

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

Inside this Issue:

-Memory Cafe's

-Organ Donation

-Assistive Tech: Ramps

-FoodShare

-ADRC Volunteers



May celebrates Aging and Disability Resource Center Month and Older Americans Month

The Aging and Disability Resource Center of Waukesha County is proud to be a central source of information, providing assistance since 2008. We serve individuals who are older adults (age 60+), adults with physical and developmental disabilities, adults with mental health concerns, and the caregivers of those listed above. If you have visited us before or talked to a staff member on the phone, you may already have benefited from information or services offered by the ADRC. We provide reliable and objective information about a broad range of community resources including; transportation, supportive employment, adaptive equipment, chore services, food services, Powers of Attorney, caregiving support, long term care, housing, volunteer opportunities; just to name a few! We do not charge anything for information about these services.

During **Aging and Disability Resource Center Month**, we get to brag a little about our accomplishments! In 2015, the ADRC of Waukesha County had over 22,000 client interactions, which includes phone contacts, home visits, and walk-in connections! We are one of 42 ADRCs serving every county in Wisconsin. According to a national survey, the top 5 most requested services of ADRCs are; Transportation, Medicaid eligibility and services, Medicare eligibility and services, Personal Care services, and Affordable Housing.

ADRCs are helpful. A survey of Wisconsin ADRC's done by the Administration on Aging found that 69.5% of consumers reported that "the ADRC helped me make the most of my money." 61.9% stated that "the ADRC helped me stay in my home in a situation where I might otherwise have had to go to an assisted living or nursing facility."

At the ADRC of Waukesha County, we have over 60 staff dedicated to serving Waukesha County residents who are aging or who have disabilities. We have:

- friendly support staff who answer the phones, welcome you to the ADRC, and who do important and irreplaceable work that benefits both their co-workers and our consumers.
- a transportation coordinator who helps people apply for and schedule subsidized transportation.
- a specialist who coordinates delivery of all the home delivered meals
- a volunteer specialist who interviews and manages the many volunteers who help serve consumers in the county.
- Adult Protective Services workers who help protect those adults who are vulnerable in our county.
- Benefit Specialists who help people make important decisions about their options and benefits available to them.



- a Dementia Care Specialist who helps those with memory loss and their families navigate this difficult challenge.
- a Community Health Education Coordinator who organizes our evidence-based programs, helping educate and empower Waukesha County residents.
- Older American Act workers, who help older adults gain access to special services that they need.
- ADRC Specialists who provide options counseling, long term care enrollment, and are the resource workers who answer the phones to answer any question.

Thank you to all our excellent, consumer-centered workers who provide so much to our Waukesha County residents. Another thing to celebrate this month is Older Americans Month. By Presidential Proclamation in 1963, President Kennedy declared May to be **Older Americans Month**, originally called Senior Citizens Month. This year's theme is "Blaze a Trail".



This year, Older American month highlights how people are taking charge of their health and being involved in their communities. A Trail Blazer is a guide to others, has heart, and keeps learning even when you are over the age of 65. Examples of achievements of older adults are John Glenn who made a space flight at age 77, Jane Goodall who at age 82 is still trekking through the jungles of Africa to research chimpanzees, and Former President Jimmy Carter still building houses for Habitat for Humanity at 91 years of age!

Check your local communities and Senior Centers for Older American Month events throughout the month of May.





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.

WHAT IS ADULT DAY CARE?

Adult day care is used to provide personal care, supervision, and an organized program of social activities and therapies to adults that have some form of physical or cognitive impairment. These centers usually operate during normal business hours, five days a week. The purpose of these centers is to enrich their lives and prevent premature or inappropriate placement into institutional care. Adult Day Care will assist and give respite care to the caregiver.

There are three main models of adult day care centers:

1. Those that focus primarily on social interactions.
2. Those who focus on medical care.
3. Those dedicated to Dementia and Alzheimer's care.

BENEFITS OF ADULT DAY CARE:

An adult care recipient can benefit from adult day care because:

- It allows him/her to stay in home and community while the caregiver works or needs a respite break.
- Provides social interactions.
- Provides structure to his/her daily activities.
- Provides a respite break for the caregiver.

SERVICES AND ACTIVITIES PROVIDED BY ADULT DAY CARE:

- Assistance with activities of daily living, such as: walking, eating, and toileting.
- Educational programs and mental stimulation.
- Exercise.
- Health Monitoring and medication dispensing.
- Hot noon meals and healthy snacks.
- Social Activities such as: Crafts, Cooking, Exercise, Field Trips, Games, Music Therapy, Art Therapy, Pet Therapy, Mind Stimulation, Word Games

The average cost for Adult Day Care is \$64 per day but this can vary from one center to another. The fee usually covers cost of meals and snacks, and most special program fees. Additional fees cover bathing and transportation. For those needing financial assistance, funding is available through United Way of Greater Milwaukee and Waukesha County, Waukesha County Department of Health and Human Services, and the Aging and Disability Resource Center of Waukesha County.

Lori Wetzel

Executive Director

The Caring Place, Inc.

262-524-6388 Fax 262-542-4660

thecaringplace@tds.net

Evidence Based Health Promotion Program



A Matter of Balance

A Matter of Balance acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by a trained facilitator. Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Wednesdays, April 5 - May 3, 2016 10 am – 12 noon

Location: **Stoney Creek Senior Apartments**
569 W14142 Tess Corners Drive
Muskego, WI 53150

Registration Contact: Activity Coordinator-Charlene:(414)422-4686
or Lee Clay at ADRC of Waukesha County (262) 548-7848

Class size: 10 minimum - 15 maximum participants

Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in-home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care is provided upon request through the ARDC

Mondays, May 2, - June 13, 2016 9:00 am – 11:30 am

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

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

Cost: No fee



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.

Thursdays, May 26, - July 7, 2016 10:00 am – 12 noon

Location: **Life Enrichment Center**
1306 W. Wisconsin Ave
Oconomowoc, WI 53066

Registration Contact: Jill Halliburton: (262) 354-1375 or
ADRC of Waukesha County – Lee: (262) 548 – 7848

Class size: 10 min. – 15 max.



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, - July 18, 2016 (NO Class July 4th) 9:00am – 11:30 am

Location: **Hampton Regency Apartments (public welcome)**
12999 W. Hampton Ave.
Butler, WI 53007

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.



Enjoy the sunshine

Alzheimer's Association Memory Cafes

An opportunity for individuals with MCI, early-stage Alzheimer's disease and related dementias, their care partners as well as those who worry about memory problems, to come together to share your stories, socialize and create new friendships while enjoying refreshments. Contact Wendy Betley at (414) 479-8800 or wbetley@alz.org.

Lake Country Libraries Memory Cafe- multiple locations

First Friday of each month, 10:30am-12:00pm

Panera Bread-Ruby Isle Shopping Center

2095 N Calhoun Rd, Brookfield

Second Tuesday of each month, 3:00pm-4:30pm

Center for Life Enrichment's Care Café

A Monthly social outing and program for caregivers to attend with their loved ones who have dementia and/or Alzheimer's disease or any other life impacting diagnosis. The format of the Care Café will include introductions, an engaging activity and will allow people attending the opportunity to make connections and share resources.

The Care Café

1306 W Wisconsin Ave, Oconomowoc

The Center for Life Enrichment Roehl Auditorium.

Fourth Monday of each month, 3:00pm-4:30pm

Memory Screening

The ADRC is partnering with 10 area libraries to provide community memory screens. ADRC Dementia Specialist, Vicki Beduze will be conducting Free Community Memory Screening :

Monday May 16th 1:00pm-5:00pm at Butler Public Library, 12808 W Hampton Ave, Butler

Monday May 23rd 10:00am-3:00pm at Menomonee Falls Public Library W156 N8436 Pilgrim Rd, Menomonee Falls

Wednesday June 1st 9:30 am-12:30 pm at Alice Baker Memorial Library, 820 E Main St, Eagle

Thursday June 2nd at Oconomowoc Public Library, 200 W South St, Oconomowoc

To make an appointment for a memory screen, contact Vicki at the ADRC at 262-548-7848.



The ADRC Connection Newsletter Is Just A Click Away...

The ADRC Connection newsletter is a monthly publication from the Aging and Disability Resource Center of Waukesha County. We truly hope that you enjoy reading this newsletter. Our goal is to provide information on topics that may be of interest to you, as well as the many services and resources we offer. You can access our newsletter online by going to the ADRC of Waukesha County website at www.waukeshacounty.gov/adrc. Our current newsletter and archived issues can be found by clicking News & Issues located in the bottom right corner of the page. If you would like to have a newsletter sent to you via email, please contact the ADRC at 262-548-7848, provide us with an email address and you will be added to our list to receive the newsletter electronically each month.



"All sacrificed some, some sacrificed all"

Memorial Day is the day our nation sets aside to honor all who have served our country in the military. We especially remember those who have made the ultimate sacrifice. There are many ways to celebrate and honor our veterans this Memorial Day. Many communities in Waukesha County hold parades as well as other events. If community events or parades are not for you, there are ceremonies at Woods National Cemetery in Milwaukee and Southern Wisconsin Veterans Memorial Cemetery in Union Grove. You can also visit a grave of a friend or family member who served. On this day, take a few minutes to think about what it means to serve our country, the commitment of these brave men and women, and the ultimate sacrifice some have given.



May is National Salsa Month!

It's no surprise that salsa is one of America's favorite snack foods. It's delicious used as a condiment or enjoyed on its own with tortilla chips!

Easy Blender Salsa

Ingredients:

2 (14.4 oz) cans diced tomatoes
1 jalapeno chile, seeds and ribs removed
½ yellow onion, quartered
½ bunch cilantro leaves
1-2 cloves garlic
1 Tablespoon fresh lemon juice, or to taste
Salt to taste

Pour 1 can of tomatoes into a blender. Add jalapeno pepper, onion, cilantro, lemon juice, garlic and salt. Blend until fairly smooth. Pour in second can of tomatoes and blend briefly. Taste and add lemon juice or salt to taste.

Sales of salsa now surpass sales of ketchup in the United States.

Salsa can be traced back to the Aztecs, Mayans and Incas.

Salsa can help you include more fruits and vegetables into your diet.

Use as a condiment in place of ketchup on burgers, baked potatoes and eggs!



Memory Café

*Share your stories and socialize
with others who have worries
about their memory.*



What is a Memory Café?

An opportunity for individuals with MCI, early-stage Alzheimer's disease and related dementias, their care partners as well as those who worry about memory problems, to come together to share your stories, socialize and create new friendships while enjoying refreshments.

Why would someone attend a Memory Café?

Being active physically, socially and mentally is good for the brain! And we all understand: "We're all in the same boat!"

When and Where?

There are currently 4 Memory Cafés in Waukesha County.

Panera (Ruby Isle)	2nd Tuesday of each month	3:00-4:30 p.m.
The Spot on Broadway	4th Wednesday of each month	10:30-Noon
Lake Country (4 libraries)	1st Friday of each month	10:30–Noon
Four Points (4 libraries)	3rd Tuesday of each month	2:00-3:30 p.m.

**Contact Wendy Betley for more information or to register (1st time attendees only)
800.272.3900 or 414.479.8800.**

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



<p>Big Bend Village Library W230 S9185 Nevins St Big Bend, WI 53103 (262) 662-3571 <i>Home Composting Workshop.</i> Tuesday, May 10 at 6:30 p.m.</p>	<p>Brookfield Public Library Brookfield City Hall 2000 N. Calhoun Rd Brookfield, WI 53005 (262) 782-9650</p>	<p>Butler Public Library 12808 W Hampton Ave Butler, WI 53007 (262) 783-2535 <i>Knitting Group.</i> Every Thursday at 1:30-3:30 p.m.</p>	<p>Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230</p>
<p>Eagle (Alice Baker Memorial Library) 820 E. Main St. Eagle, WI 53119 (262) 594-2800 <i>MaiFest.</i> Saturday, May 7 at 4:00-7:00 p.m. *Held at Community Room of Palmyra- Eagle High School*</p>	<p>Elm Grove Public Library 13600 Juneau Blvd Elm Grove WI 53122 (262) 782-6700 <i>Cookbook Exchange,</i> <i>Cheese and Chocolate</i> <i>Tasting.</i> Wednesday, May 18 at 7:00 p.m.</p>	<p>Hartland Public Library 110 E Park Ave, Hartland, WI 53029 (262) 367-3350 <i>Acoustic Jam.</i> May 24 at 6:30-8:00 p.m.</p>	<p>Menomonee Falls Public Library W156 N8436 Pilgrim Rd. Menomonee Falls, WI 53051 (262) 532-8900 <i>Appalachian Story Teller, Jessica</i> <i>Michna.</i> Monday, May 9 at 7:00 -8:00 p.m.</p>
<p>Mukwonago Community Library 511 Division St Mukwonago, WI 53149 (262) 363-6411 <i>Friday Flicks @ the Library.</i> Every Friday at 2:00-4:00 p.m.</p>	<p>Muskego Public Library S73W16663 Janesville Muskego, WI 53150 (262) 971-2100 <i>Friday Flicks @ the Library.</i> Every Fri. at 2:00-4:00 pm</p>	<p>New Berlin Public Library 15105 W. Library Lane New Berlin, WI 53151 (262) 785-4980 <i>Dance Defined Spring Sat.,</i> May 7 at 1:30-2:30 p.m.</p>	<p>North Lake's Town Hall Library N76 W31429 Hwy. V V North Lake, WI 53064 (262) 966-2933</p>
<p>Oconomowoc Public Library 200 W South St. Oconomowoc, WI 53066 (262) 569-2193</p>	<p>Pewaukee Public Library 210 Main St Pewaukee, WI 53072 (262) 691-5670 <i>Memory Café: In Living</i> <i>Color.</i> Friday, May 6 at 10:30 a.m.-12:00 p.m.</p>	<p>Sussex's Pauline Haass Public Library N64 W23820 Main St Sussex, WI 53089 262-246-5180 <i>Wednesday Book Club.</i> Wed May 18 at 2:00-3:00 p.m.</p>	<p>Waukesha Public Library 321 W Wisconsin Ave Waukesha, WI 53186 (262) 524-3680 <i>The Beatles' Alter Ego: Sgt.</i> <i>Pepper's Lonely Hearts Club</i> <i>Band.</i> Tuesday, May 10 at 6:30- 8:30 p.m.</p>

ElderCare Focus Group of Southeastern Wisconsin

FREE educational seminars for seniors are held monthly on the second Thursday of the month in the Community Room at the New Berlin Library from 10 am until 12 noon. Refreshments are served and door prizes offered. These presentations are open to the public and all ages are welcome. No dues or membership required. The purpose of our group is to help address the health, financial, legal and social issues facing an aging America. Announcements for upcoming seminars are posted at the New Berlin Senior Citizens Center and the New Berlin Library. For more information, visit www.eldercarefocusgroup.com or call Jean at 414-352-1966.

ASK INA



Dear Ina,

I have never signed up to be an organ donor in my life and I would like to now. I should mention I am 70 years old. Am I ineligible at my age to be a donor?

Thank you,
Interested organ donor



Give thanks. Give life.

Dear Interested Organ Donor,

“You are never too old to make a difference”. All people, regardless of age, could consider themselves potential organ and tissue donors. There are few absolute exclusions (such as HIV infection, active cancer, systemic infection) and no strict upper or lower age limits. The condition of your organs is more important than age. Your ability to donate is determined by a doctor at the time of death.

Organ and tissue transplants are needed by people in every corner of America. People of all ages, infants to grandparents, are on the national transplant waiting list.

The website www.organdonor.gov now features information on organ donation geared toward people 50 and older. The national institute on aging says that more people are living healthier lives and know about the importance of living and eating well and exercising. The aging population are looking to be donors at a later age.

If you want to donate you can:

- * Designate your decision on your driver’s license
- * Tell your family about your decision
- * Tell your physician, friends
- * Include in advance directives, will and living will.

For more information go to www.organdonor.gov.

ADRC Advisory Board Members Needed



The ADRC Advisory Board is in need of new members to represent its target populations of elderly and people with disabilities.

The ADRC Advisory Board consists of members whose appointments are confirmed by the Waukesha County Board of Supervisors. Members are individuals from the community representing target populations served by the ADRC. In addition to taking over the role of what was the Commission on Aging, the Advisory Board will advise the ADRC and hear any complaints and/or grievances and act upon them.

Board members responsibilities include ensuring input from consumers, service providers, and other organizations is shared on the policies, procedures and goals of the resource center. In addition, members confirm the terms of the contract are fulfilled, determine appropriate structure, policies & procedures and identify unmet needs.

Our Board meets in the Health & Human Services Building from 9:30 a.m.—11:30 a.m. on the first Thursday of every month. If you are interested in serving on the ADRC Advisory Board, please contact ADRC Manager Luann Page at 262-548-7848.

Recipes Wanted!

Do you have a recipe for your favorite dessert, or a special way to make a tasty sauce that your family loves? Is your meatloaf the best anyone has ever tasted? Do you have a family recipe from The Old Country?

Your Senior Nutrition Program is looking for your favorite recipes!

Mike Glasgow, the ADRC's Nutrition and Transportation Services Supervisor invites all Senior Dining and Meals on Wheels participants to submit your favorite recipes. If your recipe is chosen, it will be featured as part of the menu and printed in the ADRC newsletter.

If you join us for lunch at one of our ten dining centers, please submit your recipe to your senior dining center manager.

If you receive Meals on Wheels, feel free to give a copy of your recipe to the volunteer meal driver. Or you can mail a copy to:

Mike Glasgow / Recipe

ADRC of Waukesha County

514 Riverview Ave

Waukesha, WI 53188



WAUKESHA COUNTY SENIOR DINING CENTERS

<p>Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00 Blood Pressure offered monthly- see posting</p>	<p>Butler 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45 Blood Pressure, Glucose and Cholesterol checks every 4th Monday Toe nail trim/foot care every 2nd Tuesday</p>	<p>Hartland 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00 Blood Pressure offered the 4th Wednesday at 11am</p>
<p>Menomonee Falls 251-3406—Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00 Blood Pressure offered 3rd Monday 10:30 am-11:30 am Toe nail trim/foot care every other Wednesday 9 am -3:30 pm</p>	<p>Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00 Blood Pressure offered the end of the month. Each month a sign is posted at site with date of BP checks</p>	<p>Muskego 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45 Blood Pressure offered at the site once per month, call for more information</p>
<p>New Berlin 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00 Blood Pressure offered 3rd Monday 11:45 am-12:15 pm</p>	<p>Oconomowoc 567-5177 Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>	<p>Sussex 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00 Blood Pressure offered last Monday of each month at 11am Toe nail trim/foot care 4th Tuesday. 12:30-4:30 for \$35</p>
<p>Waukesha 547-8282 – Lucille La Casa Village 1431 Big Bend Road</p>	<p>Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.</p>	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU for May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheddarwurst on Bun Ketchup / Mustard Baby Red Potatoes w/ Butter Carrot Coins Fresh Melon	Pork Cutlet w/ gravy Egg Noodles w/ gravy Creamed Spinach Pears Crusty Roll / Butter Chocolate Chip Cookie Alt. Diet cookie	Italian Wedding Soup HDM: Cooked Spinach Stuffed Cabbage Roll Green Beans 7-Grain Bread / Butter Fruit Cocktail	CINCO DE MAYO Chili Lime Chicken Seasoned Black Beans and Rice Southwest Style Corn Tropical Fruit Cinnamon Donut Alt: Pears	KENTUCKY DERBY Open-faced Hot Turkey Sandwich with gravy on Wheat Hash brown Casserole Spinach Salad w/dressing Apple Pie Alt: Fresh Apple
9	10	11	12	13
Happy Mother's Day! Chicken Cordon Bleu Baked Potato w/ Butter & Sour Cream Broccoli Salad Crusty Dinner Roll / butter Frosted Cake	Meat Lasagna Italian Bread / Butter Romaine Salad w/ Italian Dressing Pineapple	Pork Chop Suey Brown Rice Oriental Blend Vegetable Bread / Butter Mandarin Oranges Almond Cookie Alt. Diet Cookie	Chicken Caesar Romaine Salad w/ Croutons and Caesar dressing Potato Roll / Butter Fresh Fruit Dessert Bar Alt. Diet Cake	Turkey a la King Over Biscuit Broccoli Peaches Raspberry Sherbet Alt. Diet Pudding
16	17	18	19	20
Country-style Boneless Pork and Gravy German Potato Salad Green and Wax Beans Wheat Roll w/ butter Cinnamon Applesauce	Yankee Pot Roast Parsley Potato Quarters Peas and Carrots Sourdough bread w/ butter Lemon Sunshine Cake Alt. Grapes	Barbecue Chicken Au Gratin Potatoes California Bland Veg Corn Muffin w/ butter Tropical Fruit	Chicken Salad Croissant / Butter Tomato & Onion Salad Baked Potato Chips Fresh Orange	Grandma's Meatloaf w/ mushroom gravy Garlic Mashed Potatoes w/ gravy Sweet & Sour Cabbage Rye Bread w/ butter Strawberry Shortcake Alt. Banana
23	24	25	26	27
Baked Ham Scalloped Potatoes Asparagus Marble Rye w/butter Pineapple	Barbecue Beef Sandwich on Wheat Bun Macaroni and Cheese Sweet Potato Fries Apple Juice Baker's Choice Cookie Fresh Orange	Ring Bologna Ketchup / Mustard Baked Beans Baby Red Potatoes 7-Grain Bread w/ butter Fruit Fluff Alt. Fruit Cocktail	Hungarian Goulash over Egg Noodles Spinach Salad w/ dressing Wheat Bread w/ butter Molasses Cookie Alt. Pears	Tuna Pasta Salad Carrot-Raisin Salad Melon Wedge Wheat Bread w/ butter Lemon Bar Alt. Fresh Fruit
30	31			
MEMORIAL DAY DINING PROGRAM CLOSED	SUMMER KICKOFF 4oz Jumbo Hot Dog On a Pretzel Roll Ketchup / Mustard Baked Beans American Potato Salad Applesauce Frosted Brownie Alt. Fresh Fruit	<i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i> ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i>		

Assistive Technology for May

Ramp it Up for Spring and Summer

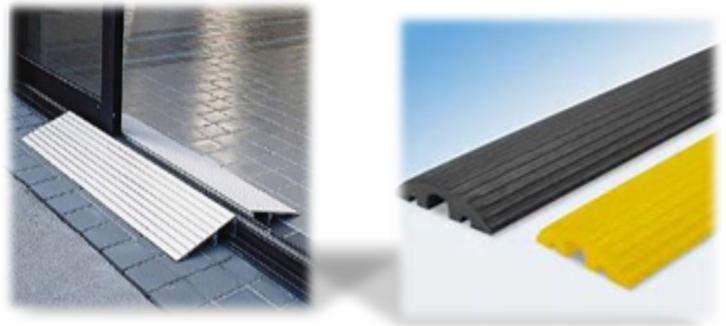
What is Assistive Technology? Any product or piece of equipment used to maintain or improve the functional capabilities of people with disabilities is an assistive technology (AT) device. Continuing on with our monthly article on assistive technology, we will cover ramps in this issue! As spring comes and summer is around the corner, it is important to be able to get out to enjoy all the outdoors has to offer.

Ramps can make it easier for you to stay in your home whether you use a walker or wheelchair. Ramps come in many forms, depending on your needs. See below for some options. When adding a ramp, there may be specifications regarding the slope and length of the ramp. Before you plan to build a ramp system it is a good idea to become familiar with the ADA codes. Check out <https://www.dhs.wisconsin.gov/disabilities/physical/housing-resources.htm> and http://www.ada.gov/2010ADASTandards_index.htm.

Where can I get a ramp? There are several companies who provide estimates for ramp type, cost, and installation which you can pay for yourself.

Is there assistance to purchase or borrow assistive technology? Absolutely! There are several opportunities to borrow or purchase a used ramp. Check out www.wisconsinat4all.com to search for gently used AT (like an eBay for assistive tech). Or call our local independent living center, IndependenceFirst at 414-291-7520 or visit their website at <https://www.independencefirst.org/home>. It is possible you may qualify for a loan through the WisLoan program.

Threshold assistance



For a few steps



Greater slope

From the Desk of Your Benefit Specialist

FOODSHARE



FoodShare Wisconsin is a nutrition assistance program funded by the federal government and run by the state of Wisconsin. It provides extra funds for people with lower income to purchase food that they would otherwise be unable to afford. This program is also referred to as Supplemental Nutrition Assistance Program (SNAP).

Generally, anyone whose gross income is less than 200% of the Federal Poverty Level may be eligible for FoodShare. For a single person, the income limit is \$1962 per month; for a couple the income limit is \$2656. However, some senior citizens with higher incomes but assets less than \$3250, may be allowed to deduct some household and medical expenses in order to qualify for this benefit. For example, a percentage of your rent or mortgage and utility costs may be deducted from your income. In addition, a percentage of unpaid medical bills and medical costs that you have paid may also be deducted from your income. **With these deductions, you may be eligible even if your income seems too high.** It is easy to apply. If you are having trouble affording food, you should apply and find out if you are eligible. The amount of the benefit is based on income; people with the lowest income get a higher benefit. The lowest monthly benefit is \$16.

The FoodShare benefit can be accessed via the Quest Card. The Quest Card is basically a debit card that can be swiped at the same grocery checkout lane that is used for other debit and credit cards. It has the beneficiary's name, card number, and the Wisconsin Quest logo. Every participant needs to choose a PIN (personal identification number) which they will enter into the machine to pay for their food purchases. There is no fee for using a Quest Card. Your monthly benefit amount will be loaded onto your card each month.

The Quest Card is accepted at many grocery stores throughout the state. Participating stores will display a sign indicating that they accept Quest Cards. A Quest Card can be used to buy foods like fruits, vegetables, meat, dairy products, breads, and cereals. In some parts of the state, a Quest Card can be used at Farmer's Markets. It can also be used to buy seeds and plants to grow food for personal use.

FoodShare benefits cannot be used to buy non-food items. This means that things like alcoholic beverages, pet food, paper or cleaning products, vitamins or medicines cannot be purchased with your Quest Card.

You can apply for FoodShare online at www.access.wisconsin.gov or you can call the Moraine Lakes Consortium at 1-888-446-1239.

Turning 65?
Need Medicare?

Welcome to Medicare Class

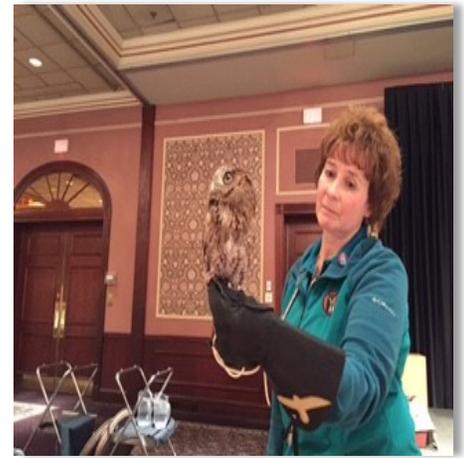
The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available 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 Aging and Disability Resource Center at 262-548-7848.

ADRC Volunteers 'Give a Hoot'

Last month the ADRC held it's 34th annual volunteer recognition event at the Country Springs Hotel in Waukesha. Volunteers help support the ADRC in a variety of ways and many of our programs would not exist without their help. Waukesha County Executive Paul Farrow and ADRC Manager Luann Page reiterated that fact when welcoming and thanking the volunteers. Over 250 meals-on-wheels drivers and packers, senior dining center volunteers, friendly visitors, courthouse greeters, volunteer guardians, office volunteers, workshop leaders, nutrition advisory board members and ADRC Board Members enjoyed a delicious lunch followed by a well received program presented by Lindsay Obermeier of the Schlitz Audubon Nature Center.

This year's recognition theme centered around owls, with slogans such as *"thanks for giving a hoot"* & *"Whooooo Makes a difference, ADRC volunteers like you!"* Lindsay's program featured 3 of the center's owls. In her closing remarks, she personally thanked all of those that volunteer, including the owl handlers that came in that day to assist her with her program, repeating this year's theme "Thanks for giving a hoot!"



MOCK DISASTER DRILL VOLUNTEERS NEEDED

People of all backgrounds and abilities are needed to assist with a mock disaster drill. The drill aims to improve Waukesha County's processes and procedures in emergency management. On **Tuesday, June 14th**, we ask volunteers to play a role in the drill. Volunteers will learn about the type of mock disaster when they arrive and will also be given a role as a community member to act out. The event will be held at the **Waukesha Expo Center from 9:00-12:30**. Lunch will be provided. If interested call Karen at the ADRC at 262-548-7848.

**VOLUNTEER
POWER!**

Mayday!

Mayday!!

**We need your help!
An important
message was sent and
we need you to decode
it!
Unscramble the words
associated with the
month of May. Then,
match the numbers to
the letters below to
solve the puzzle!**



catbird.tumblr.com

ROOBEFTA

3

BEABALLS

11

NUBGDDI

12

BULSB

TUTBEYRLF

16

LERCINHD

4

2

SOFWLRE

6

GYRSSA

1

GENRE

13

AYM

14 15

MOETHR

8

9

PGSINR

10

NESSUHNI

7

GIMWSNMI

5

1 2 3 4

5 6 7 8 9

10 11

12 13

14 15 16



Enjoy Cinco de Mayo this year with some tasty Mexican Rice

- 2 Tbsp. Oil
- 2 Cups Uncooked Rice
- 2 packets Sazon Seasoning
- 1 8oz can Tomato Sauce
- 2 cups Water/ Chicken Stock
- 1 Small Onion chopped (Optional)



- Add oil to pan over Low- Medium heat
- Add rice, stir constantly until rice is golden brown
- Add Tomato Sauce, Sazon, Water, and Onions
- Stir once and bring to a boil
- Reduce heat, Place Lid on Pan and Simmer for 20 minutes
- Remove from heat and let sit 5 minutes
- Fluff with a fork and Enjoy!

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

If you'd like to be removed
from this mailing, or would
prefer to receive our Newsletter
electronically, please call the
ADRC at (262) 548-7848