

Ageing & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

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

Website:
www.waukeshacounty.gov/adrc

**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

June 2023

June 15, 2023 is World Elder Abuse Awareness Day (WEAAD). As Americans, we believe in justice for all. Yet we fail to live up to this promise when we allow older members of our society to be abused or neglected. Older people are vital, contributing members of American society and their maltreatment diminishes all of us. Just as we have confronted and addressed the social issues of child abuse and domestic violence, so too can we find solutions to address issues like elder abuse, which also threatens the well-being of our community.



Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect, including financial exploitation. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like financial exploitation, we also make it less likely that people will become neglected.

In 2022, Waukesha County Adult Protective Services (APS) staff handled 294 new cases including Adults at Risk/Elder Adult at Risk investigations of abuse, neglect, and financial exploitation. The biggest concern for opening a case, was due to financial abuse. The financial abuse cases reported to APS resulted in Waukesha County residents losing more than \$4.1 MILLION due to financial abuse and scams, which is almost a 300% increase from the year prior.

This year for World Elder Abuse Awareness Day, Waukesha County is hosting fun Bingo-style games called Scam SINGO to highlight the effect financial abuse, frauds, and scams have on seniors. **The ADRC is hosting Scam SINGO games on June 15th at these Senior Dining Locations: Brookfield, Sussex, and Menomonee Falls.** The event is free for seniors in our community and lunch will be provided, however registration is required (more information on page 2).

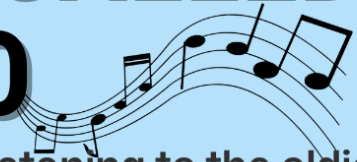
If you would like to report abuse, neglect or financial exploitation of a resident in Waukesha County, please call the ADRC at (262) 548-7848 Monday—Friday 8am—4:30pm or after hours call 211 or via email at: adrc@waukeshacounty.gov

To file a report for someone living in another county in Wisconsin please call: 1-833-586-0107 or go online at: www.ReportElderAbuseWI.org

JOIN THESE SENIOR DINING CENTERS FOR A...



FUN BINGO EVENT CALLED SCAM SINGO



and learn how to avoid scams and frauds while listening to the oldies!

JUNE 15th

Games and Lunch!

Brookfield Community Center

2000 North Calhoun Road
Brookfield, WI, 53005
(262) 782-1636

Start time: 12:00pm

Sussex Community Center

N64 W23760 Main Street
Sussex, WI, 53089
(262) 246-6747

Start time: 11:00am

Menomonee Falls Community Center

W152 N8645 Margaret Rd
Menomonee Falls, WI, 53051
(262) 251-3406

Start time: 12:15pm



Scam SINGO is a fun and nostalgic BINGO-style game which uses Golden Oldie songs to provide education and resources on common scams and fraud.

If you are interested in attending one of these Scam SINGO games, please register with Allie Hollister at 262-548-7883 or ahollister@waukeshacounty.gov

BE CAUTIOUS! Unscrupulous people target seniors and will abuse or take advantage of them.

Consider doing the following:

- ✓ Get on the **National Do Not Call Registry** to reduce telemarketing calls. Visit www.donotcall.gov or call **888-382-1222** to register your phone number.
- ✓ If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- ✓ Consult with someone you trust before making a large purchase or investment. Do not be pressured or intimidated into immediate decisions.
- ✓ Do not sign any documents that you do not completely understand without first consulting an attorney or family member you trust.
- ✓ Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- ✓ Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- ✓ If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed

Financial Signs of Elder Abuse



Fraudulent signatures on financial documents



Unpaid bills



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

Financial Abuse Resources

Local Resources

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



State/National

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

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

Dear Ina,

I desperately need your guidance. I received a letter in the mail in the middle of March telling me that I would need to participate in a Medicaid renewal review because my eligibility has ended. The letter told me that I do not need to do anything until September but my neighbor said I should call in today so that there is no chance of my services lapsing. I waited on hold to talk to someone and then my call dropped. I am at a loss as to what I should do. I need my caregiver on a daily basis. I just do not know what I will do without her help. Can you please help me to understand what is happening?

Sincerely,

Benny Fitz

Dearest Benny,

What a timely inquiry! Please try not to fret. Here is why... During the COVID-19 pandemic, there was a Public Health Emergency declared by the governor. While that Public Health Emergency was in effect, all individuals receiving Medicaid, and other public benefits, were manually extended to ensure that no-one would lose those benefits for the duration of the Public Health Emergency. If you remember, prior to the pandemic, all public benefit recipients were required to have their eligibility tested at least annually. Therefore, now that the Public Health Emergency has ended, it is back to business as usual. If your letter indicated that your renewal would not be completed until September, trust that is true. In fact submitting your renewal prior to your assigned date could result in you losing your benefits prematurely.

The State of WI worked very diligently to ensure that all of the public benefit recipients would not lose their eligibility, and therefore their benefits, at the same time. Your renewal is in September because they have staggered the renewal dates to help keep you on your benefits in tact and to ensure there is not a back log in helping others keep their benefits. We have included some additional information below that may be helpful.

Best of luck to you, Benny!

-Ina



Don't renew until you get your renewal packet. Under federal guidelines, you can keep your benefits until your next renewal. Acting too soon could cause you to lose coverage before your due date.

2023-2024 Medicaid Renewal Questions and Answers

What is a renewal?

When you first applied for benefits, you gave the state details about things like your household, income, and insurance. To see if you can keep your benefits, you need to update that information every year. This process is called a renewal. If you get Wisconsin health care benefits (such as BadgerCare Plus, Medicaid, or MAPP), you must renew your enrollment once a year.

When do I renew?

Your renewal due date is set between June 2023 and May 2024. To find your due date: Check the letter you received in late March or early April from the Wisconsin Department of Health Services. Log in to your ACCESS account at access.wi.gov or use the MyACCESS app. If you do not have an account, you can easily create one at access.wi.gov to see your benefits information anytime, anywhere.

What happens next?

About 45 days before your due date, you will get a packet in the mail with renewal details. A digital version of the packet will also show in your ACCESS account. The packet will tell you what information to send in so we can see if you still qualify for your program.

What if I miss my due date?

In some situations, you may be able to do a late renewal up to three months after your due date. Check with your local agency to see if that's possible. If not, call 211 or visit [WisCovered.com](https://www.wiscovered.com) to get help finding other coverage.

What else do I need to know?

Do not delay medical care! While your program membership continues, use your benefits. For example, if you have BadgerCare Plus, you can get vaccines, medical check-ups, and prescription refills. You can use mental health services, too.

Scam Alerts—Medicaid Renewal and FoodShare

By the Greater Wisconsin Agency on Aging Resources (GWAAR) Legal Services Team

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. **If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS does not send text messages with this type of language and does not charge a recertification fee.**

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipients SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact Moraine Lakes Consortium directly at 888-446-1239. If you believe you have been scammed, please report it to **Wisconsin's Consumer Protection Hotline at 800-422-7128.**

Health Education Opportunities

Powerful Tools for Caregivers

An educational workshop for people who are taking care of a family member or friend designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver. Caregivers who take PTC experience: greater self-efficacy (confidence in one's ability to accomplish something a self-identified goal), better emotional well-being, increased use of self-care behaviors, and increased awareness and use of community resources.

Class details: This workshop will be held **in-person** at ProHealth Waukesha Memorial Hospital on Thursdays, June 8 - July 13, 4:00-5:30pm

Registration: www.ProHealthCare.org/classes

Healthy Living with Chronic Pain

Living day-to-day with ongoing, persistent pain presents numerous challenges. During this six-week workshop, participants learn skills and strategies that will help them meet the challenges chronic pain presents in their lives. Topics include debunking the myths of chronic pain, balancing rest and activity periods, learning the Moving Easy Activity Program, medication management, and how to build action plans. Adults who have, or live with someone who has, chronic pain such as headaches, low back pain, arthritis pain, fibromyalgia, and neuropathy are encouraged to sign up for this workshop.

Class details: This workshop will be held **in-person** on Mondays, June 12 - July 17, 10:00-12:30pm at ProHealth Oconomowoc Memorial Hospital

Contact: Laura Armstrong laura.armstrong@phci.org

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 **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

Bladder or bowel leakage is a common problem for many women – especially as we get older. But there are solutions you can try – without medication or surgery – to help you avoid or control these symptoms!



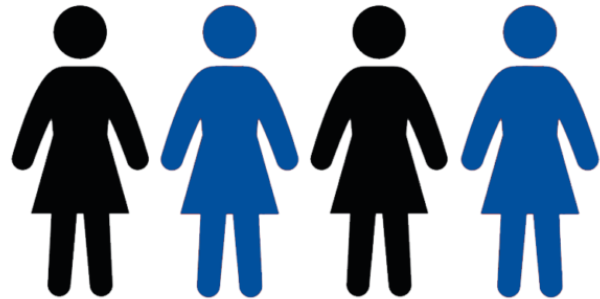
NEW CLASS!

Now presenting...**Mind Over Matter**
3 sessions. 6 hours. Feel better and do more.



Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a MOM workshop and learn strategies for preventing or lessening symptoms including information sharing, group activities, simple exercises, and dietary changes. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

Half of all women age 50 or older will experience incontinence at some point in their lives.



Mind Over Matter can help you prevent or improve your symptoms!

Researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%!

A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel leakage). It is:

- **Short and sweet:** 3 sessions, each lasting 2 hours, every other week for one month
- **Comfortable:** Limit of 8-12 women fosters trust & privacy
- **Community-based:** Led by a trained female facilitator
- **Interactive:** Engages women to work together to set and meet personalized goals
- **Fun:** Incorporates social interaction, tasteful humor, and fiber-filled snacks

Classes will be forming soon! Please call Courtney at 262-548-7835 or email at cklepp@waukeshacounty.gov to be placed on an informational list with more details to come. **Stay informed!**

Summer Trips

By Dan Michaels, Community Health Educator,
Waukesha County Public Health



Summertime is a great time to go out, travel and have fun. Summer

travel is an excellent time, but tripping (or falling down) is not. Most of us think of the cold, snowy, icy season as the time when we fall. Which is true, slips, trips and falls occur in the sloppy wet winter, but research shows that trips and falls occur all year long, even during the fun in the sun time of summer.

Summertime is great, but it does have its own hazards for falling down. Let's take a look at the weather first. Summer has plenty of rain and thunderstorms causing the ground to be covered in slippery mud and water. Walking or running on wet leaves or grass, or grass clippings left on a sidewalk could be risky because traction is reduced, and things become slippery. Be aware and walk carefully across any potentially wet or muddy surface, because slipping and falling is not just a winter activity. Another weather-related falling concern of summer is the heat and sun. Heat related illness such as heat stroke and heat exhaustion can cause dizziness and affect balance. To protect and prevent heat related illness your friends at public health recommend staying cool and hydrated. Stay cool by being in cool or air-conditioned buildings as much as possible. Wear loose lightweight, light color clothing. In addition, try not to do too many strenuous activities in the heat and get plenty of rest. For staying hydrated remember to drink more water than usual and do not wait until you are thirsty

to drink. Being aware and prepared for the weather will help you enjoy it and be safe.

We need to be careful with the tools we use during the summer as they can present tripping hazards. Watch out, or you might find yourself in a heap of trouble! Shovels, rakes, spades, trimmers, and water hoses can be just as dangerous as an angry grizzly bear when they're lurking in the grass or on the ground. Be careful where you step, or you might find yourself in a pickle!

The last group of summer falling hazards. Our beloved visitors (animals and humans)! We all love when friends and family come to visit, but let's face it: when they do, there's a LOT of extra stuff on the floor! From toys to luggage to shoes, it's a tripping hazard waiting to happen. So let's be prepared, and politely remind our guests to pick up their stuff, or assign a place to keep it. After all, it's their stuff that needs corralling, not the guests! We all know that pets are lovely, but they are another thing that you could trip over or knock you down. My cat sneakily rubs his body over my ankles daily, which may be a way he shows his love for me, but if I wasn't aware, I could easily trip over him. Which I think, may be his plan?

When visiting a place with pets or having pets visit you when you are not used to, practice extra caution to ensure you will not trip over one of the furry, fuzzy hazards. Summertime is a fantastic time of year but there are some tripping hazards, so remember to use your awareness and be awake to the world around you, to have a great time not a big trip.

Welcome to Medicare Class

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 (June 14)**. 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.

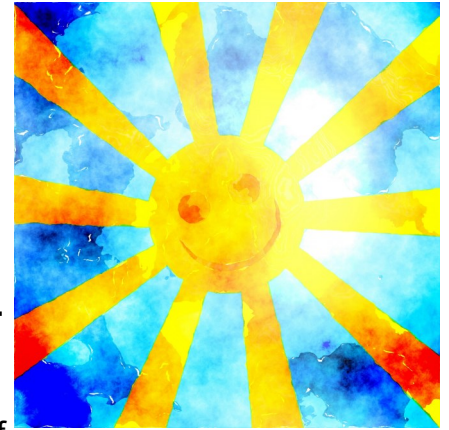
To register for this free class or for more information, please contact the ADRC at 262-548-7848.

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

Sun Protection Tips for Older Adults

By the Greater Wisconsin Agency on Aging Resources (GWAAR) Legal Services Team

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.



Not any old sunscreen will do. **Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum).** A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information visit:

- 1) <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/>
- 2) <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm>

Go to a Farmer's Market and Enjoy the Outdoors! Benefits of Being Outdoors

- ◆ **You will be happier!** Exercising outdoors is not just good for your physical health. It helps with your mental health as well. Spending time in nature and the natural light can improve your mood and reduce stress and depression.
- ◆ **Your self-esteem will improve!** Outdoor exercise stimulates all five senses in a way that indoor activities cannot. Additionally, being out in nature impacts the brain in a positive way, making you feel better about yourself.
- ◆ **Vitamin D levels go up!** Vitamin D is also known as the "sunshine vitamin" because it is made in the skin when it's exposed to sunlight. You only need about 10-15 minutes of sun several days a week during the warm weather. Use sunscreen if you plan to be outside for an extended amount of time.
- ◆ **You will exercise longer and burn more calories!** Research shows that those who exercise outdoors burn 10% more calories when they walk or run than they do when they work out on a treadmill at the same speed. Take advantage of the beautiful weather and enjoy the extra benefits of physical activity outside

Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers, starting **June 1st**

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 (see table below) are eligible to receive **\$35** worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, and herbs from **farmers' markets and roadside stands**.

The vouchers are distributed on a first-come and are now available to **each qualifying senior** in the household (**new this year!**). You will receive **seven \$5 vouchers** equaling **\$35**. An authorized representative (proxy) can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must have the full name, address, phone number, date of birth, and written declaration of consent from the eligible senior to complete the application and pick up the vouchers for the individual. **Distribution will begin on June 1st.** Senior Farmers' Market vouchers must be obtained in the county of residence but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these vouchers (see yellow Vendor Image—this tells you that the Farmers Market Vendor accepts Vouchers.) →



Vouchers will be available primarily 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. Vouchers will also be offered at various locations throughout the county during the month of June (see next page). Additional sites may be added and dates and times may change without notice.

Please call the ADRC at (262) 548-7848 for additional information on distribution dates, times, locations, or if you are not able to come into the office.

SENIOR FARMERS MARKET NUTRITION PROGRAM* 2023 INCOME ELIGIBILITY TABLE

The SFMNP is funded through the federal Farm Bill and administered by the State of Wisconsin.

Household Size	Weekly Income Limit	Monthly Income Limit	Annual Income Limit
1	\$519	\$2,248	\$26,973
2	\$702	\$3,041	\$36,482
3	\$885	\$3,833	\$45,991

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English.

Senior Farmers' Market Vouchers available to pickup at the following locations:

Thurs, June 1, 2023 -10:00am-12:00pm
Hampton Regency Apartments | 262-439-9291
12999 W. Hampton Ave, Butler

Tues, June 6, 2023 -11:00am-1:00pm
East Terrace Apartments | 414-813-1109
801 N. East Ave, Waukesha

Wed, June 7, 2023 -1:00pm-2:30pm
High Ridge Manor | 262-789-9588
13445 W. National Ave, New Berlin

Thurs, June 8, 2023 -10:00am-11:00am
La Casa Village 1 | 262-547-6521
1431 Big Bend Rd., Waukesha

Thurs, June 8, 2023 -11:00am-11:30am
La Casa Village 2 | 262-547-6521
1441 Big Bend Rd., Waukesha

Mon, June 12, 2023 -1:00pm-2:30pm
Waukesha Food Pantry | 262-542-5300
1301 Sentry Dr., Waukesha

Wed, June 14, 2023 -12:00pm-2:00pm
Mukwonago Food Pantry | 262-363-3452
305 Eagle Lake Ave, Mukwonago

Wed, June 14, 2023 -12:30-2:00pm
New Berlin Food Panty | 262-789-8040
14750 W. Cleveland Ave., New Berlin

Thurs, June 15, 2023 -1:00pm-2:30pm
Hickory View Commons | 262-367-4700
211 S. Concord Rd, Oconomowoc

Fri, June 16, 2023 -1:00pm-2:30pm
Waukesha Food Pantry | 262-542-5300
1301 Sentry Dr., Waukesha

Tues, June 20, 2023 -12:30pm-2:00pm
Wilkinson Manor Apartments | 262-569-8196
919 Summit Ave, Oconomowoc

Wed, June 21, 2023 -1:00pm-2:30pm
Sussex Outreach Service | 262-347-3563
N64W23750 Main St., Sussex

Fri, June 23, 2023 -12:00-2:00pm
Menomonee Falls Community Center |
262-255-8460
W152 N8645 Margaret Rd, Menomonee Falls

Wed, June 28, 2023 -2:00pm-4:00pm
Hispanic Resource Center | 262-928-4181
210 NW Barstow St, Suite 109, Waukesha

Questions on picking up these vouchers, contact Courtney in our office at cklepp@waukeshacounty.gov or call 262-548-7835.

Strawberry Spinach Salad

Ingredients: Serves 4 (about 1 ½ cups)
2 tablespoons sesame seeds
1 tablespoon poppy seeds
½ cup sugar
½ cup olive oil
¼ cup vinegar
¼ teaspoon paprika
¼ teaspoon Worcestershire Sauce
1 tablespoon minced onion
10 ounces fresh spinach
1 pint fresh strawberries
¼ cup walnuts or almonds (if desired)



Directions: 1. Whisk first 8 ingredients to make dressing and chill. 2. Wash and dry spinach. Tear into bite size pieces and place in a medium bowl. 3. Wash and slice strawberries, add to bowl with spinach. Add nuts if desired and toss. 4. Pour dressing on salad and enjoy.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU—JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Salad on Croissant with Lettuce and Tomato Beet & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Philly Chicken Sandwich w/ Onions Peppers, Provolone Wheat Kaiser Roll American Fried Potatoes / Ketchup Country Style Veggies Fruited Yogurt
5	6	7	8	9
Pizza Casserole Green Beans Buttered Corn Italian Bread w/ Butter Seasonal Fresh Fruit	Mushroom Chicken Mashed Sweet Potatoes w/ Butter Romaine Salad w/ Italian French Bread w/ Butter Apricots Chocolate Ice Cream Alt. Sugar Free Ice Cream	Crab Pasta Salad Carrot / Raisin Salad Whole Wheat Bread w/ Butter Cranberry Fruit Compote	Chili Con Carne with Beans, Shredded Cheddar, Onions, and Crackers Diced Carrots Cornbread Muffin w/ butter Fresh Fruit	Chef Salad w/ Ham, Cheese, Tomato Ranch Dressing Watermelon Dinner Roll / butter
12	13	14	15	16
Happy Father's Day! Polish Sausage with sauerkraut on Bun Ketchup / Mustard pkts Dad's Baked Beans German Potato Salad Pear Half Baker's Choice Pie Alt. Fresh Fruit	Italian Wedding Soup Saltine Crackers BBQ Meatballs Sunshine Carrots Dinner Roll w/ Butter Banana Dessert Bar Alt: Yogurt	Hungarian Goulash over Egg Noodles Stewed Tomatoes Spinach Salad w/ dressing Wheat Bread w/butter Peaches Baker's Choice Cookie Alt. Fresh Fruit	Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes w/ gravy Green Bean Casserole Broccoli Salad Fresh Fruit Brownie Alt. Sugar Free Cookie	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Wheat Bread w/ Butter Diced Pears
19	20	21	22	23
Cheeseburger on Bun Ketchup / Mustard pkts 5-Way Mixed Vegetable Broccoli Fresh Peach Ice Cream Cup Alt. Sugar Free Gelatin	Grilled Chicken Baby Bakers w/ butter Romaine Salad with Italian Dressing Fresh Fruit Breadstick w/ butter	Baked Fish Tartar Sc Potato Casserole Creamed Spinach Banana Rye Bread/Butter Lemon Pudding Alt. Diet Pudding	Whole Wheat Spaghetti w/ meat sauce Italian Blend Vegetable *Double Serving Veg* Italian Bread w/ Butter Peaches Vanilla Yogurt	Hot Dog on a bun Ketchup / Mustard Baked Beans Coleslaw Watermelon Rice Krispies Treat Alt. Sugar Free Cookie
26	27	28	29	30
Beef Stroganoff over Buttered Egg Noodles Peas & Carrots Green & Wax Beans Sourdough Bread butter Fresh Plum	Southwest-style Pork Baked Sweet Potato w/ butter Romaine Salad w/ French Dressing Kitchen's Choice Fruit Rye Dinner Roll w/ butter	Sloppy Joe on Whole Wheat Bun Buttered Sweet Corn Marinated Vegetable Salad Nectarine Fruited Gelatin Alt. Sugar Free Gelatin	Chicken Marsala Mostaccioli w/ sauce Italian Blend Veg Sweet Green Peas Italian Bread w/ butter Cantaloupe Slice	Herbed Chicken Breast Mashed Pot & Gravy Crinkle Carrots Kitchen's Choice Fruit Dinner Roll with Butter Frosted Mint Brownie Alt. Sugar Free Cookie

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

Waukesha County Senior Dining Centers

<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.

Limited government grants cover a portion of the meal costs. 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 Ride-Line 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: Wednesdays, 11:30-12:30; starts May 17th

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

June Celebrates Pride Month

Colorful uplifting parades with floats and celebrities, joyous festivals, workshops, picnics, and parties are among the principal components of LGBTQ Pride Month, also called Gay Pride, which is celebrated in June in the United States and elsewhere around the world. Pride Month commemorates years of struggle for civil rights and the ongoing pursuit of equal justice under the law for the lesbian, gay, bisexual, transgender, and queer community, as well as the accomplishments of LGBTQ individuals. But why is Pride Month celebrated in June?

The organized pursuit of LGBTQ rights in the United States reaches back to at least 1924 and the founding of the Society of Human Rights in Chicago by Henry Gerber. The event that catalyzed the LGBTQ rights movement came in June 1969 in New York City's Greenwich Village, at the Stonewall Inn. In the early morning hours of June 28, police raided this popular gathering place for young members of the LGBTQ community—arresting the employees for selling liquor without a license, roughing up many of the patrons, and clearing the bar. Outside, the crowd that watched the bar's patrons being herded into police vans became enraged. Previously witnesses to police harassment of members of the LGBTQ community had stood by passively, but this time the crowd jeered the police and threw coins and then bottles and debris at them, forcing the police to barricade themselves in the bar to await backup. Before long some 400 people were rioting. Although police reinforcements dispersed the crowd, riots waxed and waned outside the bar for the next five days, and these Stonewall riots (also called the Stonewall uprising) provided the spark that ignited the LGBTQ rights movement in the United States.

At the Eastern Regional Conference of Homophile Organizations in Philadelphia on November 2, 1969, the idea of a march in response to the Stonewall events was proposed. Scheduled for June 28, 1970,

the first anniversary of the Stonewall riots, the procession was named the Christopher Street Liberation Day march after the street that was the epicenter of New York City's LGBTQ community and the place where the procession would begin.

Although "gay power" had been proposed as the slogan for the march, it was argued that the movement had yet to be politically empowered but that its members felt great pride in their sexual identity. Thus, it was decided that the march's theme would be "gay pride." Sources differ as to the exact number of people who ultimately participated in the march—estimates ranged from 1,000 to 20,000—but no one disputes that at the start there were at most a few hundred marchers. However, by the time the march ended, 51 blocks north in Central Park's Sheep Meadow, its numbers had swelled dramatically, as individuals joined the procession en route in solidarity, chanting such slogans as "Say it clear, say it loud. Gay is good, gay is proud."

On the day of the New York march, "the world's first permitted parade advocating for gay rights" was staged on Hollywood Boulevard in Los Angeles and a "Gay In" was held in Golden Gate Park in San Francisco. Thereafter, Gay Pride, or LGBTQ Pride, generally came to be celebrated in the United States on the last Sunday in June (though there were many exceptions) as somber marches evolved into joyous celebrations. In time, the day expanded to become a monthlong event. It was officially recognized by the U.S. government when President Bill Clinton declared June 1999 "Gay and Lesbian Pride Month," President Barack Obama proclaimed June to be "LGBT Pride Month," and President Joe Biden further expanded the observance to "Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) Pride Month." Elsewhere in the world, Pride is celebrated at different times of the year, although many cities observe it in June.

Source: <https://www.britannica.com/story/why-is-pride-month-celebrated-in-june>

Pride Month Celebrations happen during the month of June, including Milwaukee's Pride Fest, June 1-3 and the Pride Parade on June 4 in Milwaukee.

The Historical Legacy of Juneteenth



On “Freedom’s Eve,” or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did emancipation end slavery throughout the United States.

But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on **June 19, 1865**, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as “Juneteenth,” by the newly freed people in Texas.

The post-emancipation period known as Reconstruction (1865-1877) marked an era of great hope, uncertainty, and struggle for the nation as a whole. Formerly enslaved people immediately sought to reunify families, establish schools, run for political office, push radical legislation and even sue slaveholders for compensation. Given the 200+ years of enslavement, such changes were nothing short of amazing. Not even a generation out of slavery, African Americans were inspired and empowered to transform their lives and their country.

Juneteenth marks our country’s second independence day. Although it has long been celebrated in the African American community, this monumental event remains largely unknown to most Americans.

The historical legacy of Juneteenth shows the value of never giving up hope in uncertain times. The National Museum of African American History and Culture is a community space where this spirit of hope lives on. A place where historical events like Juneteenth are shared and new stories with equal urgency are told.

Want to join in the celebration?

Each year, Milwaukee holds a world renowned Juneteenth Day Celebration.

Find out more here: <https://juneteenthmilwaukee.com/>

Want to learn more?

- Visit America’s Black Holocaust Museum (ABHM) in Milwaukee or visit them virtually at <https://www.abhmuseum.org/>

Source: <https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>

June is Brain Health Awareness Month!

Oftentimes spring brings with it an awareness of our health that may include our body image, eating healthier, and the urge for more time outdoors or exercising. We would like everyone to also think about what our brains need to be healthy.

Harvard Health tells us that **there are 4 basic issues that can be harmful to our brain – too much sitting, lack of socialization, poor sleep habits, and chronic stress.** But we can make some basic adaptations to how we live to reduce these issues. Our brains like to be challenged and fed with new information to stimulate connections versus going through our days on autopilot.



So, try a new physical activity or if that is too hard, get out of that chair every half hour or so and move around. Go explore new things in your community that you have wondered about but never pursued and learn from or share knowledge with others. Go to a farmer’s market and get some healthy food that you can cook in a new way. Learn a new computer game and start to do it daily to stimulate your brain. You can challenge a friend to do the same and exchange encouraging messages on what your score was that day or if you solved it.

That is not to minimize challenges and stresses that people are going through but when we let those stresses take over our lives it is hard on our body, brain, and sleep. Lack of good sleep is one of those stubborn issues that people struggle with. Think about slowing down in the evening, disconnecting from electronics, and doing things to relax your body before getting into bed. If you are a daytime napper, try to keep that to a minimum (less than 30 minutes) and work toward at least 7 hours of solid sleep at night.

You may think this is an older person’s issue, but researchers are telling us that the brain changes linked to dementias may start decades before symptoms start. So be good to your brain and remember it as part of your health routine.

IN THE COMMUNITY...

Dementia Friends Session

Thursday, June 8 at 11:00 am

What Makes You a Dementia Friend? You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease. This is not a training session but more of an informational session.



For more information or questions, contact Emily, Engagement Librarian, at Hartland Public Library, 262-367-3350

IMMEDIATE NEED for Volunteer Drivers for Waukesha County Health and Human Services including ADRC!

Make a Difference in Someone's Life and Become a Volunteer

Meals On Wheels Drivers: Seeking reliable volunteer drivers to deliver meals to households where they are unable to prepare meals for themselves including homebound individuals. Drivers are needed between 11:00a—1:00p, Monday-Friday. Specifically looking for immediate volunteers to deliver in the following communities: Waukesha, Sussex, and New Berlin.

If you are interested in this opportunity, or want more information, please contact Sherry Williams directly at 262-548-7829 or swilliams@waukeshacounty.gov

Community Drivers: Seeking reliable volunteer drivers to take individuals to agency related appointments, including medical, family visitation, and youth mentoring and wellness programs. Drivers provide rides primarily on weekdays, but evening and weekend shifts are available; 6:30a-8:45p. Flexible scheduling guaranteed- drivers select their own schedule and frequency of shifts.

If you are interested in this opportunity, or want more information, please contact Kara Moore directly at 262-548-7284 or kamoore@waukeshacounty.gov



Benefits of being a volunteer driver?

- ✓ Flexible opportunity
- ✓ Mileage reimbursement
- ✓ Ongoing training opportunities
- ✓ Have a huge impact on countless lives
- ✓ Creating a welcoming sense of community



One of our community partners, Eras Senior Network, is looking for drivers to drive one of their vans to Blue Lotus Farm & Retreat Center in West Bend (5501 County Road M) for a day of fun and activities outside and on the lake for six of their clients. Lunch and snacks are provided; volunteers are invited to stay and participate in the days events, or enjoy the outdoors.

If interested and want more information contact, christina.reynolds@eras.org, or 262-522-2408

Eras needs volunteer drivers the following **Tuesdays from 7:30am—3:30pm** during the 2023 Summer:

June 27	August 8
July 11	August 15
July 25	August 22
August 1	August 29



June 2- Waukesha's Friday Night Live @ Downtown Waukesha, 6:30 - 9 pm. Beginning June 2 and running through September 1, Friday Night Live draws hundreds of people to Waukesha's downtown to enjoy the weather, dining, shopping, and a wide variety of live music as the downtown streets are closed down. Gather your family or friends to relax, grab a bite to eat, listen to some great music and see what downtown Waukesha has to offer.

June 2, 16 & 30 - Bands at the Beach @ Oconomowoc's Rhodee Memorial Band Shell, 7 pm. Enjoy a free summer concert and refreshments available at Buddy's Beach Bungalow! Bring a blanket or lawn chair to enjoy the show and sit in the grass or the sand around the bandshell. Concerts will be cancelled due to inclement weather. June 2nd's band is The Love Monkeys, June 16th's band is Five Card Studs, and June 30th's band is Road Crew.

June 9 & 23 - Movies in the Park @ Elm Grove Village Park, 8:30 -10:30 pm. Bring lawn chairs, blankets, and sleeping bags to get comfy while you enjoy this summer's movies. Popcorn and candy will be available for sale. Arrive early to get a good spot! June 9th's movie is Minions: The Rise of Gru and June 23rd's movie is Lyle, Lyle Crocodile.

June 10 & 11 - Arts, Crafts & Drafts @ The Corners of Brookfield, 10 am - 5 pm. This festival will highlight around 75 local artists who will showcase and sell clothes, candles, home décor, jewelry, works of art, and more. Attendees can also enjoy live music, food, and beverage vendors as the event will be highlighting and featuring local craft breweries. Families are welcome as there will also be a kid's craft station. Pets welcome too!

June 10 & 11 - Maxwell Street Days @ Field Park Mukwonago, 8 am - 5 pm. Mukwonago American Legion Post 375 presents the 68th annual Maxwell Street Days Flea Market with free admission. Sellers offer a variety of goods such as crafts, produce, plants, tools, and more. Food and refreshments are available on the grounds. Parking available throughout the area.

June 17 & 18 - WWII Days Menomonee Falls @ Old Falls Village Park, 9 am - 4 pm. Enjoy the 6th annual WWII Days featuring reenactments of the ways of life and war in American history. Walk the grounds to visit military camps of both Allied and Axis during WWII, speak to reenactors, listen to music, and see weapon demonstrations. This event will also feature a beer garden. This is a family friendly event with plenty of activities for children to also do and see.

June 18 - Mukwonago Father's Day Parade and Car Show @ Downtown Mukwonago, 12- 6 pm. The parade will begin at noon along Mukwonago's Main Street. The parade ends at Field Park where the car show is being held. There will also be featured live music.

June 23 & 24 - Pewaukee Beach Party @ Pewaukee Beach Front, 5 -10 pm; 10 am - 11 pm. It's the 27th annual year of the Pewaukee Beach Party featuring live music, food, drinks, water ski shows, kid's activities, and more. This year will also feature a free shuttle service from WCTC, the Marriot West, and Wildwood Lodge. For a full schedule of events visit <https://lakecountryfamilyfun.com/event/pewaukee-beach-party/>

June 25 - Strawberry Festival @ St. Mary's (Dousman), 11 am - 3 pm. This free event features delicious homemade strawberry treats, grilled food, a bake sale, craft fair featuring Haitian arts, live music, and children's activities. All proceeds will be given to the Diocese of Milwaukee Haiti Partnership which helps support schools and clinics in Haiti.

CANDY WORD SEARCH

Did You Know? National Candy Month was first observed in January of 1974 and founded by the National Confectioners Association. Sales of confections would often drop after the busy holiday season and new year resolutions would kick into high gear making sweets a restricted diet item for some time to come. The observance would later move to May and then settle into its current place in sunny June.



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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