



The ADRC Connection

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

**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
(24/7Helpline)

www.alz.org/sewi

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Independence Day for Americans with Disabilities

Every year, on the 4th of July, our Nation celebrates its' Independence Day. Later in the month, our country marks another historic moment: the 31st anniversary of the Americans with Disabilities Act. The law, passed on July 26, 1990, guarantees certain rights and increased independence to our citizens with physical and intellectual disabilities.

At the time of the late 1980s, many people with disabilities were out of sight and mind of the general public. This also produced ignorance about the interests and abilities of people with disabilities: prompting stigma, discrimination, and different expectations.

The Americans with Disabilities Act provides protection from employment discrimination as well as better access to goods, services, and communications for people with disabilities.

At the signing of the Americans with Disabilities Act July 26, 1990, President George Bush stated, "Three weeks ago we celebrated our nation's Independence Day. Today we're here to rejoice in and celebrate another 'Independence Day,' one that is long overdue. With today's signing of the landmark Americans for Disabilities Act, every man, woman and child with a disability can now pass through once-closed doors into a bright new era of equality, independence and freedom."

HAPPY NATIONAL DISABILITY INDEPENDENCE DAY!

Join the ADRC in celebration and awareness of National Disability Independence Day by posting your story to social media using #ADA31 or #ThanksToTheADA.

ADA31 
Americans with Disabilities Act

July 26, 2021



SAFETY FIRST

The National Highway Traffic Safety Administration's mission is to save lives, prevent injuries, and reduce economic costs associated with traffic crashes through education, research, safety standards, and enforcement activities. July is **National Roadside Safety Awareness Month** and there are many things that you can do to keep yourself and others safe.

Drivers:

- Get in the habit of conducting periodic safety checks to make sure your vehicle is in good operating condition. A safety check includes tires, lights, belts, hoses, fluids and windshield wipers.
- Read your owner's manual to clearly understand which dash lights or signals indicate your vehicle is not operating properly and what to do in such situations.
- Keep a close eye out for pedestrians and bikers.
- Program your cell phone with emergency numbers, including that of your roadside assistance provider, and keep a backup written list in your glove compartment.
- Always carry a well-stocked emergency kit and familiarize yourself with the use of safety flares, warning triangles, and other emergency equipment.
- If trouble strikes, take note of your surroundings and traffic patterns. Note your vehicle's location, such as the nearest street or mile marker. Signal, slow down gradually and carefully pull onto the shoulder of the road, as far away from traffic as possible. Alert other drivers by putting on your flashers, place flares or traffic cones, or even hang a scarf outside your window. **STAY INSIDE YOUR VEHICLE** and call for assistance.

Pedestrians:

- Be predictable; follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic as far away from traffic as possible.
- Stay alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
- At crosswalks or intersections, make eye contact with drivers as they approach to ensure you are seen.
- Be visible at all times. Wear bright colored clothing during the day and wear reflective materials or a flashlight at night.

Bicyclists:

- Always wear a helmet and other appropriate safety gear while riding; the more brightly colored, the better.
- Keep both hands on the handlebars.
- Before entering a roadway, stop. Look left, right, and left again.
- Avoid riding at twilight or in the dark, especially on narrow or hilly roads with speed limits exceeding 35 mph.
- Learn how to use hand signals to indicate a turn.



National Bikini Day July 5

Bikini Day is the anniversary of the invention of the bikini. Evidence of bikini-style women's clothing has been found as early as 5600 BC, and the history of the bikini can be traced back to that era. Illustrations of women wearing bikini-like garments during competitive athletic events in the Roman era have been found in several locations, the most famous of which is at Villa Romana del Casale.

Although two-piece bathing suits were being used by women as early as the 1930s, the bikini is commonly dated to July 5, 1946 when, partly due to material rationing after World War II, French engineer Louis Réard introduced the modern bikini, modeled by Micheline Bernardini. Réard named his design for the Bikini Atoll, where the first post-war tests of the atomic bomb were taking place.

French women welcomed the design, but the Catholic Church, some media, and a majority of the public initially thought the design was risqué or even scandalous. Contestants in the first Miss World beauty pageant wore them in 1951, but the bikini was then banned from the competition. Actress Brigitte Bardot drew attention when she was photographed wearing a bikini on the beach during the Cannes Film Festival in 1953. Other actresses, including Rita Hayworth and Ava Gardner, also received press attention when they wore bikinis.

The bikini gradually grew to gain wide acceptance in Western society. According to French fashion historian Olivier Saillard, the bikini is perhaps the most popular type of female beachwear around the globe because of "the power of women, and not the power of fashion". As he explains, "The emancipation of swimwear has always been linked to the emancipation of women."





EMERGENCY BROADBAND BENEFIT

WHAT IS IT?

The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guide lines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

THREE WAYS TO APPLY

1

Contact your preferred participating provider directly to learn about their application process.

2

Go to [GetEmergencyBroadband.org](https://www.getemergencybroadband.org) to submit an application and to find participating providers near you.

3

Complete a mail in application and send it along with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

LEARN MORE



Call **833-511-0311**, or



Visit **[fcc.gov/broadbandbenefit](https://www.fcc.gov/broadbandbenefit)**



Can you hear on your phone?



IndependenceFirst

The Resource For People With Disabilities

Telecommunications Equipment Purchase Program (TEPP) is a Wisconsin State-wide program that helps people with disabilities buy adaptive telephone equipment that they need to live independently. TEPP is paid for by the Universal Service Fund (USF) established by the Public Service Commission.

- ◇ Do you want a large print or talking caller-id?
- ◇ Do you want your lights to flash when the phone rings?
- ◇ Do you want your phone to ring more than 4 times?
- ◇ Do you need memory buttons to assist with dialing?
- ◇ Do you need a louder amplified answering machine?
- ◇ Are you tired of asking people to repeat themselves?

There is NO catch! All you have to do is fill out an application and meet these three requirements:

- * Be a Wisconsin Resident
- * Be a person who is deaf, hard of hearing, or have speech, mobility or motion limitations
- * Have a need for adaptive equipment in the home

There is no age or income limit, but an applicant can only apply every three years. Some of the higher voucher categories will require a recent certificate of hearing loss OR physician/audiologist signature.

Contact IndependenceFirst if you would like to see what kinds of adaptive phone equipment are available! We will help you fill out the TEPP application, assist in ordering you the correct equipment, install the equipment in your home, and get your independent living needs met!

For more information on TEPP, contact Tonya Villwock, (414) 731-7834 or tvillwock@independencefirst.org

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).

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 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.

Evidence Based Health Promotion Programs

As a result of the COVID-19 outbreak, events and gatherings have been cancelled or postponed and many older adults are staying safer at home. Participating in online health and wellness workshops from a computer or tablet at home is a great alternative to attending in-person workshops. The ADRC is now offering a limited amount of registrations free of charge for the workshops outlined below. For a full list of classes available and restrictions, 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.

Details: 15-week, LIVE weekly online program. Next program begins August 8th

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

Virtual Cup of Health Presentation

Rebuilding Our Emotional Health - Participants will learn the importance of rebuilding the foundation of emotional health post-pandemic. Participants will also explore how the pandemic shook the core pillars of emotional wellbeing and identify strategies to re-establish a firm foundation for health.

Details: July 14th from 10 – 11 am. A link to the presentation will be provided after registration

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

Aging Mastery Kit

The Aging Mastery Starter Kit from the National Council on Aging (NCOA) is a fun and engaging self-guided experience that will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourself and for others. The Starter Kit will inspire you to take steps toward positive aging across six dimensions: Legacy & Purpose, Gratitude & Mindfulness, Health & Well-Being, Finances & Future Planning, Connections & Community, and Creating & Learning. Each dimension has specific actions that you are encouraged to incorporate in your daily life. The Starter Kit contains the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a Notepad, and Magnet.

Details: After completing a short survey, participants will receive a kit in the mail.

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov to learn how you can receive your own kit.

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 July, the highlighted produce item is Blueberry! Check out the Live Well website for more information.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



FIT in the Parks is Back!

Who's ready to get outside and enjoy the fresh air? One way to do that is by participating in our FIT in the Parks activities! Learn more at www.waukeshacounty.gov/LiveWell

FUN ACTIVITIES TO TRY

- Barre Fitness Mat
- Stand Up Paddle Boarding
- Pickle Ball
- Yoga



Benefit Specialist Corner

Don't Miss Your IEP!

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

If you sign up for Part A (if you have to buy it) and/or Part B in this month:	Your coverage starts:
The month you turn 65	1 month after you sign up
1 month after you turn 65	2 months after you sign up
2 months after you turn 65	3 months after you sign up
3 months after you turn 65	3 months after you sign up

People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts. However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from January 1 through March 31. If you enroll during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

- You or your spouse is working, and
- You are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information about Medicare enrollment, contact an Elder Benefit Specialist 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/>

My doctor recently told me that I should be careful not to spend too much time in the sun. He said there were risks to too much sun exposure. We did not have to worry about these things in my day. Can you help me understand?

Signed,

Sonny Rayz



Dear Sonny,

There are many reasons that doctors recommend staying out of direct sun light. Some common reasons may include:

- Sun sensitive medications may cause reactions.
- Prolonged exposure can cause premature skin aging (i.e., wrinkles, sunspots, and leathery skin).
- Too much Vitamin D can cause toxicity.
- Prolonged exposure can cause dehydration.
- Even short periods of time can cause uncomfortable sunburn.
- Over exposure can cause dangerous skin conditions such as cancer, melanoma, and other skin reactions.

The most common, and serious, reason to limit your time in the sun is that the sun emits potentially harmful UV rays. Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage.

You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available.
- Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)
- Reading the label to ensure you use your sunscreen correctly.
- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation. So other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.



Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.



World Elder Abuse Awareness Day Recap

As noted in the June edition of the newsletter, every year June 15th is commemorated as World Elder Abuse Awareness Day. This year, to honor the day, the ADRC's Adult Protective Services unit organized numerous activities in an effort to raise awareness about all different forms of elder abuse that take place in our community. Here are some of the highlights:

- Banners and pinwheels were placed outside of the Waukesha County Courthouse to shine a light on the day. Each of the 340 pinwheels represents a case opened by Adult Protective Services in 2020. The banners were then moved to Fox Brook Park beer garden for the busy weekend.
- APS staff distributed 500 purple cups to community members. The cups were stamped with the World Elder Abuse Awareness Day logo and filled with information to help prevent financial abuse. Cups were distributed at local libraries, seniors apartment complexes, and on home visits to people in need of ADRC services.
- On June 23rd, in partnership with the Wisconsin Bureau of Consumer Protection, the ADRC held a virtual presentation on Identity Theft. More than 100 people attended the event where they were given information on different types of fraud and scams as well as tips on how to avoid becoming a victim.
- Throughout the month of June the ADRC highlighted different types of scams on their Facebook page. Some topics included Medicare scams, robocalls, relationship scams and fake charities. You can visit the ADRC Facebook page at www.facebook.com/ADRCWC to look back at all of the information shared in June.





Waukesha County Emergency Rental Assistance Program



Waukesha County, in partnership with Community Advocates, Inc., is administering an Emergency Rental Assistance Program (ERAP) to help people experiencing financial hardship to stay in their homes because of the COVID-19 pandemic.

The program is now accepting applications. More information about how to apply is available at <https://communityadvocates.net>.

ERAP Helps with Rent, Utilities, and Other Home Energy Costs

For individuals who qualify, ERAP pays for:

- Up to three months of rent at a time
- Up to twelve months of rent in arrears (back-rent) occurring after March 13, 2020.
- Cost of electricity and other home energy costs.
- Cost of utilities in arrears (back-utilities) occurring after March 13, 2020.

ERAP payments are made directly to the landlord or utility company, NOT to the renter. Payments are made to the landlord or utility provider within about 10 days.

Eligibility

Waukesha County residents may qualify for help with rent or utilities who:

- Qualify for unemployment insurance benefits; or have experienced financial hardship due to COVID-19.
- Are at risk of becoming homeless; or are experiencing housing instability.
- Have a household income at or below 80% of the median in Waukesha County. Unemployment benefits count as household income.
- Are 18 years old or older.
- Are a Wisconsin resident that is named on a current residential rental lease.
- Receive a federal housing subsidy, such as a Housing Choice Voucher, Public Housing, Project-Based Rental Assistance or Tenant-Based Rental Assistance – and their rent is NOT adjusted as income changes.

Individuals are not eligible if:

- They want reimbursement for mortgage payments. Only rental housing costs are covered.
- They already receive additional rent or utility assistance. ERAP cannot be used to cover expenses that are already being subsidized.
- Their rent is adjusted as their income changes and they receive a federal housing subsidy, such as a Housing Choice Voucher, Public Housing, Project-Based Rental Assistance or Tenant-Based Rental Assistance.

Residents who qualify for ERAP may also receive additional housing security. Landlords who agree to accept ERAP rent payments must agree to take no action to evict individuals for late or past due rent during the coronavirus eviction moratorium issued by the federal Centers of Disease Control (CDC).



Waukesha County Emergency Rental Assistance Program



How to Apply

Information for Renters:

- The universal application for Rent Assistance can be found at the Community Advocates website: <https://webportalapp.com/sp/communityadvocates-application>
- Waukesha County residents who have questions on the application process can call Rent Help Line at 414-270-4646 or email at renthelp@communityadvocates.net
- Hard copy applications can also be picked up and dropped off at locations throughout Waukesha County. Please visit <https://communityadvocates.net/what-we-do/rent-assistance.html> - WAUKESHA COUNTY LOCATIONS

Information for Landlords:

Landlords may also submit rent assistance for tenants who are behind or at risk of becoming behind through this link: <https://webportalapp.com/sp/communityadvocates-applicationlandlords>

Following submission of a landlord inquiry, tenants will receive a link to apply for assistance as approval is based on their household information, income and income loss. Landlords can upload tenant documents with tenant consent.

About Community Advocates Inc.

Founded in 1976, Community Advocates provides individuals and families with advocacy and services to meet their basic needs so they may live in dignity. Our work is grounded in ensuring individuals and families have safe and stable housing. We provide assistance for people experiencing challenges with energy bills, rental housing, homelessness, domestic violence, substance use disorders and mental health issues.

About Waukesha County's Emergency Rental Assistance Program

Waukesha County's Emergency Rental Assistance Program (ERAP) is funded through the Coronavirus Aid, Relief, and Economic Security (CARES) Act passed in December. Waukesha County will receive a \$12 million allocation from the US Treasury Department to provide direct financial assistance for rent and utility costs for individuals who qualify. The funds will be administered through Community Advocates, Inc.

For more information, and to apply go to <https://communityadvocates.net>.

This Day in History...

July 29, 1958 - NASA created

The U.S. Congress passed legislation establishing the National Aeronautics and Space Administration (NASA), a civilian agency responsible for coordinating America's activities in space, on July 29, 1958. NASA has since sponsored space expeditions, both human and mechanical, that have yielded vital information about the solar system and the universe. It has also launched numerous earth-orbiting satellites that have been instrumental in everything from weather forecasting to navigation to global communications.

NASA was created in response to the Soviet Union's launch of its first satellite, Sputnik I, on October 4, 1957. The 183-pound, basketball-sized satellite orbited the earth in 98 minutes. The Sputnik launch caught Americans by surprise and sparked fears that the Soviets might also be capable of sending missiles with nuclear weapons from Europe to America. The United States prided itself on being at the forefront of technology, and, embarrassed, immediately began developing a response, signaling the start of the U.S.-Soviet space race.

In May 1961, President John F. Kennedy declared that America should put a man on the moon by the end of the decade. On July 20, 1969, NASA's Apollo 11 mission achieved that goal and made history when astronaut Neil Armstrong became the first person to set foot on the moon, famously declaring, "That's one small step for man, one giant leap for mankind."

NASA has continued to make great advances in space exploration since the first moonwalk, including playing a major part in the construction of the International Space Station.

If you would like to learn more about NASA, you can visit [nasa.gov](https://www.nasa.gov) or check out the NASA History Office Program, which publishes a quarterly newsletter, an array of books (print and digital), hosts social media, provides fellowships, and runs the Historical Reference Collection (our version of an archive) to assist the public in finding more information on aeronautical and space history.



Are YOU a Caregiver?



What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. However, caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?
- Feels the need to regularly "check-up" on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)
- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

If you answered "yes" to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The "little" things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period, which is a benefit to everyone. If you are a caregiver, please call the ADRC at (262) 548-7848 to learn about supports and resources that can help you help the ones you love.

Here is what's happening at some of Waukesha County's Libraries.....

Brookfield Public Library

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

www.ci.brookfield.wi.us/38/Library

The Stapletons-Musical Duo Saturday, July 17 at 2:00 PM

Musical duo, The Stapletons will give a Great Lakes-themed performance called "The Inner Seas" which encompasses the history, geography, and ecology of the Lakes as well as the world of the imagination.

Hartland Public Library

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

villageofhartland.com/520/Library

Virtual Cooking Class: Sweet Treats--Pecan Turtles Wednesday, July 14 at 6:30 pm

Join Mary Adashek, owner of Sweet Connections, as she guides you through the easy recipe. This will be a fun and interactive hands-on class -- in your own kitchen! Once registered, you will receive all the details you need to get ready for class! Please register with Claudia at hplinfo@hartland.lib.wi.us to receive the Zoom link.

Menomonee Falls Public Library

W156 N8436 Pilgrim Rd
Menomonee Falls, WI 53051
(262) 532-8900

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

Author Visit-Lesley Kagen Wednesday, July 28 at 6:30 pm

Best-selling author and Milwaukee native Lesley Kagen will chat with us about her new book, Every Now and Then. Set in the small town of Summit, Wisconsin, this novel tells the story of three eleven-year-old best friends whose innocent lives are tragically disrupted during the hot summer of 1960. Registration is required by calling 262-532-8920. A zoom account is necessary to view the event.

“Welcome to Medicare” Presentations scheduled this summer for the following libraries:

- ◇ Mukwonago Community Library-Monday, June 28 at 10:00 am
- ◇ Brookfield Public Library-Tuesday, August 10 at 2:00pm
- ◇ Butler Public Library-Monday, August 23 at 1:00 pm
- ◇ Hartland Public Library. -Wednesday, August 26 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 Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm



Beneficial Berries

July is Berry Month! Keep these selection and storage tips in mind, whether you pick your own berries or buy them from a grocery store or farmers market:

	How to Select	How to Store and Use
Blackberries, Raspberries	Choose blackberries that are firm, plump, shiny, and solid colored. Avoid berries that are bruised or leaking and packages that contain moldy berries.	Refrigerator: DO NOT RINSE fresh berries before storing them in the fridge; the moisture will cause them to spoil faster. Store berries in a container with a lid for up to 1 week. Rinse fresh berries thoroughly just before using. Freezer: Place rinsed berries on a paper towel lined baking sheet in a single layer and freeze for 1 hour. Place in a container with a lid and freeze for up to 9 months. If baking with frozen berries, do not thaw before using.
Strawberries	Choose strawberries that are firm, plump, shiny, and brightly colored. Small berries are often more flavorful. Avoid moldy, shriveled strawberries and berries that have green spots (not fully ripe).	
Blueberries	Choose blueberries that are firm, plump, and a royal blue color with a silvery frost. Avoid packages that contain moldy berries.	

Source: University of Nebraska-Lincoln Extension - Fruit and Vegetable Buying Guides

Benefits of Berry-stained Fingers

The plant pigments in berries act as antioxidants, which help fight against the development of diseases such as cancer and heart disease. Red, blue, and purple fruits are some of the most antioxidant-rich. In fact, blueberries, blackberries, and cranberries rank highest in antioxidant activity according to USDA scientists.

Quick Strawberry Salsa

- 1 ½ cups fresh strawberries (chopped small)
- ½ jalapeno pepper (minced)
- ¼ cup red onion (minced)
- 2 Tablespoons cilantro (chopped)
- 1 ½ teaspoons lime juice

Directions: Mix all ingredients. Refrigerate for 30 minutes before serving. Serve with chips, dolloped on top of cheese and crackers, or as a topping for fish or chicken.




Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.
Administration Center Rm G22, Waukesha WI 53188
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Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

To help keep cool this summer, here are some tips to keep safe in hot weather:

- 1. Never leave children, disabled persons, or pets in a parked car - even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
- 2. Keep your living space cool or seek shelter at cooling center:** If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner you should consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than higher floors.
- 3. Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark, when temperatures are cooler.
- 4. Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
- 5. Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
- 6. Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.
- 7. Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.



Waukesha County Cooling Centers

Jeremy House | 262-549-8735

Offices located at 1301 E. Moreland Blvd., Waukesha, WI 53186

Open every day 8-5 persons may stay up to 2 hours one time per day.

Juno House | 262-549-8722

812 N. East Avenue, Waukesha, WI 53186

Open every day 9-5 persons may stay up to 2 hours one time per day.

Salvation Army | 262-547-7367

445 Madison Street, Waukesha, WI 53188

Open M-F 8-4:30

Hope Center | 262-549-08726

502 N. East Avenue, Waukesha, WI 53186

Open M-F 8-4 Day time respite from the heat

Exploring Caregiver and Patient Support During the Inpatient Discharge Process

Have you or a loved one had a recent stay in the hospital?

Froedtert and the Medical College of Wisconsin are partnering with the University of Wisconsin-Milwaukee, Eras Senior Network, and the Aging & Disability Resource Center of Waukesha County on a research study to better understand the current inpatient discharge process and experience for patients, families, and providers. A clear understanding of the discharge process is critical to ensuring that the transition from hospital to home or other care setting is safe and accurate.

We would like to talk with you regarding you or your family member or friend's recent hospital stay. Your feedback is an important part of this study and will be used to assess the current discharge process and identify ways we can improve the experience for patients and their families in the future. Your interview will be strictly confidential.

How can you help?

We are looking for people who are:

- ⇒ **Recently discharged inpatients**, age 60+, who received care at Froedtert Hospital medical surgical unit, Froedtert-Menomonee Falls Acute Care for the Elderly, and/or any area hospital within the last 60 days.
- ⇒ **Family members or friends** who provide informal, unpaid support or care to a person age 60+ who was recently discharged from a hospital stay, age 10+.
- ⇒ **Health care professionals** who are involved in the discharge planning process, such as social workers, nurses, discharge planners, physical therapists, and hospital administrators, age 18+.
- ⇒ Participants must speak English and cannot be diagnosed with Alzheimer's disease or related dementias.

What am I being asked to do?

- ⇒ Participate in innovative research by engaging in an interview or focus group. Your involvement can be done by telephone or through a video call.

For more information, please contact:



Miranda Wenzlaff, MS, CCRP

414-251-5580

wenzlaff@uwm.edu



Theme: Summer Picnic

Wednesday, July 28

10:30 a.m. to 12:00 p.m.

Hosted by Waukesha Public Library at Cutler Park

321 Wisconsin Avenue, Waukesha

Attendees are encouraged to bring a bag lunch to enjoy after the café. Beverages and dessert will be provided.

To register, please visit: <https://tinyurl.com/4nxcdncs> or call Kelly Davis at 262-650-2576.

Theme: Bingo

Wednesday, August 11

1:30 to 2:30 p.m.

Outdoors (Indoors if weather is inclement)

Hosted by the Pewaukee Public Library, 210 Main Street, Pewaukee

To register, please visit <https://tinyurl.com/265s5sac>, call 262-691-5670 or email pwlib@pewaukee.lib.wi.us

Are you new to memory cafés? If you need help determining if memory cafés would be a good fit for you or your loved one living with memory loss, please reach out Jennifer Harders, Dementia Care Specialist, at 262-548-7650 or harders@waukeshacounty.gov

A Memory Café is an informal social gathering for those living with early-stage memory loss and their care-partner. Please see our website www.librarymemoryproject.org for more information.

International Joke Day: July 1

Match the riddle with the answers listed below.

- | | |
|---|--------------|
| 1. Which table doesn't have any legs? | An anchor |
| 2. What's never used until it's broken? | A comb |
| 3. What's the smallest room in the world? | A clock |
| 4. What starts with an E, ends with an E, and only has one letter? | L |
| 5. What do you drop when you need it, and take back when you don't? | A blackboard |
| 6. What man cannot live inside a house? | Water |
| 7. What wears a cap but has no head? | A battery |
| 8. What has teeth but cannot eat? | A promise |
| 9. Forwards I am heavy, backwards I am not. What am I? | A hole |
| 10. What can you swallow, but can also swallow you? | M |
| 11. What has hands but no feet, a face but no eyes, tells but does not talk? | A piano |
| 12. What starts with a T, ends with a T, and is full of T? | A vegetable |
| 13. The more you take away, the bigger I become. What am I? | Footsteps |
| 14. What is something that you ought to keep after you give it to somebody else? | A snowman |
| 15. When it's white, it is dirty, and when it's black, it is clean. What am I? | A bottle |
| 16. What appears once in every minute, twice in every moment, but not once in a thousand years? | An envelope |
| 17. What makes more as you take them? | An egg |
| 18. I have no life, but I can die. What am I? | A ton |
| 19. I am full of keys, but I cannot open any doors. What am I? | A mushroom |
| 20. What part of London is in Brazil? | A teapot |

Answers: 1. Vegetable, 2. Egg, 3. Mushroom, 4. Envelope, 5. Anchor, 6. Snowman, 7. Bottle, 8. Comb, 9. Ton, 10. Water, 11. Clock, 12. Teapot, 13. Hole, 14. Promise, 15. Blackboard, 16. M, 17. Footsteps, 18. Battery, 19. Piano, 20. L

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.

Christine Howard

Judie Berthelsen

Patricia Carriveau

Carla Friedrich

Sandie Heberling

Wendy Johnson

Betty Koepsel

Phyllis Wesolowski

Sandy Wolff

Marj Kozlowski

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