

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
(24/7Helpline)

www.alz.org/sewi

Inside this Issue:

- ⇒ Identity Theft
Presentation
- ⇒ Section 8 Housing Update
- ⇒ Farmers Market
Vouchers
- ⇒ Hot Meal Delivery
Update



The ADRC Connection

June 2021

World Elder Abuse Awareness Day (WEAAD) is June 15th 2021

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic issues that lead to elder abuse and neglect. Elder abuse is a societal problem that threatens our American belief in justice that people should live free of abuse and neglect and be able to participate fully in society as we age. Through events like World Elder Abuse Awareness day, we seek to bring attention to the issue to further our efforts in preventing elder abuse and lifting up the voices of the many victims in our community and worldwide.

On June 15, Waukesha County Department of Health and Human Services joins with the many communities around the globe in highlighting the issue of elder abuse. The Adult Protective Services Unit (APS) is a unit within the ADRC of Waukesha County that is statutorily mandated under WI State Statutes to investigate and intervene in reports of abuse, neglect, and financial exploitation of adults with disabilities (age 18 and over) and older adults at risk (ages 60 and older). The goal of APS is to link persons at risk of and/or currently experiencing abuse and neglect with protective services to promote their best quality of life. APS social workers work with their clients and a variety of multi-disciplinary professionals from law enforcement and financial institutions to medical providers and various community stakeholders to ensure that each client's unique needs are met.

In 2020, Waukesha County APS staff handled 340 new cases including 223 Adults at Risk/Elder Adult at Risk investigations of abuse, neglect, and financial exploitation. Staff also managed 276 Annual Court Reviews of Protective Placement. One particular concern, is the financial abuse cases reported to APS resulted in Waukesha County residents losing more than \$1 million due to financial abuse and scams.

This year for World Elder Abuse Awareness Day, Waukesha County is partnering with local community organizations to highlight the teamwork it takes to identify and prosecute elder abuse. Staff will be distributing educational materials and giveaways to seniors throughout the county. We will host a virtual presentation on Identity Theft on June 23rd. (more information on page 5).

If you would like to report abuse, neglect or financial exploitation of a resident in Waukesha County, please call the ADRC at (262) 548-7848 Monday—Friday 8am—4:30pm or after hours call 211 or via email at: adrc@waukeshacounty.gov

To file a report for someone living in another county please call: 1-833-586-0107 or go online at: www.ReportElderAbuseWI.org



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

National Sunglasses Day - June 27

Shades...sunspecs....sunglassess, we have all worn a pair at some point in our lives, but have you ever thought about the history behind these dark lenses or their benefits?

It is thought that sunglasses were first used by Artic tribes between 1200-1600 AD. These glasses were made of various items such as wood, leather, bone or walrus ivory. The sunglasses were more like a goggle and had a very narrow horizontal slit that would block the glare of snow and ice.



Between 37-68 AD, Roman Emperor Nero, used emeralds to block the sun from his eyes and during the 1200-1300's judges in China wore smokey quarts lensed glasses which was thought to hide their facial expressions while conducting their civil duty.



It wasn't until several hundreds of years later in 1752 that the sunglasses were used for visual impairments such as color blindness and depth perception difficulties. James Ayscough, an English optician, first introduced spectacles that had clear lenses, later added tinting to the lenses which was usually blue or green. These glasses are known to be the precursor to what we now think of today as sunglasses.



Sam Foster was first to commercially sell sunglasses in 1929, on the beaches of Atlantic City. You can still buy the sunglasses today under the company name of Foster Grant. It was with his success that many more producers such as Rayban, Oakley and Porche gained notoriety throughout the Twentieth Century. Below are some examples of some of the popular styles during this time period.



The new millennium brought along new styles and new technology. There were many novelty glasses of all shapes and sizes, some with words as the frames and others with holograms in the lenses. Today you can have your favorite pair of shades answer your phone or enhance your game play on your favorite devices. While sunglasses are a great accessory, they do protect a person's eyes. Sunglasses have been proven to shield your eyes from harmful UV rays from the sun. They can decrease headaches from bright light and with today's technology sunglasses can temporarily correct color blindness.



Color blindness correction



Smartglasses



Snapchat Spectacles

Whatever your favorite style, color or need, there is probably a pair of shades that will fit your needs. So grab your shades and have a great summer!

Benefit Specialist Corner

Is your vision cloudy?

Do you or a loved one have cataracts? A cataract is a clouding of the eye's lens that affects vision. According to the National Eye Institute, by age 80, more than half of all Americans will either have a cataract or have had cataract surgery.



Medicare can help. Medicare Part B covers cataract surgery, and after surgery Medicare helps pay for cataract glasses, contact lenses, or intraocular lenses you get from an ophthalmologist.

Cataracts often come with age—they affect the vision of about half of all people between 65 and 74. Your risk for cataracts also may increase through long term exposure to sunlight, if you have diabetes, or if you smoke. New eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses may help your symptoms. If not, you may need surgery to remove the cloudy lens and replace it with an artificial lens.

June is Cataract Awareness Month. Visit the National Eye Institute at the National Institutes of Health to learn more about cataracts.

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts>

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/>

Spring Fling Volunteer Recognition

The Aging and Disability Resource Center's (ADRC) annual volunteer recognition event had a unique twist this year. Instead of a sit-down dinner with entertainment, a drive through event was planned and implemented. Starting on April 30 and ending on May 7, volunteers could choose from 5 locations, on 5 different dates and times to drive through and be recognized by Waukesha County staff members including: Waukesha County Executive Paul Farrow, Health and Human Services Director Liz Aldred and ADRC Manager Mary Smith.

Staff members personally thanked the volunteers for their dedication and service to ADRC customers and the many senior programs they help to support. In all, 141 volunteers attended and were treated to a potted begonia and Culver's gift certificate. Although many programs and services that use volunteers had to be suspended due to the pandemic, our committed volunteers are eager to resume as we start back up again.



If you want to be part of an amazing team of volunteers, consider these opportunities:

Meals on Wheels Driver

Meals on Wheels is a national network of local community organizations that serve seniors facing the threats of hunger and social isolation. Volunteers deliver between the hours of 11:00 AM and 1:00 PM Monday – Fridays, excluding holidays. Currently meals are distributed from seven Meals on Wheels centers throughout Waukesha County, you can select the community in which you would like to serve. Drivers must be 18 years of age or older, show proof of car insurance and hold a Wisconsin issued driver's license.

Meals on Wheels Packer

Help pack meals for the Meals on Wheels program. Volunteers help between the hours of 9:30-11:00 Monday – Fridays, excluding holidays. Currently, meals are assembled at seven Meals on Wheels centers throughout Waukesha County, you can select the community in which you would like to serve and the day that works best for you.

Telephonic Friendly Visitor

Provide a social connection to Meals on Wheels customers wanting a weekly telephone call. Volunteers call from the comfort of their own home. Volunteers use their own phone and are asked to track and report monthly volunteer hours.

If you are interested in learning more about these opportunities or would like to apply, call Karen at 262-548-7829 or email kstraw@waukeshacounty.gov.



A VIRTUAL EVENT PRESENTED BY THE AGING & DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY:

IDENTITY THEFT: PROTECT AND PREVENT

IN PARTNERSHIP WITH THE WISCONSIN DEPARTMENT OF AGRICULTURE, TRADE AND CONSUMER PROTECTION

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection will explain the different types of identity theft, how to recognize it and how to prevent it - including information about Fraud Alerts and Security Freezes. Receive tips for safeguarding personal information and how to spot the red flags of a scam.

JUNE 23RD | 10-11AM | VIRTUAL EVENT

TO REGISTER:

CALL THE ADRC AT (262) 548-7848

Online: <https://forms.gle/udCwWEYvwAzTAjJr6>



SUBSIDIZED HOUSING INFORMATION

Housing Authority of the City and County of Waukesha SECTION 8 WAITING LIST TO OPEN

****THE WAITING LIST FOR SECTION 8 HOUSING CHOICE VOUCHERS WILL OPEN ON THE DATE LISTED BELOW. THE LIST WILL BE OPEN ONLY ON THE DATES AND TIMES LISTED BELOW. THE LIST FOR SCATTERED SITE PUBLIC HOUSING SARATOGA HEIGHTS, AND PROJECT BASED VOUCHERS WILL REMAIN OPEN UNTIL FURTHER PUBLIC NOTICE. Please be advised for Scattered Site Public Housing and Saratoga Heights, this assistance is unit based and cannot be transferred to any other unit. SCATTERED SITE PUBLIC HOUSING UNITS ARE SCATTERED THROUGHOUT THE CITY OF WAUKESHA ONLY, AND OFFERS HOUSING TO ALL INCOME QUALIFIED FAMILIES. SARATOGA HEIGHTS IS A 6 STORY HIGHRISE WITH 1 BEDROOM UNITS**** **AT THIS TIME THE WHA HAS A PREFERENCE FOR DISABLED FAMILIES AND SINGLE PERSONS 62+ and VETERANS.**

Open Enrollment, Online Application-The WHA has gone to an online waiting list application process to open up housing opportunities to families who may be unable to come to the WHA office to fill out an application. You can apply at any time of the day or night during the hours listed below:

List Opens on: Monday, June 14, 2021 at 9:00 a.m.

SECTION 8 LIST CLOSES ON: Thursday, June 17, 2021 at 9:00 a.m.

The list for Scattered Site Public Housing and Saratoga Heights, and Project Based Vouchers will remain open until further public notice.

ALL APPLICATIONS FOR ALL HOUSING PROGRAMS INCLUDING SARATOGA HEIGHTS MUST BE COMPLETED ONLINE. (Please read below if assistance is needed for this process.)

Applications will be available at <http://www.waitlistcheck.com/wi164> or at the Waukesha Housing Authority website at <http://www.whaonline.com>.

Applications can be completed from ANY computer. Please do not come to the Waukesha Housing Authority office, as we are currently closed to the public due to the COVID 19 pandemic. If you are having problems with the online application process, please call the WHA office at 262-436-0932 between 8:00 a.m and 4:00 p.m. A staff person of the WHA will return your call as soon as someone is available to assist you. TTY is available at 262-436-0939.

To complete the application you will need:

- Social Security numbers and dates of birth for all on your application
- Income information, all sources
- Banking information and Investment information
- Criminal History Information

Americans with Disabilities Act Notice

Upon reasonable notice the WHA will furnish appropriate auxiliary aids and services when necessary to afford individuals with disabilities an equal opportunity to participate in and to enjoy the benefits of a service, program or activity.

Household income may not exceed for Section 8:

Family Size	Income Limit
<u>1</u>	<u>29,550</u>
<u>2</u>	<u>33,800</u>
<u>3</u>	<u>38,000</u>
<u>4</u>	<u>42,200</u>
<u>5</u>	<u>45,600</u>
<u>6</u>	<u>49,000</u>
<u>7</u>	<u>52,350</u>
<u>8</u>	<u>55,750</u>

Tenants pay approximately 30% of monthly income for rent

The Waukesha Housing Authority does not discriminate against individuals on the basis of sex, race, color, sexual orientation, disability, religion, national origin, marital status, family status, lawful source of income, age, ancestry or any other legally protected status in the admission or access to, or treatment or employment in its services, programs or activities.

Limited English Proficiency (LEP):

It is the policy of the Waukesha Housing Authority to provide language access services to populations of persons with Limited English Proficiency (LEP) who are eligible to be served or likely to be directly affected by our programs. Services will be focused on providing meaningful access to our programs and benefits.

Información de vivienda subsidiada

Autoridad de Vivienda (Housing Authority) de la Ciudad y Condado de Waukesha (WHA)
Sección 8 LISTA DE ESPERA PARA ABRIR

**** LA LISTA DE ESPERA PARA LOS VALES DE ELECCIÓN DE VIVIENDA DE LA SECCIÓN 8 SE ABRIRÁ EN LA FECHA QUE SE INDICA A CONTINUACIÓN. LA LISTA ESTARÁ ABIERTA ÚNICAMENTE EN LAS FECHAS Y HORAS QUE SE INDICAN A CONTINUACIÓN. LA LISTA DE VIVIENDAS PÚBLICAS DISPERSAS DE SARATOGA HEIGHTS Y LOS CUPONES BASADOS EN PROYECTOS PERMANECERÁN ABIERTOS HASTA NUEVO AVISO PÚBLICO. Tenga en cuenta que para Vivienda Pública Dispersa y Saratoga Heights, esta asistencia se basa en la unidad y no se puede transferir a ninguna otra unidad. LAS UNIDADES DE VIVIENDAS PÚBLICAS DISPERSAS ESTÁN DISPERSAS EN TODA LA CIUDAD DE WAUKESHA ÚNICAMENTE Y OFRECEN VIVIENDA A TODAS LAS FAMILIAS CALIFICADAS POR INGRESOS. SARATOGA HEIGHTS ES UN HIGHRISE DE 6 PISOS CON UNIDADES DE 1 DORMITORIO **** **EN ESTE MOMENTO EL WHA TIENE PREFERENCIA PARA FAMILIAS CON DISCAPACIDADES Y PERSONAS SOLTERAS DE MAS DE 62 AÑOS Y VETERANOS.**

Inscripción abierta, solicitud en línea: la WHA ha pasado a un proceso de solicitud de lista de espera en línea para abrir oportunidades de vivienda a las familias que pueden no poder acudir a la oficina de la WHA para completar una solicitud. Puede presentar su solicitud en cualquier momento del día o de la noche durante los horarios que se enumeran a continuación:

La lista se abre: lunes, junio 14, 2021 a las 9:00 a.m.

LA LISTA DE LA SECCION 8 SE CIERRA EL: jueves, junio 17, 2021 a las 9:00 a.m.

La lista de Viviendas Públicas Dispersas y Saratoga Heights y Cupones Basados en Proyectos permanecerá abierta hasta nuevo aviso público. TODAS LAS SOLICITUDES PARA TODOS LOS PROGRAMAS DE VIVIENDA INCLUYENDO SARATOGA HEIGHTS DEBEN COMPLETARSE EN LÍNEA. (Lea a continuación si necesita ayuda para este proceso).

Las solicitudes estarán disponibles en <http://www.waitlistcheck.com/wi164> o en el sitio web de la Autoridad de Vivienda de Waukesha en <http://www.whaonline.com>.

Las solicitudes se pueden completar desde CUALQUIER computadora. No venga a la oficina de la Autoridad de Vivienda de Waukesha, ya que actualmente estamos cerrados al público debido a la pandemia de COVID 19. Si tiene problemas con el proceso de solicitud en línea, llame a la oficina de WHA al 262-436-0932 entre las 8:00 a.m. y las 4:00 p.m. Una personal de la WHA le devolverá la llamada tan pronto como alguien esté disponible para ayudarlo. TTY está disponible al 262-436-0939.

Para completar la solicitud necesitará:

- Números de seguro social y fechas de nacimiento de todos en su solicitud
- Información sobre ingresos, todas las fuentes
- Información bancaria e información sobre inversiones
- Información de antecedentes penales

Aviso de la Ley de Estadounidenses con Discapacidades:

Con aviso razonable, la WHA proporcionará ayudas y servicios auxiliares apropiados cuando sea necesario para brindar a las personas con discapacidades la misma oportunidad de participar y disfrutar de los beneficios de un servicio, programa o actividad.

La Autoridad de Vivienda de Waukesha no discrimina a las personas por motivos de sexo, raza, color, orientación sexual, discapacidad, religión, nacionalidad, estado civil, estado familiar, fuente legal de ingresos, edad, ascendencia o cualquier otro estado legalmente protegido en la admisión o acceso a, o tratamiento o empleo en sus servicios, programas o actividades.

Dominio limitado del inglés (LEP):

Es política de la Autoridad de Vivienda de Waukesha proporcionar servicios de acceso lingüístico a poblaciones de personas con dominio limitado del inglés (LEP) que son elegibles para recibir servicios o que probablemente se verán afectadas directamente por nuestros programas. Los servicios se centrarán en brindar un acceso significativo a nuestros programas y beneficios.

Los ingresos del hogar no pueden exceder para la sección 8:

Tamaño de la familia	Límite de ingresos
<u>1</u>	<u>29,550</u>
<u>2</u>	<u>33,800</u>
<u>3</u>	<u>38,000</u>
<u>4</u>	<u>42,200</u>
<u>5</u>	<u>45,600</u>
<u>6</u>	<u>49,000</u>
<u>7</u>	<u>52,350</u>
<u>8</u>	<u>55,750</u>

Los inquilinos pagan aproximadamente el 30% de los ingresos mensuales en concepto de alquiler.

FEMA Assistance for Funerals for COVID Deaths

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. FEMA will begin to implement COVID-19 funeral assistance in April.

Additional guidance is being finalized and will be released to potential applicants and community partners as soon as possible. In the meantime, people who have COVID-19 funeral expenses are encouraged to keep and gather documentation.

FEMA began accepting applications for Funeral Assistance on **Monday, April 12, 2021 through their dedicated call center**. To be eligible for funeral assistance, a person must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

If you had COVID-19 funeral expenses, please keep and gather documentation. Types of information should include:

- **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
- **Funeral expenses documents** (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
- **Proof of funds received from other sources** specifically for use toward funeral costs. FEMA will not duplicate benefits received from burial or funeral insurance, or financial assistance received from voluntary or government agencies.

People who are eligible for funeral assistance will receive a check by mail, or funds by direct deposit, depending on which option is chosen upon application for assistance. The COVID-19 Funeral Assistance Line number is 844-684-6333. (TTY 800-462-7585). FEMA's Funeral Assistance Program has controls in place to mitigate fraudulent activity. **FEMA will not contact anyone until they have called FEMA or have applied for assistance.** Do not disclose information such as the name, birth date or social security number of any deceased family member to any unsolicited telephone calls or e-mails from anyone claiming to be a federal employee or from FEMA.

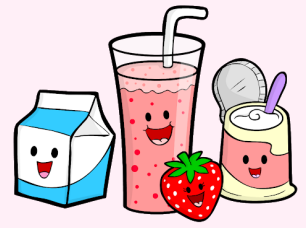
Fraud Alert:

FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. FEMA has not sent any such notifications and will not contact people prior to them registering for assistance.

If you doubt a FEMA representative is legitimate, hang up and report it to the FEMA Helpline at 800-621-3362 or the National Center for Fraud Hotline at 866-720-5721. Complaints also may be made by contacting local law enforcement agencies.

National Smoothie Day

Have you noticed this time of year we tend to change our preference from piping hot or toasty warm drinks to all things cool and refreshing? Which is why smoothies are made for summer! Just look at the day National Smoothie Day is celebrated: June 21, the first day of summer. So celebrate National Smoothie Day by blending together food, family, and fun in the sun, as you kick off the first day of summer in style. Throw in your favorite mix of sweet juices, tangy fruits, fresh vegetables, and delectable surprise ingredients, and express your own personal take on the taste of summer.



What Do You Put in a Smoothie?

There are so many options for what you can put in a smoothie. Each category of ingredients provides different positive benefits. Here are a few ideas for what you should put in your morning smoothie:

- ✓ **Healthy Fats.** Your favorite nut butter, avocados, cashews, coconut milk, chia seeds, or flaxseeds. This makes the smoothie more satisfying and keeps you full between meals.
- ✓ **Protein and Fiber Additions.** Greek yogurt or your favorite protein powder are easy ways to make breakfast protein smoothies. A tablespoon of oatmeal adds fiber.
- ✓ **Fruit.** Strawberries and blueberries are favorites. Bananas make smoothies naturally sweet. Mango and pineapple can hide the taste of greens. Unexpected fruits like apples or watermelon can be scrumptious too.
- ✓ **Vegetables.** Spinach, kale, cucumbers, zucchini, carrots, and even beets can all be added to smoothies.
- ✓ **Flavor Additions.** Vanilla extract, almond extract, cinnamon, honey, maple syrup, and grated fresh ginger are all excellent ways to give your smoothie more flavor.
- ✓ **Liquid.** Unsweetened almond milk, unsweetened soy milk, coconut water, or even plain water can be used. You can also use juice, but be sure to do this in moderation, since juice is high in sugar but low in fiber.

Is it Healthy to Have a Smoothie for Breakfast?

Smoothies can make a very healthy breakfast - it's all about the ingredients and keeping reasonable portions. When looking for a healthy breakfast smoothie, try to find one that's low in sugar and high in protein, fiber, and healthy fats so you stay full for longer.

Healthy Fruit Smoothies

These recipes taste like a treat but have incredible nutritional value. Plus, they are unbelievably easy to make - simply add all the ingredients to a blender and blend until smooth and enjoy. You may want to experiment with the measurements of each ingredient depending on your personal taste.

- ◆ **Peanut Butter Banana Smoothie.** Banana, peanut butter, almond milk, Greek yogurt, cinnamon.
- ◆ **Strawberry Mango Smoothie.** Strawberry, mango, carrots, almond milk, lemon juice.
- ◆ **Greek Yogurt Smoothie.** Banana, strawberries, Greek yogurt, oatmeal, peanut butter, honey, ice.
- ◆ **Strawberry Blueberry Smoothie.** Almond milk, frozen strawberries, frozen blueberries, vanilla Greek yogurt, cinnamon.
- ◆ **Strawberry Smoothie (The Classic).** Strawberries, yogurt, almond butter, honey, vanilla extract, almond milk.
- ◆ **Apple Avocado Smoothie.** Unsweetened almond milk, spinach, avocado, apples, banana, honey, ground ginger, ice, chia seeds.
- ◆ **Blueberry Banana Avocado Smoothie.** Unsweetened vanilla almond milk, spinach, banana, avocado, frozen blueberries, ground flaxseed, almond butter, cinnamon.
- ◆ **Hawaiian Berry Smoothie.** Orange, banana, frozen mango, orange juice, berry yogurt, frozen berries such as strawberries, blackberries, blueberries, or cherries, frozen banana, milk.

Article from: <https://www.wellplated.com/healthy-breakfast-smoothies-recipes/>

Senior Farmers' Market Nutrition Vouchers / Cupones de nutrición del mercado de agricultores para personas mayores

ADRC of Waukesha County will again be distributing the popular Senior Farmers' Market Nutrition Vouchers beginning June 1. Due to the COVID-19 pandemic, distribution will be a little different this year.

El ADRC del condado de Waukesha volverá a distribuir los populares cupones de nutrición del mercado de agricultores mayores a partir del 1 de junio. Debido a la pandemia de COVID-19, la distribución seguirá siendo un poco diferente este año.



Vouchers will only be distributed via mail and at five scheduled community distributions.

Los cupones solo se distribuirán por correo y en cinco distribuciones comunitarias programadas.

The ADRC will be accepting completed eligibility agreements directly from clients and/or their proxies via US mail or fax. Once the completed agreement is received, the ADRC will mail the farmers' market vouchers directly to clients beginning June 1. See page 11 (opposite page) for the voucher agreement form. Page 12 is the Spanish version. Simply cut out the voucher agreement form and mail or fax the completed form to the ADRC at:

El ADRC aceptará acuerdos de elegibilidad completados directamente de los clientes y / o sus apoderados por correo postal o fax. Una vez que se reciba el acuerdo completo, el ADRC enviará por correo los cupones del mercado de agricultores directamente a los clientes a partir del 1 de junio. Consulte la página 12 para ver el formulario de acuerdo de cupón. La página 12 es la versión en español. Corte el formulario de acuerdo de cupón y envíe por correo o fax el formulario completo al ADRC at:

ADRC of Waukesha County

Attn: SFMNP

514 Riverview Ave

Waukesha, WI 53188

Or fax to 262-896-8273 Attn: SFMNP

Vouchers will be distributed in first come, first serve order. Each eligible **household** will receive one booklet with a **total value of \$25: five \$5 vouchers**. Vouchers are valid until October 31. Remember that vouchers can only be used at participating farm stands and participating farmers at the farmers markets. Vouchers can be redeemed at any participating farmer or farm stand, but Waukesha County vouchers **must only** go to Waukesha County residents. Also, vouchers are only good for fresh fruits and vegetables, herbs, and fruit and vegetable seeds.

Los cupones se distribuirán por orden de llegada. Cada **hogar** elegible recibirá un folleto con un **valor total de \$25: cinco cupones de \$5**. Los cupones son válidos hasta el 31 de octubre. Recuerde que los cupones solo se pueden usar en los puestos agrícolas participantes y los agricultores participantes en los mercados de agricultores. Los cupones se pueden canjear en cualquier granjero o puesto de granja participante, pero los cupones del condado de Waukesha **solo deben ir** a los residentes del condado de Waukesha. Además, los cupones solo son válidos para frutas y verduras frescas, hierbas y semillas de frutas y verduras.

Eligibility requirements / Requisitos de elegibilidad:

Must be a Waukesha County resident 60 or older, or Waukesha County resident 55 or older if Native American. **It is illegal to enroll in this program at more than one location.**

Debe ser un residente del condado de Waukesha de 60 años o más, o un residente del condado de Waukesha de 55 años o más si es nativo americano. **Es ilegal inscribirse en este programa en más de un lugar.**

Scheduled Community Distribution Events / Eventos de distribución comunitaria programados:

- ◆ Friday (viernes), June 4th | 10am-Noon (mediodía) | Waukesha County Health & Human Services Building
 - ◆ 514 Riverview Avenue, Waukesha, WI
- ◆ Wednesday (miércoles), June 9th | 9am-Noon (mediodía) | Mukwonago Food Pantry Resource Center
 - ◆ 225 Eagle Lake Ave, Mukwonago, WI
- ◆ Friday (viernes), June 11th | 10am-Noon (mediodía) | Oconomowoc Community Center
 - ◆ 220 W Wisconsin Ave, Oconomowoc, WI
- ◆ Monday (lunes), June 14th | 1pm-2pm | Menomonee Falls Senior Center
 - ◆ W152 N8645 Margaret Rd, Menomonee Falls, WI
- ◆ Friday (viernes), June 18th | 1pm-3pm | Waukesha County Health & Human Services Building
 - ◆ 514 Riverview Avenue, Waukesha, WI

**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)
 ELIGIBILITY AGREEMENT**

Completion of this form is voluntary. If it is not completed, the applicant will not be eligible to receive the benefits of the Senior Farmers' Market Nutrition Program.

Name – Applicant (Last, First, MI) (Please Print)		Race (check one or more) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White
Street Address, City, State, Zip Code (Please Print)		
Telephone Number	Date of Birth (MM-DD-YY)	Ethnicity Information (check one) <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino
Primary Language Spoken if not English		

- I certify that my household income is at or below 185 percent of the federal poverty guideline.

Household Size	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	2,686	32,227
3	3,386	40,626
4	4,086	49,025
5	4,786	57,424
6	5,486	65,823
7	6,186	74,222

For each additional household member,
 add \$700 monthly, \$8,399 annually.

- I certify that I am 60 years of age or older or I am a Native American 55 years of age or older.
- I certify that I am a resident of _____ county.
- I understand that program vouchers are used for the purchase of locally-grown fresh produce.
- I have received instructions about how and where to use program vouchers as applicable
- I understand that it is illegal to enroll in this program at more than one location.
- I have designated _____ to be my authorized representative.

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

SIGNATURE – Applicant	Date Signed
_____	_____
SIGNATURE – Authorized Representative	Date Signed
_____	_____
SIGNATURE – SFMNP Agency	Check Numbers Issued
_____	_____

This institution is an equal opportunity provider.

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)
ACUERDO DE ELEGIBILIDAD
SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP) — ELIGIBILITY AGREEMENT

El completar este formulario es voluntario. Si no se completa, el solicitante no será elegible para recibir los beneficios del Senior Farmers' Market Nutrition Program.

Nombre – Solicitante (Apellido, nombre, inicial) (escriba en letra de molde)		Raza (seleccione una o más)
Dirección postal, ciudad, estado, código postal (escriba en letra de molde)		<input type="checkbox"/> Indígena norteamericano o nativo de Alaska <input type="checkbox"/> Asiático <input type="checkbox"/> Negro o afroamericano <input type="checkbox"/> Nativo de Hawai u otra Isla del Pacifico <input type="checkbox"/> Blanco
Teléfono	Fecha de nacimiento (mm-dd-aa)	Información étnica (seleccione una)
		<input type="checkbox"/> Hispano o latino <input type="checkbox"/> No hispano ni latino
Idioma principal que habla, si no es inglés.		

- Certifico que mi ingreso familiar es igual o inferior al 185 por ciento de la pauta federal de pobreza.

Grupo familiar	Ingreso mensual	Ingreso anual
1	\$1,986	\$23,828
2	2,686	32,227
3	3,386	40,626
4	4,086	49,025
5	4,786	57,424
6	5,486	65,823
7	6,186	74,222

Por cada miembro adicional del hogar, agregue \$700 mensuales, \$8,399 anualmente.

- Certifico que tengo 60 años de edad o más o que soy indígena norteamericano de 55 años de edad o más .
- Certifico que soy un residente del condado
- Entiendo que los cupones del programa se utilizan para la compra de productos frescos cultivados localmente.
- He recibido instrucciones sobre cómo y dónde usar los cupones del programa, según corresponda.
- Comprendo que es ilegal inscribirme en este programa en más de una localidad.
- He designado a como mi representante autorizado.

He sido informado de mis derechos y obligaciones dentro del programa SFMNP. Certifico que la información que he suministrado para la determinación de mi elegibilidad es correcta y de buena fe. Este formulario de certificación forma parte de mi solicitud para solicitar asistencia federal. Los funcionarios del programa pueden verificar la información en este formulario. Entiendo que realizar declaraciones intencionalmente falsas o erróneas o distorsionar u ocultar intencionalmente información puede ser sancionado con el pago en efectivo a la agencia del estado el valor del beneficio alimentario otorgado incorrectamente y posiblemente con un proceso civil o criminal ante la ley estatal o federal. Las reglas de elegibilidad y participación en el SFMNP son iguales para todos, sin distinción de raza, color, nacionalidad de origen, edad, discapacidad o sexo. Entiendo que puedo apelar cualquier decisión que tome la agencia local con respecto a mi elegibilidad para el SFMNP.

FIRMA – Solicitante	Fecha de firma
FIRMA – Representante autorizado	Fecha de firma
FIRMA – Agencia SFMNP	Números de cheques control emitidos

Esta institución es un proveedor que ofrece igualdad de oportunidades.

It's Time

One of the most difficult experiences a caregiver may face is considering an out-of-home placement for their loved one. This can be particularly difficult when the person suffers from dementia and is not able to assist in the decision-making process. Although we usually think that keeping someone in their own home is the ultimate goal, sometimes there is a point when staying at home may no longer be the best option.



There are 2 main things to evaluate when making this decision: the needs of the person receiving care and the demands on the caregiver. Each person being cared for is different. Some are more difficult to manage while others may be easier to take care of. Additional medical problems may also complicate the situation.

Caregivers also have different circumstances. Some cope easily with large amounts of stress while others struggle with even small disruptions. Some have children and job responsibilities while others are able to devote more time to their loved one. It is important look at your particular situation and not to compare yourself to someone else.

If you are wondering if it might be time to move your loved one to a continuing-care facility, you may find these questions helpful in deciding.

- ◆ **Are the person's needs being met at home?**
- ◆ **Is constant care required beyond my physical capability?**
- ◆ **Are they always safe in the home?**
- ◆ **Is there a concern that the person may harm themselves or others?**
- ◆ **Does the person need specialized care not available or affordable at home?**
- ◆ **Would an out-of-home setting provide opportunities for therapy and socialization that are not possible at home?**
- ◆ **Would moving the person to a long-term care facility allow me to devote needed time to my family/job/self?**
- ◆ **Am I healthy and physically strong enough to take care of the person?**
- ◆ **Is there a care facility in the area that I trust?**

The most important thing to remember is that moving your loved one to a care facility is NOT a sign of failure in your role as a caregiver. A caregiver's main job is to ensure that their loved one is getting the best care possible, while also prioritizing care for self, and sometimes that means a move to a care center.

Consider this. Your caregiving role will not end when your loved one moves, it will just change. When caring for someone at home, a caregiver spends endless hours doing personal cares, cooking, cleaning, and keeping your loved one safe. This may often include being up several times during the night. The caregivers' own health often becomes at risk.

When the person lives at a care facility, the time and energy you spent providing physical cares can now be focused on your relationship again. Their basic needs will be met by staff, but they still need you to provide social, spiritual, and emotional care. You can spend time doing things like looking at photo albums, reading together, watching old movies, or just sitting and enjoying each other. Your caregiving role continues, but your tasks and focus change.

The ADRC has resources available to help you if you are considering long-term care placement. Call the ADRC at (262) 548-7848 for more information.

IMPORTANT Meals on Wheels UPDATE

HOT MEALS ARE BACK!

Beginning Tuesday, June 1, all Waukesha County Meals on Wheels customers will receive hot, ready to eat meals five days a week, Monday through Friday. Frozen meals will be discontinued May 28th.

Deliveries – Meals will be delivered between the hours of 11:00 a.m. – 1:00 p.m.

Cancellations – To cancel meals, discontinue service or make changes to your delivery schedule, call our office at 262-548-7826 by 12:00 noon the weekday before. If cancellations are called in after 1:00 p.m. or on a weekend for a Monday cancellation, this meal will be included on the donation statement.

MEALS WILL NOT BE LEFT WHEN YOU ARE NOT HOME – Please schedule appointments/outings for the early morning or later in the afternoon. If you are not there to receive your meal and have not called to cancel, the meal will be disposed of and you will be asked to donate for that meal.

The ADRC will attempt to reach any clients missing for their meal. If the client or their emergency contact is not reached, a call will be made to the local police department for a well check.



For questions, call the nutrition program at 262-548-7826.

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 June, the highlighted produce item is Spinach! 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>



June
SPINACH

Get out and enjoy the warm weather!

Who’s ready to get outside and enjoy the fresh air? One way to do that is by visiting some of our local parks and trails. Learn more at www.waukeshacounty.gov/LiveWell

FUN ACTIVITIES TO TRY

- Bust out those rollerblades
- Go on a family bike ride
- Bring your camera and capture a glimpse of some furry creatures
- If its warm enough, hop in the water!



Helen Keller Deaf-Blind Awareness Week June 27th - July 3rd



Helen Keller was an American author, lecturer and political activist. Helen Adams Keller was born on June 27, 1880. She lost her ability to see and hear at 19 months old due to an illness (either meningitis or scarlet fever).

In 1886, Keller's mother started looking for a person who could educate her daughter. Anne Sullivan, herself visually impaired, agreed to become Keller's instructor.

Keller attended several schools for the blind and deaf. At age 20, she was admitted to Radcliffe College in Cambridge, Massachusetts. She graduated in 1904, becoming the first deafblind person to earn a B.A. degree. Keller learned to speak and spent much of her life giving lectures and speeches. She was an avid advocate of people with disabilities.

In 1915, she founded Helen Keller International, an organization devoted to research in vision, nutrition and health. In 1980, President Jimmy Carter authorized Helen Keller Day at the federal level to commemorate the centennial of Keller's birth. That year, the United States Postal service issued a special stamp depicting Helen Keller and Ann Sullivan.

Aphasia Awareness

June is Aphasia Awareness Month, a national campaign to increase public awareness about the language disorder and to recognize people who are living with or caring for people with aphasia.

CAUSE OF APHASIA

Aphasia is usually due to stroke or traumatic injury to the brain. *Aphasia and stroke can appear suddenly, but warning signs can occur:*

- Sudden weakness or numbness on one side of the body
- Sudden trouble seeing
- Sudden dizziness or trouble walking
- Sudden headache for no reason
- Sudden confusion or trouble talking and understanding

RECOVERING WITH APHASIA

- There is no medical "cure" for aphasia.
- Problems communicating can last a long time.
- Most people improve over time, particularly if speech therapy is provided.
- People's aphasia can be helped even 10 or more years after onset if they have access to appropriate intensive treatment.
- New imaging studies show with time the brain can make new networks and heal.
- Most people show signs of getting back some of their language and communication skills in the months and weeks after the stroke.
- Someone with Aphasia would be assessed by a speech and language therapist (SLT).
- The speech language therapist will prescribe some exercises to practice restoring some of their lost skills or to help them use new skills to get their message across, such as gesture, drawing or writing.



Sources: <https://www.ivyrehab.com/news/what-is-aphasia-facts-symptoms-and-tips-for-communication/>
<https://www.communicationmatters.org.uk/research/factsheets/factsheet-what-is-aphasia/>

Dear INA,

My doctor thinks I may have PTSD after my car accident, but I thought only soldiers and veterans had PTSD. Can you tell me more about this?

-Shelly Shock



Dear Shelly,

PTSD, or post-traumatic stress disorder, is an anxiety problem that develops in some people after extremely traumatic events, such as combat, crime, an accident, or a natural disaster.

People with PTSD may relive the event via intrusive memories, flashbacks and nightmares; avoid anything that reminds them of the trauma; and have anxious feelings they didn't have before that are so intense their lives are disrupted.

Everyone with PTSD—whether they are children or adults, Veterans or civilians, survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

Trauma recovery can be approached by different types of therapeutic options including cognitive behavioral therapy, group therapy, experiential therapy, education, and sometimes medication.



If you believe that you are struggling with anxiety or feelings that disrupt your life, talk to your doctor about being screened for PTSD or call the NAMI at 800-950-NAMI or in a crisis text "NAMI" to 741741.

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>

**Getting Ready to Sign Up for Medicare? | Come to a Welcome to Medicare Virtual Fair
June 23, 2021 | Open from 3:00 PM to 7:00 PM ET**

Learn about signing up for Medicare from the safety and comfort of your home or office! This virtual, online Medicare fair is for people turning 65 or becoming eligible for Medicare because of a disability. This event is supported by a grant from the federal government, and there is no cost to attend. Attend for any length of time. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. Visit www.shiphelp.org to register.

There will be expert presenters on Medicare eligibility, enrollment, costs, and coverage options from the State Health Insurance Assistance Programs (SHIPs). SHIPs are government funded to provide local, trusted, and unbiased local Medicare help to individuals in their states or territories. During the COVID-19 pandemic, SHIPs are providing safe and socially distanced Medicare education and assistance to Medicare-eligible individuals, their families, and caregivers. This online Welcome to Medicare Fair is just one example. You can visit state-specific virtual exhibits and chat with SHIP about what to consider when making your Medicare decisions. Join us from your computer or mobile device anytime between 3:00 and 7:00 p.m. Eastern Time.

Visit www.shiphelp.org to register.

Evidence-Based Health Promotion Program

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 Education 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/>.

Healthy Living with Chronic Pain - Living day-to-day with ongoing, persistent pain presents numerous challenges. This phone-based workshop is for adults who have chronic pain such as headaches, low back pain, arthritis pain, and fibromyalgia. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The toolkit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges.

Details: Phone discussions will be on **Tuesdays, June 8, 15, 22, 29, July 6, 13 from 10:00 – 11:00 am**. Once registered, participants will receive materials and instructions for how to join each phone session.

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

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: The 15-week series begins the week of June 20th.

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

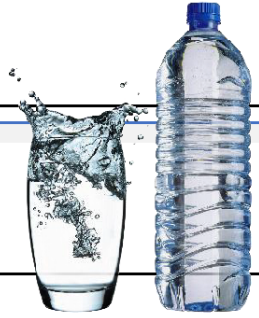
Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

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.

Water: An Essential Nutrient!



Tips to Stay Hydrated

DRINK more water:

- Keep a glass or bottle of water near you
- Drink water with meals
- Use a lemon or lime wedge, flavored waters, or combine water with a small amount of juice
- Sip throughout the day
- Set up reminders to drink water, such as an alarm or a note to self
- Drink other minimally-sweetened beverages such as milk, tea or coffee (yes, coffee counts!)

EAT foods high in water:

- **Fruits:** Melons, Strawberries, Peaches, Citrus, Grapes
- **Vegetables:** Cucumbers, Lettuce, Spinach, Tomatoes, Zucchini, Cabbage, Cauliflower, Bell Peppers, Celery
- **Grains:** Oatmeal, Rice
- **Dairy:** Yogurt, Milk, Ice Cream
- **Protein-rich:** Soups, Stews, Chili

BONUS: Many water-rich foods are also nutrient-rich and fiber-rich, which also improves overall health.

Hydration 101

How much water do I need?

Many experts recommend 6-8 cups of water per day, although it varies person to person. Drinking water and other fluids when you feel thirsty works for many people. However, your ability to notice thirst may decrease as you age.

How do I know if I am drinking enough? *

You are hydrated if:

- You don't feel thirsty (although this may be impaired as you age)
- Your urine is light yellow in color

*If you are not sure, ask your doctor or dietitian to help you determine if you are drinking enough.

If you are dehydrated, you may notice dark yellow and strong-smelling urine, feel dizzy, feel tired, have dry mouth, lips or eyes, confusion, and/or urinate less frequently.

Why is water considered an "essential nutrient" in the body?

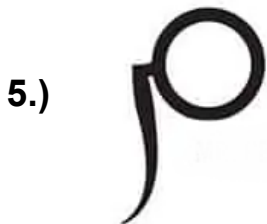
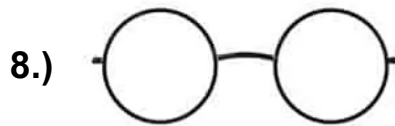
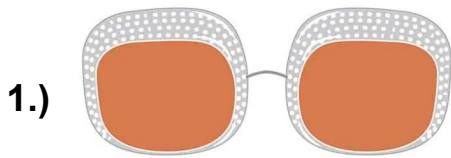
Water has many vital functions for your organ systems:

- Helps the **kidneys** filter waste products from your blood
- Strengthens and maintains **muscles and joints**, making nutrients easier to circulate and keeping joints lubricated
- Makes the **heart** work more efficiently, maintaining blood flow with less work
- Improves **brain** function: Studies show that even mild dehydration can impair neurons (brain cells) causing the brain to work harder than normal to complete tasks
- Keeps **gut** healthy, improving digestion and preventing constipation
- Maintains body temperature



Do you know your glasses?

Match each glasses style with the famous person or character who rocked them!



Possible Answers
(each only used once)

MC Hammer
Ben Franklin
Elvis Presley
Harry Potter
Jackie Kennedy
Groucho Marx
Elton John
Malcom X
Mr. Peanut
Waldo

Answers: 1. Elton John, 2. Waldo, 3. Elvis Presley, 4. Ben Franklin, 5. Mr. Peanut, 6. Jackie Kennedy, 7. MC Hammer, 8. Harry Potter, 9. Malcom X, 10. Groucho Marx

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

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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