

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188
Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:
www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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100th Anniversary of National Parks

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Farmers' Markets



THE ADRC CONNECTION

August 2016



A HISTORY OF THE OLYMPIC GAMES

The ancient Olympic Games began in Greece approximately 3,000 years ago. According to existing historic manuscripts, the first ancient Olympic Games were celebrated in 776 BC in Olympia. The games were dedicated to the Greek god Zeus and were held in the same place every four years. The four-year period became known as an "Olympiad".

There were originally three main criteria for participating in the ancient Olympic Games. The athlete had to be male, of Greek origin, and freeborn. After the conquest of Greece by Rome in 146 BC, the Romans were able to join the Greek athletes. Each city selected the best athletes from its gymnasium to participate. Sporting events included running, wrestling, boxing, pankration (an ancient martial art), equestrian, and the pentathlon. Women were not permitted to compete, nor were married women allowed to spectate.

After the conquest of Greece by Rome, a period of decline began which ended with the Games being abolished in 393 AD. Emperor Theodosius I decided to abolish all pagan cults and centers and thus the ancient Olympic Games were discontinued after more than 1,000 years in existence.

Fast forward to 1875 when an archaeological dig uncovered the ruins of Olympia inspiring Pierre de Coubertin, a French educator and historian, to recreate the Olympic Games. In 1894, Coubertin founded the International Olympic Committee and began planning the first modern Olympiad which was held in Athens, Greece in 1896. The competition attracted just over 245 male competitors with 14 countries represented, of which 200 athletes were from Greece. Despite many obstacles, the 1896 Olympics were regarded as a great success. The Games had the largest international participation of any sporting event at that time.

Four years later, the 1900 Summer Olympics held in Paris attracted more than four times as many athletes, including 20 women, who were officially allowed to compete for the first time in croquet, golf, sailing and tennis. Over the years, the Olympics have increased from a 42-event competition to a 300-event sporting celebration with competitors from 205 nations.

The 2016 Summer Olympics will be held in Rio De Janeiro, Brazil starting August 5th and running through the 21st. Over 10,000 of the world's best athletes will be competing in 42 sporting competitions. Among the hopeful are two Wisconsin natives; Gwen Jorgenson, who will be competing in the triathlon, and swimmer Katie Drabot, competing in the 100 & 200 meter freestyles.





The Caregiver Connection provides information, support, timely access to resources, educational opportunities and assistance in navigating the system for caregivers in Waukesha County.

Visit thecaregiverconnection.org for more information.

TIPS FOR DIFFUSING FAMILY CONFLICT

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication and a commitment to making the caregiving plan work are essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.

Use "I" statements to avoid blaming others.

Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone. "Learn something from someone with whom you disagree."

Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.

Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.

When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.

Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).

If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you be a better communicator.

LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.

Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write down tasks so everyone is clear about expectations.

Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.

Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.

Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

NATIONAL PARK SERVICE CENTENNIAL



Celebrating 100 Years of Service

On August 25, 2016 the National Park Service turns 100!

The Centennial will celebrate the achievements of the past 100 years, but it is really about the future. It's about kicking off a second century of stewardship for America's national parks and for communities across the nation. Most importantly, it's about inviting you to join us.

The National Park Service and National Park Foundation are working closely with partners and stakeholders across the country to ensure that the Centennial is more than a birthday. We want people everywhere to embrace the opportunities to explore, learn, be inspired or simply have fun in their 407 national parks, as well as understand how the National Park Service's community-based recreation, conservation, and historic preservation programs positively impact their own communities.

In celebration of the upcoming National Park Service Centennial, the National Park Foundation and the National Park Service kicked off the Find Your Park movement to inspire all people to connect with, enjoy, and support America's national parks. We invite those who already know and love the parks and also the next generation of visitors, supporters, and advocates to join the movement at FindYourPark.com and by using #FindYourPark on social media. We are excited for you to be a part of our second century of stewardship!



Wisconsin has four National Parks/Recreational Lands that you can access with your Pass.

Apostle Islands National Lakeshore in Lake Superior, WI has windswept beaches and cliffs, where visitors can experience 21 islands and 12 miles of mainland. Lighthouses shine over Lakes Superior and the wilderness areas. Visitors can hike, paddle, sail, or cruise to experience the Apostle Islands.

Ice Age National Scenic Trail in Madison, WI was established in 1980 and traces evidence of the edge of a huge glacier which covered North America over 15,000 years ago.

North Country Scenic Trail spans seven states from New York to North Dakota. Once completed, this trail will be the longest continuous hiking trail in the United States. This trail links scenic, natural, historic, and cultural areas allowing visitors to experience a variety of northern landscapes. Come experience your America, at walking pace.

Saint Croix National Scenic Riverway in Saint Croix Falls, WI offers 255 miles of clean water rushing past a lush green landscape. Canoe, camp, boat, and fish along the river which provides scenic views and haven for wildlife.



Information taken from: <https://www.nps.gov/index.htm> and <https://www.usgs.gov>

Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better. The workshops are run by trained leaders. For a full list of these and future classes available, contact the ADRC (ask for Lee) or check out our website <https://www.waukeshacounty.gov/ADRCWorkshops/>

Living Life Well with Chronic Conditions

People with chronic health conditions live most of their lives outside of hospitals and clinics. This workshop will focus on learning information and skills on how to manage the daily aspects of chronic conditions. This workshop is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition Heart and lung problems, high blood pressure, high cholesterol, chronic pain, Arthritis and Asthma, as well as Crohn's disease and Depression are some examples of chronic or ongoing health conditions. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with a chronic or ongoing health condition. With mutual support participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do this Things YOU want to do.

Fridays, August 19 – September 23, 2016 (6 weeks)

9:30 a – 12 noon (light refreshment included)

Location: **Waukesha Memorial Hospital**
725 American Ave.
Waukesha, WI 53188

Contact: ProHealth Care class registration: (262) 928-2745

Cost: Free

Live.Life.Healthy



Boost Your Brain & Memory

Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 8-weekly sessions includes well constructed informational video segments, followed by group discussion, exercises and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Wednesdays, August 24, 31, Sept. 7, 14, 21, 28, October 5 2016 (7 weeks)

1:30 – 3:00 pm light snack offered

Location: **Muskego Public Library**
W182 S 8200 Racine Ave.
Muskego, WI 53150

Registration Contact: Librarian Samantha S. - (262) 679-4100 or online
Lee C. @ ADRC of Waukesha County (262) 548 – 7848

Class size: 10 minimum - 20 maximum participants

Cost: Free. Complimentary light Refreshment offered.



Stepping On (falls prevention) workshop

This 7 week program is perfect for active senior adults who have fallen in the past year or have a "healthy respect" for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. Active, independent living adults without dementia will see the most improvement.

Fridays, August 26 – October 7, 2016 (7 weeks)

1:00 p – 3:00 p (light refreshment included)

Location: **Ocon Senior Center – Activities Rm**
210 Main Street
Oconomowoc, WI 53066

Contact: (262) 567-4288

Cost: Free

Sip & Swipe Café is off to a Great Start

The first class of sip & Swipe Café students have graduated with honors. These older adults have successfully mastered the use of a Tablet to surf the web, connect with friends and family (via email and Skype), and shared photos of their exploits along the way. They have discovered the joy in watching YouTube videos and learning about different places around the world. Many have even stepped into the electronic age by doing their banking and making purchases from their favorite shopping site. Sip & Swipe Cafés will run through the end of the year. Café sessions meet in the Caregiver's Library at the ADRC, session times vary. If you are interested in participating, you are encouraged to call the Community Health Education Coordinator at the ADRC: (262) 548 7848.



Included in picture from left to right:
Leor G., Carol O., Coach Nick A.,
Coach LaRita S., Allen S.

From the Desk of Your Benefit Specialist

Can't Pay Your Medical Bill?

By the GWAAR Legal Services Team

As soon as you realize you cannot afford to pay your entire medical bill, you should contact your medical provider. Many providers are willing to set up monthly payment arrangements. You can use your negotiation skills to set up a payment plan that fits within your budget. However, keep in mind that your monthly payments should be reasonable. The monthly repayment amount should fit in your budget and show that you are actively trying to pay the bill in full.

Here are some other important tips from the State of Wisconsin Department of Agriculture, Trade and Consumer Protection agency:

1. If you know you may have trouble paying your bill, try to make arrangements *before* you receive medical services. Some providers offer discounts for eligible participants.
2. Providers do not have to accept or offer a payment plan.
3. If your bills are past due, your account can be turned over to a collection agency.
4. If your account is turned over to an external collection agency, you will have to negotiate with the collection agency and not the medical provider.
5. Review all of the medical bills you receive and contact your provider about any questionable bills or unpaid balances as soon as you can.

Overall, if you cannot afford to pay your medical bills, don't ignore them and let them become past-due. You have options. The key is to not panic and to be proactive.

<https://datcp.wi.gov/Pages/Homepage.aspx>

Achieving a Better Life Experience (ABLE) Act

What is the ABLE Act?

The Achieving a Better Life Experience (ABLE) Act of 2014 amends Section 529 of the federal tax code to enable individuals with disabilities to save for present and future expenses while maintaining eligibility for public benefits. Beneficiaries must be individuals with disabilities that began before age 26.

What is an ABLE Account?

An ABLE account is a tax-advantaged savings account established by or on behalf of an individual with a disability to save for disability related expenses. The income earned from ABLE funds grow tax-free, and may be used for many different types of expenses, such as education, housing and transportation. The beneficiary is the owner of the account.

On March 31, 2016, the law authorizing Wisconsin to create its own ABLE account program was repealed. This means Wisconsin will not have an ABLE account program. However, Wisconsin residents can open an ABLE account in any state that establishes a program and opens it to out-of-state residents. Wisconsin residents will still receive preferential tax treatment for ABLE accounts created in other states. Any assets remaining in the account when a beneficiary dies will be used to reimburse the state for Medicaid payments made for the beneficiary after creation of the account.

For more information, you may contact the Disability Benefits Specialist program, or an elder law attorney near you.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. 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. The class is located at the Health and Human Services Building at 514 Riverview Avenue. 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/>

Turning 65?
Need Medicare?



Get on Board for the Walk to End Alzheimer's® in Waukesha County

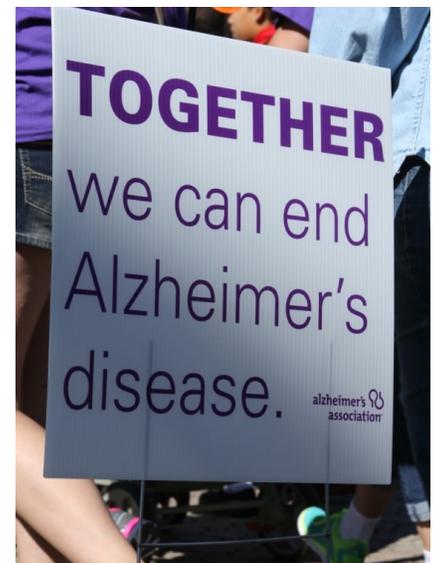
Saturday, September 10 at Frame Park

Walk Co-Chairs Ted and Pam Larsen invite you to Walk with Us because **The End of Alzheimer's Starts with You!** Register for the Walk to End Alzheimer's on September 10th at Frame Park in Waukesha. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

Enjoy a scenic stroll along the river, plus all the pre and post-Walk festivities including a complimentary breakfast and lunch provided by Chef Jack's Catering, entertainment by Brad Schimel and Four on the Floor, team photos, and the Purple Clubhouse activity area featuring family activities, temporary tattoos and a crazy Purple selfie station.

Alzheimer's Disease is Relentless. So Are We. Right now, Alzheimer's disease – the nation's sixth-leading cause of death – is an epidemic devastating our families, our finances and our future. By stepping up as a leader in the fight, you can do something to stop it!

Start or join a team today at alz.org/walk.



Renew it online

<https://app.wi.gov/disabledparking>

Ask your health care specialist to complete your request today.



Renewing disabled parking cards made easier

WisDOT offers health care specialists a new online service to certify disabled parking eligibility

Doctors, advanced practice nurses, chiropractors and other specialists can now easily certify their patients' eligibility status for disabled parking through the Wisconsin Department of Transportation's (WisDOT) new online process at: <https://app.wi.gov/disabledparking>.

Streamlining the certification process for health care specialists means medical professionals can go online to certify the renewal and issuance of disabled parking cards and plates. This helps patients get their disabled parking cards within days and reduces paperwork. By avoiding a trip to a DMV service center or the need to mail an application to WisDOT, the new system is a tremendous time saver all around.

WisDOT's new Disabled Parking Certification System joins many other WisDOT online tools and services that are available 24/7. Health care specialists are required to complete and sign an Eligibility Certification every four years for a patient to receive permanent disabled parking privileges. This new online service simplifies the process and improves customer service.

There is no fee to renew permanent disabled parking cards, although a counter service fee will be included if renewed in person at a DMV service center. Customers will now receive their corresponding renewal stickers within 3-4 business days after their health specialists complete the online Eligibility Certification. Traditional paper verification can take up to 7-10 business days.

When accessing transportation-related forms, only websites with .gov extension are from official state websites. Others with .org and .com are not official and may have extra charges for forms or list information that is outdated or incorrect. In addition to the expanding services on its website, WisDOT connects with customers on [Facebook](https://www.facebook.com/WisDOT) (www.facebook.com/WisDOT) and [Twitter](https://twitter.com/WisconsinDOT) @WisconsinDOT.

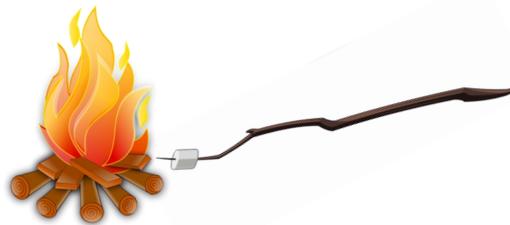
S'Mores Dip

S'mores Day is August 10th!

Ingredients:

- 1 bag chocolate chips, semi-sweet
- 1 bag marshmallows
- 1 box graham crackers, any flavor

Preheat oven to 450 degrees. In a cast iron or other oven-safe pan, coat bottom with chocolate chips until no metal is exposed. Cover chocolate chips with an even layer of marshmallows, standing them on end. Place pan in oven for 8-10 minutes, or until marshmallows are a golden-brown. Dip graham crackers in and enjoy!

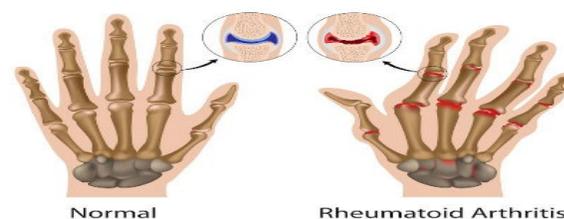


ASK INA



Dear INA,
I have had joint pain and stiffness for many years and thought “old age” was just setting in. The pain was interfering substantially with my quality of life. I was having trouble bathing and dressing. It is more difficult for me to be on my feet long enough to prepare meals. I recently went to my primary care doctor and she performed a physical exam to check for swollen joints. My doctor referred me to a rheumatologist, a doctor whom specializes in diagnosing and treating arthritis and rheumatic conditions. The rheumatologist did a comprehensive and thorough assessment to confirm that I have rheumatoid arthritis.
What should be my first step to improving life with arthritis?

“Arthur Itis” **Sincerely,**

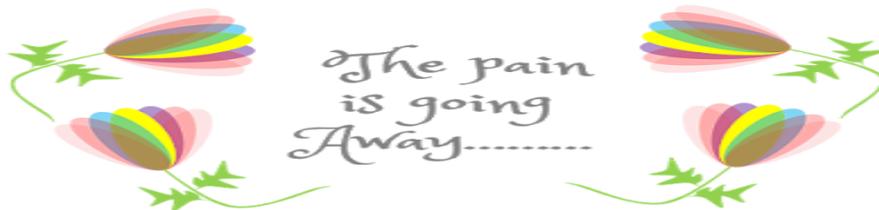


Dear Arthur,

Good for you for going to see your doctor, this is the first step to feeling better! Doctors tend to treat arthritis with anti-inflammatory medications and painkillers, and may prescribe physical therapy, but painful flare-ups are still a fact of life.

The good news is these eight strategies may help you live better with your chronic condition, but remember to always check with your doctor prior to beginning a pain management regimen.

- Always protect your joints. Instead of lifting that gallon of milk, buy a quart of milk to put less stress on your joints. Break up your household chores into steps where you can complete one part at a time instead of trying to complete an entire task at once.
- Exercise can be a key component of keeping your pain down. Walking three times a week for thirty minutes at a time can offer benefits in reducing pain, but don't exercise when joints are inflamed. Check with your doctor prior to performing any exercise.
- Do light stretching exercises every day to the extent that it does not cause you pain.
- Get enough rest. Rest is important to ease the pain in your joints, but avoid too much rest. Being sedentary can prove the opposite effect to your body.
- Use hot and cold therapy. Take a warm bath or hot shower in the early morning, this can loosen stiff joints. Moist heat can provide relief for arthritis pain. You can make your own moist heat pack in the microwave by putting a damp washcloth in the microwave inside a Ziploc baggie for about 15 seconds. Use cold packs from your freezer, or a bag of peas directly on your swelling joints.
- Consider losing weight if your body mass index is over 25. The extra weight on your knees, back and hips can increase inflammation and cause arthritic symptoms to flare up. <https://nccd.cdc.gov/dnpabmi/calculator.aspx>
- Regular massaging of arthritic joints can help reduce pain and stiffness, and improve your range of motion. Consider working with a physical therapist to learn self-massage, or schedule appointment with a massage therapist regularly.



Get Transportation to Cast Your Vote this Fall!

This November is the General Election where we will be selecting the offices of President & Vice President of the United States. Other offices up for election in Wisconsin include: the United States Senate position currently held by Senator Ron Johnson, our Representatives in Congress, State Senators in even-numbered districts, all State Representatives to the Assembly, and all District Attorneys.

To help our seniors and adults with disabilities get to the polls to perform their civic duty, the Aging and Disability Resource Center will be working with our specialized transportation partners to assist Waukesha County residents to vote. **All riders must be eligible for specialized transportation services and must be registered through the ADRC.** To register for transportation services, call the ADRC at 262-548-7848.



WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc

*Area Professionals from varied disciplines have developed the **ElderCare Focus Group of Southeastern Wisconsin, Inc.** to help address the health, financial, legal and social issues facing an aging America. Through seminars, this group will help to educate seniors and their families in how to deal with elder life planning issues by providing peace of mind and solutions on how to maintain independence.*

Is it Normal to Forget?

What is New in Dementia Research

The warning signs of Alzheimer's disease are often dismissed as signs of normal aging. If you, or someone you know, is experiencing memory loss or behavioral changes, then it is time to learn the facts.

August 11th, 2016 from 10:00 am to 12:00 noon
 New Berlin Library Community Room, 15105 Library Lane
 Refreshments will be Provided
 Questions and Replies to Jean Lazarus 414-352-1966

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Sloppy Joe Whole Wheat Bun Baked Beans Watermelon Pudding Alt. Canned Pears	Chicken Cordon Bleu Wild Rice Blend w/ buttery garlic sauce Green Bean Casserole Seven Grain Bread w/ butter Peaches	STATE FAIR DAY Barbecue pulled Pork on a Bun Baked Beans Tomato and Onion Salad Watermelon Wedge Cream Puff	Chili w/ cheese and onions Crackers Tossed Salad w/ Ranch Dressing Cornbread/butter Fruit Cocktail Dessert Bar Alt. Diet Pudding	Egg Salad on Croissant w/ Lettuce & Tomato Cold Beet Salad Grapes Oatmeal Raisin Cookie Alt. Pears
8	9	10	11	12
Tuna Noodle Casserole Stewed Tomatoes Fresh Banana Wheat Bread w/ butter Cherry Pie Alt. Diet Pudding	Meatloaf w/Mushroom Gravy Mashed Reds w/ gravy Sweet-Sour Red Cabbage Garlic Bread Chocolate Chip Cookie Alt. Fresh Fruit	Summer Olympics Olympic Chicken Black Beans & Rice Roasted Root Veg's Cheese bread Tropical Fruit Rice Pudding Alt. Diet pudding	Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	BBQ Chicken Tri-Colored Pasta Salad Creamed Spinach Whole Grain Bread w/ butter Tropical Fruit
15	16	17	18	19
Turkey à la King Seasoned Rice Brussels Sprouts Dark Rye Roll / butter Pineapple Juice Chocolate Chip Cookie Alt. Fresh Orange	Baked Ham Scalloped Potatoes Broccoli Wheat Bread w/ butter Pineapple Tidbits	Irish Fest Chilled Corned Beef & Swiss on Rye w/ mustard Cabbage and Carrots Fresh Fruit Salad Potato Salad Mint Frosted Brownie Alt: Diet Pudding	Cheeseburger on Bun Ketchup & Mustard Baked Beans Cantaloupe Baker's Choice Cookie Alt. Fruit	Chicken Salad Sandwich on wheat Sun Chips Tomato/Onion Salad Grapes Ice Cream Alt: Diet Ice Cream
22	23	24	25	26
Stuffed Cabbage Roll Garlic Mashed Potatoes and gravy Peas & Carrots Seven-Grain Bread w/ butter Watermelon	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Apricots Dessert Bar Alt. Fresh Fruit	Mexican Fiesta Baked Potato topped w/ Taco Meat, Lettuce, Tomato, Cheese, Sour Cr Southwest Style Corn Tropical Fruit Cup Cinnamon Sugar Donut Alt: Fresh fruit	Pork Chop Suey Brown Rice Oriental Blend Veg Mandarin Oranges Wheat Dinner Roll w/ butter Almond Cookie Alt: Banana	Roast Turkey/Gravy Mashed Potatoes w/Gravy Key Largo Vegetables Dinner Roll Cranberry Oatmeal Cookie Alt: Fresh Plum
29	30	31	<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE;</p> <p>1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>	
Swedish Meatballs Egg Noodles w/ gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Diet Pudding	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Marinated Chicken Breast Au Gratin Potatoes California Veggie Blend Dinner Roll / butter Cook's Choice Fresh Fruit		

What are Cruciferous Vegetables?

Cruciferous vegetables are low in calories and are good sources of fiber, folate, vitamin K, potassium and magnesium. Dark green veggies like spinach, kale and broccoli are also high in Vitamins A and C. Research shows that eating cruciferous vegetables regularly may reduce inflammation, improve memory and lower your risk of some cancers.

Cruciferous Veggies:

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Kale
- Kohlrabi
- Mustard greens
- Rutabaga
- Turnips
- Bok choy
- Chinese cabbage
- Arugula
- Horseradish
- Radish
- Wasabi
- Watercress

We eat the leaves, stems, roots, and flower buds of cruciferous vegetables!



“Cruciferous” means “cross-shaped” and describes the blossoms of this vegetable family.

Phytochemicals are chemicals that give plants their colors, flavors and scents.

Cruciferous vegetables are rich in a phytochemical that contains sulfur. When you smell cabbage cooking, you’re smelling phytochemicals! Phytochemicals are “phygthers” for good health. Eating a variety of fruits, vegetables and whole grains provides you with the nutrition your body needs.

Choosing cruciferous veggies

Broccoli

- Firm, light green stalks
- Bluish-green florets, tightly closed

Brussels Sprouts

- Firm, green heads
- Tightly closed leaves, no yellow color

Cabbage

- Evenly colored, firm heads with tightly packed leaves

Cauliflower

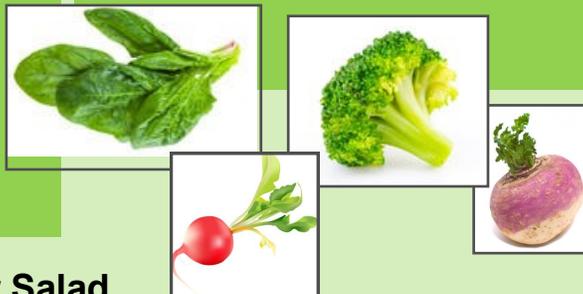
- Creamy-white heads with bright green leaves
- Compact florets without dark spots

Storage

Broccoli, Brussels sprouts, cauliflower and cabbage should be refrigerated in the vegetable crisper or in a plastic bag. Do not wash before storing.

Cabbage may stay fresh in the refrigerator for up to 2 weeks. The rest will stay fresh for up to 5 days.

Frozen vegetables are available year round, are just as nutritious as fresh and are easy to prepare for a quick side dish.



Phyto Power Salad

Ingredients

- 1 small broccoli head, chopped
- 4 kale leaves, sliced thinly
- 1 cup shredded carrots
- 1 cucumber, diced
- 4 mini sweet peppers, diced
- 4 green onions, chopped
- 2 tablespoons olive oil
- ¼ cup red wine vinegar or apple cider vinegar
- 2 tablespoons honey
- Salt, pepper to taste

Directions

1. Combine the veggies in a large bowl.
2. In a small bowl, add the oil, vinegar, honey, salt & pepper. Whisk to combine. Drizzle over the veggies. Toss well to combine.
3. Refrigerate for a few hours. Mix before serving.

Vary the veggies with what you have on hand. Add pasta or beans to make a main dish salad.

Adapted from Stone Soup www.foodandnutrition.org

UW Extension

Waukesha County

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>



America, Waukesha County, Let's Do Lunch

Recently, the Aging and Disability Resource Center of Waukesha became a member of Meals on Wheels America™. Meals on Wheels America™ is the oldest and largest national organization supporting more than 5,000 community-based programs across the country dedicated to addressing senior isolation and hunger. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America™ empowers its local member programs to strengthen their communities, one senior at a time.

This summer, in partnership with the Ad Council, Meals on Wheels America™ is launching one of their biggest national campaigns to recruit new volunteers to serve the nation's elderly population. The ads will not focus on the struggles with hunger or isolation of those being served, rather it will tell stories of their lives in hopes of moving people to want to help and connect with them. Renowned photographer Mark Seliger has lent his talent to create a portrait series of seniors which highlights their past stories and unique personalities.

The new ad campaign will invite America to "do lunch" by asking people to donate their lunch break to volunteer their time to deliver meals on wheels. With the senior population projected to double by 2050, Meals on Wheels needs to recruit a whole new wave of volunteers to serve the growing need. Volunteers are crucial to the well-being of seniors across the country. With the majority of the current volunteer base over the age of 55, there is a real need to encourage and recruit people of all ages to get involved, donate their lunch break and volunteer.

The Ad Council is distributing the Public Serve Announcements featuring the Let's Do Lunch campaign to its network of more than 22,000 media outlets through the country. The ads will appear on TV, radio, billboards and digital platforms. In addition, conversations on Meals on Wheels America™ will be featured on social networks. The ADRC of Waukesha County will be able to customize some of the public service announcements and will be notified of potential volunteers inquiring about a volunteer position within the zip codes we service. As you begin to notice the ads, be mindful that the volunteer who delivers the meal is often the only person the meals on wheels recipient will see and interact with that day. The delivery isn't just about nutrition; it's about the moments of human connection that nourish and inspire both the recipient and volunteer.

<https://americaletsdolunch.org/>



Volunteers Needed for Fall Clean Up

Winter is coming! It's hard to think of snow when we are in the thick of summer, but soon leaves will be falling and we'll turn our ACs off and put the heaters on. Interfaith Senior Programs is looking for individuals and groups across Waukesha County who are willing to help seniors and adults with disabilities winterize their homes. Task could include raking, putting away lawn furniture, cleaning out first floor gutters, and washing windows. Projects will gear up in October. This is a great opportunity for families and church groups. Help a senior in your area! For more information or to sign up contact Anna Roesel at AnnaR@InterfaithWaukesha.org or call (262) 522-2402.

INTERFAITH
SENIOR PROGRAMS

Summer is a wonderful time to visit your local farmers' markets! Besides the fresh produce offered at competitive pricing compared to the grocery store, there are many other things to see, do, and hear at the Farmers' Market! Here are your local Farmers' Markets in the area!



WAUKESHA COUNTY

Brookfield Farmers Market: 7:30 a.m.-noon Saturdays, May 7-Oct. 29. Civic Plaza, 2000 N. Calhoun Road. Bobbi Harvey, (262) 784-7804, info@brookfieldfarmersmarket.com.

Brookfield Village Farmers Market: 3-7 p.m. Thursdays, June 2-Oct. 6. Just off Brookfield Road in the Hoffman Avenue parking lot. Dawn Farina Condon, (262) 327-1020, brookfieldvillage1836@gmail.com.

Butler Farmers Market: Noon-6 p.m. Mondays, June 6-Oct. 17 (no market July 4 or Labor Day). 12700 W. Hampton Avenue. Sue Hesselgrave, (414) 840-6602, butlerfarmersmarket@yahoo.com.

Delafield Farmers Market: 8 a.m.-1 p.m. Saturdays, late May-Oct. 29. In city parking lot on Main Street, one block west of Genesee Street. (Highway C). (262) 719-3848, delafieldmarket@gmail.com.

Dousman Farmers Market: 2-6 p.m. Wednesdays, May 4-Oct. 19. Street Mary's Church parking lot, Highways 18 and 67. Judy Engel, dousmanmarket@gmail.com.

Elm Grove Village Market: 5-8 p.m. Wednesdays, June 8-Oct. 19. 13230 Watertown Plank Road, Elm Grove (parking lot of Ray's Auto Service). Beth Sadowski, getittogetherclothing@gmail.com, (262) 784-9453

Menomonee Falls Farmers Market: 8 a.m.-3 p.m. Wednesdays, May 4-Oct. 26; 9 a.m.-2 p.m. Sundays, Aug. 7-Oct. 30. Main Street, one block west of Appleton Avenue. Barb Watters, (262) 251-8797 vcmenfalls@wi.rr.com.

Mukwonago Area Farmers Market: 2-6 p.m. Wednesdays, May 18-Oct. 5. Field Park on corner of Hwy. 83 & NN. (262) 363-7758, assistant@mukwonagochamber.org.

Muskego Green Market: 3-7 p.m. Thursdays, May 26-Sept. 29. Muskego Public Library parking lot, S73-W1663 Janesville Road. (414) 520-7071, muskegogreenmarket@gmail.com

New Berlin Farmers Market: 8 a.m.-noon Saturdays, May 7-Oct. 29 (except July 2). 16300 W. National Avenue. Michael Skupien, (262) 786-5280, nbfarmersmkt@gmail.com.

Oconomowoc Farmers Market: 7:30 a.m.-noon Saturdays, May 7-Oct. 29. South Municipal parking lot, behind 175 E. Wisconsin Avenue, (262) 567-2666, joellen@oconomowoc.org.

Oconomowoc Midweek Marketplace: 4-7 p.m. Wednesdays, July 13-Aug. 31. Village Green, corner of Main Street. and Wisconsin Avenue, (262) 567-2666, joellen@oconomowoc.org.

Pewaukee Farmers Market: 3:30-7 p.m. Wednesdays, May 25-Aug. 31. Spring Creek Church parking lot, N35 W22000 Capitol Drive. info@pewaukeechamber.org.

Sussex Farmers Market: 9:30 a.m.-1 p.m. Sundays, June 5-Oct. 16. Armory Park, W239 N5664 Maple Avenue. Tanya Bohacheff, (262) 246-6447, sussexfarmersmarket@gmail.com

Waukesha Farmers Market: 8 a.m.-1 p.m. Saturdays, May 7-Oct. 29. Between Barstow and Broadway, north of the Fox River. (262) 547-2354, info@waukeshafarmersmarket.com.



Olympic Sudoku

Every row, column and mini grid must contain the letters:

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

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