

January 2022

**Aging & Disability
Resource Center of
Walworth County**
1910 County Road NN
Elkhorn WI 53121

(262) 741-3400
(800) 365-1587
Hearing Impaired 7-1-1

Website: (best viewed with
Chrome browser)

www.co.walworth.wi.us

Click: *Departments, Health &
Human Services, Adult Services,
Aging & Disability Resource
Center*

Some of the things you will find
on our web site are:

- Resources & services
- Hours of operation
- Menus for our 6 meal sites/
meal site locations & hours of
service
- Helpful links
- Aging & Disability Resource
Center (ADRC)
- Benefit information
- ADRC News
- Resource Directory

Email:
walcoadrc@co.walworth.wi.us

Find us on Facebook
[@WalCoDHHS](https://www.facebook.com/WalCoDHHS)



**Aging & Disability Resource
Center**

(262) 741-3400

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(262) 741-3400

Elder/Adult Abuse Referral

(262) 741-3200

Elder Benefit Specialist

(262) 741-3400

**Nutrition Program:
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Walworth County

Aging & Disability Resource Center News

Combating Senior Isolation During Winter



Winter weather across much of the country is keeping many people indoors more than we would like, and being stuck inside can be a particular problem for seniors living alone - putting their emotional, mental and even physical health at risk. Not only is it more difficult for the elderly to leave without risking dangers like the

cold, dangerous driving conditions and falls, it's also harder for visitors to reach them. Winter weather can also affect senior nutrition if someone is unable to leave the house and shop for food. Even more distressing is that loneliness and social isolation can occur.

How Loneliness Affects Senior Health and Well-Being

We often think of the elderly as residing with family, in a senior community or other shared housing situations, but according to the U.S. Census Bureau, the probability of living alone increases with age. For women, the likelihood of living alone is 32% for 65-74-year-olds, but this increases to 57% for those aged 85 years or more; for men, the corresponding proportions are 13% and 29%.

Isolation in the elderly can lead to some distressing health outcomes, and even increase the risk of death. A review published in *The Journal of Primary Prevention*, stated that "social isolation has been demonstrated to lead to numerous detrimental health effects in older adults, including increased risk for all causes of mortality, dementia, increase risk for re-hospitalization, and an increased number of falls."

What You Can Do to Combat Senior Isolation During Winter

The danger isn't necessarily solitude itself, but a subjective feeling of isolation, of lacking social engagement and face-to-face connections with others. Age-related

continued on page 2



The ADRC is located in the Health and Human Services building located at **1910 County Road NN, Elkhorn**. The hours of operation are from 8:00 a.m. to 4:30

p.m., Monday through Friday. To contact the ADRC of Walworth County, call (262) 741-3400, 1-800-365-1587 or e-mail us at walcoadrc@co.walworth.wi.us.



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Please note: Events in this newsletter are subject to change.



Martin Luther King Jr. Day Monday, January 17, 2022

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Isolation (continued from page 1)

health issues like vision loss, hearing loss or incontinence can increase this sense of isolation. So what can families and caregivers do to address the issue if we fear our loved ones are isolated? Here's a list of suggestions:

1. **Address Any Underlying Health Issues** - Whether it's arranging for the delivery of incontinence supplies or making sure your loved one has regular hearing or vision tests, being proactive about seniors' health can help them feel better on a day-to-day basis.
2. **Reach Out to Family, Friends and Neighbors** - If the weather makes it impossible for you to check on your senior loved one as much as you'd like, enlist the help of others who may be nearby and more easily able to visit. Can a neighbor knock on the door and check in? Don't forget to call or email your loved one often to keep those connections strong even when you can't visit in person.
3. **Prevent Senior Malnutrition with Food Delivery** - Seniors who live alone may be at greater risk of getting poor nutrition when the weather turns nasty. Consider getting food delivered by an online grocery service, or by an organization such as Meals on Wheels, which can provide not just nutritious food but social contact.
4. **Encourage Safe Transportation and Mobility** - Encouraging your loved ones to use the adaptive technologies they may need, from hearing aids to walkers, which can help them become more active and socially engaged. When it comes to getting outside the house, though, storms and snow can present a challenge. Give senior relatives rides when you can, or arrange safe transportation for them, whether it's senior-friendly public transit, an ambulance or paratransit service, or a taxi.
5. **Connect Older Loved Ones with Necessary Local Services** - You can contact your local ADRC office at (262) 741-3400 for more information on all services available.
6. **Consider Assisted Living or Respite Care** - Sometimes our loved one needs more care than we are able to provide, especially in cases where the weather throws a (literal) roadblock. One option in this case is to book your loved one into a short-term stay in a facility that offers respite care, so that their day-to-day needs are taken care of for the duration of their stay. However, if a senior requires ongoing help that is beyond your abilities this could be a sign they are ready for assisted living.



Energy Assistance

2021/2022 Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) is currently available. The assistance is a one-time payment during the heating season and funding pays a portion of energy costs. However, the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.



Who is eligible for energy assistance and weatherization assistance? Your household may be eligible WHEAP and WAP. If your household gross income is less than the amount shown on the chart on the right, you may be eligible for a benefit or services. Applications/ appointments for both programs are accepted at Energy Services, Inc. (262) 427-8505 or online at www.energybenefits.wi.gov.

All applicants must provide the following:

- ✓ Your most recent energy bill
- ✓ Photo ID and Social Security number(s)
- ✓ Written proof of your household's gross income for the previous month prior to your application

Income Guidelines for 2021-2022 Home Energy Assistance Program

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542

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 31st 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 2022 options.

From now until March 31st,

- ✓ 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 the Aging and Disability Resource Center for Walworth County at 262-741-3400.

STEPPING ON - Fall Prevention Class Offered

A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

**Tuesdays: February 1 - March 15
1 - 3 pm, Class Fee \$10**

**Aurora Lakeland Medical Center
W3985 County Rd NN, Elkhorn**

Pre registration Required, call (262) 741-3309



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parkside-delavan@oakbrookcorp.com

Weather Closings

During inclement weather, road conditions may prevent home-delivered meal delivery and require us to close the senior dining centers. If the Department should need to cancel these services for the day, the following television and radio stations will relay information concerning cancellation of the meals:

Channel 4 (WTMJ Milwaukee), Channel 6 (Fox6 Milwaukee), Channel 12 (WISN Milwaukee), Channel 58 (CBS Milwaukee)

WTMJ 620 AM, WTKI 94.5 FM, WOKY 920 AM, WISN 1130 AM, WLKG 96.1 FM, WSLD 104.5 FM, WSJY 107.3 FM, WKCH 106.5 FM, WFAW 940 am, WJVL 99.9 FM and WCLO 1230 AM



It is advisable to keep emergency food supplies on hand if inclement weather results in the cancellation of your meal.

Food choices to stock up on may include:

- Canned fruits and vegetables (in juice/ water or lower sodium and sugar - rinse if necessary)
- Canned tuna fish
- Fruit and vegetable juices
- Eggs and cheese
- Bread, crackers and peanut butter
- Canned soups/stews
- Frozen foods or TV dinners (look for lower sodium)
- Raisins or other dried fruits

Like It Or Not ... Winter Is Here

BE PREPARED

full tank of gas ice scraper/snow brush sand/shovel jumper cables
flashlight first aid kit cellphone charger
boots, gloves, blankets, warm clothes water/snacks

FOR WINTER DRIVING

Because you never know when you will encounter winter weather or emergency road closures

- **Safety First** – Avoid driving when roads are treacherous!
- **Clear it Before You Go** – Remove ice and snow from windows, lights and mirrors
- **Go Slow in Ice and Snow** – Relax and take it easy
- **Stay Focused** – Distractions can wait
- **You Cruise, You Lose** – Avoid cruise control in winter conditions
- **Keep Your Distance** – Stay 200 feet behind snowplows – Stop safely

511

Call 511 or visit 511wi.gov for real-time traveler information, including winter road conditions

DRIVE SAFELY



Dressing for Winter Weather.

- Wear a hat that covers your head, ears and neck as much as possible without creating a visibility, mobility or choking hazard.
- Keep eyewear from fogging up. There should be anti-fog wipes at your area first aid kit.
- Gloves should have enough insulation to keep you warm & prevent frostbite, but thin enough so you can feel what you are doing if you are manipulating controls or tools.
- Dress in layers of light weight clothing rather than one heaving piece of clothing.
- Your shoes or boots should have adequate tread to prevent slips and falls on wet or icy surfaces. You may need to wear one set of footwear from your car into work and change into the shoes that you want to wear during your work day and of course changing back into the, outdoor footwear when you leave the building.
- Walk slower and take smaller steps.
- Working/playing in cold weather, requires a lot of fuel, so remember to eat well and hydrate to prevent injury or illness.

Healthy Living *with* Chronic Pain



6 weeks. 4.5 hours. A lifetime of new opportunities.

Science has shown that the mind and the body are interconnected in the experience of pain. Our mind has an important influence over our body. Our emotions, feelings and thoughts directly influence our pain and how it affects us. Join the *Healthy Living with Chronic Pain* (HLCP) workshop to explore ways to better manage your chronic pain. Take the time to make the changes you want to make. You'll build your "toolbox", practice new concepts, and share your experience with others. You'll set your own goals and priorities. Week by week, you'll see what works for you and take steps toward healthier living.

What is *Healthy Living with Chronic Pain*?

This is a proven workshop...

- Designed for adults dealing with on-going (chronic) pain
- Teaches skills to effectively manage pain
- Improves energy, mental health, and quality of life!
- Decreases pain and dependence on others
- Better ability to understand pain, gain confidence, and use coping skills.

The workshop, facilitated by a trained leader, meets **for 45 minutes once a week for six weeks**. This workshop does not replace existing treatments but serves to complement a participant's medical treatment.

Topics Include:

- What is Pain?
- Sharing/Problem-Solving
- Setting short-term goals
- Healthy eating
- Stress & depression management
- Communication skills
- Tips for exercise and stretching
- Pain & fatigue management
- Mind & body connection
- Managing difficult emotions
- Planning and pacing
- Working more effectively with family, friends, and medical providers.
- Medication and treatment evaluation

Did you know?

- 100 MILLION Americans suffer from chronic pain.
- ONE IN TEN Americans has experienced pain every day for three months or more.
- 1.5 BILLION+ is the number of people worldwide who suffer from chronic pain.

You are not alone. Let's help each other learn & manage.

Cost *FREE*

Convenient, contact-free format via phone conference

Conference phone number and instructions will be provided prior to class.

Please call to register today!

800-499-5736 or visit aurora.org/events

Keyword: Pain



Class series runs every Monday, January 10 – February 14, 2022 10:00 – 10:45 a.m.

Open to Wisconsin residents age 18 or older

Each individual will need access to a telephone/cell phone and a CD player

To register: 800-499-5736 or visit aurora.org/events Keyword: Pain



Welcome New Program Staff

A season of new beginnings seems fitting to introduce myself and my new beginning here at the ADRC of Walworth County.

My name is Chetney Dudzic RDN, CD I am a registered dietitian and the new nutrition coordinator for the program. A “newbie” to Walworth County, my family and I moved to Elkhorn in early 2020 and have been loving our warm welcome into the community. My personal life is filled with chasing my busy kindergartener around and planning my wedding set for April of this year. I feel so lucky to be able to serve our community and I look forward to meeting many of you in the future!



EAT WELL, AGE WELL.

New Beginnings & Resolution Setting

How often have our New Year resolutions been set and broken within a few short weeks? I know mine have! Here are a few tips to help with setting positive goals that may reduce stress and negativity.


Try adding rather than subtracting How often do we hear ourselves commenting on “if I just ate less, I’d reach my goals”. Starting the year with a negative tone to our goals may lead to frustration and ultimate abandonment. Try spinning your resolutions in a positive light! For example, instead of cutting my portions in half or skipping meals, I’m going to **add** a green salad before eating my main entrée to eat more greens and reduce hunger.

Make goals S.M.A.R.T we all wish to keep our goals, but how vague are they? S.M.A.R.T goals are a goal setting technique that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime-bound. Instead of “I’m going to exercise more this year”, perhaps the goal can be “I am going to walk three days a week at 9 am for 30 minutes”. If the goal was set for every day for seven days a week and an hour and half walk, how easy would that goal be to meet? Be realistic to set up for success.

Find social support tell your loved ones about your goals, see if they might like to join you in reaching them. With connection and encouragement, we are more likely to stay focused on our resolutions and less likely to break them.

Every morning can become a new beginning If we make a misstep in our resolution, all is not lost. Refocus and start again! Try these muffins for a delicious start to the day that may align with your goals.

continued on page 10

Walworth County Lunch Menu				January
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	4 Spaghetti Meatball Marinara Peas Garlic Bread Grapes	5 Chicken Teriyaki Brown Rice Peppers, Onions, Snap Peas & Broccoli Mandarin Oranges Fortune Cookie	6 Salisbury Steak Baked Beans Wilted Spinach Wheat Bread Tropical Fruit	7 Breaded Cod Tartar Sauce Potato Pancake Coleslaw Rye Bread Pears
10 Shepherds Pie Whipped Potatoes Roasted Broccoli Wheat Bread Cinnamon Apple Sauce	11 Honey Garlic Chicken Brown Rice Black Beans & Corn Fruit Cocktail Rice Crispy Treat	12 Garlic Rosemary Beef Roast and Gravy Sweet Potatoes Green Beans Pineapple Wheat Roll	13 Smoked Sausage Braised Cabbage Roasted Potatoes Rye Bread Peaches Pumpkin Bar	14 Honey Dijon Chicken Thighs Baby Baked Potato Glazed Carrots Wheat Roll Tropical Fruit
17 Cheeseburger on Bun Tater Tots Green Beans Fruit Cocktail	18 Chicken Alfredo with Penne Pasta Carrots Broccoli Pears	19 Meatloaf Mashed Potatoes Butter Beans Cinnamon Apple Sauce Carrot Cake	20 Braised Riblets Sweet Potatoes Turnip Greens Cornbread Peaches	21 Garlic Butter Cod Parsley Red Potatoes Three Bean Salad Pineapple Chunks Pudding Wheat Roll
24 Italian Sausage Bun Fried Peppers Seasoned White Beans Mandarin Oranges	25 Oven Roasted Chicken with Mushroom Gravy Whipped Potatoes Spinach Wheat Bread Peaches	26 Apple Cider Pork Loin Potato Pancakes Roasted Broccoli Wheat Roll Cranberry Upside Down Cake	27 Hunter's Stew Potatoes Dill Carrots Rye Bread Warm Scalloped Apples	28 Orange Ginger Cod Lo Mein Noodles Broccoli Apple Slaw Edamame Vegetable Blend Mandarin Oranges Lemon Bar
31 Chicken Pot Pie with Potatoes, Peas and Carrots Wheat Bread Pears Chocolate Pudding				

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 (262) 903-9389
 Serving T, Th
 11:30 am
OPEN FOR DINING

Elkhorn
 Sedgemoor
 Apartments
 18 West St.
 (262) 723-2867
 Serving M-F
 11:30 am
OPEN FOR DINING

Lake Geneva
 The Terraces of
 Geneva Crossing
 725 S. Curtis St.
 (262) 248-8085
 Serving M-F
 11:30 am
OPEN FOR DINING

Whitewater
 Brookdale Manor
 1061 Blackhawk Dr.
 (262) 903-0436
 Serving M-F
 11:30 am
OPEN FOR DINING





Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation amount is posted at the meal site. Those unable to contribute will still be welcome at the site. For more information, call (262) 741-3333 or 1-800-365-1587, ext. 3333. **Reservations are required.** You may reserve a meal by calling your meal site coordinator before 11:30 a.m. one (1) business day in advance. If she cannot be reached, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.

Healthy Breakfast Ideas



Image by MorningPhoto from Pixabay

As we focus on the theme of new beginnings in the New Year, each morning can become a mindful way to start the day in a healthful way. Do you find yourself asking, should I have cereal or toast for breakfast today because you are tired and don't feel like making anything that requires much energy or thought? Here are some ideas to kick start your goals and are easy, yet nutritious ideas to help you change things up.

-  Greek yogurt is packed with protein. Stir in some fruit, flaxseed, chia seeds, or nuts if you like to boost fiber and add even more protein.
-  Instant Breakfast Milk Shake: Combine and mix well: one packet instant breakfast mix, one cup whole milk, half and half, or reduced fat milk and 1/2 cup ice cream. Add a little coffee for a flavor boost.
-  Add peanut or nut butter & fruit to smoothies, stir into hot cereals, or use on toast, pancakes, waffles, or French toast. Top with an egg for 6 more grams of protein.
-  Cottage Cheese: Whip it up in the blender and add to smoothies or hot cereal or flavor with some herbs or spices and eat on a bagel or English muffin. It's great topped with chives and a little pepper.



Applesauce Oatmeal Muffins

Dry Ingredients:

- 1 ½ cup old fashioned oatmeal
- 1 teaspoon baking powder
- ¾ teaspoon ground cinnamon
- 1 ¼ cup flour
- ¾ teaspoon baking soda
- ½ cup packed brown sugar

Wet Ingredients:

- 1 cup unsweetened applesauce
- ½ cup skim milk
- 3 Tablespoons vegetable oil
- 1 egg white, lightly beaten

Heat oven to 400°F. Line 12- medium muffin cups with paper or spray bottoms with cooking spray. Combine dry ingredients in large bowl. In smaller bowl, combine wet ingredients; blend well. Add wet ingredients to dry ingredients and stir just until dry ingredients are moistened. Fill muffin cups almost full. Sprinkle with topping (below). Bake 20-22 minutes or until deep golden brown. Cool on wire rack 5 minutes before removing from pan.



TOPPING: Combine ¼ cup old fashioned oats, 1 Tablespoon packed brown sugar, 1 Tablespoon melted butter, and a dash cinnamon to form a crumb-type mixture.

Quality home health care



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Walworth County Aging & Disability Resource Center, Elkhorn, WI

B 4C 01-1248

Winter Word Search (Answers on page 15)

HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
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M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
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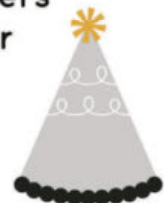
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers





THE GRANDPARENT SCAM

WHAT YOU NEED TO KNOW

WHAT IS IT?

The "Grandparent Scam" is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer.

Financial losses from this scam are usually several thousand dollars per victim

HOW DOES IT HAPPEN?

A grandparent receives a phone call or email from someone claiming to be their grandchild*. The criminal states that he or she has gotten into a bad situation while in a foreign country and asks for money to be wired ASAP.

**Criminal may claim to be a police officer, lawyer, doctor, or other person.*

RESIST the pressure to act quickly.

CONTACT your grandchild or another family member to determine whether the call is legitimate.

NEVER wire money based on a request made over the phone or in an email, especially overseas.

IF YOU HAVE BEEN SCAMMED...

1. Contact your local law enforcement or state consumer protection agency.
2. File a complaint with Internet Crime Complaint Center (IC3):
<http://www.ic3.gov/default.aspx>



Created by:

The National Center
on Elder Abuse

www.ncea.acl.gov

ADDITIONAL RESOURCES

http://www.fbi.gov/news/stories/2012/april/grandparent_040212

<http://www.aarp.org/money/scams-fraud/info-07-2012/scams-target-grandparents.html>

NCEA

National Center on Elder Abuse

Telecommunications Assistance Program (TAP)



The Telecommunications Assistance Program (TAP) provides financial assistance to low-income individuals in Wisconsin who are hard of hearing, Deaf, or DeafBlind. TAP funding can be used to purchase specialized telecommunications equipment or to cover copay costs associated with the Telecommunications Equipment Purchase Program (TEPP). TEPP helps people with disabilities buy specialized equipment they need in order to use basic telephone services. This program is run through the Public Service Commission of Wisconsin. TEPP's eligibility guidelines and application procedures are separate from TAP.

Program Options:

- ◆ Copay assistance covers the \$100 copay cost required by TEPP. This assistance is available through the Public Service Commission of Wisconsin for the purchase of distance communications devices.
- ◆ TAP Plus works in combination with copay assistance by provide up to \$150 of additional funding to cover out-of-pocket costs.
- ◆ Hearing Aid Assistance provides up to \$250 towards the purchase of new telecoils or Bluetooth-enabled hearing aids and cochlear implant external processors.
- ◆ Equipment purchase assistance provides up to \$250 for the purchase of approved specialized telecommunications equipment to applicants who are not applying for the larger TEPP assistance voucher.

Program Eligibility:

To be eligible to receive assistance from any of the TAP options, you must:

- ✓ Be a Wisconsin resident.
- ✓ Have a documented hearing loss.
- ✓ Purchase only from a list of approved items and vendors.
- ✓ Have a household income that is not more than 200% of the federal poverty level.

Note: Additional eligibility criteria apply to specific programs. Please visit the TAP webpage or contact the TAP coordinator for more information.

Contact TAP

Wisconsin Department of Health Services
 Bureau of Aging and Disability Resources
 1 West Wilson Street, Room 551, Madison WI 53703
 Phone: 608-267-7195
 Email: dhstap@dhs.wisconsin.gov
 Website: dhs.wisconsin.gov/odhh/tap.htm

Contact TEPP

psc.wi.gov/pages/programs/tepp.aspx or contact the Public Service Commission at
 Phone: 608-231-3305
 Videophone at 608-234-4781
 Email: pscrecordsmail@wisconsin.gov



WALK SAFE

DO THE PENGUIN WALK
Walk like a penguin on ice to stay healthy and avoid a fall and possible injuries

- Use hand rails
- Avoid talking on cell phones
- Wear proper foot wear
- Maintain your center of balance
- Take steps slowly

HEALTH & HUMAN SERVICES
WALWORTH COUNTY, WI

Answers to page 12



V	L	N	K	V	K	L	F	H	R	A	Y	R	I	A	V					
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**** Please check to see if groups are meeting. Many may meet virtual or have other options available****

Alzheimer's/Dementia

Caregiver Coffee Club

Meets virtually on the first Wednesday of the month, 10-11:30 am. For more information, please call (262) 605-6646.

Family Caregiver Lunch Bunch

Meets virtually on the first Thursday of the month, 12-1 pm. For more information, please call (262) 605-6646.

Dementia Caregiver Support Group - Lake Geneva

Meets in-person on the third Thursday of the month, 2:30-4 pm. Immanuel Lutheran Church, 700 N Bloomfield Rd. Call Cindy at (262) 210-9783 for more information.

Dementia Caregiver Support Group - Burlington

Meets the 2nd & 4th Wednesday, 11:30 am-1 pm, Burlington Senior Center, 587 E State St, Burlington. \$2 donation requested. Contact Joyce at (262) 763-8389.

Memory Café

An opportunity for individuals with mild cognitive impairment/early-stage Alzheimers, or other types of dementia, & their care partners to meet in a safe supportive environment.

Walworth County Memory Café

Meets the 1st Friday of the month. To register, or for information please call (262) 741-3273 or email walcoadrc@co.walworth.wi.us January 7th - 10:30 am. Location: ADRC, 1910 County Rd NN, Elkhorn

Lakeshore Memory Café

Meets at the Matheson Memorial Library (Elkhorn), 1:30-2:30 pm. Second Wednesday of the month. For more information, please call (262) 741-3241 or email walcoadrc@co.walworth.wi.us.

Burlington Area Memory Café

Meets the third Friday of the month, 9:30-11 am. To register, contact Chad at (262) 212-3596 or email csutkay@touchinghears.com

Alzheimer's/Dementia

Alzheimer's Association

1-800-272-3900, www.alz.org

Support Groups

Contact the Alzheimer's Association for the time and location of other support groups that are currently being held.

Family Education Programs

Open to families, caregivers & the general community. Presented by Alzheimer's Association staff member or trained community educator.



Asperger's/ASD

Southeastern Wisconsin Asperger's– ASD Support - Meets 4th Monday, 6-7:30 pm at Matheson Library, Elkhorn. Support group for caregivers and those affected with ASD (over 18 years of age). Contact Linda at (262) 960-1343 for info. Refreshments & resources provided.

Fibromyalgia

Burlington: Fibromyalgia Support Group – Meets at Aurora Burlington, Café A/B, 6-7:30 pm. Registration required. Call Dawn at (262) 971-9317.

Grief/Bereavement

Fort Atkinson: Fort Atkinson Area Grief Evening Support Group – Meets the first and third Tuesday from 6:30-7:30 pm at Dwight Foster Library, 209 Merchants Ave. Contact Angie at (619) 222-9624.

Lake Geneva: Harbor of Hope Grief Support – Meets the first Tuesday at 3 pm at Aurora Health Center. For more info contact Harry at (262) 729-0331.

Multiple Sclerosis

National Multiple Sclerosis Society - Wisconsin Chapter - Information and referral, financial assistance, peer support and education. (800) 344-4867 www.nationalMSSociety.org

Parkinson Disease

American Parkinson Disease Association - Wisconsin Chapter - Referral center for individuals, families and the community. (608) 345-7938 www.wichapterapda.org

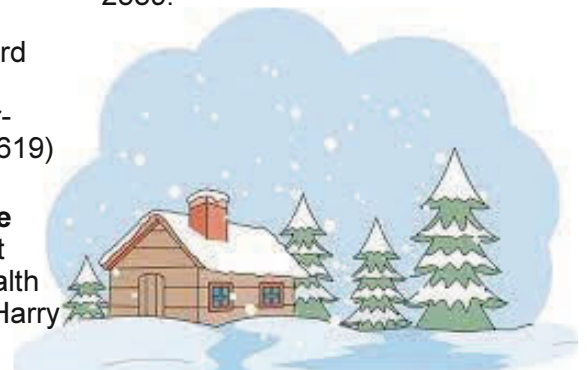
Wisconsin Parkinson Association - Providing hope, community, support and resources for people with Parkinson's and their loved ones. (414) 312-6990 www.wiparkinson.org

Respiratory Support Group

Respiratory Support Group - Held the 3rd Tuesday monthly at Aurora Medical Center Burlington, Café A/B from 6:00 – 7:30 pm; Registration is required. Please call 800-499-5736 or visit aurora.org/events select category "Support Group".

Stroke

Stroke Support Group - Meets the third Monday at 1 pm at Aurora Lakeland Medical Center, Elkhorn. Contact Heidi Barnes at (262) 741-2539.



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(262) 728-2500

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515 Center St. • Lake Geneva
(262) 248-2320

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gwaar.org/senior-medicare-patrol

WisconsinSeniorMedicarePatrol



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Steven A. Koch
James B. Duquette
Ashley L. Renz
Leah M. Birch
David A. Rasmussen

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Walworth County Aging & Disability Resource Center, Elkhorn, WI

C 4C 01-1248

Community Calendar

Senior Travel Club

The Senior Travel Club of Walworth County meets the first Friday of the month at 10 am. at the Como Community Church, W3901 Palmer Rd, Lake Geneva. New members are welcome at any time. Social distancing and face masks are required at the meetings. For more information call (480) 463-6782.

TOPS Club

TOPS Club (Take Off Pounds Sensibly) - A weight loss support group. Yearly membership required.

Delavan - 8:30-10 am, Delavan United Methodist Church, 213 S 2nd St, Use side door off Wisconsin St., Delavan. For info contact Donna, (262) 728-9370.

Lake Geneva - 5:45 pm at Anchor Covenant Church, 1229 Park Row, Lake Geneva.

Walworth - 8:30-9:30 am, Immanuel Church of Christ, 111 Fremont St.

Call Sue at (262) 203-5612 for more information.

Lake Como Woman's Club

Lake Como Beach Woman's Club

Meetings are held the 1st Tuesday, **March thru Nov**, 6:30 pm at the Lake Como Clubhouse, W3730 Clubhouse Drive.

Cards and Bunco. Meets the 2nd and 4th Wednesdays, **March thru Dec**, Noon, at the Lake Como Clubhouse, W3730 Clubhouse Drive. Refreshments served.

Call Helen at (262) 203-5585 for more information.

Silver Screen Movie Club

Returning Soon!

Join us on the first Thursday morning of each month for **FREE** movies at the Geneva Theater, 244 Broad St., Lake Geneva.

Stay tuned for more info!

Card Playing Groups

Wednesdays

Senior 500 card players meet at Culver's, 1000 N Wisconsin St, Elkhorn. 9-11:15 am. For more information contact Jan at (262) 742-2519.

Thursdays

Elkhorn Senior Citizens Card Club plays bridge and 500 at the Matheson Memorial Library, 101 N Wisconsin, Elkhorn. 11:30 am-2:30 pm. All are welcome, no pre-registration required. For more information contact Jan at (262) 742-2579

Art Therapy Open Studio

Open Studio is designed to aid group members in self-expression, relaxation, and personal growth.

Open to all current and past patients, companions, and caretakers. Facilitated by a credentialed Art Therapist. Art experience is not necessary. All supplies are provided. Held the 2nd and 4th Monday of the month from 3:00-5:00 pm at the Aurora Wellness Center, 300 McCanna Pkwy, Burlington. Registration is required. Call 800-499-5736 or visit aurora.org/ events keyword "Art".

Matheson Public Library

Learn How to do Cross Stitch at the Matheson Memorial Library! Thursday, January 13 and 20, 2022 from Noon to 1:30 p.m.

This is a beginner's class, developed for those who have never done cross stitch before. The first class will be used to learn how to read the pattern and begin stitching; participants will take their project home to work on it and bring it back for the second class in which they will learn how to finish and make it suitable for hanging. All materials will be provided, but space is limited to 10

Volunteer Opportunities

Walworth County

Volunteer opportunities throughout Walworth County - meals on wheels, volunteer guardian, friendly visitor, activity assistant, classroom aid, master gardener, on-call clerical support and many others. Many opportunities await you. Call Colleen Lesniak, Volunteer Coordinator, to get started. (262) 741-4223

ALS

ALS Association - Wisconsin

Chapter - ALS Care Service Team, support groups, equipment loan program. (414) 763-2220 www.alsawi.org

Violence

New Beginnings

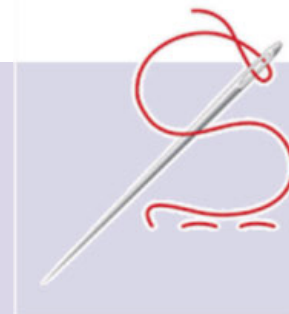
24-hour hotline, support groups, individual counseling, restraining orders & other legal advocacy. Elder abuse advocacy, medical & housing advocacy, help finding emergency shelter and info about other community resources

Women's Domestic Violence Support Group

- For women who are currently in or have been in an abusive relationship and want to recover from the trauma. Held at New Beginnings, 20 N Church St., Elkhorn. Two ongoing support groups; both are held on Mondays, 4:30-5:30 p.m. or 6-7 p.m. Call (262) 723-4653 for more information. (Group is currently on hold)

participants and registration is required. Please register by calling 262-723-2678 or

by visiting our online calendar to reserve your spot. Registrants must also complete a form to choose which design.



Aram Public Library

Featured Programs	
“Unexpectedly Agatha,” a chat with Agatha Christie as portrayed by Chris Brookes. In person at the library.	Friday, January 21 1:00 p.m.
Travels with APL – Coffee Plantation Tour. Tour guide Alejandro Cano takes us through the mountains of Costa Rica to a working coffee plantation to learn how coffee is grown and produced. View this program virtually in the library or via Zoom. Please register if you’d like the Zoom link for home viewing.	Friday, January 28 10:30 a.m.
Aging Well Series	
Friday Card Games – 1 st Friday of each month	January 7 @ 10:30 a.m.
Organizing Stuff – your desk, your house, your life -- with professional organizer Jennifer Raschig. Leap into the new year by organizing your home to create restful spaces and present your best self every day. In person at the library.	January 14 @ 10:30 a.m.
Book Clubs – Virtual and in-person. Please register.	
Thursday Night Book Club: <i>They Called Us Enemy</i> by George Takei	January 6 @ 6:30 p.m.
Social Justice Book Group: <i>Nomadland: Surviving American in the Thenty-First Century</i> by Jessica Bruder	January 12 @ 2:00 p.m.
Guilty Pleasures Book Club: (TBD)	January 24 @ 6:00 p.m.
Arts & Crafts	
Adult Make and Take Crafts: Each craft bag will contain supplies and instructions to make a seasonal craft	Beginning January 3
Crafting with Susan: Limited to 10 people. Please register. Craft is the same both days.	January 10 @ 5:30p.m. January 13 @ 5:30 p.m.

Walworth Memorial Library

525 Kenosha Street, Walworth, WI, www.walworth.lib.wi.us
 Monday & Wednesday 10:00 a.m. – 8:00 p.m.
 Tuesday, Thursday, Friday and Saturday 10:00 a.m. – 5:00 p.m.
 (262) 275-6322

The library offers numerous links for crafts, education, movies, magazines and more through our website – check out the resources page. There’s always something fun going on at the library, and of course the best thing of all is access to all those wonderful books!

Take Home Crafts for the Kids and Hanging Out with Miss Patti - an interactive Facebook Group for children and their families

Tuesday Morning Movies, the third Tuesday of the month at 10:10 am. in the library's Community Room





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

1910 County Road NN
Elkhorn WI 53121

(262) 741-3400
(800) 365-1587

Website:

www.co.walworth.wi.us/376/Aging-Disability-Resource-Center (best viewed in Chrome)

Email:

walcoadrc@co.walworth.wi.us

ADDRESS SERVICE REQUESTED

Welcome to Medicare Workshops

If you will become eligible for Medicare soon, it may be beneficial for you to attend one of the Medicare workshops being offered.

Don't want to or cannot attend in person? You can still receive assistance with your transition to Medicare. Contact the ADRC of Walworth County to receive information by mail with the option for an in-depth one on one phone conversation by one of the Elder Benefit Specialist staff. The information you will receive will cover what you need to know about your Medicare benefits, options, insurance coverage and medication coverage.

If you have questions or need assistance with your Medicare benefits, contact Julie Juranek at (262) 741-3400 or 1-800-365-1587. Interpreters will be provided upon request.*

2022 Welcome to Medicare Workshop Schedule

February 17, 2022

In – person

1-2:30 pm

or

6-7:30 pm

**Pre-registration
is suggested**

due to space limitations
(262) 741-3212

