



The ADRC Connection

December 2023

Aging & Disability Resource Center of Waukesha County

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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 Southeast Wisconsin (NAMI)

- Mental Health Education
 - Support Groups
- 262-524-8886**

Veteran's Services

- Benefits (incl. dependents and survivors)
- 262-548-7732**

Moraine Lakes Consortium

- BadgerCare Plus
 - Medicaid
 - FoodShare
- 888-446-1239**

Alzheimer's Association

- Support and Education
- 800-272-3900**
(24/7 Helpline)
www.alz.org/sewi

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Happy Holidays from the ADRC!

The holidays are a festive season; however they can also be a stressful time for people. Here are some tips to help make the season a bit more festive:

Set the mood—Play or sing holiday music to set a festive mood. Maybe make mulled cider, eggnog, or hot chocolate to serve to your loved one while decorating, cooking, or reminiscing together. Even small gestures can help you both get into the holiday spirit.

Make holiday rituals intergenerational—Encourage your children, grandchildren, and aging loved ones to bake treats, look at pictures, sing Christmas carols, or partake in holiday crafts together.

Decorate together—Use your elders' treasured holiday decorations. Talk about each piece as you pull it out of storage. If they can't participate in decorating their home, ask where they would like items placed.

Assist with holiday greetings—Ask if they need help writing and sending Christmas cards or letters. You can help them draft a short, one-size-fits all message for inside the cards, stamp and address envelopes, and drop the greetings off at the post office..

Simplify holiday meals—If possible, host the holiday meals at your home or plan to bring the celebration to your elders. Reducing their workload can help them better appreciate these get-togethers.

Prioritize holiday favorites—Help your loved ones scale down and simplify in ways that could make their holidays less stressful, but don't emphasize their losses. Ask what treats and traditions they look forward to most each holiday season and focus on making those few things happen to the best of your ability.

Reminisce—Encourage your elders to tell stories of the past. Sharing family holiday stories is priceless. There's something about passing on memories during the holidays that really brings families together.



**LOOKING FOR 2024
ADRC ADVISORY BOARD
MEMBERS!**

- Act as a voice for consumers of ADRC services and provide advisory oversight.

- Attend monthly Advisory Board Meetings

Interested? Email us at adrc@waukeshacounty.gov or call us at 262-548-7848



2024 BENEFIT CHANGES



3.2% INCREASE

Watch your mailbox in December for your 2024 summary of benefits

Part A

No Premium with enough work credits. If you buy Part A: premiums will be \$505 per month (\$1 decrease)

\$1,632 Deductible per benefit period (\$32 increase)



Part B

- \$174.70 Monthly Premium (\$9.80 increase)
- \$240 Deductible per year (\$14 increase)

Part C

- Network changes – **Don't assume that your doctors will be included in the plan next year, because they were included in 2023.**
- 15 plans with \$0 premium that cover Health & Drugs.
- 15 plans with Premiums ranging from \$19 to \$243 that cover Health & Drugs.
- \$0 - \$545 Deductible on prescription drugs
- 11 Health only advantage plans
- 1 Medical Savings Account Advantage Plan

Open Enrollment

Oct 15 – Dec 7

Part D

- Premiums range from \$0- \$106.60 monthly
- Up to \$545 Deductible on prescription drugs (\$40 increase)
- Doughnut hole starts at \$5,030* and lasts until \$12,447.11* *full cost of drugs (estimated out of pocket spending includes what you pay for drugs plus the Manufacturer Discount = \$8,000 before reaching Catastrophic coverage)
- Pharmacy Network changes – **Don't assume that your pharmacy will be included in the plan next year.** Formulary Changes – **Don't assume that your drugs will be covered next year!**



Senior Care will continue through 2024

Energy Assistance and Weatherization for Waukesha County Residents

ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

In response to the COVID-19 crisis, the Department of Administration (DOA) has adjusted the eligibility requirements for residents who are seeking heating and electric assistance through the Wisconsin Home Energy Assistance Program (WHEAP).

Eligibility is now based on the household's previous month of income, rather than the former requirement of the previous three months of income. This move was made to ensure those who are recently affected by the COVID-19 response are able to receive assistance quickly.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation



How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) and weatherization services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "[Where to Apply](#)" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

You may also apply online at www.energybenefit.wi.gov.

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,675.25	\$32,103
2	\$ 3,498.42	\$41,981
3	\$ 4,321.58	\$51,859
4	\$ 5,144.83	\$61,738
5	\$ 5,968.00	\$71,616
6	\$ 6,791.17	\$81,494
7	\$ 6,945.50	\$83,346

DECEMBER

December 2- Breakfast with Reindeer @ Delafield Fish Hatchery, 8 am- noon. There will be live reindeer from Reindeer Games in nearby Hartford, WI. Tickets include seeing Santa, meeting reindeer, breakfast from Chick-fil-A, live music, and local vendors (One ticket needed per household). For tickets and more information, visit www.delafieldchamber.com/breakfast-with-reindeer

December 2- Holiday Craft Fair @ Kettle Moraine High School, 8:30 am- 1 pm. The KMHS Symphonic Band invites you to immerse yourself into a world crafted with cheerful enticements of the season. Get a jump on your holiday shopping with unique gifts for all from locally made products at the craft fair. For \$10 for adults and \$7 for children, meet Santa's elves, take a picture with Santa, and enjoy a hot breakfast while you listen to festive music.

December 2- Christmas on the Ranch @ Kettle Moraine Ranch, 9 am-4 pm. Bring your family to the ranch to enjoy an arts, apparel, and craft show. There will be wagon rides, a fashion show, entertainment, bonfire, shopping, Christmas family photos, and more! This is a free event, but donations will be taken to help survivors of domestic violence.

December 2- Midnight Magic Mukwonago @ Downtown Mukwonago, 9 am- 11 pm. Main events of this annual tradition include experiencing the North Pole in Field Park including live reindeer, wagon rides, firepit, live wood carver, music, and fireworks and the tree lighting at the community library at 5:30 pm. There is also a craft fair and market inside Mukwonago High School from 9 am-4 pm. There will also be a town parade, live ice carving, dog sled pull, and more! For full schedule of events, visit www.mukwonagochamber.org/midnightmagic

December 2- East Troy Christmas Train Parade @ The Elegant Farmer, 5-6:30 pm. Join for a holiday tradition dating back to 1972! The parade train departs from the Elegant Farmer at 5 pm and arrives at 6:30 pm in East Troy. For more information, visit www.easttroyrr.org/christmas-train

December 3- Wisconsin Vintage Fest @ The Fiserv Forum, 11 am- 5 pm. This is an indoor, all ages, free event with 100+ vendors of vintage clothing, home goods, and more!

December 3- Waukesha Christmas Parade @ Downtown Waukesha, 4 pm. Downtown Waukesha comes alive with enchantment and merriment during its annual Christmas parade, a beloved tradition that brings the community together in the spirit of the season.

December 9- Country Christmas Crawl @ The Depot (Genessee Depot), 10 am-4 pm. Stroll through the town of Genessee Depot where you will find great shopping with home décor, clothing, and gifts for all ages, refreshments, food, novelties, and more!

December 1-10- A Christmas Carol: the Musical @ Lake Country Playhouse, 7:30 pm (Friday Nights), 2 pm and 6 pm (Saturdays and Sundays). Tickets are \$27, group pricing also available. Lake Country Playhouse is proud to present its annual community production of Charles Dickens' beloved holiday Classic, A Christmas Carol.

December 15-Carriages with the Claus' @ Downtown Oconomowoc, 4:30 pm-8 pm. Enjoy the lights and decorations of Downtown Oconomowoc while singing songs and chatting with The Claus'! Reservations are required and wagon groups maximum is 12 persons per carriage. The ride is 15 minutes long. Please dress for the weather! For reservations, visit www.downtownoconomowoc.org

Tree Lighting Ceremonies:

December 1

- Downtown Waukesha Tree Lighting @ The Rotunda- 5:30-7 pm
- Sussex Tree Lighting @ The Sussex Civic Center- 6-8 pm
- Hartland Tree Lighting (Hartland Lights 2023) @ The Village Center- 6-9 pm

December 2

- Pewaukee Tree Lighting @ Clark House Museum- 2-5 pm
- West Allis Tree Lighting and Parade @ Downtown West Allis- 3-5 pm
- The Corners of Brookfield Tree Lighting @ The Corners of Brookfield- 3-5:30 pm
- New Berlin Tree Lighting @ New Berlin City Center- 3-6 pm
- Oconomowoc Tree Lighting and Parade @ Downtown Oconomowoc- 4:30-6 pm

Cut your Medicare prescription drug costs with “Extra Help”

Great news: thanks to the new prescription drug law, the Inflation Reduction Act, in 2024 people with Medicare may qualify for even more savings through the Extra Help program. This program helps some people pay their Medicare drug coverage (Part D) costs, like premiums, deductibles, coinsurance, and other costs. In 2024, the program will expand and you may qualify.

How does Extra Help lower my costs?

In 2024, everyone who qualifies for Extra Help will pay:

\$0 for your Medicare drug plan premium.

\$0 for your plan deductible.

A reduced amount for both generic and brand-name drugs.

If you get any level of Extra Help now, and meet the qualifications for next year, you'll get these cost savings automatically—you don't need to reapply.

How do I find out if I qualify for Extra Help?

Your annual income must be below \$21,870 for an individual, or \$29,580 for a married couple in 2023.

Your resources must be below \$16,600 for an individual, or \$33,240 for a married couple in 2023.

Resources include money in a checking, savings, or retirement account, stocks, and bonds.

Resources don't include your home, one car, burial plots, up to \$1,500 for burial expenses if you've put that money aside, furniture, and other household and personal items.

These limits can change each year. Even if you don't qualify for Extra Help now, you can reapply for Extra Help any time, if your income and resources change.

How do I apply for Extra Help?

Some people qualify automatically, but if you don't, it's easy to apply for Extra Help:

- Visit Social Security online at ssa.gov/extrahelp.
- Call Waukesha Social Security at 1-866-220-7885.

After you apply, Social Security will review your application and send you a letter to let you know if you qualify for Extra Help. Once you qualify, you can choose a Medicare drug plan. If you qualify for Extra Help and don't select a plan, Medicare will select a plan for you.



Dear Ina,

My son was born with a disability and turns 18 at the end of the month. We have navigated the system his whole childhood, but what do I need to know once he becomes a legal adult? How do I prepare myself for this milestone? I greatly appreciate all the help you can offer.

**Kindly,
Les Dudess**

Dear Les,

This is a great question. Here is some advice for you and other parents in the same situation. When your child becomes a legal adult, you can no longer make certain decisions for them about their health and welfare. However, you can stay involved through:

A Representative Payee: Social Security will determine who best serves as Representative Payee or your child's benefits.

Supported Decision Making: This is a voluntary agreement made between your child and you or a trusted individual. It upholds the value of autonomy, self-direction, empowerment, and dignity by creating an agreement.

Guardianship: This requires court involvement. It may be necessary if your child can't execute a power of attorney. Please consult an attorney for assistance.

There are also changes in Supplemental Security Income (SSI) Eligibility. SSI provides monthly payments to adults and children with disability of blindness who have income and resources below specific financial limits. When your child turns 18, Social Security will review their eligibility for continued SSI payments based on the disability rules for adults.

If your child attended public school, they have a few options to continue their education after graduation, including:

Diploma: They may pursue further education in college or trade programs with Individualized Education Program (IEP)

Certificate: They may have the opportunity to continue in a transitional program in their high school even *after* they complete their senior year. Most are permitted to remain until they turn 22.

Employment: Division of Vocational Rehabilitation (DVR) Services can assist with employment options during pre-graduation IEP meetings. Local DVR can be contacted at 262-956-6830.

Once your child turns 18, they may choose or qualify for different living arrangements depending on the services they already receive. Qualifications for respite services may also look different. Respite services allow family caregivers time to step away from their duties. It is essential you understand all the benefits and options available to you child after they complete high school *before* deciding on living arrangements and services.

Financially, there are certain procedures you can follow to help protect your child when they turn 18.

Special Needs Trust: Update estate planning documents *before* your child turns 18.

Otherwise, inheritance may terminate your child's government benefits.

ABLE Account: You can deposit funds into this account up to a certain limit each year; however, there are limits on what its funding covers.

Children receiving benefits on a parent's record may continue to receive those benefits until age 19 if they're full-time elementary or secondary school students. People who have a qualifying disability that began before age 22 may also be eligible to receive child's benefits at any age.

Contact the ADRC of Waukesha County to speak with someone regarding transitioning your child into adult services. [ADRC provides a free 20-page Transition Guide to help parents, teens, and young adults know their options.](#) It is also available online! Also visit the Social Security website, www.ssa.gov and contact the Special Needs Alliance, www.specialneedsalliance.org/contact-us

Sincerely, Ina



Jingle Belly: How to Sleigh Your Portions this Holiday Season

By: Dan Michaels, Community Health Educator,
Waukesha County Public Health

Tis the season to be jolly, but let's face it, our waistslines might not be as thrilled about the holidays as we are. The holidays bring a banquet of tempting delights that can test even the most committed to healthy eating. The key to enjoying the festivities without the post-holiday guilt lies in the gentle art of portion control. Here are some tips to help you navigate the feasts without feeling like a stuffed turkey.

Begin your festive food adventure with a mindful approach to the plate itself.

Choose a smaller plate to create the perception that you have more food without the unnecessary excess. Use a 9-inch plate or less, roughly the size of a standard paper plate. In addition, visualize your plate into different sections dedicated to protein, fruit and vegetables, and carbohydrates. The key to portion control lies in maintaining balance and proportions. Fill half your plate with colorful mixture of fruits and vegetables, a quarter with lean protein/meats, and the remaining quarter with whole grains or other carbohydrates. This proportional technique ensures a well-rounded and satisfying meal.

The next step is taking it slow. The holiday feast is not a race, it's a symphony of flavors meant to be savored. Engage in the slow symphony by chewing each bite thoroughly and relishing the diverse tastes dancing in you mouth. Not only does this enhance your dining experience, but it also allows your brain to catch up with your stomach, reducing the likelihood of overeating.

Water is your ally in the quest for portion control. Stay hydrated throughout the festivities, as sometimes thirst can be mistaken for hunger. Sip water between bites to help signal fullness and consider alternating between water and other beverages to pace yourself. This drinking water tip ensures you are nourishing your body while maintaining control over your portions.

Finally, it is time for dessert. Desserts are the grand finale of any holiday feast, and navigating through all the wonderful treats requires finesse. Instead of sampling every sweet temptation, choose your favorites and savor them slowly. Consider sharing desserts with a friend or family member to enjoy a variety without going overboard. Using this sweet technique allows you to indulge in holiday treats without the guilt.

This holiday season, embark on a sleigh ride of mindful eating and portion control. By adopting these practical strategies, you can enjoy the feast without feeling weighed down by overeating. So, raise your plate like a seasoned navigator, and ride through the holiday season with a sense of satisfaction and well-being. **Happy feasting!**



Why did the gingerbread-man go to the doctor during the holidays?

He was feeling a bit crumby and kneaded some medical attention

Discover December's Memory Café Delights!

Have you found yourself becoming more isolated due to memory loss, early stage dementia or mild cognitive impairment that you or a loved one is experiencing? Join us at a memory café this December, and enjoy being in a space where those issues aren't discussed but it is a haven for those navigating these changes. Each café promises a unique experience, blending engaging activities like music, art, conversations, and reminiscing.

December Schedule:

- **Dec 1: 10:30 am - 12:00 pm** at Hartland Public Library (Ugly Sweater Bash: decorate an ornament to take home & decorate ugly sweater cookies)
- **Dec 18: 3:00 pm - 4:30 pm** at Pauline Haass Public Library, Sussex (Holiday Tunes with David HB Drake)
- **Dec 20: 10:30 am - 12:00 pm** at Waukesha Public Library (Jingle Mingle: bingo & singalong)



Free: Memory cafés are free of charge. While registration is preferred, it's not required. Visit www.librarymemoryproject.org for more info.

Questions about attending? Reach out to ADRC Dementia Care Specialists, Jennifer or Kathy, at (262) 548-7848 to learn more about the memory café concept and the importance of staying engaged.

Celebrate connection and joy this December at our memory cafés!



December 5 is International Volunteer Day

It's a day that recognizes the efforts of volunteers in transforming their societies, and environment.

In the U.S., volunteerism started during the Revolutionary Wars. It was more about ordinary people showing love for their country and supporting the war effort than the traditional faith-based charity work seen in other parts of the world. In the 1820s, the country experienced the Second Great Awakening, a rebirth of religion that inspired many ordinary Americans to take an active role in solving the issues around them. The

Salvation Army, American Red Cross, and the United Way are some volunteer organizations that stepped up at this time. Following the Great Depression in the 1930s, homeless shelters and soup kitchens became a standard part of life in the U.S.

If you would like to get involved in volunteering, we have several opportunities within Health and Human services. Meals on Wheels, Human Services Center Drivers, Volunteer Reception Center (VRC) volunteer, etc.

If you are interested and would like more information on how to volunteer with us, contact us at HHSVolunteers@waukeshacounty.gov

Winter Fun



3 letters

hat
ice

4 letters

coat
cold
melt
snow

5 letters

boots
nippy
scarf
sleet
slush
snowy

6 letters

chilly
frigid
gloves
heater
jacket
shiver

7 letters

flannel
mittens
sweater
wintery

8 letters

blizzard
flurries
hot cocoa
slippery
snowsuit
solstice

9 letters

fireplace
Jack Frost
longjohns
snowstorm
12 letters
freezing rain

10 TIPS

FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org



GRAB YOUR NEW
**ANNUAL
MEMBERSHIP**



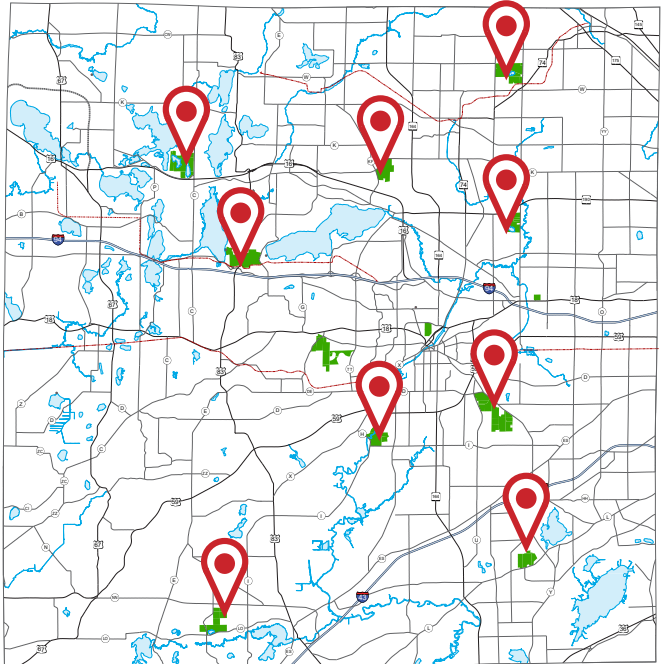
Seniors Age 60+
365 Days of Parks
Easier visits
Invisible Sticker

\$20

COUNTY PARKS

Annual 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



BUY ONLINE OR IN PERSON
MORE INFO: WUK.CO/PARKENTRY 

While December may be synonymous with the arrival of Christmas for many, it includes other major cultural and religious holidays around the world as well. Here are several important celebrations that occur during December's holiday season:

St. Nicholas Day (Dec. 5 or 6): Also known as the Feast of Saint Nicholas, Christians honor the birthday of Sant Nicolas—the inspiration behind Santa Claus, given his proclivity towards gift-giving.

Immaculate Conception Day (Dec. 8): Catholics celebrate the day of Immaculate Conception to honor the Virgin Mary, who is believed to have been born without original sin. The day is often celebrated by going to church and feasting.

Bodhi Day (Dec. 8): Also known as Rohatsu, this Buddhist tradition honors the day in which the Buddha—Siddhartha Gautama—is said to have achieved enlightenment. Many Buddhists celebrate it through meditation.

Feast Day of Our Lady Guadalupe (Dec. 12): Mexicans and Mexican Americans often celebrate the patron saint of Mexico who symbolizes patriotism and devotion. Millions of pilgrims visit the Basilica of Our Lady of Guadalupe in December to celebrate the festival, which marks one of several apparitions of the Virgin Mary that some Catholic believers say was witnessed by an Indigenous Mexican Man in 1531.

Hanukkah (Dec. 7-15): The eight-day Jewish holiday is a central part of the Jewish Festival of Lights and entails the lighting of a nine-branched menorah each night (the ninth candle is used to light the others). The ritual symbolizes how one day's worth of oil miraculously lasted for eight days during a battle between a small group of Jewish people and the powerful Greek-Syrian army in 165 B.C. Per Jewish tradition, they are said to have emerged victorious and reclaimed the Holy Temple in Jerusalem.

Yule (December 21-January 1): Wiccans and Neo-Pagans celebrate the winter solstice through the festival of Yule. The winter solstice marks the shortest day and longest night of the year; Yule celebrates the re-emergence of the sun and the days beginning to grow longer again. A common tradition is burning the yule log, which originally was done to celebrate the sun's return.

Christmas (December 25): Christians celebrate Christmas largely to commemorate the birth of Jesus, but the festival has also been adopted as a secular family holiday by people of all faiths.

Boxing Day (December 26): This is a British tradition that occurs the day after Christmas and dates back to the 1800s. At the time, it was a day to ensure that upper class Britons gave servants and workers a day off, but this holiday has since evolved into a more commercial occasion for gift-giving.

Kwanzaa (December 26-January 1): The week-long holiday of Kwanzaa honors the African American heritage; it's a cultural holiday as opposed to a religious one. Black nationalist Maulana Karenga created Kwanzaa in 1966 as a way to unite the African-American community following the Watts Rebellion in a predominately Black Los Angeles neighborhood. Karenga laid out seven key principles for Kwanzaa: unity; self-determination;

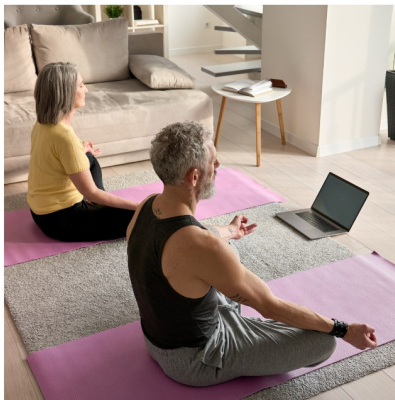
collective responsibility; cooperative economics; purpose; creativity; and faith. Its name comes from the Swahili phrase “matunda ya kwanza”, which translates to “first fruits”. Kwanza celebrations draw from African musical and storytelling traditions.

Zarathosht Diso (Dec. 26): Founded by the Prophet Zoroaster more than 3,000 years ago, Zoroastrianism is one of the world’s oldest monotheistic religions. Zoroastrians honor the death of their prophet on this day, typically by visiting a fire temple and offering prayers.

New Year’s Eve (Dec. 31): The day every new year is met with anticipation around the world, as revelers party, set off fireworks, set resolutions and count down to midnight to welcome in new beginnings. In many post-Soviet countries, the holiday is celebrated with traditions similar to Christmas, such as the arrival of gifts from “Grandfather Frost”.

LEARN SOMETHING NEW

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Free with your library card.



www.bridgeslibrarysystem.org



Find us on



December 2023 Menu—Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Cheeseburger on a bun w/ Ketchup and Mustard Sunshine Carrots Baked Baby Reds butter Fresh Fruit Oatmeal Cookie Alt. Sugar Free Cookie	Breaded Chicken Parmesan Mostaccioli w/ Marinara Peas & Pearl Onions Cucumber Salad Italian Bread w/Butter Apple	Meatloaf w/gravy Garlic Mashed Potatoes w/ Gravy Dill Baby Carrots 7 grain Bread w/ Butter Kitchen's Choice Fruit Marble Cake Alt. Yogurt	Cranberry Glazed Oven Roasted Pork Scalloped Potatoes Steamed Spinach Banana Biscuit w/ butter Frosted Choc Cake Alt. Plain cake	Pork Chop Suey Brown Rice Oriental Vegetable Mandarin Oranges Dinner Roll w/ Butter Fortune Cookie
11	12	13	14	15
Chicken Stew with Dumplings Capri Blend Vegetable Peach Half Multigrain Bread w/ Butter Rice Krispies Treat Alt: Fruit	Oven Baked Ham Mashed Potatoes & Gravy Baked Beans Dinner Roll w/Butter Kitchen's Choice Fruit Brownie Alt. Banana	Chicken Kiev Roasted Red Potatoes Green Beans Almandine Pear Half Baker's Choice Cookie Alt. Fresh Fruit	Denver Omelet Sausage Patty Hash Brown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Orange Juice	Meatballs in Marinara Whole Wheat Penne Pasta w/ marinara Mixed Vegetable Italian Tossed Salad Italian Bread/Butter Tropical Fruit
18	19	20	21	22
Pork Cutlet in gravy Au Gratin Potatoes Peas & Diced Carrots Rye Bread w/ butter Chilled Peaches	Sloppy Joe Wheat Bun Roasted Pumpkin Soup w/ crackers Coleslaw Banana	HAPPY HOLIDAYS Roast Beef w/ gravy Garlic Mashed Potatoes w/ gravy Green Bean Casserole Broccoli Salad Cranberry Compote Dinner Roll w/ Butter Banana Cream Pie	Chili w/ Saltines, Shredded Cheese, Diced Onions and Sour Cream Romaine Salad w/ Ranch Dressing Biscuit w/Butter Fruit Cocktail	Barbecue Chicken Quarter Mashed Potatoes w/Gravy Stewed Tomatoes Fresh Apple Dinner Roll w/ Butter Snickerdoodle Cookie Alt. Banana
25	26	27	28	29
CHRISTMAS DAY PROGRAM CLOSED	PROGRAM CLOSED	Grilled Bratwurst Brat Bun Ketchup & Mustard German Style Kraut Parsley Potatoes w/Dill Butter Sauce Pear Half	Herbed Chicken Breast Mashed Sweet Potatoes Green Beans Multigrain Bread w/ butter Spiced Apple Slices	Crab Pasta Salad Tomato Onion Salad Dinner Roll w/ butter Peaches Pumpkin Pie w/ whipped topping Alt. Fresh Fruit

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

Senior Dining Center Spotlight of the Month: Brookfield Senior Community Center



The Brookfield Community Center is the place to be at noon, Monday-Friday. Conveniently located at 2000 North Calhoun Road. Josh (pictured left) is the fun and fearless Senior Dining Site Manager at Brookfield. He has been working for the County since 2018 when he started as a sub, then managed the Mukwonago site, then moved to the Sussex site, and now oversees the Brookfield site. When asked about the Brookfield location, Josh said ***“The Brookfield site is great because the city offers a lot of senior programs that diners attend before coming to lunch. We also have a great group of volunteers that go above and beyond for the seniors of Brookfield.”***

Senior dining is for anyone 60 or older and their spouse, regardless of that spouse’s age. The suggested donation amount is \$4, but we will not turn any qualifying individual away due to their inability to pay. Donations are made confidentially.

To reserve your lunch, please call the Brookfield Dining Center at least 24 hours in advance at 262-782-1636, 9:30a-1:30p, Mon-Fri. If you want to reserve a lunch at a different dining center or outside of these hours, please call the ADRC at 262-548-7826. Happy dining!

Senior Dining Centers in Waukesha County

Brookfield Community Center 2000 N Calhoun Rd Brookfield (262) 782-1636	Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls (262) 251-3406	Birchrock Apartments 280 Birchrock Way Mukwonago (262) 363-4458	NEW LOCATION NOW OPEN! 
Oconomowoc Community Center 220 W Wisconsin Ave Oconomowoc (262) 567-5177	Sussex Community Center N64 W23760 Main St Sussex (262) 246-6747	La Casa Village Apartments 1431 Big Bend Rd Waukesha (262) 547-8282	New Berlin Senior Dining Center Our Lord’s Methodist Church 5000 Sunnyslope Rd New Berlin (414) 529-8320

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse) with NO INCOME REQUIREMENT!

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 9:30am-1:30pm. If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826.

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs **for \$1.00 each way**. This fare subsidy must be authorized in advance by calling the ADRC directly, (262) 548-7848.

Easy GREEN BEAN CASSEROLE

ingredients

- 4 (14.5-oz.) cans cut green beans, drained
- 1 (26-oz.) family size can cream of mushroom soup (or substitute with cream of celery soup)
- 1 (6-oz.) French fried onions, divided

instructions

1. Preheat oven to 350 degrees.

Drain the green beans, and mix them together with the cream of mushroom soup and about 2/3 of the can of French fried onions. Transfer to either a 9"x9" square baking dish or an 11" oval baking dish.

2. Bake uncovered at 350 degrees for about 45 minutes, until bubbling. Top with the remaining French fried onions and bake for an additional 5 minutes, until the French fried onions are golden brown.

Tip!

This easy green bean casserole can also be prepared in your slow cooker. Simple mix everything up in your slow cooker insert and cook on low for 4-5 hours or high for 3-4 hours, or until heated through. If you want to brown the fried onions for the topping, toss them in a skillet over medium heat for about 5 minutes.



RECIPE
of the
MONTH

Celebrating International Day of Persons with Disabilities

International Day of Persons with Disabilities (IDPD) is a United Nations recognized day that is celebrated every year on December 3.

The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

Did you know?

- ✓ Of the one billion population of persons with disabilities, 80% live in developing countries.
- ✓ An estimated 46% of older people aged 60 years and over are people with disabilities.
- ✓ One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.
- ✓ Persons with disabilities in the world are among the hardest hit by COVID-19.



International
Day of
Persons with
Disabilities

3 DECEMBER

Sources: World Health organization; United Nations

YOUR COMMUNITY HISTORY: MENOMONEE FALLS, WI

Menomonee Falls is Wisconsin's most populous village in Waukesha County. Menomonee Falls was named for the Menomonee River, a tributary of the Milwaukee River. Native Menomonee people inhabited the area before white settlement, which began in earnest after 1840; the village officially incorporated in

1892. The community consisted of German, Irish, English, Poles, Italian, and Norwegian immigrants. The census of 2020 shows the population to be 38,527 and growing due to its proximity to Milwaukee.



cultivators, and other farm implements.

Settlers William Hesk and Frederick Nehs helped build Menomonee Falls' early infrastructure. Hesk opened its first post office in 1842, while Nehs constructed a thriving limestone mill. A migrant from Pennsylvania, Nehs used his water-powered mill to pulverize limestone into building mortar and plaster. At first, teamsters transported the finished product to Milwaukee; then the railway system transported products. Other businesses and industries founded during this era were *The Menomonee Falls News*, and Lohmiller's Drug Store. In addition, the Menomonee Falls Foundry Company (founded 1880) engineered plows,

In the early twentieth century, the Wisconsin Sugar Company became the village's first multi-million dollar enterprise. Between 1910 and 1918, its beet sugar refinery generated almost fifteen million pounds of sugar annually, with as many as five hundred laborers, working peak seasons. Following World War II, Stolper Industries signified Menomonee Falls' postwar prosperity, wholesaling steel to various construction and agricultural equipment manufacturers until 1987. Moreover, Kohl's Corporation has bolstered the village's reputation as a place for big business since the 1980s, housing the retail giant's corporate headquarters and, from 1981 to 2010, a 530,000 square foot distribution center.

In 1938, developer A.T. Jacobson helped usher in the region's suburbanization with the construction of fifty-eight houses. Built on the Shunk and Benstein farms, Hiawatha Heights became Wisconsin's first subdivision approved by the Federal Housing Authority, with ninety-five percent of homebuyers relocating from Milwaukee. Although the village's population declined from roughly 32,000 to 27,000 between 1970 and 1990, 3,700 acres of conserved green space, has Menomonee Falls' standing as one of the "safest cities in America" have attracted thousands of new residents in the 21st century reclaiming it's most populous village in Waukesha County .



Greetings from Menomonee Falls, Wis



MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH!

To request assistance, call: Aging & Disability Resource Center of Waukesha County at: 262-548-7848 **OR** complete form on the next page and attend the **last open enrollment workshop on December 6, 10:00a-11:00a.**



Facebook.com/ADRCWC

Check out our updated website:
www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

“Welcome to Medicare” Presentations

The ADRC conducts 2-hour “Introduction to Medicare” 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.



Upcoming Dates:

Wednesday, December 13th

Wednesday, January 10th



**Borrow ebooks, audiobooks,
magazines & more... FOR FREE!**

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The library reading app

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Waukesha County Residents: Need help comparing 2024 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2023

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

LAST WORKSHOP AT

ADRC:

Wed, Dec 6, 10a-11a



<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, 2023.** 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

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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