

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

(24/7Helpline)

www.alz.org/sewi

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Update: COVID-19 Vaccinations

Waukesha County is committed to getting people vaccinated as quickly and safely as possible. Right now, the county is focusing on 1a eligible populations (such as frontline healthcare workers and caregivers for people on long-term care programs) and adults aged 65 and older. Starting March 1st, more populations will be eligible in the phase 1b (teachers, essential workers, etc.), Waukesha County will continue to prioritize 1a populations and seniors.

As you may have heard, Waukesha County opened up a community clinic at the Expo Center in February, this is just one of many vaccination sites throughout the county. Other sites include healthcare providers, pharmacies, and fire stations. As of February 19th, more than 76,000 people in Waukesha County have received at least one dose of the vaccine, including 30,000 adults age 65 or older. To learn more about the number of vaccines given throughout the county, you can visit the Waukesha County COVID-19 dashboard at www.waukeshacounty.gov/covid19.

Options to Schedule Vaccination Appointments (for those who are eligible):

- **Your healthcare provider.** Your healthcare provider already has your healthcare information. You do not need to join any additional list in order to get access to the vaccine.
- **Pharmacies with COVID-19 vaccination programs.** Some pharmacies have online registration systems for individuals seeking vaccine outside of healthcare providers. However, low vaccine supply means appointments remain extremely limited. Pharmacies providing appointments:
 - Meijer - Register online at <https://clinic.meijer.com>.
 - Walgreens - Register at <https://www.walgreens.com/topic/promotion/covid-vaccine.jsp>
 - Pick N Save - Register at <https://www.picknsave.com/i/coronavirus-update/vaccine>
- **The Waukesha County Expo Center Community Vaccination Clinic.** Eligible residents can be vaccinated at this location by appointment-only.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

- Residents who wish to set up an appointment at the community vaccination clinic will need to sign up for our weekly e-newsletter. Sign up at: www.waukeshacounty.gov/covidvaccine.
- No internet or smartphone? Call our Public Health Vaccine Call Center to speak with someone who can assist with registration. **(262) 548-7626**

Each March, the National Association of Councils on Developmental Disabilities (NACDD) partners with Association for University Centers on Disabilities (AUCD) and the National Disability Rights Network (NDRN) to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities.



The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness to the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

Developmental disabilities include disabilities such as cerebral palsy, autism, muscular dystrophy, Down syndrome, or fetal alcohol spectrum disorder and may affect a person's growth and/or cognition. The figures show as of 2017, about 1 in 6 children are identified to have some type of developmental disability. People shouldn't have to be worried or alarmed if someone has a developmental disability. They can usually live normal lives as long as they have the proper supports.



Developmental Disabilities Awareness Month shines a spotlight on the community and demonstrates how people with developmental disabilities live normal lives. In return, the public can learn how they can help people with developmental disabilities achieve their dreams. To learn more visit the [NACDD website](https://www.nacdd.org/ddam1/) (https://www.nacdd.org/ddam1/), the [AUCD website](https://www.aucd.org/template/index.cfm) (https://www.aucd.org/template/index.cfm), or the [NDRN website](https://www.ndrn.org/) (https://www.ndrn.org/).

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 March, the highlighted produce item is cabbage! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



Spring is Just Around the Corner!

Just because the winter chill is still here doesn't mean you can't look forward to warmer days this Spring. Be sure to save the dates for our upcoming Candlelight Hikes in the community.

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

Importance of Sleep

March 14-20 is Sleep Awareness Week and the importance of sleep for our overall health is extremely important, so no dozing off until the end of our article!

Sleep is the state of unawareness and lack of consciousness to our current environment. It gives our body and mind time to restore and repair itself. Sleep affects every part of our body from our brain, heart and lungs, to our metabolism, mood and immune function.

The anatomy of sleep is quite complicated and involves several parts of our brain. As we sleep our brain moves between 3 different stages and REM (rapid eye movement).

- Stage 1 is when we start to move from wakefulness into a very light sleep. Our brain waves, eye movement, and heart rate slow down. This stage is a very short period of time but can be several minutes.
- Stage 2 consists of our muscles relaxing even more, as well as our heart and eye movements. This stage is where most of our sleep time takes place and is just before we enter deep sleep.
- Stage 3 is a deep sleep that usually occurs in the first half of our nights sleep. In this stage our brainwaves, breathing, and heart rate are even slower than previous stages. Our muscles are at their most relaxed and it may be difficult for others to wake us.

REM stage is usually within the first 90 minutes of falling asleep. This is the stage where dreaming takes place. Our heart rate and breathing increase, eyelids move rapidly, and our muscles become temporarily paralyzed so we don't act out what we dreamt about.

So how much sleep do we really need? Each individual may require different amounts of sleep, but what is known is that as we age our sleep patterns and number of hours of sleep change. For example, babies require much more sleep than adults, needing approximately 16-18 hours per day in order to boost growth and development. Children and teens require approximately 9.5 hours per day and most adults need 7-9 hours of sleep per day.

One misconception about sleep is that many people think that they can catch up on sleep by sleeping in longer on the weekend or sleeping longer the next night. This is not true, and it is recommended that we get a full night sleep every night. Some tips for a restful sleep include turning off the television or digital devices at least an hour before bedtime, going to bed at the same time each night (even the weekends), and limiting fluid intake a few hours prior to bedtime to avoid trips to the bathroom in the middle of the night.



You made it to the end of the article, sweet dreams.....ZZZZZ

Turning 65?
Need Medicare?

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts virtual 'Welcome to Medicare' classes on the second Wednesday of each month at 1 p.m. and 5:30 p.m. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available

insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is held virtually, but you are welcome to contact the ADRC if you have concerns about accessing the class. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

<https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/>

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.

Research community resources. Contact the ADRC for local resources and services. Explore options like home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day services. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.

Plan for immediate care. Find out what the person's wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also, include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.

Plan for the future. Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor, or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

Call the ADRC at (262) 548-7848 for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.



Help inform the decisions the ADRC makes in the future! Share your thoughts!

Every three years, Waukesha County prepares a County Aging Plan to provide information to the State of Wisconsin on services being provided to older adults in the county. The ADRC of Waukesha County is looking for your thoughts and ideas that will help us improve programs and services for the older adult residents of Waukesha County. Your answers will help us develop the Three-Year Plan.

You can complete this form and mail it back to the ADRC at 514 Riverview Ave., Waukesha, WI 53188 or you can complete the survey online at: <https://forms.gle/uYr5FkzTqjWY9bG27>

1. What do you think are the **top five** areas of concern of older adults in our community? **Please rank your top five with 1 being the highest priority:**

- | | |
|--|--|
| <input type="checkbox"/> Transportation options | <input type="checkbox"/> Support for family caregivers |
| <input type="checkbox"/> Access to healthy food | <input type="checkbox"/> Dementia supports and services |
| <input type="checkbox"/> In-home supports | <input type="checkbox"/> Access for people with disabilities |
| <input type="checkbox"/> Help with social isolation and loneliness | <input type="checkbox"/> Access to technology |
| <input type="checkbox"/> Safety in the home | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Help with home repairs and upkeep | _____ |
| <input type="checkbox"/> Affordable housing options | _____ |

2. Please share services or activities that you have heard of in other communities that you feel would be helpful to older adults in Waukesha County.

3. Please share your ideas on services or activities that you feel would make our County a more enjoyable place to live as you grow older.

4. Additional comments:

5. I have used the Aging and Disability Resource Center of Waukesha county. ___ Yes ___ No

6. I am: over the age of 60 _____ under the age of 60 _____

If you are interested in sharing more of your ideas about supporting older people in our county, please leave your name and contact information below.

NAME: _____ PHONE: _____

EMAIL: _____

Free Tax Assistance

The due date for your 2020 tax return this year is Thursday, April 15, 2021.



LA CASA
de Esperanza, Inc.

La Casa de Esperanza's Volunteer Income Tax Assistance (VITA) program provides free federal and state income tax return preparation and filing for low- to moderate-income families and individuals. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

NEW THIS YEAR: We are now offering 5 different tax preparation methods clients can choose from!

Reminder: If you need multiple tax years done, you need to schedule 1-2 appointments per tax year (depending on the method you choose).

1. *In Person Tax Prep*
2. *In Person Drop off Tax Prep*
3. *Drive-Through Tax Prep*
4. *Drive-Through Drop off Tax Prep*
5. *Virtual Tax Prep*

Schedule your appointment by visiting: <https://lacasavita.as.me/schedule.php>

OR call (262)-832-1534.

AARP offers Tax Assistance (including Homestead Tax Credit) by **appointment only** (Provided by trained AARP volunteers).

Due to COVID 19, these are not being held at your local libraries as they have been in past years.

There is one drop-off site available in Waukesha County located at the Oconomowoc Area Senior Center at 210 Main Street. Appointment required. Call 262-470-9198.

The other option with AARP Tax Prep Counselors is available virtually. To submit a request for virtual assistance, visit <https://taxaide.aarpfoundation.org/request-help>.



Free Tax Assistance

The due date for your 2020 tax return this year is Thursday, April 15, 2021.



El programa VITA de La Casa de Esperanza ofrece preparación y presentación de declaraciones de impuestos federales y estatales gratuitas para familias e individuos de ingresos bajos a moderados. El programa VITA de La Casa también brinda servicios de impuestos bilingües y culturalmente competentes para la comunidad hispana / latina. El programa VITA es posible gracias al apoyo de la Greater Milwaukee Foundation y el Internal Revenue Service.

NUEVO ESTE AÑO: ¡Ahora ofrecemos 6 métodos diferentes de preparación de impuestos entre los que los clientes pueden elegir!

Recordatorio: si necesita que se realicen varios años fiscales, debe programar 1-2 citas por año fiscal (según el método que elija).

1. *Preparación de impuestos en persona*
2. *Entrega en persona de preparación de impuestos*
3. *Preparación de impuestos para autoservicio*
4. *Preparación de impuestos para devolución en automóvil*
5. *Preparación de impuestos virtual*

Programe su cita visitando: <https://lacasavita.as.me/schedule.php>

O llame al (262)-832-1534

AARP ofrece asistencia de declaraciones de impuestos (incluido el crédito de impuestos Homestead) solo con cita previa (proporcionada por voluntarios capacitados de AARP). Debido a COVID 19, estos no están en sus bibliotecas locales como lo han estado en años pasados. Hay un sitio de entrega disponible en el condado de Waukesha ubicado en el Centro para personas mayores del área de Oconomowoc en 210 Main Street. Requiere cita. Llame al 262-470-9198.



La otra opción con Consejeros de preparación de impuestos de AARP esta disponible virtualmente. Para enviar una solicitud de asistencia virtual, visite

<https://taxaide.aarpfoundation.org/request-help>.

GET YOUR SOCIAL SECURITY BENEFIT STATEMENT (SSA-1099 / SSA-1042S)

Tax season is approaching, and replacing your annual Benefit Statement has never been easier. The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form mailed each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received in the previous year so you know how much Social Security income to report to the Internal Revenue Service on your tax return.

If you live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form using your personal *my Social Security* account at www.ssa.gov/myaccount. A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you don't have access to a printer, you can save the document to your computer or email it to yourself. If you don't have a *my Social Security* account, creating one is very easy to do and usually takes less than 10 minutes.

With a personal *my Social Security* account, you can do much of your business with Social Security online. If you receive benefits or have Medicare, your personal *my Social Security* account is also the best way to:

- Request a replacement Social Security number card (in most states and the District of Columbia).
- Get your benefit verification letter.
- Check your benefit and payment information.
- Change your address and phone number.
- Change your direct deposit information.
- Request a replacement Medicare card.
- Report your wages if you work and receive Social Security disability insurance or Supplemental Security Income benefits.



If you're a non-citizen who lives outside of the United States and you received or repaid Social Security benefits last year, SSA will send you form SSA-1042S in the mail. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income benefits.

Visit www.ssa.gov to find more about our online services.

Local Library Happenings

| | | |
|---|---|--|
| <p>Brookfield Public Library, Butler Public Library, Hartland Public Library and Muskego Public Library</p> | <p>Mukwonago Public Library https://www.mukwonagolibrary.org/ 262-363-6411</p> | <p>Hartland Public Library http://www.villageofhartland.com/520/Library 262-367-3350</p> |
| <p>Wed., March 10 at 7:00 PM Join us for a fun VIRTUAL evening with Michael Perry! Michael Perry is a New York Times bestselling author, humorist, playwright, and radio show host from New Auburn, Wisconsin. Visit one of the libraries listed above to register. Registration is required.</p> | <p>Tues., March 30 at 5:30 PM Virtual Tech Camp: Introduction to streaming services. Learn to stream popular television series, movies, and television shows.</p>  | <p>Wed., March 17 at 1:30 PM Memory Café- Celebrate St Patty's Day with a make and take craft. Memory cafes are a social gathering for those who are experiencing early stage dementia, and for their families, friends, or care partners. Please register to attend at www.librarymemorycafe.org/events</p> |

How to Avoid Overmedication

On average, people over age 65 take over 14 prescription medications per year, which does not include the many over-the-counter (OTC) drugs, vitamins or supplements an older person may take. The sheer number of medications alone puts older people at risk of negative drug side effects, not to mention that older bodies process medications differently. As a result, older individuals are at a higher risk of harmful drug reactions and hospitalizations. In fact, the CDC (Centers for Disease Control and Prevention) says people over age 65 are twice as likely to go to the emergency room due to a harmful drug reaction, and seven times more likely to be hospitalized. The good news is that many adverse drug reactions can be prevented.

Here are some tips for safely managing your medication intake:

- **Make a List.** Always keep an updated list of all the medications you take, the doses, and when they're taken. Be sure to include any OTC drugs, vitamins, supplements, and herbal or other remedies. Keep a copy yourself and share the list and updates with all doctors and caregivers. Take the list to all medical appointments and keep it on hand in case of emergencies.
- **Organize medications.** Consider using a pill organizer, or ask the pharmacist for tips on keeping track of medications. If you have vision limitations, ask the pharmacist for large print labels on medication bottles.
- **Ask before taking over-the-counter medications.** Always check with the doctor or pharmacist before taking any OTC drug, vitamin, or supplement because it could interact with prescription medications. OTC medications could also cause serious side effects in older adults or lead to accidental overdoses.
- **Review your medications.** At least once or twice per year, ask your primary doctor to review the entire list of medications, supplements, and vitamins you take. Some may no longer be needed or the dose could be lowered, so ask if each one is still needed at the current dose. Often, if you've been hospitalized, there may be medications on the list for conditions that occurred in the hospital but are no longer present. The orders for drugs given in the hospital tend to carry over after discharge. You should ask whether the medications prescribed during your hospital stay are still needed after you go home.
- **Ask questions.** Often times the only question asked about medications is "how much will this cost me?" While paying for your medications is important, you should also ask the following:
 - Whenever a new medication is prescribed or the dosage is changed, ask why.
 - Check new medications for potential drug interactions with existing medications, especially if you are taking more than five medications.
 - Ask about the purpose of the medication and how you will know if it's working.
 - Ask about possible side effects.
 - Ask when and how the medication should be taken.
 - Ask about what to do if you miss a dose.
 - Ask whether it can affect any other medical conditions you have.
- **Follow directions.** Be sure to take medicines exactly as your doctor has prescribed. Make sure you understand how, when, and for how long the medication should be taken. Fill prescriptions at the same pharmacy so it has a record of all the medications that are being taken. Let the pharmacy know if there were any bad reactions so they can keep that on file.
- **Report problems.** If you develop new health problems after starting a new medication, it may be a negative reaction. Tell the doctor immediately. If the reaction causes a serious issue, like difficulty breathing or swelling in the throat, call 911 and go to the emergency room right away.

For more information (including an overmedication tip sheet), see

<https://www.healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20AvoidingOvermedication%20Jan%202019.pdf>
<https://dailycaring.com/8-tips-to-avoid-harmful-drug-reactions-and-overmedication-in-seniors/>

2021 Medicare Advantage Open Enrollment Period

Did you know that Medicare has another Open Enrollment Period? Each year there is another opportunity, January 1st through March 31st, for beneficiaries who wish to make a change in their Medicare Advantage Plan. If you are enrolled in a Medicare Advantage Plan on January 1st, an enrollment change may be made once during this time. A beneficiary may have missed the Annual Open Enrollment Period from October 15th through December 7th or they may be unsatisfied with their current Medicare Advantage Plan and wish to enroll into another plan.

The Medicare Advantage Open Enrollment options are as follows:

- May switch to a different Medicare Advantage Plan with or without Prescription Drug coverage (even if you did not have a Prescription Drug plan prior).
- Disenroll from the Medicare Advantage Plan and return to Original Medicare Parts A & B and obtain a special enrollment to enroll into a Medicare Prescription Drug Plan. Caution: if returning to Original Medicare Parts A & B, there may be no guarantee issue protections to purchase a Medicare Supplemental Policy (Medigap). There will be health questions, so you can be denied coverage.

To enroll into a new Medicare Advantage plan, contact the insurance company directly, contact 1-800-Medicare, or enroll on-line. The new coverage will begin on the first day of the following month. The Medicare Plan Finder Tool is located at www.Medicare.Gov, the official US government website for Medicare. This tool is helpful in comparing Medicare Advantage Plans and Medicare Prescription Drug Plans.

If further assistance is needed, the Medigap Helpline Services, part of the SHIP (State Health Insurance Program) in Wisconsin, is available to assist in reviewing insurance options during the Medicare Advantage Open Enrollment Period and throughout the year. Feel free to contact the Medigap Helpline toll-free at 1-800-242-1060. You can also call the ADRC at (262) 548-7848 to speak with a Elder Benefits Specialist.

Medicare Now Provides Limited Coverage for Acupuncture Treatment for Chronic Low Back Pain

Medicare Part B (Medical Insurance) will cover up to 12 acupuncture visits in 90 days for chronic low back pain. This is a newly approved benefit.

Medicare covers an additional 8 sessions if you show improvement. If your doctor decides your chronic low back pain isn't improving or is getting worse, then Medicare won't cover your treatments. No more than 20 acupuncture treatments can be given yearly. The treatment must be medically necessary.

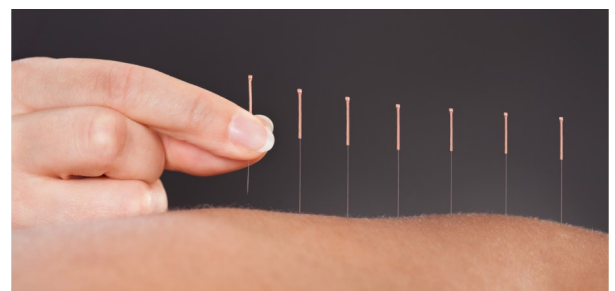
Chronic low back pain is defined as:

- Lasting 12 weeks or longer
- Having no known cause (not related to cancer that has spread, inflammatory, or infectious disease)
- Pain not associated with surgery or pregnancy

You must get acupuncture from a doctor, or by another health care provider (like a nurse practitioner or physician assistant) who has both of these:

- A masters or doctoral level degree in acupuncture or Oriental Medicine from a school accredited by the Accreditation Commission on Acupuncture and Oriental Medicine.
- A current, full, active, and unrestricted license to practice acupuncture in the state where care is being provided.
- In addition, the provider must be a Medicare provider.

Medicare doesn't cover acupuncture (including dry needling) for any condition other than chronic low back pain.





Survival Coalition

of Wisconsin Disability Organizations

Disability Advocacy Day of Action!

Tuesday, March 23, 2021

10:00 am - 12:00pm

Virtually on Zoom

Registration Opens February 15, 2021

Join us!

Dance!

Cheer!

Poster Contest!

Action!

Disability Day of Action is a virtual event focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and call their legislators in the afternoon.

REGISTRATION INFORMATION

- Everyone MUST register to participate
- Use your HOME/VOTING address to register. Business addresses or PO Boxes are not allowed.

AGENDA AT A GLANCE

10:00– 12:00 - Check in to the **Zoom** meeting

- Briefing on issues

- Learn how to use the Phone**2**Action System to call your legislator

Afternoon: Use the Phone**2**Action System to call your legislators!

REGISTRATION AND EVENT INFORMATION ARE AVAILABLE AT WWW.SURVIVALCOALITIONWI.ORG

SAVE THE DATE!



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/>.

Powerful Tools for Caregivers - There are often physical, emotional, and financial challenges that arise when caring for a family member or friend. The Powerful Tools for Caregivers program helps participants learn to reduce stress and improve communication with the care receiver, medical provider, family members, and others. During this virtual six-week workshop, caregivers learn how to develop action plans, solve problems, manage time, and make caregiving transitions including tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

Details: This workshop will meet virtually via Microsoft Teams on Tuesdays, **April 6, 13, 20, 27, May 4, 11 from 10:00 am – 11:30 am**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must have access to a computer or tablet with internet access, camera, and microphone.

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

REGISTER BY MARCH 24, 2021

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 6, 13, 20, 27, May 4, 11 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 MARCH 24, 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 online 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

Traumatic Brain Injury Awareness Month

March is designated as Traumatic Brain Injury Awareness Month to highlight the importance of recognizing brain injuries. Traumatic brain injuries (TBIs) are far more common than many people realize.

The most common form of head injury is called mild traumatic brain injury, or “concussion.” Concussions do not happen just from sports, and they do not just happen to young adults. Concussions frequently happen to the aging population from falls and may be overlooked. They are also common after car accidents or any other trauma to the skull. It is equally important to realize injury does not necessarily correlate with how hard the blow to the head is, and in 90% of cases, does not result in a loss of consciousness.

According to the Centers for Disease Control and Prevention, the most common causes of TBI are falls (35.2%), motor vehicle accidents (17.3%), being struck by or against an object (16.5%), and assaults (10%). An estimated 21 percent of all TBIs occur due to unknown or other causes. While anyone can experience a TBI, data show that children and older adults (age 65 and older) are at greater risk. Adults aged 75 and older have the highest rates of TBI-related hospitalization and death.

The problem is that not all people who sustain injuries realize they have suffered head trauma. Recognizing the signs and symptoms of a TBI allows an injury victim to seek treatment quickly. Early diagnosis and treatment improve your chances of recovering from this type of injury.

While not all head trauma will lead to permanent impairment, even a simple bump or blow to the head can cause an injury capable of disrupting a person’s normal brain function. A TBI injury may lead to changes affecting your thought processes, ability to learn, speech, emotions, temper control, stress level, memory, problem-solving abilities, behavior, and sensory perceptions.

If you fall and hit your head, sustain a blow to the head in a car accident, or have been struck in the head by an object, and are experiencing any of the following symptoms, you may be suffering from a TBI:

- Loss of consciousness
- Dizziness or problems with balance
- Headache
- Extreme fatigue
- Fuzzy, blurred, or double vision
- Nausea or vomiting
- Weakness or lethargy
- Difficulty concentrating
- Inability to remember or retain new information
- Irritability
- Inexplicably anxious or nervous
- Changes in sleep patterns
- Mood swings
- Impaired cognitive function
- Respiratory troubles
- Confusion
- Slurred speech
- Body numbness or tingling

Brain injuries are considered to be an invisible injury. Every person responds differently, and a mild blow may cause very severe complications for some patients. However, the injury may not be apparent at first. There is still a lot to be learned about the brain and how this delicate organ responds to trauma.

Fortunately, the majority of people who sustain a concussion or suffer a mild brain injury will recover fully and will generally do so within a few days or weeks. There are those for whom symptoms will last longer, suffering the consequences for many months, years, or throughout their lifetime. The earlier your brain injury is identified and the level of damage assessed, through various tests such as a CAT scan, MRI, X-ray or other screening tools, the faster you can seek treatment and avoid more serious complications that could lead to permanent damage or even death.



Personalize Your Plate

March is National Nutrition Month! This year's theme is "Personalize Your Plate." There is no one-size-fits-all approach to nutrition and health, since we all have different bodies, goals, backgrounds and tastes. No matter what your goals and preferences are, these tips can help you to eat nutritiously:



Eat a **VARIETY** of healthy foods every day!

- **Choose a variety of colors of fruits and vegetables.** More colors equals greater variety of vitamins, minerals, and antioxidants which can help keep you healthy over time.
- **Try swapping out some grain foods you usually eat with some new whole grain foods.** Whole grains include corn tortillas, brown rice, oats, barley, quinoa, popcorn, whole grain bread, and whole grain pasta.
- **Switch up your proteins.** On average, Americans eat fewer plant proteins and fish than recommended. These proteins are heart-healthy and provide a great source of healthy fats. Try to incorporate fish, nuts, beans, lentils, and seeds into your meals more often.



COOK at home more often

Research shows that people tend to eat healthier meals, weigh less, and consume less salt/sodium when they eat at home more often. If you do order out, try to add a healthy component from home to balance out the meal (for example, pair a fast-food sandwich with fruit from your fridge.) Or, try to select more takeout meals that have more vegetables.



PLAN your meals each week!

Planning ahead of time makes it easier to incorporate vegetables, fruits, whole grains, and healthy proteins into meals. Planning meals saves time at the store, and saves money!



Questions? Visit a **REGISTERED DIETITIAN NUTRITIONIST (RDN)**

Need help with a healthy eating plan? You can ask your doctor for a referral to an RDN. They can help you to meet your personal goals.

Visit www.eatright.org to learn more about National Nutrition Month

National 'Let's Laugh' Day

We have all heard the saying, "Laughter is the best medicine," well, today is that day to take your medicine! March 19th is National Let's Laugh Day and it reminds us to add a little humor to our day. Studies have shown that laughter may boost your immune system, relieve tension, and help you relax.

How to observe National Let's Laugh Day:

- ◇ Add a laughing baby ringtone to your phone!
- ◇ Exchange your favorite joke with a neighbor, family member, or friend!
- ◇ Try laughter yoga: <https://www.youtube.com/watch?v=SVkG3L79sL4>
- ◇ Enjoy some of our favorite jokes below!



What's the best thing about Switzerland?

I don't know, but the flag is a big plus!

Yesterday, I saw someone spill all their Scrabble Letters on the road.

I asked them, "What's the word on the street?"

A woman in labor suddenly shouted, "Shouldn't! Wouldn't! Couldn't! Didn't! Can't!"

"Don't worry," said the doctor. "Those are just contractions."

Did you hear about the claustrophobic astronaut?

He just needed a little space.

Why are pirates called pirates?

Because they just arrrrrrgh!

What do you call a parade of rabbits hopping backwards?

A receding hare-line.

What do you call a magic dog?

A labracadabrador!

Using the underlined and bolded words above, unscramble the letters to solve the next joke!

What did the buffalo say to his child when he left for college?

"-- _ _ _ _ _!"

Answer: Bison

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