



Aging & Disability Resource Center of Waukesha County

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Local: 262-548-7848
Toll Free: 866-677-2372
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TTY: 7-1-1

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 Southeast Wisconsin (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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The ADRC Connection

July 2023

July is a time for summer activities and festivities! It is also when the United States celebrates Independence Day on July 4th every year! Fourth of July commemorates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the political separation of the 13 North American colonies from Great Britain.

Did you know that July also observes National Picnic Month, Social Wellness Month, Disability Pride Month, and Americans with Disabilities Act Awareness Day on July 26th!?

Check out the rest of this issue to see a little more on each of these and more!

TIMELINE

July 8 1776	First effective celebration took place in Philadelphia. First public reading of the Declaration of Independence, after people were summoned by the ringing of the Liberty Bell.
July 3 1781	Massachusetts became first state to recognize the Fourth of July as an official holiday.
July 4 1801	The White House held its first Fourth of July party.
July 4 1851	The first Horribles Parade was held in Lowell, Massachusetts. This parade is a comical send-up of a stuffy military organization called the Ancient and Honorable Artillery Company of Massachusetts or the "Ancient and Honorables."
June 28 1870	Congress made Independence Day an official holiday for federal employees who worked in Washington, D.C.
1938	Congress formalized Independence Day as an official paid federal holiday.
July 4 1960	The current 50-star flag debuted after Alaska and Hawaii became states in 1959.

CRITICAL PEOPLE

THOMAS JEFFERSON

- lead author
- 33 years old

JOHN ADAMS

BENJAMIN FRANKLIN

ROGER SHERMAN

WILLIAM LIVINGSTON
fellow committee members consulted

John Hancock was the only one to sign the actual Declaration of Independence on July 4, 1776. Others signed later.

56 men signed from **13** colonies

2 signers would later become president of the United States
JOHN ADAMS
THOMAS JEFFERSON

Images and info from Encyclopedia Britannica Inc.

DID YOU KNOW?

The Declaration of Independence wasn't actually signed (except by John Hancock) on the Fourth of July—that's just the day the document was adopted by the Continental Congress.

One U.S. president, Calvin Coolidge, was born on the Fourth of July, in 1872.

Three U.S. presidents, John Adams, Thomas Jefferson, and James Monroe, all died on the Fourth. Adams and Jefferson died within hours of each other in 1826.



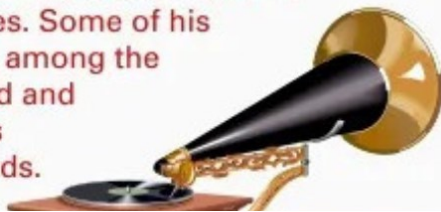
There have been 27 different official versions of the U.S. flag, including the first one in 1777. All of the changes have involved the addition of stars.



A popular myth holds that Benjamin Franklin proposed the turkey as the national symbol but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.



Great American composer John Philip Sousa wrote 136 marches in the late 19th and early 20th centuries. Some of his greatest hits were among the first to be recorded and mass-produced as phonograph records.



REMINDER!

**BE KIND AND
CONSIDERATE
OF VETERANS**

Fireworks can be a trauma reminder for those who served in combat or went through a fire, explosion or gun violence. Whether expected or unexpected, fireworks can cause distress. ***Please be mindful to our community's veterans when enjoying fireworks!***

How is the Fourth of July Celebrated Today?

Blasting 15,000+ fireworks every year has become part of the tradition of celebration.



The Macy's fireworks show has been celebrating July 4th over New York City's East River for more than 40 years.

Every Fourth of July, the Liberty Bell in Philadelphia is tapped (not actually rung) 13 times in honor of the original 13 colonies.



Lee Greenwood's patriotic 1984 song "God Bless the U.S.A." gets nearly 25 times more views on July 4th than any other day of the year.

Looking where to find your local fireworks displays day and times?

Turn to page 18!



What is the ADA?

The Americans with Disabilities Act (ADA) is a federal civil rights law that prohibits discrimination against people with disabilities in everyday activities. The ADA prohibits discrimination on the basis of disability just as other civil rights laws prohibit discrimination on the basis of race, color, sex, national origin, age, and religion. The ADA guarantees that people with disabilities have the same opportunities as everyone else to enjoy employment opportunities, purchase goods and services, and participate in state and local government programs.

You can thank the ADA for curbs cuts at public sidewalks and businesses!

July Celebrates Disability Pride Month. What is disability pride?

"People with disabilities are the largest and most diverse minority within the population representing all abilities, ages, races, ethnicities, religions and socio-economic backgrounds. Disability Pride has been defined as accepting and honoring each person's uniqueness and seeing it as a natural and beautiful part of human diversity. Disability Pride is an integral part of movement building, and a direct challenge of systemic ableism and stigmatizing definitions of disability." www.disabilitypridemadison.org/about-us

Why celebrate an entire month of disability pride?

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush. Throughout the year and on the ADA Anniversary (July 26), the ADA National Network recognizes this landmark event and the important work to promote equal opportunities for people with disabilities. This year will mark the 33rd anniversary of the ADA being signed into law.

Where Can I Learn More?

There are several great resources at your local library. Additionally, there are several websites that offer fantastic information and resources. Below you find a few listed:

- ✓ U.S. Department of Justice Civil Rights Division <https://www.ada.gov/>
- ✓ Wisconsin Board for People with Developmental Disabilities <https://wi-bpdd.org/>
- ✓ Disability Rights Wisconsin <https://disabilityrightswi.org/>

How can I join the celebration?

There are many ways you can get involved. Start by looking for events in your local community. Facebook and other social media sites may list events near you. If you're close in proximity, the City of Madison has an annual Disability Pride Festival. This year it will be held on Saturday July 29 from 12 p.m. to 5p.m. at Warner Park in Madison. You can find more info here: www.disabilitypridemadison.org/festival-2023

Dear Ina,

I am an animal lover and lately I've noticed two tiny kittens hanging around my backyard. They are so cute and small! I'm thinking about bringing them in my home and seeing if they would make good pets. Do you think that's a wise idea or should I leave them be?

Sincerely,

Kitty M. Eow



Dear Kitty,

When you discover kittens outdoors, it can be tempting to scoop them up and bring them inside. However, it is important to know that is almost never in a kitten's best interest. Even if you see kittens alone, it is more than likely that their mother is nearby. A mother cat is a kittens' best possible caregiver, so the best practice is always allowing the mother cat to care for her kittens in their outdoor environment. Even if your home is nice, a mother cat may become very stressed to being confined in an unfamiliar environment if you choose to bring both her and her kittens inside.

Instead of bringing them in, try these ideas instead to make their lives more comfortable:

- Provide regular food and water.
- Provide them an outdoor shelter.
- Try to keep their environment peaceful by not letting other cats or dogs to come near.

Wait at least a full day to see if you notice the mother cat hanging around. If the kittens are cuddled together and sleeping, look pink, warm, and clean with full bellies, their mother has likely been back, and you just didn't notice. If the kitten seem to be in distress, consider calling the Humane Society of Waukesha County to come rescue them. HAWS is a no kill & open admission shelter. They heal animals that are medially treatable use innovative ideas to achieve their goal of a humane community and end needless euthanasia. To contact HAWS for emergency animal rescue, call 262-542-8851 x0, or their after hours line at 262-993-9811.

Sincerely,

Ina

Laughter is the Best Medicine

Dan Michaels, Community Health Educator, Waukesha County Public Health

You may have heard laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Researchers have been studying the benefits of laughter for over 30 years and discovered several ways laughing is good for your health.



Laughter is a great stress reducer, a great fun belly laugh can ease stress and physical tension, relaxing your body for up to 45 minutes after. In addition, laughter releases endorphins which are the natural feel-good chemicals in our bodies that can temporarily relieve pain and reduce stress. In addition to reducing stress laughing can boost our immune system, aid in protecting our heart, and even burn calories. Yes, that's right, laughing for 10 to 15 minutes a day can burn around 10 to 40 calories, which is around three to four pounds a year.

There are many simple ways to bring more laughter into your life!

- Find funny photos, comic strips or quotations and hang them up in your office or home!
- Have funny movies, videos or books around to boost your spirits.
- Seek out and spend time with fun playful people.
- Animals can be hilarious, spend time with pets, watch online animal videos or go to the zoo and observe silly playful animals like otters and monkeys.
- Share funny stories or jokes with friends.
- When you hear laughter, head towards it; most often people like to share what is funny with other people.

Go ahead, seek out some fun and laughter. Laughing isn't going to replace a healthy diet and exercise, but it can be a fun healthy addition to your life.

Location:

Elm Grove Public Library

Date:

July 25, 2023

Time:

1:30 PM - 2:30 PM

Address:

13600 Juneau Blvd
Elm Grove, WI 53122

Cost: Free

To Register: Register Online at www.elmgrovelibrary.org

Cup of Health Series— Topic: Nutrition Facts

By: Waukesha County Public Health

We all know that we should eat well, but what does that really mean? With a focus on long-term solutions instead of short-term diets, learn about the basics of a healthy eating pattern.

Location:

Muskego Public Library

Date:

July 27, 2023

Time:

9:30 AM - 10:30 AM

Address:

S73W16663 Janesville Rd
Muskego, WI 53150

Cost: Free

To Register: Call 262-971-2100 or visit the Reference Desk

The session will cover: How what we eat impacts our health, Healthy eating patterns, Portion control, Reading food labels, Science-based nutrition advice and helpful tools. Each session includes a free gift for attendees. Registration is required.

Health Education Opportunities

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.

Stepping
On
© Clemson & Swann (2017)

Class details: This workshop will be held **virtually** on Wednesdays, August 16 - September 27, 12:00pm-2:00pm

Registration: www.ProHealthCare.org/classes

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.

Class details: This workshop will be held **virtually** on Mondays, August 21 - October 2, (No class September 4-Labor Day), 10:00am-12:30pm

Registration: www.ProHealthCare.org/classes

Garden Talks at ProHealth Oconomowoc Memorial Hospital

Common Vegetable Disorders

Tuesday, July 11, 11 a.m. to noon

Do your vegetables look sickly? What do yellow, wilting leaves and mushy spots signify? Join us to learn the causes of plant diseases and disorders, and what you can do to grow healthier plants.

Identifying and Controlling Invasive Plants

Tuesday, August 8, 11 a.m. to noon

Is garlic mustard, buckthorn or wild parsnip invading your yard? This talk will help you identify invasive plant species, understand why invasive plants are harmful, and help you control the spread of problem plants.

Registration for any of the workshops and/or Garden Talks is available at

www.ProHealthCare.org/classes

Memory Screening

A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and easy to participate!

Early detection is important

Treatment is possible. Stay in control of your life.



- Get immediate results
- Learn about brain health and ways to stimulate your brain
- Receive information about Dementia and Alzheimer's disease
- Talk with a Dementia Care Specialist about available resources

Community Memory Screening:

Where: Hartland Public Library

When: Thursday, July 27th, 2023

Time: 1:00pm—4:00pm

(30 minute time slots)

Call Kathy Glaser at the Waukesha ADRC to schedule your memory screen. 262-548-7354



Brain Health, Normal Aging and Dementia

What do I need to know?

When: **Wednesday, August 9th**
2:00-3:00pm

Where: Alice Baker Library
820 E Main St Eagle, WI

Please contact Kathy Glaser for more information about this program.
(262) 548-7354

We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Join Kathy, Dementia Care Specialist from the Aging & Disability Resource Center of Waukesha County, to learn more about this important topic and what people of all ages can do!

Wisconsin Senior Medicare Patrol Fraud Alert



Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: www.smpwi.org

Facebook:

@WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud

Surge of Unrequested and Unwanted COVID-19 Test Kits

On May 11, 2023, the COVID-19 public health emergency ended, and with that, Medicare stopped paying for over-the-counter tests (though it continues to cover those provided in a clinic, doctor's office, or other health care setting and processed by a laboratory).

The end of the public health emergency, unwittingly, initiated a surge of Medicare beneficiaries receiving test kits in their homes.

A recent NPR article pointed out that fraudsters are using testing sites, telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams. Fraudsters are offering COVID-19 services in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers take advantage of COVID-19-related needs and services to benefit themselves, putting beneficiaries at risk of potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft. For more on the NPR article, click here: [A COVID Test Medicare Scam May Be a Trial Run for Further Fraud : Shots - Health News : NPR](#)

According to Ingrid Kunding, Senior Medicare Patrol Project Manager, the toll-free Helpline in Wisconsin has had a significant increase in the number of calls related to unwanted tests kits. Medicare beneficiaries are receiving test kits that they did not order and do not want. These are then billed to the beneficiary's account with Medicare often paying \$94.08 per test.

Funded by: This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Fraud Alert

Noted Concerns

How did the scammer get my Medicare number? A scammer may have obtained your number through a previous unscrupulous situation that you were unaware of, or it may have bought on the “dark web”. You may never know how the number was obtained, but it can be used fraudulently again.

How will I know if this happens again? You will need to review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) to know if your number has been used again by the fraudster. You can check your MSN or EOB online or when they are mailed (the MSNs are mailed quarterly).

What do I look for on MSN or EOB? When reviewing your statements, look for any tests or services that were not ordered by your health care provider, or that you did not receive. For a tutorial on how to read your MSN, go to [Read Your Medicare Statements \(smpresource.org\)](http://smpresource.org)

Do I need to get a new Medicare card? You may need to contact Medicare to get a new number if your number has been used to falsely file claims to your Medicare account. You can call SMP at 888-818-2611 to discuss the process of requesting a new Medicare number.

What You Can Do

- Refuse the tests, if possible, return to sender.
- If it has already been delivered, call the supplier, and ask for a return label. (Do not return if there is a cost to you.)
- Be cautious of offers for “free” medical services.
- Contact Senior Medicare Patrol to talk about the steps you can take.

Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: www.smpwi.org
- Contact your local Aging and Disability Resource Center, ADRC. To find the office in your area, visit: <https://www.dhs.wisconsin.gov/adrc>

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events.

Please contact us at www.smpwi.org for more information.



@WisconsinSeniorMedicarePatrol

Pineapple Chicken Kabobs!

Ingredients

- > 1.5 lbs boneless skinless chicken breasts (cut in 1 inch slices)
- > 2 cups pineapple
- > 2 cup red pepper (cut in 1 inch cubes)
- > 2 cups zucchini (sliced in 1/2 inch thick slices)

Honey Poppyseed Dressing

- > 1/2 cup olive oil
- > 1/4 cup honey
- > 1/2 cup apple cider vinegar
- > 1 tablespoon mustard
- > 1/2 teaspoon pepper
- > 1 tablespoon poppy seeds



Instructions

1. In a bowl, whisk together honey poppyseed dressing
2. Chop chicken, pineapple and peppers into thick cubes. Cut zucchini into cut into 1/2 inch thick circles
3. In a ziploc bag, add cubed chicken, pineapple, veggies and dressing. Allow to marinate for at least 30 minutes (the longer you can marinate the better!) Heat grill on medium high heat.
4. When ready to cook, heat grill on medium high heat (about 375)
5. Assemble skewers. (Pineapple, chicken, zucchini, pepper, repeat!)
6. Cook skewers on grill for 10 minutes, flip and cook for an additional 10 minutes or until chicken is thoroughly cooked.



Nutrition Facts

Pineapple Chicken Kabobs

Amount Per Serving (8 oz chicken + veggies)

Calories 442 Calories from Fat 171

% Daily Value*

Fat 19g **29%**

Saturated Fat 5g **31%**

Cholesterol 109mg **36%**

Sodium 248mg **11%**

Potassium 912mg **26%**

Carbohydrates 32g **11%**

Fiber 3g **13%**

Sugar 28g **31%**

Protein 38g **76%**

Vitamin A 1090IU **22%**

Vitamin C 85mg **103%**

Calcium 57mg **6%**

Iron 1.7mg **9%**

* Percent Daily Values are based on a 2000 calorie diet. This is an estimate and can vary pending your ingredients

Social Wellness Month

Recreation is important for older adults because having an active social life helps prevent depression as well as Alzheimer's and other types of dementia; and intellectual stimulation helps keep your mind sharp.

You can learn new knowledge and skills while also having fun, but to do that you need to find social events that interest you. Thankfully, making friends and staying socially active is quite easy if you are willing to venture out and try new things.

6 Social Activities for Older Adults to Boost Your Social Well-being:

- ✓ **Check out your local senior or community center.** This is a great way to find activities near you. Most centers have a wide range of offerings, including exercise classes, educational programs, card-playing clubs, and arts and crafts workshops. Some activities include computer classes, potluck dinners, and even special field trips. In many cases, programs at senior centers are free or have very low cost. Some centers even provide transportation for those who are not able to drive themselves. Waukesha County has several senior centers with wonderful programming.
- ✓ **Sign up for exercise classes.** According to the World Health Organization, an older adult should do at least 150-300 minutes of moderate aerobic exercise every week. Joining up with senior groups near you can be an easy way to meet that target and bond with new people at the same time. Plus, swimming, water aerobics, dance, yoga, and tai chi classes offer low-impact ways to boost your strength and flexibility, improve your balance, and prevent falls. Your Medicare plan may cover an exercise program or fitness membership! Contact your local health clubs to see if you qualify.
- ✓ **Volunteer.** Volunteering can become one of the most fun and meaningful activities a person can do. You can get out of the house, meet new people, and make a difference in your community. The ADRC is always looking for volunteers for our Meals on Wheels program and our Health Promotions workshops.
- ✓ **Walk a dog.** Walking a dog gets you outdoors in the fresh air, and you can easily strike up conversations with other dog owners or animal lovers while you're hanging out at the park or shelter. Many shelters welcome volunteers who are willing to feed or groom the animals or take the dogs out for a walk.
- ✓ **Embrace smartphone and mobile technology to ensure your ability to connect with others.** There is no true replacement for spending time with people face-to-face, and that includes technology. However, sometimes life presents us with circumstances where we are physically limited in whom we can see and what we are able to get out and do. From pandemics to snowstorms, or family moving away, the reasons for you to have a good smartphone or tablet are plenty.
- ✓ **Eat lunch at your local senior dining center.** Waukesha County has 6 dining sites that provide noon meals: Brookfield Community Center, Birchrock Apartments (Mukwonago), Sussex Civic Center, La Casa Village Apartments (Waukesha), Menomonee Falls Community Center, and Oconomowoc Community Center (see page 13 for more info on each center). Enjoy a nutritious meal while socializing with friends. There is also now a Wednesday lunch **virtual dining club option** for Meals on Wheels participants; join a video call with others while enjoying your meal! Call or email Courtney at cklepp@waukeshacounty.gov or 262-548-7835 for more information.

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY SENIOR
DINING AND MEALS ON WHEELS MENU—JULY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork Cutlet w/ Gravy Mashed Potatoes & Gravy Peas & Pearl Onions Fresh Apple Dinner Roll w/ butter Rice Krispies Treat Alt. Peaches	INDEPENDENCE DAY  PROGRAM CLOSED	Barbecue Chicken on the bone American Potato Salad Baked Beans Wheat Roll w/ butter Fruit Cocktail Strawberry Cream Pie Alt: Diet cookie	Pizza Casserole Mixed Vegetable Tossed Salad w/ Italian Dressing Breadstick w/ Butter Seasonal Fresh Fruit	Meatloaf w/Gravy Mashed Pot & Gravy Brussels Sprouts Mixed Green Tossed Salad w/ dressing Fruit Cup Marble Rye Bread w/ butter
10	11	12	13	14
BBQ Pulled Pork On Wheat Bun 5-Way Mixed Vegetable Broccoli / Cauliflower Vegetable Blend Fresh Orange	Caribbean Chicken Red Beans and Rice Seasoned Green Beans Wheat Bread w/ butter Honeydew Melon Fruited Gelatin Alt: Sugar Free Gelatin	Fish Sandwich on a Bun w/ Tartar Sauce pkt Carrot Coins Marinated Veg Salad Mandarin Oranges	Bastille Days Chicken Provencal Herbed Red Potatoes French Green Beans French Bread w/ butter Fresh Fruit Sugar Cookie Alt. Sugar Free Cookie	Oven Baked Ham Wild Rice Roasted Root Veg's 3-Bean Salad Fresh Apple Oatmeal Raisin Cookie Alt: Fresh Fruit
17	18	19	20	21
Herbed Grilled Chicken Breast Baked Sweet Potato with butter Steamed Broccoli 7-Grain bread w/butter Kitchen's Choice Fresh Fruit	Pork Chop Suey Brown Rice Oriental Veg Blend Mandarin Oranges Fortune Cookie	FESTA ITALIANA Lasagna Roll Up Garlic Breadstick Seasoned Wax Beans Romaine salad w/ Italian Dressing Fresh Fruit Dessert Bar Alt. Fruit	Chicken Salad Pita Bread Tomato Slice, Leaf Lettuce Tomato Onion Salad Watermelon Rice Krispies Treat Alt. Fresh Fruit	Sloppy Joe on Whole Wheat Bun Baked Beans Dilled Baby Carrots Fresh Apple Pudding Alt: Sugar Free Pudding
24	25	26	27	28
Cranberry Meatballs Fried Potatoes with Green Peppers & Onions Creamed Spinach Kitchen's Choice Fruit 7-Grain Bread w/ butter Fruited Yogurt	Roasted Turkey w/ Gravy Mashed Pot and Gravy 5-Way Mixed Veg Banana Chef's Choice Pie Alt: Fresh Fruit	GERMANFEST Roasted Pork w/ gravy Parsley Potatoes Swt&Sr Red Cabbage Sourdough bread w/ butter Cinnamon Applesauce German Choc Cake Alt. Sugar Free Cookie	Turkey Tetrizzini Winter Blend Vegetables Green Beans Watermelon Baker's Choice Cookie Alt. Banana	BBQ chicken Sandwich w/ Pineapple slice and Provolone Double baked potato casserole Prince Charles Veg Fresh Nectarine
31				
Italian Sausage on roll With peppers & onions Italian Blend Vegetable Coleslaw Spiced Apple Slices Cannoli Alt. Fresh Fruit				 Aging & Disability Resource Center of Waukesha County

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

Senior Dining Centers in Waukesha County

<p>Brookfield Community Center</p> <p>2000 North Calhoun Road Brookfield, WI, 53005 (262) 782-1636</p>	<p>Menomonee Falls Community Center</p> <p>W152 N8645 Margaret Rd Menomonee Falls, WI, 53051 (262) 251-3406</p>	<p>Birchrock Apartments</p> <p>280 Birchrock Way Mukwonago, WI 53149 (262) 363-4458</p>
<p>Oconomowoc Community Center</p> <p>220 W. Wisconsin Avenue Oconomowoc, WI, 53066 (262) 567-5177</p>	<p>Sussex Community Center</p> <p>N64 W23760 Main Street Sussex, WI, 53089 (262) 246-6747</p>	<p>La Casa Village</p> <p>1431 Big Bend Road Waukesha, WI 53188 (262) 547-8282</p>

Senior Dining Centers are open to individuals age 60 or older and their spouse, regardless of their age. Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm. If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for \$1.00 each way. This fare subsidy must be authorized in advance.

Call the ADRC at (262) 548-7848 for more information.

You Are Invited

Join the Home Delivered Meal's
Virtual Dining Club

Who: anyone that receives Meals on
Wheels

What: virtual dining club for at-home
diners

When: Every Wednesday, 11:30a-12:30p

How: Email Courtney at
cklepp@waukeshacounty.gov
or call 262-548-7835

REMINDER!

Senior Farmers' Market Vouchers are still available! Waukesha County Seniors who are at least 60 years of age (Indigenous individuals 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines are eligible to receive **\$35** worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, and herbs from **farmers' markets and roadside stands**.

Vouchers are available at the ADRC Office, in-person, located in the Human Services Center at 514 Riverview Avenue in Waukesha, **Monday-Friday from 8:00 am – 4:30 pm**. Call for questions, 262-548-7848.



Memory Camp at Moon Beach

August 21-24, 2023

Hosted and directed by:

Rachel Watkins-Petersen, Respite Care Association of Wisconsin

Carrie Esselman, Fox Valley Memory Project

Gary Glazner, Alzheimer's Poetry Project



All persons, regardless of religious beliefs, are welcome & encouraged to attend.

Experience the best parts of camp and be part of a community where we "leave the dementia diagnosis at the top of this hill." Memory Camp is a stigma-free & supported summer camp experience for those with mild to moderate dementia, their care partners, and their families.

We'll sing, create poetry, sit by the campfire, savor s'mores, play cards, enjoy pontoon rides, do yoga (seated if needed), swim, go on guided and accessible hikes, visit the music garden in the woods, kayak/canoe, and relax on the shore of gorgeous Moon Lake!

Each family will be assigned a trained volunteer for their time at camp! Enjoy respite (yes, a break!) for as little or as long as you'd like throughout the day. Lodging is in modern, well-equipped cabins with private bathrooms. Meals are delicious and nutritious. You will feel joy and hospitality in this warm and welcoming community.



Moon Beach

**1487 Moon Beach Road
St. Germain, WI 54558
moonbeach@ucci.org
Register at ucci.org or
call Moon Beach
715-479-8255**



Memory Camp is supported with grant funds by Respite Care Association of Wisconsin (RCAW), and scholarships are available for families to attend. For more information, please get in touch with Rachel: rwatkins-petersen@respitewarewi.org

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



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

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

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

Sept. 12th - Oct. 17th, 2023

Six Tuesdays, 10 am—12 pm (Noon)

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

Location:

Aging & Disability Resource Center
514 Riverview Avenue, Room 112
Waukesha, WI 53188

Presented by

Jennifer Harders
Dementia Care Specialist

Free event

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

jharders@waukeshacounty.gov





Nelson Mandela International Day—July 18th

We celebrate Nelson Mandela International Day (**July 18**) to shine light on the legacy of a man who changed the 20th century and helped shape the 21st. This is a moment for all to renew with the values that inspired Nelson Mandela. Absolute determination. A deep commitment to justice, human rights, and fundamental freedoms. A profound belief in the equality and dignity of every woman and man. A relentless engagement for dialogue and solidarity across all lines and divisions. Nelson Mandela was a great statesman, a fierce advocate for equality, the founding father of peace in South Africa.

In times of turbulence, Nelson Mandela shows us the power of resisting oppression, of justice over inequality, of dignity over humiliation, of forgiveness over hatred. As the world moves forward and strives to overcome new sources of adversity, let us recall the lessons of Nelson Mandela's life, and the essential humanism that guided him: "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

Nelson Mandela is a UNESCO (United Nations Educational, Scientific and Cultural Organization) Goodwill Ambassador and a recipient of the 1991 Laureate of the Houphouët-Boigny Peace Prize. Nelson Mandela's legacy resonates with the mission of UNESCO, to empower all women and men on the basis of their equal rights and dignity, to promote dialogue and solidarity for justice and lasting peace. This action, this spirit has never been so important.

"I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die". -Nelson Mandela, Rivonia Trial in South Africa, 1964.

Source: <https://www.unesco.org/en/days/nelson-mandela>

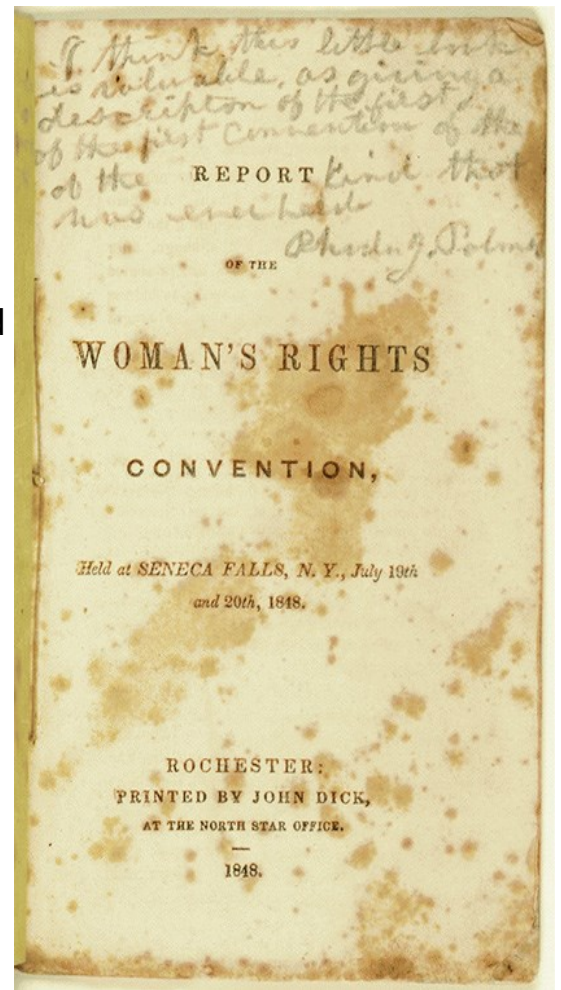


The Seneca Falls Convention

On **July 19, 1848**, the Seneca Falls Convention convened. Heralded as the first American women's rights convention, the two-day event was held in the Wesleyan Chapel in Seneca Falls, New York. The convention had been advertised on July 11, 1848, in the Seneca County Courier. Despite the minimal amount of publicity, there were an estimated 300 attendees at the inaugural meeting. It is not surprising that many of the convention attendees lived locally, as there were a number of abolitionists living nearby. Many women and men working in the anti-slavery movement eventually became a part of the struggle to obtain equal rights for women. Convention organizer Elizabeth Cady Stanton and her husband Henry B. Stanton were both well-known and active abolitionists. In fact, all five women credited with organizing the Seneca Falls Convention were also active in the abolitionist movement.

During the convention, Elizabeth Cady Stanton gave a speech and read aloud the Declaration of Sentiments, which was then discussed at length. The Declaration of Sentiments was modeled after the Declaration of Independence, but with the express goal of granting women the rights and freedoms that the Declaration of Independence granted to men. On the second day of the convention, the resolutions would again be debated over and put to a vote. Notably, while only women were allowed to attend the first day of the Seneca Falls Convention, the general public, including men, were invited to participate in the second day.

Attracting widespread attention, the Seneca Falls Convention was soon followed by other women's rights conventions, in Rochester, NY and Worcester, MA. The convention was seen by some of its contemporaries, including featured speaker Mott, as one important step among many others in the continuing effort by women to gain for themselves a greater proportion of social, civil, and moral rights, while it was viewed by others as a revolutionary beginning to the struggle by women for complete equality with men. Stanton considered the Seneca Falls Convention to be the beginning of the women's rights movement, an opinion that was echoed in the *History of Woman Suffrage*, which Stanton co-wrote.



Museums for All

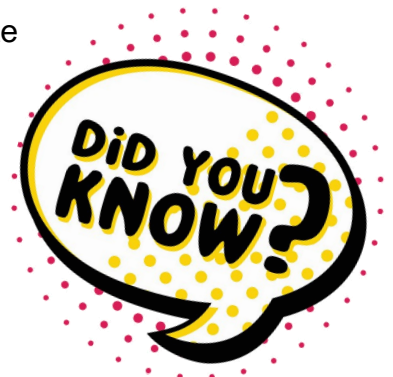
By the GWAAR Legal Services Team (for reprint)

Anyone with a FoodShare card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website Museums4All.org has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including these in our area:

- Betty Brinn Children's Museum in Milwaukee
- Charles Allis Art Museum in Milwaukee
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Milwaukee Public Museum, Milwaukee

There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more. Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.





July 1-2- Hartland Hometown Celebration @ Downtown Hartland, 8 am- 11 pm. Enjoy a car show on Saturday from 8 am- 1 pm and stick around for musical headliner Bella Cain from 4- 11 pm. On Sunday, there is a parade beginning at 1:30 pm.

July 1- 4- New Berlin 4th of July Family Festival @ Malone Park, times vary. Bring your family to

the 55th annual New Berlin 4th of July Family Festival. This year's theme is "Celebrating Community". There will be live music, carnival rides, food, drinks, and more. For a full schedule of events and times, visit <https://www.newberlin.org/671/4th-of-July-Festival>.

July 1- Oconomowoc 4th of July Parade and Fireworks @ Downtown Oconomowoc, 5 pm. Enjoy a patriotic parade that travels from Roosevelt Park through downtown Oconomowoc leading to Fowler Park where you can enjoy refreshments from the Oconomowoc Rotary Club and fireworks at dusk.

July 3- Muskego 4th of July Celebration @ Idle Isle Park, 6-11 pm. Come out and celebrate Independence Day with the Muskego Water Bugs water show and an amazing firework display. The water ski show will begin at 6 pm and fireworks will be at dusk.

July 4- Elm Grove Family Fun Fest @ Elm Grove Village Park, 8:30 am- 10 pm. Join for a fun day including a fun run, bike decorating contest, open swim, baking contest, DJ, fireworks, and more!

July 4- Bicycle and Doll Buggy Decorating Contest, Parade, and Fireworks @ Pewaukee Village Park, Enjoy the 14th Annual parade in downtown Pewaukee at 3 pm. Fireworks are displayed at dusk over Pewaukee Lake.

July 4- Waukesha 4th of July Parade @ Downtown Waukesha, 11 am-12:30 pm. This year's parade theme is "United We Rock" and is free to attend.

July 8- Lake Country Art Festival @ Nagawaukee Park, 9 am- 4 pm. Visit over 100 artists specialized in pottery, painting, glass, woodwork, fine art, jewelry, textiles, yard art, and more. There will also be a silent auction tent with items available for bid from the talented artists, as well as gift cards from local restaurants and businesses. There will also be a variety of food trucks at the park, as well as plenty of children's activities for the little ones.

July 14-16- Sussex Lion Daze @ Sussex Village Park, 4:30- 11 pm. Lions Daze has an array of activities such as carnival rides, live music, fireworks, parade, tractor pulls, softball tournaments, pony rides, food, and more!

July 14- Downtown Delafield Block Party @ Downtown Delafield, 5-11:30 pm. Join in for this free, family friendly event held under the stars in Delafield. Bring your folding chairs and purchase an assortment of food and beverages while you listen to popular bands from Wisconsin.

July 15- Menomonee Falls Lavender Fest @ Village Park, 10 am- 8 pm. Enjoy the scent, color, flavor, and decorating influence of everything lavender at the 3rd Annual Falls Lavender Fest!

July 19-23- Waukesha County Fair @ Waukesha County Fairgrounds, times vary. This year's fair theme is "Seeing is Believing". For schedule and details on the 181st annual Waukesha County Fair, visit <https://www.waukeshacountyfair.com/>.



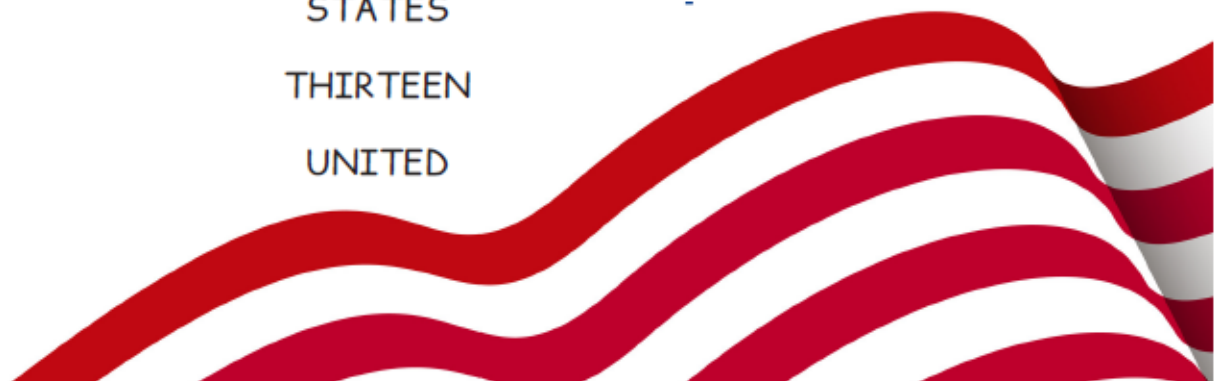
DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

S	R	G	C	Q	G	Z	I	Q	E	Q	B	J	U	L	Y	P	S	L
N	O	I	T	A	R	A	L	C	E	D	X	A	U	M	R	A	A	I
L	U	M	V	D	O	M	E	X	G	L	J	A	L	E	F	R	V	B
C	V	C	X	J	E	F	F	E	R	S	O	N	V	C	G	A	X	E
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G	S	M	H	P	Y	O	G	Z	P	K	X	Y	L	U	R	X	P	P

- STATES
- THIRTEEN
- UNITED



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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