

Aging & Disability Resource Center of Waukesha County

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Waukesha, WI 53188

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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
(24/7Helpline)

www.alz.org/sewi

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The ADRC Connection

September 2016

Local Athletes to Compete at the 2016 Paralympics in Rio

The Paralympic Games are the second-largest sporting event worldwide. Only the Olympic Games are bigger in size. Although three weeks apart, both competitions are organized together and take place in the same locations and venues. The only difference between these two events is that, at the Paralympic Games, athletes with Physical or Visual Impairments are competing for the Gold for their home countries.

There are five athletes from Milwaukee that will compete at the 2016 Paralympic Games this year. Nate Hinze, Jake Williams, Becca Murray and Desiree Miller will represent Team USA's wheelchair basketball teams, while Mareike Miller will compete for Team Germany's wheelchair basketball team.

Nate Hinze is returning for his second Paralympics after winning a bronze medal at the 2012 London Paralympics. The High School teacher and Wisconsin native will fight for this year's gold medal with his teammates. Jake Williams will accompany him for his very first Paralympics.

Becca Murray is set to compete in her third Paralympics. After winning the gold medal in Beijing 2008, a fourth place in London 2012 left her yearning for another medal. Becca is one of the leaders on the women's Team USA, inspiring many of the young, new athletes. She's joined by Desiree Miller, returning after experiencing a fourth place in London. Desiree also returns to the Paralympics, longing for her first medal.

Mareike Miller grew up in Germany and moved here seven years ago. She will compete for the German women's wheelchair basketball team in her second Paralympics. The Germany team are the defending champions, having won the London 2012 gold medal.

All five athletes are members of the Wisconsin Adaptive Sports Association, Inc. (WASA), a 501(c)(3) exempt nonprofit, promoting community collaboration of adaptive sports and recreation opportunities to those with physical disabilities and visual impairments in Wisconsin. The incredible athleticism in these sports and tough competitions at the Paralympics are very spectacular. The Paralympics will be shown on NBC and online at: <http://www.paralympicsport.tv/>



Becca Murray (#22) shooting for Team USA in a friendly game against Germany over Mareike Miller (#4 in white), preparing for the Rio 2016 Paralympics.



Mareike Miller (#4 in black) reaching high to win the jump ball in a friendly game against the Netherlands preparing for the Rio 2016 Paralympics.





The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and Interfaith Senior Programs, designed to provide information, support, timely access to resources, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

10 Ways to Manage Stress and Be a Healthy Caregiver

By Jennifer Harders, Alzheimer's Association

Are you so overwhelmed taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself not taking care of your own needs, you may be putting your health at risk.

- 1. Find time for yourself.** Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care gives caregivers temporary rest from caregiving.
- 2. Know what community resources are available.** Become aware of what resources are available in your community. This can help you identify services that you can connect to when assistance is needed.
- 3. Become an educated caregiver.** As the disease progresses, new caregiving skills may be necessary.
- 4. Get help and find support.** Seek the support of family, friends and people who can relate to your situation.
- 5. Take care of yourself.** Try to eat healthy, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
- 6. Manage your level of stress.** Stress can cause physical problems and changes in behavior. Note your symptoms and discuss them with a doctor, as needed.
- 7. Accept changes as they occur.** People change over time and so do the needs of the person you're helping.
- 8. Make legal and financial plans.** Putting legal and financial plans in place early is extremely important so the person you're assisting can participate.
- 9. Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can.
- 10. Visit your doctor regularly.** Take time to get regular checkups and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

10 Common signs of caregiver stress

1. Denial
2. Anger
3. Social withdrawal
4. Anxiety
5. Depression
6. Exhaustion
7. Sleeplessness
8. Irritability
9. Lack of concentration
10. Health problems

For more information or if you are experiencing caregiver stress contact the **Alzheimer's Association 24/7 Helpline** at **800.272.3900** or our website at **alz.org**

ADRC RESOURCE LIBRARY



Did you know that we have a Library right here in the ADRC? That's right! Our collection of books and DVDs are available for use by the general public. We have materials covering a wide range of topics, including Healthy Aging, Mood & Memory Enhancement, Alzheimer's/Dementia, Caregiving, Grief/Loss. A few items are also available in Spanish.

Feel free to drop in and visit our cozy reading space to see what we have to offer. No library card is needed. Simply make your selection(s), fill out the gold slip on the back of the item and turn in the completed slip to one of our friendly receptionists. Our library materials have a 30-day loan period.

A few titles we've recently acquired include:

DVDs:

The Savvy Caregiver 4-DVD Set HealthCare Interactive

Lewy Body Dementia: It isn't Alzheimer's or Parkinson's Disease- What Everyone Needs to Know
by Teepa Snow

Unlock the Memories Interactive Trivia Programs - Unlock the Memories

New Rules for End of Life Care by Barbara Karnes

BOOKS:

A Caregiver's Guide to Lewy Body Dementia by Helen Buell

You Say Goodbye and We Say Hello: The Montessori Method for Positive Dementia Care
by Tom & Karen Brenner

399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young
by Nancy Linde

AVAILABLE IN BOTH DVD & BOOK FORMAT:

Tai Chi Fundamentals Adapted Program: w/Optional Side Support, Walker Support & Seated Versions by Tricia Yu

Being Mortal by Atul Gawande



COME ON IN...WE'VE BEEN WAITING FOR YOU!

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.

September 8, 2016 from 10:00 am to 12:00 noon

New Berlin Library Community Room, 15105 Library Lane

Winterizing Your Home and Checklist for Safe Living

Is your home ready for the change in weather? Discover new ways to lower energy consumption and save money. As you are doing your seasonal maintenance checklist, also review the safety of your home. Are there areas where you are at risk for falling?

Learn how you can stay in your own home and age in place with the use special aids and modifications. Make your safety changes now.

Refreshments will be Provided
Questions and Replies to Jean Lazarus 414-352-1966

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/>

There are several new classes beginning this fall! Take a look!

Sip -N- Swipe Café

A Sip & Swipe Café is a series of four one-hour sessions where older adult learners get a beverage (Sip) and to work with a coach alongside 1 or 2 other learners each using a tablet (Swipe). The software is designed to be self-paced; each learner reads the instructions and progresses at his/her own rate. Tablets provided in collaboration with Generations On-line or bring your own. This class is being offered for free at two locations. The first is at the **ADRC of Waukesha County**. Please contact Lee C @ (262) 548 – 7848 to register. The second location will be held at the **Life Enrichment Center in Oconomowoc**, being offered Mondays beginning **September 12th**. Please contact Jill Halliburton at (262) 354-1375 to register.

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. Sessions will be held on Mondays, beginning **September 12th** at 10:15am- 11:30am at the **Sussex Community Center**. To register, contact either Jean H. at (262) 246-6447, or Lee C. @ ADRC of Waukesha County (262) 548 – 7848

Be Strong-Stay Strong (Strong Bones)

Osteoporosis is a serious medical condition for both men and women. The good news is that osteoporosis is a preventable and treatable disease. Strong Women™, developed at Tufts University, is a national evidence based community program targeted to midlife and older women / men. The complete Strong Bones program aims to prevent or manage osteoporosis through sound nutrition and targeted exercise. The 10 – 12 week workshop helps participants maintain muscle mass, strength and function as they age. Classes meet twice weekly for 1 hour. Workshop is a collaborative effort between the ADRC and UW Extension. There is a \$30 cost to this class (scholarships & sliding scale available)

Two different locations are being offered for this NEW class. In Waukesha, classes will be held on Tuesdays and Fridays, beginning September 13th from 9:00 am – 10:15 am at **Berkshire @ Kensington**. Please contact: Jennifer Witty (262) 548-7789 jwitty@waukeshacounty.gov to register.

In Menomonee Falls, classes will be offered on Mondays and Thursdays, beginning September 26th from 9:15 am – 10:30 am at **St. James Church**. Please contact Jennifer Witty (262) 548-7789 jwhitty@waukeshacounty.gov to register.

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 free class is offered on Saturdays beginning **September 10th** from 9am – 11:30 am at **Aurora Summit Medical Center (Pabst room)** in Summit. Please contact either Trish Golden, Comm. Benefits Coordinator (262) 434-1000 or Lee C. from the ADRC of Waukesha County at (262) 548 – 7848.

Eat Better Move More

(Presented in collaboration with Mount Mary University Dietetics Department students.) Eat Better Move More meets for 1 ½ hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. **Part 1** follows MyPlate guidelines. **Part 2** follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+. The classes will be held for 10 weeks. There is a \$15 suggested donation for equipment and supply costs.

The class is being offered at two locations in Waukesha at two different times for your convenience.

One class will be held on Tuesdays beginning **September 20th** at 10:00 am – 11:40 am at the **Waukesha Public Library**. To register, please contact Sue Moore (262) 524-3682.

The other class will also be offered in Waukesha on Tuesdays beginning **September 20th** from 1:00 – 2:40 pm at **St. William Church (public welcome- parish members receive priority)**. To register, contact Parish Nurse Amy at (262) 547 – 2763 (ext:203) or ahaas@swwauk.org

National Falls Prevention Month

September is “National Falls Prevention Month.” This month, look around your home for items that can be a tripping risk. Throw rugs and threshold changes between rooms can trip feet and walkers. Assess walkers for their ability to move smoothly over floors. Always dry floors that get wet and slippery. When out in the community watch for curbs and parking stops. Along with reducing your environmental risks think of taking our “A Matter of Balance” class or the “Stepping On” class to improve your knowledge and health!

A Matter of Balance: managing concerns about falls

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 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. This class will be offered on Wednesdays from 9:30am- 11:30am, beginning **September 21st** at the **Hampton Regency Apartments** in Butler. To register, please contact Kevin W. at (414) 439-9291 or Lee C. @ ADRC of Waukesha County (262) 548 – 7848.

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. This free class is being held at **Hickory View Commons— Activities Room** in Oconomowoc on Thursdays, beginning **September 15th**. To register, please contact Jean C: (920) 379-1458.

Go for Gold!

Congratulations to Gwen Jorgensen, born and raised in Waukesha, Wisconsin, for winning the gold medal in the 2016 Rio Olympics for triathlon. She made history by claiming the first Olympic gold for the United States in the event. Congratulations to all the Olympians!





THE END OF ALZHEIMER'S
STARTS WITH *you.*



Alzheimer's disease—the nation's sixth-leading cause of death—is destroying our families, our finances and our future. But you can do something to stop it. Register for the Alzheimer's Association Walk to End Alzheimer's® and lead the way to a world without Alzheimer's.

START A TEAM

Saturday, September 10th at Frame Park in Waukesha
Registration begins at 8:30am | Walk begins at 10:00am

alz.org/walk | 800.272.3900

Dementia-Friendly Businesses in Waukesha County

“A flourishing community seeks to honor, value and include all of its members in a common life. It actively seeks creative improvements in a shared life because it understands that meeting the needs of the most vulnerable and dependent members cannot be separated from its own”.

- John McFadden from the Fox Valley Memory Project

A diagnosis of dementia doesn't mean a person has lost their dignity, nor should it mean that they give up those daily routines or practices that make their life fulfilling. “Dementia-Friendly Communities” are designed to help a person with dementia do things such as go to the bank and make a deposit, go to the grocery store and find the frozen foods aisle, or go to their favorite coffee shop to order an espresso, even if they can't quite remember why they are there.

Community means that we're all in this together, and whether you are an established dementia-friendly community or taking the steps toward becoming one, it is important to get training to learn helpful and respectful ways to include people with dementia as important members of your community.

We're all in this together and, working together, we can be successful.

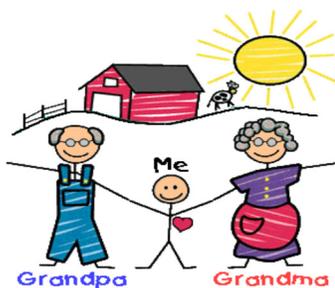
The ADRC has Dementia-Friendly Community Business Training available.

The purpose of the training is based on three elements:

- How to identify an individual with memory loss
- How to interact with an individual with memory loss
- Learn about the available community resources

“Dementia does not rob someone of their dignity, it is our reaction to them that does.” —Teepa Snow

If you are interested in joining us in our commitment to becoming a Dementia-Friendly Community, contact the Aging and Disability Resource Center of Waukesha County at: (262)548-7848 to schedule your dementia-friendly business training.



September 11th is National Grandparent's Day

National Grandparents Day was initiated at the grassroots level by a West Virginia housewife named Mariam Lucille Herndon McQuade. Mrs. McQuade started her campaign in 1970. She worked with civic, business, church and political leaders to first launch the day in her home state in 1973. Six years

later, President Jimmy Carter proclaimed the first Sunday after Labor Day as National Grandparents Day. The month of September was chosen for the holiday, to signify the “autumn years” of life. This year, National Grandparents Day will fall on September 11. Keep in mind, it is not a day only intended to sell cards and flowers. It is a day with purpose: to honor grandparents, to give grandparents an opportunity to show love to their children's children and to help children become aware of the strength, information and guidance older people can offer.

ASK INA

Dear Ina,

I've been worried lately about showering in my bathtub. I've been pretty unsteady on my feet lately, and am concerned that I will slip and have a fall. What can I do?
—Mr. Clean

Dear Mr. Clean,

Few people may think of the bathroom as a particularly dangerous place. However, according to the CDC, hundreds of thousands of adults and teens are treated for injuries suffered by slipping while in the bathroom. The risk increases as we age. The risk of injury in a bathroom is related to the fact that bathrooms are typically small, and surfaces are wet and hard.

Depending on your bathroom and your needs, you may want to consider making small changes before attempting a complete bathroom modification remodel! The easiest (and cheapest) changes to be made are placing non-slip strips on a tub and shower floor, installing grab bars by the tub, shower, and toilet, and cleaning the bathroom regularly to prevent buildup of water or soap.

If you have difficulty standing while showering and would feel safer sitting, consider purchasing a shower chair or tub bench. There are also many other devices and modifications that can be installed to make your bathroom a safer environment.

You can contact *IndependenceFirst* at 414-291-7520, to receive free information regarding available bathroom assistive technology or modifications. You can also contact *Katy's Kloset* at 262-746-9034, which lends devices and equipment. Stay Safe!



The Waukesha County Public Libraries offer a wide variety of programs, presentations, and activities for seniors.

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! Here is a sampling of programs being offered in some of Waukesha County's libraries. To find out about additional programs visit the library system at www.bridgeslibrarysystem.org

Brookfield Public Library. 1900 N. Calhoun Rd., Brookfield, WI 53005. (262) 782-4140.

Basic Computer Class. Thursday, September 8, 2:00-3:00pm.
Introduction to the Internet 1. Monday, September 12, 2:00-3:00pm.

<http://www.ci.brookfield.wi.us/38/Library>

New Berlin Public Library. 15105 W. Library Lane. New Berlin, WI 53151. (262) 785-4980.

Free Hearing Screening. Wednesday, September 21, 10:00am-2:00pm.

<http://www.newberlinlibrary.org>

Mukwonago Community Library. 511 Division St., Mukwonago, WI 53149. (262) 363-6411.

STOP Senior Frauds and Scams. Tuesday, September 6, 6:00-7:30pm.

<http://www.mukcom.lib.wi.us>

Pewaukee Public Library. 210 Main St. Pewaukee, WI 53072. (262) 691-5670.

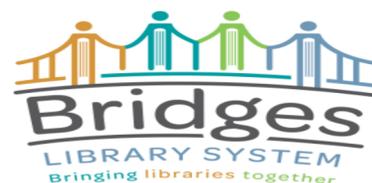
Wii Bowling Leagues. Six-week Wii Bowling League sign up begins Tuesday, September 6, 9:00am. Call to register.

<http://www.pewaukeelibrary.org>

Menomonee Falls Public Library. W156 N8436 Pilgrim Rd., Menomonee Falls, WI 53051. (262) 532-8900.

Retirement Classroom: Getting to Know Medicare. Monday, September 19, 7:00-8:00pm.

<http://menomoneefallslibrary.org>



From the Desk of Your Benefit Specialist

Disability Benefit Specialist Program

The Disability Benefit Specialist (DBS) Program is a free resource provided by the Aging & Disability Resource Center of Waukesha County. A DBS provides services to Waukesha County residents between the ages of 18-59 with physical disabilities, developmental disabilities, mental illness, and substance use disorders. Join us at these locations to learn more about this program!

Disability Benefit Specialist Program Presentation dates:

| | |
|-------------|---------------------------------------|
| October 13 | Town Hall Library, North Lake, 4:00pm |
| October 19 | Elm Grove Public Library, 2:00pm |
| October 25 | Big Bend Village Library, 2:00pm |
| November 3 | New Berlin Public Library, 2:30pm |
| November 7 | Pewaukee Public Library, 2:30pm |
| November 10 | Pauline Haase Library, Sussex, 2:30pm |

**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 ADRC at 262-548-7848 or register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Enrolled in a Qualified Health Plan? Any Life Changes? Be Sure to Report Them.

By the GWAAR Legal Services Team

Are you enrolled in a Qualified Health Plan (QHP) through the Marketplace? If so, have you experienced any life changes like getting a raise or gaining another member in your household? These are examples of the types of life changes that you have to report to the Marketplace when you are enrolled in a QHP.

When you experience a life change, you must report that change to the Marketplace no later than 30 days after the change occurs. You can report these changes online or by calling the Marketplace. Reporting changes is important because those changes may affect your coverage or your financial assistance, meaning you may qualify for more (or less) financial assistance through the Marketplace. If you fail to report these changes, you could owe the IRS more money at the end of the year for using more financial assistance than you were entitled to, or you could miss out on increased assistance and pay more in premiums than you should.

Sometimes you experience changes that may make it necessary for you to cancel your plan. Changes like qualifying for Medicaid or gaining employer coverage are changes that make you no longer qualify for a Marketplace plan. If you now have Medicaid or other health insurance through your employer, you should cancel your Marketplace plan. If you know that you are starting a new job soon where you will have health coverage through your employer, be sure to cancel your Marketplace plan at least 14 days prior to your new employer insurance beginning.

Whether you experience life changes that require you to update your information with your Marketplace plan or cancel your Marketplace plan, it is important to act as soon as possible to ensure that you have the correct coverage and financial assistance. Call the Marketplace at 800-318-2596 or go to www.healthcare.gov within 30 days of the life change to update your information with the Marketplace. If you need to cancel your plan because you will get other coverage, just remember that your cancellation takes 14 days to go into effect.

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 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 – 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. | |

Waukesha County senior dining centers have more to offer to keep you healthy. Many centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered. Please call the dining center for more information.

The ADRC, Waukesha County Senior Dining Sites and Meals on Wheels will be closed:
Monday, September 5th
Thursday, November 24th & Friday, November 25th
Friday, December 23rd & Monday, December 26th
Friday, December 30th & Monday, January 2nd

Thank you to Ann from Butler who submitted her recipe for “Shirley’s Chicken”, which all Senior Dining and Meals on Wheels participants will get to enjoy on Wednesday, September 28th. Send us your favorite recipe and maybe you’ll see it on the menu! Dining center patrons can submit recipes to their site manager, or they can be mailed to Mike at the ADRC.

Shirley’s Chicken

- 1 cut up chicken
- 1 - 20 oz. bottle of cola
- 1 - 18 oz. bottle of BBQ Sauce
- 1 bell pepper
- 1 onion
- Salt and pepper to taste



Combine all ingredients and cook on stove for 45 minutes over medium heat, stirring occasionally, or until chicken reaches a minimum internal temperature of 165°F

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU SEPTEMBER 2016**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p align="center"><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; ALL MEALS INCLUDE 1% MILK</i></p> <p align="center">ALT= LOW SUGAR ALTERNATIVE</p> <p align="center"><i>Menu subject to change without notice</i></p> | | | 1 | 2 |
| | | | <p align="center">Back to School Special</p> <p>Ham & Cheese on Kaiser- Mayo/ Must Carrot Sticks w/ Ranch Potato Chips Grapes Choc Chip Cookie Alt: Diet Cookie</p> | <p>Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Fresh Orange Almond Cookie Alt. Pineapple</p> |
| 5 | 6 | 7 | 8 | 9 |
| <p>HAPPY LABOR DAY</p> <p>NO MEALS SERVED</p> <p><i>Thank You!</i></p> | <p>Roast Beef Mashed Potatoes with Beef Gravy Stewed Tomatoes Multigrain Bread w/ butter Apricots Alt. Banana</p> | <p align="center">Indian Summer</p> <p>Porcupine Meatballs & Wild Rice Blend w/ gravy Squash Cranberry Compote Flat/Fry Bread w/ butter Pumpkin Pie Alt: Apple</p> | <p>Chicken Gumbo Red Beans and Rice Southern Green Beans Peaches Cornbread muffin / butter Alt: Diet Cookie</p> | <p>Whole Grain Spaghetti w/ Italian Meat sauce Italian Green Beans Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit</p> |
| 12 | 13 | 14 | 15 | 16 |
| <p>Philly Chicken Sandwich Onions/peppers/ provolone Wheat Kaiser Roll Baby Bakers w/ butter Country Style Vegetables Fruited Yogurt</p> | <p>Beef Stroganoff Buttered Egg Noodles Glazed Beets Sourdough Bread w/ butter Fresh Pear</p> | <p>Smoked Pork Chop Candied Sweet Potatoes Green Bean Medley Mixed Greens/ Dressing w/ Tomato & Cucumbers Rye Dinner Roll / butter Fresh Fruit Cup</p> | <p>Meatloaf with gravy Garlic Mashed Potatoes with gravy Dill Baby Carrots 7-Grain Bread / butter Marble Cake w/Chocolate Icing Alt. Banana</p> | <p>Grilled Chicken Caesar Salad Parmesan Cheese, Croutons, Caesar Dressing Split-Top Roll w/ butter Grape Tomatoes Nectarine</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>Bratwurst on a Bun Sauerkraut Ketchup / Mustard German Potato Salad Spinach Salad w/ Dressing Applesauce</p> | <p>Roast Turkey w/ Gravy & Stuffing Key Largo Vegetables Wheat Dinner Roll w/ butter Fresh Banana Pumpkin Pie Alt. Pear</p> | <p align="center">Oktoberfest</p> <p>Beef Rouladen Spätzle w/ Gravy Sweet & Sour Red Cabbage Beer Cheese Bread w/ Butter Apple Strudel Alt. Fresh apple</p> | <p>Tahitian Chicken Wild Rice Blend Romaine Salad w / Dressing Vienna Dinner Roll w/ butter Mandarin Oranges</p> | <p>Vegetable Lasagna Italian Beans Garlic Bread Grapes Raspberry Sherbet Alt. Peaches</p> |
| 26 | 27 | 28 | 29 | 30 |
| <p>Beef Mushroom Swiss Burger on Rye Bun Ketchup / Mustard American Fried Potatoes / ketchup Crinkle Carrots w/ basil Rice Krispies Treat Alt. Pineapple</p> | <p>Cranberry Glazed Pork Mashed Potatoes with gravy Broccoli w/ Cheese Sauce Rye Bread w/butter Apple Crisp Alt. Cinn Apple Slices</p> | <p><i>Participant recipe</i> SHIRLEY'S CHICKEN Smokehouse Baked Beans Country Style Greens Cornbread Muffin w/ butter Tropical Fruit</p> | <p>Swedish Meatballs Buttered Egg Noodles Brussels Sprouts Romaine Salad/ Ranch Seven-Grain Bread w/ butter Molasses Cookie Alt. Fresh Apple</p> | <p>Tuna Casserole Stewed Tomatoes w/Green Pepper, Onion Peaches Hearty Rye Bread w/ butter Iced Brownie Alt. Fresh Orange</p> |

Fabulous Fungi

Mushrooms are fungi. They are low in calories and sodium and high in B vitamins and in the minerals selenium, copper and potassium. Mushrooms have an “umami” flavor, which means “savory” or “meaty.” Use them to replace some of the meat in dishes or to add meaty texture to vegetarian dishes.



Edible mushroom varieties, including the morel and puffball, grow in Wisconsin. Look for wild and cultivated varieties at local farmers’ markets or visit the Morel Festival held every May in Muscoda. Never collect mushrooms without an expert guide!



Types of Mushrooms

- White button mushrooms have a mild flavor. Enjoy them raw or cooked.
- Portabella and crimini (baby bella) mushrooms have rich flavor and can be sautéed, broiled or roasted. Grill portabellas for an appetizer or vegetarian sandwich.
- Remove the stems of shiitake mushrooms and add to a stir-fry or pasta for a meaty texture.
- Oyster mushrooms have a delicate flavor and can be sautéed with onions.
- Dried mushrooms have a more intense flavor, store well and can be budget-friendly. Rehydrate and use the mushrooms and broth in soups, sauces and sautés.

Mushroom Minestrone

Serves 4 to 6

- ◇ 2 tablespoons olive oil
- ◇ 1/2 yellow onion, diced
- ◇ 2 carrots, diced
- ◇ 2 ribs of celery, sliced
- ◇ 2 garlic cloves, minced
- ◇ 1/2 tsp red pepper flakes (optional)
- ◇ 1 teaspoon each dried thyme & rosemary or 2 teaspoons of your own seasoning blend
- ◇ 2 tablespoons grated Parmesan cheese plus extra for serving, if desired
- ◇ 1 (15-ounce) can crushed tomatoes
- ◇ 6 cups water
- ◇ 3 cups loosely packed chard or spinach leaves, ribs removed and leaves roughly chopped
- ◇ 1 (15-ounce) can cannellini beans
- ◇ 8 crimini or white button mushrooms, sliced (Remove stems from crimini mushrooms)
- ◇ Salt, to taste



Heat the oil in a medium pot over medium heat. Add the onion, carrots and celery. Stir and cook until slightly softened, about 5 minutes. Mix in the garlic, red pepper flakes and herbs. Stir until fragrant, about 1 minute. Mix in the water, tomatoes and 1/2 teaspoon salt.

Bring the soup to a simmer and then immediately turn the heat down to low. Mix in the chard and beans. Cover the soup and allow to simmer for about 20 minutes. Uncover the pot, add the mushrooms and cook for 10 more minutes. Mix in the grated cheese. Salt to taste. Garnish with additional Parmesan and serve.

Adapted from Mushroom Council www.mushroominfo.com

**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>



Saturday, September 17, 2016
Frame Park Picnic Shelter
701 E. Moreland Blvd
Waukesha, WI

Join the annual NAMI Walks Waukesha this year to raise funds and awareness for mental health. NAMI Walks in Waukesha is NAMI's largest fundraiser and awareness building event. Their goal this year is to raise \$55,000 and your help is needed to make this possible! NAMI Walks in Waukesha brings together hundreds of individuals in our community to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness!



ALL FOR FUN AND FUN FOR ALL!

Check out these FREE things to do in our neighboring county!



Milwaukee Public Museum



ALL visitors receive FREE general admission to Milwaukee Public Museum on the first Thursday of every month. The Museum is open from 9 a.m. - 8 p.m.

2016 Thursday Dates:

September 1, October 6, November 3, December 1

2017 Thursday Dates:

January 5, February 7, March 2, April 7, May 4

For More Information: <https://www.mpm.edu/>



MILWAUKEE ART MUSEUM

Admission to the Milwaukee Art Museum is **free** for individuals and families (excluding groups) on the *first* Friday of each month.

2016 Friday Dates:

September 5, October 3, November 7, December 5

2017 Friday Dates:

January 2, February 6, March 6, April 3, May 1

For More Information: <https://mam.org/>



Milwaukee County Zoo

Admission to the Milwaukee County Zoo Family Free Days on the following dates:

November 5, December 3

ALL VISITORS RECEIVE FREE ZOO ADMISSION, BUT THE PARKING FEE REMAINS IN EFFECT.

For More Information: <http://www.milwaukeezoo.org/>



volunteer guardians

What is a volunteer guardian?

A volunteer guardian is an individual appointed by probate court to make decisions for another adult called the ward whom the court has determined incompetent (not capable of making decisions for him or herself). Volunteer guardians make decisions in the best interest of their ward to ensure their safety and well-being. They are not responsible for managing the ward's finances.

Why is a volunteer guardian needed?

Not everyone in our community has someone that will take care of them or whom they trust to make important decisions. Volunteer guardians advocate for the health and well-being of their ward. They serve a very important role in decision making regarding the ward's living environment, medical care, health and safety.

How can I become a Volunteer Guardian?

If you have the time and desire to help advocate, please consider becoming a volunteer guardian. Volunteers must be 21 years or older, pass a criminal background check, have a valid current driver's license and proof of insurance. Support and training will be provided. If interested in this opportunity, or for more information please call the ADRC at 262-548-7829 or e-mail the volunteer program specialist: kstraw@waukeshacounty.gov



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 start 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

Hieroglyphics

School's back in session! Use the symbols below to solve the puzzle related to education!

| | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| A | B | C | D | E | F | G | H | I |
| | | | | | | | | |
| J | K | L | M | N | O | P | Q | R |
| | | | | | | | | |
| S | T | U | V | W | X | Y | Z | |
| | | | | | | | | |

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