

## Ageing & 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](http://www.alz.org/sewi)

## Inside this Issue:

- ⇒ Senior Resource Fair
- ⇒ National Cheese Day!
- ⇒ Senior Farmers Market  
Voucher Distribution
- ⇒ Great Outdoors Month
- ⇒ Juneteenth



# The ADRC Connection

June 2022

## World Elder Abuse Awareness Day (WEAAD) is June 15<sup>th</sup> 2022

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 2021, Waukesha County APS staff handled 358 new cases including 229 Adults at Risk/Elder Adult at Risk investigations of abuse, neglect, and financial exploitation. Staff also completed 264 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 \$1.4 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 effect social isolation and loneliness have on seniors, making them more susceptible to abuse of all kinds. **The ADRC is hosting a Senior Resource Fair on June 15th at Sussex Civic Center.** The event is free for seniors in our community and lunch will be provided, however registration is required (more information on page 3).

**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](mailto: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](http://www.ReportElderAbuseWI.org)**



# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

## What is Senior Isolation, and What Can You do to Help?

Do you feel isolated in your own home? Do you feel removed from family and friends? Do you feel alone with your own thoughts, with no one to talk to and no opportunity to engage with your community? Unfortunately, for a large and growing number of seniors, the answer is yes. Approximately 13.8 million older adults live in one-person households, representing 28% of people aged 65 or older, according to the National Institute on Aging.

The thought of aging parents, grandparents and loved ones living alone is difficult enough, but the concern gets even worse when we look at what the research says about the impact of social isolation in seniors.

### Facts About Senior Loneliness and Social Isolation

A 2020 study by the U.S. Centers for Disease Control and Prevention found some disturbing health risks associated with loneliness.

- Higher rates of depression, anxiety and suicide are associated with loneliness.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization and 57% increased risk of emergency department visits.
- Social isolation significantly increased a person's risk of premature death from all causes. Isolation also was associated with about a 50% increased risk of dementia.

### How Seniors Can Benefit from Socializing

Conversely, seniors can boost their mental health by socializing. According to the American Public Health Association, socialization helps seniors in these ways:

- Aids with cognition and memory recall
- Improves mood
- Promotes healthy behaviors, including exercise
- Seniors can benefit from social activities, which are shown to improve mental health. These can include:
  - Bingo
  - Card games
  - Exercise classes and walking groups
  - Regular phone calls and video conferences with friends and family
  - Swimming and water aerobics classes

### How to Help Lonely or Isolated Seniors Reconnect

#### Address Health Issues That May Contribute to Isolation

Seniors can become withdrawn and isolated for several reasons, including undiagnosed or untreated health issues. Seniors who experience incontinence, for example, may be hesitant to leave their homes, or seniors with hearing difficulties or deteriorating vision may avoid social situations out of embarrassment or frustration. Talk with your loved one about their health and address any issues that may be limiting their social life. You may need to speak with your loved one's caregivers or health providers for a clearer picture of their overall health.

#### Encourage Self-Esteem and Self-Confidence

Body image doesn't get as much attention as other aging concerns, but it can be a major contributing factor to senior isolation. Older adults may become self-conscious about their appearance to the point that they avoid social interactions entirely. Compliments and positive comments about your loved one's appearance can go a long way and may even provide a boost of self-esteem and self-confidence that helps your loved one get out and reconnect with the world.

#### Make Transportation Easier

An analysis of data from the National Household Travel Survey found that among adults 65 and older who reported not leaving home in the past week, more than half reported that they would like to get out more often. Lack of transportation is one reason why seniors may not get out as much or as often as they would like. Offer rides to older loved ones or introduce them to rideshare services like Lyft and Uber to make it easier for them to leave the house.

#### Notify Neighbors, Friends and Caregivers

If you're concerned that an aging parent, grandparent or loved one is isolated and lonely, notify other people in their lives who can help make a difference. If a loved one is aging in place, for example, reach out to their neighbors and explain your concerns. Caregivers and health providers should also be notified if you are worried that a loved one is not getting as much social interaction as they want or need.

If you are concerned about a love one, call the ADRC at (262) 548-7848. The ADRC can connect local seniors to resources and services to help them connect with others in their community and fulfill their health and social needs.

# STAY CONNECTED, STAY HEALTHY

## A Waukesha County Senior Resource Fair

Social isolation and loneliness are huge concerns for seniors in our community. This year, to commemorate World Elder Abuse Awareness Day, the ADRC of Waukesha County is hosting a senior resource fair to connect area seniors with resources that can help prevent social isolation and combat elder abuse.

### WHEN

Wednesday  
June 15, 2022  
10:00am-2:00pm

### WHERE

Sussex Civic Center  
N64 W23760 Main St,  
Sussex, WI

### REGISTER

Online

[https://forms.gle/  
sJx1YVU6vvRTAaEF7](https://forms.gle/sJx1YVU6vvRTAaEF7)

By Phone

(262) 548-7883

### SCHEDULE OF EVENTS

10:00am - Resource Fair

11:00am - Presentation by Dr. Leahy & Dr. Ingelseis from ProHealth Care: "The Health Risks of Social Isolation and Loneliness"

12:00pm - Lunch

12:30pm - Resource Fair

1:00pm - Ice Cream & Raffle

**WE HOPE YOU CAN JOIN US!**



**WORLD ELDER ABUSE  
AWARENESS DAY**  
Building Strong Support for Elders



## June 3, 2022 is National Cheese Day - Say Cheese, Wisconsin!

You know Wisconsin is famous for cheese, but did you ever wonder what makes it so special? Cheesemaking in the state goes all the way back to the 19<sup>th</sup> century when European settlers realized just how fertile the local fields were. Dairy farms began popping up everywhere, and making cheese was a natural solution to too much milk. In 1841, Anne Pickett created the state's first commercial cheese factory with the help of milk from a neighbor's cow. One hundred years later, there are over 1,500 cheese factories in Wisconsin.

The rest is history; in the words of a 2006 NY Times article, "Cheese is the state's history, its pride, its self-deprecating, sometimes goofy, cheesehead approach to life." Wisconsin has claimed the title of the largest cheese-producing state in the United States since 1910, when it passed New York. In 2006, Wisconsin produced 2.4 billion pounds of cheese and held onto its top ranking, despite concerns that California's faster-growing cheese industry would soon surpass Wisconsin's production. But not to worry, in 2007, Wisconsin again held onto its lead keeping its title. In 2014, Wisconsin produced 2.9 billion pounds of cheeses and as of 2020, Wisconsin remains the largest US cheese producer.

There are more than 600 varieties of cheese produced in Wisconsin, and it's the only state that requires a "licensed cheesemaker" to oversee all commercial cheese production. Only in Wisconsin will you find the Master Cheesemaker program, too, where a set of high standards must be met to achieve such a distinction—it's similar to the regulations in Europe.

### Wisconsin's Top Ten Produced Cheeses

- Mozzarella (33.9%)
- Cheddar (19.5%)
- Other Italian-Parmesan, Asiago, Romano (16.1%)
- Other American Processed cheese (9.7%)
- Feta (2.8%)
- Hispanic-Queso Fresco, Queso Blanco (2.5%)
- Muenster (2.0%)
- Swiss (0.8%)
- Gorgonzola (0.6%)
- Gouda (0.4%)

Whichever is your favorite, if it is from Wisconsin, it's gouda stuff!!



**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.

**If you are interested in learning more about these opportunities or would like to apply, call Sherry at 262-548-7829 or email [siwilliams@waukeshacounty.gov](mailto:siwilliams@waukeshacounty.gov)**

# Benefit Specialist Corner

## Traveling This Summer? Check Your Health Coverage Before You Leave!

If you are traveling this summer, there is a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you are in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S., and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S. (often referred to as the "foreign travel rider").

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to plan out your health care coverage before you travel will help you to have an awesome vacation!

**"DO I REALLY NEED TO  
BUY TRAVEL  
INSURANCE?"**



## 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/>

**Turning 65?  
Need Medicare?**



# June is National Dairy Month

Dairy products are made from milk. Dairy foods are a great source of protein, calcium, and vitamins for people in all age groups to maintain healthy bones. The daily dairy recommendation includes **3 cups of milk** or equivalent a day for older adults. However, not everyone can drink that much of milk every day. Check out the following dairy products and dairy alternatives and their nutrition values (1 cup / 8fl oz) to see how you can fit them into your meals.

	Whole milk	1% milk	Soy milk, unsweetened	Oat milk, unsweetened	Yogurt, nonfat, no sugar added	Cheese, cheddar [1 slice]
Calories(kca)	150	110	80	45	106	80
Protein (g)	8	8	7	1	11	5
Calcium (mg)	300	250	300	350	400	150
Vitamin D (IU)	100	100	120	160	0	4

- the actual nutrition value of each dairy product can be found on their food labels
- Recommended calcium intake for 51-70 yo: 1000 mg/day; for >70 yo: 1200 mg/day.
- Recommended Vitamin D for 51-70 yo: 600 IU/day; for >70 yo: 800 IU/day.



## DID YOU KNOW...

- Coffee creamer is typically dairy-free and does not contain any milk products at all.
- Low-fat dairy products are preferred for their lower calorie counts and lower saturated fat.
- Ice cream is a dairy product, but it is high in sugar and fat and low in nutrients.



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




**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W Moreland Blvd.  
Administration Center Rm G22, Waukesha WI 53188  
Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882  
waukesha.extension.wisc.edu

---

# Harvest of the Month

---

## JUNE | SPINACH

### HEALTH BENEFITS

- **IRON**
- **CALCIUM**
- **MAGNESIUM**
- **POTASSIUM**



### HEALTHY SERVING IDEAS

Spinach contains oxalic acid. Oxalic acid binds with the minerals iron and calcium and reduces the absorption of both minerals. Eating spinach with foods that are rich in vitamin C, such as orange juice, tomatoes, and citrus fruits improves absorption. For example, when having a spinach salad add fresh tomatoes and mandarin oranges.

Spinach is a native plant of Persia, modern day Iran. It was introduced to China in the 7th century and was most probably brought to Europe in about the 12th century and to the US in 1806.

### SHOPPING & STORAGE TIPS

Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, spotted, or damaged.

Store fresh spinach in an open plastic bag in the refrigerator. Rinse spinach leaves in cool water and pat dry just before serving.

Spinach is one of the few vegetables that is available year-round. It grows best in cool, not freezing, moist condition especially during spring and autumn. It grows well in sandy soils.

---

**LIVE WELL**



---

**WAUKESHA COUNTY**

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



**LEARN MORE AT**  
**[WWW.WAUKESHACOUNTY.GOV/LIVWELL](http://WWW.WAUKESHACOUNTY.GOV/LIVWELL)**

Dear Ina,

I saw a sign in someone's yard about Juneteenth. Can you explain to me what this day is and what it means?

Sincerely, Curious Cathy



Dear Cathy,

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation – which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

The observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.



Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week, and in some areas a month marked with celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future. Its growing popularity signifies a level of maturity and dignity in America. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today.

Learn more about the history of Juneteenth at <https://www.juneteenth.com/history/>

### **Waukesha County Senior Dining Sites Are Now Open!**

The ADRC now has five seniors dining sites open throughout the county. Not only do seniors get a nutritious hot meal when they attend lunch at one of our dining centers, but they also receive nutrition education, health information and screening, outreach, and support for them their families. Social and recreational activities are also provided at the dining centers.

Brookfield Community Center 2000 North Calhoun Road Brookfield, WI, 53005 (262) 782-1636	Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls, WI, 53051 (262) 251-3406	Birchrock Apartments 280 Birchrock Way Mukwonago, WI 53149 (262) 363-4458
Oconomowoc Community Center 220 W. Wisconsin Avenue Oconomowoc, WI, 53066 (262) 567-5177	Sussex Community Center N64 W23760 Main Street Sussex, WI, 53089 (262) 246-6747	<b>Call the ADRC to learn more and make your reservation!</b> <b>(262) 548-7848</b>



# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND MEALS ON WHEELS MENU JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		Chicken Pasta Salad Marinated Vegetable Salad Whole Wheat Bread w/ Butter Cranberry Fruit Compote	Caribbean Jerk Chicken Creole Style Red Beans and Rice Seasoned Green Beans Wheat Bread w/ butter Watermelon	Salisbury Steak w/ Gravy Roasted Baby Reds Butter 5-Way Mixed Veg <b>Spinach</b> Salad w/ dressing Fresh Banana 
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Mandarin Oranges	Egg Patty with Cheese Peppers and Onions English Muffin Sausage Patty Hashbrown w/ ketchup Fresh Melon	Oven Roasted Pork w/ Gravy Au Gratin Potatoes Three Bean salad Mixed Fruit Cup Multigrain Bread/Butter Apple Pie Alt. Fresh Apple	Hamburger on a Bun American Fries Ketchup / Mustard Tomato & Onion Salad Fruit Cocktail	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Bread/Butter Diced Pears Cookie Alt. Sugar Free Cookie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pizza Casserole Green Beans Steamed Spinach Warm Breadstick w/ Butter Seasonal Fresh Fruit 	Lemon Herb Chix Breast Baked Sweet Potato w/ Butter Romaine Salad w/Italian French Bread w/ Butter Apricots Chocolate Ice Cream Alt. Sugar Free Ice Crm	Oven Roasted Turkey w/ gravy Mashed Potatoes Gravy Green Bean Casserole Bread/Butter Kitchen's Choice Fruit Carrot Cake Alt: Fruited Yogurt	Chili Con Carne with Beans Saltine Crackers Dilled Carrots Biscuit w/ butter Diced Pears	Chef Salad w/ Ham, Cheese, Tomato & Cucumber Ranch Dressing Watermelon Sesame Bread / butter Strawberry Ice Cream Alt. Sugar free ice crm
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Polish Fest &amp; Happy Father's Day!</b> Polish Sausage with sauerkraut on Bun Ketchup / Mustard pkts Dad's Baked Beans Beet and Onion Salad Pear Half Baker's Choice Pie Alt. Fresh Fruit	Herbed Chicken Breast Mashed Potatoes and Gravy Peas & Pearl Onions Diced Cantaloupe Dinner Roll with Butter	Italian Wedding Soup Saltine Crackers Hot ham and Cheese On Kaiser Roll Carrot Coins Banana	<b>Summerfest begins!</b> Ain't nothin' but a Hot Dog! <i>Thank ya very much</i> Bun / ketchup / mustard Big Bopper Baked Beans Nat King Coleslaw Patti Page Potato Salad Fresh Fruit Sugar Cookie Alt. Sugar Free Cookie	Ham Macaroni Salad Marinated Veg Salad Spinach Salad w/ French Dressing Multigrain Bread w/ butter Fresh Orange 
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Cheeseburger on Bun Ketchup / Mustard pkts 5-Way Mixed Vegetable Stewed Tomatoes Fruit Cocktail Choc. Chip Cookie Alt. Sugar Free Gelatin	Pork Cutlet Garlic Mashed Potatoes and Gravy Peas and Carrots Diced Peaches 7-Grain Bread w/ Butter	Sloppy Joe on Wheat Bun Buttered Sweet Corn Broccoli Salad Nectarine Ice Cream Cup Alt. 100% Fruit Juice	Oven Baked Ham Baked Sweet Potato Butter pkt 3-Bean Salad Rye Bread Fresh Apple Alt: Fresh Fruit	

**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE**



## Farmers' Market Vouchers Available to Waukesha County Seniors Distribution Begins June 1st

The Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers. Waukesha County Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines (see table below) are eligible to receive \$25.00 worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, and herbs from farmers' markets and roadside stands.

The vouchers are distributed on a first-come/first-served basis and are limited to \$25.00 per household. You will receive five \$5 vouchers equaling \$25. An authorized representative (proxy) can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must have the full name, address, phone number, date of birth, and written declaration of consent from the eligible senior to complete the application and pick up the vouchers for the individual. Distribution will begin on June 1<sup>st</sup>. Senior Farmers' Market vouchers must be obtained in the county of residence but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these vouchers.

Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered at various locations throughout the county during the month of June (see below). Additional sites may be added. Please call the ADRC at (262) 548-7848 for additional information on distribution dates, times, and locations.

2022 Income Eligibility Table			
Household Size	Weekly Income Limit	Monthly Income Limit	Annual Income Limit
1	\$484	\$2,096	\$25,142
2	\$652	\$2,823	\$33,874
3	\$820	\$3,551	\$42,606

For more information on household income limits, contact the ADRC

- **Wed, June 1, 2022 – 12:30p – 2:00p | New Berlin Food Pantry**, 14750 W Cleveland Ave, New Berlin | 789-8040
- **Thur, June 2, 2022 – 1:00p – 3:00p | Muskego Food Pantry**, S81W19150 Apollo Dr, Muskego | 679-6448
- **Tue, June 7, 2022 – 11:00a – 1:00p | Brookfield Senior Center**, 2000 N Calhoun Rd, Brookfield | 796-6675
- **Tue, June 7, 2022 – 1:00p – 3:00p | Hispanic Resource Center**, Barstow Bld., 210 NW Barstow St, Suite 109, Waukesha | 928-4181
- **Wed, June 8, 2022 – 1:00p – 2:30p | Sussex Outreach Service**, N64W23750 Main St, Sussex | 246-9860
- **Wed, June 8, 2022 – 1:00p – 2:30p | High Ridge Manor**, 13445 W National Ave, New Berlin | 789-9588
- **Mon, June 13, 2022 – 1:30p – 3:00p | Wilkinson Manor Apartments**, 919 Summit Ave, Oconomowoc | 569-8196
- **Fri, June 17, 2022 – 12:30p – 2:00p | Menomonee Falls Senior Center**, W152N8645 Margaret Rd, Menomonee Falls | 255-8460
- **Tue, June 21, 2022 – 11:00a – 1:00p | Hampton Regency Apartments**, 12999 W Hampton Ave, Butler | 271-4116
- **Tue, June 21, 2022 – 12:00p – 2:00p | Mukwonago Food Pantry Resource Center**, 225 Eagle Lake Ave, Mukwonago | 363-3452
- **Thur, June 23, 2022 – 1:00p – 3:00p | Food Pantry of Waukesha County**, 1301 Sentry Dr, Waukesha | 542-5300
- **Thur, June 30, 2022 – 9:00 – 11:00a | La Casa Village**, 1431 Big Bend Rd, Waukesha | 547-2856

**\*Please note that dates and times subject to change without notice.\***

For more information on the services we provide or for general information related to the vouchers, please contact the ADRC at (262) 548-7848 or visit our website at [www.waukeshacounty.gov](http://www.waukeshacounty.gov).

This institution is an equal opportunity provider.

# World Blood Donor Day

Every year on June 14, organizations around the globe celebrate blood donor day. These events are to raise awareness of the importance of blood donations and educate people on the many ways blood donations assist the health industry. Some examples are plasma treatments, research, and emergency uses.

There are no substitutes for blood, platelets or plasma—they cannot be manufactured. Persons in need of blood or blood products must rely on donations from people like you. Those who are hesitant about donating blood for the first time often find that the donation process is easy and that saving lives is deeply gratifying.

One donation can save multiple lives. Here are the facts:

- Just **1 donation** can save up to **3 lives**.
- The average red blood cell transfusion is **3 pints** (or 3 whole-blood donations).
- More than **1 million** people every year are diagnosed with cancer for the first time. Many of them will need blood—sometimes daily—during chemotherapy.
- More than **38,000 blood donations** are needed every day in the US alone.
- **Type O-negative** whole blood can be transfused to people with any blood type, but this type of blood is rare, and supplies of it are low.
- **Type AB plasma** can be transfused to patients with all other blood types, but it's also in **short supply**.
- While **38%** of the American population is eligible to donate blood, only **2% actually donates**.

Myths about blood donation. Here are the facts:

- “It takes a long time to donate blood” - it only takes about one hour from start to finish.
- “It will hurt to donate blood” - only a tiny bit for a moment.
- “I have a tattoo” - some states require you wait 12 months after your tattoo was done.
- “I don’t have a rare blood type, so my blood isn’t really needed” - Most people have type “O” positive, “O” negative is the most universal, but only 7% of the population.
- “I’m an older adult” - There is no maximum age for donors.
- “I’m on medication” - The medication won’t disqualify you, but your health condition for needing the medication might.
- “I have high blood pressure, so it’s too dangerous” - You can donate blood safely if your blood pressure is under 180 systolic (top number) and 100 or below diastolic (bottom number)

**Give the gift of life, donate blood today.**

[www.redcrossblood.org](http://www.redcrossblood.org)





## HEALTH SCREENINGS SAVE MEN'S LIVES

Did you ever put off doing a task or getting a test and later wished you had just gotten it over with? If you are a man with Medicare, now is the time to talk with your doctor about whether you should get screened for prostate cancer, for colorectal cancer, or for both. Screening tests can find cancer early when treatment works best.

Do not worry about the cost—if you are a man 50 or over, Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings.

Prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths. Not sure you should get screened? You are at a higher risk for getting prostate cancer if you are a man 50 or older, are African-American, or have a father, brother, or son who has had prostate cancer.

Colorectal cancer is also common among men—in fact, it is the second leading cause of cancer-related deaths in the United States among cancers that affect both men *and* women.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you are 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

June is Men's Health Month, a perfect time for you (and the men in your life) to take the steps to live a safer, healthier life. Find more information about Medicare covered preventive services in the 2021 Medicare & You handbook or by visiting [www.medicare.gov](http://www.medicare.gov)

**For local assistance with Medicare or other benefits  
contact the ADRC at 262-548-7848.**

### Medicare Presentations in your Area

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

- North Lake Public Library- Thursday, June 9 at 1:00pm
- Hartland Public Library- Thursday, June 23 at 10:00am
- Brookfield Public Library- Wednesday, July 6 at 6:00pm
- Butler Public Library- Monday, August 22 at 2:00pm
- Brookfield Parks & Recreation- Tuesday, August 23 at 1:00pm



Navigating Medicare

# June Events

**June 3– Jammin’ on Janesville @ Janesville Road** (Muskego), 5-9 pm. Organized by the Muskego Area Chamber of Commerce, Jammin’ on Janesville is a mission to showcase the city of Muskego and its businesses. There will be various activities for all ages, food and drinks, music, and more! Note that Janesville Road will be closed from Baylane to Lannon starting at 3:30 pm through 11:00 pm.

**June 3– Waukesha’s Friday Night Live @ Downtown**

**Waukesha**, 6:30– 9 pm. The streets of downtown are closed and

friends and family can gather to relax, grab a bite to eat, listen to some music, and shop local businesses. This is a reoccurring event every Friday night through September 2nd.

**June 3– Bands at the Beach @ Oconomowoc City Beach Bandshell**, 7-10 pm. Occurring the first and last Friday of the month, enjoy a free summer concert that is family friendly. Buddy’s Beach Bungalow will be open for food and beverages and you are also allowed to bring your own refreshments into the park. Concerts will be cancelled due to bad weather.

**June 3– Family Fun Fest and Beer Garden @ Pewaukee Village Park**, 5-9 pm. Bring the family to enjoy food trucks, drinks, and live music! This is a free event.

**June 10– 12– Okauchee Lions Days @ Okauchee Lions Park**, 4 pm– 11:30 pm/ 8 am– 11:30 pm/ 8 am– 5 pm. This is a family free event that has a large variety to offer including live music, baseball tournament, BBQ cook off, carnival, and more. To view the daily schedule, visit the Okauchee Lions Facebook page.

**June 10– Movies in the Park @ Elm Grove Village Park**, 8:30-10 pm. Enjoy a free movie each Friday night through August 12th at Elm Grove Village Park. Bring lawn chairs, blankets, or sleeping bags to get comfy and enjoy \$1 popcorn and candy for sale. June’s feature film is Disney’s Encanto!

**June 11– Milwaukee Annual Food Truck Festival @ Waukesha County Expo Center Grounds**, 12– 5 pm. This is the 5th year of this food truck festival and Milwaukee’s featured food trucks are sure to serve up something you’d love to try. General admission is \$5 online, \$10 at the gate. Children 12 and under get in free. Admission is also free for first responders and military with proper ID at the gate. Free admission does not include food or drinks. Advance tickets available at [www.foodtruckfestivalsofamerica.com](http://www.foodtruckfestivalsofamerica.com).

**June 11-12– Maxwell Street Days Mukwonago @ Field Park**, 8 am-5 pm. Come shop the free and large Maxwell Street Days flea market! Sellers offer a variety of goods including crafts, produce, plants, tools, clothes, and more. Parking available throughout the area.

**June 11-12– Arts, Crafts & Drafts @ The Corners of Brookfield**, 10 am– 5 pm. Guests can expect to see lots of local and national artists, drafts on tap, live music and entertainment, and more! Pets are welcome. To register as a crafter or artist, visit [www.amdurproductions.com/2022-brookfield-arts-crafts-and-drafts-artist-info/?fbclid=IwAR30UJeRdyj0kPwQ3-K4nJbkeoNWCafDgx\\_Ez9RtRdE1e\\_hSoql0-WAKWOq](http://www.amdurproductions.com/2022-brookfield-arts-crafts-and-drafts-artist-info/?fbclid=IwAR30UJeRdyj0kPwQ3-K4nJbkeoNWCafDgx_Ez9RtRdE1e_hSoql0-WAKWOq).

**June 23– Phenology Hike @ Nashotah Park**, 1-3 pm. Come help Waukesha County Parks identify what is growing, blooming, flying, and crawling around the county parks throughout the year. Dress for the weather and for being outdoors! Close-toed shoes and long pants are recommended. It is also recommended to bring water, bug spray, and sunscreen. This hike is recommended for ages 18 and up or children 13 and up if with an adult. Daily park entrance fee or annual sticker is required. Prior to the hike, please sign up for a free [iNaturalist.org](http://iNaturalist.org) account and join the Wild in Waukesha project!

**June 26– Strawberry Festival @ St. Mary’s** (Dousman), 11 am– 3 pm. This free event features delicious homemade strawberry treats, grilled food, bake sale, craft fair, live music, and children’s activities! All are welcome.

# June is Great Outdoors Month

The benefits of spending time outdoors are plenty. Studies show that being outdoors and in nature may help reduce depression and anxiety, improve mood, increase happiness, and lead to better concentration. Physical activity levels also increase just by virtue of being outdoors. Unfortunately, more than half of adults report spending five hours or less in nature each week. Between competing life priorities, increased technology use, and living in a colder climate for half of the year, it can be difficult to find time to spend outdoors. Fortunately, summer has just arrived, and now is the time to get outside!

Enjoyment of the great outdoors does not need to be complicated. Read below for simple and fun ideas to try out this summer.

## 11 Ways to Enjoy the Great Outdoors this Summer

1. Have a potluck picnic or cookout with family or friends.
2. Grow a garden. If you do not have the space for a large garden in your yard, try planting some herbs or flowers in pots for your porch or balcony.
3. Find a new trail to hike or walk. Waukesha has eight different county parks in addition to many other city parks to explore (there is a daily entrance fee for county parks).
4. Visit a local botanic garden or arboretum.
5. Take a short stroll through your neighborhood. Bring a friend or pet along to keep you company.
6. Enjoy music at an outdoor concert. Many communities host musical groups to play outside during the summer months. Check your local newspaper or city website for special events and concert schedules.
7. Get together with friends and hang out at a beach under the shade of an umbrella or tree.
8. Visit a local nature center like the Retzer Nature Center in Waukesha. The center offers several special events throughout the year and does not require an entrance fee.
9. Cast a line and go fishing. All Waukesha County Parks allow fishing (remember, a fishing license is required).
10. Pick up a new hobby such as birdwatching or nature photography. Get started by checking out some resource books at the library or buying from a discount bookstore.
11. Play backyard games with family or friends. Bocce Ball, Croquet, and Cornhole are fun yard games to try. If you prefer something less active, play your favorite card or board game.

## For those who have limited mobility, there are still ways to enjoy a little bit of nature.

- Pull up a chair and sit next to a window to observe the neighborhood wildlife. Open the window to feel the breeze and hear the sounds of nature. Consider placing a birdfeeder in your backyard so you can see the birds (and maybe some other critters) up close.
- Bring the outside in. Tend to and place houseplants or flowers throughout your living space.
- Just be outside. Find a shaded bench outside or pull up a lawn chair and enjoy the outdoors. If you need a little more to do, bring a book, newspaper, or magazine to read.

Remember to hydrate often and wear sunscreen, bug spray, and appropriate clothing when enjoying the outdoors this summer.

Sources: The Nature of Americans National Report

<https://natureofamericans.org/>

<https://www.apa.org/monitor/2020/04/nurtured-nature>



## Waukesha County Park Entry Information

Visitor vehicle license plates will be recorded automatically by the Park System's Automatic License Plate Reader cameras at park entrances and lake access sites. A Daily Permit or Annual Sticker is required for all vehicles utilizing our fee-based parks or lake access sites. Patrons will have to pay permit fees or purchase an annual sticker within 5 days of their visit to avoid a violation ticket.

Learn more and buy permits: [www.waukeshacounty.gov/parkentry](http://www.waukeshacounty.gov/parkentry)

SCHOOL DISTRICT OF MENOMONEE FALLS

**CE&Rec**

Community Education & Recreation



**Public Health**  
Prevent. Promote. Protect.

Waukesha County



A CUP OF HEALTH

# HEART HEALTH

**Join us to learn about ways to protect your heart health by knowing your numbers and identifying your personal risk.**

**JUNE 28TH | 10 AM**  
**MENOMONEE FALLS SENIOR CENTER**

W152 N8645 Margaret Rd | Menomonee Falls, WI  
To Register: Register in person or online at [t.ly/AU3K](https://t.ly/AU3K)  
Call with Questions: (262) 255-8460

Handouts on the topic and a small gift will be available for participants at the end of the session.

# Financial Signs of Elder Abuse



Fraudulent signatures on financial documents



Unpaid bills



Unusual or sudden changes in spending patterns, will, or other financial documents

To learn more, visit [ncea.acl.gov](http://ncea.acl.gov)

## Financial Abuse Resources

### Local Resources

- **Waukesha County ADRC/ Adult Protective Services**  
(262) 548-7848  
514 Riverview Ave | Waukesha, WI  
[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)
- **Elder Rights Project**  
1-844-614-5468  
Email: [MailERP@legalaction.org](mailto:MailERP@legalaction.org)
  - Legal assistance and advocacy
- **La Casa De Esperanza**  
[www.lacasadeesperanza.org](http://www.lacasadeesperanza.org)
  - Assistance with taxes and identifying scams



### State/National

- **Wisconsin Elder Abuse Hotline**  
1-800-488-3780
  - Report abuse or neglect statewide
- **Do Not Call Registry**  
1-888-382-1222  
[www.donotcall.gov](http://www.donotcall.gov)
  - Remove number from "robocall" lists
- **Federal Trade Commission**  
[www.ftc.gov](http://www.ftc.gov)
  - Sign up for scam alerts
  - Report identity theft
- **Free Credit Report**  
[www.AnnualCreditReport.com](http://www.AnnualCreditReport.com)
  - One free credit report per year

When in doubt, reach out! - Call your financial institution and the local police!



The Aging and Disability Resource Center Presents

# Savvy Caregiver Training

*Increase Your Confidence, Knowledge & Skills*



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

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

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



**July 12th - August 16th, 2022**

**6 Tuesdays, 12:00-2:00 p.m.**

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

**Location:**

**Virtual (Microsoft Teams)**

Presented by

**Jennifer Harders**

**Dementia Care Specialist**

***Free event***

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

[jharders@waukeshacounty.gov](mailto:jharders@waukeshacounty.gov)

# Who is eligible for a second COVID-19 booster vaccine?



RIGHT NOW, YOU ARE ELIGIBLE FOR A 2ND COVID-19 BOOSTER IF YOU:

1

Are 50 years of age or older and got your 1st booster at least 4 months ago

2

Are 12 years of age or older, and are moderately or severely immunocompromised

3

Are 18 years of age or older and got 2 doses of J&J/Janssen vaccine at least 4 months ago

COVID-19 vaccines and first boosters are currently available for anyone 5 years of age or older.

TO LEARN MORE AND FIND A VACCINATION SITE NEAR YOU:

[WWW.VACCINES.GOV](http://WWW.VACCINES.GOV)

# National Best Friend Day

Wednesday, June 8 is National Best Friend Day in the United States! Whether they're near or far, old or new, best friends help to cope with traumas, encourage you to change or avoid unhealthy lifestyles, and devote together time with each other!

In honor of Best Friend Day, match the fictional character with their BFF (Best Friend Forever) below (they won't all be as easy as the first one!).

1. Louise (Thelma & Louise)	Pumba
2. Chandler (Friends)	Sam
3. C.C (Beaches)	Hillary
4. Woody (Toy Story)	Ethel
5. Turk (Scrubs)	Han Solo
6. Scooby (Scooby-Doo)	Goose
7. Frodo (Lord of the Rings)	Thelma
8. Lucy (I Love Lucy)	J.D.
9. Christina (Grey's Anatomy)	Joey
10. Maverick (Top Gun)	Buzz Lightyear
11. Timon (The Lion King)	Shaggy
12. Chewbacca	Meredith

1. Thelma and Louise, 2. Joey and Chandler, 3. C.C. and Hillary, 4. Woody and Buzz, 5. Turk and J.D., 6. Shaggy and Scooby, 7. Frodo and Sam, 8. Lucy and Ethel, 9. Meredith and Christina, 10. Maverick and Goose, 11. Timon and Pumba, 12. Han Solo and Chewbacca

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

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

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

ADRC Advisory Board

**Carla Friedrich**

**Sandie Heberling**

**Betty Koepsel**

**Phyllis Wesolowski, Chair**

**Sandy Wolff**

**Marj Kozlowski**

**Mary Baer, HHS Board Liaison**

**Judith Tharman**

**Joel Gaughan, County Board Representative**

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Tammy Depies, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Shirley Peterson, Supervisor