

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188
Open 8:00 am to 4:30 pm
Monday through Friday

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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Farmers' Market Vouchers Available to Waukesha County Seniors Starting June 1st

The Aging and Disability Resource Center of Waukesha County will once again be administering the Senior Farmers' Market Voucher Nutrition Program (SFMNP) for Waukesha County. Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines are eligible to receive \$25.00 worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, herbs, and honey from farmers' markets and roadside stands.

Household Size	Monthly Income	Annual Income
1	\$1,832	\$21,978
2	2,470	29,637
3	3,108	37,296
4	3,747	44,955

(Please contact the ADRC to obtain income limitations for households larger than 4.)

Vouchers are distributed on a first-come / first-served basis and are limited to \$25.00 per household. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the vouchers. 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.

The Aging & Disability Resource Center (ADRC) will be distributing the Farmer's Market Nutrition Program vouchers at various locations throughout the county. Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations. *Dates and times subject to change without notice.*

Friday June 3, 2016 – 11:00 am - 1:00 pm— East Terrace Apartments
801 N East Ave., Waukesha 544-9757

Thursday June 9, 2016 - 1:30 pm - 3:30 pm—Muskego Food Pantry
W189S8184 Mercury Dr., Muskego 679-6448

Friday June 10, 2016 - 12:30 - 3:00 pm—Waukesha Food Pantry
1301 Sentry Drive, Waukesha 542-5300

Monday June 13, 2016 – 1:00pm – 3:00pm—High Ridge Manor
13445 W National Ave., New Berlin 789-9588

Tuesday June 14, 2016—10:00 am—12:00 pm—Hickory View Commons
211 S. Concord Rd., Oconomowoc 560-0211

Wednesday June 15, 2016 – 11:00 am - 12:30 pm— Mukwonago Food Pantry
225 Eagle Lake Avenue, Mukwonago 363-3452

Wednesday June 15, 2016 – Noon - 1:30 pm—New Berlin Food Pantry
14750 W. Cleveland Ave., New Berlin 789-8040

Wednesday June 15, 2016 – 12:30pm – 2:00pm—Sussex Outreach Services Food Pantry
N65 W24838 Main St, Unit #410, Sussex 246-9490



Thursday June 16, 2016 – 2:00pm – 4:00pm—Hampton Regency

12999 W Hampton Ave, Butler 781-4407

Monday June 20, 2016 – 12:30 pm - 1:30 pm—Menomonee Falls Community Center

W152 N8645 Margaret Road, Menomonee Falls 251-3406



Vouchers may also be obtained from the ADRC Office, Human Services Center, 514 Riverview Ave., Waukesha WI Monday-Friday 8:00 am – 4:30 pm beginning June 1st. For general information related to the vouchers, please contact the ADRC at 262-548-7848. Please visit our website at www.waukeshacounty.gov for more details on the services we provide.

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.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Celebrate Summer!

Waukesha and Milwaukee counties have a lot to offer when it comes to outdoor activities during the summer. Summer is a great time to get outside, enjoy the weather, good music and food.



PrideFest kicks off the festivals on June 10th-12th. PrideFest Milwaukee helps educate both the general and LGBT communities about needs, issues, and various aspects of LGBT culture. Visit <http://pridefest.com/> for more information and to purchase tickets.



Fiesta Waukesha, located in Frame Park, is on June 10th-12th and is free for all to attend. The purpose of the festival is to promote multicultural awareness through a three-day music and cultural festival. Go and experience great Latin American cuisine, music, amusement rides, children's area and much more. Hours are 4pm-11pm on Friday, June 10th and 11am to 11pm on Saturday, June 11th and Sunday, June 12th.



Summerfest, the World's Largest Music Festival, runs from June 29th to July 3rd, closed on July 4th and reopens July 5th through the 10th. Summerfest is held on Milwaukee's lakefront, where it has been held since 1968. Throughout the festival, over 800 bands play on 11 stages. Enjoy all kinds of food, beverages and other activities. Seniors age 60 and up will be admitted free on Wednesday, July 6th from 12pm to 4pm on "SeniorFest Day." Seniors who buy food and non alcoholic beverages totaling more over \$10 will get \$2 off their purchase. For more information on dates and information, please refer to <http://milwaukeeworldfestival.com>.



**“NO LIFE IS WITHOUT DIFFICULTIES,
NO GARDEN IS WITHOUT WEEDS”**

C.L. Fornari



Gardening for people with disabilities or for those that are getting older.....

A garden is a piece of ground, often near a house, used for growing flowers, fruit or vegetables. Gardening is the act of tending or cultivating that piece of ground as part of horticulture. Gardens can take place inside or outside. Gardening is considered to be a relaxing activity for many people. A gardeners' equipment can be their hands or garden tools.

Adaptive garden hand tools are available and designed to be ergonomically angled taking the strain and discomfort out of gardening. Garden tools with long handles provide leverage and can also be helpful when gardening from a seated position, keeping you from having to bend over. These tools are available in many hardware stores. Light-weight tools help avoid back strain. Don't be afraid to use an adaptive/ergonomic tool to make gardening easier for you.

For those with limited mobility, consider switching from garden plots to higher raised beds. Build raised beds or containers whenever possible to minimize bending. Consider making small modifications to accommodate a gardener's physical injuries or disabilities; for example, garden from a chair or kneeler to add comfort if you have knee problems or difficulty standing.

Benefits of gardening include:

- ☀ Maintaining better flexibility in joints
- ☀ Gaining larger range of motion
- ☀ Enjoying a better quality of life
- ☀ Enjoying the fresh air and sunshine
- ☀ Reducing stress and promoting relaxation with the sights, smells, and sounds of the garden
- ☀ Eating the food you grow yourself, knowing it is fresh

Hints for enjoyment of gardening:

- ☀ Warm up your joints prior to gardening by doing some light stretching
- ☀ Garden at times when you feel the strongest
- ☀ Wear sun protection (hats, sun glasses, sun screen)
- ☀ Use proper tools and keep them in good condition
- ☀ Use raised beds or container gardens
- ☀ Wear gloves to protect your hands

Remember: You don't need a big backyard or a green thumb to benefit from gardening. If you have very little space or experience, you can start out with just a few houseplants, or you could even try gardening in containers.

“Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas.”

- Elizabeth Murray

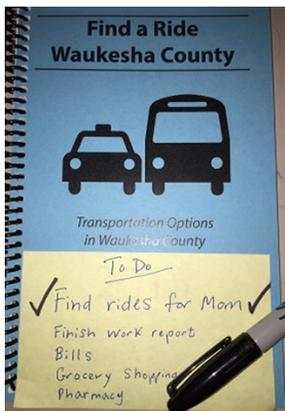


The Caregiver Connection provides information, support, timely access to resources, educational opportunities and assistance in navigating the system for caregivers in Waukesha County.

Visit thecaregiverconnection.org for more information.

Find a Ride Waukesha County

When your senior no longer drives or can only drive in certain conditions, it can be difficult to know where to turn. You may be able to take your senior to some appointments and necessary destinations, but most caregivers cannot cover all the rides their senior may need.



The Mobility Management program of Interfaith Senior Programs can help check “finding transportation” off your to-do list by providing:

- ✓ A comprehensive resource for transportation in Waukesha County in the Find A Ride Guide book available by calling **262-522-2408**.
- ✓ Up to date information on transportation options at www.FindARideWaukesha.org.
- ✓ Presentations to groups about transportation resources for seniors and individuals with disabilities.
- ✓ One-on-one support from the Mobility Manager by calling **262-522-2408** or emailing **MargauxS@InterfaithWaukesha.org**. This one-on-one support can help you:
 - ◆ Identify the best transportation option(s) for your senior’s needs.
 - ◆ Navigate the eligibility and application processes.
 - ◆ Advocate for your senior if problems or concerns arise with transportation.
- ✓ County-wide advocacy and coordination to improve and expand transportation for seniors and individuals with disabilities.
- ✓ Bus Buddies travel training program to assist seniors and individuals with disabilities to learn to use the Waukesha Metro bus.

Check transportation off your to-do list. We are here to help!

Interfaith Senior Programs Mobility Management

262-522-2408

MargauxS@InterfaithWaukesha.org

www.FindARideWaukesha.org

2016

WORLD ELDER ABUSE AWARENESS DAY

Created by the National Center on Elder Abuse
WWW.NCEA.AOA.GOV & WWW.ACL.GOV/WEAAD



Follow Us to Learn More at:
@NCEAatUSC
#WEAADweekly

World Elder Abuse Awareness Day
June 15th

National Center on Elder Abuse and the Administration on Aging



World Elder Abuse Awareness Day has been held internationally since 2006. The goal of World Elder Abuse Awareness Day is to foster wider global recognition of the existence of all forms of abuse against senior citizens. The ultimate goal is to eliminate the abuse of our elderly citizens.

Elderly people can be very vulnerable to abuse, often at the hands of family members. There are several types of elder abuse. Some of the types of abuse are:

Physical abuse occurs when an elderly person is physically hurt or injured by another person.

Emotional abuse occurs when a person is treated in such a way that he or she feels anguish or emotional distress through either verbal or nonverbal acts. This can include humiliation, name-calling, intimidation, threats.

Sexual abuse means any non-consensual sexual contact.

Neglect is the failure to provide adequate food, shelter, or medical care to a senior for whom a person is responsible.

Self-neglect is the failure of an elderly person to adequately care for himself to the extent that the person's health or safety is threatened.

Financial abuse occurs when someone steals money, property, or assets from an elderly person.

Some signs of elder abuse can include:

- Bruising, burns, broken bones.
- Bedsore, weight loss, poor hygiene.
- Frequent arguments with caregiver; threats, or verbal abuse from caregiver.
- Withdrawal from normal activities.

What can you do if you suspect Elder Abuse?

If you suspect that an elderly person is being abused, you should contact your local Police Department or contact the Adult Protective Services Unit in the Aging and Disability Resource Center at 262-548-7848.

You must be the change you wish to see in the world.

Mahatma Gandhi

Evidence-Based Prevention Programs

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.

All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop is led by trained leaders. If you are interested in other classes or different dates for the classes, please check out <http://www.waukeshacounty.gov/ADRCWorkshops/> for a full listing of our workshops.

Healthy Living with Diabetes

This workshop is ideal for any adult with Pre-diabetes or type 2 Diabetes as well as those adults living with someone who has Diabetes or Pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather, it complements it.

Mondays, **June 6, 13, 20, 27, July 11, 18**, 2016 (NO Class July 4th) 9am – 11:30 am

Location: **Hampton Regency Apartments (public welcome)**

12999 W. Hampton Ave.

Butler, WI 53007

(262) 439-9291

Registration contact: Mr. Kevin Windom, Service Coordinator (262) 439-9291

Or: Lee C. @ ADRC of Waukesha County (262) 548 - 7848

Cost: \$20 workbook deposit requested. Light Refreshment offered.

Saturdays, **September 10, 17, 24, October 1, 8, 15**, 2016 (NO Class July 4th) 9am – 11:30 am

Location: **Aurora Summit Medical Center (Pabst room)**

36500 Aurora Drive

Summit, WI 53066

(262) 434-1000

Registration contact: Trish Golden, Comm. Benefits Coordinator (262) 434-1000

Or: Lee C. @ ADRC of Waukesha County (262) 548 - 7848

Cost: \$20 workbook deposit requested. Light Refreshment offered.

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.

(NEW CLASS) Wednesdays, **June 15, 22, 29, July 6, 13, 20, 27** 2016 (7 weeks) 1:00 – 2:30 pm light snack offered

Location: **Waukesha Public Library**

321 Wisconsin Ave

Waukesha, WI

Registration Contact: Reference Desk: 262-524-3682

waukeshapubliclibrary.evanced.info/signup/EventCalendar.aspx

Or

Lee C. @ ADRC of Waukesha County (262) 548 – 7848

Class size: 10 minimum - 20 maximum participants

Sip & Swipe Café® Comes to Waukesha County

where older adults have the chance to sip a beverage while learning tablet technology in a friendly environment

Waukesha County ADRC has partnered with Generations on Line®, to bring Sip & Swipe Café to our older/wiser population. Sip & Swipe Café® is an easy, elder-friendly way seniors learn how to use an iPad or Android tablet. The café's are not a class or a course- they are a user friendly way older adults can learn how to use a tablet device at their own pace. Imagine sharing emails with your grandkids, uploading pictures of your travels, or searching the web. Learners read and move through step-by-step onscreen tutorials at their own pace. A volunteer coach is there to help guide, support and encourage you. On every "page", learners are guided through the basics of tablet use, then on to the Internet to look up the answer to almost any question, shop, and more. Learners will even be able to set up a free email account. Sessions are approximately one hour long and run for four weeks. Sip & Swipe Cafés are offered at:



Life Enrichment Center (Oconomowoc) and
Within the Waukesha area (where ever WiFi is provided.)
St. Mary Church (Palmyra)



With special thanks to Bader Philanthropies, Generations on Line®, and volunteer coaches, Waukesha County ADRC is able to offer this training at no cost, with public-use tablets provided. If you happen to own a tablet but don't know how to use it, feel free to bring it to the sessions.

If you would like to participate in this great opportunity, please leave a message for Lee at the ADRC of Waukesha County (262) 548-7848.

Check out Memory Cafés!

A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss, or mild cognitive impairment *and* a family member or care partner. The Café is a place to have fun, find support, and share experiences. Call Wendy Betley from the Alzheimer's Association at 800-272-3900 for more information or to RSVP.

The Spot on Broadway, Waukesha

4th Wednesday of each month
10:30am-12:00pm

Four Points Library Memory Project

Multiple locations (Franklin, Hales Corners, Muskego, and New Berlin)
3rd Tuesday of each month
2:00pm-3:30pm



Lake Country Libraries Memory Project

Multiple locations (Delafield, Hartland, Pewaukee, and North Lake)
1st Friday of each month
10:30am-12:00pm



Center for Life Enrichment Care Café, Oconomowoc

4th Monday of each month
3:00pm-4:30pm

Panera Bread-Ruby Isle Shopping Center, Brookfield

2nd Tuesday of each month
3:00pm-4:30pm

Alzheimer's and Brain Awareness Month



June is Alzheimer's & Brain Awareness Month — an opportunity to join the Alzheimer's Association® in a conversation about the brain, Alzheimer's disease and other dementias. Everyone who has a brain is at risk to develop Alzheimer's, a fatal disease that is often misunderstood. During the month of June, the Alzheimer's Association asks people to share the truth about Alzheimer's disease and take action.

- During Alzheimer's & Brain Awareness Month, the Alzheimer's Association® asks people to share the truth about Alzheimer's. At alz.org/abam, you can:
 - Learn the 10 Warning Signs of Alzheimer's Disease and how to recognize them in yourself and others.
 - Take steps to reduce your risk of cognitive decline with 10 Ways to Love Your Brain.
 - Discover all the ways you can go purple with the Alzheimer's Association to raise awareness.
 - Sign up to participate in The Longest Day, a special day of action held on June 20.

For more information contact the Alzheimer's Association at **800.272.3900** or **414.479.8800**

Or visit our website www.alz.org/sewi.

Go Purple in June

Show your commitment to ending Alzheimer's disease

- Go Purple! Wear something purple. Decorate something purple!
- Be social! Turn Facebook and Twitter purple by posting your Go Purple photos with the hashtags #GoPurple #ENDALZ. Tweet and post about Alzheimer's disease and brain health throughout the month.
- Honor someone facing the disease by doing something you love on The Longest Day - June 20 alz.org/tld
- Host a Purple with a Purpose Event— a bake sale, potluck lunch, church coffee
- Learn more about participating in the Walk to End Alzheimer's. Form a family team or start a neighborhood team!

alzheimer's  association®

Southeastern Wisconsin Chapter

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Espanol, 414.431.8811

Dear INA,

I missed the Drug Drop off day last month! Do I have to wait until next year to drop off my old, unused prescriptions?
Sincerely, Laughter is the Best Medicine

Dear Laughter,

No, you don't have to wait until next year! Although the county does promote certain days as "drug take-back" days, you can easily and safely hand in medications that are unused and/or old prescriptions at anytime throughout the year. Check out the chart below to see where the Drug Take-Back program is nearest you!

Hartland	City of Hartland Police Department (262) 367-2323 210 Cottonwood Avenue, Hartland, WI 53029
Mukwonago	Mukwonago Police Department (262) 363-6434 (OPEN 24/7) 627 S. Rochester Street, Mukwonago, WI 53149
Muskego	City of Muskego Police Department (262) 679-4130 W183 S8150 Racine Avenue, Muskego, WI 53150
New Berlin	City of New Berlin Police Department (262) 782-6640 16300 West National Avenue, New Berlin, WI 53151
Oconomowoc	City of Oconomowoc Police Department (262) 567-4401 174 East Wisconsin Avenue, Oconomowoc, WI 53066
Pewaukee	City of Pewaukee Municipal Court Building (262) 691-0921 (M-F 8 am – 4 pm) W240 N3065 Pewaukee Road, Pewaukee, WI 53072 Village of Pewaukee Police Department (262) 691-5678 235 Hickory Street, Pewaukee, WI 53072
Sussex	Sussex Public Safety Building (262) 246-5237 (M-F 8 am – 5 pm) N63 W24335 Main Street, Sussex, WI 53089
Waukesha Sheriff	Waukesha County Sheriff's Department Lobby (262) 548-7122 (OPEN 24/7) 515 W. Moreland Boulevard, Waukesha, WI 53188
City of Waukesha	City of Waukesha Police Department (262) 524-3831 1901 Delafield Street, Waukesha, WI 53188



Happy Father's Day



From your friends at the Aging and Disability Resource
Center

Bridges Library System of Waukesha Receives Award



On May 2nd, the Bridges Library System of Waukesha received the 2016 Alzheimer's Association Outstanding Organization Award at the 30th Annual Wisconsin Network Conference on Alzheimer's Disease and Related Dementias. The award "recognizes an organization, agency, or institution that has chosen as its mission the development of exceptional programs and/or services to benefit the Alzheimer's community" and was awarded to the library system for its development of the Library Memory Project.

Launched in 2015 in partnership with the Alzheimer's Association and the ADRC of Waukesha County, the Library Memory Project is a collaboration between eight public libraries in Waukesha and Milwaukee counties. Consisting of two groups of four libraries each, the memory project's mission is to provide fun and accessible programs to those

affected by memory loss, Alzheimer's disease, and other forms of dementia. Each group hosts a monthly Memory Café, which offers individuals who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer's disease or other dementia, and their care partners a safe and fun way to socialize with others who have concerns about their memory. The libraries involved in the memory project also offer educational programs on memory loss and brain health.

The Library Memory Project and the Bridges Library System were honored to receive this prestigious award. As Angela Meyers, Coordinator of Youth and Special Needs Services for the Bridges Library System, said, "When our public libraries met to research and plan the library memory project in 2014, we didn't set out to win any awards or special recognition. We simply wanted to offer a judgment-free zone for people to come together, learn, and grow." To this day, the Library Memory Project works hard to continue to achieve that goal.

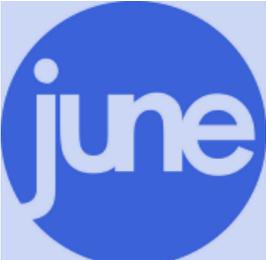
Find out more about the Library Memory Project at www.librarymemoryproject.org or contact Angela Meyers at ameyers@bridgeslibrarysystem.org.

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 – Lisa Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 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 Apartments 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 – Lucille 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.	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p><i>Menu subject to change without notice</i></p>		Whole Wheat Spaghetti w/ meat sauce Italian Blend Vegetable Italian Bread w/Butter Peaches Vanilla Yogurt	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Bread/Butter Pears Brownie Alt. Plain Cookie	Baked Fish Tartar Sauce Potato Casserole Creamy Coleslaw Rye Bread/Butter Lemon Pudding Alt. Diet Pudding
		6	7	8
Pizza Casserole Tossed Salad w/ Italian Dressing Warm Breadstick w/ Butter Seasonal Fresh Fruit Chef's Choice Cookie Alt. Diet Cookie	Vegetable Soup w/ Crax HDM: Mixed Veg Cheeseburger on Bun Ketchup/Mustard Broccoli Salad Chocolate Ice Cream Cup Alt. Diet Lime Gelatin	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Apricots Dessert Bar Alt. Fresh Fruit	Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Peaches	Turkey & Ham Sub Mustard / Mayo Lettuce / Tomato Tomato & onion Salad Pasta Salad Grapes Cookie Alt: Diet Cookie
13	14	15	16	17
Lemon Pepper Chicken Breast Wild Rice Blend w/ lemon pepper sauce California Vegetable Whole Grain Roll w/ butter Pineapple Tidbits	BBQ Boneless Country-Style Rib Scalloped Potatoes Key Largo Vegetables Biscuit w/ butter and honey Peanut Butter Cookie Alt. Grapes	POLISHFEST Polish Kielbasa Whole Wheat Bun Ketchup & Mustard Parsley Potatoes Harvard Beets Cheesecake Alt. Fresh Fruit	Turkey Burger Whole Wheat Bun w/ Provolone Ketchup & Mustard Lettuce, Tomato, Pickle Baked Beans Potato Salad Watermelon	Eat Your Veggies Day Vegetable Lasagna Steamed Broccoli Romaine Salad with Italian Dressing Italian Bread with Butter Carrot Cake Alt. Fresh Fruit
20	21	22	23	24
Father's Day BBQ Chicken Quarters Dad's Baked Beans Coleslaw Dinner Roll with Butter Mint Frost Brownie Alt. Diet Cookie	Grilled Bratwurst on Whole Grain Bun w/ Sauerkraut Ketchup & Mustard Oven-Browned Potatoes Cucumber Salad Chocolate Chip Cookie Alt. Fresh Orange	Beef Stroganoff Buttered Egg Noodles Diced Carrots & Peas Romaine Salad w/Tomato & Cucumber French Dressing Sourdough Bread butter Fresh Plum	Smoked Pork Chop Fresh Sweet Potato w/ butter Bean Medley Green & Wax Beans Rye Dinner Roll w/ butter Fresh Fruit Cup	Grilled Chicken Caesar Salad w/Parmesan Cheese, Croutons & Caesar Split-Top Roll w/ butter Sun Chips Fresh Strawberries Strawberry Ice Cream
27	28	29	30	
Swiss Steak with Gravy Fried Potatoes Ketchup Crinkle Carrots P.B. Rice Krispies Treat Alt. Peaches	Tahitian Chicken Wild Rice Blend w/ sauce Spring Vegetables Vienna Dinner Roll w/ butter Apple Juice Mandarin Oranges	SUMMERFEST Sloppy Joe on Wheat Bun Vegetable Pasta Salad Coleslaw Nectarine Choc. Chip Cookie Alt. Juice	Fish Sandwich on a Bun Tartar Sauce Lettuce / Tomato Marinated Veg Salad Fresh Fruit Salad Dessert Bar Alt: Diet Cookie	

It's Strawberry season!

Strawberry picking season begins around the second week of June.

Strawberries provide:

Antioxidants

Folate

Potassium

Fiber

Vitamin C

AND

Research suggests that antioxidants in strawberries may help in reducing the chances of:

- Heart disease
- High blood pressure
- Certain cancers

Enjoy strawberries:

- On your oatmeal
- Sliced on top of a fresh spinach salad
- In your favorite yogurt
- In your Cereal

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 más información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>



ADRC Advisory Board Members Needed

The ADRC Advisory Board is in search of new members to represent its target populations of the elderly and people with disabilities. The Advisory Board meets the first Thursday of every month from 9:30am until 11:30am. Advisory Board members assure input is shared from consumers, service providers, and other organizations in the policies, procedures and goals of the resource center. They ensure the terms of the contract are fulfilled, determine appropriate structure, policies, and procedures, and identify unmet needs, amongst other duties. If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Luann Page at 262-548-7848.

CORPORATE VOLUNTEER TEAMS

Corporations and companies of various sizes are really stepping up and allowing employees time off to volunteer and give back to their communities. The Aging and Disability Resource Center is very fortunate to have partnered with two big name companies in Waukesha County: Eaton Corporation in Menomonee Falls and IEWC Global Solutions in New Berlin. Employees of each company have adopted a route and formed delivery teams made up of 20-30 people. Each week two people from the team will deliver a well-balanced, hot nutritious meal to seniors on a specific route. One team member drives and the other delivers. Meals are delivered during the employees lunch hour and most team members volunteer no more than once every six weeks. This allows for great corporate social responsibility with minimal cost.

With 11 senior meal sites located throughout Waukesha County, it is our goal to reach out to additional companies where our volunteer needs are the greatest. Eaton Corporation and IEWC are helping to make a significant difference in meal delivery to home bound seniors in Menomonee Falls and New Berlin and it is our hope to recruit corporations in Waukesha, Hartland and Brookfield to adopt a route. IEWC Global Solutions and Eaton Corporation volunteers are making a significant difference in the life of area seniors wanting to remain independent in their home.

For busy people, it can be a great way to volunteer during the workday without taking away evening and weekend time with families. Gary Goggans, the team lead for IEWC had this to say, "This is a wonderful program that gets our people out and about in the community we support and work in and we love meeting and checking on the people served by the ADRC." If you have a group of 20 or more, we would love to talk to you about forming a meal delivery team. For more information call 262-548-7829.





From the Desk of
Your Benefit
Specialist

Understanding Your Medicare Benefits: Some Things Medicare Doesn't Cover

Figuring out whether Medicare will pay your claims is often confusing. Payment of claims depends on many factors. However, there are certain things that Original Medicare will generally NOT cover, such as:

- o Routine vision care and exams; glasses (unless related to cataract surgery.)
- o Routine hearing exams, hearing aids, or the cost of fitting hearing aids (however, you will only pay 20% of the Medicare-approved amount for diagnostic hearing exams)
- o Routine foot care (although there are a few exceptions under some circumstances for people with diabetes, for example.)
- o Most dental care and dentures
- o Virtual colonoscopies
- o Acupuncture
- o Holistic medicine
- o Cosmetic surgery
- o If you elect **hospice care**, Medicare will not pay for room and board charges. This can result in large and unexpected bills. Although there are advantages to choosing hospice care under some circumstances, it is important to be clear about what will not be covered when you or your spouse decide on hospice care. Ask for information when you are deciding.
- o Charges for things such as television, telephone, a private room, private duty nursing, or personal care items (razors, slipper socks, etc.) while you are hospitalized.
- o Deductibles, coinsurance, or copayments when you get health care services
- o Custodial care (help with bathing, dressing, using the bathroom, and eating) at home or in a nursing home if that is the only kind of care that is received.
- o Health care received while outside of the United States (except in limited circumstances.)

These are just a few of the things that are not covered by the Original Medicare Plan. There are other things that Medicare does not cover. If you are unsure about whether Medicare will pay for a certain service, call Medicare for assistance. Medicare Advantage plans may include extra benefits, such as routine physical and vision exams, prescription drugs, and dental care. For specific questions on what Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) covers, or for more information about your Medicare health coverage choices, please call Medicare at 1-800-MEDICARE (1-800-633-4227) for English or Spanish, or TTY 1-877-486-2048.

You always have the right to appeal claims denied by Medicare. Information about appeal rights and the appeal form are attached at the back of the Medicare Summary Notice. There is a deadline to appeal listed on the Medicare Summary Notice. Your appeal must be received before the deadline or you lose your right to appeal.

June Activities in Waukesha County

Badgerland Water Ski Show | 6/8, 6/15, 6/22, 6/29, Wednesdays

Performed weekly on the Fox River watch the themed shows as ballet, barefooting, doubles, jumping, pyramids, are executed by trained skiers | Frame Park | 7pm-9pm | badgerland.org

Pewaukee Lake Water Ski Show | 6/2, 6/9, 6/16, 6/23, 6/30, Thursdays

Entertaining weekly themed shows filled with barefooting, pyramids and acrobatic skills performed on Pewaukee Lake | Lakefront Park | 6:45pm-8pm | plwsc.org

Waterfront Wednesday Concert Series | 6/8, 6/15, 6/22, 6/29, Wednesdays

Listen to this weekly musical series along the beachfront of Pewaukee Lake or dine al fresco across the street; genres include rock, blues, reggae and party music | Lakefront Park | 6pm-9pm | waterfrontwednesday.com

Oconomowoc Free Friday Concert at City Beach | 6/10/16

Head down to the band shell at City Beach on Fridays in June, July and August for a free concert. Enjoy the outdoor concert with the lake by your side. Grab a drink or snack at the local bungalow while you sing, dance and enjoy. Concerts begin at 7:30 p.m. www.oconomowoc-wi.gov/events

Oconomowoc American Legion Band summer concerts | 6/8, 6/15, 6/22, 6/29, Wednesdays

Established in 1924, the Oconomowoc American Legion Band is the community band of the City of Oconomowoc. The band performs weekly outdoor concerts every summer at the Rhodee Memorial Band Shell at City Beach. Concerts begin at 7:30 p.m. weather permitting. www.oconomowoclegionband.org.

Moonlit Movies Oconomowoc | 6/16/16

Moonlit Movies at Fowler Park offers free live music, a Badgerland Water Ski Show, giant bounce houses, contests, games, food and more. Bring your lawn chairs or a blanket. Activities begin at 6 p.m., movie begins at dusk. www.moonlitmovies.org.

Oconomowoc Bands at the Beach | 6/3, 6/10, 6/17, 6/24 Fridays

Head down to the band shell at City Beach on Fridays for a free concert. Enjoy the outdoor concert with the lake by your side. Concerts begin at 7:30 p.m. www.oconomowoc-wi.gov/events

21st Annual Pewaukee Kiwanis Beach Party with the 6th Annual Lake Country Clean Water Festival | 6/24-6/25/16

The street is blocked off for this two day lakefront event filled with water activities, water ski show, children's activities and entertainment, live music, food, refreshments and all-you-can-eat pancake breakfast | Lakefront Park | Friday: 5pm-11:30pm, Saturday: 10am-11:30pm | pewaukeekiwanis.org

Famous TV Fathers Matching Puzzle

Match the television character father to the television show:

Archie Bunker

Jay Pritchett

Tim Taylor

Ward Cleaver

Phillip Banks

Ricky Ricardo

Frank Reagan

Mike Brady

Andy Taylor

Carl Winslow

Ben Cartwright

Rob Petrie

Fresh Prince of Bel Air

The Dick Van Dyke Show

Blue Bloods

Bonanza

The Andy Griffith Show

Family Matters

Home Improvement

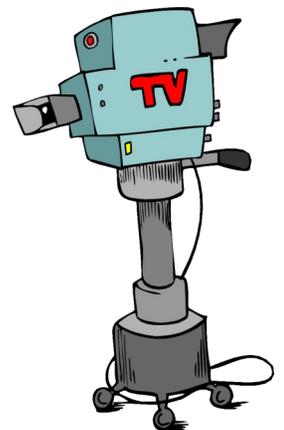
I Love Lucy

Modern Family

The Brady Bunch

Leave It to Beaver

All In the Family



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