

Aging & Disability Resource Center of Waukesha County

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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 is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, ***Ageing Unbound***, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Ageing Unbound*:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023



World Elder Abuse Awareness Day is commemorated on June 15th every year. Each year it's an opportunity for advocates, organizations, and citizens across the globe to raise awareness about Elder Abuse, provide education about risk factors, and empower people to take action to protect themselves and others. Every year, an estimated 5 million older Americans, or 1 in 10, experience a form of elder abuse, neglect, or financial exploitation.

This year, the ADRC of Waukesha County will be working to raise awareness about financial scams and frauds that often prey on older adults in our community. As part of this year's campaign, we will be hosting a fun and interactive game called Scam SINGO. Like BINGO, it's played to Golden Oldie songs instead of numbers. Each of the nostalgic songs provides information about a common scam or fraud. Scam SINGO was developed by the Greater Wisconsin Agency on Aging Resources, Wisconsin Department of Justice, and UW-Green Bay. More information coming soon about local events hosted by Waukesha County, including train the trainer opportunities, at locations across the county in June in observance of World Elder Abuse Awareness Day.

Senior Farmers' Market Nutrition Vouchers - COMING SOON!

NEW FOR 2023!

- Vouchers are now distributed to all eligible **individuals**; it is no longer limited to a household.
- Each booklet now has seven vouchers, for a total value of **\$35**.

ADRC of Waukesha County will again be distributing the popular Senior Farmers' Market Nutrition Vouchers. Vouchers will be distributed on first come, first served basis. Each eligible individual will receive one booklet with a total value of **\$35: seven \$5 vouchers**. Distribution begins Thursday, June 1, and ends Friday, September 29. Vouchers are valid until October 31.

Vouchers can only be used at participating farm stands, and participating farmers at the farmers markets. It is **NOT** the farmers market that will or will not accept vouchers – it is the individual vendor **IN** the market that will or will not take them.

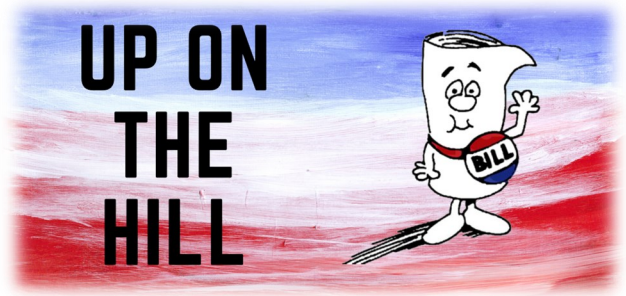
Vouchers can be redeemed at any participating farmer or farm stand in the state, but vouchers from the Waukesha County ADRC are **only** available to Waukesha County residents. Vouchers are only good for fresh fruits and vegetables, herbs, and fruit and vegetable seeds.

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



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.

THINGS TO REMEMBER WHEN CONTACTING YOUR LEGISLATOR

- **Contact your own legislator.** If you have strong feelings about a bill, there is the temptation to contact the author to express your views, even if the author is not your legislator. You are certainly free to do so, but be aware that a legislator will give less weight to the opinion of residents of another legislative district. If you are requesting assistance, it is particularly important to contact your own legislators.
- **Ask for a response.** In particular, ask what your legislator's position is on the topic you are writing or calling about. As a constituent, you are entitled to know.
- **Be specific and clear.** If you are calling in regard to legislation, be sure you know the bill number before you call. If you are calling to recommend legislation, describe the problem that you believe needs to be addressed and, if you have a particular solution in mind, describe that as well. Also, be sure to state your reasons for the positions you want your legislator to take. If you are calling for advice or assistance, describe the problem well. Give as many details as you can and do not withhold information. Your legislator's staff will need a complete picture of the problem if they are to help you.
- **Be personal.** To have the greatest impact, take the time to learn about the issue and then sit down and write a letter in your own words or make a phone call stating your own thoughts. On particularly controversial topics, advocacy groups deluge legislators with hundreds of identical post cards or phone calls. Legislators count these contacts, but give them much less weight than individually composed communications. In addition, to the extent possible, base your comments on your own experiences. A personal story has much more impact than a generic statement of position.
- **Be reasonable and courteous.** Try not to ask for something your legislator cannot do. If you are calling because you disagree with your legislator, remember common courtesy. Your first contact most likely will be with your legislator's staff, who is working to help you.

MAY IS HUNTINGTON'S DISEASE AWARENESS MONTH

Huntington's disease (HD) is a brain disease that is passed down in families from generation to generation. It is caused by a mistake in the DNA instructions that build our bodies and keep them running. DNA is made up of thousands of genes, and people with HD have a small error in one gene, called huntingtin. Over time this error causes damage to the brain and leads to HD symptoms.

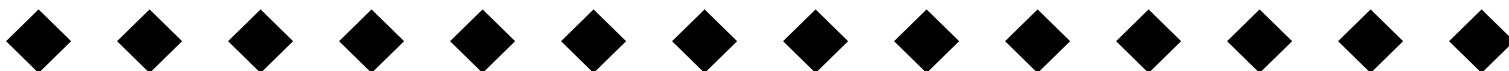
HD causes deterioration in a person's physical, mental, and emotional abilities, usually during their prime working years, and currently has no cure. Most people start developing symptoms during adulthood, between the ages of 30 to 50, but HD can also occur in children and young adults (known as juvenile HD or JHD). HD is known as a family disease because every child of a parent with HD has a 50/50 chance of inheriting the faulty gene.

The symptoms of HD can vary a lot from person to person, but they usually include:

- Personality changes, mood swings & depression
- Forgetfulness & impaired judgment
- Unsteady gait & involuntary movements (chorea)
- Slurred speech, difficulty in swallowing & significant weight loss

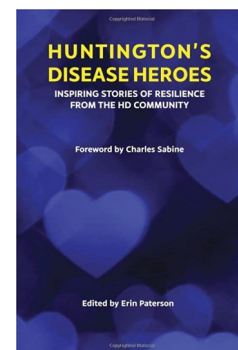
Most people with HD experience problems with thinking, behavior, and movements. Symptoms usually worsen over the course of 10 to 25 years and affect the ability to reason, walk, and talk. Early on, a person with HD or their friends and family may notice difficulties with planning, remembering, and staying on task. They may develop mood changes like depression, anxiety, irritability, and anger. Most people with HD become "fidgety" and develop movements of the face and limbs known as chorea, which they are not able to control. Because of the uncontrolled movements (chorea), a person with HD may lose a lot of weight without intending to, and may have trouble walking, balancing, and moving around safely. Over time, the individual will develop difficulty with speaking and swallowing, and their movements will become slow and stiff. People with advanced HD need full-time care to help with their day-to-day activities, and they ultimately succumb to pneumonia, heart failure, or other complications. The symptoms of HD are sometimes described as having ALS, Parkinson's, and Alzheimer's – simultaneously.

There is currently no cure or treatment which can halt, slow or reverse the progression of the disease. However, there are many treatments and interventions that can help to manage HD symptoms. A neurologist, psychiatrist, or nurse with expertise in HD may prescribe medications to ease anxiety and depression, help with troublesome behaviors, and calm uncontrolled movements. A psychologist or social worker can provide individual or group counseling. Physical and occupational therapists can work with patients and families to develop strength, move safely, and adjust the home environment and activities as needed. Speech language pathologists and nutritionists can help with communication, eating and swallowing safely, and combating weight loss. Clinician researchers may suggest participation in HD clinical trials. Social and community support is an important part of HD care. Family, friends, loved ones, and companions often assume many of the HD person's former responsibilities and help with daily activities and care routines when they can no longer do so themselves. Caregivers and kids may also need support for the challenges and stresses that come with HD.



**Learn more about Huntington's Disease by
visiting the ADRC Library where you will find
this new addition to our shelves.**

**Huntington's Disease Heroes: Inspiring Stories of Resilience from the HD
Community**



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) encourages 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 their mental health, please share these resources with them.

MENTAL HEALTH SUPPORT AND CRISIS NUMBERS



National Suicide and Crisis Lifeline.....988

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/>.

Healthy Living with Diabetes - This workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program does not replace existing treatments but serves to complement a participant's current medical treatment plan.

Details: This class will be held in-person on Mondays, May 15-June 26, 1-3:30pm (no classes on May 29). Located at Waukesha Memorial Hospital.

Contact: Laura Armstrong at 262-928-4059

Walk with Ease - Don't let arthritis or inactivity sideline you! Living with arthritis pain can be debilitating and keep you from doing the things you enjoy. The Arthritis Foundation's Walk With Ease program is proven to make a big difference in your health- and your life. In just 6 weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take charge of your health and get back to doing the things that matter to you – join a Walk with Ease class.

Details: This workshop will be held in-person on Tuesdays, Thursdays, and Fridays, 1-2pm, May 16-June 23. Located at West Wood Health & Fitness Center.

Contact: Laura Armstrong at 262-928-4059

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

Details: This workshop will be held in-person on Wednesdays, 12-2pm, May 17-June 28. Located at Waukesha Memorial Hospital.


Contact: Laura Armstrong at 262-928-4059

Dear Ina,

I am a life long cat owner. I have had some recent health complications and my children have recommended I come up with a back up plan for my feline best friend, Princess, in case something happens. While I like their idea, I do not have any ideas on how to plan for her health and safety if I am not around to do it myself. Do you have any recommendations for me on how to make plans for my kitty?

P.S. I enclosed a picture so you can see how precious my Princess is.

Kind Regards,

Lillibet Windsor & Princess 



PET ALERT!

Emergency Contact Information

OWNER'S NAME: _____
Phone Number: _____
Alternate Phone Number: _____

EMERGENCY PET CAREGIVERS

Name: _____
Phone Number: _____
Name: _____
Phone Number: _____

PETS IN OUR HOME – Include BREED & NAME

LOCATION OF FOOD, MEDICINE, LEASHES, ETC.

VETERINARIAN / VET CLINIC NAME

Phone Number: _____
After-Hours Vet Number: _____



Dear Lillibet,

Did you know that May 7—13 is National Pet Week? What fortunate timing you have! Your adult children are absolutely right. When you are sick and/or injured, you want to rest assured that your loved ones, including those with fur and four paws, are well cared for.

The ADRC partnered with Humane Animal Welfare Society (HAWS) to create these **Pet Alert** magnets for your furry friends. All you have to do is fill it in and stick it on your refrigerator near your own File of Life. As a friendly reminder, it never hurts to have your animals fully vaccinated and microchipped for safety purposes.

Call the ADRC today to request Pet Alert and File of Life be sent to you, free of charge: (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

Hartland Public Library - Thursday, May 18 at 11:00a

Waukesha Public Library - Tuesday, June 6 at 1:00p

Mukwonago Public Library - Tuesday, June 13 at 2:00p

Brookfield Public Library - Thursday, July 27 at 6:00p



Navigating Medicare

Lyme Disease Awareness Month



The month of May is Lyme Disease Awareness Month. Lyme Disease is an illness caused by the bacterium *Borrelia burgdorferi* carried by infected ticks. Ticks that transmit Lyme Disease can be found anywhere you go outdoors, be it the yard, walking the dog, or on a hike. There are 427,000 new cases of Lyme in the United States every year, making it the fastest growing infectious disease in North America.

Most people with Lyme Disease never felt the tick bite, and many do not see the bullseye rash that is supposedly synonymous with contracting Lyme. However, some of the first symptoms of Lyme may include fever, chills, headache, stiff neck, achiness, and fatigue. While antibiotics may treat Lyme disease if caught soon enough, the disease can have long lasting, debilitating effects on the body in the form of chronic illness if not treated early.

Ways to protect yourself from ticks:

- Dress defensively— wear shoes, high socks, and long pants especially while in highly populated tick areas. Light clothing also makes it easier to spot ticks before they cause trouble.
- Use repellent on exposed skin— studies show that repellents with DEET, picaridin or lemon eucalyptus oil are most effective
- Check for ticks on skin and clothing immediately after being outdoors.
- Protect your pets— ticks infect dogs and cats too and their fur can act like a “tick magnet”, carrying them inside your home. Consult a veterinarian about tick protection for your pets.

To honor Lyme Disease Awareness month, educate your friends and family about the disease in hopes of preventing more cases and ending the stigma for patients living with the disease today.

Source: <https://www.globallymealliance.org/>

Relatives as Parents Program

Did you know that the ADRC has a Relatives as Parents Program (RAPP)? These programs are sometimes referred to as Grandparent and Relative Caregiver Programs. Our group is designed for grandparents and other relatives who have taken on the role of surrogate parenting due to the absence of the child's parents. Members must:

- Be 55 years or older.
- Be a resident of Waukesha County.
- Be the primary caregiver.
- Be related by blood, marriage, or adoption.
- Live with the child.



Additionally, the child needs to be under 18 or be age 18-50 with a disability. If these requirements are met, funding can be used to provide respite, as well as group activities for both the adults and children. Examples of ways we can provide respite is by paying the fees for recreational activities, camps, music lessons, etc. for the child to be engaged in a fun, productive way, while also giving the caregiver a break. Funding can also be used to pay for tutoring. Examples of past group outings include flower planting at Waukesha Floral & Greenhouse, education at Retzer Nature Center, theater performances at The Waukesha Civic Theater, and dining at local restaurants.

Right now, we are looking to expand our group and welcome new members! If you or anyone you know fits the above description, please call 262-548-7848.

Spring into a new healthy habit the SMART way

Dan Michaels, Community Health Educator, Waukesha County Public Health

April showers bring in May flowers and May flowers represent new beginnings for Spring. This May you can energize your Spring by *springing* into something new by adding or trying a new healthy habit. Maybe you have thought of adding more physical activity to your life like walking or taking an exercise class. Maybe you have been pondering about improving your mental health by journaling your thoughts or socializing more with friends or making new ones. Changing your nutrition habits may be your goal, for example reducing salt in your diet or adding more fiber by eating more fruits or vegetables. There may be many other health goals you have been considering or were just inspired to do, why not start now. You can start a new habit anytime, but Spring is a great excuse, let's do it!

What ever your goal is you want to make sure it is a goal you can achieve and continue to do, not just start. A great way to do that is make your goal SMART. A SMART goal is Specific – are there detailed steps on what you specifically want to do, Measurable – is there a way to measure your success, Achievable -is the goal reachable, Relevant -does this goal fit into your life right now, Time orientated- do you have a timeline or date for the goal.

As an example, let's use the goal of adding more physical activity to your life by walking. A SMART goal would be: "I'm going to add physical activity to my life by walking 3 times a week around my block for the next month."

Let's break this goal down to see how it can be **SMART**.

S - I will walk around my block, to be more physically active. (Specific)

M - I will walk 3 time a week for 30 minutes. (Measurable)

A - My afternoons are open, I can walk in the afternoon. (Achievable)

R - I feel safe in my neighborhood and I enjoy the route. (Relevant)

T - I will do this for a month and reassess if it is working for me. (Time Orientated)



Using a SMART goal can help guide you on your goals and help to ensure you will achieve your goals. Walking was just an example, you can use the SMART goal model for any health habit or goal you want to achieve. It is a fun thing to do and a SMART way to do it. Enjoy!



Health joke of the month: My doctor told me to reduce the sodium in my diet to lower my blood pressure ... Unfortunately, I always take what he says with a grain of salt.

Spring Farmers Market Produce

Many farmers markets open in May! To find a farmer's market near you, visit the Farm Fresh Atlas at farmfreshatlas.org, which has market details such as dates/times, products sold, and benefits they accept such as the Senior Farmers Market vouchers.

While produce can be sparse at Wisconsin farmers markets during the spring, you may find some spring produce such as:

- Asparagus
- Leafy greens, such as spinach
- Radishes
- Rhubarb

Use the spring produce you find to make this delicious and healthy recipe! The combination of peppery radishes and sweet strawberries makes for a great salad.



Radish Strawberry Spinach Salad

Makes: 4 servings

Salad:

- 3-4 medium radishes, sliced thin
- 4 cups spinach, chopped
- $\frac{3}{4}$ cup strawberries, sliced
- $\frac{1}{2}$ cup feta cheese, crumbled
- $\frac{1}{3}$ cup chopped walnuts or pecans (optional)

Dressing:

- $\frac{1}{4}$ cup olive oil (or oil of choice)
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon honey
- Salt and pepper to taste

Directions:

1. Add the dressing ingredients to a glass jar or other container with a tight-fitting lid. Shake well until the dressing is well-combined. (You can also use a whisk or a fork, if you don't have a jar). Set aside.
2. Assemble salad by placing spinach in a bowl and topping with strawberries, radishes, cheese, and nuts. Drizzle with dressing and serve.

Tips:

Radishes vary in how sharp or spicy they taste. Taste your radishes to adjust the salad to your liking.

You can substitute the feta cheese for blue cheese or small pieces of your favorite cheese.

You can substitute other types of fruits such as apples, raspberries, or blueberries

FOOD WISE
Healthy choices. Healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

Nutrition Facts for 1 serving, with nuts and 2 Tablespoons dressing:

Calories: 250 Fat: 21g Saturated Fat: 4.5g Sodium: 196 mg Carbohydrate: 10g Fiber: 3g Sugar: 5g Protein: 5g

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.

Benefit Specialist Corner

Medicare Coverage of Mental Health Services

Mental Health issues can have a significant impact on a person's ability to function in their daily lives. Declining health and managing medical conditions can put you at a risk of depression and anxiety.

If you struggle with ongoing feelings of sadness or hopelessness its important to talk to a doctor. It is also important to be aware of a new helpline, 988, the new universal three-digit dialing code for suicide prevention and mental health crisis that went into effect nationwide in July. Calling this number will direct a person to representatives specifically trained in the management of suicide risk and other mental health crises. Share this life-saving information with friends and family!

When it comes to mental health issues, it's good to know that Medicare covers many mental health services to help diagnose and treat people with mental health disorders, like depression and anxiety.

The following preventive benefits are covered by Medicare:

- One depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.
- A one-time "Welcome to Medicare". This visit includes a review of your possible risk factors for depression.
- A yearly "Wellness" visit. Talk to your doctor or other health care provider about changes in your mental health since your last visit.
- One alcohol misuse screening per year. Some people with mental health issues may struggle with alcohol misuse. Medicare beneficiaries who are not alcohol-dependent may qualify.

Medicare also covers the following outpatient mental health services:

- Diagnostic tests and psychiatric evaluation
- Individual therapy
- Group therapy
- Family counseling, if the main purpose is to help with your treatment
- Medication management
- Certain prescription drugs that aren't usually self-administered
- Partial hospitalization



Talk with your doctor about what services are right for you and your mental well-being. For more information about Medicare covered services, see your *Medicare and You 2022* handbook or visit the Medicare website at www.medicare.gov. And remember, if you or someone you know is experiencing a mental health crisis, call 988. For an immediate medical crisis call 911.

For local assistance with Medicare questions or other health insurance counseling contact the ADRC at (262) 548-7848.

**Turning 65?
Need Medicare?**

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

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

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

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Oven Baked Ham Scalloped Potatoes Peas and Carrots Italian Bread w/ butter Pineapple Slices	Chicken Salad on Croissant Tomato & Onion Salad Spinach Salad w drsg Fruit Cocktail Baker's Choice Cookie Alt: Banana	Meat and Bean Chili W/ Cheese and Saltine Crackers Green Beans Corn Bread Muffin w/ butter Cranberry Compote	Whole Wheat Spaghetti with Italian Sausage Italian Blend Veg Romaine Salad w/ Italian Dressing Italian Bread / Butter Peaches	Cinco de Mayo Chicken Enchilada Casserole Southwest Style Corn Refried Beans Pineapple Slices Churro Alt: Yogurt
8	9	10	11	12
Apricot Chicken Breast Mash Potatoes w/ Gravy Cook's Choice Veg Fresh Apple Bread w/ Butter	Chilled Ham and Cheese on Wheat Bun Mayo pkt Beet & Onion Salad Vegetable Pasta salad Watermelon	BBQ Pulled Pork on Wheat Bun American Fried Potatoes Ketchup pkt Creamy Coleslaw Pear Half Oatmeal Raisin Cookie Alt. Raisins	Swedish Meatballs over Buttered Egg Noodles Peas and Carrots Marinated Veg Salad Multigrain roll / Butter Grapes	Open-faced Hot Turkey Sandwich with gravy on Wheat Mashed and Gravy 5-Way Mixed Veg Spinach Salad w/ dressing Banana
15	16	17	18	19
Happy Mother's Day Apple Cranberry Chicken Salad On Flaky Croissant Broccoli Salad Tossed Salad w/ Ranch Fruit Cocktail Chocolate Cake	Pork Cutlet Parsley Potatoes Coleslaw Sliced Peaches Crusty Roll / Butter	Breakfast Omelet with Cheesy Sauce Sausage Patty Breakfast Potatoes w/ Green Peppers & Onions Ketchup pkt Tomato Juice Fresh Peach Wheat bread / butter	Roasted Pork in gravy Sweet & Sour Cabbage Garlic Mashed Potatoes w/ Gravy Rye Bread w/ butter Pear Half Cook's Choice Cookie Alt. Yogurt	Chicken Caesar Salad w/ Croutons, Parmesan Cheese and Caesar dressing Tomato Onion Salad Potato Roll / Butter Kitchen's Choice Fruit Dessert Bar Alt. Fresh Fruit
22	23	24	25	26
Caribbean Jerk Chicken Breast Creole Style Red Beans and Rice Seasoned Green Beans Wheat Bread w/ butter Fresh Orange	Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Steamed Broccoli Fresh Banana Lemon Pudding Alt: Diet Pudding	Chicken Parmesan Penne Pasta Sicilian Blend Veg Romaine Salad w/ Italian Italian Bread w/ butter Grapes	Stuffed Cabbage Roll Mashed Potatoes and Gravy Dilled Baby Carrots 7-Grain Bread / Butter Sliced Peaches Ice Cream Cup Alt. Fresh Fruit	Chicken Pasta Salad with Vegetables Marinated Vegetable Salad Melon Wedge Blueberry Muffin / butter
29	30	31		
MEMORIAL DAY PROGRAM CLOSED	Oven Roasted Turkey w/ gravy Mashed Potatoes Gravy Sweet Green Peas Bread/Butter Kitchen's Choice Fruit Rice Krispies Treat Alt. Fruited Yogurt	BBQ Pulled Pork Whole Wheat Bun Baked Beans Broccoli Fresh Apple Choc Chip Cookie Alt: Fresh Fruit		

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

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

262-782-1636

Brookfield Community Center
2000 North Calhoun Road
Monday thru Friday at 12:00

Menomonee Falls

262-251-3406

Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday thru Friday at 12:00

Mukwonago

262-363-4458

Birchrock Apartments
280 Birchrock Way
Monday thru Thursday at 12:00

Oconomowoc

262-567-5177

Oconomowoc Community Center
220 West Wisconsin Avenue
Monday thru Friday at 12:00

Sussex

262-246-6747

Sussex Civic Center
N64W23760 Main Street
Monday thru Friday at 12:00

Waukesha

262-547-8282

La Casa Village
1431 Big Bend Road
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

The Kentucky Derby

Warm Spring air, donning a big beautiful hat and singing “My Old Kentucky Home” with others in the stands at one of the most recognized race events in the United States. The Kentucky Derby, also known as the Run for the Roses, is often referred to as the most exciting 2 minutes in sports and is steeped in history.



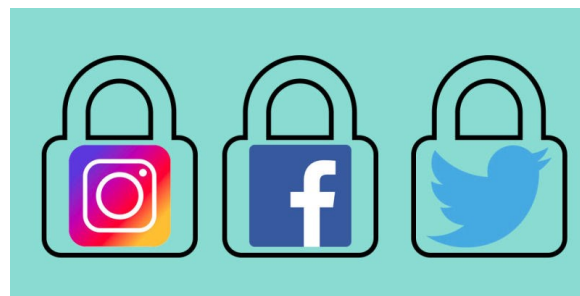
The Kentucky Derby’s long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark – of the famed pair Lewis and Clark – traveled to Europe. While there, Clark attended the Epsom Derby in England, a well-known horse race run since 1780, and also fraternized with the French Jockey Club, a group that developed another popular horse race, the Grand Prix de Paris Longchamps. Clark was inspired by his travels and experiences, and, upon his return, was determined to create a spectacle horse racing event in the States.

With the help of his uncle’s John & Henry Churchill, who gifted Clark the necessary land to develop a racetrack, and by formally organizing a group of local race fans to be named the Louisville Jockey Club, Clark and his new club raised funds to build a permanent racetrack in Louisville, Kentucky. On May 17th, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby. A total of fifteen three-year-old Thoroughbred horses raced one and a half miles in front of a cheering crowd of approximately 10,000 spectators. Aristides was the first winner of the Kentucky Derby.

As with any major event, the Kentucky Derby has undergone various changes over the course of three centuries. From shortening the distance of the race, the introduction of traditions like draping the winning horse in a garland of roses, to the growing size of Derby crowds, the Kentucky Derby has embraced the change of time, while honoring the integrity of the spectacle race set forth by Meriwether Lewis Clark.

Tips to Protect Your Privacy and Stay Safe on Social Media

These days, there are so many different websites and applications that people use to connect with their family and friends or to share news and ideas with their communities and beyond. Each one of these websites or applications have different safety and privacy considerations along with settings that individuals can use to help ensure that their personal information remains safe.



Facebook

Facebook is, perhaps, the most popular of all social media websites. It is also one of the most robust sites with many different features. For example, on Facebook you can join groups, find local events, or buy or sell items on Facebook Marketplace. If you post on Facebook, the post may be limited to only your “friends,” or you may be posting publicly in a group or on your page. If you post something and it has a globe icon next to it, this means that the post is visible to anyone, even if they are not your friend on Facebook. You will want to make sure that, by default, this is set to friends only. On Facebook, you can go into the settings and run a privacy checkup to change this. You may also change your settings to limit what people who are not your friend are able to see on your page.

A common scam on Facebook is for someone to pretend to be someone else and then send you a friend request. For example, a scammer might steal one of your friend’s profile pictures and then create a new account with that person’s name. Then, they will send a friend request to all of that person’s friends. So, if you get a friend request from someone but you thought you were already “friends” with that person, double check before accepting the friend request.

Facebook also has a marketplace feature where people can buy and sell items. If you are buying something on Facebook marketplace, never give out your phone number or other personal information. You will also want to meet the seller in a public location. Many police departments have areas in their parking lots for just this purpose. These same guidelines apply if you are selling an item as well. If you are selling an item, a common scam is for someone to message you as if they are interested and ask for your phone number to call. Then, they will ask you to share a Google voice verification code. Do not provide this number to the scammer! Instead, report the account to Facebook as a scam. For more information on this particular scam, visit: <https://consumer.ftc.gov/consumer-alerts/2021/10/google-voice-scam-how-verification-code-scam-works-and-how-avoid-it>.

Instagram/Twitter/TikTok

Instagram is owned by Meta, the same company that owns Facebook. Instagram is a platform for sharing pictures and short videos. When you create an Instagram account, you may want to set the account to private. If your account is not set to private, anyone can “follow” you and view the content you post. If you leave your account public, you will want to be careful not to share any personal information in your posts. Similar to Facebook, people may create fake Instagram accounts to trick you into falling for a scam.

Twitter and TikTok are two very different kinds of social media platforms, but they are similar to Instagram in one regard. Like Instagram, on Twitter and TikTok you may have your profile public where anyone can follow you without having to approve those requests, or you can set your profile to private so that you must approve any requests to “follow” or see any content that you post. It’s recommended that, unless you’re a public figure or are trying to get famous, that you set your profiles to private.

Snapchat

Snapchat is an app where users can share photos or short videos directly with friends or a group of friends. These photos or videos will typically disappear after viewing. A common misconception is that this is a safer way to share content since the content disappears after viewing. However, this does not mean this content will go away forever. Someone may take a screen shot of a photo or record a video with another device. So, you will want to be careful about what you share on Snapchat.

Snapchat users can also create “stories” which is one or multiple photos and/or videos viewable for a 24-hour period. By default, only ‘friends’ you’ve added on Snapchat can contact you directly or view these stories. Another common misconception about Snapchat is, if you post a photo or video to the “Snap Map” these are viewable to any Snapchat user, even if you haven’t added them as a “friend.” For more information on Snapchat safety, visit: <https://help.snapchat.com/hc/en-us/articles/7012304746644-How-to-Stay-Safe-on-Snapchat>.

Nextdoor

Nextdoor is a social networking site that is localized to only the user's own neighborhood and surrounding areas. It requires users to verify their location via phone, geolocation, or by mailing a code to the user's address. This means that, in theory, all the users that are connected with one another live in the same neighborhood. However, as scammers always seem to do, they have found ways to get around Nextdoor's verification system. So, even though it's relatively safe to engage with your own neighbors on the platform, you still want to remain vigilant.

Nextdoor also has a marketplace feature where neighbors can buy, sell, trade, or give away items. The same safety precautions for buying and selling online apply to any such transaction on Nextdoor.

Dos and Don'ts

Finally, some dos and don'ts that apply to most or all of these platforms.

- Do review the privacy settings in the app or website.
- Don't create a username containing identifying information, such as names, birthdays etc. For example, "ParkersGranny1952" is not a good username because it reveals the year the person was born and the name of one of their grandkids. A good username would be something like "Loves2Fish77889" or "BakewithGma9496" as long as those numbers don't mean anything like digits of a phone number or zip code.
- Do change your passwords for social media websites frequently.
- Don't give out your phone number to a stranger and don't ever give anyone a verification code that you get via text, email, or voice call.

Top 10 Consumer Complaints of 2022

Every spring, the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) releases a list of the top 10 consumer complaints of the past year. In 2022, the agency worked to resolve more than 11,000 consumer complaints filed with DATCP and returned millions of dollars to Wisconsin consumers.

Here are the top 10 consumer complaints from 2022:

Rank	Product / Service	Written Complaints
1	Landlord/Tenant	1,912
2	Telemarketing	1,651
3	Home Improvement	1,216
4	Telecommunications	655
5	Identity Theft	513
6	Medical Services	440
7	Travel	224
8	Health & Medical Products	217
9	Furniture/Home Furnishing	189
10	Auto Sales (New & Used)	184

For more information on consumer issues in Wisconsin, or to learn how to file a complaint, please see: https://datcp.wi.gov/Pages/Programs_Services/ConsumerProtection.aspx

People with disabilities need adequate transportation

For people with disabilities, suitable transportation is a major factor in staying connected with the community. It is especially difficult for people living in more rural and suburban areas, as transportation options are far more limited. People with disabilities also need to get to their places of work, attend medical appointments, attend social engagements, conduct personal business, and participate in community events.



Because transportation connects people with the community, barriers to transportation impacts other areas of peoples' lives. A lack of transportation can cause people to delay or cancel important medical appointments, which can lead to poorer health. Not being able to get to a grocery store can significantly affect food choices, which greatly impacts health. Isolation and loneliness can lead to depression and other health issues. Access to transportation allows people with disabilities to live independently in their communities.

Transportation is a challenge in Waukesha County because of the size of the county and because much of Waukesha County is rural and suburban. This requires several programs and community partners working together to assist with providing countywide transportation for seniors and adults with disabilities.

Fortunately, there are several options in Waukesha County to help meet consumers' needs:

Waukesha Metro (262) 524-3636

Waukesha Metro Transit is a public transit agency operating in the city of Waukesha and parts of Waukesha County. Metro directly operates ten bus routes, three commuter routes, and partially funds two routes of Milwaukee County Transit System which extend into Waukesha County. Seniors age 65+ and individuals with disabilities can apply for the reduced bus fare program. The reduced fare rate is \$1.00 per one-way trip, compared to the \$2.00 standard adult fare.

Waukesha Metro's fixed route fleet is wheelchair accessible, but not all stops are accessible. People with disabilities can call Waukesha Metro to determine if a bus stop is accessible. In most cases, there will be no problems with accessible service, but sometimes there will be a need for minor adjustments to your trip to allow for accessible service.

Metrolift is a demand-response transportation service, provided in accordance with the Americans with Disabilities Act, for persons unable to use fixed route Waukesha Metro Transit bus service. Metrolift is provided seven days a week from 5:30 a.m. to 10:40 p.m. Monday - Friday, Saturdays from 8:00 a.m. to 10:15 p.m., and Sundays 9:00 a.m. to 7:15 p.m.

Paratransit Service is provided in accordance with the Americans with Disabilities Act for persons unable to use Waukesha County Fixed Route 901. Paratransit Service operates within 0.75 mile of a bus stop along Waukesha County Transit Route 901.

ADRC Rideline program

Available to all Waukesha County residents who are non/limited-drivers and 60 years of age or older, or age 18-59 with a disability designation, who use assistive devices such as a walker, wheelchair, scooter, or are legally blind. Individuals must be **unable** to enter or exit a car with little or no assistance.

ADRC Taxi program

The Shared-Fare Taxi Program is available to all Waukesha County residents who are non/limited-drivers and are 60 years of age or older, or under 60 years of age with a disability designation. Individuals must be able to enter or exit a regular car with little or no assistance.

Eras Senior Network (262) 549-3348

Eras employs Waukesha County's Mobility Manager and provides volunteer transportation services for seniors and adults with disabilities.



May 5 - Spring Gallery Night @ Downtown Oconomowoc, 4-7 pm. Hosted by the Downtown Oconomowoc Business Association, Spring Gallery Night welcomes you to shop local businesses as merchants stay open later to host artists in their stores and offer wine and appetizers along with store specials. Student art from the Oconomowoc Area School District will also be featured.

May 6 - Bark River Bash @ Downtown Hartland, 9 am- 2pm. Bring your family to the 2nd annual Bark River Bash for fun for all ages including a paddling river run, rubber duck derby, Hammer-Schlagen, craft and vendor sale, music, food, and more!

May 12 - New Berlin Friday Family Nights @ The A.R.C. (15321 W National Ave), 5-7 pm. This month's Family Night is all about Moms! Join for a craft fair that is sure to wow mom in celebration of Mother's Day.

May 13 - Pet Palooza @ Downtown Greendale, 10 am- 2 pm. Celebrate Spring by bringing your pets to Downtown Greendale as a kick-off to Mother's Day Weekend. Shop, eat, drink, and participate in fun pet related activities! Let your dog run an agility course, test their speed in the Doggie Dash, get some insight as to what your pet might be thinking from a pet psychic, or enter your pet in a fashion show!

May 17 - Town Food Truck Festival @ The Corners of Brookfield, 4:30-8 pm. Discover Brookfield, in partnership with The Corners of Brookfield, are excited to announce the return of the Town Food Truck Festival this summer. Beginning in May, on the 3rd Wednesday of every month, there will be live music, local food vendors, craft beverages, and kid friendly activities.

May 20 & 21 - Old Falls Revolutionary War Days @ Old Falls Village Park, 9 am- 4 pm. Experience Revolutionary War History at the 2nd annual Old Falls Revolutionary War Days. Watch soldiers recreate life in early America with battles, weapon demonstrations, and more. Visit army encampments and talk to soldiers about what life was like. Admission is \$8 for adults, \$3 for children aged 5-11, and free for children under 5 and all active Military and Veterans.



May 20 - DelaSpring @ Downtown Delafield, 12- 5 pm. Shop unique local businesses while enjoying the dozens of artisans at the Maker's Market that will spread throughout downtown. Also enjoy small plates available at participating restaurants or enjoy a dine in experience. There will also be a Kids Zone in Liberty Park.

May 5th is National Space Day!

National Space Day has been celebrated on the first Friday of every May since 1997 to promote space and the fields of STEM (Science, Technology, Engineering, Mathematics). We thought it would be a great opportunity to learn about the International Space Station (ISS)! Read the article below and use the information to complete the puzzle on the next page!

The International Space Station is a large spacecraft in orbit around Earth. It serves as a home to crews of astronauts and cosmonauts. The space station is also a unique science laboratory. Several nations worked together to build and use the space station. The space station is made of parts that were assembled in space by astronauts. It orbits Earth at an average altitude of approximately 250 miles and travels at 17,500 miles per hour; orbiting Earth every 90 minutes. NASA is using the space station to learn more about living and working in space. These lessons make it possible to send humans farther into space than ever before.

How Old Is the Space Station?

The first piece of the International Space Station was launched in November 1998. A Russian rocket launched the Russian Zarya (zar EE uh) control **module**. About two weeks later, the space shuttle Endeavour met Zarya in orbit. The space shuttle was carrying the U.S. Unity node. The crew attached the Unity node to Zarya.

More pieces were added over the next two years before the station was ready for people to live there. The first crew arrived on November 2, 2000. Humans have lived on the space station ever since. More pieces have been added over time. NASA and its partners from around the world completed construction of the space station in 2011.

How Big Is the Space Station?

The space station includes laboratory modules from the United States, Russia, Japan and Europe. It has the volume of a five-bedroom house or two Boeing 747 jetliners. It is able to support a crew of six people, plus visitors. On Earth, the space station would weigh almost a million pounds. Measured from the edges of its solar arrays, the station covers the area of a football field.

What Are the Parts of the Space Station?

In addition to the laboratories where astronauts conduct science research, the space station has many other parts. The first Russian modules included basic systems needed for the space station to function. They also provided living areas for crew members. Modules called "nodes" connect parts of the station to each other.

Stretching out to the sides of the space station are the solar arrays. These arrays collect energy from the sun to provide electrical power. The arrays are connected to the station with a long **truss**. On the truss are radiators that control the space station's temperature.

Robotic arms are mounted outside the space station. The robot arms were used to help build the space station. Those arms also can move astronauts around when they go on spacewalks outside. Other arms operate science experiments.

Astronauts can go on spacewalks through **airlocks** that open to the outside. Docking ports allow other spacecraft to connect to the space station. New crews and visitors arrive through the ports. Astronauts fly to the space station on the Russian Soyuz. Robotic spacecraft use the docking ports to deliver supplies.

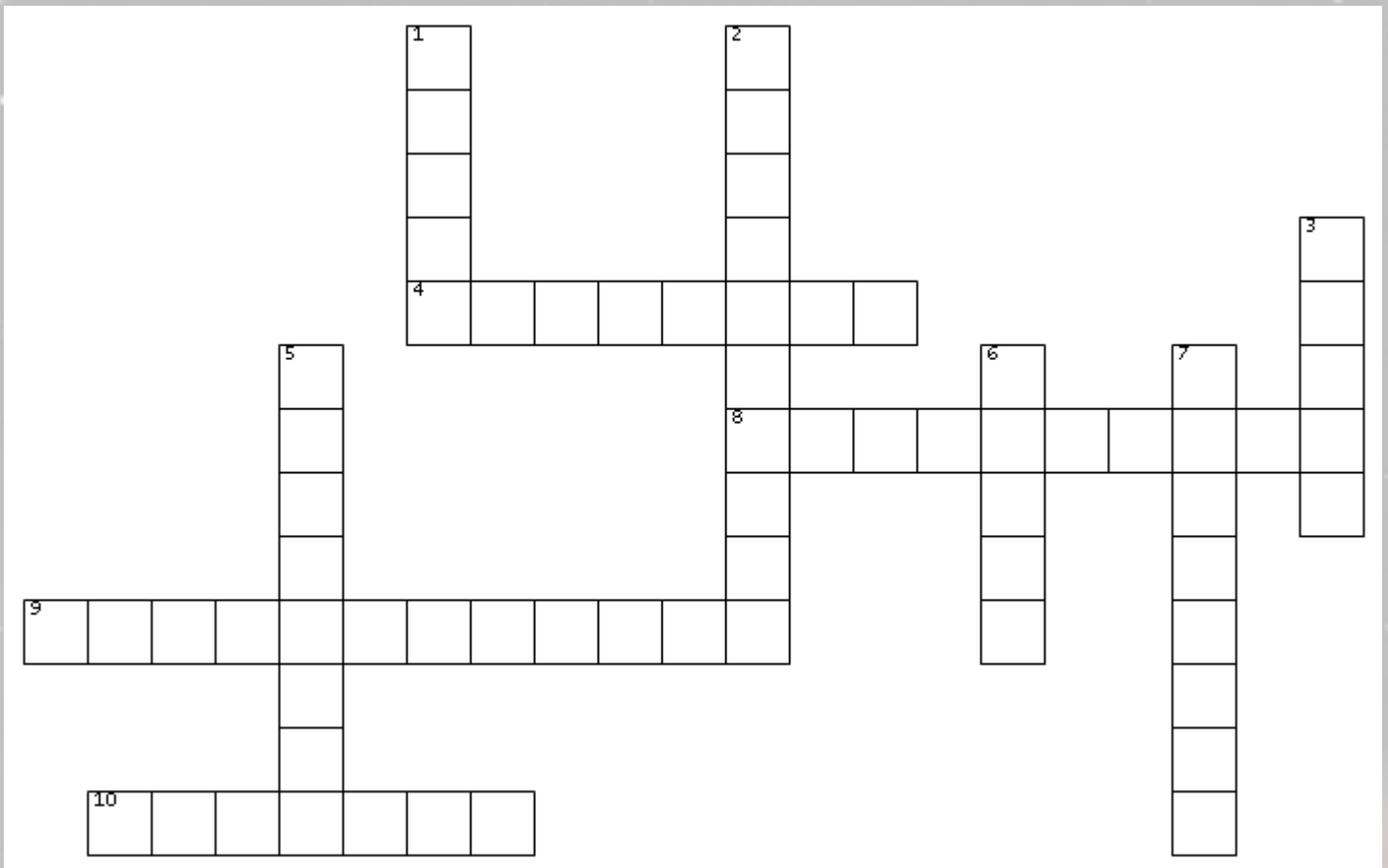
Why Is the Space Station Important?

The space station has made it possible for people to have an ongoing presence in space. Human beings have been living in space every day since the first crew arrived. The space station's laboratories allow crew members to do research that could not be done anywhere else. This scientific research benefits people on Earth. Space research is even used in everyday life. The results are products called "spinoffs." Scientists also study what happens to the body when people live in **microgravity** for a long time. NASA and its partners have learned how to keep a spacecraft working well. All of these lessons will be important for future space exploration.

NASA currently is working on a plan to explore other worlds. The space station is one of the first steps. NASA will use lessons learned on the space station to prepare for human missions that reach farther into space than ever before.

National Space Day ISS Puzzle

May 5th is National Space Day! Read the International Space Station article on the previous page to help answer the puzzle questions below.



ACROSS

4. Astronauts do scientific _____ in space.
8. STEM stands for Science, _____, Engineering, and Mathematics.
9. Objects float in _____.
10. NASA is learning _____ that will help people travel farther into space for longer periods of time.

DOWN

1. The space station uses _____ energy.
2. The space station is a science _____ that orbits Earth.
3. The first piece of the ISS was the Russian _____ control module.
5. Astronauts go on spacewalks through _____ that open to the outside of the ISS.
6. The first U.S. part on the space station.
7. The space station is as long as a _____ field.

1. Solar, 2. laboratory, 3. Zarya, 4. Research, 5. Airlocks, 6. Unity, 7. Football, 8. Technology, 9. Microgravity, 10. Lessons

Answer Key:

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

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

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