

**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
(24/7Helpline)
www.alz.org/sewi

INSIDE THIS ISSUE:

- ◆ Community Events (2)
- ◆ Memory Screenings and more at Public Health (3)
- ◆ Caregiver's Corner (4)
- ◆ Dementia Support (5)
- ◆ Online Shopping Safety (6-7)
- ◆ PUZZLE (8)
- ◆ Menu and Dining (10-11)
- ◆ Importance of Sleep (12)
- ◆ Recipe: Cauliflower & Broccoli Cheese Soup (13)
- ◆ Your Community History: North Prairie (14)
- ◆ Falls Prevention Coalition (15)
- ◆ Health Education (16)
- ◆ "Welcome to Medicare" Classes (17-18)
- ◆ Social Security Increase (19)

The ADRC Connection

The holidays are a joyful time for many people; there are times when people who live alone do not feel as socially connected and therefore do not see the joy in the holidays. We would like to share some tips to make your holiday a more joyful season.

Engage in Local Holiday Events

- Many community centers, religious organizations and libraries offer holiday events, both in person and online. Look for groups hosting activities – such as holiday book clubs, holiday markets, performances, craft workshops or holiday-specific cooking classes – to meet and interact with others.

Volunteer Locally

- Giving back and volunteering can be incredibly fulfilling by bringing a sense of purpose while helping you connect with others in a meaningful way.
- Food banks, shelters, charities and senior centers often need extra help over the holidays. If in-person volunteering isn't possible, some organizations also offer remote volunteer options.

Reach Out

- Don't hesitate to reach out and let family or friends know you'd appreciate their company, especially during holiday weeks when feelings of isolation can be more intense. People often become so absorbed in their own lives, especially during the holidays, that they might not recognize what you need unless you express it clearly.

- Ask family members or friends to set up regular check-ins. Instead of texting or emailing, pick up the phone. The act of speaking to someone creates a sense of belonging and can also help foster stronger relationships.

Engage in Community

- Faith-based groups can offer consistent social interactions, act as a supportive community and foster belonging through shared values and beliefs, especially around the holidays.
- Senior centers offer a welcoming environment designed to provide older adults opportunities for social interaction. Many organize engaging holiday events, volunteering opportunities and facilitating both practical and emotional support during a time that can be hard for some, making the holiday season more joyful.

Practice Self-Care

- Prioritizing your physical and emotional well-being with self-care can make a big difference. Treating yourself kindly, especially during a time of year when expectations are high, can help ease feelings of isolation.

Community Calendar

DECEMBER

TREE LIGHTINGS:

December 5:

New Berlin Tree Lighting
New Berlin ARC- 4-6 pm

December 6:

Downtown Waukesha Tree Lighting
The Rotunda- 5:30-7 pm

Sussex Tree Lighting
The Sussex Civic Center- 6-8 pm

Hartland Tree Lighting (Hartland Lights 2024)
The Village Center- 6-9 pm

December 7:

Pewaukee Tree Lighting
Clark House Museum- 2-5 pm

Brookfield Tree Lighting (Part of German Fest)
City Hall Clock Tower, 6-10 pm

Oconomowoc Tree Lighting and Parade
Downtown Oconomowoc- 4:30-6 pm

COMMUNITY EVENTS:

December 1-15- A Christmas Carol: The Musical @ Lake Country Playhouse, times vary. This show will be held on Thursday and Friday evenings, and Saturday and Sunday afternoons, through December 15th. Tickets are \$29.50 and can be purchased at www.lakecountryplayhousewi.org.

December 4-22- Tosa Holiday Market @ Wauwatosa Village (7735 Harwood Ave., Wauwatosa 53213), times vary. Come enjoy this European Christmas Market and holiday festival in the heart of Wauwatosa. Admission and parking are free. This event will feature authentic food mirroring what you would have in Europe, a unique shopping experience, family-friendly events, and live entertainment. Hours are Monday through Thursday, 3-9 pm, Friday and Saturday, 10 am- 10 pm, and Sunday 10 am- 6 pm.

December 7 & 8, 14 & 15- Home for the Holidays @ Old World Wisconsin, 10 am- 5 pm. Stroll through Old World Wisconsin decked in holiday greenery and full of homes and shops bustling with holiday preparations. Create your own ornament, find your family Christmas tree in an old-fashioned pine lot, dash through the snow on a horse-drawn wagon, visit Victorian Santa, and so much more. Admission is \$24 for adults and teens, \$22 for seniors (65+), \$18 for children (5-12), and free for children under 5. Advance registration required and tickets can be purchased at <https://buy.acmeticketing.com/events/514/detail/6464ea6ce763b7149fb26806>.

December 7- Midnight Magic Mukwonago @ Downtown Mukwonago, 9 am- 11 pm. Main events of this annual tradition include experiencing the North Pole in Field Park including live reindeer, wagon rides, firepit, live wood carver, music, and fireworks and the tree lighting at the community library at 5:30 pm. There is also a craft fair and market inside Mukwonago High School from 9 am-4 pm. There will also be a town parade, live ice carving, dog sled pull, and more!

December 8- Waukesha Christmas Parade @ Downtown Waukesha, 4 pm. Downtown Waukesha comes alive with enchantment and merriment during its annual Christmas parade, a beloved tradition that brings the community together in the spirit of the season.

December 8- Canadian Pacific Holiday Train @ Hartland, 5:45-6:15 pm. Kick off the holiday season with a visit from the Canadian Pacific Holiday Train when it stops in Hartland at the crossing of Cottonwood and Pawling Avenues. This is a fundraiser for local food pantries so please bring non-perishable food donations!

December 14- Christmas in Wales @ Downtown Wales, 11 am- 2 pm. This annual event will feature photos with Santa, cookie sale, woodworking projects, facepainting, hot cocoa, live music, live nativity scene, and more!

December 21- Handmade Holiday Mini Market @ The Brookfield Conference Center, 10 am- 3 pm. This mini market will feature both local and regional artists, makers, and creatives selling only the best in fine art, functional art, and handmade goods. Santa and Mrs. Claus will also make an appearance from 1-3 pm! Admission is \$3.

CONCERNED ABOUT MEMORY LOSS?

Waukesha County Public Health offers **FREE Memory Screening!**

514 Riverview Ave. Waukesha, WI



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

By Appointment 262-896-8430

Approximately 30 Minutes

Other Screenings Offered:

- Anemia
- Blood Pressure
- Cholesterol
- Glucose (Blood Sugar)
- Head-lice
- Pregnancy
- STD (Chlamydia & Gonorrhea)
- Tuberculosis Skin Reads
- Well Child

We're looking for people 30+ that want to explore memory screening!

Scan for healthy brain resources!



waukeshacounty.gov/publichealth

Looking to talk to someone about helping a loved one with potential dementia or a dementia or Alzheimer's diagnosis?

Turn to page 5 and learn about the support groups out there facilitated by our local Dementia Care Specialists, Jen and Kathy, at the ADRC!



Caregiving and the holidays: from stress to success!

For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will. Caregivers may feel resentful towards other family members who they feel have not offered enough assistance. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy. Here are some suggestions that may help make the holidays more enjoyable for you and your loved ones.



Caregiver's Corner

An opportunity for communication

It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Whom do you tell? How much do you tell? Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Let sleeping dogs lie?

It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" in caregiving responsibilities. Consider clearing the air before the holidays or perhaps resolve within yourself to put those feelings on hold, with the intention to discuss the matter after the holiday season passes. In the meantime, enjoy the holiday!

Share your wish list

- ◆ **Respite:** some caregivers ask for time off from caregiving duties as a gift for the holidays. This could mean another family member gives you a break. Sometimes asking for a Saturday off "in the next three months" is more accepted, as family members can then schedule it into their calendars.
- ◆ **Home repairs:** Do light bulbs need changing, or grab bars need installation? Does that maddening pile of junk in the garage need to go to the dump? Tasks such as these may be the perfect way for a family member to help if providing personal care is too uncomfortable for them.
- ◆ **Care for you!** How about a gift certificate for a massage, facial or manicure? How about an opportunity to spend the day fishing or a walk in the outdoors?

Reflect on the rewards

Reflecting on the rewards of caregiving can help maintain your self-esteem. It may feel very rewarding to know that you are fulfilling a vow or promise you made to the person for whom you provide care. You may also be experiencing a great deal of growth as you learn new skills and meet challenges in ways you never imagined possible.

Family Caregiver Alliance: <https://www.caregiver.org/>

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:

December 11

January 8

February 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

Online Shopping Safety

By the GWAAR Legal Services Team (for reprint)

With the holiday season approaching, it's time to think about shopping for that perfect gift. These days, you can choose to shop in-store or online. Online shopping is convenient because it allows you to shop when the weather is terrible, and traveling is dangerous. It also allows people with health issues to shop safely. These advantages make online shopping a popular choice. While it is convenient, it must be done carefully to protect your finances and your personal information.

Most people can spot fraud when they shop in person, but recognizing fraud online is trickier. Here are a few things you can do to ensure your online shopping experience is safe.

Shop on websites you know and trust.

When you shop on websites of brands you know and trust, you can guarantee you get the product you want. Some websites try to sell products that look like the name brand but are of lower quality. Make sure you are buying the actual brand to ensure that you get high-quality products.

Make sure that there is a lock on the address bar.

To ensure the site is secure, look for the lock symbol on the browser address bar at the top of the webpage (where you type the name of the store you want to shop). This lock lets you know that your data transfers are more secure.

Know how much your item should cost.

Research the average cost of the item you want to purchase before you buy. If the price is too good to be true, it could be a scam, counterfeit, or low quality. Knowing the average price of the item you want to buy can help you identify quality products from trusted brands and weed out fake, low-quality products.

Research unknown store websites.

If you want to buy from a store you don't know, you should do some research before buying anything. You can look them up on the Better Business Bureau to see if they have been tagged as a scam or have other customer

service issues.

Give only the necessary information.

Don't enter more information than you need into an online store's checkout page. A store should only need your name and your mailing and billing addresses. Never give a shopping website your social security number.

Use a credit card when possible.

Try not to use a debit card to shop online. This makes it easier for scammers to access your bank account information directly. Credit cards have more protection from fraud, making them the safer payment option.

Review your credit card account.

Review your credit card accounts regularly to ensure there are no unapproved purchases. The sooner you catch a fraudulent charge on your account, the sooner you can fix it. Contact your credit card company immediately to alert them to suspicious charges and activity. There should be a customer service phone number on the back of your credit card.

Buy gift cards in-store.

If you buy gift cards, purchasing them directly from the store is the safest option. Some online vendors sell fake gift cards, so be aware of where you're buying the gift card to avoid fraud.

Don't shop online using public Wi-Fi.

Using public Wi-Fi to shop online may not be safe. You should ensure your Wi-Fi source is secure and password-protected to prevent anyone from accessing your private information.

Use unique passwords.

Never use the same password for multiple websites or accounts. You should use a unique 12-character-long password or use a password manager. This makes it more difficult for scammers to gain access to your money and account information. You can also use multifactor authentication to protect your accounts further.

These are ways to shop online safely, but if you get scammed, you have options. First, complain

to the seller if you are unsatisfied with the product or service. Second, if you think you have been scammed, you can report the scam to the Federal Trade Commission, State Attorney General, and the FBI. If your credit card or personal information is at risk, you should alert your credit card company of suspicious activity and possibly freeze your credit.

Additional Resources

You can freeze your credit by visiting the three major reporting agencies and following their website instructions. Each agency has its own set of instructions on freezing credit.

Equifax - 1-888-298-0045

Experian - 1- 888-397-3742

TransUnion - 1- 888-909-8872

Can I place a freeze for my family members?

Yes. Spouses can request freezes for each other by phone at TransUnion at 888-909-8872, as long as they pass authentication. You can also request a freeze for someone if you have a valid Power of Attorney by calling 888-909-8872.

Scam Watch

Remote Patient Monitoring

Check your MSN or EOB for claims that reference “remote monitoring” or office visits that didn’t take place.



888-818-2611

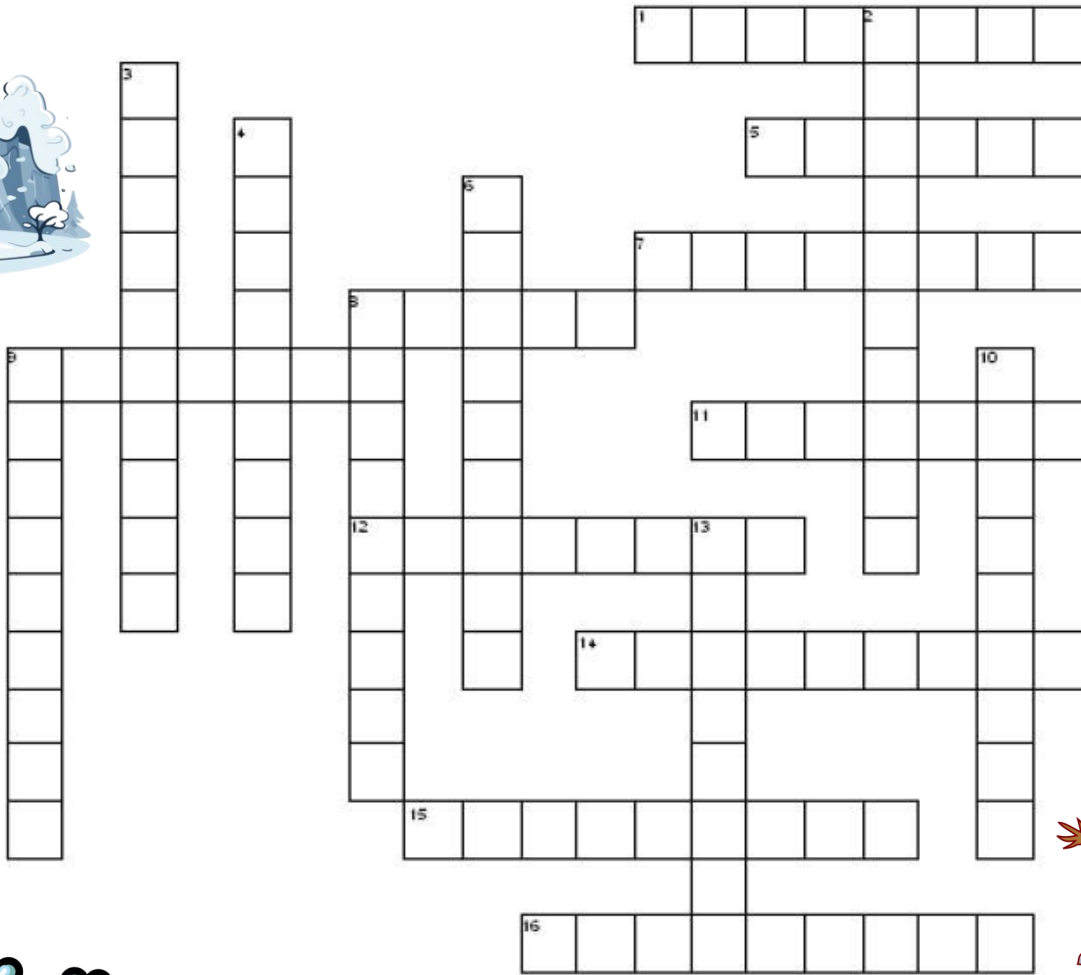
www.smpwi.org

SUPPORTED BY GRANT # 90MPC0002 FROM ACL



Snow, Snow, Snow

Answers on pg 16



ACROSS

1. A piece of winter clothing that keeps children warm and dry as they play in the snow.

5. It _____ last night.

7. A rounded handful of snow that may be thrown.

8. The adjective form of snow (as in "Stopping by the Woods on a _____ Evening")

9. A person made of snow.

11. Look outside! It's _____.

12. The absence of snow. ("It's been a _____ winter.")

14. A flat object that people use to travel in surf-like position down hills of snow.

15. A single piece of snow.

16. A type of winter storm.

DOWN

2. A tool people use to remove snow from sidewalks.

3. A vehicle that may be driven across snow.

4. A machine that creates artificial snow.

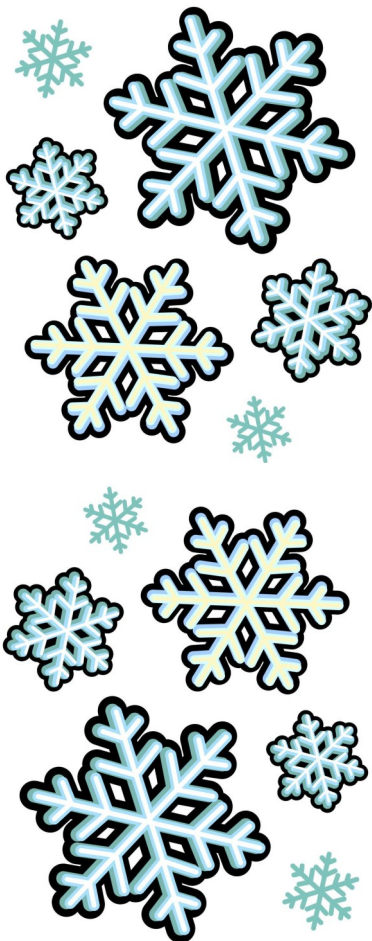
6. Something people use to help them walk across snow.

8. A landscape covered with snow.

9. An avalanche of snow.

10. A large bank of snow.

13. A machine used to remove snow from roads.



Super Sprouts

Brussels sprouts have become very trendy in recent years, in spite of their reputation. If you're not a fan, you might like them prepared in a different way—roasted, sautéed, or even raw!

Why eat Brussels sprouts? Brussels sprouts are among the top 20 “powerhouse” fruits and vegetables for nutritional value and association with reduced chronic disease risk. They are rich in fiber and vitamin C and contain a variety of antioxidants.

How do I pick good Brussels sprouts? Brussels sprouts are in season in the winter, making them a perfect side for your holiday table. Choose firm sprouts with no yellow/wilted leaves. Small sprouts tend to be sweeter and more tender. If you can find sprouts still on the stalk, they will have the freshest flavor.

Why do they smell? Cruciferous vegetables such as Brussels sprouts, cauliflower and broccoli have a smell when they are cooked or boiled for a long time, due to sulfur-containing compounds naturally occurring in the sprouts. To limit the bitter smell and taste, cook them quickly and in a hot oven (roasted), or enjoy them raw and finely shredded.

Cranberry-Roasted Brussels Sprouts

Makes: 6 servings

Ingredients:

- 1 ½ pounds of Brussels sprouts, halved
- 3 Tablespoons olive or canola oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey
- ½ cup dried cranberries



Directions:

1. Preheat oven to 425 degrees. In a large bowl, toss Brussels sprouts with oil, salt, and pepper. Transfer sprouts onto a baking sheet. Spread in an even layer.
2. Bake until Brussels sprouts are fork tender with golden brown/slightly crispy edges, about 20 minutes.
3. Return the roasted sprouts to the bowl. Add honey, apple cider vinegar, and cranberries and toss to distribute evenly. Serve.

Nutrition Facts: Calories: 130; Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 197mg; Carbohydrate: 16g; Fiber: 3g; Sugars: 11g; Protein: 3g.

Raw Brussels Sprout Salad with Peanut Dressing

Makes: 6 servings

Ingredients:

- 4 cups thinly sliced or shredded Brussels sprouts
- 1 apple, chopped or cut into thin strips
- 1 Tablespoon creamy peanut butter
- 2 Tablespoons canola or vegetable oil
- 1 teaspoon honey
- 1 Tablespoon vinegar, any type
- 1 Tablespoon low-sodium soy sauce
- Pepper, to taste

Directions:

1. Place Brussels sprouts and apples in a large bowl.
2. Mix peanut butter, oil, honey, vinegar, and soy sauce in a small bowl until well combined
3. Pour peanut dressing over sprouts and apples. Add pepper to taste. Toss and serve.

Nutrition Facts: Calories: 102; Fat: 6g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 122 mg; Carbohydrate: 11g; Fiber: 3g; Sugars: 5g; Protein: 3g.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Boulevard AC-G22, Waukesha WI 53188

Phone: 262-548-7877

<https://waukesha.extension.wisc.edu>

Para más información español comuníquese con 262-548-7882

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

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

Why did the Gingerbread man go to the dentist.

Because he was feeling *crumbly* because of his chronic *ginger-vitis*.

December 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey BBQ Pork Loin Sour Cream & Chive Potatoes Pacific Blend Veggies Fruit Cocktail Multigrain Bread/ butter Vanilla Pudding Alt: Diet Pudding	BLT Smothered Chicken Sweet Potatoes Green Beans Whole Wheat Bread & Butter Kiwi	Ham Macaroni Salad Broccoli Salad Baby Carrots with Ranch Mandarin Oranges Lemon bar Alt: Diet Jello	Polish Sausage on a Bun Ketchup/Mustard American Potato Salad Baked Beans Seasonal Fresh Fruit Chocolate Milk	Turkey ala King over Brown Rice Caribbean Blend Veggies Citrus Fruit Salad Whole Grain Fruited Muffin/Butter
9	10	11	12	13
Chicken Philly Sandwich with cheese, onions & peppers Au Gratin Potatoes Fresh Grape Tomatoes Mandarin Oranges	Diced Ham and Scalloped Potatoes Dilled Carrot Coins Applesauce 7-Grain Bread/butter Coconut Cake Alt: Pears	Pork Cutlet in light gravy Baked Potato with sour cream Corn & Edamame Salad Multigrain Bread/ butter Grapes	Lasagna Rollup with Meat sauce Sicilian Grande Veggies Strawberry Spinach Salad with Vinegarette dressing Breadstick/Butter Pear Half	Cream of Broccoli Soup Sloppy Joe on a Bun Diced Potatoes Cucumbers w/Ranch Peach Half Ice Cream Cup
16	17	18	19	20
Salisbury Steak in gravy Garlic Mashed Potatoes Buttered Sweet Corn Pear Half Multigrain Bread/ butter Ice Cream Cup	Chicken Breast in Wine Sauce with Mushrooms Quinoa & Wild Rice Blend Creamed Spinach Chickpea salad Nine Grain Bread/ butter Applesauce	Happy Holidays Roast Beef in Gravy Twice Baked Potato Bake Dilled Carrots Broccoli Salad Tropical Fruit Cup Crusty Roll/butter Cherry Pie	Rachel Sandwich Hot Turkey & Swiss on Rye with Sauerkraut and thousand island dressing Seasoned Potato Wedges/ketchup Chef's Choice Veggie Fruit Compote	Butternut Squash Mac & Cheese Seasoned Green Beans Cottage Cheese Kitchen's Choice Fruit Zucchini Bread/ butter
23	24	25	26	27
Roast Turkey in gravy Herbed Stuffing Diced Beets Spinach Salad with Golden Italian Dressing Cranberry Relish Dinner Roll/butter Vanilla Pudding Alt: Diet Pudding	Holiday No Meals Today	Holiday No Meals Today	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Seasonal Fresh Fruit Wheat Roll/butter Peanut Butter Cookie Alt: Diet Cookie	Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Steamed Broccoli Peach Half Multigrain Bread/ butter Chocolate Mousse Alt: Diet Jello
30	31	JAN 1		
BBQ Riblet Sweet Potatoes Creamy Coleslaw Nine Grain Bread/ butter Seasonal Fresh Fruit Chocolate Milk	New Years Holiday No Meals Today	New Years Holiday No Meals Today	PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE	

The Importance of Sleep in Older Age

By the GWAAR Legal Services Team (for reprint)



Sleep plays a vital role in our health and well-being, influencing everything from mood to cognitive function. As we age, our sleep patterns and needs evolve, making it crucial to prioritize and adopt healthy habits to promote better quality sleep for overall health and well-being.

The National Sleep Foundation recommends that adults aged 65 and older aim for 7-8 hours of quality sleep each night. Despite the recommended guidelines, however, studies show that many older adults struggle to achieve sufficient sleep. Factors such as chronic health conditions, medications, and lifestyle habits can contribute to inadequate rest.

Several sleep disorders commonly impact older adults, including:

- 1) **Sleep Apnea:** Characterized by pauses in breathing during sleep, sleep apnea can result in fragmented sleep and various other health complications.
- 2) **Insomnia:** Chronic difficulty falling or staying asleep, which in turn can lead to daytime fatigue, irritability, and impaired cognitive function.
- 3) **Restless Leg Syndrome:** This neurological disorder causes uncomfortable sensations in the legs, leading to an irresistible urge to move, which disrupts sleep.
- 4) **REM Behavior Disorder:** Characterized by the vivid acting out of dreams during sleep, this disorder may occur when the brain chemical that paralyzes the muscles during REM sleep does not function properly.
- 5) **Circadian Rhythm Sleep Disorders:** These disorders result in falling asleep and waking up earlier, due to a disruption in the daily sleep-wake cycle of the body's internal clock.

To foster optimal sleep hygiene, older adults can adopt the following strategies:

- 1) **Establish a consistent sleep schedule** by going to bed and waking up at the same time each day.
- 2) **Create a soothing sleep environment** that's quiet, dark, and comfortably cool.
- 3) **Engage in relaxation techniques**, such as deep breathing or meditation, before bed to help ease the mind and prepare for sleep.
- 4) **Limit caffeine and alcohol consumption**, particularly close to bedtime, as they can disrupt sleep patterns.
- 5) **Talk to your healthcare provider** if you are experiencing trouble falling asleep or staying asleep, movement during sleep, or if you or your partner notice that you seem to stop breathing during sleep. Sometimes, these can be signs of an underlying medical condition that may require treatment.

By understanding the significance of sleep, adopting healthy habits, and recognizing common sleep disorders that may warrant a conversation with a physician, older adults can enjoy the restful slumber they need to thrive.

Cauliflower Broccoli Cheese Soup



Ingredients

- 3/4 cup small cauliflowererets
- 3/4 cup small broccoli florets
- 1/4 cup chopped onion
- 1/4 cup halved thinly sliced carrot
- 1 to 2 tablespoons butter
- 1-1/2 cups 2% milk, divided
- 1/2 teaspoon chicken bouillon granules
- 1/4 teaspoon salt
- Dash pepper
- 2 tablespoons all-purpose flour
- 1/3 cup cubed Velveeta

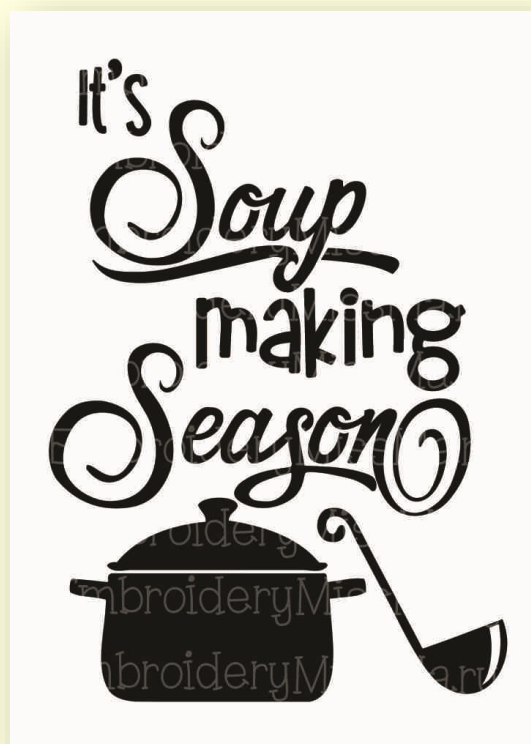
Directions

In a large saucepan, cook the cauliflower, broccoli, onion and carrot in butter until vegetables are crisp-tender, about 5 minutes. Stir in 1-1/4 cups milk, bouillon, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, about 5 minutes, stirring occasionally.

Combine the flour and remaining 1/4 cup milk until smooth; add to saucepan. Bring to a boil; cook and stir until thickened, 1-2 minutes. Reduce heat; add cheese and stir until melted. Serve immediately.

Nutrition Facts

1 cup: 267 calories, 15g fat (9g saturated fat), 48mg cholesterol, 909mg sodium, 23g carbohydrate (13g sugars, 2g fiber), 12g protein.



YOUR COMMUNITY HISTORY: VILLAGE OF NORTH PRAIRIE

North Prairie is a village in Waukesha County, about thirty-three miles southwest of Milwaukee. It is surrounded by Eagle, Mukwonago, Genesee, and Ottawa. In the nineteenth century, North Prairie was an unincorporated village in the Town of Genesee. Three prospectors from Mukwonago—Thomas Coats, William Garton, and Thomas Sugden—settled and named the village in 1836. Within a few years, Charles Raynous set up the town's first blacksmith shop in North Prairie, as well as the first school.



Caption: St John's Church

North Prairie became Genesee's major village after the Milwaukee & Mississippi Railroad built a station there in 1852. By 1907, it had around 300 residents, more than twice the population of Genesee Depot, the next largest village within the Town of Genesee. In 1919, North Prairie residents voted to separate from Genesee and incorporate as an official village. Despite its relatively large size for the region, North Prairie saw little industrial development and remained mostly rural into the twenty-first century. Known as a rich farming area, village residents worked on dairy farms, raised livestock, and cultivated grain.

North Prairie experienced some growth in 1917, after the Morey Milk Condensery opened there. By the time it closed in 1924, over 200 people worked at the plant; over 85% of village families depended on its support. Despite the loss, the small farming community saw population growth in the mid-twentieth century and developed a busy village center. Over the next several decades, the number of businesses in the village decreased, farms transitioned into residential areas, and North Prairie began to transform into a commuter bedroom community.

The village experienced a new influx of residents in the late twentieth and early twenty-first centuries when developers built several upscale subdivisions. The population rose from 1,322 in 1990 to 2,141 in 2010. There have been mixed reactions to this growth; some residents fear that the village will lose its rural charm, and others are hopeful about its prospects for bringing more convenient business to the area. The village's land use plan indicates leaders' intentions to preserve the historic structures and rural atmosphere while fostering a central area where residents can socialize, and businesses can grow.



Caption: Morey Milk Condensery

Waukesha County Falls Prevention Coalition

Know Your Risk & Test Your Knowledge! Take the National Council on Aging's Falls Free Check Up below to learn your fall risk.



1. You can reduce your fall risk by taking a falls prevention class.
a. True b. False

2. Falls are a normal part of getting older – you can't do much to avoid a fall.
a. True b. False

3. Which of these factors can contribute to a fall?
a. Shoes and other footwear b. Vision Problems c. Medications you take d. all

4. These are some good ways to avoid falling when you're out and about in your community (pick any that apply)
a. Find and use a handrail when climbing the bleachers at your granddaughter's soccer game.
b. When walking, pay close attention to the terrain in front of you so you can avoid hazards that could make you fall.
c. Take a flashlight when walking outside at night to light your path.

5. To avoid a fall in your home you should:
a. Race to get the phone or answer the door. Being in a hurry makes you more alert to falls hazards.
b. Stay in one place most of the time – moving around is dangerous.
c. Get rid of scatter rugs and objects in your walk way or on your stairs.

6. What are the chances a person 65 or older will have a fall this year?
a. 1 in 38 b. 1 in 4 c. 1 in 100 d. 1 in 10

7. Having a fall makes people afraid of falling again. Fear of falling has consequences including:
a. Muscle weakness
b. Feeling lonely or socially isolated
c. An even greater risk of another fall
d. All of the above

8. My doctor is the only one who can tell me how to avoid a fall.
a. True b. False

9. If you're at increased risk of falling, you are also at increased risk for:
a. car accident b. Tennis elbow c. A head cold d. All

10. Hip fractures are a leading cause of nursing home admissions. What percentage of hip fractures are caused by a fall?
a. 12% b. 95% c. 42% d. 67%

Answers are on page 16.

COMMUNITY HEALTH EDUCATION CLASSES

Healthy Living with Chronic Pain

Telephone and toolkit-based workshop

Wednesdays, January 8 to February 12, 10 to 11 a.m.

Chronic pain can cause severe stress and turmoil for individuals and their families, changing the way people live on a day-to-day basis. This research-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life. Participants will receive a toolkit of materials in the mail and then connect with a weekly group phone call.

To register visit www.ProHealthCare.org/Classes

Or call 262-928-4059

Falls Free Check Up

Answer Key:

1. A
2. B
3. D
4. A, B, C
5. C
6. B
7. D
8. B
9. A
10. B

Stepping On

In-person workshop

Thursdays, January 9 to February 20, 10 a.m. to noon

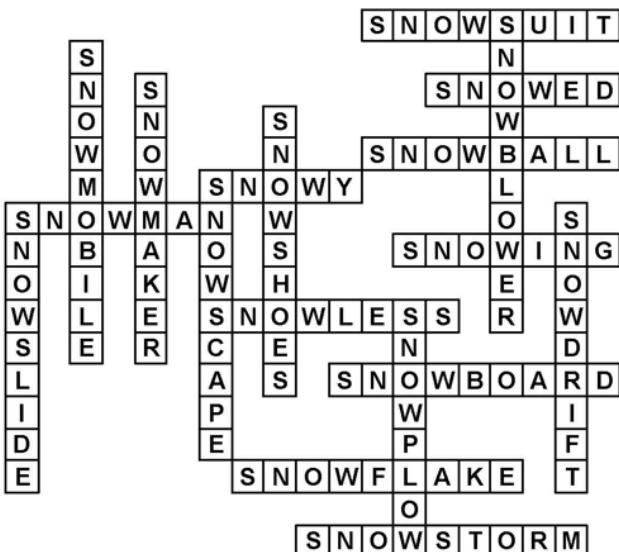
Shorehaven Center for Life Enrichment, 1305 W. Wisconsin Ave.,
Oconomowoc

“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.

Call 262-354-1375 to register.

Crossword Puzzle from Page 8

Answer Key



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.

To register visit www.ProHealthCare.org/Classes

Or call 262-928-4059

Welcome to Medicare Class

2nd Wednesday of every month

1-3pm in-person or 5:30-7:30pm virtual



In-person classes held in the
Health and Human Services Building
of Waukesha County
located at:
514 Riverview Ave, Room 114

To register, call 262-548-7848,
register online:

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

or scan:



Elder Benefit Specialist Program

262-548-7848

**Are you or a loved one
turning 65 or starting Medicare?**

**Confused about
your Medicare options?**

What plan is right for you?

**Come learn about the
A, B, C and D's of Medicare.**

**Attend free class 2-3 months
before starting Medicare.**

**Medicare SHIP Counselors
present unbiased, objective
information.**

MEDICARE OPEN ENROLLMENT:

ENDS DECEMBER 7th!!

For questions, call
Aging and Disability Resource Center
of Waukesha County at 262-548-7848

OR

Call 1-800-MEDICARE (1-800-633-4227), available 24 hours a day, 7 days a week, except some federal holidays.



Facebook.com/ADRCWC



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

Check out our website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

2025 BENEFIT CHANGES



2.5% INCREASE

Watch your mailbox in December for your 2025 summary of benefits

Part A

No Premium with enough work credits. If you buy Part A: premiums will be \$518 per month (\$13 increase)

\$1,676 Deductible per benefit period (\$44 increase)



Part B

- \$185.00 Monthly Premium (\$10.30 increase)
- \$257 Deductible per year (\$17 increase)

Part C

- Network changes – **Don't assume that your doctors will be included in the plan next year, because they were included in 2024.**
- 16 plans with \$0 premium that cover Health & Drugs.
- 15 plans with Premiums ranging from \$16 to \$247.40 that cover Health & Drugs.
- \$0 - \$590 Deductible on prescription drugs
- 12 Health only advantage plans
- 1 Medical Savings Account Advantage Plan

Open Enrollment

Oct 15 – Dec 7

Part D

- Premiums range from \$0- \$130.80 monthly
- Up to \$590 Deductible on prescription drugs (\$45 increase)
- Doughnut hole is eliminated. Total "Out of Pocket" cap of \$2,000 includes what you pay for drugs plus any Manufacturer Discounts.
- Pharmacy Network changes – **Don't assume that your pharmacy will be included in the plan next year.** Formulary Changes – **Don't assume that your drugs will be covered next year!**



Senior Care will continue through 2025

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.

ADRC Advisory Board:

Judith Tharman, Chair
Susan Schweda, Co-Chair
Mary Baer, HHS Board Liaison
Patricia Carriveau
Joel Gaughan, County Board Representative
Pamela Franke
Marj Kozlowski
Jeffry Lewis
Donald Richmond
Sandy Wolff



ADRC Leadership Staff:

Mary Smith, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Kristen Hosking, Supervisor
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Jessica Eckert, Supervisor
Shirley Peterson, Supervisor
Sheri Milinski, Supervisor



514 Riverview Ave, Waukesha, WI 53188 ■ 262-548-7848
www.waukeshacounty.gov/ADRC ■ Follow us on Facebook