

The ADRC Connection

Be Aware of Ageism - What You Need to Know!

Ageism refers to the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age. There are many forms of ageism, including:

- ◆ **Internalized:** how we feel about ourselves as aging people; and ageism in which older adults marginalize and discriminate against other older people.
 - ◆ **Implicit:** The unconscious bias that includes attitudes, feelings and behaviors toward people of other age groups that operates without conscious awareness or intention.
 - ◆ **Cultural:** The everyday, invisible, profoundly ingrained and normalized negative messages about aging and old people embedded in movies, TV, songs, jokes, etc.
 - ◆ **Benevolent:** Patronizing, paternalistic beliefs that older people need to be protected and taken care of by younger people, because they are no longer able to make decisions for themselves.
- Ageism is the most widespread and socially accepted form of prejudice. On a global scale, one in two people is ageist.
 - Ageism intersects and exacerbates all the other “isms,” including racism, sexism and ableism. Multiple intersecting forms of bias compound disadvantage and worsen the effects of ageism on individuals’ health and well-being.
 - Ageism and age stereotypes are often internalized at a young age—long before they are relevant. Even by age 3, children are familiar with age stereotypes, which are reinforced over their lifetimes.
 - Ageism affects our health. Older individuals with more positive self-perceptions of aging live 7.5 years longer than those with less positive self-perceptions of aging.
 - Ageism harms our financial well-being. Older workers face longer periods of unemployment, discrimination during the hiring process, and fewer professional development opportunities. AARP estimated \$850 billion in lost gains to the Gross Domestic Product as a result of involuntary retirement, underemployment and unemployment among older workers.
 - Ageism in American medicine and society is a matter of life and death, as dangerous as any incorrectly prescribed medicine or slipped scalpel. These negative stereotypes often result in less effective care, such as denial of treatment options, under-diagnosis of depression, and mismanaged pain.
 - Ageism in media remains pervasive. A study found that only 1.5% of characters on television in the United States were older people, and most of them had minor roles and were often portrayed for comic effect, drawing on stereotypes of physical, cognitive and sexual ineffectiveness.



Learn More at: <https://asaging.org/age-inclusion>

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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Thanksgiving is Also the National Day of Mourning

Most people hear the story of Thanksgiving from a young age and it is pretty simple. A group of Pilgrims, fleeing religious persecution, sail to North America and settle on Plymouth Rock. After a hard winter, they celebrate a successful harvest with their new neighbors, Native Americans. Everybody is grateful; the end. But that is only half the story. The Wampanoag tribe, the Indigenous people who lived at Plymouth Rock, experienced this moment very differently.

Fact is, the peace that brought the Wampanoag and the settlers together at the table was not as neat and tidy as we would like to believe. A lot of bloodshed took place both before and after that first feast. Today, many Native Americans and others mark Thanksgiving as a solemn day of remembrance instead of celebration. Here is what really occurred after the plates were cleared in Plymouth, Mass.

A Wampanoag leader named Massasoit first negotiated a treaty between the Plymouth settlers and the Wampanoag tribe in 1620, which included an agreement that no one from either group would harm anyone from the other. For about 10 years, Massasoit and the Pilgrims remained allies, trading English goods for Wampanoag land, access to natural resources and other assets.

But after Massasoit passed away in 1661 and his son Wamsutta took over, tensions began to simmer again. In the years between 1630–1642 alone, about 25,000 European colonizers arrived, while a devastating plague cut the Native population by more than half. Wamsutta himself died mysteriously in 1662 while visiting the Puritans to discuss growing unrest between the two groups. His successor, Metacomet, only fanned the flames.

In 1675, three Natives were executed after killing a man who had served as a translator to the settlers, ratcheting up the level of distrust between the two groups. Metacomet feared the Natives would lose more land to their new neighbors, and built a coalition of various Native tribes to protect themselves and their resources. By the fall of 1675, the coalition members began to clash with settlers, attacking settlements in Connecticut and Massachusetts.

The Narragansett tribe wanted to remain neutral, but would not give up Wampanoag, who had taken refuge in their encampment, or turn away women, children and the elderly or infirm from that tribe who came to them seeking shelter from the conflict. As a result, the Puritan forces attacked the Narragansett stronghold, killing up to 600 Natives and about 150 settlers in the bloody battle and its aftermath.

What became known as King Philip's War ensued, so named after Metacomet's English moniker. The subsequent conflicts decimated both the Native tribes and the colonies. Wampanoag abducted settlers and held them for ransom, and settlers pillaged and destroyed Native villages. Much of the colonies were burned and looted, taking decades to fully recover.

The war claimed as many as 30% of the English population and half of the Native Americans living in New England. It ended when Metacomet was killed. The colonists impaled "King Phillip's" head on a spike and displayed it in Plymouth for 25 years, as a macabre effigy to the strife.

That was not the last, or only, conflict between Native peoples and the colonizers. Other wars raged in Virginia, Connecticut, New York and elsewhere and the Native American population has never really recovered. For the thriving societies that were already living in what is now the United States when the Europeans arrived, the settlers' arrival was not the beginning of a new world, but the end of one.

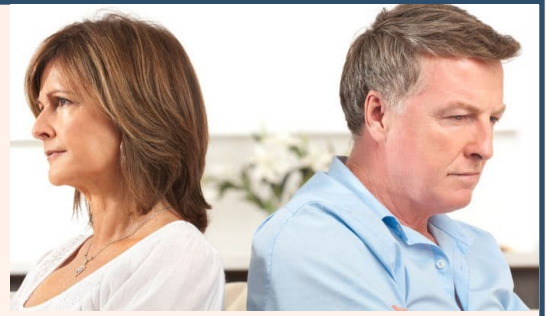
For that reason, since 1970, Native Americans and supporters have gathered at noon on Cole's Hill in Plymouth to commemorate a National Day of Mourning on Thanksgiving Day. Participants in the National Day of Mourning honor Native ancestors and the struggles of Native peoples to survive today. It is a day of remembrance, spiritual connection and protest against the racism and oppression that Native Americans have suffered and continue to experience today. This year, spare a thought for the Native people before tucking into your turkey, and remember where the history of Thanksgiving really came from.

Source: <https://www.history.com/topics/thanksgiving/history-of-thanksgiving>



Sibling Arguments? 5 Tips For Disagreements

The role of a family caregiver is never easy. Siblings can be a big support when caring for a loved one. They can also be a source of stress, anger, and frustration.



Styles Of Sibling Caregiving

Siblings take on different roles when caregiving for a loved one. Frequently one sibling has most of the responsibility and experiences most of the stress. Here is a list that describes some of the roles that siblings take:

- **Routine:** This sibling is available and can do whatever needs to be done.
- **Back-Up:** This sibling agrees to be counted on when asked. They may avoid providing emotional support to parents or providing actual services. For example, they may live nearby, and may not want to provide care but will when asked.
- **Circumscribed:** This sibling provides predictable support with narrow boundaries. For example, this sibling will call their parent once a week but generally offers no other help.
- **Sporadic:** This sibling provides care at their convenience. They may not be relied on regularly. For example, they may agree to take their father to the barber, but only when they are going for themselves.
- **Dissociation:** This sibling provides no care at all. They may have completely removed themselves from any relationship with their loved one needing care.

Improve Sibling Interactions

Communicate Directly

If one sibling feels stressed or feels like they are taking on all the responsibility, they may try to hint that they need help. This is not effective. Siblings may think that because you are managing regular caregiving that you have it all under control! You must communicate clearly and directly with siblings. Don't expect that they will know how to help support you and your loved one. Asking for help does not guarantee that your sibling will help, but it does make it far more likely that you will get some support.

Offer Choices

You can try asking your sibling for help by offering them a choice between two specific tasks. Your sibling may not know what caregiving tasks you need help with. Offering choices tells them how they can support you and your loved one. It also lets them pick the task they are more comfortable with. You can say something like: *"I need to take mom to the dentist and get her groceries this week. Can you help with one of those things?"* or *"I don't have time to do the laundry AND cut the lawn, would you mind helping?"*

Have a Family Meeting

You may want to gather your siblings to talk about caregiving responsibilities. Come prepared with a list of all the tasks that your loved one needs help with. The list should include activities like medical visits, housing, personal care, and financial planning. Use your list of tasks to decide which sibling can help out with each activity, and how often. This helps to set expectations. It also helps avoid having one person do all the caregiving. Siblings that live far away can help out by doing online banking, research, and calling family members on the phone.

Avoid Sibling Labels

Was one of your siblings always seen as the most responsible? Was one seen as the most caring? Ask yourself: are you and your siblings being pulled into these labels even though you are all adults now? These labels can make us think that some siblings should take on more responsibility. They can also make us avoid asking for help from a sibling who may have been seen as "unhelpful". Be aware of how these labels impact your family dynamics!

Say Thank You

Saying thank you is simple, but it can make a big difference! Even in situations where one sibling is doing much more than the other. You can say something like: *"Thank you for the time you spend with Mom on the weekends, it gives me a chance to take care of things at home."* or *"I know all I do is the gardening with Dad, so I just want to say a big thanks for all that you do."*

Saying thank you can help with frustration and resentment for the person saying it, and the person hearing it.

This article is from the Trualta Learning Library for caregivers. This is a free resource that is provided by the State of Wisconsin. Family Caregivers can enroll at <https://wisconsin caregiver.trualta.com/login>

Hunger & Homelessness Awareness Week is November 15th - 23rd

In the United States, many Americans are living on the edge; forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor. No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness are widespread problems that affect far too many people.



In the United States, 43.1 million Americans live below the poverty level. 549,000 Americans are homeless on a typical night, and 42 million Americans are at risk of suffering from hunger.

According to Krystina Kohler with United Way of Greater Milwaukee and Waukesha County, "Homelessness exists in every county and I think that people might not realize that homelessness doesn't always look the way you think it will look. In Waukesha County on any given night, there are at least 200 people experiencing homelessness and about 20 families that are in an emergency shelter or transitional housing," said Kohler.

For information about homeless shelters, food pantries, and other benefits and programs in Waukesha County, call Impact 2-1-1 by dialing 211 or toll-free 1-866-211-3380.

You can also visit their website at <https://www.impactinc.org/impact-2-1-1/>.

THANKSGIVING FUN FACTS!

- 96% of American families gather each Thanksgiving for a meal
- The first Thanksgiving menu in 1621 consisted of wild goose, deer, corn, eels, and shellfish
- 28% of Americans will have more than 12 people at their table
- The average time spent cooking the Thanksgiving meal is 7 hours
- 57% of Americans prefer pumpkin pie over any other kind of pie after dinner
- Nearly 88% of Americans eat turkey as part of their feast
- 46 million turkeys are eaten in the United States on Thanksgiving
- The 5 most popular ways to serve leftover turkey are stews, chili, sandwiches, casseroles, and burgers
- 79% of Americans value their leftovers more than their actual Thanksgiving meal
- 41.9 million people drive to their dinners, 36.1 million fly by plane
- The 5 most popular cities to travel for Thanksgiving are: New York City, Miami, Los Angeles, Chicago, and Orlando

Flu season – already?

Yes, the time is here – along with the risks for developing symptoms of illness – fever, cough, congestion, chills, body aches, headaches, sore throat, fatigue – the flu is “nothing to sneeze at”!

On average, 60% of those who are hospitalized for the flu are 65 years of age and older. It’s generally been recognized that this is because older individuals are at greater risk due to human immune defenses becoming weaker as we age. It is quite serious for people in this age group.

Good news is this can be prevented, rather than having to cope with the illness and its possible complications. The best way to prevent the flu is with a flu vaccine – recommended for everyone 6 months and older. An annual vaccine is needed to ensure the best possible protection against the current circulating viruses. Immunity generally sets in after about two weeks.

There are, however, special flu vaccines designed specifically for people 65 and older.

The high dose vaccine is designed specifically for this age group, as it contains 4 times the amount of antigen as the regular flu shot. It is to have a stronger immune response following this vaccination (a higher antibody production) and consequently, better protection. Mild side effects from a vaccine can include pain, redness, or swelling at the injection site, headache, muscle ache, and malaise. The high dose version may result in more of these mild side effects.

Peak season for flu activity often occurs in January and February. However, we recommend you get the flu vaccine as soon as possible.

For information, visit www.waukeshacounty.gov/flushots



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health



**Protect yourself
and those you love
from the flu.**

On average in Wisconsin, 60% of those who are hospitalized for the flu are 65 years of age or older. For more information on where to get a flu shot, visit

www.dhs.wisconsin.gov/influenza

WHO CAN YOU PROTECT? GET YOUR FLU SHOT.

Harvest of the Month

NOVEMBER | CRANBERRIES

HEALTH BENEFITS

- VITAMIN C
- DIETARY FIBER
- ANTIOXIDANTS
- ANTI-AGING
- ANTI- INFLAMMATORY
- INFECTION FIGHTING
- ANTI- BACTERIAL



LIVE WELL

HEALTHY SERVING IDEAS

Read labels and be sure to choose dried cranberries that are un-sweetened. Add these to salads, trail mix, or enjoy on their own.

Frozen cranberries add a tart and refreshing taste to smoothies.

Experiment with ways to enjoy fresh cranberries: crush them and add to seltzer, add in the last few minutes of cooking oatmeal, make a savory cranberry/jalapeño salsa, or bake them with squash.

Not just for turkey, cranberry relish is a great accompaniment to any meat dish from beef to venison to pork to goose.



SHOPPING & STORAGE TIPS

Purchase cranberries from a local or Massachusetts-based grower.

Look for firm, bright red to maroon colored fruits.

Fresh cranberries should bounce—that is how growers check them after harvest.

Fresh cranberries can be stored in a plastic bag in the refrigerator for at least a month. Or, you can put into the freezer to store for use through the winter.

Choose cranberry juices, sauces and jellies with very little added sugar.

WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL

Five Tips for a Food Safe Thanksgiving



Tip 1: Defrost your turkey in the fridge or in cold water.

Do not thaw turkey at room temperature. Thawing food in the fridge is the safest method. Estimate 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator. You can also thaw in cold water by submerging the bird in its original wrapper in cold tap water and changing the water every 30 minutes.

Tip 2: Use a meat thermometer.

To make sure your turkey is **cooked but not overdone**, check the turkey's temperature in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast for a temperature of 165°F.



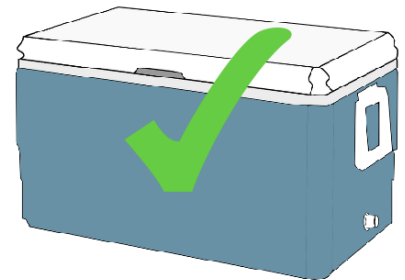
Tip 3: Refrigerate food within 2 hours.

Place perishable foods in the refrigerator **within 2 hours**. Keeping foods out too long encourages bacteria growth that could make people sick. This includes custard or cream pies, such as pumpkin pie or chocolate pie.



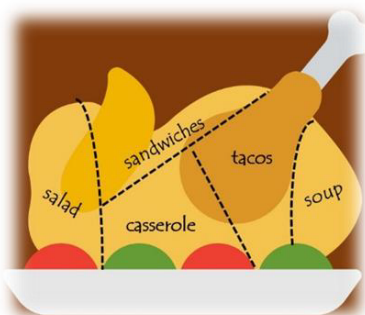
Tip 4: Don't store food outside.

Even if it's cold outside, the temperature inside plastic food storage containers can climb, especially in the sun. Animals can get into food stored outside, consuming or contaminating it. Instead, keep extra food in a cooler **with ice**.



Tip 5: Store leftovers in the refrigerator for up to four days.

If you won't eat leftovers within 4 days, pack them into freezer bags or airtight containers and freeze. For best quality, use your frozen leftover turkey within four months.



Source: USDA. Questions about your Thanksgiving dinner? You can call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to a food safety expert.

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

FOOD WISE
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Boulevard AC-G22, Waukesha WI 53188
Phone: 262-548-7877

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

Para más información español comuníquese con 262-548-7882

Silver Alerts – what would happen if my loved one went missing?



As our weather starts to get colder and the days shorter, we start to think about safety and preparation. One issue to consider is if someone got lost, how could we best ensure that they would be found or get home again? This is not an unusual occurrence and can happen very unexpectedly while someone is traveling to a familiar place they have driven to many times.

In 2014, the State of Wisconsin initiated the Silver Alert program. This was based on a similar program to locate missing children (the Amber Alert) but the focus is older adults at risk. The success rate for this program is very strong as the information is quickly disseminated through a variety of means including television and radio broadcasts, highway digital messaging signs, lottery display terminals, social media and email/text alerts.

There are specific things that will be helpful if a Silver Alert is needed. These are items that people can gather in advance just in case someone would go missing. These include **a recent picture** of your loved one in a digital format so it can be quickly sent to law enforcement, **pictures and details of any vehicle they could be driving (year, make, model, color, license plate number)**. People are also encouraged to consider personalized license plates, a unique bumper sticker or window cling that would be more noticeable.

According to the Wisconsin Crime Alert Network, Silver Alerts will be issued when the following criteria are met:

- ◆ *The missing person is 60 years of age or older;*
- ◆ *The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment that poses a threat to the individual's health and safety;*
- ◆ *There is reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition;*
- ◆ *The Silver Alert request is made within 72 hours of the individual's disappearance;*
- ◆ *There is sufficient information available to disseminate to the public that could assist in locating the missing person.*

We also know that dementia and cognitive changes can occur before the age of 60 and in this case the Wisconsin Crime Alert Network (WCAN) can be utilized to send out a Missing/Endangered persons alert.

Anyone can sign up to receive notification of silver alerts at <https://wisconsincrimealert.widj.gov>

Thank you for paying attention to these alerts and reporting any pertinent information to local authorities. People are located safely by everyone doing their part to help.





Four caregivers from Wisconsin come together and share their thoughts on how important it is to make time for yourself and to keep laughter in your life during your caregiving journey.

This documentary also explores the love, care, and sacrifices family caregivers give to their loved ones.

Unconditional: A Journey of Selfless Love

RK VIDEOS PRESENTS A FILM BY RILEY KILLIAN AND AIDAN WALLACE

In celebration of National Family Caregivers Month:

Join the ADRC for a screening of this moving film, followed by a talkback session. Learn about resources available to support you on your caregiving journey.

Nov. 14th 230-430pm at Schuetze Recreational Center – 1120 Baxter St., Waukesha
Hors d'oeuvres will be provided

Nov. 15th 930-1130am at Menomonee Falls Senior Center – W152 N8645 Margaret Rd
Breakfast will be provided

Please RSVP by November 7th by calling Allie at 262-548-7883
If Respite Care is needed for you to attend this event, please let us know.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Pork Chop Suey Seasoned Brown Rice Capri Vegetable Blend Dinner Roll w/ butter Ambrosia Fruit Cup Alt. Pears	Open-Faced Turkey Sandwich on Whole Wheat Bread w/ Gravy Mashed Pot /gravy Peas and Carrots Fresh Banana Oatmeal Raisin Cookie Alt. Pineapple	Bratwurst on a Bun With Sauerkraut Ketchup / Mustard pkts Hot German Potato Salad Romaine Salad w/ Ranch Dressing Applesauce	Breaded Fish Potato Pancakes Tartar Sauce / Ketchup Stewed Tomatoes Seasonal Fresh Fruit Roll w/ Butter Frosted Cake Alt. Fresh Fruit
7	8	9	10	11
Swedish Meatballs over Buttered Noodles Dilled Baby Carrots Brussels Sprouts Rye Bread w/butter Fresh Apple Pudding Alt. Sugar Free Pudding	Chicken Marsala with Mushrooms Mashed Potatoes and Gravy 5-Way Mixed Veg Dinner Roll w/ butter Diced Pears Baker's Choice Cookie Alt. Fresh Fruit	BBQ Pork on Bun Baked Baby Red Potatoes Creamy Coleslaw Fresh Melon Frosted Brownie Alt. Sugar Free Cookie	Veterans Day (early) Roast Beef Scalloped Potatoes Buttered Corn Broccoli Salad Wheat Roll w/ Butter Seasonal Fresh Fruit Cherry Pie	Cheeseburger on Whole Wheat Bun With Tomato Slice Ketchup / Mustard pkts Beet and Onion Salad American Fried Potatoes Fruited Yogurt
14	15	16	17	18
Herbed Chicken Breast Mashed Red Potatoes and Gravy Peas and Pearl Onions Dinner Roll w/ butter Fruit Salad Cookie Alt: Fresh fruit	Pork Cutlet w/ Gravy Baked Potato w/sour cream and butter Tomato and Onion Salad Wheat Bread w/ Butter Watermelon Wedge	Giving Thanks Oven Roasted Turkey Mashed Potatoes with Gravy Green Bean Casserole Herbed Bread Stuffing Cranberry Relish Pumpkin Pie w/ Whipped Topping 	Chicken Gumbo Red Beans and Rice Stewed Tomatoes Romaine Salad w/ Dressing Peaches Wheat Roll w/ Butter Ice Cream Cup Alt: Fruit	Sloppy Joe Whole Wheat Bun Diced Potatoes Ketchup pkt Buttered Sweet Corn Kitchen's Choice Fruit Pudding Alt. Pears
21	22	23	24	25
Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Steamed Broccoli Fresh Orange Fortune Cookies Alt. Pineapple	Whole Grain Spaghetti w/ Italian Meat sauce Italian Blend Veg Romaine Salad w/ Italn Italian Bread w/ butter Pear Half Rice Krispies Treat Alt: Fresh Fruit	Jumbo Hot Dog w/ Ketchup & Mustard Poppy Seed Bun Potato Salad Baked Beans Fresh Apple Chocolate Chip Cookie Alt. Sugar Free Cookie	THANKSGIVING DAY PROGRAM CLOSED	PROGRAM CLOSED
28	29	30		
Cheeseburger on a bun w/ Tomato Slice Ketchup and Mustard Sunshine Carrots Baked Potato Chips Grapes Oatmeal Cookie Alt. Sugar Free Cookie	Breaded Chicken Parmesan Mostaccioli w/Marinara Italian Blend Vegetable Green Beans Italian Bread w/Butter Kitchen's Choice Fruit	Meatloaf w/gravy Garlic Mashed Potatoes w/ Gravy Calico Beans 7 grain Bread w/ Butter Cranberry Compote Marble Cake Alt. Yogurt 		

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

**Meal cancellations must be made at least ONE BUSINESS DAY in advance.
Call the office at 262-548-7826, Monday – Friday, before 12:00pm.**

**Visit our website at:
www.waukeshacounty.gov**

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

262-782-1636

Brookfield Community Center
2000 North Calhoun Road
Monday thru Friday at 12:00

Menomonee Falls

262-251-3406

Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday thru Friday at 12:00

Mukwonago

262-363-4458

Birchrock Apartments
280 Birchrock Way
Monday thru Thursday at 12:00

Oconomowoc

262-567-5177

Oconomowoc Community Center
220 West Wisconsin Avenue
Monday thru Friday at 12:00

Sussex

262-246-6747

Sussex Civic Center
N64W23760 Main Street
Monday thru Friday at 12:00

Waukesha

262-547-8282

La Casa Village
1431 Big Bend Road
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

LA CASA SENIOR DINING CENTER REOPENED ON NOVEMBER 1ST



We are very pleased to announce that the Waukesha La Casa senior dining center will reopen Tuesday, November 1, 2022, Located at La Casa Village, 1431 Big Bend Rd (off Sunset, between East Ave. and Meijer), La Casa is the only in-person senior dining center in the city of Waukesha. Closed since the pandemic, it is time to reopen and begin serving our City of Waukesha area residents 60 and older.

This site is open to anyone 60 and over regardless of income and assets, and you do not have to live at La Casa Village. Please call 262-548-7826 now to make your reservation for the grand reopening on November 1st.

After November 1st, please call the senior dining manager, at the dining center at 262-547-8282 between the hours of 10am and 1pm.



Waukesha County
Park System

ENJOY YOUR PARKS IN **2023** WITH AN ANNUAL MEMBERSHIP!

ONLY \$17 SENIORS AGE 60+

365 DAYS OF PARKS
FOR PENNIES A DAY!

PLUS, EASIER
VISITS WITH THE

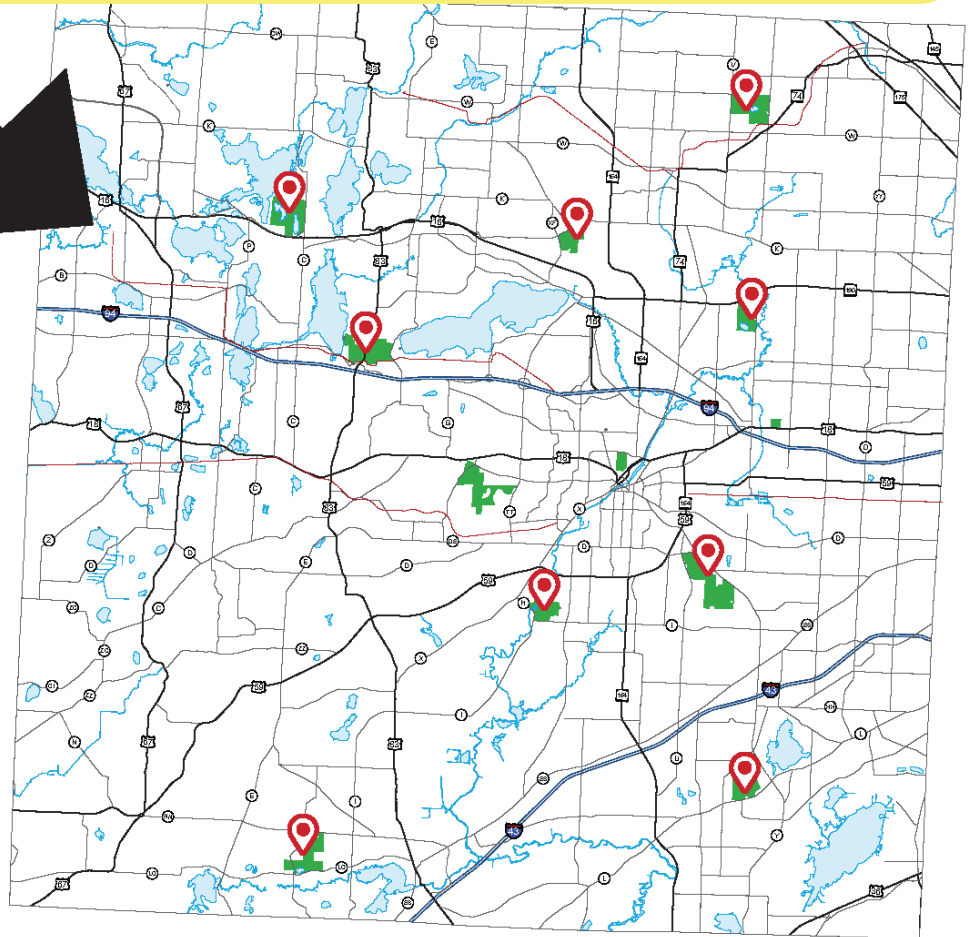


***DISCLAIMER:** Invisible Stickers do not exist. We will not mail you anything. Instead, our neat license plate reader camera will scan your vehicle license plates to verify your annual membership! Please feel free to pretend you have an invisible sticker.

COUNTY PARKS

PARK MEMBERSHIPS
INCLUDE ACCESS TO
9 FEE-BASED PARKS

- Fox Brook Park
- Fox River Park
- Menomonee Park
- Minooka Park
- Mukwonago Park
- Muskego Park
- Naga-Waukee Park
- Nashotah Park
- Ryan Park



ON SALE BLACK FRIDAY, NOV. 25

LEARN MORE: WWW.WAUKESHACOUNTY.GOV/PARKENTRY

Dear Ina,

I am concerned about how my sidewalk and driveway are going to be cleared of snow and ice this winter. In previous years, my son handled this job, but he moved out of state over the summer. My husband and I are no longer able to tackle this task, due to our current age and health problems. Do you have any ideas or suggestions on how I can get this accomplished?



**Regards,
Ayma Snowdin**

Dear Ms. Snowdin:

Here at the ADRC we receive many phone calls throughout the winter from individuals looking for assistance with snow removal. It's great that you are thinking of this now because the snow will be flying before we know it.

The ADRC doesn't employ any persons or agencies to remove snow, and the number of resources available throughout Waukesha County for low cost or no cost is extremely limited. There is one agency in Waukesha that can coordinate services with a volunteer that is free of charge; however, there is typically a wait list for this service because the need for snow removal far outweighs the number of volunteers available to help. With this gap between paid and unpaid snow removal options, we encourage those in need to get creative and plan ahead for the winter months.

If you are willing and able to pay for snow removal, we suggest that you contact lawn services now to inquire if they will do snow removal. If you wait until the first snowfall, it will likely be too late for these companies to get you into their schedule. You should also inquire about what priority you will be given, as many companies will have several clients and you may or may not be first on the list to service. If you have any special needs that should give you priority, such as a health condition that could require treatment at a facility, you should let the company know.

Another possible solution is to start looking for options within your own neighborhood. Are there any children in the neighborhood that would like to earn a few dollars? You could ask your neighbors if they know of anyone they could refer to you. If you are able to clear your own driveway, while you are out look around to see who might be in need of assistance. Is there someone elderly and struggling to walk down icy steps or walkway? Is a neighbor using a walker or cane while trying to remove snow? Perhaps they have a ramp that they are using with their wheelchair? Keep in mind that if one of your neighbors receives home delivered meals, those volunteer delivery drivers are prohibited from delivering the meals to a person's door if the walkway is too icy or snow covered.

You could also try asking around to members of your church, or check the bulletin boards at your local supermarket, laundromat, or community center. When neighbors reach out and help one another, a sense of community will happen organically. Furthermore, a sense of community has been shown to be linked to many positive outcomes: creating a sense of belonging, providing a physical and mental health boost, and even lowering crime rates. With benefits like these, we could all stand to strengthen our neighborhood ties.

Benefit Specialist Corner

SeniorCare Coverage of Vaccines

SeniorCare now covers vaccines that you get at a pharmacy. You will not need a prescription for vaccines, and you will have no out-of-pocket costs for vaccines you receive at pharmacies. Please note that SeniorCare will not cover vaccines you get at a doctor's office or clinic.

SeniorCare will only cover vaccines that are recommended for adults ages 65 and older by the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices and that are given by a pharmacist who has completed the required training in vaccine administration. If you get them at a pharmacy, SeniorCare will cover the following vaccines:

- ◆ Chickenpox/shingles
- ◆ COVID-19
- ◆ Flu
- ◆ Hepatitis A and B
- ◆ Meningitis
- ◆ Pneumonia
- ◆ Tdap (tetanus, diphtheria, pertussis)



Talk to your pharmacy to learn which vaccines are available and how to schedule an appointment. You should bring your SeniorCare card to your appointment. You will not have any out-of-pocket costs for vaccines covered by SeniorCare at a pharmacy. Your out-of-pocket costs for other prescription drugs covered by SeniorCare will remain the same.

If you have other health insurance, like employer insurance, VA coverage, a Part D plan, or a Medicare Advantage (Part C) plan, follow that plan's guidance for how to receive a vaccine. If your insurance covers vaccines at a pharmacy, use this coverage first. SeniorCare will cover any copays or deductibles. Remember that you must use other health insurance that you have before using SeniorCare. If you have no other coverage through Medicare Part B or D or primary insurance, vaccines will be covered by SeniorCare when you get them at a pharmacy.

If you have Medicare Part B and meet Medicare coverage criteria, you should use this coverage when you receive vaccines that are covered by Part B. If you have Original Medicare, you will not pay anything for these vaccines if you see a provider who agrees to accept the Medicare-approved payment amount as payment in full. Likewise, if you have a Medicare Advantage plan, the plan will cover Part B vaccines without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the vaccine.

If you have any questions about these changes to SeniorCare, please call the SeniorCare Customer Service Hotline at 800-657-2038, Monday through Friday, from 8 a.m. to 6 p.m.

**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/>

NOVEMBER

November 2-6- Divine Consign @ Waukesha County Expo Center, Wed-Fri: 9 am-9 pm, Sat: 8am-7 pm, Sun: 8 am-2 pm. Wisconsin's largest shopping event for women and teens is coming to Waukesha! Browse over 40,000 new fall items of unique, vintage, pre-loved, brand name items up to 90% off retail. This thrifting event is super organized and for women of all ages, sizes, styles, and budgets! This event is free to attend. Saturday and Sunday feature a half off sale.

November 5- Holiday Cheer Craft and Vendor Fair @ Arrowhead High School South Campus, 9 am-3 pm. Come shop local crafters, artisans, and vendors to support the Varsity Cheer Team. Enjoy live music, concessions, raffles, and activities for the kids. There will also be performances by the Varsity Cheer Team. This event is \$2 to enter or \$1 if a canned food item is brought to donate to the local food bank.

November 5- Science Fest @ Retzer Nature Center, 11 am-2 pm. This free event celebrates how people connect with science, technology, engineering, and math in fun and exciting ways. Attendees of all ages are encouraged to explore 'Inside & Out' and engage in a variety of interactive activities and discover how science mixes into our everyday lives and shapes our future. Interactive tables, activities, nature hikes, programs, science and planetarium shows are just some of the features filling this event schedule.

November 12- Festival City Symphony Presents: Listen to the Spirit @ The Bradley Symphony Center, 2 pm. Festival City Symphony opens its classical season offering a glimpse into the genius of three of the finest composers to have ever lived, Price, Strauss, and Brahms. This is an all ages event but the recommended age for children to best enjoy this concert is grade 2 and above. Tickets can be reserved online at <https://festivalcitysymphony.org/order-saturday-classics-tickets/>.

November 18-20- Illuminated Walkthrough of Country Christmas @ Country Christmas (Ingleside Hotel), 5-9 pm. Come walk through the wonderland of lights and wonder before the season opens for vehicles to drive through starting on November 26. Tickets are \$7 per person and \$2 per person will go directly back to the Christmas Clearing Council of Waukesha County. Please dress for the weather. Hot chocolate and other concessions will be available in Christmas Village. Dogs are allowed on the walking trail but not in Christmas Village or Streets of Bethlehem.

The Waukesha County Public Libraries offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you do not have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Visit the library system at www.bridgeslibrarysystem.org. Here are some of the available programs at local libraries in the county:

Pewaukee Public Library
210 Main St.
Pewaukee, WI 53072
(262) 691-5670

Our Great Lakes in the 21st Century: Challenges and Opportunities
Tuesday, Nov. 15, 6:30 PM
www.pewaukeeelibrary.org

Hartland Public Library
110 E Park Ave
Hartland, WI 53029
(262) 367-3350

Boost You Immune Health
Wed., Nov. 16, 10 AM & 6:30 PM
www.hartlandlibrary.org/

Alice Barker Library
820 E. Main Street
Eagle, WI 53119
(262) 594-2800

Author Visit: BW Hoff
Saturday, Nov. 19, at 3:00 PM
www.alicebaker.lib.wi.us/

Waukesha County Residents: Need help comparing 2023 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2022

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 10/26 2-3
- Thur 10/27 1-2
- Wed 11/2 10-11
- Thur 11/17 2-3
- Wed 11/30 10-11
- Wed 12/7 9-10

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

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, 2022.** 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

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



Check out our updated website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

November is

Epilepsy Awareness Month

Epilepsy Facts & Statistics

Public Misunderstanding and treatment of people with epilepsy are often bigger problems than actual seizures. Get the facts on the fourth most common neurological disorder in the world.

1. You can not swallow your tongue during a seizure. It is physically impossible.
2. You should NEVER force something into the mouth of someone having a seizure. Absolutely not! Forcing something into the mouth of someone having a seizure is a good way to chip teeth, cut gums, or even break someone's jaw.
3. DO NOT restrain someone having a seizure. Most seizures end in seconds or a few minutes and will end on their own.
4. The correct seizure first aid is simple: **Stay. Safe. Side.** STAY with the person and start timing the seizure. Keep the person SAFE. Turn the person onto their SIDE if they are not awake and aware. Do NOT put anything in their mouth. Do NOT restrain. Stay with them until they are awake and alert after the seizure. Call 911 if the seizure lasts longer than 5 minutes; repeated seizures; difficulty breathing; seizure occurs in water; person is injured, pregnant or sick; person does not return to their usual state, first time seizure; or the person asks for medical help.
5. Epilepsy is NOT contagious. You simply can not catch epilepsy from another person.
6. Anyone can develop epilepsy. Seizures start for the first time in people over age 65 almost as often as it does in children. Seizures in the elderly are often the after effect of other health problems like stroke and heart disease.
7. Most people with epilepsy CAN DO the same things that people without epilepsy can do. However, some people with frequent seizures may not be able to work, drive, or may have problems in other parts of their life.
8. Epilepsy is NOT rare and can occur as a single condition or may be seen with other conditions affecting the brain, such as cerebral palsy, intellectual disability, autism, Alzheimer's disease, and traumatic brain injury.
9. You CAN die from epilepsy. While death in epilepsy does not happen frequently, epilepsy is a very serious condition and individuals do die from seizures. The most common cause of death is sudden unexpected death in epilepsy (SUDEP). While there is a lot we still do not know about SUDEP, experts estimate that 1 out of every 1,000 people with epilepsy die from SUDEP each year.
10. What happens in a seizure may look different from one person to another. However, seizures are usually stereotypic, which means the same things or behaviors tend to occur in a person each time they have a seizure. The seizure behavior may be inappropriate for the time and place, but it is unlikely to cause harm to anyone.



Source: <https://www.epilepsy.com/what-is-epilepsy/statistics>

Daylight Saving Time Ends

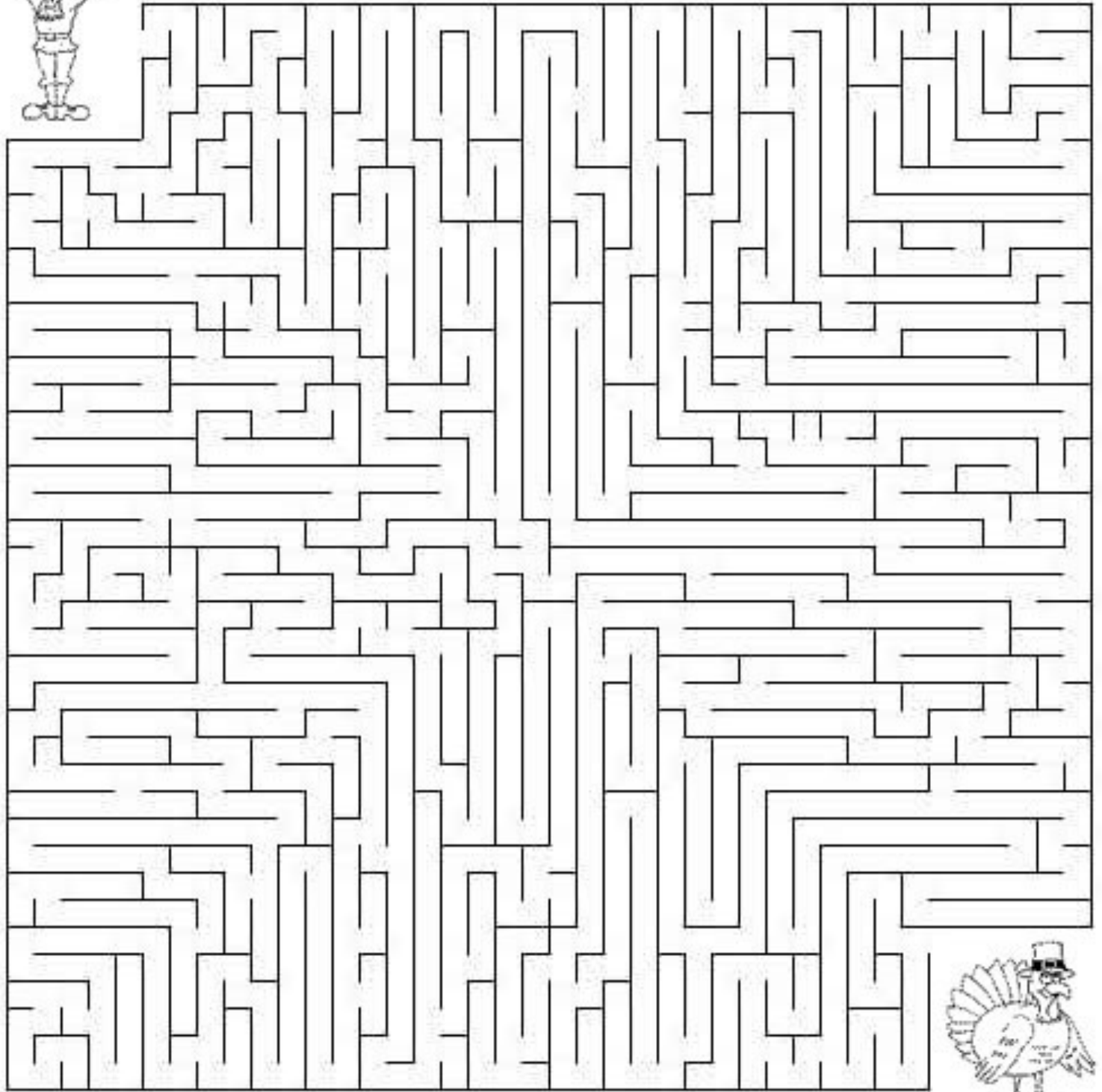
Sunday, November 6th

Put your clocks back one hour!





Help the Pilgrim Find the Turkey



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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