Our Mission Statement:
To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

Inside this Issue:
- Meet the ADRC
- Medicare Card Scams
- Combat Social Isolation
- Farmer’s Market Vouchers
- Free Dental Care

For over fifty years, the federal Administration on Aging has designated May as Older Americans Month to recognize older Americans and their contributions to our communities. This year’s theme: “Engage at Every Age” emphasizes the importance of being active and involved, no matter what age or where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental and emotional well-being.

In recognition of this month, Governor Walker has proclaimed May as Aging and Disability Resource Center Month. In every county across the state, citizens can find an ADRC. ADRCs are a welcoming and accessible place where older people and people with disabilities can obtain reliable and objective information, advice, and streamlined access to needed services and supports. In Waukesha County, your ADRC provides Information and Assistance, Options and Enrollment Counseling, Aging Services Support, Transportation, and Adult Protective Services.

Every three years, the ADRC is required to complete an “Aging Unit Plan”, to plan services our agency will provide for seniors and adults with disabilities for the next three years. We are currently developing this plan for 2019-2021. There are many opportunities for you to provide input as to the priority areas for individuals in Waukesha County. We will be holding listening sessions, and reaching out to the public to gain information as we develop our plan. I encourage you to “Engage at Every Age” and have input in how we, as the ADRC, can best meet our community’s needs.

As we celebrate May and warmer days, spring flowers, and new beginnings, it is the perfect opportunity to celebrate the staff at the ADRC as well. The following pages feature our dedicated staff and volunteers who assist you when you call or visit the ADRC and provide services to our community. I want to thank each of our staff and volunteers for their dedication to the ADRC and the customers we serve.

Thank you for allowing us to serve you!

Mary Smith
Manager
Nutrition Program Staff
The Nutrition Program Staff work at the 10 senior dining centers throughout Waukesha County, 9 of which provide Meals on Wheels locally in their communities. The program provides hot, nutritious meals to persons 60 years of age and older, helping community seniors live independently in their homes. In addition to a hot noon meal, the Senior Dining Centers provide nutrition education, health information and screening, outreach, and support to older adults and their families. Social and recreational activities are also available at the dining centers.

Management Staff
The Management Team provides oversight and directs the operations of the Aging and Disability Resource Center of Waukesha County. The team assesses community needs and strategically plans to manage a fiscally responsible agency.

Support Staff
These staff perform essential work by providing various support efforts to the operations of the ADRC. They provide outstanding customer service and an accessible, welcoming atmosphere where older adults and adults with disabilities can obtain information, direction, and help in accessing services.

Volunteer Services
Our 774 volunteers allow the Aging and Disability Resource Center of Waukesha County to have a greater impact in our community. Volunteers assist us with: meal service, meal packaging and delivery to our homebound consumers; leading health promotion activities and classes; various office assistance; greeting the public in the ADRC and the Courthouse and so much more.

ADRC Specialists
Our ADRC Specialist staff are available in person and by phone during business hours to provide information and assistance, options counseling, community resource referrals, eligibility assessments and enrollment for various programs, services, and benefits including the State of Wisconsin’s Long Term Care programs.
Aging Services Staff
Our Aging Services staff provide options counseling for those aged 60 and over to determine eligibility for direct services through the Older Americans Act, Elder Abuse Direct Services grant, and Waukesha County Tax Levy. Some programs or services have specific eligibility requirements and may require a copay requirement; other services are provided on a donation basis.

Specialty Area Staff
Our Benefit Specialists are professionals who listen to and advocate for individuals in understanding benefits and programs. They assist with paperwork and applications for benefits and programs, collaborate to problem solve and determine which benefits and programs are available to the individual, and empower individuals with the best possible options.

The Health Promotion Coordinator provides oversight to our various health promotion programs and activities throughout the community. The primary goal of these programs is to empower adults to adopt healthy behaviors, improve health, and manage chronic health conditions.

The Dementia Care Specialist works to create a dementia friendly and dementia capable community by providing direct assistance to individuals with dementia and their caregivers as well as leading efforts in awareness and community partnerships.

Adult Protective Services Staff
Upon receiving a report of suspected abuse, financial exploitation, neglect, self-neglect or other concerns about an Elder or Adult at Risk, Adult Protective Services follows up with an investigation of the concerns reported. The initial goal of an investigation is to verify the safety of the Elder or Adult at Risk.

Specialized Transportation Services Staff
These staff oversee and administer all aspects of The Aging and Disability Resource Center’s Specialized Transportation services for non/limited-driving older adults 65 years of age and older, and for individuals with disabilities who are 18-64 with a disability determination. Users of the transportation services are required to complete an eligibility application. When approved for transportation services, applicants receive a discounted fare.
Beware of Medicare Scams

Beginning April 1, 2018, Medicare will begin mailing out new cards to recipients, which will feature an 11-digit alphanumeric ID instead of your social security number. The new cards are being issued to protect retirees from potentially having their social security number stolen. The new cards will be sent to Medicare recipients automatically, based on a schedule put out by the Center for Medicare & Medicaid Services. Wisconsin residents are slated to receive Medicare Cards mid-year in 2018. If you would like to receive an email alert from Medicare informing you when the new cards will begin mailing in the State of Wisconsin, visit Medicare.gov/NewCard and sign up to get email alerts from Medicare.

Though this effort is designed to help minimize fraud, it has sparked a new series of scams where individuals claiming to be Medicare employees are calling recipients. In one scam, con artists call recipients asking for a credit card number to pay a $25 processing fee for the new card. In another scam, con artists call recipients to verify their information, including social security number, so their new card can be mailed out. Yet another con involves recipients being told they have a refund on their old Medicare card and they need to provide their bank account information to process the return of the funds. Finally, scammers are calling recipients and informing them their old card is no longer valid and they must pay for a “temporary card” until they receive their new one.

Important things to know:

- Medicare will NEVER call you unless you have requested a return call; they conduct all their communications by mail.
- New Medicare cards will be sent automatically to your mailing address on file with Social Security. If you need to update your address, visit your mySocial Security account.
- There is no cost for your new card.
- Your old Medicare card is valid until you receive your new card.
- Your benefits and balances will automatically transfer to the new card.

COFFEE TEA & TALK

WHEN: First Tuesday of each month
10 am - 11 am
WHERE: Waukesha County Health & Human Services – Room 114
514 Riverview Ave, Waukesha

SEATING IS LIMITED: RESERVATIONS REQUIRED: CALL LEE: (262) 548-7848

FOR OLDER ADULT LEARNERS

MAY 3
Healthy Aging Brain
Learn about the different types of dementia, what you can do to adopt a ‘brain healthy’ lifestyle, and what resources are available

June 5
Creating an Advanced Care Plan
Back by Popular Demand!!
Family gatherings are perfect opportunities to talk about your health and end-of-life preferences.
Evidence Based Health Promotion Programs

*Healthy Living with Diabetes Workshop* is very interactive, where mutual support and success build participants’ confidence in their ability to manage their health condition and maintain active and fulfilling lives. While facilitated by trained leaders, most of the learning comes from sharing and helping others in the workshop with similar challenges.

**People who have taken the workshop show:**
- Better health and increased confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Minimize the adverse effects of diabetes
- Fewer doctor and emergency room visits and fewer hospitalizations

Join our next 6 week session beginning
Monday, June 4, 2018
10:00am—12:30pm
(Light snack and refreshment included)

ProHealth—Waukesha Memorial Hospital - Conference Room 1&2
725 American Ave. , Waukesha, WI 53188
The class is offered free of charge, with a refundable $20 workbook deposit

**To Register Contact:**
ProHealth Care class registration @ (262) 928-2745 or
ADRC of Waukesha County @ (262) 548-7848

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Are you interested in helping others use a whole-person approach to brain health?

*We are looking for energetic and passionate individuals to lead this brain fitness workshop in Waukesha County.*

Boost Your Brain and Memory uses a whole-person approach to help individuals form new habits to live a healthier lifestyle, remember things better, be more organized and to pay closer attention.

As a Boost Your Brain leader, you will have the satisfaction of discovering the contents of the program, learning the key elements of brain fitness and learning group leadership and facilitation skills that you can also use in other areas of your life.

Not sure how you would know what wisdom to impart or what skills individuals might need? Don’t worry— anyone interested in becoming a Boost Your Brain workshop leader will attend training sessions, as well as have the ongoing support of the ADRC’s Health Promotion Coordinator.

**Interested? Want to learn more?**

*Please call us today at 262-548-7848 and ask for Lee for more information***
The ADRC of Waukesha County and the Mental Health Services of Waukesha County extend an invite to participate in the:

The Substance Abuse and Mental Health Services Administration (SAMHSA), the Administration for Community Living (ACL), and the National Coalition on Mental Health and Aging (NCMHA) have joined together to present a discussion designed to raise public awareness about the mental health of older Americans and spur action to address the needs of this population.

Together we will watch a live broadcast featuring a panel of experts discuss evidence-based approaches to mental health and substance use prevention, treatment, and recovery supports for older adults, and encourage collaboration between the mental health and aging networks. The panel will also highlight the work of the Interdepartmental Serious Mental Illness Coordinating Committee and offer guidance for people who seek treatment and services.

Space is limited. Please RSVP to 262-548-7848.
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.

Alice Baker Public Library
820 E. Main St
Eagle, WI 53119
(262) 594-2800
Breakfast and Brunch Cooking Demonstration
Saturday, May 5 at 1:00
http://www.alicebaker.lib.wi.us

Brookfield Public Library
Brookfield City Hall
2000 N. Calhoun Rd
Brookfield, WI 53005
(262) 782-9650
Cream City Dancers
Wednesday, May 9 at 7:00 p.m.
http://www.ci.brookfield.wi.us/38/Library

DelafIELD Public Library
500 Genesee St.
DelafIELD, WI 53018
(262) 646-6230
Grandma & Me for Tea
Wednesday, May 23 at 2:00 - 4:00
Call to register.
www.delafIELDlibrary.org

Elm Grove Public Library
13600 Juneau Blvd
Elm Grove WI 53122
(262) 782-6700
Author talk with Amy Reichert
Saturday, May 12 at 2:00 p.m.
http://elmgrovelibrary.org

Menomonee Falls Public Library
W156 N8436 Pilgrim Rd
Menomonee Falls, WI 53149
(262) 532-8900
Book Discussion:
All the Light We Cannot See
Thursday, May 10 at 7:00 p.m.
http://menomoneefallslibrary.org

Mukwonago Community Library
511 Division St Mukwonago, WI 53149
(262) 363-6411
Computer Security
Tuesday, May 22 at 6:30 p.m.
http://www.mukwonagolibrary.org

Oconomowoc Public Library
200 West South St
Oconomowoc, WI 53066
(262) 569-2193
Drop In Genealogy Help
Monday, May 21 at 10:00 a.m.
http://www.oconomowoclibrary.org

Town Hall Public Library
N76 W31429 Hwy. VV
North Lake, WI 53064
(262) 966-2933
Native Wisconsin Plants
Tuesday, May 22 at 6:00 p.m.
http://www.townhalllibrary.org/

Waukesha Public Library
321 W Wisconsin Ave
Waukesha, WI 53186
(262) 524-3680
Make & Take: Painted Planters
Thursday, May 24 at 6:30
http://waukeshapubliclibrary.org

Happy Mother’s Day
From the ADRC of Waukesha County
**GRAND Love**

When we think of caregivers, many of us probably think of a spouse caring for their spouse or a child caring for their parent. As our world continues to spin and change, some roles tend to change – even go in reverse! This is especially true for grandparents who are caring for their grandchildren. When parents are absent or unable to raise their children, grandparents are often the ones who step in to help.

Raising a second generation brings many rewards, like giving your grandchildren a sense of security and making a real difference in your grandchild’s life, but it also brings some challenges. No matter how much you love your grandchild, taking them into your home requires many major adjustments, such as finding the right support systems. The following are some helpful tips that could be useful in your day-to-day experiences with your grandchild.

**Acknowledge Your Feelings**

The simple prospect of raising your grandchild is bound to trigger a variety of emotions – good and bad – and that’s normal. The love you feel for your grandchild and the joy of seeing them grow are positive emotions that you may feel. Negative emotions, such as guilt, resentment, or fear are difficult to admit, but feeling and admitting these emotions doesn’t minimize the love you have for your grandchild. If you start to feel overwhelmed, remember that you may not have the energy you did when you were younger, but you do have the wisdom that comes with experience. You are at an advantage – you’ve done this before and learned from your mistakes! Don’t ever underestimate what you have to offer.

**Create a Stable Environment**

Children thrive in stable and predictable environments. While it may take your grandchild some time to adjust, there are steps you can take to make the transition easier. Routines make the world feel safe so establish a routine for mealtimes and bedtimes. Also, encourage your grandchild’s input in their new home. Let them decorate their room – they will feel more in control of themselves and their environment. Set clear, age-appropriate rules that are enforced consistently.

**Encourage Open Communication**

It is essential to truly listen to your grandchild and to encourage honest and open communication. In difficult times, they need an adult that they can go for questions, concerns, and feelings. Plan regular times to sit down and talk with your grandchild (without the distraction of TV and electronics). Also, encourage the child to talk about both their good and bad feelings and listen without judging or dismissing their feelings. Remember: it’s okay to say “I don’t know.” You don’t have to have an answer for everything.

There is no shame in asking for help. Finding a local support group, religious community, or good friends can make a tremendous impact on your family. The Aging and Disability Resource Center of Waukesha County has information and resources that can help. Please call us at 262-548-7848.

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**Part-time Paid Opportunities for Older Workers**

Are you age 55 or older, with a limited income, or unemployed looking for work? Wisconsin Senior Employment (WISE) may have the right opportunity for you. Upgrade your skills while helping your community. Clerical, Customer Service, and Custodian openings in Waukesha County.

Call for details: 920-469-8858 or email: darice.hannon@gwaar.org  SCSEP guidelines apply.
The Longest Day

What is the Longest Day? For caregivers and people who suffer from the disease, every day can feel like the longest day. The Longest Day is a day to do what you love to honor those who are affected by Alzheimer’s disease. It’s a DIY style fundraiser in which teams and individuals can create an event that fits with their lifestyle, schedule, and interests while raising funds and awareness for the Alzheimer’s Association.

When is the Longest Day? The Longest Day officially takes place on the summer solstice, the longest day of the year. This year’s summer solstice falls on June 21, 2018 – but teams and individuals are encouraged to hold their Longest Day events whenever it works best for them.

How do I get started?

1. Select an activity you love
2. Pick a way to participate
3. Raise funds
4. Plan your day
5. Participate and celebrate

Register online at www.thelongestday.alz.org or contact the Alzheimer’s Association at 800.272.3900 for more information.

We need your help to advance Alzheimer’s research

Alzheimer’s Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer’s disease, caregivers, healthy volunteers and physicians with current studies. Our continuously updated database of 130+ Alzheimer’s clinical trials includes both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at 500 trial sites across the country.

For more information contact the Alzheimer’s Association at 800.272.3900 or alz.org/trialmatch
Community Memory Screening

A memory screen is a useful tool that you can utilize if you or someone you love has concerns about memory problems. The assessment does not take long and, with your permission, we can send your results directly to your doctor’s office on your behalf. Please call with more questions or to schedule an appointment, contact Randy at the ADRC at 262-548-7848.

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<thead>
<tr>
<th>Library</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Town Hall Public Library</td>
<td>N76 W31429 Hwy. VV North Lake, WI</td>
<td>5/01/2018</td>
<td>10:00am-2:00pm</td>
</tr>
<tr>
<td>Muskego Public Library</td>
<td>S73 W16663 Janesville Road Muskego, WI</td>
<td>5/16/2018</td>
<td>9:30am-1:30pm</td>
</tr>
<tr>
<td>Menomonee Falls Public Library</td>
<td>W156 N8436 Pilgrim Road Menomonee Falls, WI</td>
<td>5/22/2018</td>
<td>10:00am-3:00pm</td>
</tr>
<tr>
<td>Pauline Haass Public Library</td>
<td>N64 W23820 Main Street Sussex, WI</td>
<td>6/19/2018</td>
<td>10:00am-2:00pm</td>
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</tbody>
</table>

The 26th annual Letter Carriers’ Stamp Out Hunger® Food Drive is on Saturday, May 12th.

According to the NALC (National Association of Letter Carriers) they were able to provide critically needed goods to local food distribution centers in every state in 2017. Seventy-one million pounds of food was collected in more than 10,000 cities and towns in all 50 states plus the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands. This figure brought the quarter-century total to more than 1.5 billion pounds. Please consider donating non-perishable goods in the bag your postal worker will provide in your mail the first week of May 2018.

ASK INA

Dear INA,

A neighbor of mine told me that she received a voucher from the ADRC to use at the Farmer’s market last summer. Are you giving these out again this year?

Aru Gala

Dear Ms. Gala,

Yes, we are! You can come to the Aging & Disability Resource Center (ADRC) to obtain a Senior Farmers’ Market Nutrition Program Voucher starting June 1st. Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered periodically at various locations throughout the county, such as your local Senior Dining Center. You must pick up your voucher in your county of residence, but can be spent at any farm stand or market in the state of Wisconsin that is authorized to accept these coupons.

Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations after May 29th. We will have more information in the June ADRC Connection Newsletter.
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 or visit our website at https://www.waukeshacounty.gov/WelcomeToMedicare.

Free Dental Care!

By the GWAAR Legal Services Team

Who: WI Dental Association’s Mission of Mercy
What: Free dental care for children and adults
Where: Exposition Center at WI State Fair Park, 8200 W. Greenfield Ave., West Allis, WI
When: Friday, June 22 and Saturday, June 23, 2018
Doors open at 5:30 a.m. both days.
No appointments—first come, first served.

FAQ’s
Q: Is there an income or asset limit?
A: No, anyone who needs dental care can come.
Q: What is the charge for services? Do I need to have insurance?
A: All work is done at no charge by volunteers donating their time.

Q: What type of work can be done at the event?
A: Cleanings, filings, extractions, and limited treatment partials can be done. Dentures and denture repairs cannot be done at this clinic.

Q: Do I need to bring photo identification?
A: No. Photo ID, Social Security numbers, and other personal documentation are NOT required.

Q: Do I need to bring anything?
A: Bring a list of your current medications and medical conditions. You may be standing in line for several hours, so feel free to bring a lawn chair, a book, a water bottle, and other necessary items.

Q: Who will be providing the care and treatment?
A: The WI Dental Association has approximately 1,000 volunteers including dentists, specialists, dental hygienists, administrative staff, and community volunteers who help out at this event.

Q: What if I need an interpreter?
A: Interpreters will be available to assist patients who speak Spanish, Hmong, and American Sign Language.

Q: Can a person under guardianship come?
A: Yes, provided their legal guardian accompanies them and authorizes care.

Q: What if I am in pain now?
A: Please do not wait for treatment. Go to a dentist, doctor, or emergency room if you are in pain now.

Q: Where can I go to get more information?
A: https://www.wda.org/wda-foundation/mission-of-mercy/patients and
WAUKESHA COUNTY SENIOR DINING CENTERS

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<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Address</th>
<th>Operating Days and Time</th>
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<tbody>
<tr>
<td>Brookfield</td>
<td>782-1636</td>
<td>Virginia Community Center 2000 North Calhoun Road</td>
<td>Monday through Friday at 12:00</td>
</tr>
<tr>
<td>Butler</td>
<td>783-5506</td>
<td>Hampton Regency Apartments 12999 West Hampton Avenue</td>
<td>Monday through Friday at 11:45</td>
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<tr>
<td>Hartland</td>
<td>367-5689</td>
<td>Peggy Breezewood Village Apartments 400 Sunnyslope Drive</td>
<td>Monday, Wednesday, Friday at 12:00</td>
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<tr>
<td>Menomonee Falls</td>
<td>251-3406</td>
<td>Diane Menomonee Falls Community Center W152 N8645 Margaret Road</td>
<td>Monday through Friday at 12:00</td>
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<tr>
<td>Mukwonago</td>
<td>363-4458</td>
<td>Anna Birchrock Apartments 280 Birchrock Way</td>
<td>Monday through Thursday at 12:00</td>
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<tr>
<td>Muskego</td>
<td>414-422-0420</td>
<td>Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive</td>
<td>Monday, Wednesday, Friday at 11:45</td>
</tr>
<tr>
<td>New Berlin</td>
<td>784-7877</td>
<td>Lisa National Regency Retirement Community 13750 West National Avenue</td>
<td>Monday through Friday at 12:00</td>
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<tr>
<td>Oconomowoc</td>
<td>567-5177</td>
<td>Kelly Oconomowoc Community Center 220 West Wisconsin Avenue</td>
<td>Monday through Friday at 12:00</td>
</tr>
<tr>
<td>Sussex</td>
<td>246-6747</td>
<td>Nick Sussex Civic Campus N64 W23760 Main Street</td>
<td>Monday through Friday at 12:00</td>
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<tr>
<td>Waukesha</td>
<td>547-8282</td>
<td>Lucille La Casa Village 1431 Big Bend Road</td>
<td>Monday through Friday at 12:00</td>
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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.

MEMORIAL DAY
CELEBRATE HONOR REMEMBER

Remember - our fallen heros. 
They are the reason that we are free.

The ADRC and Senior Dining Sites will be closed on Monday, May 28th in observation of Memorial Day.
# Senior Dining and Home Delivered Menu for May 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Chicken Salad on Croissant with Lettuce and Tomato</td>
<td>Swedish Meatballs Buttered Egg Noodles and Gravy Green Beans Multigrain roll / Butter Grapes</td>
<td>Open-faced Hot Turkey Sandwich with gravy on Wheat Mashed and Gravy Spinach Salad dressing Dessert Bar Alt: Fresh Fruit</td>
<td>Cinco de Mayo Mexican Lasagna Southwest Style Corn Tortilla chips and salsa Fresh Banana Cinnamon Sugar Donut Alt: Fresh Fruit</td>
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<tr>
<td>Alt: Banana</td>
<td>Alt: Peaches</td>
<td>Alt: Fresh Peaches</td>
<td>Alt: Fresh Fruit</td>
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<tr>
<td>Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes w/ Green Peppers &amp; Onions, Ketchup pkt Fresh Orange Wheat bread / butter Baked Potato topped w/ Broccoli &amp; Cheese Cottage Cheese Cauliflower Apricots Wheat Bread / Butter Chocolate Ice Cream Alt: Peaches</td>
<td>Cheeseburger on Wheat Bun w/ Lettuce &amp; Tomato Ketchup / Mustard Baked Beans Fresh Apple Butterscotch Pudding Alt. Sugar Free Pudding</td>
<td>Chicken Pasta Salad Broccoli and Quinoa Salad Blueberry Muffin / butter Melon Wedge</td>
<td>Pork Cutlet Hashbrown Casserole Coleslaw Sliced Peaches Crusty Roll / Butter Frosted Cake Alt. Fresh Fruit</td>
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<td>Happy Mother’s Day Oven Roasted Chicken with honey glaze Romaine Salad w/ cheese, croutons, &amp; ranch Dinner roll/ butter Raspberry Sherbert Meatloaf w/ gravy Mashed Potatoes w/ gravy Asparagus Cuts Fruit Cocktail Chocolate Chip Cookie Alt. Sugar Free Cookie</td>
<td>Roast Beef w/ Gravy Baked Potato w/ Butter and Sour Cream Broccoli Salad Potato Roll w/ butter Dessert Bar Alt. Fresh Apple</td>
<td>Chicken Caesar Salad w/ Croutons and Caesar dressing 7-Grain Bread / Butter Kitchen’s Choice Fruit Angel Food Cake with Strawberries and Whipped Topping Alt. Fresh Fruit</td>
<td>Teriyaki Chicken Vegetable Fried Rice Oriental Vegetables Dinner Roll w/ butter Pineapple Tidbits Chinese Almond Cookie Alt. Fruit</td>
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<td>French Dip with Au Jus Sub Roll Bow Tie Pasta w/ butter sauce Italian Vegetable Blend Grapes Turkey Ala King Mashed Potatoes Stewed Tomatoes Vanilla Pudding Alt. Sugar Free Pudding Oven Roasted Pork Rice Pilaf w/ gravy Steamed Spinach Dinner Roll w/ Butter Diced Pears Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Fresh Banana Baker’s Choice Cookie Alt. Sugar Free Cookie</td>
<td>Stuffed Salmon Boat w/ Mediterranean Sauce Roasted Red Potatoes w/ Butter &amp; Sour Cream Squash Vegetable Medley Blueberries</td>
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<td>28</td>
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<td>31</td>
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<tr>
<td>Mushroom Swiss Burger on Bun Broccoli Salad Baby Baker Potatoes w/ butter Mandarin Oranges Summer Fun Shredded BBQ Chicken on a bun Baked Beans Coleslaw Fresh Fruit Chocolate Mousse Alt: Sugar Free Pudding</td>
<td>Tuna Pasta Salad Tomato / Onion Salad Dinner Roll w/ butter Watermelon Dessert Bar Alt: Fresh Fruit</td>
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Please note that the ADRC will not be open on May 28th, 2018 in observance of Memorial Day
Fight social isolation and loneliness by building relationships.

What is isolation?
Isolation is more than being alone. It’s the result of feeling detached physically or psychologically, or being disconnected from support groups of family, friends and community.

Loneliness and isolation are not the same thing.
Loneliness (also known as subjective isolation) denotes how people perceive their experience and whether or not they feel isolated. Objective isolation involves quantifiable measurements, such as the size of one’s social network (and the frequency of engagement with it), availability of transportation, and ability to access resources and information.

Isolation is a growing health epidemic.
- More than 8 million adults age 50 and older are affected by isolation.
- The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.
- Isolation in older adults is rarely caused by a single event. More often, it’s the result of multiple causes, including poor physical and mental health, poorly designed communities, and major life events such as loss and retirement.

Here are some recommended ways to decrease loneliness and social isolation:
- Join a gym. Some gyms have classes specifically for senior citizens. Additionally, many Medicare Advantage plans offer discounted rates for seniors.
- Accept invitations from neighbors, church members, and other people you know.
- Check out continuing education classes at the local college or university.
- Enroll in enrichment classes at the local community center http://www.waukesha-wi.gov/501/Free-Programs-for-Seniors.
- Consider working or volunteering part-time; doing so can offer exposure to new people.
- Set-up a profile on a social networking website, such as Elder Tree, a website built specifically for adults over 55 in Wisconsin. Visit https://eldertreewisconsin.com/
- Invite your neighbors for dinner.
- Love animals? Get a companion animal, or volunteer at your local animal shelter.
- Join a book club. The Waukesha Public Library has a monthly book discussion that is open to the public http://library.booksite.com/6296/events/?&list=EVC1&group=current.
- Subscribe to local publications geared towards seniors such as: Seniors on the Go (http://www.waukesha-wi.gov/505/Senior-Newsletter) or the ADRC Connection (https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/ADRCNewsAndIssues/) to keep apprised of local senior activities.

No one wears a sign saying they’re looking for friends, but that doesn’t mean they don’t need one. Keep in mind, others are likely feeling the same way you do. Keep an open mind and be willing to step outside your comfort zone. Open yourself up to new friendships; it is vitally important for your health and wellness. Visit connect2affect.org, powered by AARP, to learn more about social isolation, find research on social isolation, take a self-assessment, and get more tips for getting connected to combat isolation.
May 22, 2018 is National Sherlock Holmes Day. This super sleuth has been cracking cases since 1887. Now it is your chance to solve the mysteries in this month’s ADRC Newsletter. Solve the puzzles to see if your detective skills were able to crack these mysteries!

Good luck and happy sleuthing!

Sherlock, a detective who was mere days from cracking an international smuggling ring has suddenly gone missing. While inspecting the mob boss’ last-known location, you find a note:

```
710 57735 34 5508 517718
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Currently, there are 3 suspects: Bill, John, and Todd. Can you break the detective’s code and find the criminal’s name?

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One snowy night, Sherlock Holmes was in his house sitting by a fire. All of a sudden a snowball came crashing through his window, breaking it. Holmes got up and looked out the window just in time to see three neighborhood kids who were brothers run around a corner. Their names were John Crimson, Mark Crimson and Paul Crimson.

The next day Holmes got a note on his door that read:

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? Crimson. He broke your window.
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Which of the three Crimson brothers should Sherlock Holmes question about the incident?

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Sherlock is called upon on a crime scene. A woman has vanished and there are only three suspects to her disappearance; the three people who saw her last.

- Alice, the best friend of the woman who was present for a night out.
- Debra, who was accompanying Alice.
- Sia, who is the house maid.

A note is found that was written by the victim, which reads:

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Second of January, Third of July, Fourth of April, Second of October, Fourth of December
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The note was all Sherlock needed to find out who knows where the woman is. Can you figure it out too?

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1. Bill. If you read the message upside down, you’ll notice that the numbers resemble letters and that those letters form legible sentences. The message is "Bill is boss. He sells oil.

2. Mark Crimson. The message is "Question Mark Crimson, so the note on the door reads "Question Mark Crimson. He broke your window."

3. Alice knows where she is. The number in front of the month's name in the note actually points towards the position of a particular letter in every month.

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

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

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