



# The ADRC Connection

## Aging and 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

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

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

### National Alliance on Mental Illness of 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](http://www.alz.org/sewi)

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A Heartfelt Good Bye,

After 26 years of dedicated service with the Aging and Disability Resource Center (ADRC) of Waukesha County, I have announced my retirement effective February 28th. Looking back, I feel incredibly grateful for the privilege of serving this amazing community and the wonderful people I have had the pleasure to work with. Together, we have celebrated successes, tackled challenges, and built a nurturing and supportive environment.

It has been an honor to contribute to an organization devoted to improving the lives of older people, adults with disabilities, and the loved ones who care for them. I am immensely proud of the agency's achievements and confident that the ADRC will continue its mission to ensure Waukesha County citizens have the resources, respect, and compassion to maintain a quality life.

As I step into the next chapter of my life, I know the ADRC will continue to thrive thanks to the dedicated team we have built together. They will carry on the work with the same integrity and passion that has been our hallmark.

Thank you for giving me the opportunity to lead this outstanding agency. I leave with cherished memories and a heart full of gratitude for being part of something truly special.



Warmest regards,

*Mary Check Smith*

# FEBRUARY EVENTS



**February 4**—Waukesha Resource Fair\* @ Waukesha Public Library, 11a—1p. Come and visit this Waukesha Public Library community resource fair! \*ADRC will be in attendance at this resource fair.

**February 8**—**2025 Hardwater Freaks Annual Ice Event @ Okauchee Lions Park**, 3—9:30 pm. You don't need to be an ice fisher to come down and enjoy this great event featuring live music, food, fishing tournament, raffles, and more to help raise money for kids fishing adventures, veteran owned small businesses, and Goldstar families. This event is open to all, and tickets are \$25. Ticket purchase includes dinner and access to raffles. Ticket purchases can be made at <https://www.eventbrite.com/e/2025-hardwater-freaks-annual-event-tickets-1108540838489>.

**February 13**—**Wild Night Winter Candlelight Hike @ Retzer Nature Center**, 6—8:30 pm. Come explore the winding trails and quiet woods of Retzer Nature Center by candlelight on a self-guided hike. Snowshoes will be available if conditions allow.

**February 22**—**HAWS Mobile Adoption Pop- Up Event @ Hooves and Paws Pet and Equine Supply** (Oconomowoc), 11 am—1 pm. If you are looking to add a new member to your family and best buddy, the HAWS Mobile Adoption Team has put together this pop-up event full of adoptable animals. HAWS will receive a donation with each adoption.

**February 22 & 23**—**Handmade Market Craft Show @ The Waukesha Expo Center**, 10 am—4 pm. Celebrate the art of crafting! This event will feature over 100 booths of handmade crafts including thoughtful gifts, festive décor, florals, bath and body, kids' items, jewelry, and more! Admission is \$6 and parking is free.



**REMINDER!** The Social Security Administration (SSA) has fully transitioned now to **appointment-based services** for in-person visits to local field offices. SSA now requires customers to schedule an appointment for services, including requests for Social Security cards. To request an appointment at the local Waukesha Social Security office, call them at **866-220-7885**.

SSA still encourages people to take advantage of online services or the automated services available by telephone at **800-772-1213** (nation-wide number).

# Valentine's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

Answers on Page 16

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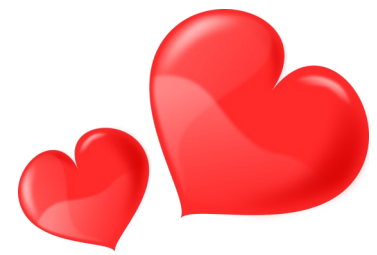
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What did the boy bear say to the girl bear on Valentine's Day?

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# Memory Screening

## A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



### Early detection is important

*Treatment is possible. Stay in control of your life.*

- Get immediate results
- Receive information about Dementia and Alzheimer's disease
- Talk with a Dementia Care Specialist about available resources
- Learn about brain health and ways to stimulate your brain

### Community Memory Screenings

Thursday, February 20  
1:00pm - 4:00pm  
(30 minute time slots)

Hartland Public Library,  
110 E. Park Ave  
Hartland, WI 53029

Tuesday, March 11  
10:00am - 3:00pm  
(30 minute time slots)

Brookfield Public Library  
1900 N Calhoun Rd,  
Brookfield, WI 53005

Call Jennifer Harders at the Waukesha ADRC to schedule your memory screen.

**262-548-7650**



514 Riverview Avenue  
Waukesha, WI 53188



Join us for a documentary screening of:

## ***“Why: Big Answers about Early-Stage Dementia from Exceptional People”***

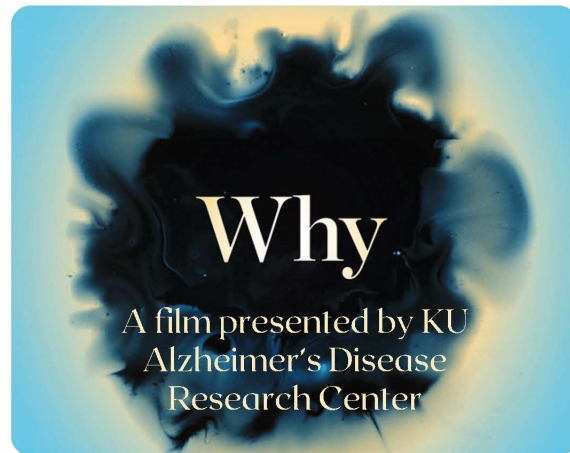
**Monday, February 24 | 2:00-3:30 PM**  
**Muskego Public Library**

The ADRC of Waukesha County will host a free screening of the short documentary “Why”.

The documentary discusses:

- The memory changes people experience
- The importance of early detection, and new treatments and studies
- Reducing stigma for people living with dementia
- Insightful perspectives from researchers and people living with cognitive changes.

**To register, and for more information about the program, please contact Kathy Glaser at the ADRC at (262) 548-7354.**



The showing will be followed by a conversation facilitated by Specialists from the Aging & Disability Resource Center of Waukesha County.

Whether you or someone you know is directly affected or you just want to learn more, please join us.

**MUSKEGO PUBLIC LIBRARY**  
S73W16663 Janesville Road, Muskego WI 53150  
262-971-2100  
[Library.muskego.wi.gov](http://Library.muskego.wi.gov)



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PUBLIC LIBRARY**  
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# YOUR COMMUNITY HISTORY: SUMMIT

Summit, Wisconsin is a town rich in history, dating back to its early settlement in the 1830s. It is bordered by the cities Oconomowoc and Delafield, the villages of Oconomowoc Lake and Dousman, and the towns of Ottawa, Delafield, and Oconomowoc. A town for most of its history, the Village of Summit was incorporated in 2010. Originally part of a larger township, Summit gained prominence as settlers, attracted by its fertile lands and strategic location, began to establish farms and communities. One such early settler, Deacon Philo Belden, arrived in 1837, contributing significantly to the burgeoning agricultural roots by founding one of the area's first cheese operations.



A key landmark, Nashotah House, was established in 1842 by Jackson Kemper and James Lloyd Breck. This theological seminary quickly became a central educational institution, influencing spiritual and educational life in the region.

The Milwaukee & Mississippi Railroad's arrival in 1851 was pivotal, turning Summit into a vital trade and travel hub. This attracted influential figures like William Moore, who opened a prominent trading post in 1853, shaping local commerce and community interactions.



Among the town's notable residents was Judge Timothy Burns, whose legislative efforts in the 1860s led to infrastructure improvements, like the construction of connecting roads, bolstering Summit's connectivity with neighboring areas.

Throughout the late 19th and early 20th centuries, Summit thrived on agriculture with dairy farming and cheese production being central to its economy. The development of schools, churches, and community centers cultivated a tight-knit community spirit.

In the mid-20th century, the town transformed with increased suburbanization due in part to local builder Henry Kesler's planning in the 1950s. Kesler's developments expanded residential areas, bringing a modern touch while retaining Summit's rural charm. Today, Summit stands as a testament to its resilient heritage, blending tradition and growth, with beautifully preserved historical sites, parks, and vibrant local businesses. For those eager to explore further, local museums and historical trails offer deeper insights into Summit's unique past and vibrant present.

# Dark Chocolate a Treat for Wellness

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



**Public Health**  
Prevent. Promote. Protect.

Waukesha County Public Health

Ah February, the month where we celebrate Valentines Day. We celebrate love, we decorate with hearts and for many of us, it's the season of **CHOCOLATE!** Here is a tasty fact about chocolate, if you grab chocolate for self-care, you're not just treating your sweet tooth, but making a choice that is good for your health. That's right, chocolate has health benefits, specifically dark chocolate. It's filled with nutrients and is good for heart, brain and emotional health. Let's unwrap this sweet topic on how dark chocolate is good for your health not just cheat days.

**First let's explore how dark chocolate is surprisingly nutritious.** Dark chocolate, with at least 70% cocoa, is a good source of fiber, iron, magnesium and copper. It's almost a tasty multivitamin. In addition, it's lower in sugar than milk chocolate. Making it a slightly less guilty pleasure. Dark chocolate is also packed with antioxidants, especially flavonoids, which help fight free radicals in the body. These troublesome molecules can damage cells and add to aging and diseases. The antioxidants in dark chocolate help neutralize these effects, supporting overall health. Think of it as nature's way of saying, "Go ahead, have another square."

**Dark chocolate can also be friendly to your heart.** Studies suggest that eating dark chocolate in moderation may benefit cardiovascular health. The flavonoids in dark chocolate can improve blood flow, reduce blood pressure, and lower LDL (bad) cholesterol while increasing HDL (good) cholesterol. This can contribute to a healthier heart and reduced risk of heart disease. Dark chocolate is like a little hug for your heart, wrapped in shiny foil.

**Eating dark Chocolate is smart, because it's a great treat for your brain's health.** The flavonoids in dark chocolate can improve blood flow to the brain, potentially boosting cognitive function, memory, and even mood. Regarding mood, have you ever noticed how chocolate seems to make a bad day better? There is science behind those good feelings. Eating dark chocolate can increase the production of endorphins, the body's natural feel-good chemicals. It also contains serotonin, a neurotransmitter that helps regulate mood. So, dark chocolate helps your brain and makes you feel good, what a wonderful snack.

**Enjoy dark chocolate, but in a healthy way.** Before you grab just any chocolate bar, check the label. Look for chocolate with at least 70% cocoa content to maximize health benefits. Also, moderation is key. A couple of squares (1-2 ounces) a day will do the trick, helping to avoid excess calories and sugar. Pair it with healthy foods such as nuts, berries or oatmeal for a wonderful nutritious treat.

To wrap this article up in a nice foil package, dark chocolate isn't just a treat, it's a gift for your body and mind. Promoting heart, brain and emotional health, this nutrient-dense food offers many health benefits when it is eaten mindfully. Enjoy a little sweetness in your life and let dark chocolate be your go to treat for your wellness.



# HEALTH EDUCATION CLASSES BY



To register for any of these classes, please contact Courtney via email at [cklepp@waukeshacounty.gov](mailto:cklepp@waukeshacounty.gov) or call 262-444-9102

## **Boost Your Brain and Memory**

In-Person at the Big Bend Village Library - W230S9185 Nevins Street Big Bend, WI 53103

**Thursday mornings, 9:30-11:00am; February 13th – April 3rd**

A Brain Fitness Program offering a whole-person approach to helping individuals live healthier, remember things better, pay closer attention, and be more organized. This is an 8-week workshop that covers: physical health, emotional health, intellectual activity, nutrition, spirituality, and social engagement and how they all play a role in our Brain Health.

## **Healthy Living with Chronic Pain**

Telephone and toolkit-based workshop

**Wednesdays, 11-11:45am, February 12th—March 19th**

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. Participants will receive a toolkit of materials in the mail and then connect with a weekly group phone call.

## **StrongBodies**

In-Person at Gethsemane United Methodist Church, 642 Main St. Pewaukee, WI 53072

**Mondays and Wednesdays, from January 6—March 12; 9:30am-10:45am**

*You can join this workshop at any time! Call Courtney for more details.*

StrongBodies is a progressive strength training class. The benefits of strength training include increased strength, muscle mass, bone density, and the ability to do activities of daily living. Strength training can reduce the risk for chronic diseases.



**How do snowmen do research on their health?**

**The winternet.**





**PROHEALTH CARE**

For more information or to register call  
ProHealth Care at 262-928-4059.

### **Living Well with Chronic Conditions**

Telephone and toolkit-based workshop

**Mondays, February 17 to March 24, 2 to 3 p.m.**

Free

Participants will receive a toolkit with valuable resources and participate in a weekly group phone call to help get support, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with health care providers and family about their health conditions.

### **Powerful Tools for Caregivers**

Online workshop

**Wednesdays, February 26 to April 2, 1 to 2:30 p.m.**

Free

Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. This educational program is designed to help family caregivers take care of themselves while caring for a loved one.



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**Waukesha County Public Health**

### **Cup of Health Series: Nutrition**

We all know that we should eat well, but what does that really mean? With a focus on long-term solutions instead of short-term diets, learn about the basics of a healthy eating pattern. The session will cover:

- How what we eat impacts our health
  - Healthy eating patterns
  - Portion control
  - Reading food labels
- Science-based nutrition advice and helpful tools

**February 14th, 2025  
10:00 AM - 11:00 AM**

New Berlin Library  
15105 Library Lane  
New Berlin, WI 53151

Cost: Free

To Register: Register Online at  
[www.newberlinlibrary.org](http://www.newberlinlibrary.org)

**February 25th, 2025  
10:00 AM - 11:00 AM**

Menomonee Falls Senior Center  
W152 N8645 Margaret Rd  
Menomonee Falls, WI 53051

Cost: Free

To Register: Register Online at [www.fallsrec.org](http://www.fallsrec.org)  
or by stopping into the Rec offices.  
Questions about registration call: 262-255-8460

# ADRC Senior Dining Centers in Waukesha County

<p><b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield</p> <p>(262) 782-1636</p>	<p><b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls</p> <p>(262) 251-3406</p>	<p><b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago</p> <p>(262) 363-4458</p>	<p><b>New Berlin Senior Dining: Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin</p> <p>(414) 529-8320</p>
<p><b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc</p> <p>(262) 567-5177</p>	<p><b>Sussex Community Center</b> N64 W23760 Main St Sussex</p> <p>(262) 246-6747</p>	<p><b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha</p> <p>(262) 547-8282</p>	<p><b>ALL MEALS ARE SERVED AT 12:00/NOON</b></p> <p><b>Call the location to reserve a lunch!</b></p>

## How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse, regardless of age) with NO INCOME REQUIREMENT! Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.

## What if I Need Transportation there?

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 at (262) 548-7848.



Save the date for the first annual Aging in Place in Brookfield Senior Safety Fair!

**Wednesday April 23, 2025, from 9 am to 12 pm**  
Brookfield Senior Center - 2000 N Calhoun Rd, Brookfield, WI.

This free event will feature multiple booths and experts providing safety information and resources to help Brookfield's older adults stay safely in their homes. These resources will include:

- Representatives from the Brookfield Police and Fire Departments
- Associates from Ascension-Elmbrook Hospital
- The Aging and Disability Resource Center (ADRC) of Waukesha County
- Multiple other local resources and aging experts to provide support and education

# February 2025 Menu

## Waukesha County Senior Dining and Home Delivered Meals

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Turkey Tetrazzini Winter Blend Veggies Baby Carrots with Ranch Wheat Dinner Roll/ butter Tropical Fruit Cup	Chili with beans, Sour Cream Wax Beans Mixed Greens with Kale & French dressing Sourdough Bread with butter Orange	Roast Beef and Cheddar on Hoagie Roll Au Gratin Potatoes Creamy Cucumber Salad Mixed Fruit Cup Rice Krispie Treat Alt: Diet Cookie	Chicken Zucchini Casserole Diced Squash Italian Beans Multigrain Bread/ butter Cranberry Compote	Scalloped Potatoes with Diced Ham Peas & Pearl Onions Fruit Cocktail Rye Bread/butter Ice Cream Cup
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Creamy Baked Chicken Breast Mashed Potatoes Harvard Beets Chef's Choice Fruit Multigrain Bread/ butter Chocolate Chip Cookie Alt: Diet Cookie	Pork Cutlet in light gravy Cubed Sweet Potatoes French Cut Green Beans 9-Grain Bread/ butter Citrus Fruit Salad	Ham and Bean Soup Macaroni & Cheese Stewed Tomatoes Dinner Roll/butter Peach Half Banana Pudding Alt: Diet Pudding	Pub Burger with Provolone on a Bun Ketchup/Mustard Hashbrown Patty Creamed Corn Seasonal Fresh Fruit Chocolate Milk	<b>Happy Valentine's Day</b> Chicken Cordon Bleu Wild Rice with Sauce Prince Edward Veg Broccoli Salad Fruit cup Wheat Dinner Roll/ butter Chef's Choice Dessert
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Pork Chop Suey with Veggies over Brown Rice Capri Vegetable Blend Chilled Pineapple Fruited Jello Alt: Diet Jello	Whole Wheat Spaghetti with Meat Sauce Italian Beans Mixed Greens with Grape Tomatoes and French dressing Breadstick/butter Mandarin Oranges Chocolate Milk	Crustless Chicken Pot Pie over a Biscuit Winter Blend Veggies Baby Carrots with Ranch Pear Half Butterscotch Pudding Alt: Diet Pudding	<b>National Muffin Day</b> Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes with peppers & onions Banana Blueberry Muffin/ butter	Open Faced Hot Turkey Sandwich with gravy on Whole Wheat Twice Baked Mashed Potatoes Corn and Edamame Salad Grapes
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Salisbury Steak in gravy Garlic Mashed Potatoes Tri-Bean Salad Multigrain Bread/ butter Seasonal Fresh Fruit Chocolate Milk	St Louis Style Pork Loin Au Gratin Potatoes Green Beans Tomato & Onion Salad 9-Grain Bread/ butter Apple	Swedish Meatballs over Noodles Mixed Vegetables Cold Beet Salad Peaches Peanut Butter Cookie Alt: Diet Cookie	<b>National Chili Day</b> White Chicken Chili Southwest Corn Romaine Lettuce Salad with Ranch Dressing Cornbread Muffin/ Butter Honeydew Cubes	Italian Sausage with Marinara, Onions & Peppers on a Bun Chef's Choice Vegetable Veggie Pasta Salad Apple Pie Alt. Fresh Apple

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



# **Alcohol and Other Drug Abuse (AODA) Volunteer Program:** **Interview with Waukesha County's Jail Recovery Volunteer and Site Coordinator**

More about the interviewee: Mike is Waukesha County's Jail Recovery Volunteer and Site Coordinator and has 36 years of sobriety and recovery. He has been a volunteer for the past 32 years for this program in partnership with Waukesha County's Department of Health and Human Services and the Waukesha County Jail Division.

This is an abridged version. For the complete article, please visit:  
[www.waukeshacounty.gov/HealthAndHumanServices/volunteer-services](http://www.waukeshacounty.gov/HealthAndHumanServices/volunteer-services)

## Why did you become an AODA volunteer?

I bottomed out with this disease. In my early stages of recovery, I took a good look at myself, my behavior, and where my life was going, and I knew I needed to make a change. Volunteering has been instrumental in my personal development, transforming me into someone who gives back as a volunteer. It's a journey of growth and fulfillment that I wish for everyone.

## What do you enjoy most about being a jail volunteer?

I like interacting with the inmates because they remind me of where my life was earlier. I served some very brief jail time—one week—but it seemed like a very long time. I can relate to these people who are down and out and feel marginalized. I also like partnering with other AODA volunteers to lead groups.

## What impact do the volunteers have in the jail?

The hope is that our groups will leave a mark on people. Any of the people who have been incarcerated who have attended any of our groups might think back on our group and remember our messages and the options that we have discussed.

Our volunteers plant the seeds, the ideas and alternatives to using [drugs and alcohol]. We share what has happened in our lives before, during, and after. Without us going into the jail every week, the inmates would never hear this message from people like them. It's up to the inmates to decide what to do with the message, but the hope is that it touches them.

## Why should someone become a volunteer?

Because I cannot say enough about how much it has contributed to my own recovery. It is important for me to change others' attitudes and reach out and help other people. If I have received the gift of recovery, I feel obliged to reach out and help others. I cannot keep this gift unless I also give it away.

Our AODA Volunteers play a crucial role in our community's sobriety journey. Their experience, hope, and strength help plant the seed of sobriety and open doors to resources and connections with people who have experienced the same thing.

We seek additional facilitators to join our transformative sobriety support program in our jail and other sites in the community. Volunteers must have at least one year of sobriety and be active in a recovery program to be considered. Please get in touch with us today about joining this incredible team and being part of a hopeful and optimistic future.

**Email [hhsvolunteers@waukeshacounty.gov](mailto:hhsvolunteers@waukeshacounty.gov) to become involved today!**



# Free Tax Assistance– 3 options

The due date for your 2024 tax return this year is Tuesday, April 15th, 2025.



LA CASA  
de Esperanza, Inc.

Schedule your FREE Tax Appointment



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

To set up your VITA Tax Appointment, please click <https://lacasavita.as.me/schedule.php>, call 262-832-1534, or hover over the "scan me" QR code to the



AARP Foundation Tax-Aide provides free tax preparation! Waukesha County residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, provides taxpayer assistance in person, usually with just one appointment. **AARP Membership is NOT required.**

Visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) for additional information.

Program Location	Days of Week	Number to Call for Appointment
Brookfield Public Library	Tues	(262) 782-4140
Menomonee Falls Public Library	Fri	(262) 255-8460
Mukwonago Public Library	Mon	(262) 363-6411
Muskego Library	Tues	(262) 971-2100
New Berlin Library	Wed	(262) 754-1830
Oconomowoc Area Senior Center	Tues & Fri	(262) 567-4288
Sussex Civic Center	Mon	(262) 314-8116
Waukesha Public Library	Thur	(262) 290-3021

**MyFreeTaxes** helps people file their taxes for free while getting the assistance they need. United Way provides MyFreeTaxes in partnership with the IRS's Volunteer Income Tax Assistance (VITA) program to help filers prepare their own taxes or filers who earn less than \$60,000/year can have their return prepared for them for free. To file, visit <https://myfreetaxes.com/>



## February 9th is National Pizza Day!

How about instead of ordering a delivery pizza...make your own! Use ingredients you want to use, or use this recipe for a delicious vegetarian pizza!



### Ingredients

- ◆ 1 pound pizza dough
- ◆ Cornmeal, for the baking sheet
- ◆ 1 cup shredded low-moisture part-skim mozzarella cheese
- ◆ ½ cup shredded Asiago cheese
- ◆ ½ cup shredded pecorino cheese, use the large holes of a box grater
- ◆ ⅔ cup pizza sauce
- ◆ ½ small red onion, thinly sliced
- ◆ 2 roasted red peppers, drained, patted dry, and thinly sliced
- ◆ 1 (14-ounce) can artichoke hearts, drained, patted dry, and quartered or coarsely chopped
- ◆ 1 jalapeño pepper, thinly sliced, optional
- ◆ Extra-virgin olive oil, for drizzling
- ◆ Red pepper flakes, optional
- ◆ Fresh basil leaves

### Instructions

1. Prepare the pizza dough according to this recipe, or if using store-bought dough, let it sit at room temperature for 1 hour before stretching.

2. Preheat the oven to 500°F (or as high as your oven goes). Sprinkle a little cornmeal in the center of a large baking sheet. Place the dough on the baking sheet and stretch it into a large oval.

3. In a small bowl, mix together the mozzarella, Asiago, and pecorino cheeses.

4. Spread the sauce evenly onto the dough. Top with the cheese mixture, the onions, red peppers, artichokes, and jalapeño, if using. Drizzle with olive oil and bake for 10 to 13 minutes, or until the crust is browned around the edges and the cheese and toppings are lightly browned. The timing will depend on the heat of your oven.

5. Remove the pizza from the oven, sprinkle with red pepper flakes, if desired, and top with fresh basil leaves. Slice and serve.





# Send a Card to a Friend Day—February 7th: A Celebration of Connection

Send a Card to a Friend Day, observed annually on February 7th, encourages people to send heartfelt notes to friends and loved ones. In today's digital world, where emails, text messages, and social media dominate our communication, a handwritten card can bring a special touch and warmth that electronic messages often lack.

## Why Sending a Card Matters

- **Personal Touch:** A handwritten card shows thought and care, offering a tangible reminder of affection and connection.
- **Emotional Impact:** Receiving a card can surprise and delight the recipient, providing a lasting memory.
- **Break from Digital:** Cards offer a momentary escape from the screens that dominate our lives, fostering genuine connection.

## Examples to Inspire Your Card Sending

- **A Thank You Note to a Mentor:** Express gratitude to a former teacher or mentor who made a significant impact on your life. Highlight specific instances of their guidance and support.
- **Just Because:** Send a card to a friend you haven't talked to in a while. Reminisce about shared memories, inside jokes, or let them know why they're important to you.
- **Celebrating Achievements:** Acknowledge a friend's recent milestone, whether it's a new job, a personal victory, or completing a challenging project.
- **Sympathy and Support:** In tough times, a heartfelt "thinking of you" card can offer solace and remind someone they aren't alone.
- **Cultural Connections:** Use cards reflecting your friend's heritage or interests, personalizing the gesture with cultural motifs or language snippets.



## The History of Card Sending

- **Early Origins:** The tradition of sending cards dates back to ancient China and Egypt, where people exchanged messages of goodwill.
- **The 15th Century:** The custom became more widespread in Europe, particularly in Germany, where handmade paper cards were exchanged.
- **Modern Times:** The advent of postal services and mass production in the 19th century popularized card sharing globally.

## Crafting the Perfect Card

- **Consider Personal Interests:** Choose a design or incorporate themes relevant to the recipient.
- **Keep It Sincere:** Authenticity is key. Write from the heart and share genuine feelings.
- **Add a Personal Touch:** Include a short story or memory that connects you both for added impact.

Sending a card goes beyond mere tradition—it fosters personal connections and enhances emotional well-being. Encouraging others to rediscover the charm of physical correspondence could make Send a Card to a Friend Day memorable and significant.

## Important Time for Medicare Advantage Members

If you have a Medicare Advantage plan, this is an important time for you! As you start the new year, if you are not completely happy with your current Medicare Advantage plan you may be able to make a change. The Medicare Advantage Open Enrollment Period (MA OEP) begins January 1 and ends March 31<sup>st</sup> each year and is only available to people who are currently enrolled in a Medicare Advantage plan.

Are you unhappy with your plan's network doctors or pharmacies? Are you concerned that you may be stuck in a plan that isn't suitable to you for another whole year? If you already have a Medicare Advantage plan, this may be the perfect time to take another look at your 2025 options.

From now until March 31<sup>st</sup>:

- ◆ Current Medicare Advantage plan members can switch to a different Medicare Advantage plan,
- ◆ Or you can drop your Medicare Advantage plan and return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

You may only make one change during this period and if you do so, it will automatically disenroll you from your previous Medicare Advantage plan. A change made during this period will be effective the first of the following month.

Again, it is important to note that this enrollment period is **only** for people who already have a Medicare Advantage plan. If you have Original Medicare, (Part A and Part B), this enrollment period does not apply to you.

For more information or assistance with Medicare Advantage plan comparisons, contact ADRC of Waukesha County at 262-548-7848.

### Puzzle Answers from Page 3

LIRANGD      D A R L I N G  
HAETR        H E A R T  
OLCHAOTEC   C H O C O L A T E  
DICPU        C U P I D  
MOEP         P O E M  
LSWROFE     F L O W E R S  
BOLEDEV     B E L O V E D  
ANDCY        C A N D Y  
ORSSE        R O S E S  
EOEVNPLE    E N V E L O P E  
RRABYUFE    F E B R U A R Y  
I    L O V E    Y O U  
B E A R Y    M U C H !

### Save the Date for Disability Advocacy Day, March 12, 2025!

Disability Advocacy Day is a day-long event focused on connecting Self-Advocates with their legislators to talk about issues that matter to them.

Join the Wisconsin Board for People with Developmental Disabilities (BPDD) in-person in Madison on March 12th, 2025 to meet with your elected officials!

Registration will open in early February.

More information:  
<http://wi-bpdd.org>

608.266.7826





# Medicare

**Turning 65?**  
**Need Medicare?**

## “Welcome to Medicare” Presentations in your Area

*These are free 1 hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR) and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.*

*\*Please register with the specific location you wish to attend\**

- Mukwonago Community Library (262-363-6411) - Tuesday, February 11 at 2:00pm
- Brookfield Public Library (262-782-4140) - Thursday, February 20 at 2:00pm
- Hartland Public Library (262-367-3350) - Thursday, March 13 at 11:00am
- Brookfield Parks & Recreation (262-796-6675) - Tuesday, March 18 at 12:45pm
- Elm Grove Public Library (262-782-6717) - Thursday, April 3 at 1:00pm
- Pewaukee Public Library (262-691-5670) - Monday, April 7 at 1:00pm
- Menomonee Falls Public Library (262-532-8900) - Tuesday, April 8 at 2:00pm
- Butler Public Library (262-783-2535) - Wednesday, April 9 at 1:00pm
- Muskego Public Library (262-971-2100) - Monday, April 28 at 10:30am

*In addition, the ADRC conducts 2-hour classes every 2<sup>nd</sup> Wed of each month 1-3pm at the Health & Human Services Building located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.*

**To register for the 2-Hour ADRC presentations visit:**

<http://wauk.co/welcometomedicare> or scan the QR code with your smartphone >





# Housing Support Services Medicaid Benefit

## Empowering Wisconsin's Future

Our new housing support services Medicaid benefit is here to help. We're assisting those facing housing insecurity, offering vital solutions to strengthen our communities for everyone.



**One  
Home at  
a Time**

### Who may be eligible?

- Wisconsin Medicaid recipient
- 18 years or older
- Facing housing insecurity
- Substance use or a mental health condition
- Require assistance with instrumental activities of daily living (IADL) like managing finances
- Meet specific income thresholds

### What services are available?

- **Consultation:** Personalized plans and referral services
- **Transition:** Housing search, move-in, community connections
- **Sustaining:** Eviction prevention, education, skill coordination
- **Relocation:** Initial expenses and furnishing assistance, if eligible

Starting  
**February**  
**2025!**

Visit [dhs.wi.gov/medicaid/housing-benefit.htm](https://dhs.wi.gov/medicaid/housing-benefit.htm) for more details.

If you are denied services, you have the right to appeal. Visit [doa.wi.gov/RequestAHearing](https://doa.wi.gov/RequestAHearing) to get started.

Email us at [DHSDMSHousing@dhs.wisconsin.gov](mailto:DHSDMSHousing@dhs.wisconsin.gov) with any questions.

# Tips to prevent falls from Falls Free Wisconsin (FFWI)

## Footwear that fits well and offers good support is very important for preventing falls.

Many of us have a favorite pair of worn-out house slippers or walk barefoot in our homes, but having good support underneath us can make all the difference. Wearing unsafe shoes can put you at risk of a fall. Think comfort over fashion in this case! Studies show that there are a few factors that you should keep in mind when thinking about your feet and footwear:

- **Barefoot versus wearing shoes:** Wearing shoes can reduce the risk of a fall, even while inside, as shoes provide more grip and protect from changes in flooring surface.
- **Heels:** The greater the heel height, the higher the risk, especially if the heel is higher than 1.75 inches. The narrower the heel, the less stable the shoe.
- **Keep your shoes strapped on:** Wear shoes with laces, straps, or buckles to keep your feet in place.
- **Shoes are like tires – they have tread.** Well-loved shoes with smooth tread have decreased traction and can increase the risk of a fall. Over time, the tread on our shoes tends to wear out. Replacing shoes with worn tread is important.
- Wearing shoes with thin, hard soles can help us “feel” the ground underneath the shoes, making it easier to detect changes in flooring surface.
- **Foot health:** As we age, our feet change! We may get thinner, dryer skin and may lose strength in our feet and toes, which we use for gripping as we walk. We may have less range of motion in our ankles, and be more likely to have dropped arches and flat feet. All of these factors can affect the way we walk or impact our balance, which can lead to a fall. Are you having problems with your feet? Don't forget to mention any issues to your provider at your next appointment.



There are items that we can use during the icy Wisconsin winters to help make our footwear safer. Ice cleats, for example brands such as Yaktrax®, can help add traction and reduce your risk of falling. Ice cleats range in price from \$10-\$50+.



WAUKESHA COUNTY  
FALLS PREVENTION COALITION  
PROMOTING STRENGTH, CONFIDENCE AND  
INDEPENDENCE



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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