

**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**  
(24/7Helpline)  
[www.alz.org/sewi](http://www.alz.org/sewi)

**INSIDE THIS ISSUE:**

- ◆ Events incl. **NEW COMMUNITY CALENDAR** (2-3)
- ◆ Memory Screenings (4)
- ◆ Health Education (6-7)
- ◆ Cup of Health: Nutrition (7)
- ◆ **VOLUNTEERS NEEDED** (8)
- ◆ Free Tax Assistance (9)
- ◆ Menu and Dining (10-11)
- ◆ Ask Ina: Radon testing (12)
- ◆ Recipe: Pistachio Pie (13)
- ◆ Puzzle (14)
- ◆ Lucky in Health (15)
- ◆ NEW: Craft Corner (16)
- ◆ Medicare (17)
- ◆ Caregiver Corner (18)
- ◆ Vehicle Mod. Program (19)

**The ADRC Connection**

Hello Community Members,

My name is Jenny Wrucke, and it is my honor to be connecting with you as the new ADRC Manager for Waukesha County. With over 15 years of dedicated service innovating mental health crisis programs at Waukesha County Department of Health and Human Services (HHS), I've had the pleasure to collaborate closely with the ADRC in numerous capacities, aligning with its mission to provide critical, person-centered support to those in need.

Since 2010, my journey with HHS has been characterized by a passion for public service. My greatest accomplishments in my previous role was creating a robust 24/7 mobile crisis response team and partnering with law enforcement agencies and Waukesha County Communications 911 dispatch to embed mental health crisis clinicians within their departments for real-time collaboration to meet the mental health needs of the public.

My career is fueled by a dedication to continuous learning, as evidenced by resuming formal education in public service administration last year. I look forward to using this knowledge to further my ability to manage high-quality government programming and to lead the compassionate, dedicated ADRC workforce.

I live in Pewaukee with my husband and three young children. Waukesha County has been a great place for us to lay our roots and raise our family, and I look forward to continuing the great work of the ADRC to ensure Waukesha County remains a great place to live, work, play, and age!

Many thanks to former ADRC manager Mary Smith who has helped me smoothly transition into this role. I wish Mary the best in her retirement!



I am both excited and eager for this new chapter with the ADRC and hope to bring innovation, enthusiasm, and a continued commitment to excellent service as we work together to support and empower our community.

Warm regards,

*Jenny Wrucke*



# MARCH EVENTS

**March 4-8 - Divine Consign Sale @ Brookfield Conference Center**, times vary. Divine Consign provides the opportunity to purchase quality, name-brand, pre-loved clothing items at extremely affordable prices. This event also generates thousands of clothing donations for local women in need. This event is free to attend.

For more information, visit [www.divineconsignsale.com/shop/brookfield](http://www.divineconsignsale.com/shop/brookfield).

**March 8 - Get Lucky Waukesha Art Crawl @ Downtown Waukesha**, 2—8 pm. Hundreds of artisans at 20 different galleries and showplaces are featured at this seasonal event. Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music, and indulge in food and drink. This is a free event.

**March 15 - St. Patrick's Day Parade @ Downtown Milwaukee**, 12 pm. Join in for the fun of the 57<sup>th</sup> Annual St. Patrick's Day Parade kicking off at North Martin Luther King Jr. Drive and West Wisconsin Avenue ending at Water Street and Highland Avenue. This parade features over 100 parade units including Irish dance groups, pipe and drum corps, local dignitaries, and more.

**March 15 - Spring Workshop Day @ Retzer Nature Center**, 9 am - 12:30 pm. Discover why birds captivate us and how we can help birds in our yards through certain native plantings. Experts will share information on identifying birds, bird biology, and migration, with an optional short hike to Retzer hotspots at noon. This event is for ages 15+ and is \$20 per person.

Registration is required by March 14 and can be done so online at [www.waukeshacounty.gov/landandparks/park-system](http://www.waukeshacounty.gov/landandparks/park-system)

**March 29—Community Conversations: Aging at Home @ Forest Park Presbyterian Church** (2300 S Sunnyslope Rd, New Berlin), 11am—1pm. Hosted by Waukesha County Falls Prevention Coalition and ADRC of Waukesha County this discussion will focus on aging safely in the home for as long as possible. Topics to be covered include screening tools, how to determine how at-risk an individual is for falling, how to reduce fall risk factors in the home, simple exercises to build strength, and more. All are welcome, and a light lunch is provided. Register to attend by calling the church office at (262) 786-5850, or go to [forestparkpcusa.org/events](http://forestparkpcusa.org/events)

**March 29-30 - Crazy Quilters' Annual Quilt Show @ Parkview Middle School** (Mukwonago), 9 am - 4 pm & 10 am - 3 pm. The 36<sup>th</sup> annual Crazy Quilters' Guild quilt show will feature hundreds of quilt and quilt related items on display, including a main, judged exhibit and several smaller special exhibits. There will also be local vendors, quilt appraisals, rummage sales of fabric, demonstrations, food, and more! Admission is \$8, or \$10 for both days.



NATIONAL  
VIETNAM WAR  
VETERANS DAY



March 29

**Thank you for your service.**

March 29<sup>th</sup> marks the anniversary of the withdrawal of the last American combat troops from Vietnam on March 29, 1973.



New!

# COMMUNITY CALENDAR

Eras Senior Network is thrilled to announce the launch of our brand-new Community Events Calendar! This resource is dedicated to collecting and sharing events designed specifically for older adults and adults with disabilities in Waukesha and Milwaukee counties.

Whether it's a social gathering, a wellness workshop, or a fun outing, we've got it covered! Our goal is to help foster connection, support, and inclusive experiences for everyone in our community.

Check out the calendar, stay updated on upcoming events, and be sure to share with friends and loved ones who might benefit!



**ERAS.ORG/  
COMMUNITY**



THIS PROJECT IS FUNDED BY A GRANT FROM THE STATE OF WISCONSIN DEPARTMENT OF HEALTH SERVICES.



**TIP!** Having trouble getting an in-person appointment at the Social Security Administration (SSA)? We recommend calling the nation-wide phone number, **800-772-1213**, before noon to get connected with someone, or get a call back option.

SSA still encourages people to take advantage of online services with an online account for [www.ssa.gov](http://www.ssa.gov).

## MEDICARE FRAUD AND SCAM ALERT!

- If you have unwanted charges on your Medicare statements, report these claims to Senior Medicare Patrol (SMP) at:
  - **888-818-2611**
- ALSO report this directly to the Office of the Inspector General Hotline:
  - **1-800-HHS-TIPS (800-447-8477)**





# 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

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

Brookfield Public Library  
1900 N Calhoun Rd  
Brookfield, WI 53005

**Tuesday, March 18**  
10:00am - 2:00pm  
(30 minute time slots)

Oconomowoc Public Library  
200 W South St  
Oconomowoc, WI 53066

**Thursday, March 13**  
10:00am - 1:00pm  
(30 minute time slots)

Muskego Public Library  
S73W16663 Janesville Road  
Muskego WI 53150

To schedule your memory screen, for these sessions, please call  
Dementia Care Specialist, Jennifer at  
262-548-7650

To schedule your memory  
screen, for this session, please  
call Dementia Care Specialist,  
Kathy at  
262-548-7354

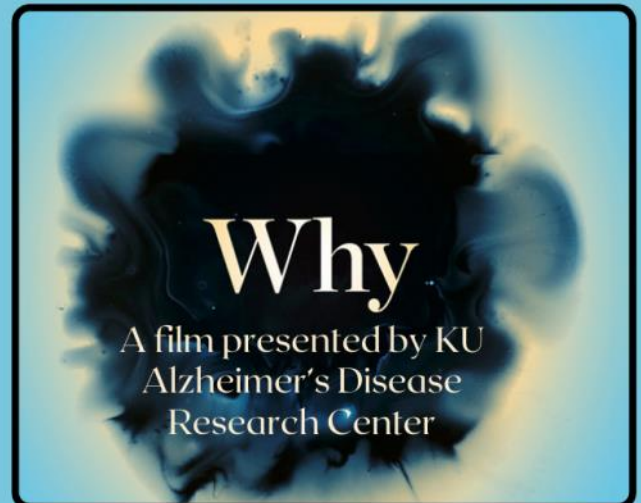
# ***Early-Stage Dementia Documentary & Community Conversation***



**Menomonee Falls Public Library  
Wednesday | April 30 | 2:00 PM  
Community Room**

Join us for a free screening of the short documentary “Why: Big Answers about Early-Stage Dementia from Exceptional People”.

After a short intermission, we’ll come back together for a conversation facilitated by Kathy Glaser, Dementia Care Specialist from the Aging and Disability Resource Center of Waukesha County.



Register online at  
[MenomoneeFallsLibrary.org/events](https://MenomoneeFallsLibrary.org/events)  
or call 262-532-8920  
or use the QR Code



# HEALTH EDUCATION CLASSES

## **Mind Over Matter: Healthy Bowels, Healthy Bladder** In-Person Workshop

**Mondays, March 17, 31, and April 14  
10:00am—12:00pm**

Menomonee Falls Community Center  
W152 N8645 Margaret Rd. Menomonee Falls

Mind Over Matter is a workshop designed to give women the tools they need to take control of their bladder and bowel health. The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Visit [www.fallsrec.org](http://www.fallsrec.org) or register in person at Menomonee Falls Community Center during business hours.

## **Healthy Living with Diabetes** Telephone-based workshop

**Wednesdays, March 19 to April 23  
3:30—4:30pm**

Healthy Living with Diabetes is an evidence-based workshop for adults who have type-2 diabetes, pre-diabetes or live with someone who does. You'll get information and advice for healthy eating, nutrition, food label reading, meal planning, relaxation techniques, partnering with your health care provider, short-term goal setting, exercise for fitness and fun, feedback and problem solving, stress and depression management, and communicating effectively with friends, family and your medical team. All to help you build confidence in your ability to manage your condition. After you register, you'll receive a toolkit in the mail and information on how to connect to the weekly phone call.

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

## **StrongBodies**

Ongoing workshop\*

**Mondays and Wednesdays  
9:30—10:45am**

Gethsemane United Methodist Church  
642 Main St. Pewaukee

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.

To register email [cklepp@waukeshacounty.gov](mailto:cklepp@waukeshacounty.gov) or call Courtney at 262-444-9102

## **Walk with Ease**

Ongoing workshop\*

**Mondays, Thursdays, and Fridays  
1:00—2:00pm**

ProHealth West Wood Health & Fitness Center  
2900 Golf Rd #3, Pewaukee

The Arthritis Foundation's Walk with Ease program is proven to make a big difference in your health – and your life. In just six weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take care of your health and get back to doing the things that matter to you. Sessions consist of group discussion and walking. Class meets three times each week for six weeks (18 sessions).

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

*\*Ongoing workshop means you can join the workshop when you want. Pre-registration is required, and start the workshop as soon as you want.*

## Stepping On

In-person workshop

Stepping On is a workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards.

### Workshops offered:

**Mondays, April 7 to May 19**  
**2:00—4:00pm**

ProHealth Waukesha Memorial Hospital  
725 American Ave, Waukesha, WI 53188

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

**Thursdays, from April 17-May 29**  
**1:30-3:30pm**

Southminster Presbyterian Church-Waukesha  
200 Richard St, Waukesha, 53189

To register, follow the instructions at: <https://lirwc.org/register/630-stepping-on/>  
or call 262-409-9815

## MARCH IS NUTRITION MONTH!



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

**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

**March 12, 2025**  
**3:00 PM - 4:15 PM**

Christ the King Lutheran Church - Delafield  
1600 N Genesee St.  
Delafield, WI 53018

Cost: Free  
Register by calling 262-646-2343

**March 25, 2025**  
**1:30 PM - 2:45 PM**

Elm Grove Public Library  
13600 Juneau Blvd  
Elm Grove, WI 53122

Cost: Free  
Register Online at [www.elmgrovelibrary.org](http://www.elmgrovelibrary.org)

**March 27, 2025**  
**9:30 AM - 10:45 AM**

Muskego Public Library  
S73W16663 Janesville Rd  
Muskego, WI 53150

Cost: Free  
Register by calling 262-971-2100 or visit the Reference Desk at the Muskego Library



## Medicare Advantage Plan—Open Enrollment Ends March 31st!

If you have a Medicare Advantage plan, this is an important time for you! The Medicare Advantage Open Enrollment Period (MA OEP) 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 and ask to speak with a Benefit Specialist

## Volunteers needed to complete brief, in-home assessments for Home Delivered Meals clients!



There are over 550 older adults in our community who receive meals delivered to their door. Annually, any older adults 60+ who is receiving a home delivered meal through our program (sometimes referred to as Meals on Wheels) must go through a brief in-person assessment to make sure they remain eligible. These assessments also help identify any other needs they may have in the home. Reassessment

Volunteers make it possible to fulfill these necessary re-assessments.

### Requirements to volunteer:

- You must be at least 18 years old
- Have your own vehicle to get to client's homes (mileage reimbursement is available)
- Pass a background check

If you or someone you know is looking for a volunteer opportunity, contact our Volunteer Program Specialists at [HHSVolunteers@waukeshacounty.gov](mailto:HHSVolunteers@waukeshacounty.gov)



# 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 left with your smartphone's camera!



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/>



# 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 to attend?

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



# March 2025 Menu



## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BBQ Riblet American Potato Salad Seasoned Green Beans Whole Wheat Bread/butter Mixed Fruit Cup	<b>Fat Tuesday</b> Chicken & Sausage Jambalaya Honey Glazed Carrots Seasoned Black Eyed Peas Pear Half Biscuit/butter Paczki	Lightly Breaded Cod with tartar sauce Hashbrown with Ketchup Cucumber Salad Marble Rye Bread/ butter Applesauce Chocolate Milk	Meat Lasagna Italian Blend Vegetables Spinach Salad with Italian Dressing Seasonal Fruit	Cream of Broccoli Soup w/ crackers Sweet & Sour Meatballs Pea & Cheese Salad Wheat Dinner Roll/ Butter Fruit Cocktail Choc.Chip Cookie Alt: Diet Cookie
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Breast in Garlic Sauce Buttered Red Potatoes Brussel Sprouts Peach Half Wheat Bread/butter Ice Cream Cup	Ground Beef with Broccoli over Brown Rice Veggie Egg Roll with Sweet & Sour Baby Carrots with Ranch Chef's Choice Fruit Snickerdoodle Cookie Alt: Diet Cookie	Sliced Pork with Cranberry Glaze Scalloped Potatoes Green & Yellow Beans Sourdough Bread/ butter Fresh Apple	BBQ Chicken Quarters Sweet Potatoes Chickpea Salad Whole Wheat Bread/butter Pear Half	Seafood Pasta Salad Broccoli Salad Mandarin Oranges Crusty Roll/butter Banana Cake Alt: Diet Pudding
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>St. Patty's Day</b> Corned Beef Sandwich with sauerkraut on Rye Buttered Red Potatoes with sour cream Crinkle Cut Carrots Green Apple Jello Alt: Diet Jello	Roast Turkey in gravy Herbed Stuffing Green Beans Beet Salad Whole Wheat Bread with butter Seasonal Fresh Fruit Chocolate Milk	Mushroom Swiss Burger on a Bun Ketchup/Mustard Ranch Potato Wedges Mediterranean Black-Eyed Pea Salad Mixed Berries	Chicken ala King over a Biscuit Pacific Blend Vegetables Corn Firenze Salad Banana	Smothered Pork Loin Twice Baked Mashed Potatoes Creamed Spinach Fruit Cocktail Nine Grain Bread/ butter Butterscotch Pudding Alt: Diet Pudding
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Oven Baked Ham Roasted Sweet Potatoes Steamed Broccoli Pear Half Marble Rye Bread/ butter Tapioca Pudding Alt: Diet Pudding	Tuscan Chicken Pasta Green Beans Romaine Lettuce Salad with Italian Dressing Cantaloupe Cubes Peanut Butter Cookie Alt: Diet Cookie	Yankee Pot Roast with celery and onion Parslied Potatoes Peas & Carrots Multigrain Bread/ butter Fruit Compote	Sloppy Joe on a Wheat Bun Tri-Tater with Ketchup Calico Beans Mandarin Oranges Cherry Pie Alt: Peaches	Tuna Pasta Salad Grape Tomatoes Cucumber Salad Seasonal Fruit Whole Wheat Roll/ butter Banana Muffin/ butter
<b>31</b>				
<b>Brewer's Opening Day</b> Brat on a Bun with Sauerkraut Ketchup/Mustard American Potato Salad Baked Beans Watermelon Cubes Ice Cream Cup	<b>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE</b>			
		11		



Dear Ina,  
I have been hearing about radon gas testing lately. What is it, and is it something that I should be concerned about? Should I do anything if I own my home?



Thank you for any help you can give.

Sincerely,  
Ray Donald

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Dear Mr. Donald,

Thank you for reaching out about your concern over radon gas. Exposure to radon gas is the second leading cause of lung cancer, and the leading cause of lung cancer for non-smokers.

Radon is an odorless radioactive gas that is naturally present in the ground. It can enter buildings through the foundation. Any house or building can be at risk for high radon levels, including apartments and businesses.

Tests kits that measure radon concentrations in the air are available at hardware stores and local public health agencies. In Waukesha county, they are available for \$10 at Waukesha County Environmental Health Division at 262-896-8300.

If you find that the radon levels in your home are high, there are more than 100 radon mitigation contractors in Wisconsin who are nationally certified to install radon mitigation systems.

Hope this helps steer you in the right direction.

Sincerely,  
Ina

**JOKE**  
of the month

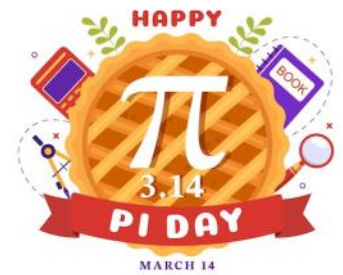
***I had to fire my fruit delivery person...***

***I hate to let the mango, but he was driving me bananas.***

# Pistachio Pie

Pistachio Pie has layers of sweetened cream cheese, pistachio pudding and whipped cream.

Prep Time: 20minutes | Cook Time: 15minutes | Cool Time: 2hours | Total Time: 2 hours 35 minutes



## Pistachio Shortbread Crust

- 1 1/3 cup flour
- 1/3 cup pistachios
- 1/2 cup powdered sugar
- 2/3 cup unsalted butter softened

## Cream Cheese Layer

- One 8 ounce package cream cheese softened
- 1/3 cup powdered sugar
- 1 cup whipped topping (save the rest of the 8 ounce tub for the top layer)

## Pudding and Whipped Topping Layers

- One 3.4 ounce box instant pistachio pudding mix
- 1 1/2 cups cold milk
- One 8 ounce tub whipped topping (will have 1 cup taken out of it from the cream cheese layer)
- Sprinkles and/or chopped pistachios for topping optional



## Make the Pistachio Shortbread Crust

1. Note: Feel free to skip this step and use a pre-made graham cracker or shortbread crust instead.
2. Preheat oven to 350F.
3. To make the crust, add the flour and pistachios to a food processor and blend until the pistachios are finely chopped.
4. Add the powdered sugar and butter and pulse until the mixture is combined.
5. Press the crust into a pie plate (I use a 9-inch pie plate) and bake for 13-15 minutes or until golden brown.
6. Let the pie crust cool completely.

## Make the Cream Cheese Layer

1. Add the cream cheese and powdered sugar to a large mixing bowl or in the bowl of a stand mixer.

2. Mix until smooth and then fold in one cup of whipped topping; set aside.
3. Mix up the Pudding
4. Whisk together the pudding mix and cold milk. Let it set for 5-10 minutes until the pudding is thickened.

## Assemble the Pie

1. Spread the cream cheese mixture into the cooled pie crust.
2. Add the pudding and spread over the cream cheese.
3. Top with the remaining whipped topping and sprinkle with chopped pistachios, if desired.
4. Let chill for at least an hour to set up before serving.

## Nutrition

Calories: 424kcal | Carbohydrates: 38g | Protein: 6g | Fat: 28g | Saturated Fat: 16g | Polyunsaturated Fat: 1.6g | Monounsaturated Fat: 8.1g | Trans Fat: 0.3g | Cholesterol: 76mg | Sodium: 217mg | Potassium: 183mg | Fiber: 0.9g | Sugar: 23g | Vitamin A: 833.33IU | Vitamin C: 0.2mg | Calcium: 100mg | Iron: 0.4mg

# ST. PATRICK'S DAY CROSSWORD PUZZLE



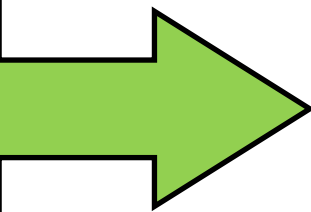
## Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make \_\_\_\_\_
- 13. from Ireland

## Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf \_\_\_\_\_

MYUNENTITLEDLIFE.COM



**Remember to set your clock one hour ahead before you go to bed on March 8th!**





# Lucky in Health?



Dan Michaels, Community Health Educator, Waukesha County Public Health

In March we celebrate Saint Patrick, green, four-leaf clovers and the luck of the Irish. Ah yes, luck. Are people truly lucky when it comes to health? Well, the luck of what we get from our genetics do matter on our predisposition to certain chronic diseases. However, that does not mean we are doomed to develop them. In identical twin studies, both siblings have the exact same DNA and are at risk to develop the same diseases like type 2 diabetes, heart disease, and others. For example, one twin may develop a chronic disease while the other does not due to lifestyle choices. Think of your genes as a deck of cards: you may not have control over the hand you are dealt, but you do have control how you play it. Now, let's look how lifestyle choices could put the odds in your favor for health.

**A sedentary lifestyle is one of the biggest risk factors for disease.** That is why physical activity is so important. Even if you were not "lucky" with "good" genes, regular exercise can help reduce risk for diseases like type 2 diabetes and cardiovascular disease. In addition, exercise can improve circulation, boost mood, and keep your body functioning at its best. It is recommended we get at least 30 minutes of moderate activity a day, five days a week. Identical twins who have different activity levels, often show significant differences in their health. One may have strong cardiovascular health, while the other develops high blood pressure and joint problems. So, keep your body active and improve your odds for staying healthy.

**Our bodies are like complicated high-performance machines,** if we fuel it with rubbish, it does not work efficiently. A diet filled with processed foods, sugar, and unhealthy fats increases the risk of chronic diseases, while a diet rich in whole grains and produce, lean proteins, and healthy fats can keep us on a healthy path. Twins who eat differently can have greatly different health outcomes. One who eats nutrient dense foods may stay more fit and energetic, while the other who relies on fast food may struggle with obesity, metabolic issues, and potentially chronic diseases. In other words, eat healthy and be healthy, keep your machine running smoothly.

**I cannot stress enough how important stress management is.** You can eat well and exercise, but if you are constantly stressed, your health can suffer. Chronic stress increases inflammation which weakens the immune system and raises the risk of diseases like cardiovascular disease and diabetes. The good news is you can take control of your stress management. You can use meditation, deep breathing, journaling, enjoy nature, or simply make time for hobbies and laughter. No matter what you choose, reducing stress is one of the best things you can do for your long-term health.

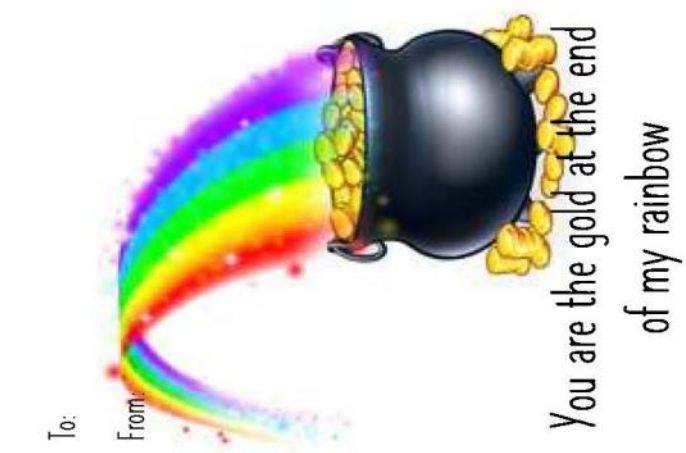
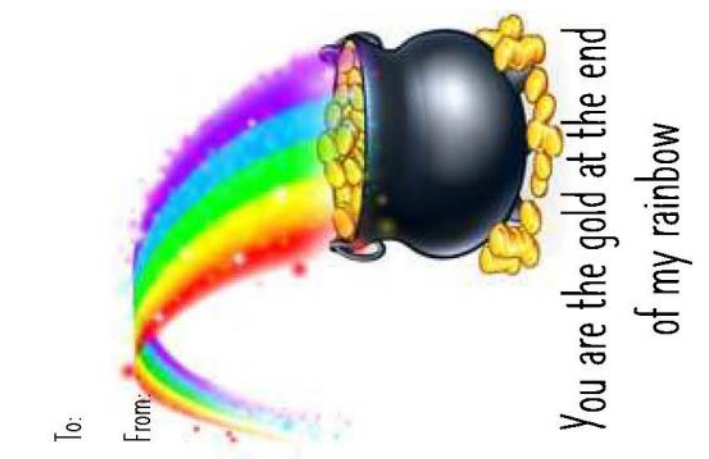
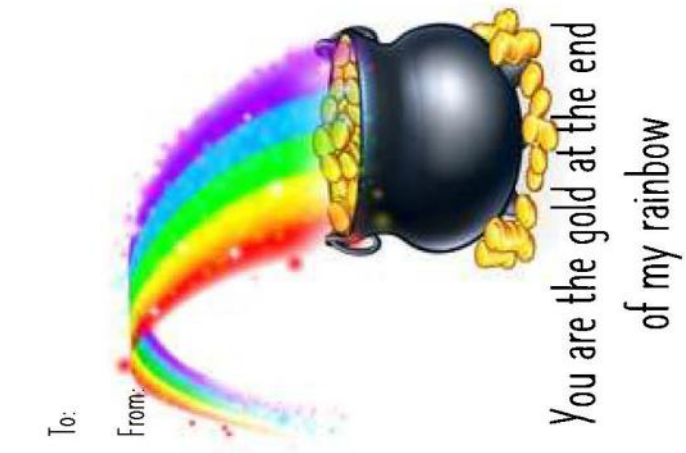
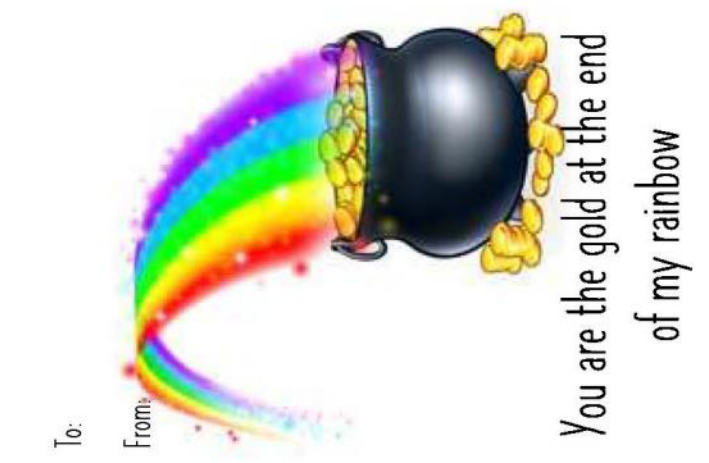
**While genetics and luck play a role in health, they don't control what you do.** As we have learned, identical twins can prove that lifestyle choices can affect health outcomes. You have more control over your health than you think. Do not leave your health to chance: eat well, stay active, manage stress. Your healthy body will thank you.



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

**Waukesha County Public Health**

**CRAFT CORNER:** Make your own themed craft. Cut out each rectangle card individually, OR you can cut 2 of them out and fold it over and tape the edges to make a double sided card to keep for yourself or give away to a friend or neighbor. Hope this brings you some joy!





# 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\**

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 >





# A Guide to Taking Care of Yourself

By Family Caregiver Alliance

Caregiver  
Corner



"The care you give to yourself is the care you give to your loved one," said a caregiver. Absolutely the easiest thing for someone to say and the hardest thing to accept is the advice to take care of yourself as a caregiver. It is often hard to see beyond the care tasks that await you each morning.

What is shown by study after study is that caregiving compromises health. What does

taking care of yourself mean, why is it so hard to do, and how do you do it?

## Support

Support and coping comes in many forms—prayer, talking to family, friends or professionals, saying "yes" to offers of help, taking walks, reading a book, eating hot fudge sundaes. Support groups can be an important source of understanding and connection.

## Guilt

Guilt that "I should" do this or be able to do it, guilt that your loved one will not get as good care if you are not doing it, guilt that something will happen if you are away. You are not selfish to sometimes think about yourself and your needs and feelings.

## Setting Limits

Learn to ask for help. The often-heard question, "Is there anything you need?" has but one answer: Yes. Learn to say "no" to requests that are draining rather than nurturing. You can still make choices about your life and what is right for you.

## Your Body

Not getting enough sleep is a major cause of illness and stress in caregivers. Exhaustion is one of the main complaints, leading to irritability and then inappropriate anger which then leads to more guilt. Exercise is even more important as it gives you a break, combats depression, and helps you maintain health.

## Education

Learn as much as you can about the illness so that you can understand what is happening. Attend a workshop or support group, not just for emotional support but also to learn caregiving tricks to make caregiving easier.

## Emotional Health and Respite

Taking care of yourself may mean dealing with family problems. It is easy to become overwhelmed, thus the need for breaks. Without breaks, you begin to question yourself, feel inadequate, and experience burn out.

Meanwhile, your best defense is a sense of humor. Find people or situations to laugh at daily. It refreshes the soul and renews your spirit.

# Vehicle Modification Program of ADRC of Waukesha County

## Eligibility and Application Process



Up to \$7,000 in funding to help individuals with electric/power wheelchairs or scooters gain greater independence by modifying their personal vehicle for easier transportation in the form of a lift device for their vehicle to transport an electric/power wheelchair or scooter.

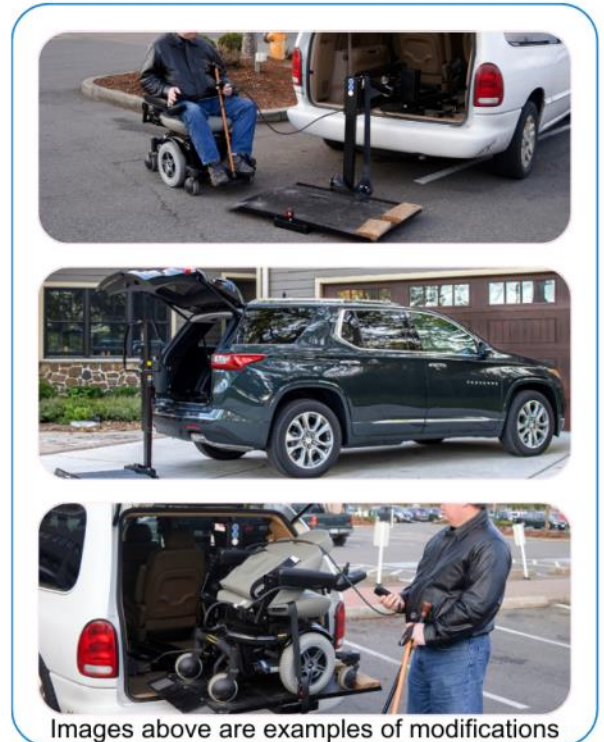
### Eligible individual must meet these requirements:

- be a resident of Waukesha County
- aged 18 or older, **AND**:
- have a physical disability\* which significantly impairs your ability to drive, ride, or access a personal vehicle; or that requires use of a mobility device or transfer aide which cannot be accommodated in a personal vehicle without modifications

*\*No proof of disability is required*

### Eligible vehicle:

- vehicle owned by you, or an immediate family member
- mobility provider must determine your vehicle qualifies for the modification



### Steps to apply for funding for the vehicle modification program:

1. Consult with a contracted mobility provider to determine the best modification for your vehicle and to ensure your vehicle qualifies for the modification
  - A list of those contracted with the ADRC will be provided
2. Complete an ADRC Vehicle Modification Program application and return to ADRC
3. A quote from the mobility provider is sent to ADRC where it is reviewed and processed
4. If approved, the mobility provider can complete the installation of the modification, and payment is given directly to the provider

Funding is provided on a first-come, first-served basis, and is limited up to \$7,000 per person. This program is made available by funding from the State of Wisconsin Department of Transportation. All modifications must be completed within 60 days of approval.



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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