

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:
www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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August 2022

The ADRC Connection

Don't Forget to Vote on August 9th!

Elections have a special place in our Wisconsin history. Talk of elections conjures up images of brisk November mornings and generates anticipation about our role in democracy. Come election day, we stand with our friends and neighbors at the polling place, probably a local school or church. Though some things have changed over the years, one thing still holds true - **Your Vote Matters!**

Here are some tips for heading to the polls on Tuesday, August 9th:

- One election day, polls are open from 7am-8pm. You can find your polling place and get a sample of your ballot at www.myvote.wi.gov. Even if you've been voting at the same place for 20 years, you should double check that your polling place hasn't changed before heading out.
- Curbside voting is available for those who are unable to enter their polling place. Contact the poll workers from outside at your car. There should be a sign with a number to call or a doorbell to ring. Poll workers will come to your vehicle and assist you with the voting process.
- Not sure if you are registered? Don't worry, you can register on Election Day! Just make sure you bring a photo ID and proof of residence with you to your polling place.
- We realize some seniors may no longer have a valid drivers license, but that's okay. Other forms of photo ID include a Wisconsin DMV-issued photo ID, a US passport, or a VA issued veteran's photo ID.
- Transportation is available to the polls, including ADRC subsidized transportation options. Call the ADRC to learn more (262-548-7848) or visit us at www.waukeshacounty.gov/HealthAndHumanServices/adrc/specialized-transportation/



MedicAlert Awareness Month

August is National MedicAlert Awareness Month. Founded in 1956, MedicAlert Foundation is recognized for developing the first national medical ID system. It all started with the simple idea that sharing critical medical information in an emergency could save and protect lives. That idea has since grown into a multinational organization, saving and protecting lives.

In 1953, a 14-year-old girl cut her finger, deep enough to need stitches. When she arrived at the hospital the attending physician took the normal course of action, administering a shot of tetanus. The girl went into anaphylactic shock and nearly died. Fortunately, she survived the incident, and three days later returned home unharmed.

That girl was Linda Collins, daughter of Dr. Marion and Chrissie Collins. Dr. Collins knew he needed to find a way to communicate Linda's potentially fatal allergy in an emergency. Whenever Linda traveled, he attached a paper bracelet to her wrist listing her allergies, to avoid a recurrence of the incident that almost killed her.

When Linda went away to college in 1956, Dr. and Mrs. Collins realized that they needed to do more to protect their daughter. They began thinking about a more durable solution. Dr. Collins commissioned a jeweler to create a medical identification bracelet for Linda. He chose an emblem with the staff of Aesclepius, the Greek god of medicine, and engraved Linda's allergies on the back of the bracelet. At college, Linda's bracelet drew a lot of attention. That's when a father's simple idea to protect his daughter from a potentially fatal allergy changed the course of the medical world.

As a physician, Dr. Collins knew that people with chronic medical conditions needed a way to communicate their information in an emergency. He quickly saw that a medical ID could be a life-saver for people with severe allergies – but also for many other conditions such as asthma, diabetes, heart disease, seizure disorders, and dementia.

Dr. Marion and Chrissie Collins created MedicAlert Foundation in 1956, the country's first universal symbol of medical identification. The organization's mission, then and today, is simple: to save and protect lives by sharing vital medical information in our members' moments of need.

By alerting first responders and emergency medical personnel to a person's allergies or chronic medical conditions, Dr. Collins knew he could improve the ability of first responders to provide fast, accurate care. Realizing the potential of his idea, Dr. Collins said, "I think I can save more lives with MedicAlert than I ever can with my scalpel."

He designed a system where MedicAlert stored data on each person wearing a MedicAlert ID. Beyond the vital information on their ID, the health profile keeps track of all medical conditions, allergies, medications, implanted medical devices, and other patient instructions. In an emergency, first responders call MedicAlert's toll free number, and a team of professionals relay the important information about the MedicAlert member in their care.

In the beginning, these records were hand-written in thick logbooks, and the phones were answered by the Collins family in their living room. Today, MedicAlert stores member health profiles in state-of-the-art HIPAA-compliant servers, and users can update their profile online at any time. What hasn't changed is that the emergency response team is still on call 24/7 to aid members and first responders.

You may want to consider getting a Medical ID if:

- You have a severe or fatal allergy to a medication/food.
- You have a loved one with Alzheimer's or dementia.
- You experience epilepsy/seizures.
- You want your health directives and end-of-life care wishes known (DNR, Power of Attorney).

There are many different types of Medical IDs. MedicAlert is only one of the options. You may call the ADRC of Waukesha County for more information about Medical IDs and other ways to remain independent in your home at 262-548-7848 between 8am-4:30pm Monday through Friday.

<https://www.medicalert.org/>



The Caregiving Rollercoaster



Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are happy and fulfilled as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Frustration and guilt often follow. Then your loved one thanks you for all the work you do, and you feel love and joy once more. These emotional ups and downs often occur over the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one, and it can be easy to let the negative feelings get control. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all the benefits of caregiving:

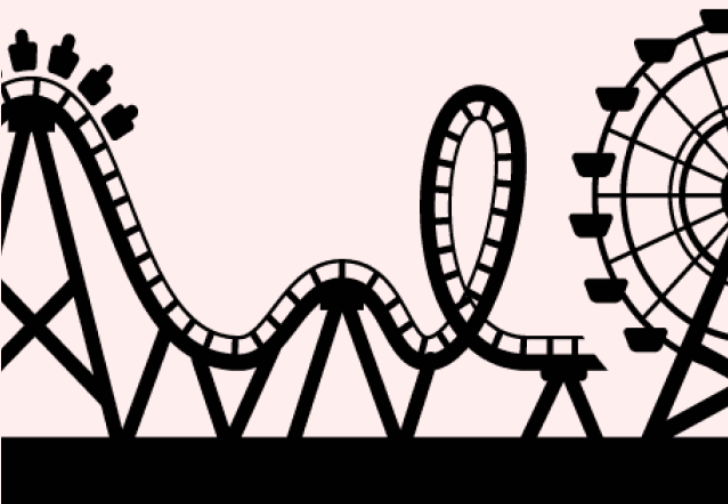
- Being able to spend more time with someone you love.
- Feeling enhanced self-worth and a sense of achievement for helping someone.
- An opportunity to "give back" to someone important.
- Having an increased sense of purpose in life.

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear, and guilt. Some early warning signs of these feelings may be tension, headaches, and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can help keep negative emotions at bay:

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for a while.
- Focus on the good things.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group, or to distribute tasks to family members or friends.



Negative emotions may not be pleasant, but they don't have to control you. Learn to recognize the warning signs, calm yourself, and initiate change to keep the negative emotions away.

Life as a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Get the Vaccines You Need With SeniorCare



It's easier than ever to stay healthy with SeniorCare. You can protect yourself by getting key vaccines with no out-of-pocket costs. Depending on any other coverage you have in addition to SeniorCare, you may need to get some vaccines at a pharmacy and others at your doctor's office. Refer to this handy chart for details, and check with your doctor or pharmacist if you have questions.

Vaccine	Medicare Part B or D Coverage	Primary Insurance Coverage	No Other Coverage
<ul style="list-style-type: none"> COVID-19 Flu Pneumonia 	<p>These vaccines are covered by Medicare Part B. Original Medicare commonly covers these vaccines at 100% of the Medicare-approved amount. Check with your plan on where you can get these vaccines.</p> <p>If you have Medicare Part D, but not Medicare Part B, you will use your Part D coverage first, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>	<p>If you have other primary insurance coverage (such as through a current or former employer or the VA), follow their guidance for getting vaccines at a doctor's office or pharmacy.</p>	<p>If you have no other coverage through Medicare Part B or D or primary insurance, vaccines will be covered by SeniorCare when you get them at a pharmacy.</p>
<ul style="list-style-type: none"> Chickenpox Hepatitis A Meningitis Shingles Tdap 	<p>If you have Medicare Part D, you will use this coverage first for these vaccines, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>	<p>If they cover vaccines at a pharmacy, use this coverage first. Then SeniorCare will cover any copays or deductibles.</p>	
<ul style="list-style-type: none"> Hepatitis B 	<p>If you have Medicare Part B and meet Medicare criteria, use your Medicare part B for this vaccine. Original Medicare commonly covers this vaccine at 100% of the Medicare-approved amount. Check with your plan on where to get this vaccine.</p> <p>If you do not meet Medicare Part B criteria, get this vaccine at a pharmacy with your SeniorCare coverage.</p> <p>If you have Medicare Part D, you will use this coverage first, then SeniorCare will cover any copays or deductibles when these vaccines are given at a pharmacy.</p>		

If you have Medicare Part C, also called Medicare Advantage, follow your Medicare plan's guidance for how to receive a vaccine. SeniorCare will cover copays or deductibles for vaccines received at a pharmacy. If you only have Medicare Part A, refer to the No Other Coverage column.



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

Oconomowoc Public Library - Monday, September 12 at 11:00am

Muskego Public Library - Tuesday, September 13 at 10:00am

Waukesha Public Library - Tuesday, September 20 at 10:30am

Sussex Pauline Haas Public Library - Thursday, September 22 at 1:00pm

Menomonee Falls Public Library - Tuesday, September 27 at 2:00pm



From the Desk of Your Benefit Specialist

Save Money on Health Care

Most people agree on the importance of saving money. For people with Medicare who have limited income, there are several benefit programs that may help. Medicare Savings Programs, Part D Extra Help, and the Wisconsin SeniorCare prescription drug assistance program are designed to help reduce Medicare related costs for people who are eligible.

Medicare Savings Programs assist qualified people by paying their Part B premium for them. And since the 2022 standard Part B premium is \$170.10 per month, this program can make a big difference! You may qualify if your income is at or below \$1,528 per month (single) or \$2,059 per month (couple) with assets below \$8,400 (single) or \$12,600 (couple). Some people may have their deductibles and copays paid as well, depending on their level of income and assets. Your house, car and personal property do not count as assets and in some cases an additional \$1,500 in savings can be set aside for burial expenses.

Now consider the cost of prescription drug coverage. The Part D Extra Help program can assist eligible people by reducing their Part D plan premiums, deductibles and medication copays. If you are single and are earning no more than \$1,698 per month with assets under \$14,010 or a couple earning no more than \$2,288 per month with assets below \$27,950 you may qualify to pay \$0 for your monthly drug premium! In addition, your drug co-payments will be lowered. This could add up to a big savings!

If your assets are above these limits, Wisconsin's SeniorCare may be the answer for you. With this program, assets are not counted. Your income will determine your level of coverage. There is no monthly premium for SeniorCare, only an annual enrollment fee of \$30.

For more information or assistance with these benefit programs please contact the ADRC at 262-548-7848 today!

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

**Turning 65?
Need Medicare?**

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/>

Evidence Based 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 Prevention 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/>.

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.

Class Details: This workshop will be held in person at the Menomonee Falls Senior Center, W152 N8645 Margaret Road, Menomonee Falls, WI 53051. Sessions will be held on Wednesdays, September 7 – October 19 at 9:30-11:30 am.

Contact: To register, visit this online link: t.ly/bPE7 (type this URL into your web browser. Note, the URL is case sensitive)

REGISTER BY AUGUST 26TH

Boost Your Brain & Memory

Dementia is not a normal part of aging. Although genetics do play a role in whether or not we may develop dementia, studies prove that how we live our lives plays an even larger role. Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide participants through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the eight weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

Class Details: This workshop will be held in person at Hartland Public Library, 110 East Park Avenue, Hartland, WI 53029. Sessions will be held on Wednesdays, September 21st – November 9th at 9:30-11:00 am.

Contact: Register by contacting the reference desk at 262-367-3350.

REGISTER BY SEPTEMBER 9TH

Focus on Your Wellness

August is National Wellness Month. So, what does wellness mean? The definition may mean something different for each individual, depending on what part of themselves they want to work on and become healthier. For some it may mean exercising more or drinking more water. Maybe you want to meditate or learn Tai Chi. The possibilities are endless, but there are three areas experts encourage people to focus on this year. First is self-care, secondly managing stress, and lastly promoting healthy routines.

Some ideas for small changes in your lifestyle that can have huge health rewards are:

- ✓ Increase your water intake.
- ✓ Add more fruits and veggies to your meals.
- ✓ Monitor your sleep and make adjustments for better sleep habits.
- ✓ Join a yoga, walking, or aerobics class.
- ✓ Learn to meditate.



Research has shown that self-care helps with managing stress and promotes happiness. A recent study from Colorado State University has found that people over age 60 who take a brisk walk at least three times per week can improve memory and thinking. The research shows that brisk walking refreshes the white matter in the brain. People who participated in the study performed better on memory tests. Exercise is also shown to stave off dementia in some people.

Take some time this month to be good to yourself, and make some small changes to a healthier, happier you. You deserve it!

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available through the Aging & Disability Resource Center (ADRC) until September 30th. Available while supplies last!

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.



For an application or more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.

Dear Ina,

I am on a limited income and I can't afford any kind of dental insurance. Unfortunately, I have been having some really awful tooth pain the past few weeks and it is only getting worse. I know I need to go to the dentist, but I'm afraid the bill will be outrageous. Are there any free, or low-cost, dental options for seniors in Waukesha County who don't have insurance?



Sincerely,

Pearl E. White

Dear Pearl,

It can be difficult to find affordable dental care. However, the Wisconsin Dental Association offers the Donated Dental Services Program, which may provide help to qualified applicants. There is usually no cost to qualified applicants, but those who have the ability to pay something may be asked to do so.

The following criteria must be met to be eligible:

- A person must live in the county where the services would be received; and
- The applicant must be disabled or 65 or older; and
- A person cannot have dental insurance of any kind (including Medicaid, a Medicare plan, or private insurance); and
- The applicant must have limited income.

To start the process, an interested person should complete and submit the application. Applications can be downloaded from the WDA website at www.wda.org. You can also call 414-755-4188 or 888-338-6852 to have an application sent to you. The application has 5 pages. Receipt of a written application does not guarantee treatment. A phone interview will be conducted after a completed application is received. The applicant will be asked questions to determine his/her financial situation and dental needs. If an applicant is accepted into the program, she will be put on a waiting list until a volunteer dentist becomes available. The number of people on a waiting list varies by county.

The dentists volunteer their services. They can decide to accept or reject patients who have been referred to them. The patient may be asked to schedule a face to face appointment to assess their dental needs before they are accepted as a patient. There is no guarantee that services will be provided. The dentist will determine the treatment plan; once the agreed upon services are completed, the dentist is under no obligation to provide further services. This program does not provide lifetime dental care. The dentists do not donate routine cleanings or examinations after the initial treatment plan is completed.



Other free or low-cost dental options in Waukesha County:

- Lake Area Free Clinic - (262) 569-4990
- Community Smiles Dental Clinic - (262) 522-7645
- WCTC Dental Hygiene Clinic - (262) 691-5224
- Wisconsin Donated Dental Services - (414) 755-4188

Check out the ADRC Resource Guide for additional resources.

www.waukeshacounty.gov/HealthAndHumanServices/adrc/ResourceGuide/

Smart Choices at Fairs and Festivals

Fairs are known for serving a variety of novelty food items. Is it possible to make healthy choices while enjoying fair foods?

Here are some tips:

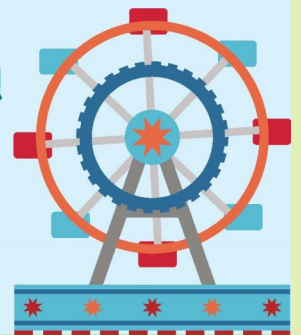
- Choose items that incorporate vegetables and fruit
- Choose whole pieces of meat instead of processed meats (Whole= fish fillet, chicken breast, pork loin, shredded meat; Processed= bratwurst, sausage, hot dogs, bacon, chicken nuggets)
- Choose smaller portions, especially for fried foods or foods high in sugar

Healthier main dishes:

- Loaded baked potatoes
- Pulled BBQ chicken or pork sandwiches
- Skewered grilled meats
- Grilled chicken sandwiches
- Tacos
- Vegetable stir fry dishes

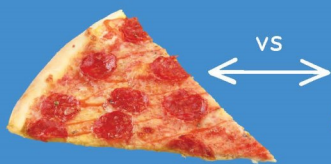
Healthier sides:

- Popcorn
- Fresh fruit cups
- Roasted corn
- Fruit smoothies made with real fruit
- Chocolate covered frozen banana



Portions can make a big difference! Choose smaller sizes, or split an item with a friend

Share me!



One regular slice:
310 calories

vs



One giant slice:
720 calories



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

WAUKESHA COUNTY SENIOR DINING CENTERS

<p>Brookfield 262-782-1636 Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00</p>	<p>Menomonee Falls 262-251-3406 Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00</p>	<p>Mukwonago 262-363-4458 Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00</p>
<p>Oconomowoc 262-567-5177 Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>	<p>Sussex 262-646-6747 Sussex Civic Center N64W23760 Main Street Monday thru Friday at 12:00</p>	

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.



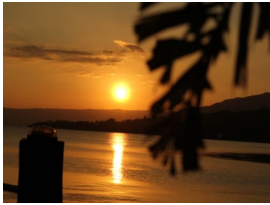
August means warm summer weather! We can finally get out to the beach, or go for that long hike in the woods, and plant that garden. When you go out and enjoy your summer activities, BEWARE! A tiny animal that lives in the brushy, wooded areas here in Wisconsin can cause huge problems, and that animal is the deer tick. The deer tick is so small that often times, a person may never know that they have had it on their skin at all. These ticks can be the carriers of several different bacteria, viruses, and parasites. One of the most familiar here in Wisconsin is Lyme disease. These bacteria can cause several symptoms that may

affect the skin, nervous system, heart, or joints. The most widely recognized symptom of Lyme is the erythema migrans rash, or “bull’s eye” rash, but not everyone gets that rash.

Fear not! There are ways to protect yourself from getting this disease. When going out in these tick habitats, you can wear pants and long sleeves. If it is too hot, wear lighter colored clothing to identify ticks more easily. You can also use insect repellents containing 20-30% DEET, or 0.5% permethrin. Because it takes 24 hours of skin attachment before bacterium transmission, be sure to remove any ticks found as soon as possible. Perform thorough tick checks after leaving any tick habitat. Stay safe and help us Fight the Bite! Feel free to contact Public Health if you have any questions! 262-896-8430

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Italian Sausage on roll With peppers and onions Italian Blend Vegetable Potato Salad Spiced Apple Rings Cannoli Alt. Fresh Fruit	Salisbury Steak Mashed Potatoes and gravy Brussels Sprouts Whole Wheat Bread W/ Butter Tropical Fruit Cup	Chicken Caesar Salad w/ Parm Chz & Croutons Caesar Dressing Vegetable Pasta Salad Breadstick w/ Butter Fresh Pear Choc Chip Cookie Alt. Banana	Turkey Chili with Beans Saltine Crackers Dill Baby Carrots Diced Peaches Wheat Dinner Roll w/ butter	Spaghetti w/ Italian Sausage Meat Sauce Salad w/Italian Drsng Green Beans Fruit Cocktail Raspberry Sherbet Alt. Yogurt
8	9	10	11	12
Sweet & Sour Chicken w/ Green Peppers, Onions and Pineapple Brown Rice Crinkle Cut Carrots Fresh Orange Cookie Alt: Sugar Free Cookie	Roast Beef in Au Jus Roasted Baby Red Potatoes with Butter Peas & Pearl Onions 7-Grain Bread w/ butter Grapes	Wis State Fair! Chili Cheese Dog on Poppy Seed Bun w/ diced onions, ketchup and mustard Baked Beans Buttered Sweet Corn Fresh Fruit Salad Cream Puff	Lemon Herb Chicken Breast Baked Sweet Potato w/ Butter Romaine Salad w/ Ranch Dressing French Bread w/ Butter Watermelon Slices	Egg Salad on Croissant w/ Lettuce & Tomato Fresh Carrot and Celery Sticks w/ ranch Honeydew Melon Oatmeal Raisin Cookie Alt. Grapes
15	16	17	18	19
Barbecue Meatballs American Fried Potatoes Ketchup packet Stewed Tomatoes Bread/Butter Spiced Apple Slices	Crab Pasta Salad Tomato / Onion Salad Bran Muffin with butter Banana Fruited Yogurt	Mostaccioli with Meat Sauce Green Beans Romaine Salad w/ Italian Italian Bread w/ butter Pear Half Sugar Cookie Alt: Fresh Fruit	Baked Ham Scalloped Potatoes Buttered Broccoli Wheat Bread w/ butter Waldorf Salad	IRISHFEST Stuffed Cabbage Rolls Mashed Potatoes with Chives Dill Crinkle Cut Carrots Chocolate Cake with Mint Frosting Fresh Nectarine
22	23	24	25	26
Chicken Parmesan Bow Tie Pasta w/ Marinara Sauce Italian Beans Crusty Italian Bread w/ butter Fresh Apple	Pork Cutlet w/ gravy Au Gratin Potatoes 5-Way Mixed Vegetables 7-Grain Bread w/ butter Fruit Fluff	Roast Turkey w/ Gravy Mashed Potatoes and Gravy Green Bean Casserole 7 Grain Bread w/ Butter Pear Slices Chocolate Chip Cookie Alt. Sugar Free Pudding	Submarine Sandwich Turkey, Ham & Swiss Lettuce, Tom, Mayo Sun Chips Marinated Veg Salad Fresh Peach Snickerdoodle Cookie Alt: Fruit	MEXICAN FIESTA Fiesta Lime Chicken Breast over Mexican Rice Southwest Style Corn Mexican Black Beans Cantaloupe Cinnamon Donut
29	30	31		
Cheese Omelet Sausage Patty Tri-tater w/ ketchup Orange Juice Fresh Plum Streusel Coffee Cake Alt: Fresh Apple	Oven Roasted Chicken on the Bone Baked Potato w/ butter Broccoli Salad Grapes Tomato Juice Dinner Roll w/ Butter	Goodbye Summer... BBQ Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fresh Melon Ice Cream Cup Alt: Fresh Fruit		

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

WISCONSIN STATE FAIR

It's that time of year again! The annual Wisconsin State Fair will be held from August 4th through August 14th, 2022. This year, the fair celebrates 171 years!

Save at the Gate

THURSDAY, AUGUST 4 - Wells Fargo \$5 Day benefiting Hunger Task Force. Get into the State Fair for just \$5 when you donate a jar of peanut butter or make a cash donation outside any State Fair admission entrance. You will receive a voucher redeemable at the ticket window for \$5 admission on Thursday, August 4 only.

FRIDAY, AUGUST 5 - Celebrate Wisconsin Day. Visiting the great state of Wisconsin? Lucky you! Buy two adult admission tickets for ONLY \$17 (a \$17 savings) when you present your out-of-state ID at any State Fair ticket window, courtesy of Travel Wisconsin, on Friday, August 5 only. Promotion runs 10am-6pm.

WEDNESDAY, AUGUST 10 - Save \$5 on ONE adult admission ticket when you shop at Meijer! Present your Meijer receipt when you spend \$45 or more at Wisconsin Meijer stores between July 3-August 10, 2022 at any ticket window on Wednesday, August 10 only. Limit one receipt per person. Promotion runs 10am-5pm.

THURSDAY, AUGUST 11 - Prairie Farms Dairy Day Honoring Educators. Educators are eligible for FREE admission when you present your school-issued ID or name badge at the ticket window, courtesy of Prairie Farms Dairy, on Thursday, August 11 only. Limit one admission per ID. Promotion runs 10am-2pm.

SUNDAY, AUGUST 14 - Veterans & Military Recognition Day. Veterans, military personnel, and their family members receive FREE admission when you simply present your Military ID (DD214, VA ID, Military Common Access Card, or dependent ID) at any ticket window on Sunday, August 14 only. You and up to three family members will receive FREE admission, courtesy of Wisconsin State Fair. Limit four admissions per ID. Promotion runs 10am-4pm.

Earn Free Fair Tickets

This year there are several ways in which both children and adults can earn a free ticket by either purchasing various goods and/or services or through local summer reading programs.

Additional details, and deals, can be found by visiting the WI State Fair webpage at <https://wistatefair.com/fair/deals-and-discounts/>

AUGUST

August 7 - Cruisin' the Grove @ downtown Elm Grove, 5-9 pm. Bring your family to Elm Grove's own classic car and motorcycle event. There will be DJ music, door prize drawings, food, and drink. Shaded spots available on a first come, first served basis. There is no fee to participate in this on-street show.

August 11-13 - Snooze at the Zoo @ Milwaukee County Zoo, 8 am - 5 pm. Attendees will be able to pitch a tent at the zoo, show off their very best s'mores making skills, watch an outdoor movie, and more! To register, visit <https://www.zoosociety.org/events/snooze-at-the-zoo/>.

August 13 - Celebration of the Arts Pewaukee @ Hawks Inn (Delafield), 8 am - 6 pm .This free, family friendly event includes a Plein Air painting competition, floral design demonstration, 24 hour theater performance, art demonstrations, poetry readings, and more!

August 13 - Annual Ride to the Barns @ throughout Lake Country, 8 am - 3 pm. Join Tall Pines Conservancy in support of their mission to preserve local farmland and improve the quality of our local waterways while enjoying a picturesque 30, 45, or 60 mile biked journey through Lake Country. Riders depart from the Camp/Quad at HWY Q and HWY 83. The 60 mile route departs at 8 am, the 45 mile route departs at 8:30 am, and the 30 mile route departs at 9 am. This event is held rain or shine and is \$75 per person. Registration is required and can be done at <http://events.r20.constantcontact.com/register/event?oeidk=a07eip6jcwsf1d13577&llr=xbzIntdab>

August 14 - Main Street Block Party @ Downtown Sussex, 11 am - 3 pm. Join in for the event of the summer in downtown Sussex! This event will feature an expanded farmers' market, food trucks, live music, and more!

August 19-21 - The Wisconsin Military Show @ Eagle Village Park, 7 am - 5 pm. Highlights of this event include WWII reenactors, Civil War reenactors, cannons, military vehicles, food, drink, and more! Admission for adults is \$5 and veterans and children under 11 enter for free.

August 19-21 - Zoo a la Carte @ Milwaukee County Zoo, 9 am - 10 pm. There is fun for all to be had when over 30 Milwaukee are restaurants serve appetizer-type portions and musical performances from local and national bands take over the zoo!

August 20 - Donna Lexa Memorial Art Fair @ along the Glacial Drumlin Bike Trail (Wales), 9 am - 4 pm. Celebrating its' 25th year, this fine arts fair features arts and crafts, food, live music, and activities for the kids. Art featured includes paintings, sculptures, glass, pottery, jewelry, photography, wood, fiber, and more! Admission is free!

August 20-21 - Oconomowoc Festival of the Arts @ Fowler Park, 10 am - 5 pm. This event is considered one of the top outdoor fine art festivals in the Midwest! This show features 135 artists from all over the United States. This event is held rain or shine! There is a free shuttle from area parking lots as parking is limited around Fowler Park.

August 26-28 - DandiLion Daze @ Muskego Veterans Memorial Park, 9 am - midnight. Come and enjoy the largest free admission festival in Southeastern Wisconsin! This fest will feature live music, rides and attractions, corn hole tournament, food, drink, and more!

The Aging and Disability Resource Center Presents

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



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

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

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



Sept. 12th - Oct. 17th, 2022

- 6 Mondays, 1:00-3:00 p.m.

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

National Trail Mix Day - August 31st

Trail mix is probably best known for being a nutritious snack for camping trips and long hikes, but it can also be great for healthy snacking at home. Typically filled with nuts, dried fruit, and grains such as pretzels or cereal, trail mix provides a healthy blend of nutrients needed for sustained energy. While pre-made trail mix can be bought at the grocery store, making your own mix can help save money and give you more control over the taste. For example, you can control the sodium level by adding little to no salt and using salt-free ingredients.

Because trail mix is versatile by nature, you can get creative with different recipes. Keep the following things in mind when creating your own trail mix:

- Portability – If you plan on taking your snack on the go, make sure that the ingredients are resistant to heat and relatively durable, so they don't melt or crumble into little pieces.
- Protein – Choose a variety of nuts and seeds to add healthy protein, fat, and fiber. Examples include almonds, pecans, peanuts, pistachios, hemp, pepitos, sunflower, flax, sesame, chia, cashews, walnuts, hazelnuts, and pine nuts.
- Seasoning – Enhance flavor with different combinations of spices. Use cinnamon, nutmeg, cloves, allspice, and ginger to create a fall inspired mix. Or, use wasabi, mustard powder, lemon pepper, dried lime zest, and dried cilantro to make a spicy flavor profile. Garlic powder, dill, and lemon pepper can be used to create a savory mixture.

Trail Mix Recipe Inspiration

Ingredients

Choose Two of These (1 cup of each):

- pretzels
- square corn, rice or wheat cereal
- round oat cereal
- popcorn
- goldfish crackers

Choose Two of These (1/4 cup of each):

- raisins
- dried cranberries
- dried banana chips
- dried pineapple
- cup peanuts or any other nut of choice
- soy nuts



Directions

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl. Add additional seasonings of your choice.
4. Mix ingredients using stirring spoon and divide evenly into 4 storage bags.
5. Enjoy your Trail Mix.

Sources:

<https://nationaldaycalendar.com/august/>

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/trail-treat>



SERVICE DOG FAQs

What is a service dog?

Under the ADA (American Disability Act), a service animal is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability. The tasks performed by the dog must be directly related to the person's disability.

What are the different types of service dogs?

There are many types of services dogs who have different responsibilities and skills. Some types of service dogs include:

- Guide Dogs
- Medical Alert Dogs (hearing, seizure alert and response, diabetic, allergy detection, etc.)
- Service Dogs for Children
- Service Dogs for Facilities (schools, hospitals, courtroom, nursing homes)
- Mobility Service Dogs
- Psychiatric Service Dogs (different than Emotional Support Animals)

What is the difference between a service dog, therapy dog and an emotional support dog?

Service Dogs

- Provide assistance to one person and complete specific tasks
- Must tolerate new people and places
- Covered under ADA, able to go into public places

Emotional Support Dogs

- Provide emotional support through companionship
- Have housing and travel protections, but not covered by the ADA
- Recommended use comes from licensed mental health professional

Therapy Dogs

- Provide support and comfort to many people
- Must tolerate new people and places
- No housing and travel protections

How do I know if I am eligible for a service dog?

Under the ADA, any person with a mental or physical impairment that substantially limits at least one major life activity is eligible for a service dog. This includes individuals who are regarded as having a disability even if their disability is not physically visible (i.e., mental health conditions and learning disabilities).

Should I train my own dog (owner trained service dog) or go through a service dog organization to get a professionally trained service dog (program trained service dog)?



There are pros and cons to both options. Before making a decision, make sure you do all of your research on whether or not owner training is for you or going through a program. If you're thinking you can't afford a program trained dog, think again. There are many programs out there that are free of charge. However the waiting list may be longer.



I am going with a program trained service dog, how do I choose the right organization?

First, make sure you choose an organization that is ADI (Assistance Dogs International) accredited and has the standards that ADI has in place. Compliance with these standards helps ensure that people with disabilities who are seeking a partnership with an assistance dog receive:

- exceptional service from our accredited member program
- a professionally trained assistance dog to mitigate their disability
- a comprehensive education about the training and utilization of an assistance dog
- a thorough understanding of all aspects of public access with an assistance dog

Examples of ADI accredited organizations: NEADS, Paws with a Cause and Canine Companions for Independence (CCI).

What is the application process for getting a program trained service dog?

Each organization has their own application process and criteria for getting a service dog from them. The waitlist is typically one to three years, but it could be longer as the matching process is very complex. It takes 18-24 months to fully train a dog to be a service dog. Here are some examples of different application process.

References:

Assistance Dogs International, www.assistedogsinternational.org

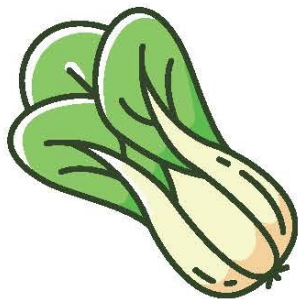
American Kennel Club, <https://www.akc.org/expert-advice/training/service-dog-training-101/>

Harvest of the Month

AUGUST | BOK CHOY

HEALTH BENEFITS

- VITAMIN C
- FIBER
- VITAMIN E
- BETA-CAROTENE



HEALTHY SERVING IDEAS

Bok choy is a versatile vegetable that you can incorporate into many dishes. It's a popular ingredient in Asian cuisine, particularly in stir-fries and soups. It takes only a few minutes to cook, allowing for a quick side dish to a meal.

Some serving ideas include; shredding it raw in a salad, incorporating it in to stir fry, grilling it, or adding it to a soup or a stew.

SHOPPING & STORAGE TIPS

Store in plastic bag: Store unwashed bok choy in a plastic bag in the refrigerator. Cut holes in the bag so air can circulate so it doesn't wilt.

Wrap in Paper Towel: Cut off the base of the bok choy and separate the stalks. Rinse in cold water and shake off excess water. After the bok choy is completely dry, place the leaves on paper towels and roll them up. Place the rolled up leaves in a plastic bag in the refrigerator's vegetable crisper.

Place in Water: Place the stalks upright in a jar of cold and store in refrigerator.

LIVE WELL



WAUKESHA COUNTY

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

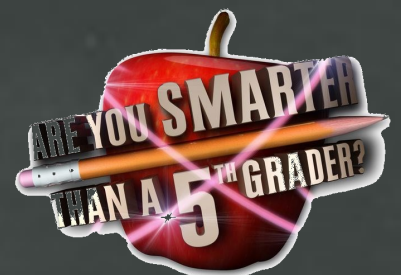


LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVEWELL

August is Back to School Month!

Do you remember that show called *Are You Smarter Than a Fifth Grader*? It originally aired in 2007 on Fox and was hosted by Jeff Foxworthy. In 2019, a revival of the show aired on Nickelodeon with a new host John Cena. The game was played by adult contestants who attempted to answer ten questions, the content of which was taken from elementary school textbooks. The goal was to answer all ten correctly to win the million dollar prize! Can you answer all ten of these questions and declare "I'm smarter than a 5th grader!" Careful; it's not as easy as you might think!

1. **1st Grade History/ Social Studies:** The Statue of Liberty was a gift from which country?
2. **2nd Grade Science:** Earth is located in what galaxy?
3. **1st Grade English/Grammar:** What word best completes this sentence? I work on a building (sight) (site) (cite).
4. **3rd Grade Geography:** How many oceans are there? (Bonus points: can you name them all?)
5. **3rd Grade Math:** If it was 5:30 when you left for the store and 6:15 when you got there, how long did it take?
6. **4th Grade History/Social Studies:** What ancient civilization built the Machu Picchu complex in Peru?
7. **3rd Grade Science:** Which planet is closest to the sun?
8. **4th Grade English/Grammar:** What is the main character in a story called?
9. **5th Grade Geography:** Which country is closer to Asia: Canada or the United States?
10. **5th Grade Math:** If a football field is 100 yards long, how many feet long is the football field?



1. France, 2. The Milky Way, 3. site, 4. Five Oceans (Atlantic, Pacific, Indian, Southern, and Arctic), 5. 45 minutes, 6. The Incas, 7. Mercury, 8. A protagonist, 9. The United States (by way of Alaska), 10. 300 feet!

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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