

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
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

August 2019

Celebrate National Lighthouse Day

National Lighthouse Day honors and commemorates a beacon of light that symbolizes safety and security for boats at sea. On August 7, 1789, Congress approved an Act for the establishment and support of lighthouse, beacons, buoys, and public piers. In 1989, in celebration of the 200th Anniversary of the signing of this Act, and the commissioning of the first Federal lighthouse, Congress passed a resolution which designates August 7 as National Lighthouse Day.

Throughout maritime history, lighthouses have shined their powerful, sweeping lights through the fog and storms, allowing ships of all kinds to find their way back to port during inclement weather. With the advent of radar and GPS technology, lighthouses have taken a back seat in guiding ships to port. However, they remain the universal symbol of safe harbor to ships and communities that rely upon the sea for their livelihood.

Many of the lighthouses located along Wisconsin's Great Lakes shoreline were built during the 19th century and were vital to the shipping, fishing, logging, and mining industries. Beginning in the 1840s, the U.S. Lighthouse Service, today's U.S. Coast Guard, began building lighthouses to make travel on Lake Michigan safer. Today, tourism is a prime reason people visit lighthouses.

Enjoy *National Lighthouse Day* by visiting a lighthouse. Wisconsin is home to 48 lighthouses, two-thirds of which are on Lake Michigan's shoreline. Lighthouses can be found along the coast of Lake Superior and Lake Winnebago as well. Pottawatomie Lighthouse is the oldest lighthouse in Wisconsin. It is also known as the Rock Island Light and is located in Rock Island State Park in Door County. Lit in 1836, it was served by civilian light keepers from 1836 to the 1940s at which point it was taken over by the U.S. Coast Guard. Wind Point Lighthouse located at the north end of Racine Harbor and in the village of Wind Point is one of the oldest and tallest active lighthouses on the Great Lakes. In the summer of 2007, the lighthouse underwent a \$210,000 restoration during which windows and doors were replaced, brickwork repointed, and the tower repainted. To find a listing of lighthouses in Wisconsin go to the following link: https://en.wikipedia.org/wiki/List_of_lighthouses_in_Wisconsin



Wind Point Lighthouse –Wind Point, Wisconsin

Are you a caregiver?

Many people do not consider themselves a caregiver. You may think you are a husband, wife, parent, son, daughter, nephew, niece, friend or neighbor, but if you are assisting an elder or someone with a disability, you ARE a caregiver. Caregiving can take on many different roles. These roles can be complex, providing 24/7 care for someone, or maybe you are simply getting the mail for a neighbor. No matter what the task(s), if you are helping someone, then you ARE a caregiver.

Caregiving can be a very rewarding but it can also be a difficult role. Many people are assisting others in their lives while trying to manage their own health issues, parenting children, working, or raising a grandchild. If we don't recognize we are caregiving, it is often difficult to reach out for assistance.

If you can answer YES to any of these questions, then you ARE a caregiver.

DO YOU HELP AN OLDER ADULT:

- Go to the doctor
- Run simple errands
- Manage their finances
- Clean their house
- Make appointments
- Manage their medications
- Wash, bathe or eat

HAVE YOU HAD TO:

- Stop participating in activities you enjoy
- Take time off work or reduce hours
- Change or cancel vacation plans
- Postpone your own appointments
- Take time away from family and friends



COULD YOU USE SOME ASSISTANCE?

The ADRC of Waukesha County can assist caregivers in many ways including programs and services to help make your caregiving journey as rewarding as possible. From Long-Term Care programs to Aging Services and our Grandparents Raising Grandchildren program, the ADRC of Waukesha County can help you navigate your caregiving needs to assist not only your care partner but you as a caregiver.

Call us today, at (262) 548-7848.

August 21 is celebrated as National Senior Citizens Day, a day to show appreciation and support for seniors, and recognize their accomplishments. It's also a time to help raise awareness of various issues that affect senior citizens. In 1988, Ronald Reagan declared the holiday, prior to this many observed August 14 as Senior Citizens' Day as it was the day Franklin D. Roosevelt signed the Social Security Act in 1935.



“Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,” Reagan proclaimed. “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older - places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

Today, senior citizens remain very active in their community and the workforce, and serve as role models for the younger generation. Senior citizens offer significant contributions to our society and deserve thanks.

How to Observe National Senior Citizens Day

Spend time at a nursing/retirement home.

One of the kindest and most rewarding acts you can do is make a visit to a nursing home. Sit and chat with residents. Play games and participate in activities. You can really make a difference in someone's day, week, or life and you will find the experience fun and rewarding too.

Reach out to a senior family member.

Perhaps it's a parent, grandparent, aunt, or uncle. Visit them and spend some time together. If you can't see them in person, give them a call and let them know how much you appreciate them.

Have fun!

Are you a senior citizen yourself? Then today is all about you, live it up! Treat yourself. Spend time with your favorite person, go shopping - Maybe it could be the day you finally try that one thing you've been thinking about or maybe it's a day for relaxing at home. Whatever makes you happy, go for it because it's a day dedicated to you. You've earned it.

Why National Senior Citizens Day is Important

Seniors give exceptional advice.

For centuries, cultures across the world have looked to seniors in their community for wisdom and knowledge. Our elderly family and friends have a lifetime of experiences and insight. Seniors are great at sharing life advice and should be the first people we go to.

Seniors give generously.

Most of us know from experience that seniors are particularly generous in nature. In fact, reports show that seniors make more charitable donations than any other age group. They devote more time to others and volunteer. We appreciate how their concern for friends, family, and community.

Seniors give us goodies!

Perhaps this stems from their generous and charitable nature, seniors are very good at making others feel special. Many can remember being spoiled by a grandparent. To every grandparent or elderly loved one that has given us treats, or made sure we ate well, or spoiled us, we salute and appreciate you!

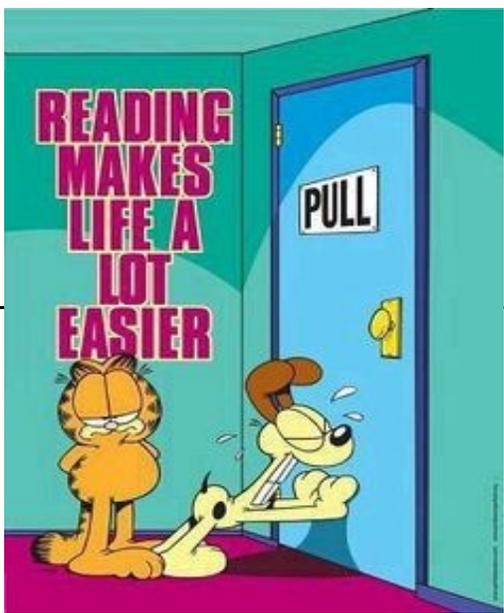
References:

<https://nationaltoday.com/national-senior-citizens-day/>

<https://agesafeamerica.com/august-21-national-senior-citizens-day/>

Check out what's going on at your local library this month.

A great way to escape the dog days of summer.

<p>Brookfield Public Library 1900 N. Calhoun Rd. Brookfield, WI (262) 782-4140 <i>Ice Cream Social</i> Tuesday, August 6 from 6:30-7:30 http://www.ci.brookfield.wi.us/38/Library</p>	<p>Delafield Public Library 500 Genesee St Delafield, WI (262) 646-6230 <i>Genealogical DNA Part 2: Now What?</i> Saturday, August 17 at 10:30 http://www.delafieldlibrary.org</p>	<p>Elm Grove Public Library 13600 Juneau Blvd. Elm Grove, WI (262) 782-6700 <i>Wisconsin's Gangster Past</i> Tuesday, August 6 at 7:00pm http://elmgrovelibrary.org</p>
<p>Menomonee Falls Public Library W156 N8436 Pilgrim Road Menomonee Falls, WI (262) 532-8900 <i>D2C2: No Place On Earth Documentary Film</i> Tuesday, August 13 at 10:00 am http://menomoneefallslibrary.org</p>		<p>Mukwonago Community Library 511 Division St. Mukwonago, WI (262) 363-6411 <i>Easy Days Barbershop Quartet</i> Monday, August 19 at 6:00 pm http://www.mukcom.lib.wi.us</p>
<p>Pauline Haass Public Library N64 W23820 Main St. Sussex, WI (262)-246-5180 <i>Make It: Mandala Stone Paining</i> Wednesday, August 14 at 6:00 pm http://www.phplonline.org/</p>		<p>Waukesha Public Library 321 W Wisconsin Av Waukesha, WI (262) 524 -3680 <i>Independence Corrupted: Author Judge Schudson discusses his book</i> Tuesday, August 13 at 6:30 pm http://waukeshapubliclibrary.org</p>

Do you have questions regarding Medicare? Tracy Lipinski will provide an overview of Medicare, including Parts A, B, C, and D, as well as Supplemental Policies and Savings Programs. Presented by Wisconsin's State Health Insurance Assistance Program. Several August presentations are scheduled at the libraries listed below:

Monday, August 5 at 10:30 AM at the Mukwonago Public Library

Wednesday, August 7 at 10:30 AM at the Menomonee Falls Public Library

Monday, August 12 at 1:00 PM at the Butler Public Library

Wednesday, August 14 at 1:00 PM at the Brookfield Public Library

Monday August 19 at 11:00 AM at the Pauline Haas Library in Sussex

Wednesday, August 21 at 6 PM at the Hartland Public Library

Monday, August 26 at 10:30 AM at the Muskego Public Library

From the Desk of Your Benefit Specialist

Creating a My Social Security Account Online

By the GWAAR Legal Services Team

My Social Security is the Social Security Administration (SSA) online portal that allows individuals to review their lifetime earnings history, check their current or future benefits, and access many other Social Security services. An individual will need a valid email address and a Social Security number to create an account.

To create an account, go to <https://www.ssa.gov/myaccount/> and follow the steps to create a new account. You will need to verify your personal information, and you will be asked questions obtained from your credit report to verify your identity. (Note: this process will not affect your credit score.)

Here are some things you may do online through the My Social Security portal:

- Check your earnings history and make sure there are no discrepancies
- See how much you have paid into Social Security throughout the years
- Get an estimate of your future Social Security payments
- Find out how much you will qualify for if you become disabled
- Determine what family members will receive if you pass away
- Check the status of pending claims
- Set up direct deposit of your benefit payment
- Keep your account up to date by changing your address or direct deposit information
- Request a benefit verification letter, which you can use as proof of income
- Request a replacement Medicare or Social Security card

If you do create a My Social Security account, make sure to keep your login information secure. Choose a password that you can remember but that is hard for others to guess. Do not write down your username and password unless you need to. If you do, put the written password in a secure location such as a locked safe. You may also add extra security to your account by requiring a text message code to be sent to your cell phone every time you need to log in. That way, someone cannot access your account unless they have your cell phone in their possession.

For more information, visit: <https://www.ssa.gov>

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C,

D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Turning 65?
Need Medicare?**

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

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, action planning, 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, August 26th - October 7th, 2019 (no class on Labor Day) | 10:00am - 12:30pm

Location: **ProHealth Care - Waukesha Memorial Hospital**
725 American Ave | Waukesha, WI 53188
Contact: ProHealth Care at 262-928-2745
Cost: Complimentary
Class size: 20 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 through the ADRC is possible upon request.

Mondays, September 9th - October 21st, 2019 | 9:30 - 11:30am

Location: **Aurora Summit Medical Center - Gifford Hall**
36500 Aurora Drive | Summit, WI 53066
Contact: Trish Golden at (262) 434-1248 or online www.aurora.org/events
Cost: Complimentary
Class size: 15 maximum participants

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 7 or 8-weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Tuesdays, September 19th - October 31st, 2019 | 9:00 - 11:00am

Location: **Waukesha YMCA**
320 East Broadway | Waukesha, WI 53186
Contact: Robyn at (262) 542-2557
Cost: Complimentary
Class size: 20 maximum participants

HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For August, the highlighted produce item is GRAPES! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



FIT IN THE PARKS

FIT in the Parks is a health and wellness series brought to you by the Live Well Waukesha County initiative and community partners. These FREE summer activities will be held throughout the county and anyone is welcome.

UPCOMING EVENTS

August 8th - Zumba - Waukesha

August 11th - Yoga - Menomonee Falls

August 13th - Boot Camp - Mukwonago

August 16th - Stand-Up Paddleboarding - Oconomowoc



SELF CARE

Learn how to balance your mental, physical and spiritual health needs amidst everyday responsibilities.

August 1st | Stoney Creek | 10-11am

569W14142 Tess Corners Dr, Muskego, WI

To Register Call: Anita at (414) 422-4686

August 21st | Brookfield Public Library | 10-11am

1900 N Calhoun Rd, Brookfield, WI

To Register Call: (262) 782-4140

Complimentary coffee, tea and treats.

Reservations highly suggested.

• A •
CUP
• OF •
HEALTH
• COFFEE TALKS •



24/7 Helpline 800.272.3900

Come Celebrate Waukesha's 10th Annual Walk to End Alzheimer's®

**In Waukesha County
Saturday, September 7th at Frame Park**

Register for the Walk to End Alzheimer's on September 7th at Frame Park in Waukesha at act.alz.org/waukesha. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

Enjoy a scenic stroll along the river, plus all the pre and post-Walk festivities including live music, team photos, a Caregiver sanctuary, and the Purple Clubhouse activity area featuring family activities, temporary tattoos and a crazy Purple selfie station.

Join the fight for Alzheimer's first survivor. At the Alzheimer's Association Walk to End Alzheimer's, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Start or join a team today at act.alz.org/waukesha





UPCOMING EVENTS

August 1-11– Wisconsin State Fair @ Wisconsin State Fair Grounds, 8 am– 11 pm. Come and enjoy all the Wisconsin State Fair has to offer including shopping, food, entertainment, agriculture and exhibits, and rides. Tickets are only \$8 for those who are 60 & over.

August 2 & 3– Fiesta Waukesha @ La Casa De Esperanza, 11 am– 7 pm. Fiesta Waukesha promotes multicultural awareness to those who attend and raises funds for the La Casa De Esperanza Charter School scholars. The festival is free and offers a variety of cuisine, children’s activities, and entertainment.

August 3– Waukesha Art Crawl @ Downtown Waukesha, 4– 10 pm. Come visit Waukesha’s galleries and gift shops and enjoy great food and drinks during the 107th Annual Art Crawl. There will be local featured artist showcases and live music.

August 4– Annual Cruisin’ The Grove @ Downtown Elm Grove, 10 am– 2 pm. This is the 7th Annual Cruisin’ the Grove that showcases classic cars and motorcycles on the streets of Downtown Elm Grove.

August 9 & 10– Waukesha BluesFest @ Naga-Waukee Park, 1– 10 pm. This festival is in its’ 14th year and features blues, R&B, soul, gospel, and roots music mixed in with country and rock. Headliners include Joanne Shaw Taylor and The Fabulous Thunderbirds.

August 16, 17, & 18– The Wisconsin Military Show @ Eagle Village Park, 9 am– 5 pm. Highlights of this show include WWII reenactors, Civil War reenactors, battery cannons, well known author Robert J Laplander, and military vehicles on display. LD’s Barbeque will be on site to serve up food and drinks. Admission is \$5 for adults but free for Veterans and kids 11 and under.

August 17– Donna Lexa Memorial Art Fair @ Downtown Wales, 9 am– 4 pm. This fair is held along the Glacial Drumlin bike trail in Wales and features fine arts and crafts, live musical entertainment, silent art auction, children’s area, and food.

August 17 & 18– Oconomowoc Festival of the Arts @ Fowler Park, 10 am– 5 pm. This is the 49th annual Oconomowoc Festival of the Arts and is considered one of the top outdoor fine art festivals in the Midwest. Held on the beautiful shores of Fowler Lake, come and enjoy 135 featured artists from all over the country, live music, and the opportunity for families to create their own works of art in the children’s area.

August 17– Light up the Lake Boat Parade & Fireworks @ Oconomowoc City Beach Bandshell, 7:30– 10 pm. Enjoy a concert by the Oconomowoc Legion Band and the boat parade on Lac La Belle, followed by a beautiful fireworks show!

August 18– Main Street Block Party @ Sussex Civic Center, 11 am– 3 pm. Join the community of Sussex for an afternoon including an expanded farmer’s market, food trucks, live music, and local beer vendors.

August 24 & 25– Muskego Fest @ Muskego Veterans Memorial Park, noon– 11:30 pm. This is the largest free admission festival in Southeastern Wisconsin! Featuring great entertainment, tasty food, Calkins Midway, and several of Milwaukee’s hottest bands, Muskego Fest also offers a 5K run and corn hole tournament.

August 28– Senior Citizen Tailgate Party @ The Corners of Brookfield, 1 pm. Come watch the Brewers game on the big screen in the square and wear your favorite Brewers gear. Complimentary food and beverages will be provided for guests. Seating is available at a first come, first serve basis.

Tick Bite Prevention



August means warm summer weather! We can finally get out to the beach, or go for that long hike in the woods, and plant that garden. When you go out and enjoy your summer activities, BEWARE! A tiny animal that lives in the brushy, wooded areas here in Wisconsin can cause huge problems, and that animal is the deer tick. The deer tick is so small that often times, a person may never know that they have had it on their skin at all. These ticks can be the carriers of several different bacteria, viruses, and parasites. One of the most familiar here in Wisconsin is Lyme disease. These bacteria can cause several symptoms that may affect the skin, nervous system, heart, or joints. The most widely recognized symptom of Lyme is the erythema migrans rash, or “bull’s eye” rash, but not everyone gets that rash.

Fear not! There are ways to protect yourself from getting this disease. When going out in these tick habitats, you can wear pants and long sleeves. If it is too hot, wear lighter colored clothing to identify ticks more easily. You can also use insect repellents containing 20-30% DEET, or 0.5% permethrin. Because it takes 24 hours of skin attachment before bacterium transmission, be sure to remove any ticks found as soon as possible. Perform thorough tick checks after leaving any tick habitat. Stay safe and help us Fight the Bite! Feel free to contact the health department if you have any questions! 262-896-8430

WAUKESHA COUNTY SENIOR DINING CENTERS

<p>Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00</p>	<p>Butler 783-5506 – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45</p>	<p>Hartland 367-5689 – Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00</p>
<p>Menomonee Falls 251-3406—Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00</p>	<p>Mukwonago 363-4458 - Lynn Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00</p>	<p>Muskego 414-422-0420 –Jack Stoney Creek Adult Community Center S69 W14142 Tess Corners Dr. Monday, Wednesday, Friday at 11:45</p>
<p>New Berlin 784-7877 – Shawn National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00</p>	<p>Oconomowoc 567-5177—Margaret Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>	<p>Sussex 246-6747 –Josh Sussex Civic Center N64W23760 Main Street Monday thru Friday at 12:00</p>
<p>Waukesha 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00</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 August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p><i>Menu subject to change without notice</i></p> <p><i>DINING SITES CLOSED ON MONDAY SEPT. 2ND FOR LABOR DAY</i></p>			<p>Turkey Chili with Beans Saltine Crackers Cucumber Salad Diced Peaches Wheat Dinner Roll w/ butter</p>	<p>Spaghetti w/ Italian Sausage Meat Sauce Salad w/Italian Drsgng Green Beans Fruit Cocktail Raspberry Sherbet Alt. Yogurt</p>
5	6	7	8	9
<p>Sweet and Sour Chicken w/ Green Peppers, Onions and Pineapple Brown Rice Crinkle Cut Carrots Fresh Orange Almond Cookie Alt: Sugar Free Cookie</p>	<p>Roast Beef Roasted Baby Red Potatoes with Butter Peas & Pearl Onions 7-Grain Bread w/ butter Grapes</p> <div style="text-align: center;">  </div>	<p>LET'S GO TO THE STATE FAIR!</p> <p>Jumbo Chili Cheese Dog on Poppy Seed Bun w/ diced onions, ketchup and mustard Baked Beans Buttered Sweet Corn Fresh Fruit Salad Cream Puff</p>	<p>Lemon Herb Chicken Breast Baked Sweet Potato w/ Butter Romaine Salad w/ Ranch Dressing French Bread w/ Butter Watermelon Slices</p>	<p>Egg Salad on Croissant w/ Lettuce & Tomato Fresh Carrot and Celery Sticks w/ ranch Honeydew Melon Oatmeal Raisin Cookie Alt. Grapes</p>
12	13	14	15	16
<p>Barbecue Meatballs American Fried Potatoes Ketchup packet Stewed Tomatoes Bread/Butter Spiced Apple Slices</p>	<p>Pork Cutlet w/ gravy Au Gratin Potatoes 5-Way Mixed Vegetables 7-Grain Bread w/ butter Fruit Fluff</p>	<p>IRISHFEST</p> <p>Stuffed Cabbage Rolls Baked Potato w/Sour Cream and Butter Dill Crinkle Cut Carrots Chocolate Cake with Mint Frosting Fresh Nectarine</p>	<p>Baked Ham Scalloped Potatoes Broccoli Wheat Bread w/ butter Waldorf Salad</p>	<p>Roast Turkey w/ Gravy Herbed Bread Stuffing Mashed Potatoes and Gravy Green Bean Casserole Pear Slices Molasses Cookie Alt. Sugar Free Pudding</p>
19	20	21	22	23
<p>Breaded Chicken Parmesan Bow Tie Pasta w/ Marinara Sauce Italian Beans Crusty Italian Bread w/ butter Fresh Apple</p>	<p>Crab Pasta Salad Tomato / Onion Salad Bran Muffin with butter Banana Fruited Yogurt</p>	<p>MEXICAN FIESTA</p> <p>Fiesta Lime Chicken Breast w/Pico de Gallo Mexican Seasoned Rice Southwest Style Corn Mexican Black Beans Cantaloupe Cinnamon Donut</p>	<p>Whole Grain Spaghetti w/ Italian Meat sauce Steamed Spinach Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit</p>	<p>Submarine Sandwich Turkey, Ham & Swiss Lettuce, Tom, Mayo Sun Chips Marinated Veg Salad Fresh Peach Snickerdoodle Cookie Alt: Fruit</p>
26	27	28	29	30
<p>Denver Omelet w/ Sauce Sausage Patty Potato Cake w/ ketchup Orange Juice Fresh Plum Streusel Coffee Cake Alt: Fresh Apple</p>	<p>Oven Roasted Chicken on the Bone Baked Potato w/ butter Broccoli Salad Grapes Tomato Juice Dinner Roll w/ Butter</p>	<p>Chicken Caesar Salad Parm Cheese, Croutons Caesar Dressing Beet and Onion Salad Split Top Roll w/ butter Fresh Banana Choc Chip Cookie Alt. 100% Fruit Juice</p>	<p>Breaded Cod Tartar Sauce Quartered Red Potatoes W/ butter Peas and Carrots Rye Roll w/ butter Sliced Peaches</p>	<p style="text-align: center;">Goodbye Summer...</p> <p>BBQ Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fresh Melon Ice Cream Cup</p>

Peaches Pack a Powerful Nutritional Punch

Biting into a sweet, juicy peach is the ultimate summer treat. All on their own, peaches pack a powerful nutritional punch. That fuzzy peach skin is actually full of digestion-friendly fiber; just one peach has 3 grams of fiber and plenty of potassium, vitamin C, and vitamin A.

In addition to being a nutritious snack, peaches can also be incorporated into healthy meals:

- **Top chicken, fish, or pork with peach salsa.** Peaches take the place of tomatoes in this salsa. Just mix diced peaches with chopped red onion, chopped jalapeno, cilantro, lime juice, and salt to taste. A sweet and spicy treat!
- **Blend peaches into a smoothie.** Blend peaches with plain yogurt, ice, honey, and cinnamon to taste.
- **Toss peaches in a salad.** Top your favorite salad greens (such as spinach, lettuce, arugula) with peach slices, chopped nuts, crumbled blue or feta cheese, and your favorite dressing. Balsamic vinaigrette is especially good with this salad!
- **Make Peach Crisp (recipe below).** You can use just peaches, or try a mix of fruits such as peaches and raspberries or blueberries.



Perfect Peach Crisp

Ingredients

- 4 peaches (4 cups sliced)
- 3/4 cup rolled oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1/4 cup butter, cold (cut into chunks)
- 1/4 cup chopped nuts (optional)

Directions

1. Preheat the oven to 375 degrees F. Grease or spray the bottom of a 9" round or square pan. Spread sliced peaches on the bottom of the baking pan.
2. Stir together oats, sugar, flour, cinnamon, and nuts (optional). Mix in cold butter with a pastry cutter, knives, or your hands until a crumbly mixture forms.
3. Sprinkle the oat mix on top of the peaches.
4. Bake for 20-25 minutes or until topping is golden and fruit is bubbly .



*Recipe adapted from USDA
Mixing Bowl Peach Crisp
and Iowa State Extension
Fruit Crisp*

Post-Operative Depression

By the GWAAR Legal Services Team

Depression after surgery is common, but it's rarely talked about. Doctors spend time prepping someone for surgery in terms of practical needs (like what to eat, wear, and how to manage pain), but there's not enough focus on emotional needs. Some studies show that depression and anxiety can make it slower and harder to heal after the surgery. Therefore, it's helpful for people and their family members to understand why this happens and what can be done about it.



Surgery is an invasion of a person's body, which can be quite traumatizing, whether they realize it or not. Depression can be caused by a number of things, including pain and discomfort, a lack of mobility, an increased dependency on others, and financial stress. For patients who have had an organ or body part removed, a feeling of loss can also play a role.

It can be difficult to tell the difference between post-operative depression and normal feelings of sadness that come with recovery. Some symptoms are the same, such as fatigue and irritability, but post-operative depression lasts longer than two weeks. If left untreated, it can actually go on for months. Surprisingly, feelings of hopelessness can persist even when a patient had a successful surgery and is on their way to a full recovery. And, it doesn't matter how small or large the operation is.

The following is a list of possible symptoms—a person with post-operative depression may feel:

- fatigue
- difficulty making decisions
- eating much more or less than normal
- sleeping much more or less than normal
- feeling a loss of interest in regular activities
- feelings of anxiety, stress, irritability, or aggression
- fidgeting or restlessness
- thoughts of harming oneself or others

The following is a list of possible signs of what you may notice in a person with post-operative depression:

- weight change
- withdrawal from others
- irritability
- changes in self-care/appearance
- personality changes
- tearfulness
- indecisiveness/confusion
- disorganization
- self-criticism

People with a history of mental illness are at the highest risk for developing depression after surgery. No one knows the exact cause of post-operative depression, but some triggers may be:

- reaction to anesthesia, antibiotics, or certain painkillers
- pain and discomfort while recovering
- physical, mental, and emotional stresses caused by the disorder and/or surgery
- facing the possibility of death

Having a strong support system is key to recovery. Other things you can do to combat the condition include spending time outdoors (sunlight is a natural mood enhancer), getting enough sleep, maintaining a healthy diet, spending time with loved ones, and finding ways to pass the time, like listening to music, reading, or playing games, while you recover from your procedure. When your body (and brain) is ready, you can slowly get back into your usual routine.

2019-21 State Budget Update

On July 3, 2019, Governor Evers signed the 2019-21 state biennial budget into law (Act 9). The final budget includes 78 partial vetoes to the budget the Governor received from the legislature's Joint Finance Committee.



The final budget makes several significant investments to support the state's older adult population, family caregivers, and the direct care workers who assist those in need of care. Aging, and caregiver, related issues addressed in the final 2019-2021 state budget include:

- **Board on Aging and Long-Term Care:** Adding two new positions – one lead ombudsman and one assistant supervisor to address the increasing number of people eligible for ombudsman services and the increase in high skill level and time-involved cases.
- **Direct Care Workforce Support:** Increasing funding for:
 - Medicaid personal care (MAPC) rate by 9% in the first year and an additional 3% in the second year (raising the rate by over \$2.00/hour);
 - Direct care supplemental payments to Family Care managed care organizations (MCOs) by \$27 million (state funds) over the biennium to offer additional funding for Family Care providers to increase wages/benefits to direct care workers; and
 - Nursing home daily reimbursement rate by 7.4% to help support workers who provide direct care.
- **SeniorCare Prescription Drug Assistance Program:** Approving funding to continue this cost-effective, easy to access and use program.
- **Dementia Care Specialists:** Expanding the Dementia Care Specialist program by nine (9) additional Dementia Care Specialists (DCSs) – eight ADRC DCSs and one tribal DCS to expand services – specialized education, home consultation, volunteer development, and community coalition building – to additional older adults, family caregivers, and communities.
- **Division of Quality Assurance, Bureau of Assisted Living (BAL):** Adding six (6) permanent positions within the BAL to address the increased workload for staff resulting from changes in federal regulations, increases in the number of assisted living facilities, and the complexity of the care needs of those accessing assisted living services.
- **Transportation:** Increasing funding in three areas:
 - Mass transit (s.85.20): 2% in CY 2021 and thereafter for each tier of mass transit systems;
 - Specialized transportation – County Elderly and Disabled Transportation Assistance program (s.85.21): 10.4%; and
 - Specialized transportation – Tribal Elderly Transportation Assistance program (s.85.215): 10%.

Information provided by the Greater Wisconsin Area Agency on Aging (GWAAR)

Janet L. Zander, Advocacy & Public Policy Coordinator

CALL TO ACTION

The Older Americans Act is set to expire in the coming months and we think you can help!

What is The Older Americans Act?

The Older Americans Act (OAA), passed in 1965 as part of President Johnson's "Great Society" initiative with the goal of supporting older Americans to live at home and in the community with dignity and independence for as long as possible.

For five decades, the OAA has been the foundation upon which the federal, state and local organizational infrastructure has developed, planned and delivered home and community-based services and supports to older adults and their caregivers.

How does it affect me?

The Older Americans Act currently supports a wide array of programs and services, including information and referral, congregate and home-delivered meals, health and wellness programs, in-home care, transportation, elder abuse prevention, caregiver support and adult day care.

Older Americans Act Reauthorization

The current Older Americans Act (OAA) authorization is set to expire on Sept. 30, 2019. Though Congress can keep paying for the programs even if authorization runs out, it is important for Congress to reauthorize the law to keep the programs up-to-date and reconfirm their commitment to the law.

Given increasing costs and a rapidly growing aging population, funding for the OAA requires a 23% increase just to restore the service capacity of the Aging Network to 2010 levels.

TAKE ACTION!

The current year budget and reauthorization are set to end Sept. 30th. Take action now to protect the OAA services and funding in our community.

Find your Representatives at: <https://www.house.gov/representatives/find-your-representative>

Learn more about the Older Americans Act: <https://www.ncoa.org/public-policy-action/older-americans-act/>

Information provided by the Greater Wisconsin Area Agency on Aging (GWAAR)

Janet L. Zander, Advocacy & Public Policy Coordinator



Dear INA,

My elderly mother was told by a social worker to apply for Medicaid. I thought she already had Medicaid but I must have been confusing it with *Medicare*. The more information I try to find, the more confused I get. What can you tell me about Medicaid?

- Meta Kate

Dear Kate,

It's easy to get confused! Wisconsin has several benefits and programs available for assistance with health care, nutrition, child care, and employment. Medicaid (also sometimes known as Title-19 or T-19) is a program administered by the state and funded jointly by the state and federal government. It provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. Medicaid is a program that people need to qualify and apply for versus Medicare, which adults 65 and older automatically receive. There are several different types of Medicaid programs, which we will outline below.

The different types of Medicaid-related benefits and programs available to Wisconsin residents are:

- ◆ BadgerCare- provides health care coverage for people age 0-64 who have limited income.
- ◆ BadgerCare Prenatal Plan- provides pregnancy-related health care coverage for pregnant women.
- ◆ Family Planning Only Services- provides men and women with certain family planning related services and supplies to prevent unplanned pregnancies.
- ◆ FoodShare- also known as SNAP (Supplemental Nutrition Assistance Program) helps people with limited income buy the food they need for good health.
- ◆ Medicaid for the Elderly, Blind, or Disabled- provides health care coverage for people who are aged 65+, blind, or disabled and have limited income or assets. This includes the following plans:
 - ◆ Supplemental Security Income (SSI) Medicaid
 - ◆ SSI-related Medicaid
 - ◆ Medicaid Purchase Plan
 - ◆ Wisconsin Well Woman Medicaid
 - ◆ Long Term Care- including Family Care, Partnership, IRIS, and PACE, Institutional Medicaid, and Katie Beckett (health care for children younger than 19 with long-term disabilities or complex medical needs who live with their families)
- ◆ Medicare Savings Programs- help people who are enrolled in Medicare pay for certain Medicare costs such as premiums and deductibles; depending on income and assets.
- ◆ SeniorCare- helps pay for prescription drugs for people age 65+.
- ◆ Tuberculosis-Related Services- covers tuberculosis-related services for people not otherwise eligible for Medicaid.
- ◆ Caretaker Supplement- a cash benefit for low-income parents who are getting SSI payments and living with and caring for their children.
- ◆ Wisconsin Shares Child Care- helps low-income families pay for child care so that parents or other approved caretakers may work, go to school, or participate in approved work training programs.
- ◆ Wisconsin Works (W-2)- a work incentive, time-limited program that provides temporary cash assistance and case management services to low-income parents and pregnant woman.

As you can see, there are several Medicaid options. If you need assistance determining which Medicaid program is right for you, you can call the following contacts:

- ⇒ **The Moraine Lakes Consortium** can answer general questions about benefits and programs, help you apply, explain enrollment rules, and help you complete your FoodShare Interview. **888-446-1239**
- ⇒ **The Aging and Disability Resource Center of Waukesha County** can provide you with more information about Medicaid-related programs, request assistance with applications, and apply for Long Term Care. You may also request a "Guide to Applying" booklet that will provide you with additional information. **262-548-7848**
- ⇒ **Member Services** can answer questions about services covered by BadgerCare and Medicaid. **800-363-3002**
- ⇒ **SeniorCare Customer Service Hotline** can answer questions about SeniorCare and help you complete your application. **800-657-2038**

To apply for any of these benefits and programs, you can apply online at www.access.wisconsin.gov, by phone at 888-446-1239, by printing out an application at www.dhs.wisconsin.gov and submitting it by mail or fax, or in person at your local agency at 514 Riverview Ave, Waukesha, WI 53188. You may need to provide proof along with the application.

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National Radio Day!



National Radio Day

August 20th is celebrated as National Radio Day.

You may have experienced events that were broadcast over the radio or have heard stories from loved ones regarding events that were first broadcasted over the radio. In the early 20th century, this was the only means to get information. The radio remained a mainstay in people's homes, as not every household had a television. Some of the most important events in world and American history were heard over the radio.

In 1864 James Clerk Maxwell was the first to prove mathematically that electromagnetism was possible and could propagate through "free space". It was not until 1886-88 when Heinrich Rudolf Hertz conducted experiments that proved Maxwell's theory using a frequency in what would later be called the radio

spectrum. Hertz essentially showed the world that these electromagnetic waves could be transmitted through the air. It was a breakthrough that would essentially change how the world gave and received information. It was not until 1895, when Guglielmo Marconi was coined the inventor of the radio by transmitting information using wireless radio waves and was first to commercialize the radio.

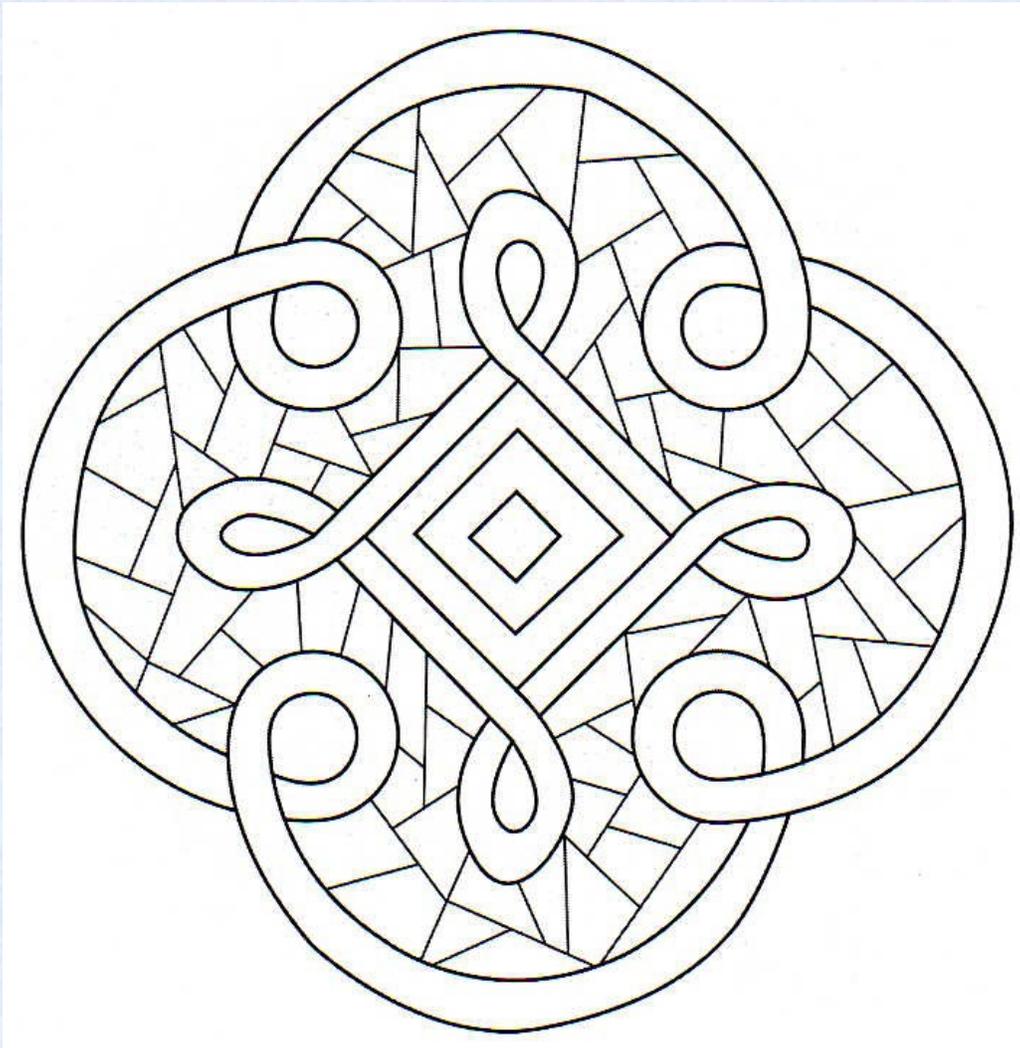
Often people are asked "where were you when...." the Dodgers won the pennant, the first man walked on the moon or when WWII started and ended. Here are a few of the top radio broadcasts as listed by Listverse from the "Golden Age of Radio. (1939-1964)

1. The Hindenberg Disaster-In 1937 the German Zeppelin exploded in flames at Lakehurst Naval Air Station. The broadcasters distress while watching and broadcasting the horrific even is often summed up by his quote "Oh the humanity".
2. War of the Worlds-This Halloween special broadcast was narrated by Orson Welles and thrust him into popularity. This adaptation of H.G. Wells famous novel had many listeners frightened into believing that a Martian attack was taking place.
3. We shall fight on the beaches-In 1940, Prime Minister of Great Britain, Winston Churchill, who was known for his war time speeches, gave this speech at the beginning of World War II. This is one of his most well-known speeches.
4. "I have a dream"-In 1963, in front of the Lincoln Memorial in Washington D.C., Dr. Martin Luther King gave this memorable and influential speech.

It is truly amazing how far technology has come over the last century. The radio still has its place in our everyday lives whether it is transmitting music, talk shows or news. So, in the words of broadcasters from the Golden Age of radio, "I bid you goodnight."

August 2nd is National Coloring Book Day!

Coloring is no longer just for kids these days. In fact, adult coloring books seem to be the latest wellness and relaxation trend that helps people find happiness between the lines. Researchers and art therapists have lauded the benefits of coloring for over a decade, but only recently did publishers and childhood favorite brands like Crayola start producing adult coloring books. Coloring has gotten some serious grown-up attention. National Coloring Book Day helps us relive our childhood playdates and discover new health and wellness benefits. Ever wanted to paint the town red? Or maybe purple, blue, or even rainbow perhaps? Well, now's your chance! Break out those coloring supplies and indulge in some colorful fun!



In honor of National Coloring Book Day enjoy these color-themed brain teasers.

Say the color of the text out loud. Do not read the text.

ORANGE GREEN RED PURPLE GRAY PINK PURPLE
ORANGE GREEN YELLOW GRAY ORANGE PINK GRAY
PINK GRAY PURPLE ORANGE PINK PURPLE BLUE
ORANGE PURPLE BLUE PINK BLUE YELLOW WHITE
ORANGE RED ORANGE GREEN RED PURPLE WHITE
ORANGE GREEN RED ORANGE RED GREEN BLUE
RED GREEN PINK GREEN WHITE PINK GREEN
BLUE GRAY PINK PURPLE YELLOW PURPLE YELLOW
RED GREEN RED ORANGE GRAY GREEN WHITE

Fill in the blanks with vowels to get the color names.

BL__ _LV_ S_LV_R L_M_ P_RPL_ G_LD
_ND_G_ GR_Y Y_LL_W _O__ GR_n n_VY
R_D M_R_n BLCK F_SCH__ P_NK _R_NG_

BLUE OLIVE SILVER LIME PURPLE GOLD INDIGO GRAY YELLOW AQUA GREEN NAVY RED MAROON BLACK FUSCHIA PINK ORANGE

ANSWER KEY:

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

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