

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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May 2021

The ADRC Connection

May is Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for **Older Americans Month (OAM) 2022 is Age My Way.**

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While **Age My Way** will look different for each person, here are common things everyone can consider:

- ◇ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ◇ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ◇ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ◇ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the ADRC of Waukesha County is excited to celebrate OAM with our partners in the aging community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

Please join the ADRC of Waukesha County strengthening our community. There are multiple programs or volunteer opportunities available to “**Age My Way**”.



AGE MY WAY: MAY 2022

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



Aging & Disability Resource Center
of Waukesha County

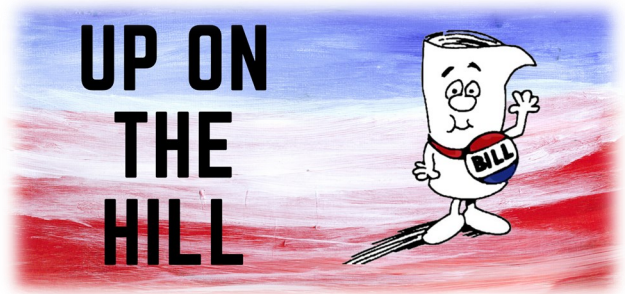
HOW DO I CONTACT MY LEGISLATOR?

The first step in contacting your legislator is knowing who your legislator is. The easiest way to do this is the tool found on the Legislature's home page, at <http://legis.wisconsin.gov>. In the center of that page is a link that says "Find My Legislators". Click on that link and fill in the form to get the names of your state representative and senator.

If you do not have computer access, you can call your local town, village, or city clerk's office to find out who represents you in the state Legislature. Your local library may be able to help you with this also. There are of course several ways that you can contact your legislator:

- **Phone.** You can contact your legislator by phone, in the district, or at his or her Capitol office in Madison. You can find these phone numbers on the members' home pages. To find these, go to the Legislature's Home Page, at <http://legis.wisconsin.gov>, click on "Senators" or "Representatives," and then scroll down to find your legislator.
- **E-mail.** The e-mail addresses of members of the Wisconsin Legislature all have the same format. For members of the Assembly, the form is Rep.Jones@legis.wisconsin.gov; for members of the Senate, the form is Sen.Adams@legis.wisconsin.gov.
- **Mail.** You can reach your legislator by mail at one of the following addresses:
 - Representatives whose last names begin with a letter from A to L:: P.O. Box 8952, Madison, 53708
 - Representatives whose last names begin with a letter from M to Z:: P.O. Box 8953, Madison, 53708
 - All Senators: P.O. Box 7882, Madison, 53707-7882

In addition, many legislators keep "office hours" or conduct listening sessions in their districts. These are specifically designed to give constituents direct access to the legislator. Watch the newspapers for announcements, or call the legislator's Capitol office to ask if the legislator is planning such a session.



Save the Date

Wednesday, May 11th, 1:00 – 4:00 p.m.

Aging Advocacy Day

Wisconsin Aging Advocacy Network

You are invited!

Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.

Register at:

<https://gwaar.wufoo.com/forms/wisconsin-aging-advocacy-day-2022/>

<https://gwaar.org/aging-advocacy-day-2022>

Contact: Janet Zander, 1414 MacArthur Rd., Madison, WI 53714, janet.zander@gwaar.org, (715) 677-6723



#WisAgingAdvocacy2022

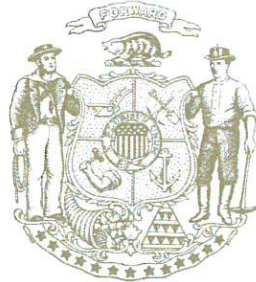
In April, the ADRC of Waukesha County was honored to receive a letter from Governor Tony Evers recognizing the hard work and dedication of the staff who cared for the most vulnerable adults in our community during the pandemic. We are greatly honored, and we also want to take this opportunity to thank all of the community organizations and volunteers who helped make this a true community-led effort.

THANK YOU!

State of Wisconsin

Governor Tony Evers

Office of the Governor
PO Box 7863
Madison, WI 53707
(608)-266-1212
Evers.wi.gov



Secretary-designee Karen Timberlake

Department of Health Services
PO Box 7850
Madison, WI 53707
(608)-266-9622
DHS.wi.gov

Dear Mary Check Smith and ADRC of Waukesha County staff,

The COVID-19 pandemic has reminded us that each person's health depends on the health of our communities. It has highlighted the many challenges we face in Wisconsin to ensure that everyone can be as healthy as possible. Racism and systemic barriers (such as lack of access to quality health care, job opportunities, housing, and transportation) have made Wisconsinites of color, members of tribal nations, those living in rural areas, and others facing historic disadvantage more vulnerable to COVID-19. Older people, and people living with disabilities, have faced particular challenges due to unique risks from the virus itself, and the isolation that staying safe has required.

Aging and disability resource centers (ADRCs) have been essential to our state's response to the COVID-19 pandemic. ADRCs have played a vital role, from adapting to challenging circumstances without disrupting access to services, to supporting our efforts to make the COVID-19 vaccine accessible to everyone in our state. Your ADRC has been there to meet the needs of so many, including many of the most vulnerable Wisconsinites. It has been hard work, and we want to thank you and the entire staff of your ADRC for all that you have done.

The work of COVID-19 response and recovery in Wisconsin continues to rely on organizations like yours. We could not do this without your expertise and insights. Your team of trusted messengers has brought timely and credible information to your communities and made vaccine available in trusted locations. Your committed staff have helped individuals continue to get the information and access to care that they need.

Simply put, thank you. Thank you for your hard work. Thank you for your investment in your community. Thank you to your staff, volunteers, and partners. Thank you for your commitment and dedication to meeting the needs of your community throughout the COVID-19 pandemic and the challenges it has brought over the past two years. We appreciate everything you have done and continue to do, and for clearly demonstrating that we are truly better together.

Sincerely,

A handwritten signature in black ink that reads "Tony Evers".

Tony Evers
Governor

A handwritten signature in blue ink that reads "Karen E. Timberlake".

Karen E. Timberlake
Secretary-designee

May is National Mental Health Awareness Month in the United States. Fortunately, in recent years, the stigma towards mental health has been reduced in society, however there is still much work to be done. This campaign was established in the 1940's as Mental Health Awareness Week and by the 1960's the campaign was raised to a monthly event and designated in May of each year.



Mental health is an incredibly important part of overall health. As a growing number of Americans experience mental health symptoms, everyone needs to join together to raise awareness and spread the word. NAMI's (National Alliance On Mental Illness) theme for 2022, "Together For Mental Health", and they encourage everyone to use this time to bring our voices together to advocate for mental health and access to care. NAMI also has many resources available on their website, virtual events that you can attend, and blogs. Check out all their resources at www.nami.org.

Mental Health America also offers numerous resources and materials for those who are struggling with their mental health and those who care for someone who might need help. Visit their website to find everything from a mental health screening tool to worksheets and tips for boosting your mental health.

This month is a time to support, advocate and raise awareness about mental health issues in our communities, state and nation. If you know someone who is struggling with

MENTAL HEALTH SUPPORT AND CRISIS NUMBERS



National Suicide and Crisis Lifeline.....1-800-273-8255

Waukesha County Crisis (24/7)

Business Hours.....(262) 548-7666

Non-Business Hours.....(262) 547-3388

Trevor Project for LGBTQIA+ Youth.....1-866-488-7386

Copline - Police Peer Line.....1-800-267-5463

EMS, Fire & Rescue Peer Line.....1-888-731-3473

IMPACT 211.....Dial 2-1-1

Hopeline Text Line (24/7)

.....Text "HOPELINE" to 741741

Trevor Project Text Line (24/7)

.....Text "START" to 678678

More Resources at: www.mentalhealthconnection.life

Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based 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/>.

StrongBodies: Be Strong, Stay Strong - Bone and muscle loss begin early, StrongBodies strength training can reverse the process. This national evidence-based program aims to prevent or manage chronic diseases and build strength through sound nutrition and targeted exercise. This 10-week workshop meets twice weekly for one hour and 15 minutes. This workshop is provided by the University of Wisconsin Extension program.

Details: This workshop will be held at St. James Church, W220N6588 Town Line Road, Menomonee Falls, WI. **Sessions will be held on Wednesdays and Fridays, May 11 – July 6 from 9:00 am to 10:15 am. There is a recommended donation of \$30.**

Contact: Jen Whitty, Health & Well-Being Educator, UW-Extension, 262-548-7789 or jennifer.whitty@wisc.edu

A Cup of Health – Better Brain Health - This one-hour educational session, presented by a registered nurse, will teach participants what they can do to lower their dementia risk and keep their brains healthy. The session will cover common diseases that cause dementia, other conditions that mimic dementia, signs and symptoms, risk factors, and strategies to maintain a healthy brain.

Details: This presentation will be held in person at the Elm Grove Public Library, 13600 Juneau Boulevard, Elm Grove, WI 53122 on **May 24th from 1:30 pm – 2:30 pm.**

Contact: Register by visiting elmgrovelibrary.org (click the Programs & Events tab, then click Adult Programs)

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

Mukwonago Public Library- Thursday, May 19 at 2:00pm
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

Dear Ina,

Now that the weather is starting to get nicer, I want to make sure I am keeping myself safe in the sun. I recently read an article that said seniors are WAY more likely to develop skin cancer and I am really worried. I love working in my garden and taking walks with my dog, but how can I keep my skin safe?

Sincerely,
Sonny O'Day

Dear Sonny,

You're totally right! Summer is fast approaching and many of us will begin spending more time outside in the sun. Whether you are gardening, visiting the park or beach, or walking around the block always remember to protect yourself from the sun's rays.

Why should I worry about getting too much sun?

Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. While it is true that some sun exposure helps your body produce Vitamin D, too much sun exposure causes painful sunburns and damage to the skin. Over time, this damage can increase risk for skin cancers including melanoma and basal cell and squamous cell carcinoma. In the United States, skin cancer is the most common type of cancer and melanoma is the most invasive skin cancer with the highest risk of death. Additionally, most cases of skin cancer are found in people older than 65 years of age. The good news is that skin cancers are highly curable if caught early. Prevention and early treatment are critical, especially if you have fair skin, blonde or red hair, and blue eyes.

How does the sun damage my skin?

Energy from the sun travels to earth as ultraviolet (UV) radiation in the commonly known forms of UVA and UVB rays. Both UVA and UVB rays can damage your skin. UVA rays are known to cause skin aging. UVB rays penetrate deeper into the skin causing sunburn and directly damaging the DNA of skin cells leading to increased risk of skin cancer.

SUN SAFE TIPS

1. **Apply Sunscreen:** Use broad-spectrum sunscreen with a skin protection factor (SPF) of 30 or higher and reapply often, usually every hour and a half or more often if you are swimming or sweating. Don't forget to protect your lips and use lip balm with SPF.
2. **Layer Up:** Wear hats with brims and lightweight, long-sleeved shirts and pants. Remember, UV rays can be just as strong on cloudy, hazy days.
3. **Wear Sunglasses:** Eyes are also susceptible to sun damage. Excess sun exposure can put you at risk for eye cancer, cataracts, sunburned eyes, and growths on or near the eyes. Choose sunglasses with a UV400 rating or "100% UV protection" on the label. Larger, wraparound-style sunglasses limit UV rays from reaching the side of the face and eyes.
4. **Seek the Shade:** Did you know that the sun's rays are the strongest between 10:00 am and 4:00 pm during the summer? Avoid the sun and seek shade under a tree or umbrella, especially during these hours. Keep in mind that water, sand, and pavement can reflect UV rays even while you are covered under an umbrella.
5. **Examine Your Skin Regularly:** Keep an eye out for anything changing, growing, or bleeding on your skin. If you notice anything abnormal, see your healthcare provider right away.

Health Benefits of Herbs

What are herbs? Herbs are the leaves of low-growing shrubs, including parsley, chives, thyme, basil, oregano, rosemary, and more. Herbs can be purchased dried, fresh or as a paste.

What are the health benefits of using herbs? Herbs are a great way to add flavor and color to food without adding salt, fat or sugar. Herbs are rich in antioxidants, which help to fight inflammation in the body. Research shows that consuming herbs and spices on a regular basis may reduce your risk for conditions such as diabetes, cancer, and heart disease.

How long do fresh herbs last? Tender fresh herbs such as cilantro or basil will usually last about a week in the refrigerator. Sturdier plants such as rosemary or thyme may last longer. One way to preserve fresh herbs is to place chopped herbs in ice cube trays, fill them with water, and freeze. Once frozen, the cubes can be stored in a plastic bag and used in recipes as needed.

How do I cook with herbs? Since dried herbs are stronger in flavor than fresh, substitute different types of herbs as follows:

1 Tablespoon fresh herbs = 1 teaspoon dried herbs = 1/4 to 1/2 teaspoon ground dried herbs

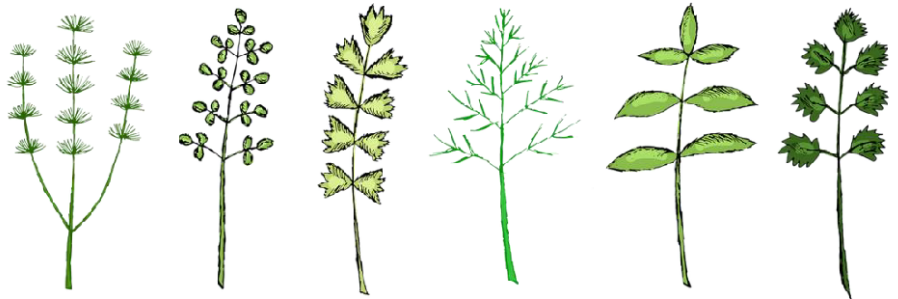
Cooking ideas:

- ❖ Add dill or parsley (fresh or dried) to unsweetened Greek yogurt for a quick veggie dip
- ❖ Add chives or dill to scrambled eggs
- ❖ Use basil or cilantro leaves on a sandwich for extra flavor
- ❖ Amp up the flavor in a lettuce salad by adding some herbs such as basil, parsley, or cilantro
- ❖ Flavor your ice water with fresh mint and lemon
- ❖ Toss diced potatoes with olive oil and rosemary (fresh or dried); bake at 400 degrees until potatoes are tender and golden brown
- ❖ Add fresh basil to your canned pasta sauce to add some fresh flavor
- ❖ Make your own salad dressing by mixing 3 parts oil, 1 part vinegar, and the chopped herbs of your choice

Cucumber Dill Sauce

Ingredients:

½ cup plain Greek yogurt
3 Tablespoons mayonnaise
1 cucumber, grated or finely chopped
1 tablespoon onion, grated or finely chopped (optional)
1 Tablespoon fresh or dried dill
Garlic, salt, and pepper to taste



Directions: Mix ingredients together. Refrigerate for about 1 hour to allow flavors to blend. Serve as a vegetable dip, sandwich spread, or topping for chicken or fish.

Adapted from: University of Nebraska-Lincoln; Add Flavor with Herbs and Spices



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.

Harvest of the Month

MAY | ASPARAGUS

HEALTH BENEFITS

- FOLATE
- VITAMIN C
- VITAMIN K
- FIBER



HEALTHY SERVING IDEAS

Asparagus is a stem vegetable and the roots can grow 20 feet deep.

The word asparagus comes from the Greek word Asparagos, meaning sprout or shoot. Egyptians used asparagus spears as gifts for the gods.

Rinse and trim asparagus, and spread out on a foil covered backing sheet. Drizzle with olive oil and sprinkle with herbs, pepper, and garlic powder. Roast at 400 degrees for 10-15 minutes. Asparagus is ready when it is fork tender.

SHOPPING & STORAGE TIPS

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.

Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Wrap the ends of the stalks in a wet paper towel and place in a plastic bag. Refrigerate up to 4 days.

Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted.

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.



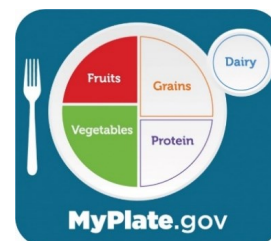
LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL

Eat More Fruits and Vegetables!

According to the Dietary Guidelines for Americans, older adults should consume about 2 ½ cups of vegetables and 2 cups of fruit each day*. Yet, the average intake of both fruits and vegetables among adults 60 and older is much less than the recommended ranges. Fruits and vegetables are sources of essential nutrients that many people do not get enough of including potassium, dietary fiber, Vitamin C, and folate. The health benefits of eating a variety of fruits and vegetables are well known, including decreased risk of heart disease including heart attack and stroke as well as protection against certain types of cancers.

Celebrate “Eat More Fruits and Vegetables Day” on May 21st by kickstarting a plan to incorporate more fruits and vegetables into your diet. Start simple with MyPlate. MyPlate is a useful visual aid to help you follow a healthy dietary pattern.

Make half your plate fruits and vegetables
Focus on whole fruits
Vary your veggies



What foods are in the Fruit Group?



Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

What foods are in the Vegetable Group?



Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Based on their nutrient content, vegetables are organized into 5 subgroups: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens can be considered as 1 cup from the Vegetable Group.

Tips to Increase Fruits and Vegetables Intake

- Add fruits and vegetables to the dishes you already make. For example, blend veggies into sauces, add veggies to casseroles or meatloaf, and add fruit pieces to oatmeal and pancakes.
- Try a new vegetarian recipe for dinner.
- Experiment with veggie noodles or cauliflower rice.
- Make a fruit-based smoothie and add vegetables such as spinach or kale.
Have canned and frozen options on hand. Look for pre-cut options if you have trouble chopping.

*Recommendations are based on a 2,000-calorie diet.

Sources: myplate.gov; DietaryGuidelines.gov

National Senior Health & Fitness Day

Wednesday, May 25th



The last Wednesday in May each year is recognized as National Senior Health & Fitness Day, now entering the 29th year of being recognized. There are many ways to stay active and healthy at all ages, from simply stretching each day or taking a walk. Here are some easy exercises that you can do at home to try this May 25th in honor of National Senior Health & Fitness Day!

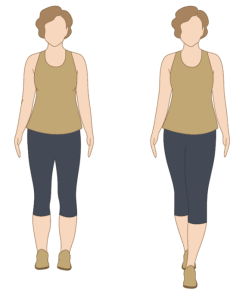
1. Sit-to-Stand

Stand in front of a sturdy chair with your feet between hip-and-shoulder width apart. Your heels should be about six inches in front of the chair, arms held straight out in front of your shoulders. Brace your core. From here, slowly bend your knees and push your hips back to lower your body onto the chair. Pause, then press through the back two-thirds of your feet to stand up again. That is one rep. Aim for two or three sets of ten reps total per day. Try not to swing your torso for momentum or use your hands to push back up.



2. Tandem Stance

Stand tall with your feet together and brace your core. From here, holding onto a wall, counter, or study chair for balance, if necessary step one foot in front of you so that your front foot's heel is against your back foot's toes. Your feet should be in a straight line. Imagine you are standing on a tightrope. Hold this position for 30 seconds or as long as you can, then switch the position of your feet and repeat. This can be done with a weight in each hand to make it a little more challenging!



3. Farmer's Walk

Stand tall with your feet hip-width apart and a weight in each hand down by your sides, palms facing your body. Brace your core. From here, slowly walk forward. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling. Walk for 30 seconds or as long as you can, then repeat in the opposite direction.



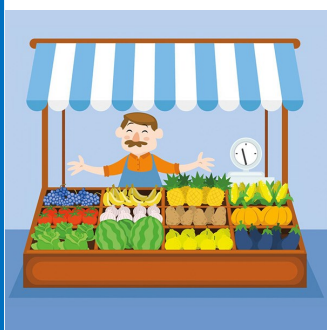
<https://www.silversneakers.com/blog/daily-exercises-older-adults/>

Senior Farmers' Market Nutrition Vouchers - COMING SOON!

ADRC of Waukesha County will again be distributing the popular Senior Farmers' Market Nutrition Vouchers. Vouchers will be distributed on 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.

Stay tuned for more information about the program guidelines and voucher distribution events!



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU **MAY 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Salisbury Steak Mashed with gravy Buttered Corn Mandarin Oranges Whole Wheat Bread w/ butter Ice Cream Cup Alt: Sugar Free Ice Cream	Swedish Meatballs over Buttered Egg Noodles Green Beans Steamed Carrots Multigrain roll / Butter Fresh Fruit	Chicken Salad on Croissant with Leaf Lettuce Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Cinco de Mayo Chicken Enchilada Casserole Spanish Rice Refried Beans Pineapple Slices Churro	Open-faced Hot Turkey Sandwich with gravy on Wheat Mashed and Gravy Spinach Salad w/ Dressing Banana
9	10	11	12	13
Happy Mother's Day BBQ Chicken Breast Sweet Potato w/ Butter Green Beans Pear Half Cornbread Muffin/ butter Chocolate Chip Cookie Alt: Sugar Free Cookie	Chilled Deli Ham Sandwich w/ cheese, Lettuce, Mayo pkt Sheboygan hard roll Beet & Onion Salad Vegetable Pasta salad Watermelon	Smoked Sausage Ketchup / Mustard pkts German Potato Salad Mixed Vegetable Fresh Fruit Buttermilk Biscuit/butter Rice Krispies Treat Alt: Sugar Free Cookie	Whole Wheat Spaghetti with Italian Sausage Sauce Italian Blend Veggies Romaine Salad w/ Italian Dressing Italian Bread / Butter Peaches	Pork Cutlet Hashbrown Casserole Peas & Pearl Onions Fruit Cocktail Crusty Roll / Butter Frosted Cake Alt. Fresh Fruit
16	17	18	19	20
Teriyaki Chicken Vegetable Fried Rice Oriental Vegetables Dinner Roll w/ butter Pineapple Tidbits Fortune Cookie Alt. Fruit	Apple Cranberry Chicken Salad On Flaky Croissant Broccoli Salad Tossed Salad w/ Ranch Sun Chips Fruit Cocktail Chocolate Cake	Meatloaf Double Baked Potato Casserole Glazed Carrots Parker House Roll w/ Butter Assorted Pie Alt. Fresh Apple	Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Three Bean Salad Fresh Banana	Chicken Caesar Salad w/ Caesar dressing Tomato Onion Salad Potato Roll / Butter Kitchen's Choice Fruit Baker's Choice Cookie Alt. Fresh Fruit
23	24	25	26	27
Hot Shaved Ham on Kaiser Roll w/ Provolone Cheese Calico Baked Beans Creamy Cucumber Salad Fresh Fruit Frosted Brownie Alt: Lorna Doone	Tuna Pasta Salad Broccoli Salad Marinated Veg Salad Corn bread muffin w/ butter Fruited Gelatin Alt: Fruited Yogurt	Hawaiian Chicken Diced sweet potatoes w/ honey glaze Green Beans 7-Grain Bread w/ butter Applesauce	Chicken Parmesan Penne Pasta w/Garlic Butter Sauce Sicilian Blend Veg Romaine Salad w/ Ranch Italian Bread w/ butter Peaches	Cream of Broccoli Soup Saltine Crackers BBQ Pulled Pork Whole Wheat Bun Buttered Sweet Corn Fresh Apple Choc Chip Cookie Alt: Fresh Fruit
30	31			
MEMORIAL DAY PROGRAM CLOSED	Roasted Pork in gravy Sweet & Sour Cabbage Garlic Mashed Potatoes Rye Bread w/ butter Pear Half Frosted Cake Alt. Lorna Doone	PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE		

Benefit Specialist Corner

Save Money and Reduce Stress

Many people with Medicare struggle to pay their bills each month. For some, it is difficult to make their Social Security check stretch enough to buy groceries, medications, pay the electric bill, insurance, rent and phone bill. Do you worry about how you will pay your bills? You may be eligible for a Medicare related program that can help!

Medicare Savings Programs are designed to help people who have limited income. If you are qualified, your Medicare Part B premium is paid for you. And since the standard Part B premium is \$170.10 per month this year, this program can make a big difference! Some people will also have their deductibles and copays covered, depending on their level of income and assets.

Qualification for a Medicare Savings Program is based on income and asset guidelines. If you are single, your income must be less than \$1,528 per month with assets below \$8,400. If you are married, your income must be less than \$2,059 per month with assets below \$12,600. If you are anywhere close to these limits, call the ADRC 262-548-7848 to make an appointment with a Benefit Specialist, because some funds may not be counted. Benefit Specialists are SHIP counselors and provide Medicare guidance.

In addition, enrollment in a Medicare Savings Program will automatically qualify you for help with your Medicare Part D prescription drug costs. That can also make a big difference in monthly expenses!



SHIP counselors provide one-on-one, confidential Medicare guidance based on your needs.



**Turning 65?
Need Medicare?**

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

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

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



Celebrating Women's Health Week

National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Women personify many roles in their life. Two out of every three caregivers in the United States are women, meaning they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities. Women who are caregivers are at greater risk of poor physical and mental health. Preventive care can keep disease away or detect problems earlier, so treatment is more effective. Protect your health by identifying the care you may need.

Talk with your Health Providers

- Regular check-ups are important.
- Find out what screenings and exams you need and when.
- If anything doesn't feel right or is concerning, communicate with your doctor or nurse.

Enjoy a Healthy and Balanced Diet

- Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits.
- A healthy eating plan includes fruits, vegetables, whole grains, fat-free and low-fat milk and other dairy products, lean meats, and is low in salt, saturated and trans fats, and added sugars.
- Women need folic acid every day for the healthy new cells the body makes.

Get Active

- Physical activity is one of the most important things you can do for your health. It lowers your risk of heart disease which is the leading cause of death for women.
- Make the most of screen time. While watching TV, your family can do jumping jacks during commercials or move along with the characters in a show or movie by walking or running in place.
- Housework and yardwork count! Vacuuming, sweeping, gardening, and cleaning inside and outside where you live all count towards your physical activity goal.

Prioritize Mental Health

- Keep your mind and body healthy. Research shows that positive mental health is associated with improved overall health and well-being.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Find a local support group. Support groups provide a safe place for people to find comfort.

Practice Healthy Behaviors

- Avoid drinking too much alcohol. Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions and can lead to the development of chronic diseases.
- Get enough sleep for your overall health. It impacts how you feel and perform during the day. Adults need at least 7 hours of sleep each night. Children and adolescents should get between 8 to 12 hours of sleep depending on age each night.
- Avoid distracted driving, which is driving while doing another activity that takes your attention away from the road. Each day in the United States, approximately nine people are killed and more than 1,000 injured in crashes that are reported to involve a distracted driver.

Sources: <https://www.cdc.gov/women/caregivers-covid-19/index.html>,
<https://www.cdc.gov/healthequity/features/nwhw/index.html>



ALS Awareness Month

ALS, or amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. "Amyotrophic" comes from the Greek language. "A" means no. "Myo" refers to muscle. "Trophic" means nourishment. So, amyotrophic means "no muscle nourishment," when a muscle has no nourishment, it "atrophies" or wastes away. "Lateral" identifies the areas in a person's spinal cord where portions of the nerve cells that signal and control the muscles are located. As this area degenerates, it leads to scarring or hardening ("sclerosis") in the region.



The disease was identified in 1869 by French neurologist Jean-Martin Charcot and became more widely known internationally on June 2, 1941, when it ended the career of one of baseball's most beloved players, Lou Gehrig. For many years, ALS was commonly known as Lou Gehrig's disease.

Gehrig played with the New York Yankees for 17 years and received the moniker "The Iron Horse" due to his ability to play baseball despite suffering from a variety of injuries. Gehrig was diagnosed with ALS on his 36th birthday during a visit with his wife Eleanor to the Mayo Clinic in Rochester, Minnesota. Prior to his diagnosis, Gehrig noticed several of the disease's symptoms while playing on the field, including a loss of strength, slipping, falling and loss of coordination.

In more recent years, ALS awareness was promoted by the ice bucket challenge. In 2014 the challenge went viral on social media. The challenge, pouring of a bucket of ice water over a person's head, either by another person or self-administered, was to promote awareness of ALS and encourage donations for research.

Symptoms of ALS are typically gradual in onset and quite variable with mean survival time of three to five years but can be longer in some cases. The most common symptom is progressive muscle weakness. Other early symptoms vary and can include tripping, dropping things, abnormal fatigue of the arms and/or legs, slurred speech, muscle cramps, twitches and uncontrollable periods of laughing or crying. Breathing can also be affected and ultimately the need for ventilatory support to assist with breathing.

ALS is difficult to diagnosis and there are no procedures, or no one test to establish a diagnosis. Often ruling out other diseases can establish the ALS diagnosis along with other clinical exams and diagnostic tests.



Local Library Happenings

Hartland Public Library

<http://www.villageofhartland.com/520/Library>

262-367-3350

Adult Coloring

Tuesday, May 10th at 3 pm

Wednesday, May 25th at 6:30pm

Looking for a way to de-stress? Join us for a night of themed adult coloring. We will provide the pages, coloring utensils, and light refreshments, and you bring your creativity and sense of calm for an hour of artistic Zen.





Healthy Vision Month

May is Healthy Vision Month: You can have a comprehensive dilated eye exam to check for common eye problems. If you haven't had an exam in a while, schedule one now.

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

Nine ways you can help protect your vision:

1. Get regular comprehensive dilated eye exams
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut
4. Maintain a healthy weight
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs
6. Quit smoking or better yet, never start
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation
8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection
9. Practice workplace eye safety

Eyes and Overall Health

Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor. Just 21.5 percent of older Americans without vision problems reported fair to poor health.

In addition to your comprehensive dilated eye exams, visit an eye care professional if you have:

- Decreased vision
- Eye pain
- Drainage or redness of the eye
- Double vision
- Diabetes
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around light sources; or
- If you see flashes of light

<https://www.cdc.gov/visionhealth>



MAY 19 IS HEPATITIS TESTING DAY!



Learn the ABCs of
Viral Hepatitis



Hepatitis A

People who get hepatitis A may feel sick for a few weeks to several months however usually recover completely and do not have lasting liver damage. The hepatitis A virus is found in the stool and blood of people who are infected and can be spread when someone ingests the virus, usually through eating contaminated food or drink or through close personal contact with an infected person. Hepatitis A is very contagious and can be spread before the individual displays symptoms. However, Hepatitis A is easily prevented with a safe and effective vaccine, which is recommended for all children at one year of age and for adults who may be at risk, including travelers to certain international countries. Unfortunately, adult vaccination rates remain low and in recent years the number of people infected has increased as a result of multiple outbreaks of hepatitis A across the United States.

Hepatitis B

Some people who become infected, especially young children, can go on to develop a chronic or lifelong infection. Over time, chronic Hepatitis B can cause serious liver damage, and even liver cancer. Hepatitis B is common in many parts of the world and can be passed from an infected woman to her baby at birth, if her baby does not receive the hepatitis B vaccine. As a result, the hepatitis B vaccine is recommended for all infants at birth and adults at risk.

Hepatitis C

Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, and even liver cancer. Hepatitis C is usually spread when someone comes into contact with blood from an infected person. In the past, hepatitis C was spread through blood transfusions and organ transplants. However, widespread screening of the blood supply began in 1990 and the Hepatitis C virus was virtually eliminated from the blood supply by 1992. Today, most people become infected with Hepatitis C by sharing needles, syringes, or any other equipment to inject drugs. Rates of new infections have been on the rise, particularly among young adults, which coincides with the recent increase in injection drug use related to the United States' opioid crisis. People with Hepatitis C often have no symptoms, so testing is the only way to know if you are infected.

To help stop the outbreaks, the CDC recommends:

- The Hepatitis A vaccine for people who use drugs (including drugs that are not injected), people experiencing homelessness, people with liver disease, and people who are or were recently in jail or prison.
- The Hepatitis B vaccine is recommended for all infants at birth and adults who are at risk. Those at risk include pregnant women, people who inject drugs, household contacts of someone infected.
- There is currently no vaccine to prevent Hepatitis C.

Fortunately, treatments are available that can treat and/or cure Hepatitis B & C. With the combined efforts of education, outreach, testing for the disease, vaccines, and promising treatments doctors are hopeful to reduce outbreaks in the future.

Source: <https://www.cdc.gov/hepatitis/awareness/HepatitisABCs.htm> , <https://www2.cdc.gov/nip/adultimmsched/>



Get Your 2022 Waukesha County
Parks Admissions Sticker!

SENIOR (60+) STICKERS: \$17

REGULAR STICKERS: \$35

www.waukeshacounty.gov/landandparks/park-system/park-fees/ParkEntry/



Local Social Security offices restored in-person services, including for people without an appointment!

To avoid waiting in line, Social Security still strongly encourages people who can, to use our online services at www.socialsecurity.gov, call local offices, and schedule appointments in advance rather than walking in without an appointment.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security's TTY number, 1-800-325-0778.

To learn more, please visit www.socialsecurity.gov/coronavirus/gethelp/ and www.socialsecurity.gov/onlineservices/

The local Waukesha County Social Security office recently moved.
The new address is:

267 South Street, Waukesha WI 53186

Spring Math Puzzlers

$$\text{Bird} + \text{Bird} + \text{Tree} = 12$$

$$\text{Bird} - \text{Tree} = 3$$

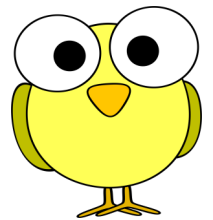
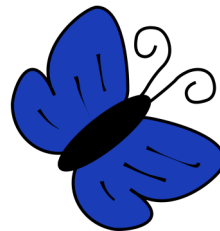
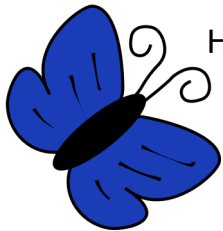
$$\text{Tree} + \text{Nest} + \text{Nest} = 4$$

$$\text{Bird} + \text{Tree} + \text{Nest} = \square$$

$$\text{Bird} = \square \quad \text{Tree} = \square \quad \text{Nest} = \square$$

There are 15 butterflies and birds in the garden altogether. If there were 3 more birds, there would be the same number of butterflies and birds.

How many butterflies are there and how many birds are there?



There are 9 butterflies and 6 birds.

Blue Bird = 5, Tree = 2, Nest = 1

Answer key:

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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