

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

Inside this Issue:

- ◇ Volunteers Needed
- ◇ Falls Prevention
- ◇ Cholesterol
- ◇ Open Enrollment
- ◇ Baked Oatmeal Recipe
- ◇ September Events



Governor Proclaims September Falls Prevention Awareness Month

Did you know that Wisconsin has one of the highest fall rates for older adults of any state in the country? Here are some startling statistics:

- ◇ **Every 11 seconds an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall. Every 19 minutes an older adult dies from injuries from a fall.**
- ◇ **In Wisconsin and the nation, one of every four adults falls every year.**
- ◇ **In Wisconsin, 40% of people who enter nursing homes had a fall in the 30 days prior to admission.**
- ◇ **Falls cost Wisconsin over \$1 billion each year.**

There is good news though: falls are not a normal part of aging and can be prevented. The CDC, the National Council on Aging, the Wisconsin Institute for Healthy Aging and the ADRC encourage you to take control of your health by following these six steps to prevent a fall:

1. **Engage in balance and strength exercises that are proven to reduce falls.** Talk to a physical therapist for recommendations.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. And share your history of recent falls.
3. **Regularly review your medications with your pharmacist and your doctor.** Make sure side effects aren't increasing your risk of falling and take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** People with untreated vision or hearing losses are more than three times as likely to fall.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. It takes all of us to help keep older adults safe.

We're very lucky in Wisconsin to have a proven falls prevention workshop available in almost all Wisconsin counties and tribes that address ALL of these factors. It's called **Stepping On** and has been proven to reduce older adult falls by over 30%. This is a 7-week workshop that meets once a week for two hours each week. You will learn balance and strength exercises and hear from four guest experts: a physical therapist, pharmacist, vision expert and community mobility specialist. Participants learn how to identify their own falls risk and make changes in their behavior and environment to address the risk. **Check out page 6 for more information on the next class, kicking off on September 21st. Call us at 262-548-7848 to learn more.**



World Alzheimer's Month 2022



September 2022 will mark the eleventh World Alzheimer's Month campaign, an international campaign to raise dementia awareness and challenge stigma. The focus of this year's campaign is supporting people after diagnosis. All too often in the past, people were given a diagnosis of Alzheimer's or another dementia and told to follow up with the clinic in 6 months or a year. As you can imagine, this was a devastating diagnosis to receive and people with the diagnosis and their families were left floundering on next steps and how to cope.

The 2022 Alzheimer's Association Facts and Figures tells us that there were 120,000 people living in Wisconsin with Alzheimer's or another dementia in 2020, and it is estimated that number to grow to 130,000 by 2025. There are 198,000 unpaid caregivers in Wisconsin who provided 206,000,000 hours of unpaid care at a value of \$3,420,000,000. Wisconsin Department of Health Services estimates that by 2025 there will be 11,218 Waukesha County residents with some type of dementia. The care provided by family members and friends is invaluable. We also need to keep in mind that many of these caregivers are working outside of the home and may be raising young children.

Waukesha County and Wisconsin has a robust Dementia Care Plan and Dementia Care Specialist program. All Waukesha County ADRC staff have received training on working with people living with dementia and their families, and the ADRC Specialists have received multiple trainings on different types of dementia, communication strategies and resources to support people and their families and friends.

Our community partners at Bridges Library System, Dementia Friendly Elmbrook and Pewaukee, and the Alzheimer's Association also offer a variety of memory cafes, caregiver education events and support groups. These community supports are vital to help people chart a course to best live with Alzheimer's or another dementia.

The ADRC of Waukesha County has two Dementia Care Specialists that provide dementia care consultations to people with dementia, their spouses, adult children or friends. This may include a discussion of the specific diagnosis, everyone's understanding of abilities and limitations and how best to support someone, or talking through the grief of the initial diagnosis. It could also focus on brain health and community engagement options. Every diagnosis is different, as is every person and family experiencing it. We encourage anyone who is experiencing memory loss or has received a diagnosis they want to talk through to reach out for information and support. You don't have to be on this road alone. Contact the ADRC at (262) 548-7848 to speak with a Dementia Care Specialist.

Voting in November

Tuesday, November 8, 2022 is the national midterm election as well as the election for governor of Wisconsin. Here's what you should know:

- Voters may register ahead of time or at the polls.
- Voters who register or change their address at the polls on Election Day must present proof of residence.
 - Proof of residence may be presented in either a paper or an electronic format (smart phone, tablet, or laptop) and must include the voter's name and address.
- Alternatively, you can register ahead of time with your municipal clerk or online at <https://myvote.wi.gov/en-us/Register-To-Vote>.
- Even if you are pre-registered, you will still need to show your photo identification at the polls.
- Absentee voters can request an absentee ballot online, by mail, or in person at your municipal clerk's office.
 - To request an absentee ballot online, visit: <https://myvote.wi.gov/en-us/Vote-Absentee-By-Mail>.
 - Once you receive your ballot, it will need a witness signature before you can return it. Your witness should be an adult U.S. citizen and should include their signature and address.
 - Return your ballot by mail or in person to the municipal clerk's office.
 - If you send in your completed ballot by mail, it must be received no later than 8 p.m. on election day. The U.S. Postal Service recommends mailing your ballot at least one week before election day to ensure it arrives on time.
 - Otherwise, you may drop your absentee ballot off in person at your municipal clerk's office or at your polling place on Election Day.

For more information on how to vote in Wisconsin, including how to register, find your polling place, and vote absentee, visit: <https://myvote.wi.gov/en-us/> or call (866) VOTE-WIS.

Are you looking for a volunteer opportunity that would make a big difference in the lives of your neighbors?

The Aging and Disability Resource Center of Waukesha County has provided home delivered meal service to seniors since 1973. This would not be possible without the help of volunteers. Now more than ever, volunteer drivers are needed to help deliver meals to seniors living in Waukesha County.

Drivers use their own vehicle and are reimbursed for their mileage. Meals are delivered over the lunch hour, Monday-Friday, excluding holidays. If you know anyone that would be interested have them call the ADRC 262-548-7848 or visit the website at www.waukeshacounty.gov/adrc

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

10 Myths About Older Adults and Falls

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

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/>.

StrongBodies

Bone and muscle loss begin early; StrongBodies strength training can reverse the process. StrongBodies is a national evidence-based program that aims to prevent or manage chronic diseases and build strength through sound nutrition and targeted exercise. This 10-week workshop meets twice weekly for 1 hour and 15 minutes. A typical class includes a warm-up, resistance training, and cool-down coupled with a discussion about nutrition.

Class Details: This workshop will be held **virtually** via Zoom. Sessions will be held on Tuesdays and Thursdays, September 13 – November 22 from 9:00-10:15 am. Recommended donation: \$30. This workshop is provided by the University of Wisconsin Extension program.

Contact: Jen Whitty, Health & Wellbeing Educator, UW-Extension, 262-548-7789, jennifer.whitty@wisc.edu

Boost Your Brain & Memory

Dementia is not a normal part of aging. Although genetics do play a role in whether or not we may develop dementia, studies prove that how we live our lives plays an even larger role. Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide participants through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the eight weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

Class Details: This workshop will be held in person at Hartland Public Library, 110 East Park Avenue, Hartland, WI 53029. Sessions will be held on Wednesdays, September 21 – November 9 at 9:30-11:00 am.

Contact: To register, call the reference desk at 262-367-3350.

Stepping On

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

September Class Details: This workshop will be held **virtually** on Wednesdays, September 21 – November 9 from 12:00 – 2:30 pm. Workshop provided by ProHealth Care and is free of charge. Participants in this online workshop must be able to connect to the workshop by a computer or tablet with a webcam for safety.

Contact: To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059 with questions.

October Class Details: This workshop will be held **in person** at Ascension SE Wisconsin Hospital – Elmbrook Campus, lobby conference room, 19333 West North Avenue, Brookfield, WI 53045. Sessions will be held on Mondays, October 3 – November 21 (skipping Oct. 17) from 9:30 – 11:30 am.

Contact: To register, call 262-785-2293.

Evidence Based Health Promotion Programs (cont.)

Powerful Tools for Caregivers (Virtual)

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.

Class Details: This workshop will be held virtually on Mondays, October 3 – November 7 from 2:30 – 4:00 pm. Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

Contact: To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059 with questions.

Healthy Living with Chronic Pain (Virtual)

Chronic pain can cause severe stress and turmoil for individuals and their families, changing the way people live on a day-to-day basis. This research-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life.

Class Details: This workshop will be held virtually on Fridays, October 7 – November 11 from 10:00 am – 12:30 pm. Workshop provided by ProHealth Care and is free of charge. Participants must have a computer or tablet with internet, audio, and a camera to participate in this online workshop.

Contact: To register, visit: <https://www.prohealthcare.org/classes-events/>. Contact Laura Armstrong at 262-928-4059 with questions.

September 19-25 Celebrate the International Week of Deaf People

The International Week of the Deaf People (IWDP) is an initiative of the World Federation of the Deaf (WFD) and was first launched in 1958 in Rome, Italy. It is celebrated annually by the global Deaf Community during the last full week of September to commemorate month the first World Congress of the WFD was held. The International Week of the Deaf People is celebrated through various activities by Deaf Communities all around the world.

These activities and events welcome the participation of all members of deaf communities, which include families of deaf people, professional and accredited sign

language interpreters, peers, as well as the involvement of various stakeholders such as national governments, national, and international human rights organizations. The theme for 2022 is: Building Inclusive Communities for All.

To learn more visit <https://wfdeaf.org/iwdeaf2022/>



**INTERNATIONAL WEEK
OF DEAF PEOPLE**

NATIONAL SICKLE CELL AWARENESS

SEPTEMBER IS NATIONAL SICKLE CELL AWARENESS MONTH

What is Sickle Cell Disease?

Sickle cell disease is an inherited blood disorder that affects red blood cells. People with sickle cell disease have red blood cells that contain mostly hemoglobin S, an abnormal type of hemoglobin. Sometimes these red blood cells become sickle-shaped (crescent shaped) and have difficulty passing through small blood vessels. When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease. There is no universal cure for sickle cell disease. Those who are eligible to receive a bone marrow transplant do have a chance at a cure. Research in gene therapy is currently underway.

Inheritance

Sickle cell conditions are inherited from parents in much the same way as blood type, hair color and texture, eye color and other physical traits. The types of hemoglobin a person makes in the red blood cells depend upon what hemoglobin genes the person inherits from his or her parents. Like most genes, hemoglobin genes are inherited in two sets, one from each parent. Examples of heredity are shown below:

- If one parent has Sickle Cell Anemia (SS disease) and the other is Normal, all of the children will have sickle cell trait.
- If one parent has Sickle Cell Anemia (SS) and the other has Sickle Cell Trait (AS), there is a 50% chance (or 1 out of 2) of having a baby with either sickle cell disease or sickle cell trait with each pregnancy.
- When both parents have Sickle Cell Trait, they have a 25% chance (1 of 4) of having a baby with sickle cell disease with each pregnancy.

Medical Problems

Sickle cells are destroyed rapidly in the body of people with the disease causing anemia, jaundice and the formation of gallstones. The sickle cells also block the flow of blood through vessels resulting in lung tissue damage (acute chest syndrome), pain episodes (commonly in the arms, legs, chest and abdomen), and possible stroke. It also causes damage to most organs including the spleen, kidneys, eyes and liver. Damage to the spleen makes sickle cell disease patients, especially young children, easily infected by certain bacterial. Therefore, any fever in someone with sickle cell disease must be taken very seriously.

Treatment

Health maintenance for patients with sickle cell disease starts with early diagnosis, preferably in the newborn period and includes penicillin prophylaxis, vaccination against pneumococcus bacteria and folic acid supplementation. Treatment of complications often includes antibiotics, pain management, intravenous fluids, blood transfusion and surgery all backed by psychosocial support. Like all patients with chronic disease patients are best managed in a comprehensive multi-disciplinary program of care.

Information for this article was found at: <https://www.sicklecelldisease.org/>. Visit the website to learn more about this disease.

Dear Ina,

My kids keep telling me it's important to watch my cholesterol as I get older but I don't understand why. Can you help explain it for me?

Sincerely,
Fred Eggh



Dear Fred,

What great timing - September is Cholesterol Education Month! But, what is cholesterol and why is it such an important part of staying healthy?

High cholesterol increases your risk for heart disease and stroke, the two leading causes of death in the United States. Knowing your cholesterol status can help you stay in control of your health.

Cholesterol is a waxy substance that your body needs to make hormones and digest fats. Your body makes all the cholesterol it needs, but you can also get cholesterol from eating certain foods, such as egg yolks and fatty meats. Having high blood cholesterol can lead to plaque buildup in the arteries, putting you at risk for heart disease and stroke. High blood cholesterol does not have symptoms, which is why getting your cholesterol levels checked is so important.

What age should I get screened for high blood cholesterol?

Since high cholesterol does not have symptoms, many people do not know their levels are high. Cholesterol should be checked starting early in life—even children and adolescents should have their cholesterol checked. Cholesterol testing should be done:

- Every 5 years for people age 20 or older who are at low risk for cardiovascular disease.
- More frequently than every 5 years for people with cardiovascular disease risk factors.
- If your family has a history of early heart attacks or heart disease, or if a child has obesity or diabetes, doctors may recommend screening for high cholesterol more often.

What are risk factors for high blood cholesterol?

Lifestyle, some health conditions, and family history can raise your risk for high cholesterol. Your doctor may suggest you have your cholesterol checked more often if you have risk factors, such as the following:

- A family history of heart disease or high blood cholesterol.
- Diabetes.
- Older age. As you age, your body cannot clear cholesterol as well as it used to.
- Being male. Men tend to have higher LDL and lower HDL cholesterol levels than women do.
- Being overweight or obese. Excess weight, unhealthy eating habits, and lack of physical activity can lead to high cholesterol.
- Previously having had high cholesterol. If you have a history of high cholesterol, your doctor may want you to keep a closer watch on your cholesterol.

How can I keep healthy blood cholesterol levels?

Talk to your doctor about your numbers. Your risk of disease depends on other factors, too, in combination with high cholesterol. To keep your cholesterol managed, you should do the following:

- **Choose healthy foods.** Limit foods that are high in saturated or trans fats, sugar, and sodium (salt). Choose foods high in fiber, such as fresh fruits and veggies, and in unsaturated fats, such as avocados and nuts.
- **Stay physically active.** You should get at least 2 hours and 30 minutes of moderate exercise, such as biking or brisk walking, every week.
- **Quit smoking.** Smoking damages the blood vessels and greatly increases the risk for heart disease and stroke. If you don't smoke, don't start.
- **Take medicine if necessary.** A healthy diet and physical activity can help many people reach healthy cholesterol levels, but some people may need medicines to lower their cholesterol. Always take your medicine as prescribed.



Understanding Medicare Supplement Enrollment

If you want to buy a Medicare supplement policy, also known as Medigap, it is important to understand the best times to enroll. When you enroll can affect your monthly premium costs, coverage for preexisting conditions, and whether you can buy a policy at all.

Open Enrollment Period: In general, the best time to enroll in a supplement is during your open enrollment period. In Wisconsin, your open enrollment period begins the month your Part B coverage starts and continues for six months. If you are under age 65 and enrolled in Medicare due to disability or end-stage renal disease, you are entitled to another six-month open enrollment period when you turn 65. During your open enrollment period, insurance companies cannot deny you coverage. They must sell you a policy at the best available rate regardless of your health status. The best available rate will depend on factors like your age and gender. If you enroll during your open enrollment period, companies may not charge you an increased premium amount because of your use of tobacco. Some policies may require waiting periods before they will cover preexisting medical conditions.

Guaranteed Issue: If you miss your open enrollment period, you can also buy a supplement when you have a guaranteed issue right because your other health insurance ended.

In Wisconsin, an insurance company must sell you a supplement if:

- Your Medicare Advantage or Medicare Cost plan stops participating in Medicare or providing care in your service area; or
- You move outside the plan's geographic service area; or
- You leave the health plan because it did not meet its contractual obligations to you; or
- Your employer group health plan ends some or all of your coverage; or
- You leave your employer group plan to join a Medicare Advantage plan but leave the Medicare Advantage plan within 12 months of enrollment; or
- Your insurance company ends your Medicare supplement or Medicare SELECT policy and you are not at fault; or
- You drop your supplement to join a Medicare Advantage plan, a Medicare Cost plan, or buy a Medicare SELECT policy for the first time, and then leave the plan or policy within one year after joining. You may return to your former plan or to any available supplement if your former plan is unavailable; or
- You join a Medicare Advantage plan or Medicare Cost plan when you first become eligible for Medicare Parts A and B at age 65 and within one year of joining you decide to leave the health plan; or
- You have Medicare Parts A and B and Medicaid, and you lose eligibility for Medicaid; or
- Your employer group plan increases your cost from one 12-month period to the next by more than 25% and the new payment for the employer-sponsored coverage is greater than the premium charged under the supplement plan for which you are applying.

If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company:

- Cannot deny insurance coverage or require a waiting period for coverage,
- Must cover you for all preexisting conditions, and
- Cannot charge you more for a policy because of any preexisting conditions.
- If your old plan ended, that insurance company must send you a notice explaining your guaranteed issue rights. You will need this notice or other evidence that your coverage ended when you apply for a new supplement.

Enrolling in a Supplement at Other Times: If you try to enroll in a supplement outside of your open enrollment period or when you have a guaranteed issue right, you may run into problems. Insurance companies may refuse to sell you a policy, or they may require a waiting period before the policy will cover any preexisting medical conditions. In addition, the company may charge you a higher monthly premium.

If you have questions, call the ADRC to speak with an Elder Benefits Specialist.



Benefit Specialist Corner

Time to Review Your Medicare Plan - Prepare Early This Year!

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan.

Medicare Supplements/Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County.

Start preparing early this year. Don't let this opportunity pass you by! Starting October 1, go to Medicare.gov to compare plans online or for local assistance call the ADRC at 262-548-7848.

Mark your calendar for the important dates below:

September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

October 15th-December 7th

For most people, this is the only time of year you can change your coverage. The only way to find out if you can save money is to review and compare plan options! See options below on how to compare plans.

Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
- <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>
- Call 1-800-MEDICARE between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at 262-548-7848 to request assistance.

If you decide to change plans for the following year, you need to enroll by December 7th.

If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

January 1st

If you enrolled in a new plan during Open Enrollment, the change will be effective January 1st.

**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/>

September

APPLES 'N OATS

September is the start of a new season

September is a transitional time; not the end of summer, but not quite fall yet. Temperatures are starting to drop. Leaves might start changing colors. Days might become more cloudy. Many summer fruits are starting to become out of season, but some fall fruits such as apples and pears are starting to become in season.

Apples are among these fruits here in Wisconsin. They are great sources of fiber and antioxidants. Apples can help support good health and reduce the risk of chronic diseases like diabetes or heart disease. For the most benefits, make sure to eat them with the skin.

Keep reading for a delicious fall recipe!

Recipe Source: eatright.org

Apple Cinnamon Baked Oatmeal

Ingredients:

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar
- ½ cup egg substitute or egg whites
- 1 tablespoon melted trans-fat-free margarine
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

Directions:

1. Preheat oven to 350°F (176°C).
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
5. Spoon the mixture into a 8-by-8- inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.



FOOD WISE
Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.
Administration Center Rm G22, Waukesha WI 53188
Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

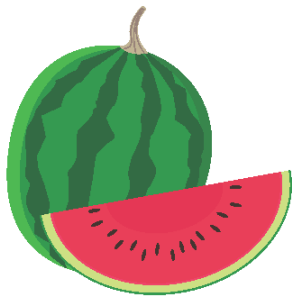
FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI,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

Harvest of the Month

SEPTEMBER | WATERMELON

HEALTH BENEFITS

- VITAMIN C
- VITAMIN A
- VITAMIN B6
- LYCOPENE



LIVE WELL

HEALTHY SERVING IDEAS

All parts of the watermelon can be eaten, even the rind.

The watermelon can be classed as both a fruit and a vegetable. It is a vegetable because it is a member of the same family as cucumber, pumpkin, and squash. It is a fruit because it grows from seed.

Watermelons keep us hydrated, our skin fresh, and can clean the kidneys of toxins.



SHOPPING & STORAGE TIPS

We should have local watermelon from July through most of September, depending on how soon the fall weather sets in.

A ripe watermelon should have a thick rind that doesn't give easily when pressured. If you scratch it with your thumbnail, you shouldn't be able to cut through it. A ripe watermelon should have a firm rind that doesn't give to pressure and is not easily scratched.

Whole watermelon should be left at room temperature until ripe. Once ripe, place the whole watermelon, uncovered, in the refrigerator.

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/LIVWELL

FoodShare Benefits Can Now Be Used at Online Retailers

The list of retailers accepting SNAP (FoodShare) benefits continues to grow. Quest cards can now be used at the following online sites:

- ALDI
- Amazon
- Lou Perrine's Gas and Grocery
- Meijer
- Miller and Son's Supermarket
- Ptacek's IGA
- Sam's Club Scan and Go
- Schnuck's Market
- Walmart
- Whole Foods
- Woodman's Markets



As a reminder, FoodShare benefits can be used for qualifying food purchases only. If any delivery fees apply, the beneficiary needs to use a different payment source. To stay up-to-date on this growing list, visit: [https:// www.fns.usda.gov/snap/online-purchasing-pilot](https://www.fns.usda.gov/snap/online-purchasing-pilot)

Medicare Presentations in your Area

These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2nd Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm

Oconomowoc Public Library - Monday, September 12 at 11:00am

Muskego Public Library - Tuesday, September 13 at 10:00am

Waukesha Public Library - Tuesday, September 20 at 10:30am

Sussex Pauline Haas Public Library - Thursday, September 22 at 1:00pm

Menomonee Falls Public Library - Tuesday, September 27 at 2:00pm

Mukwonago Parks & Rec - Tuesday, October 4 at 10:00am

Elm Grove Public Library - Wednesday, October 5 at 1:00pm

Mukwonago Public Library - Thursday, October 13 at 2:00pm

Brookfield Public Library - Tuesday, October 18 at 2:00pm

New Berlin Public Library - Wednesday, October 19 at 5:00pm

Pewaukee Public Library - Tuesday, October 25 at 1:00pm

Menomonee Falls Senior Center - Wednesday, October 26 at 10:00am



The Aging and Disability Resource Center Presents

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



Sept. 12th - Oct. 17th, 2022

- 6 Mondays, 1:00-3:00 p.m.

**Please register by calling
Jennifer Harders at the
Aging & Disability Resource Center
262-548-7650**

Location:

**Aging & Disability Resource Center
514 Riverview Avenue, Room 112
Waukesha, WI 53188**

Presented by

**Jennifer Harders
Dementia Care Specialist**

Free event

For more information call the
ADRC at (262) 548-7650
jharders@waukeshacounty.gov

WAUKESHA COUNTY SENIOR DINING CENTERS

<p>Brookfield 262-782-1636 Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00</p>	<p>Menomonee Falls 262-251-3406 Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00</p>	<p>Mukwonago 262-363-4458 Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00</p>
<p>Oconomowoc 262-567-5177 Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>	<p>Sussex 262-246-6747 Sussex Civic Center N64W23760 Main Street Monday thru Friday at 12:00</p>	

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.


Relatives as Parents Program (RAPP) Overview

Are you, or someone you know, a primary caregiver for a relative 19 years old or younger? If this description fits you, and you are over the age of 55, consider joining the ADRC's Relatives as Parents Program as we are actively seeking new members!

RAPP provides respite for relative caregivers in a variety of ways including education events with guest speakers and presentations, group outings for both the older adults and the children, and possible grant assistance for the child such as camps, music lessons, or sports. Examples of past RAPP outings include flower planting at Waukesha Floral & Greenhouse, education at Retzer Nature Center, theater performances at The Waukesha Civic Theater, and dining out at local restaurants.

RAPP is funded through the National Family Caregiver Support Program, established by the Older Americans Act. You do not need to be a legal guardian to participate, however the relative's biological parents cannot be living in your home as you need to be the primary caregiver that provides personal care, emotional support, medical care, supervision, and financial support. Individuals who are raising a relative 19-59 years of age with a severe disability are also eligible to join RAPP! Group members also need to be residents of Waukesha County.

If interested in joining our program, call the ADRC at 262-548-7883.



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

MEALS ON WHEELS MENU SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			2	3
			Turkey à la King over Biscuit Brussels Sprouts Dilled Carrot Coins Pineapple Juice Choc Chip Cookie Alt. Fresh Orange	Beef Stroganoff on Egg Noodles w/Gravy Harvard Beets Romaine Salad w/ Ital. Sourdough Bread w/ butter Fresh Pear
5	6	7	8	9
LABOR DAY NO MEALS SERVED 	Back to School Chilled Roast Beef & Cheddar on Onion Roll Carrot Sticks w/ ranch Cucumber Salad Watermelon Baked Potato Chips Rice Krispies treat Alt. Fresh Fruit 	Ham Macaroni Salad Marinated Veg Salad Spinach Salad w/ French Dressing Multigrain Bread w/ butter Fresh Orange	Breaded Cod Tartar Sauce Quartered Red Potatoes W/ butter Peas and Carrots Rye Roll w/ butter Sliced Peaches	NFL Kickoff Tailgate Packwurst on a Bun w/Packerkraut ketchup Rodgers Potato Salad Cobb's Baked Beans First Down Fresh Fruit Matt's Frosted Brownie Alt. Favre's Fruited Yogurt
12	13	14	15	16
Swedish Meatballs Mashed Potatoes gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Diet Pudding	Cheeseburger on Wheat Bun Lettuce, Tom, Onion Ketchup, Mustard Potato Salad Green Beans Cantaloupe Cubes	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Dinner Roll w/ butter Pineapple Chunks Frosted Cake Alt: Fresh Fruit	Swiss Steak Mashed Potatoes w/ gravy Peas & Carrots Whole Grain Bread w/ butter Watermelon Fruited Yogurt 	Chicken Marsala over Mostaccioli w/ sauce Winter Blend Vegetable Romaine Salad w/ Italian Wheat Roll W/ Butter Grapes Sugar Cookie Alt: Fresh Fruit
19	20	21	22	23
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Roast Beef Baked Potato w/ butter & sour cream Green Bean Casserole Pickled Beet & Onion Salad Fresh Fruit Salad	St. Louis Style BBQ Ribette Mashed Sweet Potatoes Baked Beans Biscuit w/ butter Apple Pie Alt. Fresh Apple	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Key Largo Vegetables Fruit Cocktail Frosted Yellow Cake Alt. Fresh Fruit	Festa Italiana Meat Lasagna Sweet Green Peas Italian Blend Veg Italian Bread/Butter Tropical Fruit Sherbet Cup Alt: Banana
26	27	28	29	30
Meatloaf w/ Gravy Garlic Mashed & gravy Dill Crinkle Cut Carrots 7 Grain Bread butter Mixed Fruit Cup Carrot Cake w/Cream Cheese Icing Alt. Banana	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Spinach Salad with Dressing Multigrain Bread w/ Butter Apple	Oktoberfest Pork Cutlet w/ Gravy Mashed pot w/ Gravy Sweet and Sour red cabbage Applesauce Black Rye Bread butter German Choc Cake Alt: Fresh Fruit	Oven Roasted Chicken Quarter Brown Rice with Garlic Herb Sauce Green Beans Romaine Salad / Ranch Wheat Bread w/ Butter Fresh Pear	Baked Ham Scalloped Potatoes 5-Way Mixed Vegetable Wheat Bread w/ butter Pineapple Tidbits

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

SEPTEMBER

September 2-4 – The Wisconsin Highland Games @ The Waukesha County Expo Center, 5-10 pm/ 9 am– 10 pm/ 10 am– 9 pm. Join the Wisconsin Scottish on what will be their 20th anniversary of the Highland Games, preserving the traditional arts, crafts, cultures, heritage, and traditions of the British Isles. Come experience bagpipers, heavy athletics, archery, Celtic canines, live music, food, shopping, and more! Tickets are \$10 for Saturday and Sunday at the gate, kids 12 and under are free! (Friday admission and parking are free).

September 5 – Labor Day Water Ski Show @ Pewaukee Lake, 5:30 pm. This show features water skiers in colorful costumes performing human pyramids, barefoot water skiing, ladies' ballet line, conventional doubles, and more. The show will feature a variety of music with a live announcer and is about 90 minutes long. Admission is free and these acrobatic skills truly provide a fun experience for the entire family.

September 9-11 – St. Charles Fall Fest @ St. Charles Hartland, 4-11 pm/ 11 am– 11 pm/ 11 am– 6 pm. Join in for Lake Country's favorite 3 day festival including great live music, carnival rides, raffles, and more!

September 10 – Oconomowoc Fall Festival @ Downtown/Main Street (Wisconsin Ave.), 9 am– 10 pm. It's the 11th annual Fall Festival in downtown Oconomowoc with vendors lining both sides of the street selling wares, food, and more. Free children's games and an entertainment stage will feature dance groups and live music will be on tap as well as a beer tent.

September 10-11 – Maxwell Street Days Mukwonago @ Field Park, 8 am– 5 pm. Come shop a massive market of sellers offering a variety of goods including crafts, produce, plants, tools, and more. Parking is available throughout the area.

September 17 – Apple Harvest Festival @ Retzer Nature Center, 9 am– 4 pm. Come enjoy this family friendly autumn celebration! This event features an apple market, beer garden, crafts, sweet treats, self guided hikes, live music, and more! Admission is \$10 per car, cash only.

September 18 – Cars and Coffee Waukesha @ Black Canyon Coffee, 7:30-10:30 am. This free gathering is perfect for socializing with fellow automotive enthusiasts and admiring a wide variety of vehicles. All makes and models welcome.

September 25 – Concert in the Park Dousman @ Three Pillars' Outdoor Pavilion, 1:30– 3:30 pm. Spend your Sunday afternoon listening to exceptional music in a beautiful, wooded pavilion. This concert is free, open to the community, and family-friendly. The musical act is Remember When Trio performing unforgettable live music from the 40s, 50s, 60s, 70s and 80s with covers of artists like The Beatles, Tony Bennet, Johnny Cash, Ray Charles, and more!

September 30 – Wisconsin Antiques Dealers Association Fall Show & Sale @ The Waukesha County Expo Center, 10 am– 7 pm. This event features over 55 quality antique dealers. There is also a Friday Fish Fry Dinner available for purchase! Admission is \$8 and benefits the Wisconsin grant & scholarship programs.

Fill-in Crossword Puzzle

A fill-in crossword puzzle has no clues; we already gave you the answers! Your job is to fit the words into the puzzle so they ALL fit. Good luck: Use a pencil!

AUTUMN



© 2020 Inland Valley Academy

3 Letters

HAY
OWL
PIE
RED

4 Letters:

COOL
CORN
MAZE
PEAR
RAKE

5 Letters:

CIDER
CRISP
QUILT
SOCKS
SPICE
TREES

6 Letters:

APPLES
AUTUMN
COLORS
LEAVES
ORANGE
SCHOOL
SEASON
YELLOW

7 Letters:

FALLING
HARVEST
PUMPKIN
SWEATER

8 Letters:

CHIPMUNK
MUSHROOM
OCHARDS
RUSTING

9 Letters:

CHESTNUTS
DECIDUOUS
PINECONES

11 Letters:

WHEELBARROW

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

ADRC Advisory Board

Betty Koepsel

Phyllis Wesolowski

Sandy Wolff

Marj Kozlowski

Mary Baer, HHS Board Liaison

Judith Tharman, Chair

Joel Gaughan, County Board Representative

Susan Schweda

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Stephanie Cera, Supervisor

Tammy Depies, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Shirley Peterson, Supervisor