**

### **Mind Over Matter: Healthy Bowels, Healthy Bladders (MOM)**

A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel leakage). It is interactive, engaging women to work together to set and meet personalized goals. It is fun, incorporating social interaction, tasteful humor, and fiber-filled snacks. It is effective, 71% of participants report improved bladder symptoms and 55% report improved bowel symptoms. Participants will learn how the bladder, bowels, and pelvic floor muscles work together—3 sessions, each lasting 2 hours, every other week for one month.

**Wednesdays, September 11, 25, and October 9; 1-3pm.**

Brookfield Parks, Recreation & Forestry Building, at 2000 N. Calhoun Rd, Brookfield 53005

**To Register:** <https://www.ci.brookfield.wi.us/1063/Online-Registration> or call (262)796-6675 to learn how to register in person

### **Healthy Living with Diabetes**

**Wednesdays, September 11, 18, 25, October 2, 9, 16, 1:00-3:30pm**

First Congregational Church of Genesee—W306S5047 Church St, Mukwonago, WI 53149

**To register:** call Debbie at 262-409-9815 or email [lirwc215@gmail.com](mailto:lirwc215@gmail.com)

Diabetes is a chronic, lifelong condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. “Healthy Living with Diabetes” is a researched and proven program designed to help you.



Dear Ina,

Do you currently have any funding or grants to help me take care of my husband with Alzheimer's? We have been struggling the past few months given my husband's increased care needs at home and someone told me I should contact you.

Thank you,  
Anita Break

**Dear Mrs. Break,**

You are in luck because we currently have **Alzheimer's Family & Caregiver Support Program (AFCSP)** funding available for households who make \$48,000 or less a year. Read below for all of the details for this funding as you might be eligible for \$4,000 per year. If you want to apply or talk with an ADRC Specialist, give us a call and ask about AFCSP funds. Also, we have Dementia Care Specialists you can call in our office to offer support and education options to help you and your family.

**Sincerely, Ina**

### **HOW DOES THE PROGRAM WORK?**

Funds are available in each county of Wisconsin for qualified individuals to provide temporary caregiver respite care and purchase goods and services needed to help care for someone with dementia. Please note that the ADRC does not provide staff for respite or personal care services for this program.

### **WHAT CAN THE PROGRAM PROVIDE?**

Typical goods and services include:

- Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- Emergency response systems
- Transportation expenses
- Incontinence supplies
- Home safety modifications
- Home-delivered meals
- Specialized clothing
- Activities and hobby supplies
- Legal expenses related to guardianship
- Caregiver counseling services
- Caregiver education classes
- Individualized services as approved

### **WHO IS ELIGIBLE?**

Families are eligible if three criteria are met:

1. There is a diagnosis of Alzheimer's disease or other dementia
2. The person with dementia resides in a community or home setting (not a facility)
3. The person with dementia and spouse have a gross annual income of \$48,000 or less (costs related to dementia-related care may be deducted when calculating gross income)

*Note: Families/individuals receiving funding from Medicaid Programs such as Family Care, Partnership or IRIS are NOT eligible for the AFCSP program.*

# Savvy Caregiver Training

*Increase Your Confidence, Knowledge, & Skills*



## ***Are you caring for someone with Alzheimer's disease or another form of progressive dementia?***

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



**October 3rd—November 7th,  
2024**

- 6 Thursdays, 10:00 am-Noon

Please register by calling  
Jennifer Harders, Dementia Care  
Specialist, at the  
Aging & Disability Resource Center  
262-548-7650

**Location:**  
**Aging & Disability Resource Center**  
**514 Riverview Avenue, Room 112**  
**Waukesha, WI 53188**

Presented by  
**Jennifer Harders,**  
**Dementia Care Specialist**

***No cost!***

For more information call the  
ADRC at (262) 548-7650  
[jharders@waukeshacounty.gov](mailto:jharders@waukeshacounty.gov)



# 10 Myths About Older Adults and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

**Myth 1: Falling happens to other people, not to me. Reality:** Many people think, “It won’t happen to me.” But the truth is that more than 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older. Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won’t fall. Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health. **For more information:** [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention)

**Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

**Myth 5: Muscle strength and flexibility can’t be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It is never too late to start an exercise program. Even if you have been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

**Myth 6: Taking medication doesn’t increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

**Myth 7: I don’t need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

**Myth 8: Using a walker or cane will make me more dependent.**



**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

**Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence. Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

**Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business. Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

# September 2024 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Labor Day</b>  <b>No Meal Delivery</b>  <b>All Meal Sites &amp; ADRC Closed</b>	BBQ Riblet Sweet Potatoes Green Beans Whole Wheat Bread with butter Pear Half	Chicken Breast in Wine Sauce with Mushrooms Garlic Mashed Potatoes Seasoned Spinach Watermelon 7-Grain Bread/butter Chocolate Chip Cookie Alt: Diet Cookie	Meat Lasagna Sicilian Grande Veggies Fresh Broccoli with Ranch Garlic Breadstick with butter Seasonal Fresh Fruit	<b>Packer Tailgate</b> Packwurst on a Bun with Sauerkraut Ketchup/Mustard Love's Baked Beans Packer Potato Salad Fair Catch Fresh Fruit Philly Vanilla Pudding Alt: Diet Pudding
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Roast Turkey Mashed Potatoes with gravy Country Mix Veggies Fresh Apple Whole Wheat Bread/butter Ice Cream Cup	Smothered Pork Loin Buttered Baby Reds Steamed Broccoli Cantaloupe Multigrain Bread/butter Frosted Spice Cake Alt: Diet Jello	Ham Macaroni Salad Cucumber and Onion Salad Fresh Baby Carrots with Ranch Whole Wheat Roll/butter Fruit Cocktail	Southwestern Chicken & Veggie Stew over Rice Green Beans Biscuit/butter Tropical Fruit Cup Chocolate Milk	Breaded Fish with tartar sauce Buttered Parley Potatoes Red Cabbage Slaw Rye Bread with butter Seasonal Fresh Fruit
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Pork Cutlet in light gravy Wild Rice & Quinoa Blend Key West Blend Veggies Cauliflower Salad 7-grain bread/butter Mandarin Oranges	Beef Mostaccioli California Blend Veggies Mixed Greens Salad with dressing Garlic Breadstick/butter Citrus Fruit Salad	BBQ Pulled Pork on a Whole Wheat Bun Au gratin Potatoes Oregon Bean Medley Fruit Salad Banana Cream Pie Alt: Banana	Breaded Chicken Cutlet with Country Gravy Macaroni & Cheese Stewed Tomatoes Creamy Cucumber Salad Potato Roll/butter Peach Half	Shephard's Pie Brussel Sprouts Cantaloupe Whole Wheat Dinner Roll/butter Tapioca Pudding Alt: Diet Pudding
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Honey Mustard Chicken Buttered Red Potatoes Capri Blend Veggies Tropical Fruit Cup 7-Grain Bread/butter Sugar Cookie Alt: Diet Cookie	Vegetable Barley Soup Crackers Hot Ham on a Sesame Bun Hashbrown Patty Ketchup Packet Mandarin Oranges Chocolate Milk	Meatballs in Mushroom and Onion Gravy Mashed Potatoes with Gravy Creamed Corn Whole Wheat Roll/butter Honeydew Melon	<b>Johnny Appleseed Day</b> Chicken & Mushroom Stroganoff over Noodles Steamed Spinach Carrot Sticks with Ranch Dinner Roll/butter Apple	Tuna Pasta Salad Mediterranean Black-Eyed Pea Salad Grape Tomatoes Fresh Fruit Multigrain Bread/butter Ice Cream Cup
<b>30</b>				
Sloppy Joe w/Bun Calico Beans Carrot Coins Potato Chips Watermelon Butterscotch Brownie Alt: Diet Pudding			<p><b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</b></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p>	

# Senior Dining Centers in Waukesha County

<p><b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield</p> <p>(262) 782-1636</p>	<p><b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls</p> <p>(262) 251-3406</p>	<p><b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago</p> <p>(262) 363-4458</p>	<p><b>New Berlin Senior Dining: Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin</p> <p>(414) 529-8320</p>
<p><b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc</p> <p>(262) 567-5177</p>	<p><b>Sussex Community Center</b> N64 W23760 Main St Sussex</p> <p>(262) 246-6747</p>	<p><b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha</p> <p>(262) 547-8282</p>	<p><b>ALL MEALS ARE SERVED AT 12:00/NOON</b></p>

## How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse, regardless of age) with **NO INCOME REQUIREMENT!** Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.



## What if I Need Transportation there?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for **\$1.00 each way**. This fare subsidy must be authorized in advance by calling the ADRC at (262) 548-7848.



**Why did the emergency preparedness kit cross the road?**

**Just to be on the safe side.**

# Suicide Prevention Month: Together, We Can Make a Difference

Every September, communities around the world come together to observe Suicide Prevention Month, a time dedicated to raising awareness about suicide and promoting mental health. The goal is simple yet profound: to reduce the stigma surrounding mental health issues, offer support to those in need, and ultimately save lives.

Suicide is a global public health issue, affecting people of all ages, genders, and backgrounds. According to the World Health Organization, nearly 800,000 people die by suicide each year, which is one person every 40 seconds. These statistics are more than just numbers; they represent mothers, fathers, siblings, friends, and colleagues lost to a preventable tragedy.

One of the most effective ways to combat suicide is through education and open conversations about mental health. By fostering an environment where individuals feel safe to discuss their struggles, we can break down the barriers that prevent people from seeking help. Encouraging friends and family to reach out to those who might be struggling can make a significant difference. A simple question like "Are you okay?" can open the door to a potentially life-saving conversation.

Support and resources are crucial in suicide prevention. Organizations such as the SAMHSA offer the National 988 Lifeline which provides free, confidential support 24/7. These services provide immediate assistance and connect individuals to local resources for ongoing support.

## Suicide Warning Signs for Adults



**Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.**

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

**Call or text 988 or chat [988lifeline.org](https://988lifeline.org), or reach out to a mental health professional.**



PEP21-09-01-001

In addition to professional help, community involvement plays a vital role. Participating in local events, such as walks, educational workshops, and support groups, can strengthen the community's response to suicide. Volunteering, donating, or simply spreading awareness through social media can also contribute to the cause.

As we observe Suicide Prevention Month, let us remember that every action counts. By coming together to support those in need and promoting mental health awareness, we can create a world where fewer people feel alone, and more lives are saved. If you or someone you know is struggling, reach out—help is available, and you are not alone.

If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat [988lifeline.org](https://988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.**

**NO JUDGMENT.  
JUST HELP.**

**TEXT, CALL, CHAT**

**988**

# Important Medical and Legal Documents for Caregivers



## HIPAA Authorization Form

The Health Information Portability and Accountability Act (HIPAA) provides legal standards for keeping a person's health information and records private. This means it is illegal for medical professionals to share any details about your care recipient's health unless they gave their written consent for you to receive this sensitive information. HIPAA authorization is a simple yet important document for family caregivers. It authorizes the doctor to keep approved family members in the loop regarding a loved one's medical status and billing information. This form only takes a moment to complete, and every doctor's office should have blank ones on hand for patients. All you need to do is request that your loved one grants you access to their health care information by filling out and signing this form.

## Medical Power of Attorney (POA)

Also known as a health care proxy or power of attorney for health care, this legal document enables a person to appoint a trusted relative or friend to handle specific health care decisions on their behalf.

HIPAA authorization only grants a caregiver access to information, but a medical POA grants this as well as the ability to make medical decisions on behalf of a care recipient in the event they become incapacitated. This document must be prepared while a principal still has the mental capacity to give an agent these powers.

## Advance Care Directives

Advance directives go by many different names, but a living will tends to be the most well-known. Generally, these documents allow a person to record their wishes for emergency and/or end-of-life care *before* a medical crisis strikes. With a living will, an elder's loved ones don't have to agonize over difficult medical decisions. This document essentially spells out instructions for a medical POA to follow when managing their care.

## Don't Procrastinate on Legal Paperwork

Making medical decisions for a loved one is a difficult job to begin with. To avoid unnecessary stress and confusion, talk to your family members about getting their affairs in order. An elder law attorney can discuss individual questions and concerns, prepare these legal documents, and recommend additional estate planning tools that may be useful for your family's circumstances.

# YOUR COMMUNITY HISTORY: SUSSEX

Sussex is located approximately 19 miles Northwest of Milwaukee, which made this area very desirable to European settlers in the 19th century. The first European settlers were primarily of German descent but interestingly enough, the name Sussex was chosen after the first settler in 1843 George Elliot, a brick layer from East Sussex and George Cooling a blacksmith from Dorset England. English heritage can still be seen today in some of the architecture around the village.



While most early settlers were farmers, merchants and blacksmiths, that all changed in 1892 with the expansion of the railroad, the Bug Line. This, like in other parts of Waukesha County at that time led to an economic and population boost. The land in Sussex was pristine and fertile which coupled with the railroads ability to transport not only people but also the farmers goods made Sussex a great destination to raise a family or start a business. Aside from farming, millwork, quarries, and canning became big

businesses of that time period. James Templeton who was the wealthiest, most influential resident as a politician, postmaster and business owner, considered his area of Sussex as his own town and aptly called it Templeton. James Templeton referred to the original Sussex as old Sussex and it was not until 1924 Sussex that was incorporated by a vote of 113 "yes's" and 78 "no's" and one blank vote. Templeton Township was no more, and Sussex had a population of 387. The estimated population for 2024 is 11,316 persons.



This quaint community still has roots in being a close-knit community with many parks including the Millpond that has beautiful trails and picnic areas to enjoy. Sussex Village Park also has picnic areas, playgrounds and is the community hub for events year-round. Sussex Civic Center offers a congregate meal site for people over age 60 and many other community resources. Sussex continues to experience growth and offers a wide variety of shopping and dining options. There is a lot to do in this friendly community, no matter what your age or what your interests might be.

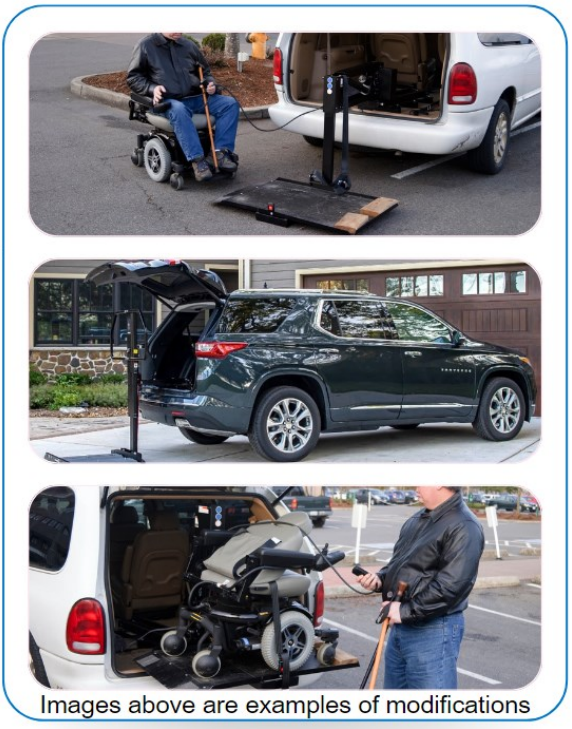
Sources: Wikipedia, hollymelody.com, emke.uwm.edu

**COMING SOON**



## **Vehicle Modification Program for Waukesha County residents**

Up to \$7,000 in funding to help individuals with electric/power wheelchairs or scooters gain greater independence by modifying their personal vehicle for easier transportation. This will be in the form of a chair lift for your vehicle to transport your electric/power wheelchairs or scooter.



Images above are examples of modifications

**More information on eligibility and application process will be in the next newsletter edition! Stay tuned!**

## **Having Those Difficult Conversations as a Caregiver**

**Caregivers Educational Workshop**  
*Hosted by Dementia Friendly Pewaukee*

Saturday, October 26, 2024 1:00 – 3:00 p.m.  
Pewaukee City Hall • Community Room, Lower Level

There are many difficult conversations for family caregivers. This workshop will educate you on the most common ones including when to take the car keys away, copings with addictions, and how to deal with your feelings of ambiguous loss of your loved one with dementia. Join experts from the Waukesha County Sheriff's Department, addiction specialists and other professionals as we provide insight and comfort during your journey as a caregiver. Enjoy vendors, Kneading Time chair massages, take-home bags provided by the ADRC and GFWC Woman's Club of Pewaukee, refreshments compliments of Azura Memory Care, and lively music to lift your spirits! This workshop is free and open to family caregivers on a first-come, first-served basis.

**Registration is Required for this Free In-Person Event.**  
Please email [AbbyLorenz@wi.rr.com](mailto:AbbyLorenz@wi.rr.com) or text 414-350-8713 with name and number of guests.  
More information at [www.dfPewaukee.org](http://www.dfPewaukee.org).





# Medicare

## Time to Review Your Medicare Plan - Prepare Early This Year!

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan.

Medicare Supplements/Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County via phone or mail. In-person workshops will also be available during open enrollment.

Start preparing early this year. Don't let this opportunity pass you by!

**Starting October 1**, go to Medicare.gov to compare plans online or for local assistance call the ADRC at 262-548-7848.

**Mark your calendar for the important dates below:**

### September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

### October 15th—December 7<sup>th</sup>

For most people, this is the only time of year you can change your coverage. *The only way to find out if you can save money is to review and compare plan options!* See options below on how to compare plans.



## Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
- <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>
- Call 1-800-MEDICARE between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at 262-548-7848 to request assistance.

If you decide to change plans for the following year, you need to enroll by December 7<sup>th</sup>.

If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

**January 1<sup>st</sup>**

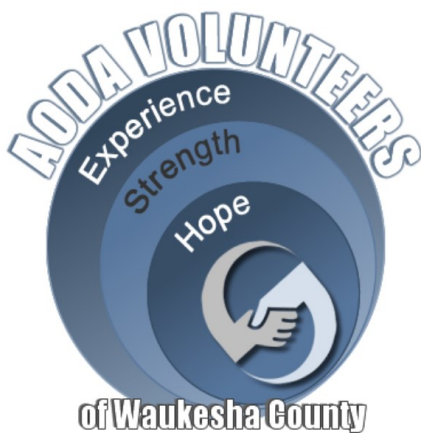
If you enrolled in a new plan during Open Enrollment, the change will be effective January 1<sup>st</sup>.

## **Waukesha County's AODA Volunteer Program Invites You to Join Their Team and Make a Profound Impact**

**September is National Recovery Month** - a time to shine the light on one of Health and Human Services (HHS) long-standing volunteer programs. The AODA (Alcohol and Other Drug Abuse) Volunteer Program, a beacon of hope for over 40 years, has been an essential volunteer service to the community. Our AODA volunteers, who have personally experienced addiction and are active in their recovery, regularly facilitate recovery groups on behalf of Waukesha County. Their shared

experiences and consistent message of hope and strength not only remove the stigma but also instill a sense of stability in those living with alcohol and other drug use issues. Their dedication gets people back to work, strengthens families, reduces domestic violence, and prevents dependency-related accidents and illness. This is a volunteer program we can all be proud of.

Volunteers partner with another volunteer at each site and commit to facilitating minimally one group per month. Volunteers must have personally experienced addiction and be active in their recovery. Volunteers must also have at least one year of sobriety to be considered.



**If you or someone you know is interested in joining the volunteer team, email [hhsvolunteers@waukeshacounty.gov](mailto:hhsvolunteers@waukeshacounty.gov).**

*For more information, please visit: [www.aodavolunteers.com](http://www.aodavolunteers.com)*



## September is Achasia Awareness Month

Achasia is a rare, incurable, and progressive autoimmune esophageal motility disease with only palliative treatment.

People with achasia have damage to the nerves of the esophagus which makes swallowing and the passing of food and liquid into the stomach extremely difficult.

ACHALASIA AWARENESS  
DREAM. ACTION. CURE.

### Informational: ADRC Customer Satisfaction Surveys

Please be advised that The Office for Resource Center Development (ORCD) is partnering with the [University of Wisconsin Survey Center](#) (UWSC) to conduct a postal mail customer satisfaction survey of ADRC consumers. ADRC customers who receive options counseling or enrollment counseling in the sample months will receive a mailed survey with postage-paid return envelope. Three rounds of surveys will be completed with mailings occurring in September (of June customers), November (of August customers), and December (of September customers).

**These surveys are legitimate and confidential!** Survey results will be used for service evaluation and improvement.

### Answers from page 4 puzzles

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6

9	1	6	2	3	5	7	4	8
7	2	4	9	8	6	1	3	5
3	5	8	7	4	1	9	2	6
6	9	5	3	7	2	4	8	1
2	8	7	1	6	4	3	5	9
4	3	1	5	9	8	2	6	7
1	4	2	6	5	7	8	9	3
8	6	3	4	1	9	5	7	2
5	7	9	8	2	3	6	1	4

8	2	5	3	1	9	4	7	6
3	7	1	6	2	4	8	9	5
9	4	6	7	8	5	2	3	1
4	8	2	9	5	3	1	6	7
5	6	9	1	7	8	3	2	4
7	1	3	4	6	2	9	5	8
1	5	8	2	3	6	7	4	9
6	3	4	8	9	7	5	1	2
2	9	7	5	4	1	6	8	3

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5

**Turning 65?**  
**Need Medicare?**



# Medicare

## **“Welcome to Medicare” Presentations in your Area**

*These are free 1 hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR) and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.*

**Sussex Public Library, (262) 246-5180 —Tuesday, September 10 at 1:00pm**

**North Lake Public Library, (262) 966-2933 —Thursday, October 17 at 3:00pm**

**Pewaukee Public Library, (262) 691-5670 —Monday, October 21 at 1:00pm**

**Brookfield Parks & Recreation, (262) 796-6675 —Tuesday, October 22 at 12:45pm**

**Elm Grove Public Library, (262) 782-6717 —Wednesday, October 23 at 1:00pm**

**Hartland Public Library, (262) 367-3350 —Thursday, October 24 at 11:00am**

**Waukesha Parks & Recreation, (262) 524-3714 —Friday, October 25 at 1:00pm**

**Menomonee Falls Public Library, (262) 532-8900 —Monday, October 28 at 2:00pm**

**Brookfield Public Library, (262) 782-4140 —Tuesday, October 29 at 2:00pm**

**Waukesha Public Library, (262) 524-3680 —Thursday, October 31 at 10:30am**

***\*Please register with the specific location you wish to attend\****

*In addition, the ADRC conducts 2-hour classes every 2<sup>nd</sup> Wed of each month 1-3pm at the Health & Human Services Building located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.*

**To register for the 2-Hour ADRC presentations visit:**

**<http://wauk.co/welcometomedicare> or scan the QR code with your smartphone >**



Navigating Medicare



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

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

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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