

**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

Website:
[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 Waukesha County
(NAMI)**

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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Focus on Your Wellness

August is National Wellness Month. So, what does wellness mean? The definition may mean something different for each individual, depending on what part of themselves they want to work on and become healthier. For some it may mean exercising more or drinking more water. Maybe you want to meditate or learn Tai Chi. The possibilities are endless, but there are three areas experts encourage people to focus on this year. First is self-care, secondly managing stress, and lastly promoting healthy routines.

Some ideas for small changes in your lifestyle that can have huge health rewards are:

- ✓ Increase your water intake.
- ✓ Add more fruits and veggies to your meals.
- ✓ Monitor your sleep and make adjustments for better sleep habits.
- ✓ Join a yoga, walking, or aerobics class.
- ✓ Learn to meditate.



Research has shown that self-care helps with managing stress and promotes happiness. A recent study from Colorado State University has found that people over age 60 who take a brisk walk at least three times per week can improve memory and thinking. The research shows that brisk walking refreshes the white matter in the brain. People who participated in the study performed better on memory tests. Exercise is also shown to stave off dementia in some people.

Take some time this month to be good to yourself, and make some small changes to a healthier, happier you. You deserve it!

MedicAlert Awareness Month

August is National MedicAlert Awareness Month. Founded in 1956, MedicAlert Foundation is recognized for developing the first national medical ID system. It all started with the simple idea that sharing critical medical information in an emergency could save and protect lives. That idea has since grown into a multinational organization, saving and protecting lives.

In 1953, a 14-year-old girl cut her finger, deep enough to need stitches. When she arrived at the hospital the attending physician took the normal course of action, administering a shot of tetanus. The girl went into anaphylactic shock and nearly died. Fortunately, she survived the incident, and three days later returned home unharmed.

That girl was Linda Collins, daughter of Dr. Marion and Chrissie Collins. Dr. Collins knew he needed to find a way to communicate Linda's potentially fatal allergy in an emergency. Whenever Linda traveled, he attached a paper bracelet to her wrist listing her allergies, to avoid a recurrence of the incident that almost killed her.

When Linda went away to college in 1956, Dr. and Mrs. Collins realized that they needed to do more to protect their daughter. They began thinking about a more durable solution. Dr. Collins commissioned a jeweler to create a medical identification bracelet for Linda. He chose an emblem with the staff of Aesclepius, the Greek god of medicine, and engraved Linda's allergies on the back of the bracelet. At college, Linda's bracelet drew a lot of attention. That's when a father's simple idea to protect his daughter from a potentially fatal allergy changed the course of the medical world.

As a physician, Dr. Collins knew that people with chronic medical conditions needed a way to communicate their information in an emergency. He quickly saw that a medical ID could be a life-saver for people with severe allergies – but also for many other conditions such as asthma, diabetes, heart disease, seizure disorders, and dementia.

Dr. Marion and Chrissie Collins created MedicAlert Foundation in 1956, the country's first universal symbol of medical identification. The organization's mission, then and today, is simple: to save and protect lives by sharing vital medical information in our members' moments of need.

By alerting first responders and emergency medical personnel to a person's allergies or chronic medical conditions, Dr. Collins knew he could improve the ability of first responders to provide fast, accurate care. Realizing the potential of his idea, Dr. Collins said, "I think I can save more lives with MedicAlert than I ever can with my scalpel."

He designed a system where MedicAlert stored data on each person wearing a MedicAlert ID. Beyond the vital information on their ID, the health profile keeps track of all medical conditions, allergies, medications, implanted medical devices, and other patient instructions. In an emergency, first responders call MedicAlert's toll free number, and a team of professionals relay the important information about the MedicAlert member in their care.

In the beginning, these records were hand-written in thick logbooks, and the phones were answered by the Collins family in their living room. Today, MedicAlert stores member health profiles in state-of-the-art HIPAA-compliant servers, and users can update their profile online at any time. What hasn't changed is that the emergency response team is still on call 24/7 to aid members and first responders.

You may want to consider getting a Medical ID if:

- You have a severe or fatal allergy to a medication/food.
- You have a loved one with Alzheimer's or dementia.
- You experience epilepsy/seizures.
- You want your health directives and end-of-life care wishes known (DNR, Power of Attorney).

There are many different types of Medical IDs. MedicAlert is only one of the options. You may call the ADRC of Waukesha County for more information about Medical IDs and other ways to remain independent in your home at 262-548-7848 between 8am-4:30pm Monday through Friday.

<https://www.medicalert.org/>



The Caregiving Rollercoaster



Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are happy and fulfilled as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Frustration and guilt often follow. Then your loved one thanks you for all the work you do, and you feel love and joy once more. These emotional ups and downs often occur over the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one, and it can be easy to let the negative feelings get control. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all the benefits of caregiving:

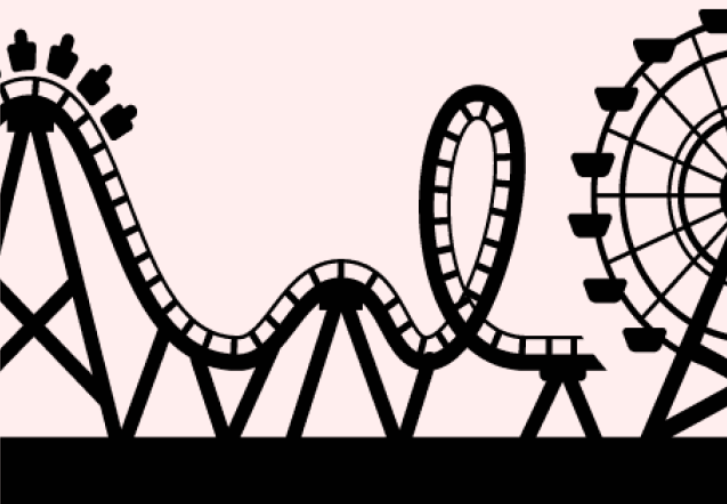
- Being able to spend more time with someone you love.
- Feeling enhanced self-worth and a sense of achievement for helping someone.
- An opportunity to "give back" to someone important.
- Having an increased sense of purpose in life.

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear, and guilt. Some early warning signs of these feelings may be tension, headaches, and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can help keep negative emotions at bay:

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for a while.
- Focus on the good things.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group, or to distribute tasks to family members or friends.



Negative emotions may not be pleasant, but they don't have to control you. Learn to recognize the warning signs, calm yourself, and initiate change to keep the negative emotions away.

Life as a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Questions and Answers about Medicare Savings Programs and Extra Help

Understanding Medicare can be challenging! But it is worth the effort to learn how to make the most of your Medicare options. It is also important to learn about the Medicare related benefit programs that can save you money if you qualify. The Medicare Savings Programs and Extra Help for Medicare Part D assist eligible people with their Medicare costs and Part D prescription drug costs. Read these frequently asked questions and answers to see if these programs could help you or someone you know.

What are Medicare Savings Programs? Medicare Savings Programs assist seniors with limited incomes and assets to pay for some or all of Medicare's premiums, deductibles and co-pays.

What do Medicare Savings Programs help pay for? Depending on your income, they will pay for the Part B premium and possibly Part A and B deductibles and co-payments.

What is the Part B premium? Unless you are already on a special program, most people with Medicare have the Part B premium automatically deducted from their Social Security checks each month. In 2021, the standard Part B premium is \$148.50.

How low does my income need to be in order to qualify for Medicare Savings Programs? The 2021 monthly income limit for an individual is \$1,449 per month or for a couple the limit is \$1,959 per month.

What is counted as income? All of your income is counted including social security, pensions, annuities, veteran's benefits, rental income, etc. Also, you must include the amount that is automatically withdrawn from your social security check to pay for the Medicare Part B premium as part of your income.

What are the asset guidelines to be eligible for the program? Individuals must have assets or resources less than \$7,970 and couples must have assets below \$11,960.

What exactly qualifies as an "asset?" Your assets include money in checking accounts, savings accounts, CD's, stocks, bonds, mutual funds, IRA's, investments, cash and any real estate other than your home.

Does my house or car count as an asset? The house you are living in and your car are not counted as assets.

What is "Extra Help" for Part D? Extra Help – also known as Low Income Subsidy (LIS) - is a program that helps people with limited income and assets pay for the premiums, deductibles and co-pays for their Medicare Part D prescription drug insurance. Just like the Medicare Savings Programs, your income and assets are considered for determining how much help you can get.

How much income can I have and still qualify for Extra Help? Your income can be up to \$1,610/month for an individual or \$2,177/month for couples.

What is the asset limit to be eligible for Extra Help? Individuals can have up to \$13,290 and couples can have up to \$26,520.

If I don't qualify for Extra Help can I still get Part D drug coverage? Yes. Whether or not you qualify for Extra Help does not affect your eligibility for a Part D plan.

If my income is low enough but I am over the asset limit, are there any other programs I can qualify for? Senior Care is a low-cost prescription drug program that considers only your income -- not your assets. You may want to check out this program if you are over the asset limit for Extra Help but still have limited income.

I think I meet the qualifications! How do I apply for the program? Contact an Elder Benefit Specialist at the ADRC for more information about these programs. They will guide you through the application process.

It looks like I am just a little over the income and asset limits. Does it pay to look into this further? YES! The benefit specialists may be able to help identify some things that are not counted toward the limits, such as money set aside for a burial account. If you are close to the qualifying guidelines you should call 262-548-7848 to ask specific questions or to make an appointment.



From the Desk of Your Benefit Specialist

Stay Healthy with Medicare's Preventive Services

The best way to stay healthy is to live a healthy lifestyle. This includes exercising, eating well, keeping a healthy weight, and not smoking. Medicare's preventive services provide another important way to stay healthy. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. If you have Medicare Part B, you'll be able to get many of these preventive services at no cost to you.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring. There is no cost for many preventive services if you get them from a qualified doctor or other health care provider who accepts assignment. For some preventive services, you might have to pay a deductible, coinsurance, and/or copayment. These amounts vary depending on the type of services you need and the kind of Medicare health plan you have.

Preventive services are an important step in promoting your good health. Talk with your doctor or health care provider to find out what tests or other services you may need, and how often you need them to stay healthy.

Find more information at www.Medicare.gov or in your *Medicare & You 2021* handbook.

For local assistance with questions about Medicare or related programs, contact the ADRC of Waukesha County at 262-548-7848.

Turning 65?
Need Medicare?

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month.

Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Eat Smart, Move More, Weigh Less

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Class Details: The next 15-week virtual series begins the week of August 8th.

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Boost Your Brain & Memory

Dementia is not a normal part of aging. Although genetics do play a role in whether or not we may develop dementia, studies prove that how we live our lives plays an even larger role. Boost Your Brain and Memory is a unique program that offers a whole-person approach to brain health. Each of the eight weekly sessions explores how different facets of living life affect our brain health. Participants learn how physical activity, emotional wellness, intellectual activity, nutrition, spirituality, and social connectedness help keep our brain healthy and well-functioning.

Class Details: This workshop will meet in-person at Stoney Creek Adult Community, S69W14142 Tess Corners Drive, Muskego, WI 53150. Sessions will be held on Wednesdays, September 1 – October 20, 2021 from 9:30 am – 11:00 am.

Contact: Register by contacting Stephanie at Stoney Creek: (414) 422-4686

Stepping On

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

Class Details: This workshop will be held in-person at Learning in Retirement of Waukesha County (LIRWC), WCTC, Waukesha Campus, 327 E. Broadway, Waukesha, WI 53186. Sessions will be held on Mondays, September 13 – October 25, 2021 from 1:30-3:30 pm.

Contact: Register by contacting the LIRWC office: (262) 695-3473 or lir@wctc.edu

HARVEST OF THE MONTH

The “Harvest of the Month” program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For August, the highlighted produce item is Bok Choy! Check out the Live Well website for more information and featured recipes.



To learn more and sign up for the monthly

e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



FIT in the Parks is Back!

Summer isn't over yet! Get out there and enjoy the season by participating in our FIT in the Parks activities! Learn more at www.waukeshacounty.gov/LiveWell

FUN ACTIVITIES TO TRY

- ◇ Foam Rolling
- ◇ Pickleball
- ◇ Barre Fitness Mat
- ◇ Yoga
- ◇ Stand Up Paddle Boarding

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available through the Aging & Disability Resource Center (ADRC) until September 30th. Available while supplies last!

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.

Because of the COVID-19 pandemic, applications and vouchers are being distributed through US Mail or by fax this year.



For an application or more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.

Dear Ina,

I am on a limited income and I can't afford any kind of dental insurance. Unfortunately, I have been having some really awful tooth pain the past few weeks and it is only getting worse. I know I need to go to the dentist, but I'm afraid the bill will be outrageous. Are there any free, or low-cost, dental options for seniors in Waukesha County who don't have insurance?



Sincerely,

Pearl E. White

Dear Pearl,

It can be difficult to find affordable dental care. However, the Wisconsin Dental Association offers the Donated Dental Services Program, which may provide help to qualified applicants. There is usually no cost to qualified applicants, but those who have the ability to pay something may be asked to do so.

The following criteria must be met to be eligible:

- A person must live in the county where the services would be received; and
- The applicant must be disabled or 65 or older; and
- A person cannot have dental insurance of any kind (including Medicaid, a Medicare plan, or private insurance); and
- The applicant must have limited income.

To start the process, an interested person should complete and submit the application. Applications can be downloaded from the WDA website at www.wda.org. You can also call 414-755-4188 or 888-338-6852 to have an application sent to you. The application has 5 pages. Receipt of a written application does not guarantee treatment. A phone interview will be conducted after a completed application is received. The applicant will be asked questions to determine his/her financial situation and dental needs. If an applicant is accepted into the program, she will be put on a waiting list until a volunteer dentist becomes available. The number of people on a waiting list varies by county.

The dentists volunteer their services. They can decide to accept or reject patients who have been referred to them. The patient may be asked to schedule a face to face appointment to assess their dental needs before they are accepted as a patient. There is no guarantee that services will be provided. The dentist will determine the treatment plan; once the agreed upon services are completed, the dentist is under no obligation to provide further services. This program does not provide lifetime dental care. The dentists do not donate routine cleanings or examinations after the initial treatment plan is completed.



Other free or low-cost dental options in Waukesha County:

- Lake Area Free Clinic - (262) 569-4990
- Waukesha County Community Dental Clinic - (262) 522-7645
- WCTC Dental Hygiene Clinic - (262) 691-5224
- Wisconsin Donated Dental Services - (414) 755-4188

Check out the ADRC Resource Guide for additional resources.

www.waukeshacounty.gov/HealthAndHumanServices/adrc/ResourceGuide/



TOKYO 2020



Tokyo 2020 (東京2020), is an upcoming international multi-sport event scheduled to be held from July 23 to August 8, 2021 in Tokyo, Japan. Originally scheduled to take place from July 24 to August 9, 2020, the event was postponed in March 2020 as a result of the COVID-19 pandemic and will be held largely behind closed doors with no spectators permitted under the state of emergency. Despite being rescheduled for 2021, the event retains the Tokyo 2020 name for marketing and branding purposes. This is the first time that the Olympic Games have been postponed and rescheduled, rather than cancelled. The Summer Paralympics will be held between 24 August and 5 September 2021 after the Olympics. The 2020 Games will mark the second time that Japan has hosted the Summer Olympic Games, the first being also in Tokyo in 1964, making this the first city in Asia to host the Summer Games twice.

The 2020 Games will see the introduction of new competitions including 3x3 basketball, freestyle BMX, and madison cycling, as well as further mixed events. Under new policies, these Games will see also karate, sport climbing, surfing, and skateboarding make their Olympic debuts, as well as the return of baseball and softball for the first time since 2008.

The opening ceremony began on July 23rd and the closing ceremony will be August 8th. Tune in to see some amazing competition! NBC will be the exclusive Olympics broadcaster on television in the U.S. On Roku or Amazon Fire, connect to

the official Olympic Channel to watch the games. To help you plan your viewing as the Games get underway, the official Olympics website has a handy competition schedule that makes it easy to see which sports will be holding a competition on which days, as well as when all medal events will take place:

<https://olympics.com/tokyo-2020/olympic-games/en/results/all-sports/olympic-schedule.htm>.

International Overdose Awareness

International Overdose Awareness day is August 31, and this is the 20th anniversary of this day being recognized around the globe. Hundreds of events take place each year on this date in over 30 countries. Annually, 500,000 people die from drug overdoses around this globe.

In 2019 more than 71,000 people in the United States passed away from drug overdoses which set a record. In 2020 that number grew by an increase of 29.4% or 93,000 lives lost according to preliminary data from the Center for Disease Control.

These lives lost has continued to grow year after year for nearly a half century. The drug fentanyl appears to be a driving force in deaths the past two years. Small amounts of this drug, as little as 2 milligrams can be lethal and since it is available on the illicit drug market has made it more accessible. While fentanyl is linked to 3 out of 5 deaths nationwide, other drug overdose deaths from methamphetamine, cocaine and prescription pain medications continued to increase last year. The added stress of isolation last year, compounded these issues for many struggling with addiction.

Most experts agree that the numbers in 2022 will not be as high as they were in 2021 but the numbers are still expected to be high. These deaths are preventable and as we publicly mourn those who have been lost to a drug overdose on this day, we can also do our part to try and change this deadly trend.

Talk with your children or grandchildren about the dangers of drug use or spread the word on social media at #OverdoseAwareness to help educate others or post a tribute to someone you lost.

If you are struggling with addiction, please call 211 for local assistance.

Please join us for the
Library Memory Project

Family Day

Sunday, September 26, 2021
1:00-4:00 p.m. (drop in anytime)

Retzer Nature Center
S14 W28167 Madison St.
Waukesha, WI 53188

We invite those living with memory loss, and their care partners and families, to attend our **free** family-friendly outing, which will include a planetarium show, crafts, paved hiking trails, refreshments, and more. We hope to see you and your family there!

RSVP preferred by Friday September 20

- Call Bridges Library System at 262-896-8080
- Or sign up at:
[Bridgeslibrarysystem.org/events/family-day](https://bridgeslibrarysystem.org/events/family-day)

Sponsored by the Aging and Disability Resource Center of Waukesha County and with funding from the 100+ Women Who Care – MKE Metro West



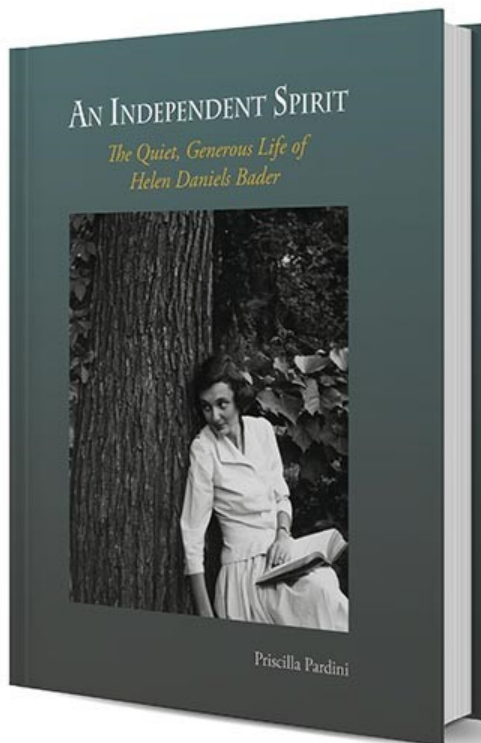
An initiative of the Bridges Library System

ADRC BOOK REVIEW

An Independent Spirit: The Quiet, Generous Life of Helen Daniels Bader brings into sharp focus the story of one of Milwaukee's most beloved and magnanimous benefactors. Born into the Great Depression, Bader became a devoted wife, loving mother, and successful businesswoman before embarking on social work specializing in the care of the elderly. She was an early advocate for those afflicted with Alzheimer's disease and was ahead of her time when it came to envisioning and promoting effective strategies related to their care. With more than 250 images, most from family collections, the book details Bader's remarkable journey steeped in a lifetime of humility, determination, resilience, and empathy for others that played out amid personal struggles. Rising to the challenges thrown her way, Bader set an example that persists today as a model well worth emulating.

Author Priscilla Pardini is a freelance writer and editor based in Milwaukee and a former education reporter for the Milwaukee Journal. She is the author of several other biographies on prolific women in Milwaukee's history.

A copy of this book is available for check out at the ADRC Resource Library. You can reserve it by calling the ADRC at (262) 548-7848 or by stopping by to check out the Resource Library yourself!



What's Happening at Your Local Library?

Brookfield Public Library

1900 N Calhoun Road
Brookfield, WI 53005
(262) 782-4140

Thicker than Water-

Author Geoff Carter visit talks about his novel involving 2 brothers and a small Northwoods town.

Thursday, August 26 at 7:00 pm

<http://www.ci.brookfield.wi.us/38/Library>

Libraries Offer More Than Books

Check out a kayak. Try a new board game. Take home a craft bag. If you thought libraries only offer books, it's time you stop in and check again.

Call your local library for details.

Hartland Public Library

110 Park St
Hartland, WI
(262) 367-3350

Genre Book Club– In-Person

Book: Blacktop Wasteland by S.A. Cosby. Cosby's exhilarating crime story begs to be adapted for the big screen but never loses its compassionate edge. Join the excitement!

Wednesday, August 18 at 6 pm

www.villageofhartland.com/520/Library

Menomonee Falls Public Library

W156 N8436 Pilgrim Road
Menomonee Falls, WI
(262) 532-8920

Scams & Frauds Targeting Seniors

Attendees will require an email account and Zoom Account in order to view this program. Register on- line or call the library, number listed above.

Thursday, August 5 at 6:30 pm

<http://menomoneefallslibrary.org>



Mukwonago Community Library

511 Division St.
Mukwonago, WI
(262) 363-6411

"Pickin" In the Park KR Bluegrass

Come listen to the music with this outdoor concert behind the library. Bring your blankets and/or lawn chairs!

Monday, August 9 at 5:30-8:30 PM

<http://www.mukcom.lib.wi.us>

Medicare Presentations in your Area:

Brookfield Public Library - Tuesday, August 10 at 2:00 pm

Butler Public Library - Monday, August 23 at 1:00pm

Hartland Public Library - Wednesday, August 26 at 1:00 pm

Muskego Public Library - Tuesday, September 28 at 10:00 am

Pauline Haass Public Library - Thursday, September 30 at 1:00 pm

These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2nd Wednesday of each month from 1-3 pm at the Health and Human Services Center. Call the ADRC for more details or to register: 262-548-7848.

WISCONSIN STATE FAIR

AUGUST 5-15, 2021

After a hiatus in the 2020 year, Wisconsin State Fair is back. For those of you who maintained high hopes and purchased 2020 tickets, there is good news! Your 2020 ticket will be honored at the admission gate in 2021. There are a number of days with discounts available for admission to the fair.

SAVE AT THE GATE

THURSDAY, AUGUST 5 - Wells Fargo \$2 Day benefiting Hunger Task Force. Get into the State Fair for just \$2 when you donate at least two (2) cans of pears or peaches, or make a cash donation outside any State Fair admission entrance.

FRIDAY, AUGUST 6 - Celebrate Wisconsin Day. Visiting the great state of Wisconsin? Lucky you! Buy two (2) adult admission tickets for ONLY \$14 (a \$14 savings) when you present your out-of-state ID at any State Fair ticket window, courtesy of Travel Wisconsin.

WEDNESDAY, AUGUST 11 - Meijer Day Honoring First Responders, Healthcare & Grocery Workers. First responders, healthcare, and grocery store workers (including Meijer team members) are all eligible for FREE admission on Wednesday, August 11 until 5pm when you present your company-issued ID or name badge at any ticket window.

THURSDAY, AUGUST 12 - Prairie Farms Dairy Day Honoring Educators. Educators are eligible for FREE admission on Thursday, August 12 until 3pm when you present your school-issued ID or name badge at any ticket window, courtesy of Prairie Farms Dairy.

SUNDAY, AUGUST 15 - Miller High Life Veterans & Military Recognition Day. Veterans, military personnel and their family members receive FREE admission on Sunday, August 15 until 5pm. Simply present your Military ID (DD214, VA ID, Military Common Access Card, or dependent ID) at any admission entrance and receive FREE admission for you and up to three (3) family members, courtesy of Miller High Life.

Additional deals and discounts can be found by visiting the WI State Fair webpage at <https://wistatefair.com/fair/deals-and-discounts/>.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
Home Delivered Meal Menu

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Swedish Meatballs Mashed Potatoes California blend vegetables Sliced peaches Bread with butter Peanut butter cookie Alt. sugar free cookie	Chicken Parmesan Chef's Choice Pasta Mediterranean Blend Side salad w/ Italian Bread stick w/ butter Lemon bar Alt. sugar free gelatin	Tuna Salad Croissant Salad w/ French Baby carrots Fresh fruit Cinnamon crumb cake	Chicken & vegetable stir fry Brown rice Green Beans Mandarin oranges Whole Wheat Roll w/ butter Fortune cookie	Hungarian goulash Roasted potatoes Cauliflower Side Salad W/ 1000 Island Seasonal Fresh Fruit
9	10	11	12	13
Soft beef tacos Let/tom/cheese Refried Beans Spanish corn Churro Alt. Fresh Fruit 	Stuffed Cabbage Roll Mashed Potatoes Stewed Tomatoes Bread & Butter Applesauce Lemon Cake Alt: fruited yogurt	Lemon Herb Chicken Brown Rice Pepper Blend Salad w/ Italian Seasonal fresh fruit WW Roll w/ butter Choc chip cookie Alt. Sugar free cookie	Triple Protein Salad (egg salad, chicken salad, ham salad) Stoneground Wheat Crackers Marinated Veg Salad Baby carrots Fruit Salad Banana Bread	Hot Dog on Whole Wheat Bun Ketchup/mustard Baked beans Potato Salad Sliced apples Chocolate pudding Alt. fresh fruit
16	17	18	19	20
Spaghetti with Meat Sauce Green Beans Mixed Vegetables Garlic Bread Fruit Cup	Turkey & Gravy Mashed potatoes Vegetable blend Side Salad W/ranch Seasonal fresh fruit Roll w/ butter Cinnamon Crumb Cake Alt: Yogurt	Vegetable Chow Mein Brown Rice Green Beans Mandarin Oranges Multigrain Bread/ Butter Fortune Cookie	Crispy Chicken salad Ranch dressing Tomato / Onion Salad Roll w/ butter Fresh fruit Zucchini bread	Cheeseburger on Whole Wheat bun Ketchup/mustard Carrot Coins Potato Wedges Seasonal fresh fruit Lemon bar Alt. Sugar free cookie
23	24	25	26	27
Chicken Fried Rice Vegetable blend Mini egg roll Mandarin oranges Chocolate Mousse Alt. fresh fruit	Baked Ham Roasted potatoes Side Salad W/ranch Seasonal fresh fruit Bread with butter Peanut butter cookie Alt. sugar free cookie	BBQ Pulled Beef Sandwich Coleslaw Potato Wedges Seasonal Fresh Fruit Blueberry Bread	Tuna Casserole Green Beans Mixed Vegetable Seasonal Fresh Fruit Bread Stick w/ butter 	Smoked Sausage Roasted potatoes Ketchup pkt Sauerkraut Sweet Kernel Corn Mixed fruit Choc chip cookie Alt. sugar free pudding
30	31			
Chicken patty on Whole Wheat Bun Mayo pkt Broccoli Florets Baby Baker Potatoes Seasonal fresh fruit Choc Chip Cookie Alt. Sugar Free Cookie	Meatloaf & gravy Mashed Potatoes California blend vegetables Salad W/ French Sliced peaches Bread with butter Lemon Cake Alt: Fruited Yogurt	<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE;</i> 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice</p>		

The Aging and Disability Resource Center Presents

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- Understanding the career of caregiving.
- Different types of dementia.
- How the decline in cognition affects behavior.
- Dealing with the feelings that arise while caregiving.
- Fitting tasks and activities to the person's abilities.
- Decision making skills.



Sept. 13th - Oct. 18th, 2021

Mondays, 10:00 a.m.-Noon

**Please register by calling
Jennifer Harders at the
Aging & Disability Resource
Center
262-548-7650**

Location:

**Aging & Disability Resource
Center
514 Riverview Avenue
Waukesha**

Presented by

Jennifer Harders

Dementia Care Specialist

Free event

For more information call the
ADRC at (262) 548-7650

jharders@waukeshacounty.gov

Keep Produce Fresh with these Storage Tips!

Countertop



Bananas
Apples and Oranges*

Tips:

Can't use bananas before they turn brown? Freeze them to use later in a smoothie or banana bread.

* Apples and Oranges can be kept at room temperature, but keep longer in the fridge

Countertop, then refrigerate



Fruits:
Avocado, Kiwi, Mango,
Melon, Nectarine, Pear,
Peach

Tips:

Once ripe, refrigerate to prevent further ripening/spoilage.
Once cut, store in the refrigerator.

Vegetables: Summer
Squash, Tomato,
Zucchini

Eat zucchini and summer squash within 2-3 days, otherwise refrigerate.

Pantry In a cool, dark, dry place



Vegetables: Garlic,
Onion, Potato, Sweet
Potato, Winter Squash,
Pumpkin

Tips:

Whole garlic heads last 3-5 weeks.
Once cloves are separated, they last about 10 days.

Keep onions separate from potatoes to keep them from spoiling faster.

Keep onions and potatoes in a container that allows airflow such as a basket, crate, or box with holes.

Fridge In the crisper drawer



Fruits: Berries, cherries,
grapes, lemons, limes
Vegetables: Asparagus,
green beans, beets,
broccoli, Brussels
sprouts, cauliflower,
carrots, celery, corn,
cucumber, cabbage,
eggplant, green onions,
herbs, lettuce and other
greens, peppers,
radishes, turnips,
mushrooms

Tips:

Store berries, herbs, mushrooms, and green leafy vegetables unwashed and wash just before eating. Adding moisture makes them spoil quicker.

For root vegetables such as carrots, turnips, and beets, remove the green tops before storing.

Since many fruits emit ethylene gas as they ripen, it is a good idea to store veggies separately to prevent quicker spoilage.

FOOD WISE
Healthy choices. Tasty lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Celebrate Your Favorite Furry Friend!

August 8 is World Cat Day! This day celebrates our furry felines and the joy they bring to our lives. The holiday was founded in 2002 by the International Fund for Animal Welfare (IFAW).

People have owned cats as pets for over 9,500 years. They are currently the most popular pet in the world! Despite being somewhat solitary creatures, cats are a very social species and make wonderful companions for young and old alike.

As a pet, a cat can really add a lot to your household. It's been reported that cat ownership may improve mental health, provide emotional support, and alleviate feelings of depression, anxiety and loneliness. No prescription needed!

Today, give your feline friend some extra attention, or consider adopting a new four-legged member of the family from a local animal shelter!

National Dog Day, celebrated on August 26, honors all dogs, mixed breed and pure. Dogs put their lives on the line every day...for personal protection, for law enforcement, for the people with a disability, for our freedom and safety by detecting bombs and drugs and pulling victims of tragedy from wreckage. Now they are detecting cancer and seizures...things even humans cannot do.

Dogs are amazing, courageous, sensitive and sentient beings that deserve compassion and respect. Shelters all over the country use National Dog Day as a way to highlight the benefits of adopting man's best friend.

For dogs adopted on August 26, National Dog Day becomes many a dog's birthday and for all dogs, it's as popular and exciting as the Super Bowl. The day culminates with many network news stories, national TV show segments, online videos, shelter events, internet photos and K9 parties around the globe! How will you celebrate National Dog Day?

The ADRC and HAWS (Humane Animal Welfare Society) of Waukesha County have partnered to provide pet owners with a Pet Alert. Many people are aware of the Vial/File of Life, which provides emergency medical services vital information for two legged humans, but it does not list information about your pet. The Pet Alert is similar to the Vial/File of Life where you can record your pets' pertinent information. The Pet Alert provides a location for the owner's information and any emergency pet caregivers contact information. You can list the pets in the home, their names and breeds. Lastly, you want to list the pet's location of food, medication, leashes and any other important information. The Pet Alerts are easy to fill out and have a magnetic backing to apply to your refrigerator. Emergency Responders are trained to look for this medical information on the refrigerator.

If no other options exist, HAWS also has a Safe Keep Program, which may be able provide temporary shelter and care for your pet in times of an emergency. HAWS can also ensure that your pet gets safely to the person/home of your choice in times of need.

Love your pet as much as they love you!

Contact the ADRC for your Pet Alert.

(262) 548-7848





National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Immunizations are not just for children.

In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and individuals can still get these diseases if they aren't vaccinated.

Vaccines are needed throughout a person's lifetime. Adults need to keep their vaccinations up-to-date because immunity from childhood vaccines can wear off over time, and a person can become at risk for different diseases as an adult. All adults need immunizations to prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

Vaccination is one of the most convenient and safest preventive care measures available.

Influenza (Flu) Vaccine: All adults need the Influenza (flu) vaccine every fall or winter for their own protection, but also for the protection of others around them. The flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Tetanus, Diphtheria, Whooping Cough (Pertussis) (Tdap, Td) Vaccine: Every adult should get the Tdap vaccine once, if they did not receive it as an adolescent, to protect against pertussis (whooping cough). Then they should get a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Zoster (Shingles) Vaccine: For people 50 or older, they should get the 2-dose series of the Shingrix shingles vaccine, 2-6 months apart, even if they have already received a similar Zoster vaccine.

Pneumococcal Vaccine: The pneumococcal vaccine protects against many types of pneumococcal bacteria that can cause pneumonia, meningitis, and bacteremia. It is recommended for all adults over 65, and for adults who are under the age of 65 with certain high-risk conditions such as heart, lung, or kidney disease, asthma, immunosuppression, or are a smoker.

A person may need other vaccines based on their age, health conditions, job, lifestyle, travel habits, or other risk factors. Check with your healthcare professional to ensure you are up-to-date on all the recommended vaccines.



Oprah Winfrey once said, “My idea of heaven is a great big baked potato and someone to share it with.” You might want to consider that on Potato Day which falls on August 19. Why celebrate an ordinary food such as the potato? According to the U.S. Department of Agriculture, potatoes are the #1 vegetable crop in the United States and the fourth most consumed crop in the world, behind rice, wheat and corn. The potato has been providing people with a stable source of calories for centuries. It

started its journey in South America, made its way to Europe, and arrived in the United States in the 1600’s.

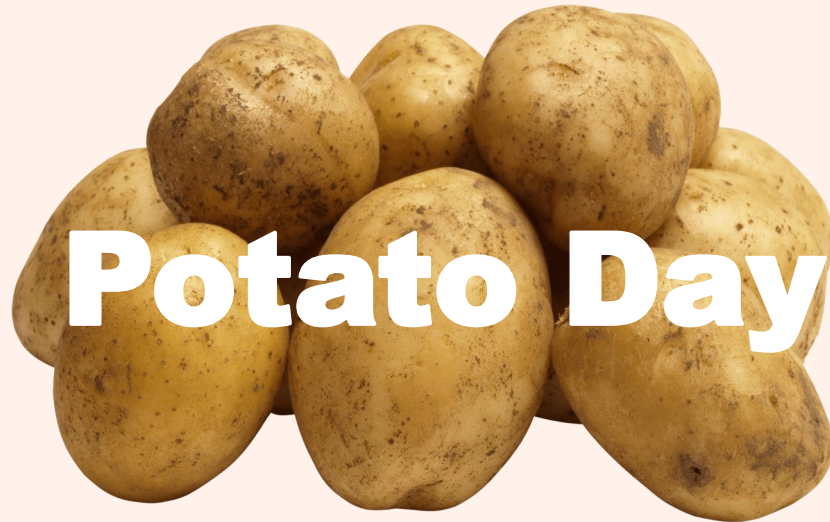
The Inca Indians of Peru in 200 B.C. were the first to cultivate potatoes. In 1536 Spanish Conquistadors conquered Peru, discovered the flavors of the potato, and carried them to Europe. Potatoes arrived in the United States in 1621 when the Governor of Bermuda sent two cedar chests containing potatoes and other vegetables to the Governor of Virginia. Scotch-Irish immigrants established the first permanent potato patches in North America in 1719. From there, the crop spread across the country. According to the United States Potato Board, there are more than 1 million acres of potatoes planted in the United States, the equivalent to filling the whole state of Rhode Island with potato plants.

Did you know that Wisconsin is among the nation’s leaders in the production of potatoes? In terms of potato production, Wisconsin consistently ranks third in the country behind Idaho and Washington. A cool northern climate, a rapid spring warm-up and sandy soil makes Wisconsin an ideal place to grow a wide variety of potatoes, including Russets, Whites, Reds, Yellows, as well as specialty potatoes. In fact, Wisconsin produces more varieties than any other state. Most potato production is centered in central Wisconsin’s central sands region.

In 1995 UW-Madison and NASA created technology to feed astronauts on long voyages. The two agencies partnered to help tubers become the first vegetable to be grown in space, which has been an “answer to growing more and better potatoes worldwide,” according to NASA. Creating these “Quantum Tubers” involved combining an agricultural technique from China with controlled environment technologies originally developed by the University of Wisconsin-Madison for plant growth in space.

Potatoes are low in calories — a medium-sized baked potato contains about 110 calories. They are a good source of vitamins C and B6, manganese, phosphorus, niacin and pantothenic acid. Be it potatoes for breakfast, lunch, or dinner, this wholesome spud is very nutritious. What’s more, it is cheap and tasty, forming a vital constituent of many of the world’s favorite foods! Which brings to mind, how will you celebrate Potato Day?

Thursday, August 19th is.....



Did you know there are more than 200 varieties of potatoes sold throughout the United States? Each of these varieties fit into one of seven potato type categories: russet, red, white, yellow, blue/purple, fingerling and petite. Learn more about the characteristics and cooking recommendations for each type of potato by visiting: <https://www.potatogoodness.com/potato-types/> .

In the meantime, celebrate Potato Day by unscrambling the different types of potatoes below.

UETRSS

LRETATE

RFHCNE IEIFGLNNRG

RDE MTHUB

USNIARS AANABN

OERS NFNI EPPLA

NNAHHA SWEET APTOOT

EENAJPSA ESWET TPTOAO

JEWEL AYM

TNUIRAAS NTEECRSC

DER GODL

PPLURE SEAMYJT

ANLRNOD DER

UNKOY ODGL

EENKNECB

LAL UEBL

Answer Key: Russet, LaRette, French Fingerling, Red Thumb, Russian Banana, Rose Finn Apple, Hannah Sweet Potato, Japanese Sweet Potato, Jewel Yam, Austrian Crescent, Red Gold, Purple Majesty, Norland Red, Yukon Gold, Kennebec, All Blue

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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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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