

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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Volunteers Plant the Seeds of Love and Kindness

Spring is the time of year when many Midwesterners turn their thoughts to gardening. The joy of planting small and insignificant seeds and receiving a bounty of fresh fruits and vegetables from them is pure magic. The Aging and Disability Resource Center's dedicated volunteers provide services and programs that help our agency flourish and grow, that is pure magic to us. Although some of the programs had to be suspended due to the pandemic, we are looking forward to the day we can resume many programs that volunteers help to enrich. ADRC volunteers help in a variety of ways. The majority of volunteers assist with the senior nutrition program by delivering meals, serving meals at our senior dining centers and making wellness calls to Meals on Wheels customers. In addition, volunteers assist the ADRC office with administrative tasks, provide guardianship, assist with Medicare classes and open enrollment, teach evidenced based programs and more. Together, their collective efforts help build a stronger, more vibrant community right here in Waukesha County.

The ADRC will recognize these volunteers with a drive through "Spring Fling" recognition event. Volunteers will be given the opportunity to choose between one of five locations to participate in this event. Several staff members will participate and thank volunteers with a special gift and a spoken thank you. If you are an ADRC volunteer, please register by visiting:

<https://tinyurl.com/8czut2>



SPRING FLING!

ADRC Volunteer Recognition Event

Find Support in your Caregiving Role

Talk to someone who provides care for their aging loved one and they will tell you what a stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver, which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.



Reading information like this can make caregiving sound very bleak and discouraging. However, we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is managing successfully is having proper support in their role as a caregiver. Healthy and content caregivers not only receive help with the ongoing responsibilities of providing care, but they also have found an emotional support network.

The American Medical Association suggests to physicians, “a referral to a support group should be recommended for all caregivers.” Oftentimes, people hear the words “support group” and immediately tune out. They are uncomfortable with the idea of sharing their feelings or they think of a support group as a pity party or place to complain about their lives. However, support groups are much more than that and the benefits they offer are invaluable. Even amidst the pandemic, these groups continue to meet by phone or online.

The definition of a support group is a gathering (in person, by phone or video-conference) of people in similar situations who provide each other moral support, practical information, and coping tips. Here are some of the benefits of attending support group meetings:

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They are a safe place to identify and express stressful feelings with people who will understand and offer emotional support. Having this support can improve your mood and decrease feelings of distress.
- They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors, and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you, which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

Currently there are dozens of support groups meeting virtually - by phone or video conference. You can find a list of them by visiting <http://wisconsincaregiver.org/virtual-events-for-caregivers> or contact the ADRC at (262) 548-7848.

If you have never attended a support group, give it a try. You might find it to be just the thing you needed to help you through another day or week of caregiving. If you are in need of other caregiver support or resources, please contact the ADRC at (262) 548-7848.

Handwashing Tips

By the GWAAR Legal Services Team

While we are making great strides to get people vaccinated, the COVID-19 pandemic is still ravaging the country, and the CDC recommends washing your hands as a major step to keeping you and your loved ones healthy and safe. Visit <https://www.cdc.gov/coronavirus/2019-ncov/> for additional information from the CDC related to COVID-19.

The best thing you can do to prevent infections from viruses is to wash your hands – and thoroughly. In 1978, hygiene and health professionals created a map of the most missed areas when washing hands.



A more recent study published in the Journal of Environmental and Public Health in 2008 confirmed that most often, people forget to wash their fingertips.

The Centers for Disease Control and Prevention (CDC) suggests using these five steps to wash hands properly:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs.

The CDC suggests this three-step approach to using hand sanitizer:

1. Apply the gel product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

For more information, visit:

<https://www.dhs.wisconsin.gov/influenza/prevention.htm>

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

SUBMARINE DAY



The United States submarine community has designated April 11, 2021 as Submarine Day. It was on this day in 1900 that the American government purchased its first commissioned submarine, the USS Holland. The USS Holland was the United States Navy's first commissioned submarine, named for the Irish-American inventor, John Philip Holland. Called the Holland Type VI submarine, his prototype was the first modern submarine design to work successfully underwater. His submarines became the first vessels to be bought by the United States Navy and the British Royal Navy.

Submarines have primarily been used for offensive military purposes throughout the 20th century. During World War I and World War II, they were used to sink enemy ships. In the present day, while submarines are still used by the military, they are increasingly being put to use for civilian benefits. Their ability to go deep underwater has made it possible for scientists to research marine life and sea beds.

Wisconsin is no stranger to the ship building industry, but did you know that a city in Wisconsin help build submarines during World War II as well? Manitowoc Shipbuilding Company built 28 submarines for the United States Navy. More than 7,000 men and women worked around the clock, 365 days a year to build some of the best submarines in the Navy. As men went to war, women entered the workforce in droves. Manitowoc Shipbuilding Company employed more than 600 local women in the offices, in the purchasing department, as electricians' assistants and drill press operators in machine shops. The yards were desperate for welders, and women were sent to classes in Sheboygan to learn the craft, including Rosella Siebert, who became known as "Rosie the Welder."

The Manitowoc-built submarines have become known as Freshwater Submarines since they were the only freshwater port to build subs. After submarines were constructed, they remained in the Great Lakes for freshwater trials and training. Of the 28 submarines built in Manitowoc, 25 were built in time to see action during the war. Together they sank 132 Japanese ships. Four Manitowoc submarines were lost at sea, USS Robalo, USS Golet, USS Kete, and USS Lagarto. The four boats and their brave crewmembers are now on Eternal Patrol.

Wisconsin Maritime Museum was founded to preserve Manitowoc's submarine-building heritage. To tour the inside of a World War II submarine, consider a visit to the Wisconsin Maritime Museum. The USS Cobia, a World War II submarine calls Manitowoc's port home. Tours are available on a timed basis with limited capacity. For more information or to purchase tickets online go to: <https://www.wisconsinmaritime.org/>

Last year, on October 28, 2020, Secretary of the Navy Kenneth J. Braithwaite announced that the second named Columbia-class submarine would bear the name Wisconsin. This came from a bipartisan push from U.S. Senators Tammy Baldwin and Ron Johnson. Senator Baldwin is quoted as saying "Our shipbuilding industry and its skilled workers have helped sustain America's security for generations, boasting a successful history of building ships for our nation's defense. A new U.S. Navy submarine bearing the Wisconsin name will honor both our proud shipbuilding tradition and the men and women of our state who have worked hard to support this new class of ships." Senator Johnson is quoted as saying "From the two dozen submarines built in Wisconsin during World War II to the thousands of Wisconsinites actively serving, naming a new Virginia-class submarine after our state would be a fitting tribute to Wisconsin's proud and deep naval history." Construction on the Wisconsin is scheduled to be procured in FY2024. What a great take away to celebrate Submarine Day!

Are you deaf or hard of hearing? Use the below cards to communicate with your doctor's office, COVID-19 testing site or vaccination clinic.

I am **DEAF** or
HARD OF HEARING.

This card will help you communicate with me.

I may have COVID-19.

Symptoms:



Fever



Cough



Trouble Breathing



Muscle or Body Aches



Nausea or Vomiting



Diarrhea



Sore Throat

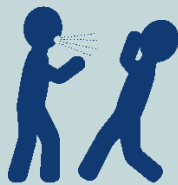


Headache



Fatigue

Was near a person who has COVID-19?



How long sick? (number of days)

0 1 2 3 4 5 6 7 8 9 10+

I do not feel sick right now.

Tips to stay healthy:



Wash hands with soap and water often.



Stay at least six feet away from other people.



Do not touch your face.



Stay at home if you can. Avoid large groups and public places.

I am **DEAF** or
HARD OF HEARING.

This card will help you communicate with me.

The best way(s) to communicate with me:



Interpreter



Text



Writing



Lip Reading



Gestures



Assistive Listening Device

When communicating with me, please:

- Get my attention first.
- Make eye contact when you speak.
- Take time to make sure I understand. English may not be my first language.
- Repeat, rephrase, or write your request down if necessary.
- Be aware that a hearing aid or cochlear implant does **not** allow me to understand everything you say.

For effective communication, I may need:

- A Wisconsin-licensed sign language interpreter for the Deaf or video remote interpreter (VRI) service.
- A communication access realtime translation (CART) for captioning conversations.
- A video phone or computer with internet service, a captioned telephone, or a cell phone for texting.

Disclaimer:

This card does not waive the user's right to effective communication under the Americans with Disabilities Act (ADA).

For more information about COVID-19 in Wisconsin, visit:
www.dhs.wisconsin.gov/covid-19/



WISCONSIN DEPARTMENT of HEALTH SERVICES

Division of Public Health | P-02629 (04/2020)

From the Desk of Your Benefit Specialist

COVID-19 Special Enrollment Period for Marketplace Health Insurance

People have a new opportunity to enroll in health insurance for 2021 on HealthCare.gov, but only for a limited time. This new COVID-19 Special Enrollment Period (SEP) started on February 15, 2021 and ends on May 15, 2021.

With job losses continuing to mount amid the COVID-19 resurgence, and millions of people having lost their job-based health insurance since the start of this public health and economic crisis, the Biden Administration has opened up HealthCare.gov to give people who need health insurance a new opportunity to get covered, but they must act quickly.

Consumers enrolling in a plan on HealthCare.gov are guaranteed to receive comprehensive coverage, with no pre-existing condition exclusions or markups. All plans cover essential benefits, including doctor and hospital visits, prescription drugs, mental health treatment, and maternity care. In addition, consumers receive free preventive care services, such as immunizations and health screenings. Testing and treatment of COVID-19 are considered essential health benefits and are covered by all HealthCare.gov plans.

Consumers should avoid insurance plans offered outside of HealthCare.gov that seem too good to be true. “Junk insurance” products pose huge financial risks to consumers. These products can refuse to pay for care for pre-existing conditions, charge consumers more based on their gender, and impose annual coverage limits.

Consumers should log on to HealthCare.gov by May 15th to get the comprehensive health insurance they need.

To learn more, please visit: <https://www.healthcare.gov/coronavirus/>.

Spring into Better Health

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. And taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

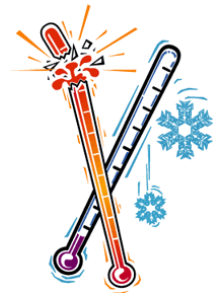
Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a “Welcome to Medicare” preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: The Wellness visit is not the same as an annual physical exam.

You pay nothing for the “Welcome to Medicare” visit or yearly “Wellness” visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2021* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling contact the ADRC of Waukesha County Elder Benefit Specialist Program at 262-548-7848.

Did you know.....



State of Wisconsin law dictates that if a utility service directly, or indirectly, affects the primary heat source of the home, consumers cannot be disconnected during the heating moratorium period held annually from November 1 to April 15. This means that if for some reason you, as a consumer, are not able to afford to pay your bill, you will not under any circumstances be disconnected from your heating source from November 1 to April 15. Keep in mind though, that this does not make your heating bill go away. Quite the opposite, really. It continues to compound and is waiting for you, likely with late fees attached, in spring the following year. This is why it is always best to seek Energy Assistance as early as possible in the cold weather season.

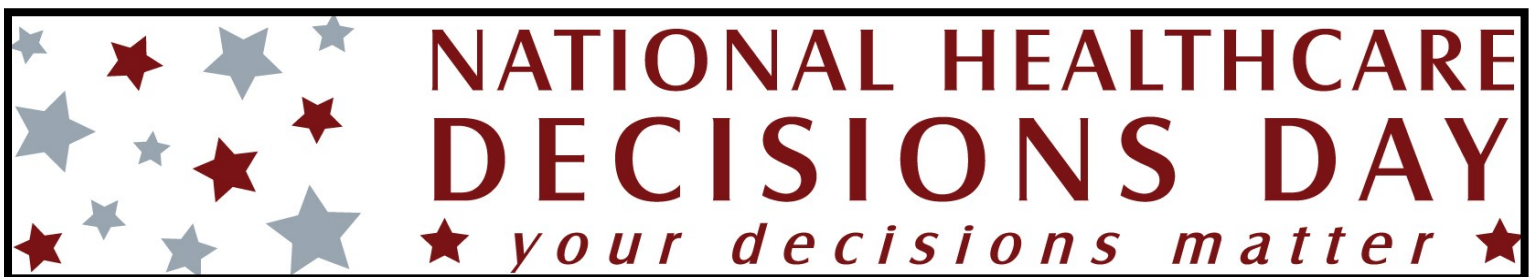
So, what happens after the annual moratorium period is up? Each year in mid-April Wisconsin utility providers are permitted to begin disconnecting the utility service for households who have not paid past due utility bills, or made other arrangements to pay them. The good news is that generally speaking utility providers do allow for payment plans and eagerly accept Energy Assistance to help clear up those past due balances.

As with everything these days, COVID-19 has had some affect on how this Program has worked while in the midst of the pandemic. Due to Governor Evers Emergency Order dated March 22, 2020, these mass utility shut offs did not occur at all in 2020. For some households this could theoretically mean that they have continuous utility bills compounding since November 2019. As of the publishing of this article, there was no new information that would lead us to believe that the moratorium granted by Governor Evers Emergency Order will continue beyond April 15, 2021. Therefore, we are urging all consumers whom this may affect to call your utility providers immediately to begin working out payment arrangements. Also, if you have not done so already, contact Energy Services to apply for Energy Assistance. It is not too late to apply!



Consumers who are having trouble paying their energy bills and would like to schedule a payment agreement should call their local utility directly. If a customer cannot reach an agreement with their utility provider, they may contact the Public Service Commission of WI (PSC) Consumer Affairs Department for assistance in negotiating a reasonable agreement. Consumers can also work with their utility for placement on a budget bill-pay program. This allows the customer to pay a set amount each month during the year.

For more information, please contact your utility or call the PSC at 1-800-225-7729.



National Healthcare Decisions Day, April 16th, is a day to inspire, educate, and empower the public about the importance of advance care planning. Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your health care providers—about your preferences. These preferences are often put into an advance directive, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury—no matter how old you are. It helps others know what type of medical care you want. An advance directive also allows you to express your values and desires related to end-of-life care. You might think of it as a living document—one that you can adjust as your situation changes because of new information or a change in your health.

For more information or to obtain advanced planning documents, contact the ADRC of Waukesha County at 262-548-7848.

ARE YOU 65 OR OLDER? DO YOU HAVE DIABETES AND HIGH SUGAR? ARE YOU AFRICAN AMERICAN OR LATINO?

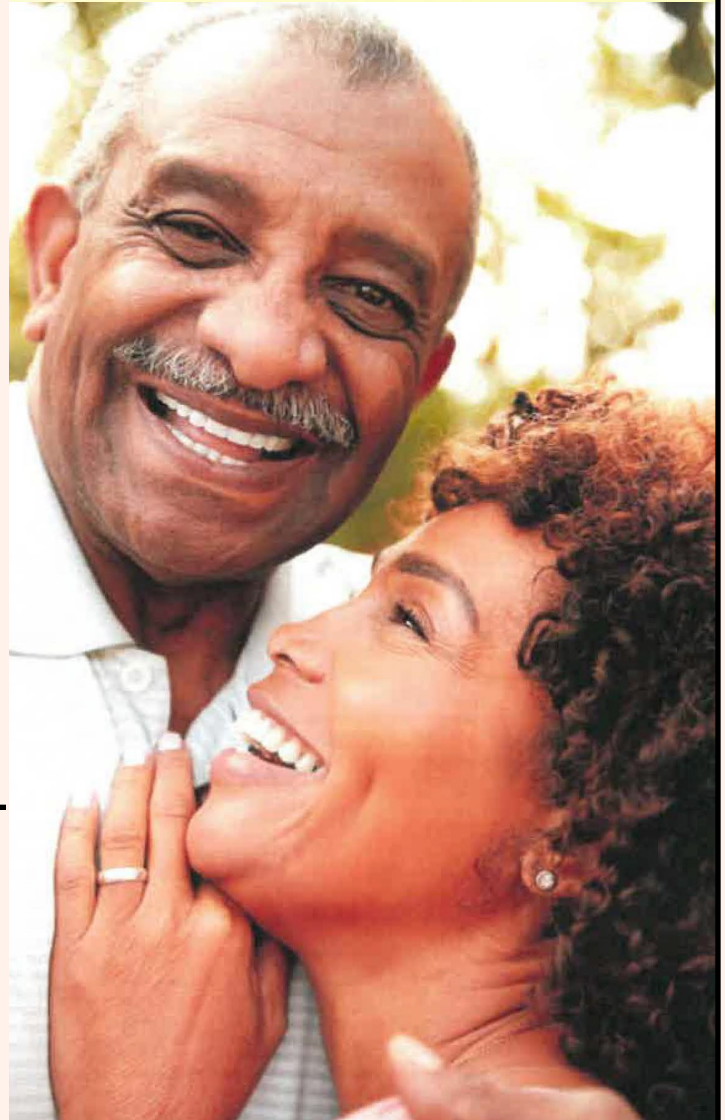
Medical College of Wisconsin is holding a diabetes research study in our community. Compensation will be provided for your participation.

Call the Medical College of Wisconsin at **(414) 955-2128** to find out if you are eligible and to receive more information about when classes will begin.

**¿TIENE 65 AÑOS O MAS?
¿TIENE DIABETES Y EL AZÚCAR ALTO? ¿ES USTED AFROAMERICANO O LATINO?**

Medical College of Wisconsin está llevando a cabo un estudio de investigación sobre diabetes en su comunidad. Se proporcionará una compensación por su participación.

Llame al Medical College of Wisconsin al **(414) 955-2128** para averiguar si usted es elegible para recibir más información sobre cuándo comenzarán las clases.



Evidence-Based Health Promotion Program

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Healthy Living with Chronic Pain - Living day-to-day with ongoing, persistent pain presents numerous challenges. This phone-based workshop is for adults who have chronic pain such as headaches, low back pain, arthritis pain, and fibromyalgia. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The toolkit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges.

Details: Phone discussions will be on **Tuesdays, April 20, 27, May 4, 11, 18, 25 from 1:00 – 2:00 pm**. Once registered, participants will receive materials and instructions for how to join each phone session.

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

REGISTER BY APRIL 9, 2021

Eat Smart, Move More, Weigh Less - Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Details: The 15-week series begins the week of April 26th, 2021

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

REGISTER BY APRIL 23, 2021

June 15th is World Elder Abuse Awareness Day (WEAAD). WEAAD events worldwide provide an opportunity to promote a better understanding of abuse and neglect of older people by raising awareness of the cultural, social, economic and demographic influences that contribute to elder abuse and neglect. This year, Waukesha County will focus on a growing issue in our community: "Elder Scams and Fraud: Can it happen to me?". In planning for our event this year, we are looking to highlight stories from our community that can help illustrate how this type of financial exploitation happens, and what steps to take if you or someone you know is involved in a scam. We are looking to work with victims of a fraud or scam that are willing to share their story to include in our Waukesha County event. If you would be willing to share your story or have questions about our upcoming event, please contact Shanta Morrison at the ADRC of Waukesha County Adult Protective Services by email at smorrison@waukeshacounty.gov or by phone at (262) 548-7848. Please submit your information by May 15th. Stay posted for information on our event through the Waukesha County ADRC Facebook Page and ADRC Newsletter.



Brain Health As You Age: You Can Make a Difference!



We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Join Jennifer, Dementia Care Specialist, from the Aging & Disability Resource Center of Waukesha County to learn more about this important topic and what people of all ages can do!



When: Tuesday, May 25th, 2021 | 6:30-7:30pm

Where: virtual platform

Please contact the Muskego Public Library to register for this program.

(262) 971-2100

Memory Changes as We Age: What's Normal?

Are you concerned about memory loss or having difficulty remembering things? Are you concerned about a loved one's memory?

Learn about the difference between normal aging memory changes and memory loss related to mild cognitive impairment or dementia and what can be done for better brain health.

Presenter: Jennifer Harders, Dementia Care Specialist

Waukesha County Aging and Disability Resource Center

Date: Tuesday, April 13, 2021

Time: 12:00–1:30 pm

Location: Webinar

To register for this program, please contact Jennifer Harders at jharders@waukeshacounty.gov or 414-519-1246.



Dementia Friendly
Waukesha County

GOT LEFTOVERS? MAKE SOUP!

This recipe is a great way to use up leftover ham and vegetables. Soup recipes are a healthy way to use leftovers!

Leftover Ham And Split Pea Chowder

Ingredients:

- 1 medium **sweet potato**, peeled and cut into small cubes
- 2 cups leftover **ham** diced plus **ham bone**
- 1 (16 oz) bag **dried split peas**, rinsed and checked for stones
- 1 (12 oz) can low-sodium **corn** (or 1 cup frozen)
- 1-¼ cup **vegetable broth**
- 2 **carrots**, washed, peeled, and thinly sliced
- 2 **celery** stalks, washed, and thinly sliced
- ½ cup finely chopped white part of the **green onion** (save the green part for garnish)
- 1 **red bell pepper** washed and finely chopped
- 1 **green bell pepper** washed and finely chopped
- 1 Tablespoon fresh **thyme**, washed and chopped, or 1 teaspoon dried thyme
- 3 cups **water**

Directions:

1. Add all washed, chopped, and diced ingredients to a large Dutch oven or large pot (except the fresh thyme if you are using it. If using dried, add dried thyme right away).
2. Bring to a rolling boil. Turn down to lowest setting on your stove. Cover and cook for 6-8 hours. May need to stir occasionally to prevent sticking.
3. Halfway or three-fourths way through, if the soup is too thick, add 1/2 to 1 cup water to thin. Add fresh thyme (if using) during the last hour of cook time. The peas only need to be cooked until they are tender. But if you like a smoother, creamier texture, cook them longer until they soften and fall apart.

Tip: If you have a slow-cooker, add ingredients just like above, place on low, cover, and cook for 6-8 hours.

What is in a pea?

Offers a powerful punch of protein, iron, zinc, phosphorus, calcium, Vitamin A, Vitamin K, thiamin, and folate

Rich in fiber, which can help reduce cholesterol, high blood pressure, heart disease, and the risk of prediabetes

Contains magnesium, which may favorably affect some metabolic and inflammatory disorders

GOOD SOURCE OF FIBER

HIGH IN NUTRIENTS

PROTEIN-RICH

LOW IN FAT

Recipe Nutrition Facts

- Servings Per Recipe: 8
- Amount Per Serving 1/2 cup
- Calories: 193.5
- Total Fat: 2.0 g
- Cholesterol: 15.9 mg
- Sodium: 595.8 mg
- Total Carbs: 35.3 g
- Dietary Fiber: 11.6 g
- Protein: 17.1 g



FOOD WISE
Healthy choices. Healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

SCAMS

are a form of elder abuse that is under-reported, difficult to prosecute, and often with no way to recoup the financial losses. The most important prevention tactics for adults of all ages are knowledge of the scams themselves, fortitude against emotional tricks, and confidence to **SAY NO.**



According to the National Consumer League, the top 10 scams of 2020 were:

1. Internet Fraud - General Merchandise
2. Phishing/Spoofing
3. Fake Checks Scams
4. Friendship/Romance Swindles
5. Prizes/Sweepstakes/Gifts
6. Advance Fee Loans, Credit Arrangers
7. Computer Equipment/Software
8. Internet Auctions
9. Investments
10. Extortion - Internet and Phone

Other scams to be aware of: medicare/health insurance, counterfeit prescription and OTC drugs, funeral/cemetery, fraudulent anti-aging products, homeowner/reverse mortgage, the "grandparent" scam, pet scams, tech support, vehicle shippers and escrow, government imposters, services and repair scammers.

The different types and methods are consistently evolving. It seems as though every day we get new information on another type or tactic that scammers are using to swindle money or information from adults. It is very hard to keep track!

If you suspect that you have been participant in a scam or fraudulent activity, there are steps that you can follow to secure your finances and personal information from theft. Depending on what type of scam you may have involvement in, some steps may not be necessary.

1. REPORT! File a report with the local police, the Better Business Bureau, the Wisconsin Department of Consumer Protection, the Federal Trade Commission (FTC), and/or the Wisconsin Elder Abuse Hotline.

2. SECURE! Secure your bank accounts and protect your private information by personally contacting your banks, insurance agencies, social security, pension providers, and/or freeze your credit by contacting each of the three large credit bureaus.

3. FILE! Depending on the scam, you may be able to file for immediate legal action. Research and reach out to an attorney that can assist with filing a lawsuit in small claim's court or who can work with the various agencies involved to get you compensation and recoup your losses.

Resources mentioned in this article or that may be helpful:

National Consumer League

Fraud Project: <https://fraud.org/>
Contact their experts: <https://fraud.org/contact-our-experts/>

The Better Business Bureau

Scam tracker: <https://www.bbb.org/scamtracker>
Scams information: <https://www.bbb.org/scamstudies>

Wisconsin Elder Abuse Hotline:

1-833-586-0107

National Council on Aging: Scams

<https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/>

Wisconsin Department of Consumer

Protection: 1-800-422-7128

Wisconsin Senior Guide - Information on consumer protection, laws, scam types, etc. <https://datcp.wi.gov/Documents/SeniorGuide170.pdf>

Social Security: Janesville office

1-877-850-7826

Report scams to the Office of Inspector General: <https://oig.ssa.gov/>
Anti-fraud facts: <https://www.ssa.gov/antifraudfacts/>

The Federal Trade Commission:

1-877-438-4338

Information on identity theft: <https://www.consumer.ftc.gov/features/feature-0014-identity-theft>
National no-call list: 1-888-382-1222 or <https://www.donotcall.gov/>

Credit Bureaus

Equifax - 1-800-349-9960
TransUnion - 1-888-909-8872
Experian - 1-888-397-3742

One Way to Avoid COVID-19 Vaccine Scams

On Medicare? You don't have to pay to get the COVID-19 vaccine. Medicare has you covered.

Learn more at ftc.gov/coronavirus/scams or call **877-355-0213**



FEDERAL TRADE
COMMISSION

Waukesha County Specialized Transportation Taxi Program

The ADRC would like to remind our readers about the Specialized Transportation program provided by Waukesha County. Contracted taxi providers are available to provide subsidized transportation in our community, including to and from COVID-19 vaccination sites.

The taxi program is one of the projects of the ADRC's Specialized Transportation Program, which is primarily funded by the Wisconsin Department of Transportation. The ADRC currently contracts with eight taxi companies to provide subsidized taxi rides for Waukesha County seniors and adults with disabilities. These rides are not just for medical appointments – the taxi program can be used for grocery shopping, banking, getting to work, or visiting friends and loved ones.

To be eligible for the ADRC's Specialized Transportation Program, riders must be Waukesha County residents and registered as an ADRC program rider. There is an application available at www.waukeshacounty.gov/adrc, or by calling 262-548-7848. Riders must be a non or limited drivers aged 60 years of age or older, or a non or limited driver between 18 and 60 with an appropriate disability designation form. Also, passengers must be able to enter or exit a car with little or no assistance.



While trip rates are determined by each individual taxi provider, the ADRC subsidizes rides, paying up to \$5.25 per one-way taxi ride for registered riders. Reservations do need to be made 24 hours in advance, but some same-day requests may be honored. Contact the taxi company with trip questions and to schedule your rides.

4Boomers (Lake Country)	(262) 224-9000
Best Cab of Waukesha	(262) 549-6622
Elmbrook Senior Taxi (Brookfield and Elm Grove)	(262) 785-1200
Eveready Transportation Services *New Provider in Menomonee Falls*	(262) 327-4986
Lake Country Cares Cab	(262) 695-2670
Muskego Senior Taxi	(262) 679-4754
New Berlin Senior Taxi	(262) 814-1611
Oconomowoc Silver Streak	(262) 567-6404
Seniors on the Go (Mukwonago and other areas)	(262) 363-5700

For questions and to register for the taxi program, call the ADRC at (262) 548-7928.

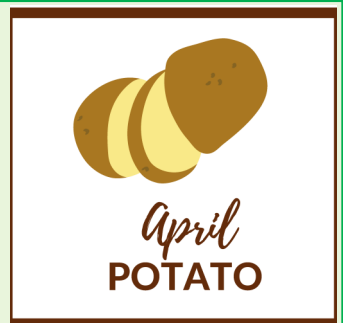
HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For October, the highlighted produce item is Potato! Check out the Live Well website for more information.

To learn more and sign up for the monthly

e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



Spring is Finally Here!

Who's ready to get outside and enjoy the fresh air? One way to do that is by signing up for out of our Candlelight Hikes! Learn more at www.waukeshacounty.gov/LiveWell

CANDLELIGHT HIKE DATES

April 22nd - Retzer Nature Center

April 29th - Mukwonago County Park

April 30th - Fowler Lake & Badertscher Nature Preserve

May 7th - Menomonee County Park



Dear Ina,

Everything with the COVID-19 vaccine rollout seems to be changing by the day and its hard to keep up. Who is eligible to get the vaccine now and where is it available?

Thanks,

Connie Serned



Dear Connie,

Things sure are changing rapidly, but that's a good sign. Over 25% of adults in Waukesha County have received at least one dose of the vaccine, and as vaccines become more available that number will quickly continue to rise.

If you need further information, visit the Waukesha County vaccine website to learn about eligible groups, sign up for our vaccination waitlist and learn more about available vaccination sites: www.waukeshacounty.gov/covidvaccine. Waukesha County is currently offering vaccination appointments at the Expo Center, but you can also access the vaccine through your doctor's office, local pharmacies, and hospital systems. If you don't have internet access you can also contact the Waukesha County Vaccine Hotline to learn more and get added to the vaccination waiting list: (262) 548-7626. If you are medically homebound, please call the Vaccine Hotline and let them know. They will give you more information about signing up for an appointment to have a vaccine brought to you in your home.



SPRING TRIVIA!!!



Test your knowledge with these trivia questions, and check your answers below!

1. What is the first day of spring called?
2. Which type of meat is traditionally popular during the spring?
3. True or False: The spring and fall equinoxes are the only two times during the year when the sun rises due east and sets due west.
4. How many hours of daylight and darkness are there on the first day of spring?
5. True or False: Sense of smell can be more acute in the spring.
6. The Japanese celebrate the arrival of spring with mass viewings of what flower?
7. In Major League Baseball, spring training takes place in which two states?

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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