

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

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
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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A Letter from Our ADRC Advisory Board Chairperson

Recently I was sorting through old clothes in my closet and found an old blue denim work shirt with this motto embroidered above the pocket...“Waukesha County Leading the Way”. I wore this shirt on casual Fridays. The shirt identified me as a member of the Waukesha County Employee Team. When I attended meetings or functions as a representative of Waukesha County, I frequently heard acknowledgement of the “good work” Waukesha County was doing. Our “good work” continues today, moving forward to maintain our earned reputation as one of the leading counties of the 72 that are Wisconsin.

The ADRC team is benefitting from recent personnel changes. The retirement of senior and experienced staff has created position openings for new staff and advancement opportunities for existing staff. The change in ADRC leadership with Manager, Luann Page and Coordinator, Mary Smith make these exciting times for the ADRC professional staff. The ADRC Advisory Board is also undergoing positive changes with the addition of five new or newer board members. This is a proactive Board, which is comprised of all volunteers. Each Board member represents an assigned interest group and together, meet and accept challenges head-on to advocate for those we represent. These changes provide for a positive, active and involved direction for our Board. There is a renewed sense of purpose for the people we represent.

Your Advisory Board salutes the time, talent and commitment of the ADRC in accomplishing our Mission to *serve adults and their families with issues of aging and/or disability. We will provide information, assistance, and education to promote independence and improve quality of life, while offering choices to the consumer. Our goal is to advocate for and affirm the rights, dignity, and value of individuals served while limiting risk to those most vulnerable.*

The ADRC Advisory Board and the ADRC staff is truly a strong spirit of people. Advocating together on behalf of the people we serve and represent, we will lead the way.

William G. Graham
ADRC Advisory Board Chairperson



ASK INA



My mother will be coming home from the nursing home and will need a wheelchair and walker. I know those can be expensive, so is there a place where I can rent or borrow them?

Worried Daughter



Dear Worried Daughter,

First check with the nursing home to find out if these will be permanently needed for mobility. If they are needed long term check to see if Medicare or insurance will cover. The therapy department at the nursing home should be able to assist. If you need to get them on your own there are multiple companies in the area that sell equipment. The equipment is usually called durable equipment, so ask if this is what they sell. Independence First Mobility Store, located in Wauwatosa, is a non-profit company that offers low cost, refurbished and sanitized mobility and medical equipment. There also is Katy's Closet in Waukesha. They lend assistive devices and medical equipment for children and adults. The equipment that is available does vary. There is more information on our website at www.waukeshacounty.gov/adrc and in our ADRC Resource Guide under Medical Equipment. Good luck!

INTERFAITH

SENIOR PROGRAMS

— Faith In Action —

The ADRC works closely with two dynamic agencies to help with volunteer engagement. Both the United Way in Waukesha County and Interfaith Senior Programs help to recruit and engage volunteers. Together we work hand in hand to find volunteers that provide services to Waukesha County seniors. With the onset of warmer temperatures, can you help Interfaith Senior Programs with the following need?

Can you help a neighbor in Waukesha County by mowing their lawn this summer? Interfaith Senior Programs will match you with a senior or adult with a disability in your neighborhood. You can coordinate the time and date around your schedule! Adopt a home nearby, or sign up as a “sub” to fill in for another volunteer while they’re away. Volunteer as a family, school group, congregation, business or community group. To volunteer, contact Hannah Loppnow at (262) 522-2405 or HannahL@interfaithwaukesha.org

For more information on INTERFAITH Senior Programs visit www.interfaithwaukesha.org





Stepping ON

An evidenced based falls prevention program for community living adults who have fallen or have a concern about falling

One in three older adults has fallen or will fall within the year. Wisconsin ranks 2nd in the nation for reported falls. Falls can result in severe, life altering injuries or even death. Even if the fall did not result in injury, about 1/3 of those who do fall will become less active, leading to social and bodily decline. Many people think that falling is a part of the aging process. However, research studies prove that falling is NOT a normal part of the aging process. There are a variety of ways older adults can prevent falls. Many of these ways are discussed during classes for the Stepping On workshops offered here in Waukesha County.

An inside look at Stepping On

Originating in Australia 10 years ago, the Stepping On falls prevention workshops have been helping adults successfully prevent falls in Waukesha since 2010. Stepping On workshops empower the older adult to carry out healthy behaviors that reduce falls. Classes meet once a week for seven weeks in small groups to learn falls prevention skills and safety techniques from community experts. Subjects covered are improving balance and strength, home modifications, community safety, vision and medication review, safe footwear and sleep. Classes are interactive, guided by trained facilitators, offer mutual support and build upon participants' success. Stepping On is highly recommended for adults who: a) are at risk for falling, b) have a fear (or healthy respect) for falling and/or c) who have fallen one or more times. This program will have the best results if the participant does not rely on a walker or rolling walker for assistance and does not have dementia related changes. Recent participants from Oconomowoc were highly pleased with the class and would strongly encourage everyone to participate.

Our next Stepping On workshop will be held at:

Retzer Nature Center - Thursdays beginning

October 2 through November 13, 2014

From 1:15 – 3:15 pm

For more details or to register please call the Health Education Coordinator at (262) 548 – 7827.

Workshops are offered at various times and places throughout Waukesha County. If you would like more information about hosting a workshop please call the Health Education Coordinator: (262) 548-7827.



Spotlight on Mukwonago Dining Center

Waukesha County would like to invite you to join us at the Mukwonago Senior Dining Center. The Dining Center is located in Birchrock Apartments, 280 Birchrock Way, in the community room. We serve lunch four days a week, Monday through Thursday, at 12 noon.

We also assemble and deliver meals to homebound seniors in the Mukwonago, Big Bend and Eagle areas on Mondays, Tuesdays, and Thursdays. We can always use extra help packing and delivering meals, so if you'd like to give back to your community come see us!

The Mukwonago Dining Center was the fourth center to open in Waukesha County on April 3, 1978, and has been located in Birchrock Apartments for the last 14 years. We have been lucky to have Dorothy dine with us for all of the 14 years we have been here. Dorothy, Doris and Marion are three of our celebrated participants and lively *90-year-old-plus* attendees.

The dining center is a wonderful place to socialize, which supports emotional well-being and is important for better brain health. Once a month Debbie, a nutritionist from the UW-Extension, visits us. She makes us laugh and helps remind us about the importance of eating right.

During the month of July we will be having special menus that showcase some of the great summer festivals. These county-wide menus will be reminders of Summerfest, Bastille Days, Festa Italiana, and Germanfest.

In Mukwonago we will celebrate a few other special occasions:

July 7th—"Chocolate Day"

July 17th—"Opening of Disneyland" (1955)

July 21st—Neil Armstrong's Walk on the Moon (1969)

Did you know July is National Blueberry Month and National Ice Cream Month? Please join us and find out which day there will be a special treat.

Please call if you have any questions, would like to join us for a tasty and nutritious meal, or if you are interested in volunteering. You can reach Anna, the Mukwonago Dining Manager, at 262-363-4458 (Monday through Thursday).



Berry Rhubarb Pie

Crust:

2 cups flour
2 Tbsp. sugar
2 tsp ginger
6 Tbsp. butter
1/3 cup shortening
2-3 Tbsp. cold water

Preheat oven to 425°



Filling:

1 pound diced rhubarb (either fresh or frozen - thawed if frozen)
1 pint sliced strawberries
1 tsp orange zest (grated orange peel)
1/3 cup flour
1 ¼ cup sugar

Combine flour, sugar and ginger. Add butter and shortening. Mix well. Add water. Form into a ball and chill for 30 minutes. Remove from refrigerator and separate 2/3 of the dough. Spray 8" pie pan with no-stick spray. Roll the 2/3 section and place in the pie pan. Add filling. Roll the remaining 1/3 of dough and cut into strips for crisscross design on top of pie.

Toss rhubarb, strawberries and orange zest. Combine flour and sugar. Mix all together. Fill pie. Place crisscross pie crust on top. Cover with aluminum foil.

Bake at 425° for 20 minutes. Reduce heat to 350° and bake another 30-40 minutes or until rhubarb is tender. Remove foil about 10 minutes prior to completion for a more golden pie crust appearance.

Cool about 3 hours before serving. Serve with whipped topping or ice cream if desired.

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU JULY 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE	Teriyaki Chicken Breast Brown Rice/Soy Sauce Oriental Blend Vegetables Bread/Butter Mandarin Oranges Tapioca Pudding Alt. Diet Pudding	Summerfest Party BBQ Pork on Bun Ketchup/Mustard German Potato Salad Baked Beans Watermelon Brownie Alt. Plain Cookie	Pizza Casserole Tossed Salad Dressing Warm Breadstick Butter Seasonal Fresh Fruit Ice Cream Alt. Diet Pudding	Fourth of July Holiday All Senior Dining Centers Closed No Meals Delivered
7	8	9	10	11
Ring Bologna/Ketchup Parsley Boiled Potatoes/ Butter Harvard Beets Bread/butter Brownie Alt. Fruit	Roast Pork Mashed Potatoes Gravy Broccoli Flowerets Rye Bread/butter Cinnamon Applesauce	Bastille Days Beef Burgundy Rice Pilaf French Cut Green Beans French Bread/butter Fresh Fruit Mousse au Chocolat Alt: Diet Pudding	Vegetable Soup Crackers HDM: Mixed Vegetables Cheeseburger on Bun Ketchup/Mustard Diced tomato and onion Salad Lime Seafoam Gelatin Dessert Alt. Diet Lime Gelatin	Baked Chicken Stuffing Romaine Salad Dressing Dinner Roll/Butter Frosted Cake Alt. Plain Cake
14	15	16	17	18
Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Apricots Sugar Cookie Alt. Plain Cookie	Roast Beef Mashed Potatoes with Gravy Green Beans Whole Wheat Dinner Roll/Butter Chocolate Mousse Alt. Diet Pudding	Fiesta Italiana Veal Parmesan Marinara Sauce Penne Pasta Italian Salad/Dressing Italian bread/Butter Fresh Melon Sherbet Cup Alt: Diet Gelatin	Chicken Cordon Bleu Baked Potato/Sour Cream/Butter Dilled Baby Carrots Whole Wheat Dinner Roll/Butter Strawberry Rhubarb Pie Alt. Strawberries	Sloppy Joe on Bun Potato Salad Fresh Melon Fruit Fluff Alt: Applesauce
21	22	23	24	25
Sweet Sour Meatballs In Sauce Steamed Brown Rice Oriental Vegetables Dinner Roll/Butter Mandarin Oranges Cookie Alt. Lorna Doones	Roast Pork Thyme Gravy Mashed Potatoes Sweet/Sour Red Cabbage Marble Rye Bread/Butter Apple Crisp Alt. Sliced Apples	Pepper Steak over White Rice Tossed Salad Dressing Bread/butter Butterscotch Pudding Alt. Diet Pudding	Christmas In July Oven Fried Chicken Cheesy Potatoes Green Bean Almandine Roll/Butter Sugar Cookie Alt. Diet Cookie	Baked Fish Tartar Sauce Baby Red Potatoes/ Butter Vinaigrette Coleslaw Rye Bread/Butter Lemon Pudding Alt. Diet Fruit
28	29	30	31	
Meatloaf Ketchup Garlic mashed Potatoes Carrot Coins Bread/Butter Pears	BBQ Chicken Pasta Salad Fresh Fruit Salad Dinner Roll/Butter Brownie Alt. Angel Food Cake	Baked Ham Scalloped Potatoes Green Peas Rye Bread/Butter Tropical Fruit Salad	Spaghetti w/ meat sauce Italian Blend Vegetables Bread/Butter Peaches Vanilla Yogurt	



Community Outreach Coordinator
Judy Gunkel and Beverly Wernisch

I am a strong supporter of TrialMatch™, the Alzheimer's Association's free, confidential program, which matches people concerned with Alzheimer's disease and related dementias to the trial study that is the right fit for them. I see its value as an Alzheimer's Association professional in my role as the Waukesha County Community Outreach Coordinator. Perhaps more importantly, I appreciate it on a personal level as my mom, Beverly, died from Alzheimer's disease in 2006. In addition, I watched my father's siblings, three aunts and an uncle, decline with Alzheimer's disease.

As an Alzheimer's educator, I am asked very pointed questions about clinical trials. I found it difficult to convey information without a firsthand experience, so I filled out my profile for TrialMatch™. In May, 2010, I became participant #27 in the Sharp Study, which sought participants who had lost a parent to Alzheimer's disease. This trial took 18 months to complete and included memory tests, MRI's, a blood vessel ultrasound, a study drug and lumbar punctures. Initially, I was most concerned about the lumbar puncture, a spinal tap in the lower back. However, as is typical, I had no side effects or even discomfort from the two lumbar punctures received.

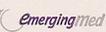
Not only am I helping to advance research but I benefit personally from participating. The MRIs of my brain are stored at the research center. As the pathology of this disease exists in the brain prior to the symptoms presenting, this could provide an invaluable baseline if I develop Alzheimer's symptoms in the future. It also may make me a prime candidate for future studies as we progress to find a cure.

Research is the key to finding treatments to end Alzheimer's disease. In order to shorten trial times, it is essential to have enough people readily available to participate. Please consider joining TrialMatch™ to make a difference for you, your family and future generations!

ALZHEIMER'S DISEASE CLINICAL TRIALS – MYTHS VS. FACTS	
MYTH	FACT
There are already plenty of volunteers. They don't need me to participate.	New treatments for Alzheimer's disease cannot be discovered without clinical trials, and many more participants are needed. Today, at least 50,000 volunteers, both with and without Alzheimer's, are urgently needed to participate. More than 100 Alzheimer's clinical studies are now recruiting participants.
It's too late – the disease is too advanced to participate in a research study.	There are clinical studies that work with people in every stage of Alzheimer's. Participating in a trial could have a potentially measurable impact on the disease.

Don't just hope for a cure.
Help us find one.
SIGN UP TO SEE IF YOU MATCH
FOR CLINICAL TRIALS TODAY!

alzheimer's  association®
trialmatch®

POWERED BY 

alzheimer's  association®
trialmatch®

To complete a simple profile for TrialMatch™ call
800.272.3900. There is no risk, no cost or
obligation to participate in any trial that you are
eligible for.

Local Alzheimer's Disease Investigators Seek Research Participants - Can You Help?

Investigators at IPC Research and Froedtert and the Medical College of Wisconsin are currently looking for research participants.

IPC Research is conducting 3 separate studies of investigational medications for Alzheimer's disease. One study is for people with anxiety or behavioral symptoms, who are already taking Aricept. The other studies are to help with memory and cognitive functioning. They both allow the person with Alzheimer's to stay on some cognitive medications (like Aricept and Namenda), and also receive the study medication. All studies are at no cost, and require the participation of a friend or family member.

Call Anne or Shelley at 262.513.0700 or visit ipcResearch.org

Studies done under medical direction of Cary J. Kohlenberg, MD.

The Froedtert and Medical College of Wisconsin - Memory Clinics & Research Center, directed by Piero Antuono, MD, is involved in research projects on normal aging, Alzheimer's disease, depression, and other related disorders.

* **Functional magnetic resonance imaging, or fMRI**, is an exciting technology for studying the brain. The Medical College of Wisconsin is proud to be a world leader in fMRI research. The fMRI scan consists of a standard 45-minute MRI. The images are analyzed by researchers using unique computer software. We are looking for **healthy volunteers** as well as **volunteers with mild cognitive impairment, mild Alzheimer's disease, or frontotemporal dementia**, as well as **older individuals who have been diagnosed with depression**.

* **In collaboration with the Advanced Ocular Imaging Program at the Froedtert Eye Institute we are using a unique eye imaging technique to study changes in the retina.** The ultimate goal is to develop an early diagnostic tool for Alzheimer's disease. We are looking for **healthy volunteers** as well as **volunteers with mild Alzheimer's disease or mild cognitive impairment**.

For more information on these research programs:

Call Jennifer Jones, MS, at 414.805.5232.

Are you or someone you know experiencing memory problems but have not yet seen a physician?

The Alzheimer's Association strongly encourages you to make an appointment and have these concerns evaluated. This can be done through your primary physician or through a local Memory Assessment Clinic.

Call our 24/7 Helpline at 800.272.3900 for a Diagnostic Clinic listing or for questions about Alzheimer's disease and related dementias.

Alzheimer's Association Programs



What's it like?

The world through the eyes of those with Alzheimer's

Thursday, 7/10/14: 10:00 a.m.-12:00 p.m.

New Berlin Public Library - Community Room
15105 Library Lane, New Berlin 53151

Registration: Call Jean Lazarus at 414.352.1966

Below programs and resources offered at:

Martha Merrell's Books

231 W. Main Street, Waukesha 53186

Registration: Call Judy Gunkel at 262.548.7422 or email jgunkel@alz.org and specify which program and time you plan to attend.



Nourish Your Noggin

Necessities for Brain Wellness

Friday, 8/8/14: 1:00-2:30 p.m. & 3:30-5:00 p.m.



Memory Loss, Dementia and Alzheimer's Disease: The Basics

Provides information on memory loss that everyone should all know.

Friday, 8/15/14: 1:00-2:30 p.m. & 3:30-5:00 p.m.



What's It Like?

The world through the eyes of those with Alzheimer's

Friday, 8/22/14: 1:00-2:30 p.m. & 3:30-5:00 p.m.

Gallery Night: Memories in the Making®

Come see the art and read the stories!

Friday, 8/1/14: 6:30-9:00 p.m.

No registration required to attend Gallery Night!

The Alzheimer's Association Memories in the Making® program offers creative art expression for individuals in the early to middle stages of Alzheimer's disease.

Caregiver Corner

The Emotional Rollercoaster of Caregiving

Many caregivers feel guilty when they feel overwhelmed by this work. Many feel they aren't doing as good of a job as they should. Remember that there is no "correct" way to provide care – you probably know your loved one's needs better than most individuals so find the way that works best for you both.

Given all of the stresses that a caregiver faces, it should be no surprise that a whole host of emotions well up, usually directed towards the situation or even the care recipient: frustration, grief, anger, embarrassment, guilt, worry, and many more. There are some general tips to dealing with the negative emotions that you face as a caregiver:

Express yourself: Whether you are frustrated to the breaking point or brought to point of tears, allow yourself to express your emotions. You do not have to lash out at anyone, just go out of the room and scream or sit down and have a cry. Bottling up your negative emotions or denying them is never the answer. Sometimes expressing an emotion, such as grief, and followed by listing the things in your life for which you are grateful can be helpful.

Talk to someone honestly about how you feel: In addition to expressing your emotions for yourself, it can help to be honest about your emotions with someone else. Whether in a support group or in a one-on-one conversation, voicing what is troubling you with another person helps. Even if there are no definite solutions, simply sharing means that less of the burden is yours alone. If other solutions are not helping, consider talking to a professional counselor.

Understand your expectations, triggers, and limits: Try to think about why and when negative emotions arise. Are your expectations for yourself, your loved one, and your care for him or her realistic? Are there certain situations that especially try your patience or moments where you know you can no longer deal? Are you taking it personally when your loved one acts out in anger or refuses your help? You may not be able to avoid facing negative emotions, but you can change how you deal with and think about them. Remind yourself that your loved one's behavior is not personal; it is the disease. Focus on the actions that you can take to make things better in the present moment. Recognize that worry over things you cannot control does not solve anything. If your usual coping mechanisms and the tips found here are not enough, and you find yourself depressed or overwhelmed, consulting your physician or a mental health professional may be a good idea. Sometimes medications, such as antidepressants, may be recommended.

From: Dementia Care Central (www.dementiacarecentral.org)

Save the Date:
Annual Waukesha County Family Caregiver
Conference
Friday, September 5 2014
Location to be announced, stay tuned!

Powerful Tools for Caregivers Class
Oconomowoc Life Enrichment Center
July 9—August 13th 1:30-3:30 PM
Contact Lee Clay for more information at:
262-548-7827

Helping Those Who Help Others

The Caregiver Connection was created to help caregivers identify themselves as the actual caregiver, promote awareness of the many resources and support available and to make sure all the needs of the caregiver are met. Friends, neighbors and family members of caregivers play an important role too. Do you know someone who is providing care to an individual age 55 and older? Encourage that caregiver to learn more about the programs and resources in the community. Many programs are available at no cost or low cost, and information is just a phone call away.

Caregiving doesn't happen only during regular working hours. www.TheCaregiverConnection.org was designed to provide information and links whenever help is needed. Caregivers can also call the ADRC to get help at 262-548-7848 or 1-866-677-2372. For information outside of regular business hours please call IMPACT 2-1-1 by dialing 211, or (414) 455-1736, or toll free 1-866-211-3380.



Grandparents Raising Grandchildren

According to the 2010 census there are 3.1 million children (under age 18) living in a grandparent-headed household (age 60 or older). In Waukesha County, there are approximately 800 families raising grandchildren.

When grandparents assume responsibility for the daily care and well-being of grandchildren, they are providing the security and stability of home. As a grandparent, or other relative caregiver, you might think “Hey, I’ve got this! I’ve done it before!” Most grandparents will tell you they gain great joy from their role, but sometimes well-intentioned plans to be there for family can turn into generational chaos. Past parenting skills, while tried and true, can be pushed to the limit when skipping a generation and kids today can bring a whole new world of technology, education, social interaction, relationship dynamics and environmental dangers that can intimidate even the savviest Grandma or Grandpa.

“Besides exhaustion, these grandparents face an overwhelming array of emotional and social concerns as they raise their grandchildren. Grandparents might feel angry or resentful, since they were looking forward to leisure time in retirement and must now put those plans on hold. They might feel guilty and feel responsible because their child cannot care for their own children. There are also feelings of stress: are the decisions being made for the grandchildren the best ones? Many grandparents also feel lonely, since many of their peers are not in the same role and don’t truly understand the demands that they face daily. Social issues may include dating, drugs, alcohol, emotional and health problems, learning difficulties, financial strains, legal questions and social isolation. When coupled with their own health and financial issues, grandparents find themselves faced with sacrificing their own needs for the benefit of the grandchildren, so that they can have a better life.”
Helen Hunter, ACSW, CMSW



To assist those who are over the age of 55, residing in Waukesha County and are providing primary care for one or more of their grandchildren, the ADRC offers a participant-driven program to meet specific family needs. ‘Grandparents Raising Grandchildren’ is funded through the National Family Caregiver Support Program established by the Older American’s Act, which has recognized the difficulties grandparents face while raising their grandchildren. Qualified families can receive support and financial assistance for a variety of programs including summer camps, music lessons and other activities for grandchildren as well as support group opportunities, educational information and respite help for grandparents.

Connecting with others who are sharing a commitment to their children and grandchildren is important to your success. Our grandparent group will be meeting in June to plan activities for the summer and a direction for the next year. If you think you may benefit from joining us, please contact the ADRC at 262-548-7848 or

email Jennifer Rath at jrath@waukeshacounty.gov or Lauren Dunn at ldunn@waukeshacounty.gov .

Ref: U.S. Census Bureau, American Community Survey (2010a): tables B05003, B10051, B10051B, B10052, B10053, B10054, B10056, B10057, B10058, B10059, B10061, and B16005, accessed at <http://factfinder2.census.gov>, on Nov. 30, 2011.

For your Convenience...

If you enjoy reading this publication and would like to receive it by mail each month, please contact the ADRC of Waukesha County at 262-548-7848. We are happy to include you on our mailing list. If you would prefer to receive it electronically, we can do that as well via email. The Newsletter is also available to you on the ADRC of Waukesha County website at www.waukeshacounty.gov/adrc.

Get Your Senior Farmer's Market Vouchers Before They're Gone!



Farmer's Market Vouchers are available for Waukesha County Seniors at the Aging and Disability Resource Center (ADRC) Office, Human Services Center, 514 Riverview Avenue, Waukesha WI Monday-Friday 8:00 am – 4:30 pm.

This program will provide seniors with \$25.00 worth of 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. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the ADRC in person to receive the checks. A 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 also have the full name, address, phone number and date of birth of the eligible senior to complete the application.

Seniors must be 60 years of age or older (Native Americans 55 years of age or older) and will need to verify that their monthly income is at or below 185% of the federal poverty guideline.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Please visit our website (www.waukeshacounty.gov) for more details on the services we provide.



Safety Tips for **Hot** Weather

TIPS TO STAY COOL

- ◆ Avoid staying in the sun, especially during the hottest times of the day.
- ◆ Use sunscreen and protect your face from the sun when you must go out.
- ◆ Drink lots of cold fluids (water is best) avoid alcohol, coffee and soft drinks with caffeine.
- ◆ Wear light-colored, lightweight, loose-fitting clothes.
- ◆ Keep cool with a fan or air conditioner.
- ◆ Take cool baths, showers or sponge baths frequently to cool off.
- ◆ Eat smaller meals.
- ◆ Avoid vigorous activity and outdoor exercise. Drink plenty of water before, during and after exertion.
- ◆ Use window shades to block out direct sun that will heat up your house or apartment, but do not block air circulation.
- ◆ Do not use salt tablets unless they are prescribed for you by your doctor.

DURING HEAT EMERGENCIES

- ◆ The American Red Cross will open cooling sites if needed.
- ◆ Jeremy House is a 24-hour cooling site for vulnerable adults with disabilities.
- ◆ Hebron House is a 24-hour cooling site for vulnerable adults and their children.

WHAT TO DO IF YOU HAVE HEAT RELATED SYMPTOMS

- ◆ Cool off immediately
- ◆ Get out of the sun
- ◆ Use cold water to reduce temperature
- ◆ Call for **HELP**

**IF YOU HAVE SYMPTOMS OR MEDICAL QUESTIONS,
CALL YOUR DOCTOR
IF IT'S AN EMERGENCY, ALWAYS CALL 911**

From Your Elder Benefit Specialist

Top Consumer Complaints in Wisconsin

Article used with permission of Wisconsin DATCP

If Wisconsin's seniors felt like leaving their phones off the hook in 2013, no one would blame them. The Telemarketing category sits at number one on the "Top Ten Consumer Complaints of 2013" list released by the Wisconsin Department of Trade and Consumer Protection (DATCP).

Autodialing scams targeting seniors were the focus of many of those complaints.

"Wisconsin seniors faced a number of phone-based scams in 2013, and many of the calls they received offered well-crafted, attractive pitches- particularly for seniors with medical needs," said Sandy Chalmers, Division Administrator for Trade and Consumer Protection.

"We received a high volume of complaints involving robocalls that fraudulently pitched medical alert devices and different types of 'assistance' programs for senior citizens. DATCP has worked with state and federal partners to take action against the groups behind a number of these scams," said Chalmers.

Telemarketing tops the annual count for the eleventh straight year, with nearly twice as many complaints (2,014 complaints) as the second-ranked category, Landlord/Tenant (1,052).

Telecommunications switched places with the Landlord/Tenant category, dropping to third in 2013's rankings with 573 total complaints. Complaints in the Telecommunications category were similar to previous years- billing disputes, channel availability and service and contract issues were the most commonly noted problems by consumers.

"Telecommunications issues often boil down to questions about disclosures, so it is very important for consumers to read the fine print in their service contracts before they agree to the terms," said Chalmers.

Identity Theft was fourth in the rankings for the second straight year, with 398 total complaints filed. Within this category, more than half of the total complaints involved tax-related theft. In most of these complaints, a consumer filed their taxes, only to be told by the IRS that a return had already been filed using their name and Social Security number.

"Tax identity fraud has been on the rise in recent years and is a major focus of concern for the IRS and other federal and state agencies," said Chalmers. "To combat this problem, DATCP asks Wisconsin consumers to protect their personal information year-round and to report any questionable behaviors they see at tax preparation businesses to our agency."

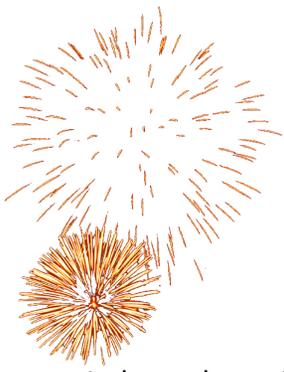
Home Improvement was ranked fifth with 325 complaints, followed closely by the Airline category (6th, 318 complaints). Complaints in this category were mainly related to two issues: the closure of De Pere-based carrier MetJet and a troubled frequent flier promotion involving Frontier Airlines and Delta Air Lines. In the case of the Frontier/Delta promotion, DATCP's mediation efforts helped consumers transfer more than 18,700,000 miles collectively from Frontier's program to Delta's program.

Rounding out the top ten are the categories of Gas Pump Accuracy (7th); Motor Vehicle Sales (8th); Motor Vehicle Repair (9th); and Contest/Sweepstakes/Prize Promotions (10th).

DATCP recorded 10,454 new formal written complaints in 2013.

For more information or to file a consumer complaint, visit datcp.wi.gov, send an email to datcphotline@wisconsin.gov or call the Consumer Information Hotline toll-free at 1-800-422-7128.

Connect with DATCP on Facebook at www.facebook.com/wiconsumer.



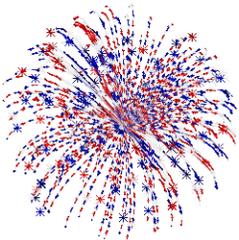
LET FREEDOM RING

Independence Day, more commonly called the Fourth of July, prompts a variety of activities and celebrations throughout the USA. Many people display the American flag outside their homes or businesses. Communities assemble parades during the day and fireworks displays after dark. Picnics, with competitions such as hotdog and watermelon eating contests, 3-legged races, tug-o-war, and swimming are held in parks and along lakefronts. Families celebrate and all over the nation the American people show patriotism and observe political freedom. Independence Day marks the anniversary of the United States' Declaration of Independence from Great Britain.

In 1775 New England began fighting Great Britain for Independence. On July 4, 1776, 56 men showed great courage by signing the Declaration of Independence, a document drafted by Thomas Jefferson and revised by John Adams and Benjamin Franklin. This document declared the separation of the American Colonies from England. By signing this document these men committed an act of treason against Great Britain - an act punishable by death. Four days later on July 8, 1776, the document was first read to the public and on August 2, 1776 - less than 2 months after being drafted - delegates of the colonies began signing it. The Declaration of Independence has become one of the most admired and copied political documents of all time. It is a justification of the American Revolution, citing grievances against the King of England, King George III, and is a philosophical statement asserting that people, as creatures of God or nature, have certain natural rights and liberties that cannot be violated. It affirms equality and freedom among humanity and has inspired freedom-seekers from around the world.



In Philadelphia during 1777, the first anniversary of American independence was spontaneously celebrated. This celebration was described in a letter by John Adams to his wife Abigail Adams. He wrote that this day would be celebrated with "pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations" throughout the nation. The term "Independence Day" was coined in 1791. Celebrations continued to be scarce and localized until after the War of 1812. Following this war events including the groundbreaking ceremonies for the Erie Canal, and the Baltimore and Ohio Railroad were scheduled to coincide with Fourth of July festivities. In 1859 African Americans were urged to celebrate Independence Day to propagate for the inconsistencies between the ideals of equality and freedom espoused in the Declaration of Independence and the practice of slavery. By the 1870's this day was celebrated as the most important secular holiday on the calendar with festivities being held as far as the western frontier. On June 28, 1870 Independence Day was declared an unpaid Federal Holiday, and in 1941 it became a paid holiday for Federal employees.



Today, America is a nation espoused in independence, freedom, and liberty. Fifty-nine places in the nation contain the word "liberty" in their name with Pennsylvania hosting more than any other state with a total of 11 places. Of the 59 places nationwide, 4 of these are counties. Patriot, IN, with a population of 209, is the only place with "patriot" in its name. In 2012, the U.S imported \$227.3 million in fireworks and \$3.8 million in American Flags. U.S population has grown from 2.5 million people living in the newly independent nation to an estimated 316.2 million people today.



It's Fair Time



This year the Waukesha County Fair is celebrating its 172nd anniversary. The first County Fair took place in 1842 on Carroll Street in Prairieville, WI. One of the main highlights of the event was a plowing match between farmers. The largest prize winning was \$3 for the best yield of corn from a single acre.

In early years, the Fair was held at a number of locations and had several name changes. Some of those locations include the current sites of Saratoga Softball Complex on Prairie Ave, Fountain Springs Apartment Complex on Grand Ave and Waukesha Discount Liquor. The County Fair has been at its present location of the Waukesha Expo Center since 1966. It was officially named "The Waukesha County Fair" in 1960.

Several additions were made to the fairgrounds over the years; the 4-H youth building in 1969, the outdoor horse show ring and the dairy barn in 1971 and the beef barn in 1974. A \$1 parking fee was added in 1972 as well as a 50¢ admission fee in 1981. Musical entertainment was added to the County Fair in 1984 and in 1988 beer and wine coolers were sold for the first time.

This year the Waukesha County Fair runs from July 16th through July 20th. You can visit the website at waukeshacountyfair.com or call 262-544-5922 for gate prices and hours. There is something for everyone at the Waukesha County Fair! Will you attend this Year?

WISCONSIN STATE FAIR

JULY 31- AUG 10 Presented By US Cellular

The 2014 Wisconsin State Fair opens on July 31st and runs through August 10th. It has become a place to reminisce, create new memories and just have fun.

In 2013, our State Fair welcomed over one million visitors during the 11 day event! The State Fair "Snowflake" logo has been in use since 1972 to advertise the year round use of the park. The very first Wisconsin State Fair was held in Janesville, WI in 1851 and was sponsored by the state Agricultural Society. The second Wisconsin State Fair was held in Milwaukee. For decades the Fair moved from town to town. Some of the cities that hosted the Fair were Watertown, Fond du Lac and Madison. In 1892, State Fair Park in West Allis became the permanent home for the Wisconsin State Fair.

Anyone who has ever attended the Wisconsin State Fair knows it involves eating tried and true Fair foods such as butter-dripping corn-on-the-cob and Cream Puffs. It also involves sampling many "unique" foods such as deep fried maple bacon cookie dough or "anything" on a stick. You can enjoy a wide variety of music at the many stages, walk through SpinCity to ride the Ferris wheel or try your luck at a carnival game. People come to visit the animal barns, numerous exhibitors and shop for something new and exciting. For more information, visit www.wistatefair.com



July is National Hot Dog Month!



Summer is here and the grills are hot! Hot dogs are center stage at picnics, ballparks, city carts and in your own backyard.

Hot dogs have been sold at baseball games since the beginning of baseball. The famous Nathan's Hot Dog Eating Competition began as a duel between four immigrants to determine who was the most patriotic. It has been held on Coney Island in New York on July 4th for 95 years now, with spectators numbering in the thousands.

According to Wikipedia, 7-Eleven serves the most hot dogs with 100 million annually. In 2010 it was cited that Americans would eat 7 billion hot dogs between Memorial Day and Labor Day.

Remember the Oscar Mayer Weiner Mobile? The concept that started in 1936 is still in operation, with 8 active mobiles currently in service. The "hotdogger" position of driving the Weiner Mobile is open to US citizens and runs for one year, from the first of June to the following first June. Every year, Oscar Mayer recruiters visit college campuses across the US looking for candidates. From the approximately 2,000 applicants, only 35 are selected. Those 35 applicants are brought to the Kraft Foods Headquarters in Madison, WI every March to be narrowed down to 12. Each Weiner Mobile holds two people.

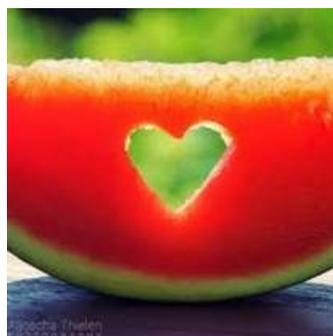
Enjoy the summer and eat one of America's favorite foods. If you are looking for healthier versions, they now make chicken sausages, low fat, and turkey sausages.



S S E E B Z E P Y S W C R C Z
 G H A S R N O L E M R E T A W
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BASEBALL
 CAMPING
 H O T
 MOSQUITOES
 STORMS
 TROPICAL

BEACH
 CORN
 L A Z Y
 SHADE
 SUNNY
 WARM



B E E S
 CRICKETS
 LEMONADE
 SIZZLING
 SWEATY
 WATERMELON

B R E E Z Y
 GRILLING
 LILACS
 SPRINKLER
 SWIMMING

Food Safety



We are in July, summer gatherings are going on. Now is a good time to brush up on some food safety tips so that you can remain healthy and enjoy all that summer has to offer. The following are some food safety myths and how to avoid the trouble they can bring.

Myth: “Leftovers are safe to eat until they smell bad.”

Fact: Most people would not choose to eat spoiled, smelly food. However, if they did, they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that don't. The types of bacteria that do cause illness usually do not affect the taste, smell, or appearance of food.

Tip: Freeze or toss refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don't take the risk—when in doubt, throw it out!

Myth: “If I microwave food, the microwaves kill the bacteria, so the food is safe.”

Fact: Microwaves aren't what kill bacteria—it's the heat generated by microwaves that kills bacteria in foods. Microwave ovens will kill bacteria in foods when heated to a safe temperature. However, foods that vary in shape or thickness may cook unevenly. Even microwave ovens equipped with a turntable can cook unevenly and leave cold spots in food, where harmful bacteria can survive.

Tip: Reheat leftovers until steaming hot. If using a microwave to cook, follow package instructions and rotate/stir foods if the instructions call for it. Check the temperature of cooked foods with a food thermometer in several spots.

 **UW Extension**
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Nutrition Education Program
515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para mas información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

Myth: “I don't need to wash my produce if I am going to peel it.”

Fact: Harmful bacteria could be on the outside of the produce. If you peel or cut it without first washing it, the bacteria could be transferred to the part you eat.

Tip: Wash fresh fruits and vegetables under running tap water just before eating, cutting, or cooking. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean produce brush.

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

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