

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](http://www.waukeshacounty.gov/adrc)

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

National Alliance on Mental Illness of 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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October 2021

The ADRC Connection

Pumpkins: Not Just For Decoration!

The pumpkin spice craze has really taken off over the last couple years, however the flavor of pumpkin spice isn't pumpkin. It is a spice mix of cinnamon, cloves, dried ginger and sometimes nutmeg. Some of the better-known pumpkin spiced foods, such as spiced lattes and donuts, can add a lot of calories and fat to your diet with little or no pumpkin. Instead, consider incorporating real pumpkin into your diet.

Pumpkin is one of the most nutritious foods you can eat. It has an impressive amount of vitamin A, which supports immune health, vision, and cell growth. Pumpkin is also a good source of vitamin C and potassium. Like vitamin A, vitamin C keeps the immune system humming and plays a particular role in helping wounds heal and protecting cells from damage. Potassium helps all around, from keeping the kidneys, muscles, and heart functioning properly to monitoring nerve responses.

Pumpkin seeds offer a lot of health benefits as well. These seeds are rich in antioxidants and contain many minerals the body needs for optimal health. According to the American Heart Association (AHA), they're rich in fiber and magnesium. A study published in 2013 in *Nutrition and Cancer* found pumpkin seeds may help prevent breast cancer.

Pumpkins are grown all around the world for a variety of reasons ranging from agricultural purposes (such as animal feed) to commercial and ornamental sales. Of the seven continents, only Antarctica is unable to produce pumpkins.

The top pumpkin-producing states include Illinois, Indiana, Ohio, Pennsylvania, and California. When it comes to pumpkin production, Illinois smashes the competition. Southern Illinois farms grow more ornamental and canning-type pumpkins than any other state. According to the Illinois Department of Agriculture, 95% of the U.S. crop intended for processing is grown in Illinois. Two pumpkin processing facilities exist in Illinois today – Nestle Libby's in Morton and Seneca Foods in Princeville, both located near Peoria.

Pumpkin dishes do not always have to be sweetened and made into a dessert. It works well in savory foods, too. If you are wanting more savory uses, try roasting pumpkin in the oven and pureeing it to make pumpkin soup, or using its creaminess to make a pumpkin alfredo. Add some additional nutrients by topping whatever you make with some roasted pumpkin seeds. Fall is the perfect time of year to start to incorporate this beautiful fruit into your diet, so go ahead and start exploring savory pumpkin dishes to add into your diet.





Dementia Challenging Behavior Initiative

A Waukesha County Community Response



DEMENTIA CHALLENGING BEHAVIOR COMMUNITY SUMMIT

WHEN

Wednesday
October 20, 2021
8:30-10:00am

Optional Networking
10:00-10:30am

VIRTUAL

Zoom link and additional information will be provided after registration.

Please RSVP no later than
Friday, October 15, 2021 at
<https://forms.gle/8owwJjotFM>

Or Send an email to
nkelly@waukeshacounty.gov

Or call 262-548-7848

Help shape the future for
Dementia Challenging Behavior Response
for the people of Waukesha County!

- Hear about the progress of the cross-sector community action teams in examining responses to individuals with dementia exhibiting challenging behaviors in Waukesha County.
- Learn about the new resources and tools developed by the action teams.
- Help develop the dissemination plan to ensure these new tools are available to all who need them in our community.
- Reconnect with others in the community who are passionate about people with dementia and their caregivers living a full life in our community.

Unable to attend but still interested in learning more, click on the link below to stay connected for next steps:

<https://lp.constantcontactpages.com/su/tYHf6om/dcbi>

This project was initially funded by a grant from the State of Wisconsin Department of Health Services



In The Garden

by Matthew Widman, *The MemoryCare Plays Anthology*
a one act play about memory loss



Arthur Monsetin's adult children have come together to decide a course of action for their beloved father who is struggling with Alzheimer's disease. Long ingrained familial tensions come to the surface as Peter, Karen and Jamie wrestle with how best to treasure their father as they also come to terms with his limitations.

JOIN US! A FREE VIRTUAL EVENT!

November 9, 2021 • 3-5pm
reservations required, attendance is limited

Reserve tickets at:

<https://waukesha-county-garden2021.eventbrite.com/>

Hosted by the ADRC of Waukesha County

Thank You To Our Sponsors!





Recognize Caregiver Burnout

Providing care for an aging or loved one with a disability is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for them self deteriorate is emotionally difficult. And the changes in

your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of caregiver burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

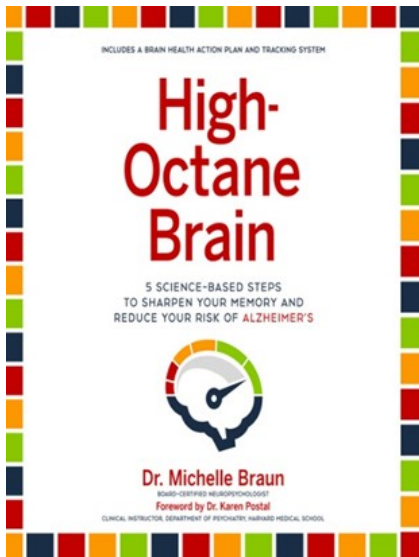
Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Ask others for help. You don't have to do everything. It's okay to ask for help.
- Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

For more information on caregiver burnout and other caregiver issues, please call the ADRC at (262) 548-7848.

Book of the Month: *High Octane Brain* by Michelle Braun



This month's book lays out a five-step science-based program to boost memory and dramatically decrease the risk of Alzheimer's disease. According to a study, American adults fear Alzheimer's more than any other disease. Because not many people realize there is no genetic cause for 99% of Alzheimer's cases, they do not take the necessary steps to change lifestyle factors to significantly protect against the disease. In this debut book by Michelle Braun, readers are inspired to make lasting improvements by understanding the truth about brain health and receive guidance through the maze of conflicting media advice brain games, supplements, nutrition, and exercise. Each page is packed with valuable tips that you can implement immediately to minimize common 'brain blips', exercises to boost your memory in minutes, and inspiring insights from nine High-Octane Brain role models ages 44 to 103. All of this and more will finally put the future of your brain in your control.

Michelle Braun is a Harvard and Yale trained, board-certified neuropsychologist and a national leader in the field of brain health and cognitive functioning. She has been featured on PBS, NPR, Fox Morning News, CBS, and more. She has a popular column on brain health in *Psychology Today* and has been an invited speaker for the Alzheimer's Association for the past 14 years. She lives and works in Wisconsin.



CALLING ALL SENIORS! We need your feedback!

The Aging and Disability Resource Center of Waukesha County is hosting a public hearing to get feedback on the draft of their 2022-2024 County Aging Plan. Share your thoughts and comments to make the plan as effective as possible for aging adults in Waukesha County.

Plan focus area include:

- Community Services
- Nutrition
- Dementia
- Caregiver Support
- Advocacy
- Healthy Aging

Friday, October 8th | 10:00am-11:00am
Waukesha County Health & Human Services
514 Riverview Avenue | Waukesha, WI 53188

The draft plan is available for viewing on the ADRC website or at the ADRC from 8am-4:30pm Monday through Friday.

Breast Cancer Awareness

Ask your doctor when you should get a mammogram.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

What Are the Risk Factors?

Some main factors that affect your chance of getting breast cancer include:

- Being a woman.
- Being older. Most breast cancers are found in women who are 50 years old or older.
- Having changes in your BRCA1 or BRCA2 genes.

How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Are you worried about the cost of preventative screenings?

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. CDC offers free or low-cost mammograms to low-income, uninsured, and underinsured women across the United States. Contact the Well Woman Program, a Division of Public Health at (608) 266-8311.

Facts About Breast Cancer

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

This information was taken from the Centers for Disease Control (CDC) website. <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>



NEW Senior Dining DRIVE THRU Sites

Starting Monday, October 4th, the ADRC will be offering a drive-thru meal pick-up option at two of our senior dining sites. The drive thru sites will be open from 11am-12 noon, Monday through Friday. You will need to reserve your meal by 11am the day before (11am on Friday for a Monday meal reservation). The menu for these sites will be the same as our home delivered meals menu (see page 14). If you have general questions about eligibility or you would like to register for senior dining, please call the ADRC at (262) 548-7848. If you have specific questions about our new drive thru option, please contact your preferred site directly. Contact information is below. In order to reach the dining site manager, you will need to call between 9am-1pm.



Brookfield Community Center | 2000 N Calhoun Rd

Call the dining site to reserve your meal: (262) 782-1636

Sussex Civic Center | N64W23760 Main Street

Call the dining site to reserve your meal: (262) 246-6747

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 Apple! Check out the Live Well website for more information.

Deliciously Healthy Apple Recipes

- **Apple Oatmeal:** <https://thecleaneatingcouple.com/apple-oatmeal/>
- **Apple & Cinnamon Smoothie:** <https://thatgirlcookshealthy.com/apple-and-cinnamon-smoothie/>
- **Slow Cooker Apple Pork Loin:** <https://www.wickedspatula.com/slow-cooker-apple-cinnamon-pork-loin/>
- **Apple Mango Salsa:** <https://www.littlesweetbaker.com/apple-mango-salsa/>

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



October 3-9 is National Mental Illness Awareness Week in the United States and **October 10 is World Mental Health Day**. Mental health issues affect nearly 1 in 4 Americans and those numbers continue to rise. People in our nation and around the world are recognizing the signs and symptoms of mental illness and many seek help earlier than previous decades. Still, there is a profound stigma attached to mental health diagnoses and for those reasons many people do not seek help for their illness. Therapies and medications continue to make progress in diagnosis and treatment for these illnesses, and it is extremely important to seek professional help if needed.

The World Health Organization (WHO) encourages everyone to grow in your understanding of mental health illnesses. Whether it is growing in your own self-awareness or growing in your knowledge of these illnesses to end the stereotypes and stigmas associated with them.

World Mental Health Day has come a long way since its inception in 1992, but we still have a long way to go in the fight against these diseases and to not be afraid to share your struggles with family, health professional or friends. There are useful tools such as depression screenings that can help you determine if you need to seek help.



October 7 is National Depression Screening Day

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

Why Screen For Depression?

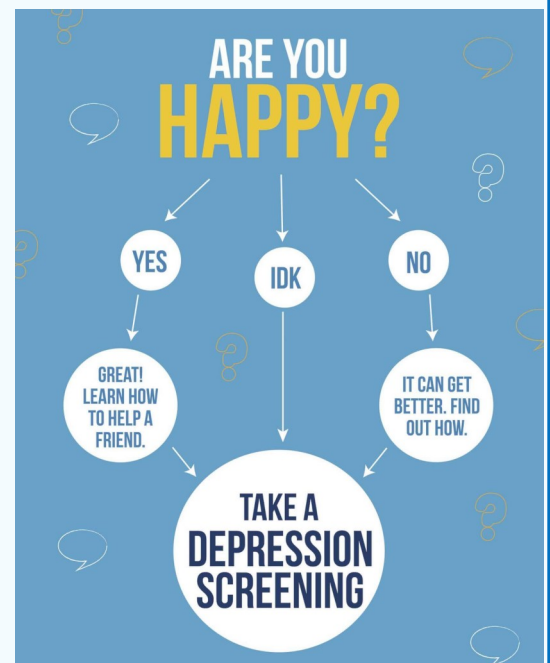
- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.

Who Should Get Screened?

People suffering from depression often experience some of these key symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.



OCTOBER IS SPINA BIFIDA AWARENESS MONTH

What is Spina Bifida?

Spina Bifida is the most common permanently disabling birth defect. Approximately 166,000 individuals in the United States have Spina Bifida. Spina Bifida is a serious and life-long condition. It's a type of neural tube defect that occurs when a baby's neural tube fails to develop or close properly – the literal meaning for Spina Bifida is “split spine.” Typically occurring within the first 28 days of pregnancy while the neural tube is forming, Spina Bifida often occurs before a woman knows she is pregnant. Approximately 10% of babies born with Spina Bifida do not live into adulthood. Spina Bifida can range from mild to severe and no two cases are the same. The severity depends on everything from the size of the opening to the location on the spine. In Wisconsin, 2.6 babies are born with Spina Bifida per 10,000 births (data collection period: 2010).

What causes Spina Bifida?

No one knows for sure. Doctors and scientists believe that a complex mix of both genetic and environmental factors act together to cause the condition. Spina bifida can occur in different types: spina bifida occulta, myelomeningocele (my-uh-lo-muh-NING-go-seel) or the very rare type meningocele (muh-NING-go-seel).

How is Spina Bifida treated?

- A child with Meningomyelocele usually is operated on within two to three days of birth. This prevents infections and helps save the spinal cord from more damage.
- A child with Meningocele usually has it treated with surgery, and more often than not, the child is not paralyzed. Most children with this condition grow up fine, but they should be checked by a doctor because they could have other serious problems, too. Most experts think that surgery is needed early to keep nerves and the brain from becoming more damaged as the child grows.
- Spina Occulta usually does not need to be treated.

October is Spina Bifida Awareness Month

October is a time used to celebrate hundreds of thousands of people living with Spina Bifida every day. Though Spina Bifida can be greatly debilitating in many ways, there are many people (children, adolescents, and adults) who live with the condition and continue to thrive.

Sources: <https://www.spinabifidaassociation.org/resource/spina-bifida/#how-is-spina-bifida-treated>
<https://www.spinabifidaassociation.org/resource/spina-bifida/#how-is-spina-bifida-treated>
<https://www.spinabifidaassociation.org/awareness-month/graphics/>



Dear Ina,

My doctor recently told me that I have osteoporosis after having some persistent back pain. I also have a friend who told me that she has osteoarthritis. What is the difference or are these conditions the same?

Sincerely,
Mya Backert



Dear Mya,

That is great question, and perfect timing because October 20 is World Osteoporosis Day. Both osteoporosis and osteoarthritis cause joint pain, but osteoporosis is mainly a loss of bone tissue that is not limited to joint areas of the body. The medical definition for osteoporosis is a medical condition that results in bones becoming fragile and brittle. Osteoarthritis is defined as degeneration of joint cartilage, tissues, and the underlying bone.

As you can see, both can cause pain but are different in respects to how the body is affected.

Osteoporosis

About 200 million people are estimated to have osteoporosis throughout the world. In the U.S., the figure is about 54 million people. Although osteoporosis occurs in both men and women, women are four times more likely to develop the disease than men. After age 50, one in two women and one in four men will have an osteoporosis-related fracture in their lifetimes.

Treatments for established osteoporosis may include exercise, vitamin and mineral supplements, and medications. Exercise and supplementation are often suggested to help you prevent osteoporosis. Weight-bearing, resistance and balance exercises are all important.

Osteoarthritis

Osteoarthritis, also known as degenerative joint disease (DJD), is the most common type of arthritis. Osteoarthritis is more likely to develop as people age. The changes in osteoarthritis usually occur slowly over many years, though there are occasional exceptions.



There are two main types of osteoarthritis:

- Primary: Most common, generalized, primarily affects the fingers, thumbs, spine, hips, knees, and the great (big) toes.
- Secondary: Occurs with a pre-existing joint abnormality, including injury or trauma, such as repetitive or sports-related; inflammatory arthritis, such as rheumatoid, psoriatic, or gout; infectious arthritis; genetic joint disorders, such as Ehlers-Danlos (also known as hypermobility or "double-jointed"; congenital joint disorders; or metabolic joint disorders.

There is no cure for osteoarthritis. Mild to moderate symptoms are usually well managed by a combination of pharmacologic and non-pharmacologic treatments. Medical treatments and recommendations include:

- Medications
- Exercise (land- and water-based).
- Intermittent hot and cold packs (local modalities).
- Physical, occupational, and exercise therapy.
- Weight loss (if overweight).
- Healthy eating, managing diabetes and cholesterol.
- Supportive devices such as braces, orthotics, shoe inserts, cane, or walker.
- Surgery may be helpful to relieve pain and restore function when other medical treatments are ineffective or have been exhausted, especially with advanced OA.

Free Waukesha County Indoor Walking Locations

Location	Indoors or outdoors	When	Notes/Details
Brookfield Square Mall 95 N. Moorland Road Brookfield, WI	Indoors	The mall is open Monday – Saturday: 10:00 a.m. – 9:00 p.m. and Sunday: 11:00 a.m. – 6:00 p.m.	Brookfield Square welcomes service animals and humans during our walking hours. *Due to COVID, call or check the mall website to confirm walking hours.
Kettle Moraine High School 349 N Oak Crest Dr. Wales, WI	Indoors 	School is open for public access from 2:35 - 9:00 p.m. every day that school is in session.	Check out the "Walking Trail" inside Kettle Moraine High School. The trail begins and ends at the front entrance of the school. The total distance is .5 miles around the perimeter of the building. *Due to COVID, call or check school website to confirm walking hours.
Schuetze Recreation Building 1120 Baxter St. Waukesha, WI	Indoors Outdoors	Indoor Gym Monday – Friday 7:45 - 8:30 a.m.	Indoor open walking located in the Schuetze Recreation Center gym. Outdoor Fox River Trail located next to Schuetze Recreation Building.
Meijer Sussex N51W24953 Lisbon Rd. Pewaukee, WI	Indoors	Daily 6:00 a.m. – 12:00 a.m.	Meijer Sussex welcomes community members and avid walking enthusiasts will have a safer, warmer and more interesting place to walk despite the inclement Wisconsin winter weather. *All required to wear masks at this time
Home Depot in Menomonee Falls N92 W18375 Thunder Ridge Menomonee Falls, WI	Indoors 	Monday – Friday 9:00 - 11:00 a.m. October through March	Indoor Walking All Ages There are many great reasons to walk. Your heart will get stronger, you will lower your blood pressure, and your bones will get stronger. Walking also eases stress, helps you sleep better, and can boost your outlook on life. please sign-in at main doors *Due to COVID, call or check website to confirm walking hours.
Move Well Waukesha County	Outdoors	Summer – dates and times vary	Move Well Waukesha County addresses the community's fitness needs by providing free physical activities for Waukesha County residents, including community Wellness Walks, a Fit in the Park series, and a Winter Wellness series. To find out more, visit: https://www.waukeshacounty.gov/HealthAndHumanServices/PublicHealth/chipp/LiveWell/PhysicalActivity/

Evidence Based Health Promotion Programs

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 Prevention 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/>.

A Cup of Health October Presentation – Wellbeing in Turbulent Times

Attendees of this presentation will learn how to identify the core pillars of emotional wellbeing and discover strategies to maintain positive emotional health.

Details: The presentation will be held on Friday, October 22nd at the Menomonee Falls Senior Center, W152N8645 Margaret Road, Menomonee Falls, WI 53051.

Contact: Register by calling 262-255-8460. Register by Friday, October 15th.

Healthy Living with Chronic Pain

Living day-to-day with ongoing, persistent pain presents numerous challenges. During this six-week workshop, participants learn skills and strategies that will help them meet the challenges chronic pain presents in their lives. Topics include debunking the myths of chronic pain, balancing rest and activity periods, learning the Moving Easy Activity Program, medication management, and how to build action plans. Adults who have, or live with someone who has, chronic pain such as headaches, low back pain, arthritis pain, fibromyalgia, and neuropathy are encouraged to sign up for this workshop.

Details: This workshop will be held in-person at the Waukesha County Aging & Disability Resource Center, Human Services Center, 514 Riverview Avenue, Waukesha, WI 53188. Sessions will be held on Tuesdays, October 12 – November 16, 2021 from 1:30-4:00 pm. Free and open to the public.

Contact: Register by contacting Katie at the ADRC: 262-548-7848 or kriemenschneider@waukeshacounty.gov

Powerful Tools for Caregivers

There are often physical, emotional, and financial challenges that arise when caring for a family member or friend. *Powerful Tools for Caregivers* helps participants learn to reduce stress and improve communication with the care receiver, medical provider, family members, and others. During this focused 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 be held in-person at the Hartland Public Library, 110 East Park Avenue, Hartland, WI 53029. Sessions will be held on Wednesdays, October 27th – December 8th (skipping November 24 due to Thanksgiving) from 9:30 – 11:00 am. Free and open to the public.

Contact: Register by contacting the library reference desk: 262-367-3350

Exploring Caregiver and Patient Support During the Inpatient Discharge Process

Have you or a loved one had a recent stay in the hospital?

Froedtert and the Medical College of Wisconsin are partnering with the University of Wisconsin-Milwaukee, Eras Senior Network, and the Aging & Disability Resource Center of Waukesha County on a research study to better understand the current inpatient discharge process and experience for patients, families, and providers. A clear understanding of the discharge process is critical to ensuring that the transition from hospital to home or other care setting is safe and accurate.

We would like to talk with you regarding you or your family member or friend's recent hospital stay. Your feedback is an important part of this study and will be used to assess the current discharge process and identify ways we can improve the experience for patients and their families in the future. Your interview will be strictly confidential.

How can you help?

We are looking for people who are:

- ◇ **Recently discharged inpatients**, age 60+, who received care at any area hospital within the last 60 days.
- ◇ **Family members or friends** who provide informal, unpaid support or care to a person age 60+ who was recently discharged from a hospital stay, age 10+.
- ◇ **Health care professionals** who are involved in the discharge planning process, such as social workers, nurses, discharge planners, physical therapists, and hospital administrators, age 18+.
- ◇ Participants must speak English and cannot be diagnosed with Alzheimer's disease or related dementias.

What am I being asked to do?

- ◇ Participate in innovative research by engaging in an interview or focus group. Your involvement can be done by telephone or through a video call.



For more information, please contact:

Miranda Wenzlaff, MS, CCRP

414-251-5580

wenzlaff@uwm.edu



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

MEALS ON WHEELS MENU OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheeseburger on Wheat Bun Lettuce / Tomato Ketchup / Mustard Hashbrown Casserole Baked Beans Sugar Cookie Alt. Sugar Free Cookie
4	5	6	7	8
Breakfast Sandwich (English Muffin, Sausage, Egg) Peaches Mixed Vegetables Blueberry Muffin	Chicken Broccoli Casserole Rice Dilled Carrots Bread with butter Fresh fruit Side Salad W/ Italian	Salisbury Steak Gravy Mashed Potatoes / Gravy Buttered Corn Bread w/butter Vanilla Pudding Alt. Sugar Free Pudding	Baked Ham Scalloped Potatoes Sweet Green Peas Bread w/ butter Cinnamon Applesauce	Chili w/cheese Green Beans Dinner Roll w/butter Diced Carrots Side Salad w/ranch Sliced pears
11	12	13	14	15
Sloppy Joe on Wheat Bun Roasted Potatoes Peas & Carrots Cook's Choice Fruit Chocolate Chip Cookie Alt: Yogurt	BBQ Chicken Breast Coleslaw Calico Beans Cornbread & butter Peaches	Pork Stir Fry Brown Rice Oriental Veg Blend Dinner Roll & butter Mandarin Oranges Fortune Cookie	Italian Meatloaf Pasta w/ garlic butter Italian Blend Vegetables Cucumber salad Bread & Butter Fresh fruit	Hot Dog on WW bun Ketchup/mustard Sauerkraut Potato wedges Baked Beans Fruit Cocktail
18	19	20	21	22
Pizza Casserole California Blend Veg Marinated Vegetable Salad Bread & Butter Fruit Cocktail Chocolate pudding Alt. Sugar free pudding	Pulled Pork Wheat Bun Coleslaw Corn Fresh Fruit	Swedish Meatballs Egg Noodles Sweet Green Peas Bread & Butter Salad w/ French Pear half	Turkey A la King Mixed Vegetables Side Salad w/ ranch Apple Biscuit & Butter	Crab Pasta Salad Cucumber Salad Bread & Butter Applesauce Frosted Cake Alt. Sugar free cookie
25	26	27	28	29
Polish Sausage Sweet & Sour Red Cabbage Potato Salad Bread & Butter Side Salad w/ ranch	Spaghetti with Meatballs Brussel sprouts Mixed Vegetables Seasonal Fresh Fruit Bread & Butter Oatmeal raisin cookie Alt: Sugar Free Cookie	Chicken Patty with Wheat Bun Mayo Packet Baby Baker Potatoes Broccoli Fruit Cup Chocolate Chip Cookie Alt: Fruited Yogurt	Oven Roasted Pork Mashed Potatoes and Gravy Stewed Tomatoes Dinner Roll w/ Butter Fruited Gelatin	Soft Beef tacos Lett/tom/cheese Refried Beans Spanish Corn Churros Alt: Fresh fruit

**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE;
1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE**

Benefit Specialist Corner

Working While Disabled — Social Security Can Help



For millions of people, work isn't just a source of income. It's a vital part of who they are – it gives them purpose and pride. It's a connection to community. Social Security is here to help you get back to work if you're disabled.

If you're getting Social Security disability benefits, we have good news for you. Social Security's work incentives and Ticket to Work programs can help you if you're interested in working. Special rules make it possible for people receiving Social Security disability benefits or Supplemental Security Income (SSI) to work – and still receive monthly payments. The Ticket to Work program may help you if you'd like to work.

You can receive:

- Free vocational rehabilitation
- Training
- Job referrals
- Other employment support



TICKET to Work

You can read more about working while receiving disability benefits at www.ssa.gov/work/

Work incentives include:

- Continued cash benefits for a time while you work.
- Continued Medicare or Medicaid while you work.
- Help with education, training, and rehabilitation to start a new line of work.

If you're receiving Social Security disability benefits or SSI, let Social Security know right away when you start or stop working. This is also important if any other change occurs that could affect your benefits.

If you returned to work, but you can't continue working because of your medical condition, your benefits can start again. Plus, you may not have to file a new application.

Part of securing today and tomorrow is giving you the tools to create a fulfilling life. Getting back to work might be part of that. Social Security is here with a *ticket* to a secure tomorrow.

www.ssa.gov

Turning 65?
Need Medicare?

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month. 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. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Save money and get the best coverage!
It's worth taking the time to compare!**

MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

Elder Benefit Specialists are certified Medicare counselors who can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you find your best option
- Help you avoid high-pressure sales tactics

To request assistance, call:

**Aging & Disability Resource Center of
Waukesha County at: 262-548-7848**



Facebook.com/ADRCWC



Check out our updated website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

Waukesha County Residents: Need help comparing 2022 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2021

Please complete the form below or online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>

Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you **or** attend a workshop to receive your plan comparisons.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

Please check if you have a current drug plan _____ or advantage plan _____

Name of current drug or advantage plan _____

Medicare Part A start date _____

Medicare Part B start date _____

Pharmacy Preferences _____



How do you want to receive your plan comparisons?

(Please check one)

- Mailed
 Workshop

Attend Workshop at ADRC

- Wed 10/27 2-3p
 Mon 11/15 10-11a
 Wed 12/1 11a-12p
 Wed 12/1 2-3p

Drug Name	Dose Amount	How often Taken

I have requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2021.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.

Beneficiary signature: _____ Date: _____



Return form: ADRC, 514 Riverview Ave, Waukesha 53188

adrc@waukeshacounty.gov fax: (262) 896-8273

Call (262) 548-7848 with questions

Celebrate World Smile Day®

Friday, October 1, 2021



Harvey Ross Ball was born on July 10, 1921, in Worcester, Massachusetts, and became well known in 1963 as the creator of the smiley face. That image went on to become the most recognizable symbol of good will and good cheer around the world.

Harvey was a student in high school when he became an apprentice to a local sign painter, and he later attended the Worcester Art Museum School where he studied fine arts. After World War II, Harvey worked for a local advertising firm until he started his own business, Harvey Ball Advertising, in 1959.

Harvey's design of the smiley face came about when the State Mutual Life Assurance Company of Massachusetts purchased Guarantee Mutual Company of Ohio. The merger resulted in low employee morale. In an attempt to solve this problem, Harvey Ball was employed as a freelance artist to create a smiley face to be used on buttons, desk cards, and posters.

The use of the smiley face was part of the company's friendship campaign whereby State Mutual handed out 100 smiley pins to employees. The aim was to get employees to smile while using the phone and doing other tasks. The buttons were highly popular, with orders in lots of 10,000, and more than 50 million smiley face buttons were sold by 1971. The smiley face had been described as an international icon.

Harvey Ball never applied for a trademark or copyright of the smiley face and earned just \$45 for his work. State Mutual, similarly, did not make any money from the design. Harvey's son, Charles Ball, is reported to have said his father never regretted not registering the copyright. The associated "Have a Nice Day" tag was not part of the original design. Brothers Bernard and Murray Spain later trademarked the line combined with a smiley face in the early 1970s.

The World Smile Corporation was founded by Harvey Ball in 1999. The corporation licenses smileys and organizes World Smile Day®, which raises money for the Harvey Ball World Smile Foundation, a non-profit charitable trust which supports children's causes. World Smile Day® is held on the first Friday of October each year and is a day dedicated to smiles, good cheer, and kind acts towards others.

Each year since 1999 World Smile Day® has been celebrated in Harvey's hometown of Worcester, MA, and in schools, businesses, and organizations around the world. The day is observed in fun and creative ways that have included attempts to break the record for largest human smiley face, delivering meals and smiley treats to the needy, smile events in hospitals, balloon releases, and contests.

This October first, be sure to "do an act of kindness - help one person smile."



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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