

**Aging and 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

**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

INSIDE THIS ISSUE:

- ◆ Community Events (2)
- ◆ Energy Cost Savings (3)
- ◆ Dementia Support and Savvy Caregiver Class (4-5)
- ◆ PUZZLE (6)
- ◆ Health Education (8-9)
- ◆ Menu and Dining (10-11)
- ◆ Volunteer and Volunteer Program Impact (12)
- ◆ 2025 Library Memory Project schedule (13)
- ◆ Caregiver Corner: Event Recap (14)
- ◆ Falls Prevention Coalition (15)
- ◆ Medicare Section (16-17)
- ◆ Social Security Contacts (18)

JANUARY 2025



The ADRC Connection

**Happy New Year
from ADRC!**

As we look forward to 2025, it gives us the opportunity to reflect on the year behind us. We are grateful for the ADRC Advisory Board and ADRC staff who contributed to success during this past year.



Some of the accomplishments in 2024 include:

- Implemented a pilot Vehicle Modification Program which provides a wheelchair or scooter device lift for your vehicle to increase independence. This pilot program has been a success and helped 16 households and will continue into 2025.
- In recognition of World Elder Abuse Awareness Day in June, a community educational event was held titled "Let's Talk About Scams".
- Outreached over 1,600 members of the community in ADRC presentations and resource fairs alone! On top of this number, we also conducted caregiver support groups and classes, health promotion workshops, Medicare presentations, community memory screenings, Medicare open enrollment workshops, youth transition presentations, and more!
- Increased collaboration with Law Enforcement, Adult Protective Services, and local hospitals to improve systems of care for individuals who may be experiencing a crisis or in need of an emergency protective placement.
- The ADRC management team completed the Waukesha County Aging Plan, outlining how we will utilize Older Americans Act Funds in the next three years.

The ADRC staff are dedicated professional staff who provide excellent customer service. If you are in need of assistance or know someone who could benefit from services provided by the ADRC please call our office at 262-548-7848.

We look forward to serving you in 2025!

January Events!

January 11—New Berlin Winter Fest @ various sites, 8 am - 6 pm. Bring the family for some winter fun for New Berlin's 6th annual Winter Fest! The New Berlin Library will be hosting fireside stories and trivia, ARC (Activity & Recreation Center) will be hosting Sheepshead and the first annual Snowball Smash Pickleball Tournament, and Malone Park will feature a sled dog meet and greet, arctic mini golf, food trucks, live music, bonfire, candlelight hike, and fireworks! For a full schedule of events, visit www.newberlinwi.gov.

January 11—DelaFREEZE @ downtown Delafield, 10 am - 3 pm. Come experience the 7th annual DelaFREEZE event featuring 20 ice sculptures being sculpted in real time! There will also be games, hot chocolate, a winter market, and more.


January 11—Overview of ADRC Programs to Caregivers and Seniors @ St. Matthews in Oconomowoc, 1p—2pm.

SNEAK PEEK IN FEBRUARY

February 1—Camp Quad Candlelight Hike @ Camp Quad (6886 County Rd Q, Hartford WI), **5:30 - 8:30 pm.** Presented by Tall Pines Conservancy of Nashotah, come along and journey through this beautiful property along a picturesque ¾ mile route in the Kettle Moraine Forest. The walk will conclude with a chili and cornbread dinner. Registration is \$10 for adults, \$5 for children 12 and under, and free for children 2 and under. Advance registration is required and can be done so at <https://lp.constantcontactpages.com/ev/reg/7n3r5tr>

February 4—Waukesha Resource Fair* @ Waukesha Public Library, 11a—1p. Come and visit this Waukesha Public Library community resource fair! *ADRC will be in attendance at this resource fair.

Blue Text = ADRC presentation



Waukesha County Park System

12 MILES OF DRIVABLE ROADS

- CLEARED, PAVED PATHWAYS AT FOX BROOK & FOX RIVER PARKS
- ACCESSIBLE AMENITIES
- AND MUCH MORE!

Warm your heart with a visit to Waukesha County Parks

ENJOY UNLIMITED VISITS WITH MEMBERSHIP!

PARKS ANNUAL MEMBERSHIP	1 VEHICLE	2 VEHICLES	LAKE ACCESS MEMBERSHIP	1 VEHICLE	2 VEHICLES
REGULAR	\$40	\$60	REGULAR	\$100	\$150
SENIORS 60+, DISABLED VETERAN, FORMER POW	\$20	\$30			

PARKS + LAKE ACCESS BUNDLE

REGULAR **\$130 PER VEHICLE**

50% OFF PARKS ANNUAL MEMBERSHIPS FOR SENIORS 60+, DISABLED VETERANS AND FORMER POW

BUY ONLINE AT WAUK.CO/PARKENTRY

Annual memberships are stickerless. Your membership(s) are verified by the license plate scanner upon entry to a Parks facility.



January 10th is Cut your Energy Costs Day!

Get a **FREE** pack of energy-saving products and discover the benefits firsthand. With essentials like LED lightbulbs and energy-efficient showerheads, dusk-to-dawn nightlights, and pipe wrap insulation, you can effortlessly enhance your home's efficiency and save money on energy bills. Limit 1 per household per year.

<https://focusonenergymarketplace.com/free>

Different energy saving options below:



We may be apart, but we're not alone.

Someone who cares is just a phone call away.

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. That's why we created the AARP Friendly Voice program - a trained, caring group of volunteers standing by ready to chat, listen, or just say hello.

It's easy. Request a call by dialing AARP at **1-888-281-0145** for English or **1-888-497-4108** for Spanish, between 9 a.m. and 5 p.m. local time.

Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, endure the loss of family and friends, have a chronic illness, and/or suffer from hearing loss. Loneliness and social isolation, in turn, have been shown to have significant adverse effects on health, including an increased risk of depression, anxiety, dementia, heart disease, suicide, and stroke.

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



**January 15th - February 19th ,
2025**

- 6 Wednesdays, 10:00 am-
Noon

**Please register by calling
Jennifer Harders at the
Aging & Disability Resource Center
262-548-7650**

**Location:
Virtual (Microsoft Teams)**

Presented by
Jennifer Harders
Dementia Care Specialist

Free event

For more information call the
ADRC at (262) 548-7650, or
jharders@waukeshacounty.gov

Younger Onset Dementia Caregiver Support Group

Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65?
Join us for conversations about dementia, caregiver strategies and community resources.

WHEN: 2nd Wednesday of each month
3:00-4:30 pm

Upcoming Meetings:

January 8
February 12
March 12

WHERE: Health and Human Services Center
514 Riverview Avenue, Room 113
Waukesha, WI 53188



For more
information
contact
Jennifer
Harders at
262-548-7650

Monday Coffee Connect

Virtual Support to Fill Your Caregiving Cup

Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm strategies to get through this time together with local Aging & Disability Resource Center (ADRC) Dementia Care Specialists.

Come with a cup of coffee or tea to interact via Zoom. Video or by phone.

Fill your cup and start your week off right!

Mondays*

10:00 – 11:00 am

**Group does not meet on holidays*

Register by calling 262-548-7354 or email kglaser@waukeshacounty.gov

After registering you will receive connection info. Please don't hesitate to call for help with Zoom!

Offered on a rotating basis by Dementia Care Specialists from ADRC of Waukesha County, ADRC of La Crosse County, ADRC Eagle Country and ADRC of the Southwest

Happy New Year!

Answers on page 16



AULD LANG SYNE

BABY

BALL

BALLOONS

CALENDAR

CELEBRATION

CHAMPAGNE

CLOCK

CONFETTI

COUNTDOWN

DANCING

DECEMBER

EVE

FATHER TIME

FIRECRACKER

FIRST

FLUTE

GAMES

GOWN

HAPPY

HAT

HOURGLASS

INVITATION

JANUARY

KISS

MIDNIGHT

MUSIC

NOISE MAKER

PARTY

RESOLUTION

SPARKLER

STREAMER

TIMES SQUARE

TOAST

TRADITION

TUXEDO

VOW

YEAR

Winter Snowflakes, Sniffles, and Staying Healthy

Dan Michaels, Community Health Educator, Waukesha County Public Health

Winter, what a wonderful time of the year. With the holidays, wonderful food, and the beauty of the white glistening snow sparkling on the treetops. How nice. But...winter is also filled with coughing, sneezing, running noses and feeling icky. As we age our bodies don't work as well as they used to and that includes our immune systems, which makes fighting off germs more difficult. That is why many vaccines are recommended for older adults and others with weakened immune systems. In addition to vaccines there are other things we can do to help avoid getting sick. Let's discuss some ways to give bacteria, viruses and other germs the *cold* shoulder and have them *flu* away from us so we can stay healthy.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

One of the best ways to avoid getting sick, you probably have heard and said many times. **“Wash your hands!”** It might sound like a broken record, but I'll *spin* it again. Yes, washing our hands is a fantastic way of getting bacteria and viruses away from us. It's simple but true. Just imagine how many things you touch throughout the day that someone may have touched, coughed or sneezed on, and then think how many times you have eaten or touch your face with your hands. Yeah...it's a really good idea to **wash your hands with warm water and soap, for at least 20 seconds, especially during cold and flu season**. Hand sanitizer is a good back up, but best practice is good old fashion soap and water.



Another way to avoid getting sick is to avoid opportunities to become sick. For example, if you know some one is sick, you may want to avoid visiting them until they are better. Also encourage friends and family members who are sick to stay home and fully recover before visiting you. This is especially important if you have a weakened immune system. It's a simple tip but very effective. Friends and family members will understand.

This last disease prevention technique is primarily for those with known weakened immune systems. Avoid buffets, at a buffet anyone can touch the food and utensils creating a chance of getting germs from these items. Also do not share food off your or a friend's plate because you could be sharing germs along with your meal. For most people including older adults it's fine to go to a buffet, this tip was included to help those that know they have a weakened immune system. But anyone can use these techniques if you would like to be extra cautions.

Winter, a season of snowflakes and sniffles brings beauty and a greater risk for illness, especially for older adults and those with weakened immune systems. So, let's stay healthy! Wash your hands often, avoid being with sick people, and be cautious with shared food and buffets. Vaccines are great for disease prevention, these additional precautions can also help reduce your exposure to germs. Stay warm, stay healthy, and don't let those germs *bug* your wonderful winter season.

Healthy Living with Chronic Pain

Does ongoing pain keep you from doing the things you love?
Healthy Living with Chronic Pain may be for you!



"Living with arthritis pain – constant nagging pain – is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great."

What is Healthy Living with Chronic Pain?

Healthy Living with Chronic Pain is an evidence-based program developed at Stanford University for adults of all ages who have chronic pain or live with someone who does. In just 6 weeks, you learn:

- Goal setting and problem solving
- Practicing healthy eating, relaxation techniques, and fitness for exercise and fun
- Coping with stress and depression
- Medication usage & evaluating treatments
- Quality sleep and fatigue management
- Communicating effectively with friends, family, and your medical team

Upcoming phone workshop

February 12th-March 19th

Wednesdays 11:00-11:45am

Email cklepp@waukeshacounty.gov

or call 262-444-9102 for more information about the workshop.



wiha
Wisconsin Institute
for Healthy Aging

COMMUNITY HEALTH EDUCATION CLASSES

Healthy Living with Diabetes

In-person workshop

Wednesdays, January 15 to February 19, noon to 2:30 p.m.

ProHealth Oconomowoc Memorial Hospital

Healthy Living with Diabetes is a proven program designed to help you learn how to better manage your diabetes through monitoring, nutrition, exercise and managing your symptoms.



PROHEALTH CARE

To register visit www.ProHealthCare.org/Classes

Or call 262-928-4059

Boost Your Brain and Memory

In-Person at the Big Bend Village Library- W230S9185 Nevins Street Big Bend, WI 53103

Thursday mornings, 9:30-11:00am; February 13th – April 3rd

A Brain Fitness Program offering a whole-person approach to helping individuals live healthier, remember things better, pay closer attention, and be more organized. This is an 8-week workshop that covers: physical health, emotional health, intellectual activity, nutrition, spirituality, and social engagement and how they all play a role in our Brain Health.

To register, call 262-444-9102 or email cklepp@waukeshacounty.gov



Helping with Love

(CLASS IS DELIVERED IN SPANISH ONLY)

**Mondays, from March 3rd to April 7th
6 sessions in person)**

10:00 a.m. – 12:00 p.m.

ProHealth Care's Hispanic Health Resource Center

Caring for a loved one with some type of dementia can be both physically and mentally exhausting. In this program, people who care for someone with dementia or at-risk of developing dementia learn about its development, symptoms, stages, types, and treatments as well as how to best take care of oneself and their loved one during difficult changes and phases of the illness.

Registration at: 262-928-4181
with Tania or Martha

Ayudando con Amor

(LA CLASE SE IMPARTE SOLO EN ESPAÑOL)

**Lunes, del 3 de marzo al 7 de abril
(6 sesiones presenciales)**

10:00 a. m. – 12:00 p. m.

Centro de recursos de salud hispanos de
ProHealth Care

Cuidar a un ser querido con algún tipo de demencia puede resultar agotador tanto física como mentalmente. En este programa, las personas que cuidan a alguien con demencia o en riesgo de desarrollar demencia aprenden sobre su desarrollo, síntomas, etapas, tipos y tratamientos, así como cómo cuidar mejor de sí mismos y de su ser querido durante los cambios y fases difíciles de la enfermedad.

Inscripciones al: 262-928-4181
con Tania o Martha

ADRC Senior Dining Centers in Waukesha County

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

JOKE
of the month

For my New Years Resolution, I'm giving up eating deli meat...

But I can't quit cold turkey.

January 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE</p>		<p>New Years Holiday</p> <p>No Meals Today</p>	<p>Sweet & Sour Chicken w/pineapple, green & red peppers over Brown Rice Pacific Blend Veggies Mandarin Oranges Blueberry Muffin</p>	<p>Tuna Pasta Salad Tomato & Onion Salad Creamy Dill Cucumber Salad Wheat Dinner Roll/ butter Chilled Apricots</p>
6	7	8	9	10
<p>National Shortbread Day Meatballs in Mushroom & Onion Gravy Mashded Potatoes Roasted Rosemary Butternut Squash Pear Half Multigrain Bread/butter Lorna Doone Cookies</p>	<p>Lemon Rosemary Chicken on the bone American Potato Salad Baked Beans Buttermilk Biscuit with butter Seasonal Fresh Fruit</p>	<p>Baked Mostaccioli Sicilian Grande Veggies Romaine lettuce salad with dressing Garlic Breadstick/ butter Chef's Choice Fruit Frosted Cake Alt: Jello</p>	<p>Turkey, Broccoli and Brown Rice Casserole Sunshine Carrots Grape Tomatoes Citrus Fruit Salad Chocolate Milk</p>	<p>Split Pea Soup/ crackers BBQ pork on a Wheat Bun Buttered Red Potatoes Peaches Butterscotch Pudding Alt: Diet Pudding</p>
13	14	15	16	17
<p>Chicken Noodle Casserole Caribbean Blend Veggies Carrot Raisin Salad Biscuit/butter Sugar Cookie Alt: Diet Cookie</p>	<p>Smothered Pork Loin Buttered Parsley Potatoes Creamed Corn Peach Half Multigrain Bread/ butter Baker's Choice Cookie Alt: Diet Jello</p>	<p>Swedish Meatballs over Noodles Honey Ginger Carrots Broccoli Salad Whole Wheat Bread/ butter Fresh Apple</p>	<p>Fish Patty on a Bun with lettuce & cheese Tartar sauce/Ketchup Ranch Potato Wedges Creamy Coleslaw Fresh Orange</p>	<p>Honey Mustard Chicken Scalloped Potatoes WI Blend Veggies Fresh Fruit Wheat Roll/Butter Vanilla Pudding Alt: Diet Pudding</p>
20	21	22	23	24
<p>Martin Luther King Jr Day</p> <p>No Meals Today</p>	<p>Chicken Stew with Veggies & Dumplings Rosemary Roasted Potatoes Marinated Veggie Salad Multigrain Bread/butter Warm Peaches with Cinnamon</p>	<p>Ring Bologna American Fried Potatoes/ketchup Chickpea Salad Rye Bread/butter Seasonal Fresh Fruit Chocolate Milk</p>	<p>National Pie Day Roast Turkey Sweet Potatoes Green Beans Applesauce Wheat Roll/butter Banana Cream Pie Alt: Diet Pudding</p>	<p>Vegetable Lasagna Sicilian Grande Veggies Romaine Lettuce Salad with dressing Garlic Breadstick w/ butter Pear Half</p>
27	28	29	30	31
<p>Brat with Kraut on Pretzel Bun Ketchup/Mustard Hot German Potato Salad Three Bean Salad Diced Peaches Ice Cream Cup</p>	<p>Old Fashioned Beef Stew with Potatoes Caribbean Blend Veggies Tomato & Onion Salad Whole Wheat Dinner Roll/butter Banana</p>	<p>Indian Butter Chicken Basmati Rice with Peas Steamed Broccoli Grapes Chocolate Mousse Alt: Diet Pudding</p>	<p>Stuffed Green Pepper Casserole Carrot Coins Fresh Cucumbers with ranch Seasonal Fresh Fruit Dinner Roll/butter Oatmeal Raisin Cookie Alt: Diet Cookie</p>	<p>Meatloaf Patty in gravy Baked Potato with Sour Cream Mexican Corn Salad 9-Grain Bread/butter Waldorf Salad</p>

VOLUNTEERING CAN PROVIDE A HEALTHY BOOST TO YOUR SELF-CONFIDENCE, SELF-ESTEEM, AND LIFE SATISFACTION. VOLUNTEERS DO GOOD FOR OTHERS AND COMMUNITY, WHICH PROVIDES A NATURAL SENSE OF ACCOMPLISHMENT.

Here are a few stories of how volunteers have made an impact in 2024!



Pictured L to R: Sherry Williams (Volunteer Program Specialist), Terry (HHS Volunteer for ADRC's Home Delivered Meals Program), and Lisa Bittman (ADRC Coordinator) during our annual Volunteer appreciation event on December 4, 2024.

The Volunteer Reception Center (VRC) Volunteers at WCDHSS (Waukesha County Department of Health and Human Services) have played a pivotal role in the success of the VRC and emergency planning efforts. Their enthusiastic suggestions, valuable guidance, and dedicated hours spent reviewing and providing input have been instrumental in shaping the processes, online training, training manual, just-in-time training, and "go-tubs". Their diverse skills and wealth of experiences have been essential in molding the program into what it is today. With our incredible volunteer team, the county will be well-prepared and fully supported when it needs to open a VRC in the event of an applicable emergency.

Volunteers Contribute to Alcohol and Substance Use Recovery Success:

A consumer in AODA treatment currently resides on the edge of the county and needs help getting to Health and Human Services for his program. He was referred to the Volunteer Transportation Program at WCDHSS (Waukesha County Department of Health and Human Services) with the warning that he may not sound or look appreciative of his rides, but he is. His volunteer driver quickly and easily established a rapport with him and the consumer has thanked the program multiple times for his driver's consistency, support, and attitude; something his case worker told us we should not expect to hear from him. The consumer, who has missed only one group since he started taking rides from the Volunteer Transportation Program, has completed his treatment, and has expressed his gratitude in a way that truly underscores the impact of this program.

"In my 31+ years as an AODA Site Coordinator, I've had approximately three dozen volunteers (obviously not all at the same time). I would estimate a good half of them did jail time before cleaning up and turning to volunteering to give back and help others, and to enhance their own sobriety. In my own case, I have been sober about 35 1/2 years. I don't think that would have happened without my good fortune to be a longtime AODA volunteer."

-AODA (Alcohol and Other Drug Abuse) Site Coordinator Volunteer at Health and Human Services

"My mother-in-law is 96 years old and still lives independently in her own apartment. Meals on Wheels has helped her to be able to do that. Knowing that she has a hot meal every day makes it easier on all of us. She also enjoys talking to volunteers when they deliver the meals."

-Home Delivered Meals recipient's family member

Volunteering is a fun and easy way to explore your interests and passions! If you are interested or know of someone who might be interested to discussing volunteer opportunities email us at HHSVolunteers@waukeshacounty.gov or call 262-548-7848 and ask to talk with a Volunteer Program Specialist.





LIBRARY MEMORY PROJECT

MEMORY CAFÉ 2025 SCHEDULE

WHAT IS A MEMORY CAFÉ?

A Memory Café is a free social gathering for those who are experiencing early stage dementia, mild memory loss, or mild cognitive impairment (MCI), to attend with a family member, friend, or care partner. A Memory Café is a place to have fun, share experiences, and stay socially connected.



WAUKESHA COUNTY LIBRARY LOCATIONS



LAKE COUNTRY PROJECT

Meets 1st Friday of the month • 10:30 am - Noon

- January 3 Oconomowoc
- February 7 Delafield
- March 7 Hartland
- April 4 North Lake
- May 2 Oconomowoc
- June 6 Pewaukee
- July 11* Delafield
- * Shifted one week to accommodate the holiday.*
- August 1 Hartland
- September 5 North Lake
- October 3 Pewaukee
- November 7 Oconomowoc
- December 5 Delafield

PURPLE SPRINGS PROJECT

Meets 2nd Thursday of the month • 1:30 - 3:00 pm

- January 9 Mukwonago
- February 13 Eagle
- March 13 Muskego
- April 10 New Berlin
- May 8 Mukwonago
- June 12 Eagle
- July 10 Muskego
- August 14 New Berlin
- September 11 Mukwonago
- October 9 Eagle
- November 13 Muskego
- December 11 New Berlin

WAUKESHA PROJECT

Meets 4th Wednesday of the month • 10:30 am - Noon

- January 22 Waukesha
- February 26 Waukesha
- March 26 Waukesha
- April 23 Waukesha
- May 28 Waukesha
- June 25 Waukesha
- July 23 Waukesha
- August 27 Waukesha
- September 24 Waukesha
- October 22 Waukesha
- November 19* Waukesha
- December 17* Waukesha
- * Shifted one week to accommodate the holidays.*

WILD PLUM PROJECT

Meets 3rd Monday of the month • 3:00 - 4:30 pm

- January 20 Brookfield
- February 17 Menomonee Falls
- March 17 Sussex
- April 21 Brookfield
- May 19 Menomonee Falls
- June 16 Sussex
- July 21 Brookfield
- August 18 Menomonee Falls
- September 15 Sussex
- October 20 Brookfield
- November 17 Menomonee Falls
- December 15 Sussex



RECAP: Caring for Our Caregivers Open House



The ADRC of Waukesha County hosted a caregiver open house on Tuesday November 12th, 2024.

This event was hosted to honor family caregivers in Waukesha County during National Family Caregiver Month. The open house consisted of many community

resources and wellness activities. We had a great turn out at the event, reaching 50 caregivers, and connected with several family caregivers that had previously not had contact with the ADRC.

Our community partners that were present provided information for our family caregivers and their loved ones.

- ◆ **Waukesha Park and Recreation** supplied information about the numerous senior activities and classes the City of Waukesha hosts every month.
- ◆ **Bridges Library System** highlighted their Library Memory Project and the libraries' programs geared towards older adults.
- ◆ **Katy's Kloset** promoted their distribution of donated durable medical equipment and supplies to adults and children at no or low cost.
- ◆ **VRI** provided information on their technology, such as personal emergency response systems and medication management equipment, which can be of great assistance to caregivers.
- ◆ **Waukesha County Falls Prevention Coalition** provided informational resources for caregivers in keeping their loved ones safe from falls.

These excellent resources are a few of the many supports available to aid family caregivers in Waukesha County.

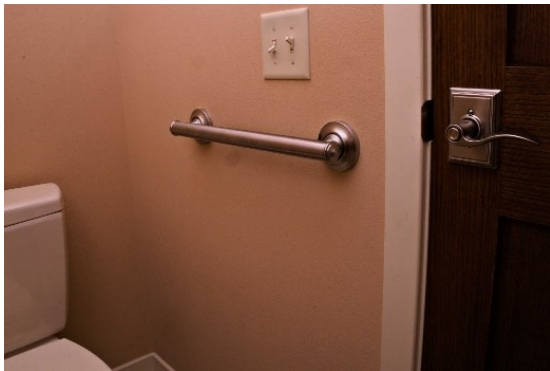
There were several wellness activities at the open house to engage our family caregivers including, nurses from the **Public Health Department** offering blood pressure checkups and the **Waukesha's YMCA** facilitated small groups of chair yoga. In addition, there was a massage therapist that was giving neck massages and a local business owner demonstrating how to make soap. These wellness activities helped stress the importance for our family caregivers to prioritize their own mental and physical wellbeing.

National Family Caregiver Month made a great opportunity for us to recognize the many family caregivers in Waukesha County. The caregiver open house gave us a chance to provide great resources to family caregivers while also highlighting the need for caregivers to focus on their own health and wellness. More than 1 in 5 adults in the United States are unpaid family caregivers. Please reach out to the ADRC of Waukesha County to inquire about family caregiver resources, including grant funding from the Alzheimer's Family Caregiver Support Program (AFCSP), at 262-548-7848.

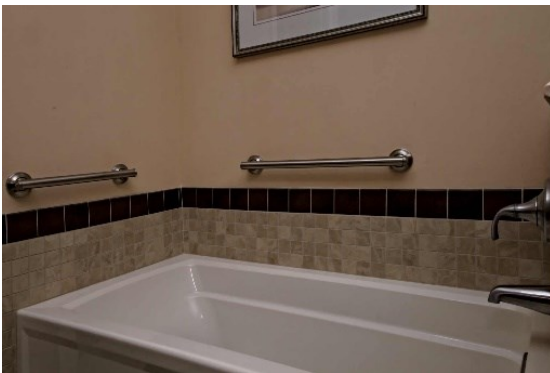
Bath Safety Month Tips

Preventing bathroom falls in older adults requires a combination of proactive measures, environmental modifications and lifestyle changes.

Grab bars should be installed in places where you may lose your balance. They should be installed by a professional to ensure they are at the correct level and properly attached to the wall. The National Association of Home Builders (NAHB) has Certified Aging-In-Place Specialists (800-368-5242) who work in many communities.



By the toilet- 33-36" from the floor



Around the bathtub- 8-10" from the rim



In the shower-33-36" from the floor

The exact height and location of the grab bars depends on the user. It is recommended to have three grab bars in the shower and bathtub, one at the entrance, one on the inside wall, and another by or near the faucet handles underneath the shower head. Towel racks are NOT grab bars! But grab bars can be towel racks. Grab bars that don't require drilling are also available if you don't want to or can't make any structural changes to your space, and grab bars are even available in different styles to suit your needs.

Get a hand-held shower head to avoid reaching or straining in the shower. Handheld showerheads provide greater flexibility and control while bathing. You can wash hard-to-reach areas without having to move around as much. This can help minimize your risk of slipping or losing balance in the shower.

Sit safely with a shower chair or bench: Getting rid of a shower/tub combo with a large lip is helpful. If that's not possible, find a chair that you can use in the shower that you can transfer while seated on a transfer bench.

A **raised toilet seat or a seat with handles** is another option to add to your bathroom for extra stability when using the toilet. If you have mobility issues, using a raised toilet seat to reduce knee strain and make it easier to sit down and stand up from the toilet.

Put down non-slip mats: Place non-slip mats or adhesive strips on the bathroom floor, inside and outside the shower and tub, to provide traction and reduce the risk of slipping on wet surfaces.



WAUKESHA COUNTY
FALLS PREVENTION COALITION
PROMOTING STRENGTH, CONFIDENCE AND
INDEPENDENCE



Medicare

Turning 65?
Need 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.

Please register with the specific location you wish to attend

Waukesha Public Library (262-524-3680) - Monday, January 27 at 10:30am

Mukwonago Community Library (262-363-6411) - Tuesday, February 11 at 2:00pm

Brookfield Public Library (262-782-4140) - Thursday, February 20 at 2:00pm

Hartland Public Library (262-367-3350) - Thursday, March 13 at 11:00am

Brookfield Parks & Recreation (262-796-6675) - Tuesday, March 18 at 12:45pm

Elm Grove Public Library (262-782-6717) - Thursday, April 3 at 1:00pm

Pewaukee Public Library (262-691-5670) - Monday, April 7 at 1:00pm

Menomonee Falls Public Library (262-532-8900) - Tuesday, April 8 at 2:00pm

Butler Public Library (262-783-2535) - Wednesday, April 9 at 1:00pm

Muskego Public Library (262-971-2100) - Monday, April 28 at 10:30am

In addition, the ADRC conducts 2-hour classes every 2nd 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 >





Who do I contact – Social Security or Medicare?

Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The chart below can help you quickly figure out where to go. Please share this chart with family and friends.

Topic	Social Security	Medicare	Resources
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligibility?	X		ssa.gov/medicare
What does Medicare cover?		X	medicare.gov/what-medicare-covers
How do I sign up for Hospital Insurance? (Part A)	X		ssa.gov/medicare
How do I sign up for Medical Insurance? (Part B)	X		ssa.gov/medicare
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		ssa.gov/medicare/part-d-extra-help
How can I check the status of Medicare Part A or B claims?		X	medicare.gov/account/login
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	medicare.gov/claims-appeals/how-do-i-file-an-appeal
How do I appeal an income-related monthly adjustment amount decision? <i>(for people who pay a higher Part B or D premium because income is over a certain amount)</i>	X		ssa.gov/benefits/medicare/medicare-premiums.html
How can I request a replacement Medicare card? <i>(with a my Social Security or Medicare account)</i>	X	X	ssa.gov/myaccount medicare.gov/account/login
If I already get benefits or have Medicare, how do I report a change of address or phone number?	X		ssa.gov/myaccount
What do Medicare health and prescription drug plans in my area cost, and what services do they offer?		X	medicare.gov/plan-compare
Which doctors, health care providers, and suppliers participate in Medicare?		X	medicare.gov/care-compare/
Where do I find publications about Medicare?	X	X	ssa.gov/pubs/?topic=Medicare medicare.gov/publications
Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?		X	medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	medicare.gov/medigap-supplemental-insurance-plans



Securing today and tomorrow

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Who do I contact – Social Security or Medicare?
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Social Security Administration Office Service Changes

By the GWAAR Legal Services Team (for reprint)

The Social Security Administration (SSA) recently announced that it will be transitioning to **appointment-based services** for in-person visits to local field offices. Beginning January 6, 2025 SSA will require customers to schedule an appointment for services, including requests for Social Security cards.

SSA emphasizes that it will not turn people away for walk-in service who are unable to make an appointment or do not want to make an appointment, such as “members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention.” Field offices with minimal wait times will also continue to provide walk-in assistance.

Nonetheless, SSA still encourages people to take advantage of online services or the automated services available by telephone at **1-800-772-1213**.

Flu and COVID Combination Tests

By the GWAAR Legal Services Team (for reprint)

The Food and Drug Administration (FDA) recently approved a new at-home kit that can test for COVID-19 and two strains of the flu virus at the same time. The tests are available at pharmacies without a prescription and can help people determine what types of precautions they need to take to avoid infecting friends and family members.



Marketplace Enrollment Reminder



Don't forget that Open Enrollment for 2025 health insurance coverage through the Marketplace ends January 16, 2025! If you enroll in a health insurance plan before January 16, 2025, your coverage will start February 1, 2025. After Open Enrollment ends, you will only be able to enroll in a Marketplace plan for 2025 coverage or switch Marketplace plans if you qualify for a Special Enrollment Period (SEP).

www.healthcare.gov

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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