

**Aging & Disability
Resource Center of
Waukesha County**

514 Riverview Ave
Waukesha, WI 53188

Local: **262-548-7848**
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

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

INSIDE THIS ISSUE:

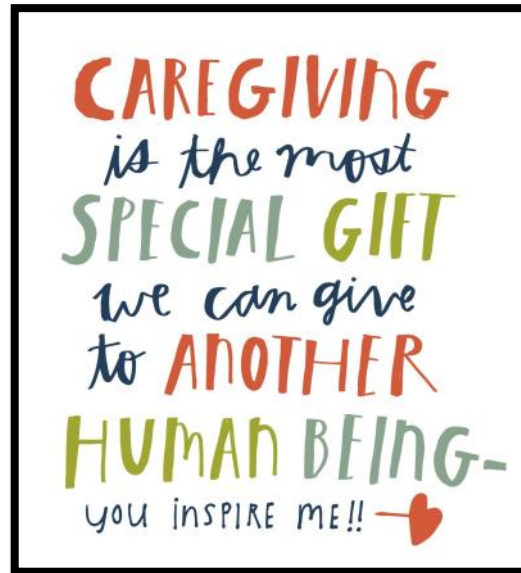
- ◆ Nov. Community Events (2)
- ◆ PUZZLE (3)
- ◆ Diabetes and Stress (5)
- ◆ Health Education (6)
- ◆ Ask Ina: Snow Removal (7)
- ◆ Dementia Live Training (8)
- ◆ Memory Screening (9)
- ◆ Menu and Dining (10-11)
- ◆ Caregiver Event (12)
- ◆ Recipe: Cranberry Sauce (13)
- ◆ Brain Health Education (12)
- ◆ Your Community History: Elm Grove (14)
- ◆ Falls Prevention Coalition (15)
- ◆ Medicare: Open enrollment workshops, and "Welcome to Medicare" Classes (17-19)

The ADRC Connection

Caring for Our Caregivers

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently guides her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along



to do some repairs on his parent's house. Caregivers are everywhere – family, friends, and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity, and quality of life. The role of the unpaid caregiver is invaluable, and yet often don't recognize their own worth.

Let's celebrate caregivers this month! Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated! Here are some simple things you can do to help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello.
2. Call the caregiver and check in on how THEY are doing.
3. Offer to help.
4. Invite them to do something – go for a walk, coffee, a movie.
5. Remind them of the importance of self-care, then help them seek out ways to get a break.
6. Attend a support group meeting with them.
7. Check in regularly.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Are YOU a family caregiver? You are invited to our upcoming event! Turn to Page 12 to learn more about our 'Caring For Our Caregivers' event.

November



November 6—Senior Resource Fair @ Three Pillars (314 E. Village Ct., Dousman), 1:00-4:00p.

November 6 - Sunset Meditation and Hike @ Retzer Nature Center, 6:30-7:45 pm. Come unwind under the dome of the Horwitz-DeRemer Planetarium and meditate for your mental health! View a planetarium show of an amazing sunset as you travel from the Grand Canyon to the North Pole, then relax under a night sky filled with stars with glimpses of the Northern Lights under the dome. After the show, take a quiet hike outside with a naturalist and discover tranquil sights and sounds of Retzer Nature Center (weather permitting). Admission is \$10. Registration required prior to event and can be done so at <https://wiwaukeshacountyweb.myvscloud.com/webtrac/web/splash.html>.


November 9 - Operation Honor: A Salute to Veterans @ Schuetze Recreation Center, 4:30-6:30 pm. The City of Waukesha is proud to honor our deployed and formerly serving veteran men and women with a care package drive. Requested items to be donated include full-sized toiletries, clothing, tabletop stand-up mirrors, battery-powered fans, handheld videogames, and more. This event will also host keynote speaker William C. Markham, Command Chief Master Sergeant, U.S. Air Force (Ret.) and Co-Founder of Project One Vet @ A Time. Following the speaker, the 484th Army Band will perform, followed by a free dinner.

November 11 - Veteran’s Day Event @ Delafield American Legion, 5-9 pm. Come and enjoy great music and dancing starting at 6 pm! Veterans are encouraged to bring guests! There is one free drink complimentary to all veterans, and there will be a variety of appetizers and desserts for everyone. Enter the raffle basket drawing with proceeds going to the Delafield American Legion building fund.

November 15-17 & 22-24 - Illuminated Walk Through @ Country Christmas (Ingleside Hotel), 5-9 pm. Walk the almost mile festive light display before it opens up for the season for cars to drive through! Admission is \$8. Bundle up and dress for the weather! Hot chocolate and other concessions will be available in the Christmas Village.

November 19—Overview of ADRC presentation, “Munch and Learn” @ Pewaukee City Hall (W240N3065 Pewaukee Rd, Pewaukee), in the Common Council room, 1:00-2:00p. Learn more about what ADRC of Waukesha County offers including senior nutrition, Medicare and Medicaid benefit assistance, caregiver education and support, dementia caregiver support, Medicaid-funded long-term care assistance, and more!

Blue text = ADRC is present




50% OFF PARKS ANNUAL MEMBERSHIPS FOR SENIORS 60+, DISABLED VETERANS AND FORMER POW

BUY ONLINE STARTING NOV. 29
WUK.CO/PARKENTRY

ENDLESS OUTDOOR ADVENTURES AWAIT WITH...

2025 ANNUAL MEMBERSHIPS



UNLIMITED ACCESS TO 9 PARKS AND 5 LAKE ACCESS SITES

PARKS ANNUAL MEMBERSHIPS			LAKE ACCESS MEMBERSHIP		
	1 VEHICLE	2 VEHICLES		1 VEHICLE	2 VEHICLES
REGULAR	\$40	\$60	REGULAR	\$100	\$150
SENIORS 60+, DISABLED VETERAN, FORMER POW	\$20	\$30	PARKS + LAKE ACCESS BUNDLE 		
			REGULAR	\$130 PER VEHICLE	

Annual memberships are stickerless. Your membership(s) are verified by the license plate scanner upon entry to a Parks facility.

PUBLIC HEARING ANNOUNCEMENT

The Aging and Disability Resource Center of Waukesha County, a division of the Waukesha County Department of Health and Human Services, will hold a public hearing on the 2025 application for the ADRC's Specialized Transportation program.

The hearing will commence on **Thursday, November 21, 2024, at 9:00 AM, in room 114** at the Waukesha County Health and Human Services Building, located at **514 Riverview Ave, Waukesha, 53188**.

The purpose of the public hearing is to receive comment from interested persons on **Waukesha County's 2025 program and application for a state grant under the Specialized Transportation Assistance Program for Counties** – Section 85.21 Wisconsin Statutes, in the amount of \$1,046,287.00.

Fall Word Scramble

Instructions: Unscramble the letters to find the words from the list below.

v a s r h e t	_ _ _ _ _
p e p a l	_ _ _ _
m i n k u p p	_ _ _ _ _
k a e r	_ _ _
y u r t e k	_ _ _ _ _
t u n a u m	_ _ _ _ _
f l a e	_ _ _
o r a n c	_ _ _ _
l a f l	_ _ _
d a y r e i h	_ _ _ _ _



The Shopping List Swindle



Walmart's "Lists" feature allows you to create an online shopping list and share it with others. In this week's scam, cybercriminals are using Lists and malicious Google ads to steal your personal information and money. This scam begins when you search for Walmart's customer service page on Google. You'll see a sponsored ad result that claims to lead to a page that provides Walmart's customer service information. If you click it, the ad will direct you to a Walmart List page.

However, instead of containing normal shopping items, the List contains a phone number that appears to be for Walmart's customer service team.

However, both the ad and the Walmart List were created by cybercriminals. If you call the number, you'll be connected directly to a scammer. They will ask for your personal and financial information, and then they will attempt to scare you by saying that your account was used to transfer money illegally. The scammer will then try to pressure you into transferring your money into a Bitcoin account in order to prevent additional transactions. If you do transfer the money, it will go directly to the cybercriminals!

Follow these tips to avoid falling victim to a shopping list swindle:

- Be wary of clicking on Google ads. Anyone can buy a sponsored ad on Google, including cybercriminals.
- Be suspicious of anyone forcing you to act quickly. Scammers frequently attempt to trick you into acting impulsively.
- Always think before clicking on a link or providing your personal information, even on official websites. Trust your instincts and be on the lookout for anything that seems suspicious.

Source: KnowBe4

VETERANS AND ACTIVE-DUTY MILITARY MEMBERS: **SOCIAL SECURITY HAS YOUR BACK!**

Veterans Day is on Monday, November 11, 2024. We honor all veterans who served our country and risked their lives to protect us. If you know a veteran, please let them know about the Social Security Administration (SSA) Military and Veterans webpage at www.ssa.gov/people/veterans.

On that page, there is information about Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How Social Security Administration (SSA) expedites the processing of Social Security disability claims for service members.
- Answers to questions asked about Social Security.

Some active-duty military service members are unable to work due to a disabling condition but continue to receive pay while in a hospital or on medical leave. They should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

STRESS: A RISK FACTOR FOR TYPE 2 DIABETES

Dan Michaels, Community Health Educator, Waukesha County Public Health

November is National Diabetes Month bringing awareness to diabetes. Diabetes causes many life-threatening complications if not managed or treated. In this article we are going to focus on prevention of Type 2 Diabetes. For preventing Type 2 diabetes, most people are aware of the importance of weight management, eating a balanced diet, and regular exercise. These habits are important, helping us maintain insulin sensitivity and controlling blood sugar. However, another important factor in managing diabetes risk is stress. I can't *stress* that enough.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Chronic stress can affect our bodies, increasing our risk for developing Type 2 diabetes. Stress triggers the release of hormones cortisol and adrenalin. These hormones protect us in dangerous situations and help us with a "fight or flight" response, which is great in short-term stressful situations. However, chronic stress can disrupt the body's hormonal balance, leading to health issues, including the development of insulin resistance. In addition, under stress, the body releases glucose into the bloodstream to provide energy for quick action. In people with chronic stress, this can result in regular elevated blood sugar which over time can also contribute to insulin resistance and potentially diabetes.

Additionally, chronic stress can cause us to practice unhealthy habits, like unhealthy eating, sleep problems, and not exercising regularly. When we are stressed, we tend to emotionally eat, where we eat more and crave comfort foods high in sugar and unhealthy fats. The M&Ms in my house know when I'm stressed. Stress eating can result in weight gain, a major risk factor for Type 2 diabetes. In addition, stress can interfere with sleep patterns, leading to poor sleep, or insomnia. Sleep deprivation can increase insulin resistance, disrupt metabolism, and contribute to weight gain, increasing the risk of diabetes. Stress can also influence reducing physical activity. When we are stressed, we may feel too overwhelmed or unmotivated to participate in regular physical activity. An inactive lifestyle is another major contributor to insulin resistance and the risk of developing diabetes.

Since stress is a risk factor for developing Type 2 diabetes, managing your stress is a great way to help reduce that risk. For stress management, find an activity you love doing and carve out time to do it every day. Physical activity also reduces stress and gives you the added benefit of exercising. Connecting with friends, laughing, breathing exercises, meditation, and journaling are great ways to reduce stress. Healthy ways to cope with stress can reduce your risk of Type 2 Diabetes, but also can improve your overall health and well-being.

By adding stress management techniques like connecting with others, laughing, and regular exercise to your routine, you can lower your risk of diabetes and improve your overall health. Handling stress well is not just about feeling better, it is also about keeping your body healthy and balanced.



How does a pancreas stay warm?

Insulin-ation

CUP OF HEALTH SERIES: PREVENTING DIABETES

Did you know that more than 1 in 3 people have prediabetes? If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition! Think of prediabetes as your window of time to take action and prevent further health complications. In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

November 21, 2024

9:30 AM - 10:30 AM

**Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150**

Cost: Free

**To Register: Call 262-971-2100 or visit
the Reference Desk**

November 26, 2024

1:30 PM - 2:30 PM

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

Cost: Free

**To Register: Register Online at
www.elmgrovelibrary.org**

Marketplace Open Enrollment Starts November 1

By the GWAAR Legal Services Team (for reprint)

Open enrollment for 2025 health insurance coverage through the Marketplace starts November 1 and ends January 15, 2025. If you enroll in a health insurance plan before December 15, 2024, your coverage will start January 1, 2025.

If you don't have health insurance through your job, Medicare, Medicaid, the Veterans Administration (VA), or another source, the Marketplace can help you get coverage. Marketplace health insurance plans provide coverage for benefits like doctor visits, inpatient and outpatient hospital care, prescriptions, mental health services, and laboratory tests. Marketplace plans are also required to provide coverage for pre-existing medical conditions. That means that a plan cannot reject you, charge you more, or refuse to pay for care for any condition you had before your coverage started.

What you pay for Marketplace insurance depends on your expected income for the year. You may qualify for a premium tax credit that lowers your monthly insurance bill. In addition, some people are eligible for extra savings on out-of-pocket costs like deductibles and copayments.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will most likely not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs.

**Starting November 1, you can apply, online at www.healthcare.gov or by
phone at 1-800-318-2596.**

Dear Ina,



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

Regards,
Ayma Snowdin

Dear Ayma,

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

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

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

Another possible solution is to start looking for options within your own neighborhood. Are there any children in the neighborhood that would like to earn a few dollars? You could ask your neighbors if they know of anyone they could refer to you.

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

Hope this helps you this winter season,

Ina



A **WOW**

EXPERIENCE

FOR FAMILY & PROFESSIONAL CAREGIVERS

DEMENTIA **Live**®

*"Because it's frightening to care for
someone you don't understand"*

Dementia Live® offers a unique inside-out understanding of dementia as well as the aging process. Participants will gain a heightened awareness of the challenges associated with living with dementia and leave with valuable tips and tools to improve communication and connection.

Please allow 30 minutes for this engaging experience.

**Thursday, November 14th
9:00am—12:00pm / Noon**

**Regency Senior
Community
13755 W. National Ave
New Berlin, WI**

Registration Required:

Jennifer Harders
262-548-7650
jharders@waukeshacounty.gov



Community 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 Screening:

Where: Menomonee Falls Public Library

When: Monday, December 9, 2024

Time: 10:00am - 4:00pm (30 minute time slots)

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

262-548-7650



514 Riverview Avenue
Waukesha, WI 53188

ADRC Senior Dining Centers in Waukesha County

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

Shake a Volunteer's Hand

Volunteers are a very special breed.
They're not afraid to step in when they see the need.
They're always willing to lend a hand,
To lift someone up who's sinking in quicksand.
They always have something encouraging to say,
And they manage to say it in the kindest way.
They share their skills, talents and time.
And in return, they don't ask for a dime.
So the next time you meet with some volunteers,
Shake their hands, and let them know you're happy they are here.

~Author Unknown

Thank You
Volunteers

November 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Ring Bologna Hot German Potato Salad Green Beans Rye Bread/butter Grapes
4	5	6	7	8
Mushroom Swiss Burger on a Wheat Bun Ketchup/Mustard Ranch Potato Wedges Sliced Cucumbers with Ranch Apple Raisin Salad	Turkey Tetrazzini Maui Vegetable Blend Tomato & Onion Salad Biscuit/Butter Seasonal Fresh Fruit Chocolate Milk	Vegetable Lasagna Sicilian Grande Vegetables Mixed Greens Salad with Italian Dressing Peach Half	Chicken Fajitas with peppers & onions Black Beans and Rice Pacific Blend Veggies Tropical Fruit Cup Flour Tortilla Snickerdoodle Cookie Alt: Diet Cookie	Veterans Day Meal Roast Beef in gravy Loaded Mashed Potatoes Buttered Corn Fruit Salad Multigrain Bread/ Butter Ice Cream Cup
11	12	13	14	15
Egg & Sausage Breakfast Bake w/ cheese, peppers, tomatoes, onions Tri-tater w/ketchup Banana Orange Juice Breakfast Muffin/ butter Alt: Fruited Yogurt	BBQ Chicken Quarters Mashed Sweet Potatoes Creamed Spinach 7-Grain Bread/butter Pear Half Chocolate Milk	Pork Stir Fry over Brown Rice Stir Fry Blend Veggies Chilled Pineapple Zucchini Bread/ butter	Mediterranean White Bean Soup/Crackers Sweet & Sour Meatballs Tomato & Onion Salad Wheat Dinner Roll/ butter Mixed Fruit Cup	Lightly Breaded Cod Tartar Sauce Cheddar Scallion Mashed Potatoes Peas & Carrots Marble Rye Bread with butter Fresh Fruit
18	19	20	21	22
Roast Pork w/Thyme and Mushroom Gravy Garlic Mashed Potatoes Sweet & Sour Cabbage Multigrain Bread with butter Strawberry Applesauce	Tuscan Chicken Pasta Seasoned Green Beans Romaine lettuce salad with Italian dressing Fruit Cocktail Chocolate Mousse Alt: Diet Pudding	Beef Stew with Carrots and Potatoes Winter Blend Veggies Cucumber Salad Biscuit w/butter Seasonal Fresh Fruit	National Stuffing Day Chicken and Stuffing Casserole Maple Glazed Carrots Broccoli Salad Pear Half Chocolate Chip Cookie Alt: Diet Cookie	Submarine Sandwich Turkey, Ham & Swiss Lettuce Tomato Mayo Marinated Pasta & Veggie Salad Baby Carrots with Hummus Fresh Fruit Chocolate Milk
25	26	27	28	29
Salisbury Steak with gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail Multigrain Bread/ butter Peanut Butter Cookie Alt: Diet Cookie	Loaded Potato Soup BBQ Pork on Whole Wheat Bun Three Bean Salad Mandarin Oranges	Giving Thanks Oven Roasted Turkey with gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Wheat Bread with butter Pumpkin Pie with Whipped Topping	Thanksgiving Holiday All Meal Sites and ADRC Closed	Thanksgiving Holiday All Meal Sites and ADRC Closed

Open House Event

FOR CAREGIVERS

'Caring for Our Caregivers'

NOVEMBER 12

2:00-6:00PM

FREE

drop in anytime

Waukesha County Health & Human Services Center
514 Riverview Ave, Waukesha

Parking available on site

Information and Resources:

- Waukesha YMCA
- City of Waukesha Park & Rec
- Falls Prevention Coalition
- Advance Directives
- Scams and Frauds education
- Caregiver support and education

Wellness activities:

- Chair exercises
- Soap making
- Massage therapist
- Blood pressure check-ups

Advance registration is encouraged

Contact: Jenny Wendelborn

262-896-8209

jwendelborn@waukeshacounty.gov



RECIPE: HOMEMADE CRANBERRY SAUCE

INGREDIENTS

- 1 CUP (200G) SUGAR
- 1 CUP (250ML) WATER
- 4 CUPS (ONE 12-OUNCE PACKAGE) FRESH OR FROZEN CRANBERRIES
- *OPTIONAL: PECANS, ORANGE ZEST, RAISINS, CURRANTS, BLUEBERRIES, CINNAMON, NUTMEG, ALLSPICE*

•••

INSTRUCTIONS

1. **Rinse the cranberries:**

Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.

2. **Boil the water with sugar:**

Put the water and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.

3. **Add the cranberries, cook until they burst:**

Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst.

4. **Stir in the optional mix-ins, if using:**

Once the cranberries have burst you can leave the cranberry sauce as is, or dress it up with other ingredients. We like to mix in a half a cup of chopped pecans a pinch or two of orange zest.

Some people like adding raisins or currants, or even blueberries for added sweetness. You can also add holiday spices such as cinnamon, nutmeg, or allspice. If adding spices, start with a pinch of each and add more to your taste.

5. **Cool:**

Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.



**DAYLIGHT
SAVING TIME ENDS**

FALL BACK

Set Your Clocks BACK an Hour

Sunday, November 3,
2024

YOUR COMMUNITY HISTORY: ELM GROVE

The Village of Elm Grove is a community with a population of about 6,000 people in eastern Waukesha County. It borders the Village of Wauwatosa to the east and the City of Brookfield in all other directions. It was part of the Town of Brookfield until 1955.

Early settlers, including members of the Reusch, Reinders, Sanders, and Ramstack families, were first drawn to this fertile agricultural area during the mid-1830s. In 1848, the year of Wisconsin's statehood, some industrious people decided to start laying more than 650,000 white oak timbers and planks to make it easier to travel the 58 miles from Milwaukee to Watertown. That is how the village's main thoroughfare, Watertown Plank Road, began.



In 1856, the railroad, later known as the Milwaukee Road, laid a track line which intersected the plank road, thus giving rise to even greater community development. Railroad officials charged with choosing a name to designate the stop apparently took one look at the vast growth of trees and said, "We'll call it Elm Grove." Before long, a

U.S. Post Office, inn, train depot, general store, mill, and tavern were in operation.

An often-repeated tale describes the late-1850s journey of a group of nuns led by Mother Caroline Friess. These members of the School Sisters of Notre Dame happened to be traveling west on Watertown Plank Road when the horse that was pulling their wagon refused to budge from his spot near Juneau Boulevard. Considering it to be a divine sign, the sisters immediately purchased twenty acres from a local farmer and set about fulfilling their mission to build a convent, school, and orphanage. The orphanage closed in the 1940s, but the convent and school remained there until 2021.



Elm Grove has retained not only its footprint since its incorporation in 1955 but much of its small-town charm as well. Elm Grove is widely considered a premier outer ring suburb where the natural beauty of sloping hills and forested properties creates a true urban-rural living experience only 15 minutes west of Milwaukee. Many of the community's residents commit their time and talent to serve on the all-volunteer village government and participate in highly active community organizations. Strong community involvement and engagement is what contributes to the village's unique character and charm.

Sources: *Elm Grove website—elmgrovewi.org and Encyclopedia of Milwaukee—uwm.edu*



WAUKESHA COUNTY
FALLS PREVENTION COALITION
PROMOTING STRENGTH, CONFIDENCE AND
INDEPENDENCE

The Waukesha County Falls Prevention Coalition celebrated National Falls Prevention Awareness Week (September 23rd – 27th) by going to all seven Waukesha County senior dining centers in Waukesha County.

The coalition members shared falls prevention education and local resources to over **110 community members**. The coalition members joined diners to casually discuss falls risk and falls prevention.

Diners were asked two survey questions:

1. How much has your knowledge of falls prevention improved after today's session?

- ♦ All participants noted at least a slight increase in their knowledge of falls prevention, while 69% of those who completed the survey reported a moderate or major increase in falls prevention knowledge."

2. How likely are you to take steps to address your individual fall risk?

- ♦ 85% reported they are "very likely" to take steps to address individual falls risk concerns

FEEDBACK FROM THE EVENT:

"Really good conversations, I like listening to others talk."

"That was really nice they could talk with us at the table, I'm less shy that way."

"Good program."

"Very informative, really enjoyed it."

"Very helpful. Presenters excellent."

Human Holiday Foods NOT to Feed Dogs

G

Alcohol



Coffee and Caffeine



Eggnog and Other Dairy Products



Meat Bones, Fatty Skin and Meat



Mashed Potatoes, Gravy and Buttery Foods



Nuts



Ham



Pumpkin Pie



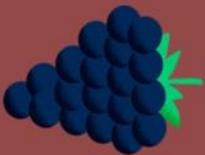
Stuffing



Chocolate and Candy



Grapes and Raisins



Salt and Salty Snacks



Citrus Fruits



Bread Dough



Onions, Garlic and Chives



Friendly Voice Program

By the GWAAR Legal Services Team (for reprint)

Do you ever find yourself feeling lonely or socially isolated? You are not alone. A recent report from the National Academies of Sciences, Engineering, and Medicine (NASEM) revealed that more than 33% of adults aged 45 and older feel lonely, and nearly 25% of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, endure the loss of family and friends, have a chronic illness, and/or suffer from hearing loss. Loneliness and social isolation, in turn, have been shown to have significant adverse effects on health, including an increased risk of depression, anxiety, dementia, heart disease, suicide, and stroke.

To help combat the epidemic of loneliness among American seniors, AARP has devised a program called **Friendly Voice**. This program is operated by trained AARP Friendly Voice volunteers who will happily call anyone to chat, listen, or simply say, "Hello." If you would like to request a call, please dial **1-888-281-0145 (English)** or **1-888-497-4108 (Spanish)** and leave your best call-back number. A volunteer from the Friendly Voice program will return your call between the hours of 9 a.m. and 5 p.m. local time.

For more information about the program, go to <https://www.aarp.org/home-family/friends-family/friendly-voice>

AARP

**We may be apart,
but we're not alone.**

**Someone who cares is
just a phone call away.**



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

Butler Public Library, 262-783-2535 - Wednesday, November 6 at 1:00pm

Oconomowoc Public Library, 262-569-2193 - Thursday, November 7 at 10:00am

Delafield Public Library, 262-646-6230 - Friday, November 8 at 2:00pm

Town of Mukwonago Parks & Recreation, 262-363-8377 - Monday, November 11 at 10:00am

Mukwonago Community Library, 262-363-6411 - Tuesday, November 12 at 2:00pm

Big Bend Village Public Library, 262-662-3571 - Thursday, November 14 at 2:00pm

Muskego Public Library, 262-971-2100 - Monday, November 18 at 10:00am

New Berlin Public Library, 262-785-4980 - Tuesday, November 19 at 3:30pm

In addition, the ADRC conducts 2-hour classes every 2nd 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 >



Save money and get the best coverage!

It's worth taking the time to compare!

MEDICARE OPEN ENROLLMENT:

OCTOBER 15 - DECEMBER 7

Elder Benefit Specialists at ADRC are certified Medicare counselors who can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you find your best option
- Help you avoid high-pressure sales tactics

To request assistance, complete the form on the next page and send it in.

For questions, call
Aging & Disability Resource Center of
Waukesha County at 262-548-7848 or
[complete the form on the next page](#)



[Facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)



[Navigating Medicare](#)

Check out our updated website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

Medicare Open Enrollment October 15–December 7, 2024

Waukesha County Residents: Need help comparing 2025 Medicare plans?

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 _____

**How do you want to receive your plan comparisons?
 (Please check one)**

- Mailed
 Workshop

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 _____

Attend Workshop at ADRC:

- Wed Nov 6, 9-10am
 Wed Nov 20, 2-3pm
 Wed Nov 27, 2-3pm
 Wed Dec 4, 9-10am

<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, 2024.** 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,
 email: 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.

ADRC Advisory Board:

Judith Tharman, Chair
Susan Schweda, Co-Chair
Mary Baer, HHS Board Liaison
Patricia Carriveau
Joel Gaughan, County Board Representative
Pamela Franke
Marj Kozlowski
Jeffry Lewis
Donald Richmond
Sandy Wolff



ADRC Leadership Staff:

Mary Smith, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Kristen Hosking, Supervisor
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Jessica Eckert, Supervisor
Shirley Peterson, Supervisor
Sheri Milinski, Supervisor



514 Riverview Ave, Waukesha, WI 53188 ■ 262-548-7848
www.waukeshacounty.gov/ADRC ■ Follow us on Facebook

