

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

Website:
www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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The ADRC Connection

July 2019

Women of the Revolution



When we think of Independence Day we often think of the flag, fireworks, cookouts and parades. At times we may also think about the Revolutionary War, George Washington, Paul Revere and the Declaration of Independence; but have you thought about the women of the Revolutionary War?

Women played important roles in the birth of our country. Yes, most of us learned in school about Betsy Ross who sewed the first American Flag, but there were other

women whose names you may or may not recognize, but their stories and contributions to our independence are worth noting.

The first woman we should recognize is the “First Lady” herself, Martha Custis-Washington. Martha spent every day following her husband from camp to camp. She would start sewing circles with other officer’s wives and also tended to the wounded troops. It is said that as soldiers chanted “No bread, No soldiers” at Valley Forge, Martha rode up with supplies from Mt. Vernon. Martha is remembered as a selfless person who worked from sun up to sun down during the war.

Next is Abigail Adams, who was the wife of our second President, John Adams. In 1775, she was appointed by the Massachusetts Colony General Court to question fellow Massachusetts women who were charged by either their word or action of remaining loyal to the British crown and working against the independence movement. This was just the beginning of her political career. Throughout their marriage, the couple corresponded in letters in which John Adams often asked his wife for counsel. Abigail encouraged John to seek a new form of government that would afford women more equal rights. She often did things that most women of the time would not dare. Abigail traded livestock, purchased land, supervised crop planting and hired farmhands. She was clearly a woman before her time.

Women often made good spies and scouts during the Revolutionary War. They were often disregarded as they cooked, cleaned and tended to the wounded. All the while, they were gathering information or delivering information secretly. One such scout was Catherine (Kate) Barry, who is known as the “Heroine of the Battle of Cowpens”. Kate was an excellent horse rider and knew every road and trail around the plantation she lived on in South Carolina. She volunteered to be a scout for the American forces and at the Battle of Cowpens, she mounted her horse and warned the Americans that the British were approaching.

Some women even disguised themselves as men to help fight in the war. One example was Deborah Sampson from Uxbridge, Massachusetts. Deborah used her dead brother’s name, Robert Shurtliff, to fight in the Continental Army. She mustered into duty in New York in 1782 where she was wounded in battle. She allowed physicians to treat her head wound but treated her own wounds on her legs. As the war came to an end in 1783, she contracted a fever and her gender was finally discovered. Then, after the Treaty of Paris, Deborah was granted an honorable discharge.

While we cannot mention every woman who impacted the Revolutionary War, we hope the ones highlighted in this article will inspire you to learn more about these fascinating women and the impact they had on the founding of our nation.



U.S. Flag Code & Etiquette

Flying Old Glory

On July 4th many Americans will be flying the flag of the United States of America from their front porch, flag pole, pier, etc. There are rules of etiquette when it comes to flying the American Flag and it is referred to as the U.S. Flag Code. On June 22, 1942, Congress passed a joint resolution, later amended on December 22, 1942, that encompassed what has come to be known as the U.S. Flag Code. To view the U.S. Flag Code go to: <http://www.usflag.org/uscode36.html>. For people who fly the flag outside their homes, here are some key guidelines according to this code:

- The flag should not be displayed on days when the weather is inclement except when an all-weather flag is used.
- The custom is to display the flag only from sunrise to sunset on flagstaffs in the open, but it may be displayed at night, if illuminated, to produce a patriotic effect.
- When the flag is lowered, no part of it should touch the ground or any other object.
- To store the flag it should be folded neatly and ceremoniously.
- The flag should be displayed on all federal holidays and other dates proclaimed by former or current Presidents.
- Governors can also proclaim special state holidays, such as the birthday of the State.

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. They are:

- The flag should never be dipped or tilted to any person or thing.
- It is flown upside down only as a distress signal.
- The flag should not be used as a drapery, or for covering a speaker's desk, draping a platform, or for any decoration in general.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed, or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.
- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman, and members of patriotic organizations.
- The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.
- The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When a flag is so worn that it is no longer fit to serve as a symbol of our country, it should be destroyed by burning it in a dignified manner. You can also dispose of your worn American flags properly by putting your flag in the flag box outside the Veterans Office located at 514 Riverview Avenue, Waukesha, WI 53188. A Veteran's Post picks up these flags and destroys them in a dignified manner with a flag retirement ceremony.

PLEASE NOTE: Only American flags qualify for this ceremony. Please bring large, oversized flags into the office for disposal. If you have any questions, please contact the Veterans' Services office at 262-548-7732. Office hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.

Waukesha County Specialized Transportation Taxi Program

Experts say that social isolation and loneliness is as bad for your health as smoking 15 cigarettes a day! Humans are social and need to be around other people. The Waukesha County Taxi program is a great way to get out in your community and socialize.

The taxi program is one of the projects of the ADRC's Specialized Transportation Program, which is funded by the Wisconsin Department of Transportation. The ADRC currently contracts with nine taxi companies to provide subsidized taxi rides for Waukesha County seniors and adults with disabilities. These rides are not just for medical appointments – the taxi program can be used for grocery shopping, banking, getting to work, or visiting friends and loved ones.

The Specialized Transportation Program is for registered Waukesha County residents only. Riders must be a non or limited drivers aged 65 years of age or older, or a non or limited driver between 18 and 65 with an appropriate disability designation form. Also, passengers must be able to enter or exit a car with little or no assistance.

While trip rates are determined by each individual taxi provider, the ADRC subsidizes rides, paying up to \$5.25 per one-way taxi ride for registered riders. Reservations do need to be made 24 hours in advance, but some same-day requests may be honored. Contact the taxi company with trip questions and to schedule your rides.

A Quick Trip (Waukesha & surrounding area).....	(262) 565-0031
4Boomers (Lake Country).....	(262) 224-9000
Best Cab of Waukesha.....	(262) 549-6622
Elmbrook Senior Taxi (Brookfield and Elm Grove).....	(262) 785-1200
Lake Country Cares Cab.....	(262) 695-2670
Muskego Senior Taxi.....	(262) 679-4754
New Berlin Senior Taxi	(262) 814-1611
Oconomowoc Silver Streak	(262) 567-6404
Seniors on the Go (Mukwonago and other areas)	(262) 363-5700



For questions and to register for the taxi program, call the ADRC at (262) 548-7928.

See what's happening in your local library this summer...



<p>Brookfield Public Library <i>1900 N. Calhoun Rd.</i> <i>Brookfield, WI 53005</i> <i>(262) 782-4140</i> <i>Unfolding the Map Travel Series: Vietnam</i> <i>Wednesday, July 17 at 7:00-8:00 pm</i> http://www.ci.brookfield.wi.us/38/Library</p>	<p>Delafeld Public Library 500 Genesee St Delafeld, WI 53018 (262) 646-6230 <i>Documentaries: Ken Burns Presents</i> <i>The Mayo Clinic</i> <i>Thursday, July 11 from 2:00-4:00</i> http://www.delafeldlibrary.org</p>	<p>Elm Grove Public Library <i>13600 Juneau Blvd.</i> <i>Elm Grove WI 53122</i> (262) 782-6700 <i>Identity Theft, Mail Scams & You</i> <i>Thursday, July 18 at 1:00 pm</i> http://elmgrovelibrary.org</p>
<p>Menomonee Falls Public Library W156N8436 Pilgrim Road Menomonee Falls, WI 53051 (262) 532-8900 <i>Author Visit: Darci Hannah</i> <i>Cozy Mystery Author</i> <i>Saturday, July 20 at 2:30 pm</i> http://www.menomoneefallslibrary.org</p>	<p>Muskego Community Library S73W16663 Janesville Road Muskego, WI 53150 (262) 971-2100 <i>Amelia Earhart: A First Person</i> <i>Portrayal by Leslie Goddard\</i> <i>Tuesday, July 2 from 10-12</i> www.cityofmuskego.org/library</p>	<p>Waukesha Public Library 321 W Wisconsin Av Waukesha, WI 53186 (262) 524-3680 <i>Solar System Exploration with Dr.</i> <i>Jean Creighton</i> <i>Friday, July 25 from 6:00-7:00 pm</i> www.waukesha.lib.wi.us</p>

Support the Babies in Your Life



Taking care of a baby is an exciting experience. Grandparents can show their support to the new addition in their family. A few things you can do to help are:

- Help the parent(s) with housework and cooking,
- Limit the number of visitors to the parent(s)
- Change your grandchild's diapers
- Bathe and dress the baby
- Cuddle and hug your grandbaby

Babies eat about every 1.5 to 4 hours around the clock. They have tiny tummies and need to eat during the night. Many babies do not even start to sleep through the night (6-8 hours) until they are at least three months of age or until they are 12-13 lbs. It can be challenging to have a baby who does not sleep through the night, but know that it is normal, and it does not last forever. Many babies are breastfed. Breastmilk is the most nutritious food for babies. Breastfeeding has many health benefits for the mother, including a lower risk of developing breast and ovarian cancer. Breastmilk also benefits the baby by decreasing the risk of ear and respiratory infections, certain cancers, diabetes, and obesity.

Anyone can support a breastfeeding baby by supporting breastfeeding in our community. Do you know the Wisconsin Law on breastfeeding? A mother has a right to breastfeed her child in any location where the mother and child are otherwise authorized to be. No person may prohibit a mother from breastfeeding her child, ask her to move, or direct her to cover her child or breast while breastfeeding.



**PROMOTE & SUPPORT
BREASTFEEDING**

SATURDAY
AUG
3RD
10:30
AM

VENDORS
REFRESHMENTS
DRAWING

**BROOKFIELD
FARMERS
MARKET**

2000 N Calhoun Rd
Brookfield, WI 53005

Waukesha County Public Health as a part of the Waukesha County Breastfeeding Coalition is hosting a Global Big Latch On event to promote and support breastfeeding. Anyone who supports breastfeeding is welcome to attend. Big Latch On events take place at registered locations around the world, where women gather to "latch on" (breastfeed) at the same time (10:30 am). The event will take place at the Brookfield Farmers' Market on August 3rd. Friends, family and community join this celebration to raise awareness and to normalize breastfeeding. Together we can make breastfeeding in our community an accepted and supported way to feed babies.

Keeping Cool When It's Hot, Hot, Hot

Heat and humidity is not just uncomfortable., it can be dangerous. Call **911** for anyone suffering the following symptoms related to heat stroke: headache, red & dry skin without sweating, a body temperature near 103 degrees, nausea or vomiting, a rapid pulse, a declining alert status or loss of consciousness. It is July, and Waukesha County residents are encouraged to plan ahead when extreme heat is on its way.



Here are some things to think about:

Fans and air conditioners should be tested before extreme weather hits. These items often sell out quickly and take longer for stores to restock than a heat wave lasts.

Stay hydrated throughout the day and limit physical activities in the heat.

Residents who do not have access to air conditioning may seek relief in a cooling center.

Cooling Centers

Cooling centers are places to cool off and are located throughout Waukesha County, such as libraries, malls, or senior dining centers. The following is a list of cooling centers:

- ⇒ Libraries: Big Bend, Brookfield, Delafield, Alice Baker, Elm Grove, Menomonee Falls, Mukwonago, Merton, Muskego, New Berlin, Oconomowoc.
- ⇒ Fox Brook Park, Naga-Waukee Park, St Vincent De Paul Thrift Store

Wisconsin law prevents WE Energies from disconnecting occupied dwelling units when a heat advisory, heat warning, or heat emergency is in effect.

WE Energies are required to make reasonable attempts to reconnect service that has been disconnected for nonpayment when there is a potential threat to health or life that results from the combination of the heat and loss of service.

WE Energies may require that an occupant produce a licensed physician's statement or notice from a public health, social service, or law enforcement official.

Contact the Public Service Commission Consumer Affairs at 1-800-225-7729 for more information about utility services.

Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' Market Vouchers are still available at the Aging & Disability Resource Center (ADRC) Office located in the Human Services Center at 514 Riverview Avenue, Waukesha, WI, Monday through Friday from 8:00 am to 4:30 pm.

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household.

If an individual is unable to visit the ADRC, he/she may designate an authorized representative or proxy. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior, designating the individual as his/her authorized representative. The proxy must also have the full name, address, phone number and date of birth of the eligible senior to complete the application.

For more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848.

This institution is an equal opportunity provider.



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/>.

Stepping On (Falls Prevention) - 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.

Thursdays, August 1st - September 12th, 2019 | 1:30pm - 3:30pm (light snack offered)

Location: **Aurora Summit Medical Center**
36500 Aurora Drive | Summit, WI 53066
Contact: Aurora Summit: (262) 434-2600 or online www.aurora.org/events
Cost: Complimentary
Class size: 15 maximum participants

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.

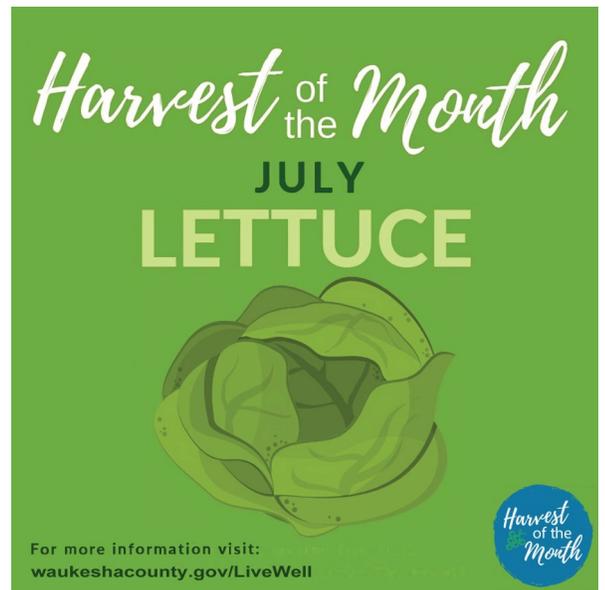
Mondays, September 9th - October 21st, 2019 | 9:30 - 11:30am

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

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 June, the highlighted produce item is LETTUCE! 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>

Join us for our
**Open House
Events!**

Sunday, July 21st from 12:00 to 3:00pm
Under tent in parking lot, Volunteer Celebration included

OR

Tuesday, July 23rd from 7:30 to 10:30am
Inside our office, ribbon cutting at 8:00am

Come tour our new space, learn about the new and ongoing programs of Eras, and meet our staff and board of directors. Refreshments will be served.

Register at ErasWaukesha.org or by calling
(262) 522-2409.

2607 N Grandview Blvd Suite 150
Waukesha, WI 53188



Commit to Memory

A Midsummer's Night Event to Raise Funds & Boost Brain Health

2019 Commit to Memory

Wednesday, July 24th

5:00-9:00 PM

Sharon Lynne Wilson Center for the Arts

19805 W. Capitol Drive | Brookfield, WI 53045



Hosted by Olympic Gold Medalist Bonnie Blair!



Performance by Nashville star Nora Collins!

Science has shown there are steps we all can take to reduce our risk of dementia. Hosted by the Alzheimer's Association and Capri Communities, Commit to Memory benefits the Alzheimer's Association of Southeastern Wisconsin. Enjoy an epicurean menu from Chef Jack catering, served with complimentary premium wines, craft beer and beverages, and a signature cocktail. Learn about brain healthy eating from nationally recognized researcher Dr. Barbara Bendlin and enjoy music from singer/songwriter and rising Nashville star Nora Collins. Emceed by five-time Olympic Gold medalist Bonnie Blair, Commit to Memory is an event to remember!

Register at: act.alz.org/committomemory

Ask Ina



Dear Ina,

I love spending time outside in my garden in the summer months. My doctor told me I should wear sunscreen during daytime hours if I plan to be outside. I went to the local pharmacy but I was overwhelmed by the number of options available. Can you help me pick the best type of sunscreen for me?

Signed,

Sonny Burns

Dear Sonny,

You are absolutely correct! There are countless options for sunscreen available in stores. Lets start with the basics and review the types of applications:

- **Creams-** If you have dry skin, you might prefer a cream, especially for your face.
- **Lotions-** Lotions are often preferred for application on large areas. Lotions tend to be thinner and less greasy than creams.
- **Gel-** Gels work best in hairy areas, such as the scalp or chest.
- **Stick-** Sticks are useful when applying sunscreen around the eyes.
- **Spray-** Sprays are easy to apply on children. Because it's difficult to know how well you're applying it, spray a generous and even coating.

There are two types of UV light that can harm your skin: UVA & UVB. A broad-spectrum sunscreen protects you from both. UVA rays can prematurely age your skin, causing wrinkling and age spots. UVB rays can burn your skin. Too much exposure to UVA or UVB rays can cause skin cancer. The best sunscreen offers protection from UV light.

SPF stands for sun protection factor, a measure of how well sunscreen protects against UVB rays. Manufacturers calculate SPF based on how long it takes to sunburn skin treated with the sunscreen as compared to skin with no sunscreen. Experts recommend using a sunscreen with an SPF of at least 30.

When spending any amount of time outdoors, regardless of the season, it is best to remember the following rules of thumb:

- Avoid the sun during peak hours. Generally, this is between 10 a.m. and 4 p.m. Water, snow, sand and concrete reflect light and increase the risk of sunburn.
- Wear sun protective clothing. This includes pants, shirts with long sleeves, sunglasses and hats.
- Use sunscreen that is water-resistant, broad-spectrum coverage with an SPF of at least 30. Apply sunscreen generously, and reapply every two hours; more often if you're swimming or sweating.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/best-sunscreen/art-20045110/>

Benefit Specialist Corner

Need Help with your Medicare Costs?

Adapted from an Article by Centers for Medicare & Medicaid Services

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs.

People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your monthly income is \$1,405 or less for an individual, or \$1,902 for a couple, and your resources/assets are under \$7,730 for an individual or \$11,600 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles, and coinsurance.

If you don't automatically qualify for Extra Help, you may still be eligible if your monthly income is \$1,561 or less for an individual, or \$2,113 for a couple, and your resources/assets are under \$12,890 for an individual and \$25,720 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 and over and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: www.dhs.Wisconsin.gov/seniorcare or call: 1-800-657-2038.

It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources/assets are higher than the amounts listed above. These amounts change yearly, and you may be eligible for another savings program depending on your situation.

To find out if you're eligible for savings through one of these programs, contact the ADRC at 262-548-7848.

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?**

Swim into Summertime with Delicious Fish

Americans eat much less fish than other proteins (about 15 pounds per person per year, in comparison to 200-225 pounds of meat such as chicken, beef, pork, turkey, or lamb). Eating fish regularly has health benefits, and experts say we should eat more! The current recommendation is that we eat fish at least twice a week, including one oily fish, such as salmon or tuna. Fish is a great source of lean protein, and the oily kinds of fish contain heart-healthy fats.

One great way to enjoy fish in the summer is to grill it! The smoky flavors in these Grilled Fish Tacos are a delicious pairing with the fruity Peach Salsa. This recipe very flexible: it would work well with salmon or shrimp instead of tilapia, you could substitute mango or pineapple for the peaches, and a low-sodium taco seasoning would work well in place of the chili powder, adobo seasoning, and sazón seasoning .

Ingredients

For the salsa:

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (seeded and finely chopped)
- 1 **tablespoon** fresh cilantro (finely chopped)
- 2 **teaspoons** lime juice

For the fish:

- 4 tilapia fillets (about 1 pound)
- 1 **tablespoon** chili powder
- 1/4 **teaspoon** low-sodium adobo seasoning
- 1 **package** low-sodium sazón seasoning
- 8 6" flour tortillas (warmed)



FOOD WISE  **Extension**
Healthy choices, healthy lives. UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

Directions

1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lime juice; cover and refrigerate until ready to use.
 2. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
 3. In a small bowl, stir together chili powder, low-sodium adobo and sazón packet.
 4. Rub fish with spice mixture to coat completely.
 5. Place fish on hot greased grill grates.
 6. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
 7. Thinly slice fish.
- To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Recipe Source: USDA Mixing Bowl



Looking to Volunteer?



Meals on Wheels drivers are needed throughout Waukesha County, especially in Hartland and Waukesha. A hot, nutritious meal with a smile can do amazing things for a senior in need. Consider becoming a meals on wheels driver. Lunches are delivered weekdays from 11:00a-1:00p. Drivers use their own vehicle but are reimbursed for their mileage. Schedules can be flexible. Help out once a week or twice a month.

Call Karen at the ADRC at 262-548-7829 for more information.



The **ADRC Advisory Board** is in need of new members to represent the over sixty population. The Advisory Board provides oversight to the ongoing operations of the ADRC of Waukesha County. Responsibilities include advocacy for the individuals we serve, an advisory capacity to the development of plans and policies to assure state

ADRC contract compliance, sharing input from consumers, service providers, and other organizations, and identifying and reporting on unmet needs in our community. Our Board meets in the Health & Human Services Building from 9:30 a.m.—11:30 a.m. on the first Thursday of every month. If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Mary Smith at 262-548-7848.

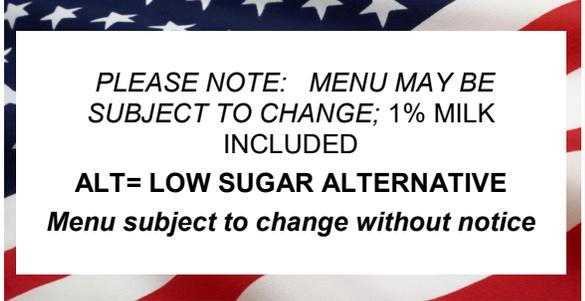


WAUKESHA COUNTY SENIOR DINING CENTERS



<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 July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Beef Stroganoff Buttered Egg Noodles Peas & Carrots Romaine Salad w/Tomato & Cucumber French Dressing Sourdough Bread butter Fresh Plum	Smoked Pork Chop Baked Sweet Potato with butter Green & Wax Beans Kitchen's Choice Fruit Rye Dinner Roll w/ butter	Philly Chicken Sandwich on Hoagie Roll w/ onions, Peppers and Provolone Country-Style Veggies Cucumber Salad Watermelon Yogurt Alt: Apple	INDEPENDENCE DAY  PROGRAM CLOSED	Celebrate America! Barbecue Chicken on the bone American Potato Salad Baked Beans Wheat Roll w/ butter Cherry Pie Alt: Diet cookie
8	9	10	11	12
BBQ Pulled Pork On Kaiser Roll 5-Way Mixed Vegetable Broccoli and Cauliflower Vegetable Blend Fresh Orange	Meatloaf w/Gravy Mashed Pot & Gravy Brussels Sprouts Mixed Green Tossed Salad w/ dressing Fruit Cup Rye Bread w/ butter 	BASTILLE DAYS Chicken Cordon Blue Garlic and Chive Roasted Red Potatoes Green Beans Almandine Croissant w/butter Orange Cardamom Cookie Alt. Sugar Free Cookie	Fish Sandwich on a Bun Tartar Sauce Lettuce / Tomato Slice Carrot Coins Marinated Veg Salad Fruited Gelatin Alt: Sugar Free Gelatin	Chicken Marsala Mostaccioli w/ sauce Italian Blend Veg Sweet Green Peas Italian Bread w/butter Cantaloupe Slice Iced Brownie Alt. Fruit
15	16	17	18	19
Herbed Grilled Chicken Breast Baked Sweet Potato with butter Broccoli Salad 7-Grain bread w/ butter Kitchen's Choice Fresh Fruit	Chicken Salad On Croissant Tomato Slice, Leaf Lettuce, Mustard Tomato Onion Salad Watermelon Dinner Roll w/ butter Rice Krispies Treat Alt. Fresh Fruit	FESTA ITALIANA Meat Lasagna Garlic Breadstick Seasoned Wax Beans Romaine salad w/ Italian Dressing Fresh Fruit Dessert Bar Alt. Fruit 	Pork Chop Suey w/ Oriental Vegetables Brown Rice Diced Carrots Mandarin Oranges Fortune Cookie	Sloppy Joe on Whole Wheat Bun Baked Beans Dilled Baby Carrots Creamy Cucumber Salad Fresh Apple
22	23	24	25	26
Cranberry Meatballs Fried Potatoes with Green Peppers & Onions Creamed Spinach 7-Grain Bread w/ butter Fruited Yogurt	Roasted Turkey w/ Gravy Mashed Pot and Gravy Green Sweet Peas Banana Chef's Choice Pie Alt: Fresh Fruit	GERMANFEST Roasted Pork w/ gravy Hot German Potato Salad Swt & Sr Red Cabbage Sourdough bread butter German Choc Cake Alt. Sugar Free Cookie	Turkey à la King Over Biscuit Oriental Vegetables Green Beans Watermelon Baker's Choice Cookie Alt. Banana	Breaded Fish with Lemon Sauce Double baked potato casserole Prince Charles Veg Rye dinner roll butter Fresh Nectarine
29	30	31		
Italian Sausage on roll With peppers and onions Italian Blend Vegetable Coleslaw Spiced Apple Rings Cannoli Alt. Fresh Fruit	Salisbury Steak Mashed Potatoes and gravy Brussels Sprouts Whole Wheat Bread W/ Butter Tropical Fruit Cup	Chicken Caesar Salad w/ Parm Chz & Croutons Caesar Dressing Vegetable Pasta Salad Breadstick w/ Butter Fresh Pear Choc Chip Cookie Alt. Banana 	 <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>	



DRIVING AND AGING

Driving is a critical issue for seniors. Not only are many older drivers at a higher risk for road accidents, people over 65 are more likely to be seriously hurt in a vehicle accident. Many caregivers are concerned about their older loved one taking the wheel but have a difficult time approaching this sensitive subject.

Many seniors continue to be good, safe drivers as they age, but there are normal changes that can affect driving skills. As joints get stiff, muscles weaken, and reflexes are slowed. It is more difficult to turn your head to look back, steer quickly, or safely hit the breaks. Vision and hearing changes can also affect safe driving. Medical conditions such as Parkinson's, Alzheimer's, arthritis, and strokes may also affect driving as well as the medications taken to combat these and other illnesses.

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence, and self-sufficiency. But there may be a time when driving is no longer safe. How does one go about taking this privilege away from the person they love?

It is important to know the warning signs of unsafe driving. (Look at the driving behaviors over a period of time, not just one trip.)

- ◇ Abrupt lane changes, braking or accelerating
- ◇ Trouble navigating turns
- ◇ Drifts into other lanes
- ◇ Confusion at exits
- ◇ Near misses
- ◇ Delayed responses to unexpected situations
- ◇ Failure to observe traffic signs
- ◇ Increased agitation or irritation while driving
- ◇ Driving at inappropriate speeds
- ◇ Fails to pay attention to signs, signals or pedestrians

If you notice any of these warning signs, you may want to suggest these steps to your loved one. Get their eyes checked, check their medications, evaluate their driving, and sign up for a refresher course through the DMV, AARP or AAA.

- The 15 hour DMV Traffic Safety Course is offered through WCTC. The course fee is \$86.22 or \$31.62 for 62 and older. For more information, call WCTC at 262-695-6510.
- AARP has a smart driver course that costs \$15 for members and \$20 for non-members. Call the site to register.
 - Ascension Lutheran Church on Thur. 9/5, 262-547-8518
 - Brookfield Senior Community on Fri. 8/23, 262-796-6675
 - Menomonee Falls Community Recreation on Wed. 9/11, 262-255-8460
 - Greenfield Park and Rec. Tue. 8/27, 414-329-5370
- AAA has a mature driver training course, for more information contact 866-659-1317.

Try finding ways to reduce the amount of driving by ordering things through the mail, using public transportation or finding others to give rides when able. Having friends and family members stop by on a regular basis to offer help with errands, etc. is another good approach.

When it is clear that driving is no longer safe at all, start slowly and respectfully in persuading the person to give up his/her keys. Talk about safety – theirs and others - on the road. Talk about options for getting around such as public transportation, friends, family or taxi. Hopefully some of these are already in place. Emphasize the cost savings associated with giving up a car: gas, insurance, repairs, licensing fees, etc. The money saved can be used to pay for taxis or other transportation services. Family, friends and their physician can back up your concern for the person's safety. Plan to visit the person weekly at a designated time to assist with things like shopping and appointments. Also be sure that transportation is available to meet their social needs as well.

If the person refuses to quit driving, it may be necessary to take away the car keys, disable the car or remove it from their residence. A physician can write a prescription stating "no driving" and/or a local police officer could explain the importance of safe driving and the legal implications of unsafe driving. Do not jeopardize the safety of your loved one or others by ignoring the issue of unsafe driving.

Information taken from the [National Institute on Aging](#) and [The Hartford](#); [AARP.com](#) [AAA.com](#) [Wisconsin.gov](#); GWAAR

Cans



Aluminum and Steel Cans
empty and rinse

Cartons



Food and Beverage Cartons
empty and replace cap

Glass



Bottles and Jars
empty and rinse

Paper



Cereal Boxes, Newspaper, Magazines & Mail, Flattened Cardboard, and Paper Tubes

Plastic



Kitchen, Laundry, Bath: Bottles and Containers
empty and replace cap (#1△, #2△, #5△)

DO NOT RECYCLE THESE CURBSIDE:

Scrap Metal



No car parts or scrap metal

Plastic Bags



Do not bag recyclables; return plastic bags and wrap to retail stores

Hazards



No flammables, compressed cylinders, batteries, electronics, or sharps

Garbage



Empty all containers, no food, liquids, diapers, or garbage

Tanglers



No hoses, wires, or chains



Waukesha County Recycles

www.waukeshacounty.gov/recycling

Unacceptable Materials

These items cannot be recycled in the curbside program. For a complete list of acceptable and unacceptable materials, visit our website www.waukeshacounty.gov/recycling or download our free 'Waukesha County Recycles' mobile app.

- ✗ Appliances
- ✗ Bagged Recyclables
- ✗ Batteries
- ✗ Car Parts (Brake Rotors, etc.)
- ✗ Ceramics
- ✗ Chains
- ✗ Christmas Trees or Lights
- ✗ Clothing
- ✗ Construction Debris
- ✗ Cords
- ✗ Cups (Paper or Styrofoam)
- ✗ Diapers
- ✗ Drinking Glasses or Mugs
- ✗ Food
- ✗ Garbage
- ✗ Garden Pots or Trays
- ✗ Hangers
- ✗ Hard Cover Books
- ✗ Helium Cylinders or Tanks
- ✗ Hoses
- ✗ Liquids
- ✗ Light Bulbs
- ✗ Loose Caps and Lids
- ✗ Medical Waste & Medication
- ✗ Motor Oil Bottles
- ✗ Needles, Sharps, Syringes
- ✗ Paint or Paint Cans
- ✗ Paper Ice Cream Containers
- ✗ Paper Plates or Cups
- ✗ Plastic Bags, Wrap, Film
- ✗ Plastic Utencils
- ✗ Propane Cylinders or Tanks
- ✗ Scrap Metal
- ✗ Styrofoam
- ✗ Take Out Packaging or Containers
- ✗ Tires
- ✗ Tissue Paper
- ✗ Toys
- ✗ Window Glass or Mirrors
- ✗ Wires
- ✗ Wood
- ✗ Yard Waste or Compost

Frequently Asked Questions



Why can't we include scrap metal, plastic bags, hazards, garbage, and tanglers in the recycling bin?

These items damage equipment or cause serious fires. These materials can also risk recycling haulers' and facility workers' safety which can result in serious injury. Lastly, items that don't belong in the cart are costly to dispose of and can make other recyclables less valuable. For more information about proper disposal of these unacceptable materials, please visit our website.



How do I dispose of paint?

Latex paint should be dried and thrown in the trash. Oil based paints are hazardous waste and should be brought to a household hazardous waste collection site for safe disposal. Visit our website for locations.



Who do I call with questions about my collection service?

Contact your City, Town, or Village or your trash/recycling hauler with questions about collection service.

Summer Fun in Milwaukee

July Events and Celebrations in Waukesha County

- July 4- Elm Grove Family Fun Fest @ Elm Grove Village Park, 8:30 am – 9:30 pm.** A full day's schedule of events for the whole family including a fun run, baking contest, DJ in the park, Revolutionary War Re-Enactors, and more.
- July 4- Stone Bank 4th of July Parade & Fest @ Stone Bank Community Park in Oconomowoc, 9 am – 6 pm.** The parade begins at 11 am (roads to close by 10:30 am) and following the parade, there will be games and entertainment for the whole family, along with delicious food and drinks.
- July 4- Pewaukee Lake 4th of July Ski Show @ Pewaukee Lake Beach, 6:45 pm.** Bring the whole family to be entertained by the Pewaukee Lake Water Ski Club!
- July 7- Summer Sunset Concert on the Beach @ Oconomowoc City Beach Band Shell, 7:30 pm.** Enjoy the sunset while listening to beautiful music played by the Lake Country Community Orchestra!
- July 8- Cruisin' the Grove @ Silver Spur BBQ, 5-9 pm.** This free classic car and motorcycle event is complete with DJ music, door prize drawings, and food and drink.
- July 12 & 13- Sussex Lions Daze @ Sussex Village Park, 6 pm – Midnight.** Bring the family for carnival rides, food, music, and fun including a softball tournament, bingo, pony rides, and more.
- July 12 & 13- Rumble by the River @ Big Bend Village Park, 4- 11 pm.** It's time for the 9th Annual Rumble by the River event! There is truck and tractor pulls, live music, and food and drink.. Admission is \$10 for adults, and free for children 10 and under.
- July 13- Lake Country Art Festival @ Naga-Waukee Park, 9 am – 4 pm.** This festival features over 100 exhibitors offering painting, textiles, woodwork, poetry, fine art, jewelry, and more. There will also be food and beverages, musical entertainment, and a children's craft area. Admission is \$5 per carload.
- July 19, 20 & 21- Balloons Over Mukwonago @ Park View Middle School grounds, Fri. and Sat. 4- 10 pm, Sat. and Sun. 6-8 am.** Bring a lawn chair or blanket and sit back and relax to watch the amazing launch of hot air balloons in an evening glow or watch flyover competitions in the mornings. There will also be food and entertainment at this event and admission is free.
- July 26 & 27- Taste of Lake Country @ Downtown Pewaukee's Lakefront @ 5- 10:30 pm and 4- 10:30 pm.** Celebrate the 15th anniversary of Taste of Lake Country that features the best restaurants, craft beers, and music of future stars of both Milwaukee and Nashville.

FIREWORKS

JULY 4th

- Sussex Village Park @ 9:20 pm
- Pewaukee Lakefront Park @ 9:30 pm
- Okauchee Lake (at Island Park) @ 8:30 pm
- Waukesha Expo Center @ 9:15 pm
- New Berlin Malone Park @ 10 pm
- Brookfield Mitchell Park @ 9:15 pm
- Elm Grove Village Park @ 9:30 pm



JULY 6th

- Rossmiller Sports Complex in East Troy @ 9 pm
- Downtown Delafield @ 9 pm

Can you hear on your phone?



IndependenceFirst

The Resource For People With Disabilities

Telecommunications Equipment Purchase Program (TEPP) is a Wisconsin State-wide program that helps people with disabilities buy adaptive telephone equipment that they need to live independently. TEPP is paid for by the Universal Service Fund (USF) established by the Public Service Commission.

- ◇ Do you want a large print or talking caller-id?
- ◇ Do you want your lights to flash when the phone rings?
- ◇ Do you want your phone to ring more than 4 times?
- ◇ Do you need memory buttons to assist with dialing?
- ◇ Do you need a louder amplified answering machine?
- ◇ Are you tired of asking people to repeat themselves?

There is NO catch! All you have to do is fill out an application and meet these three requirements:

- * Be a Wisconsin Resident
- * Be a person who is deaf, hard of hearing, or have speech, mobility or motion limitations
- * Have a need for adaptive equipment in the home

There is no age or income limit, but an applicant can only apply every three years. Some of the higher voucher categories will require a recent certificate of hearing loss OR physician/audiologist signature.

Contact IndependenceFirst if you would like to see what kinds of adaptive phone equipment are available! We will help you fill out the TEPP application, assist in ordering you the correct equipment, install the equipment in your home, and get your independent living needs met!

For more information on TEPP, contact Tonya Villwock, (414) 731-7834 or tvillwock@independencefirst.org

SELF CARE

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

July 26th | YMCA at Pabst Farms | 12:15-1:15pm

1750 East Valley Rd, Oconomowoc, WI

To Register Call: Cathi at (262) 567-7251

Complimentary coffee, tea and treats.

Reservations highly suggested.

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

Its Cherry Season!

Cherries are a favorite summer fruit in the U.S., where about 370 million pounds are grown each year. With a short peak season (May to July), a high susceptibility to disease, and a short shelf life after harvest, cherry season comes and goes in the blink of an eye.

If you enjoy cherries, now is the time of year to get them. Come September, fresh cherries will be long gone until the next growing season. However, you can put some in your freezer where they'll keep for up to one year, and you do not need to remove the cherry pits prior to freezing them.

Health Benefits of Cherries

Although cherries are often regarded as a dessert fruit, they have a healthy side too. Both sweet and tart cherries may offer therapeutic benefits, as they are rich in antioxidants and have many other health-promoting compounds.

- **Antioxidant Protection**
The antioxidant activity of tart cherries was found superior to that of vitamin E and comparable to commercially available antioxidant products.
- **Cancer-Preventive Compounds**
Sweet cherries contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention.
- **Reduce Inflammation and Provide Pain Relief from Arthritis**
Tart cherries contain many anti-inflammatory compounds which may help lower your risk of gout attacks, and reduce pain and inflammation associated with osteoarthritis.
- **Support Healthy Sleep**
Consuming tart cherries may help increase your melatonin levels and which can improve your sleep.
- **Reduce Belly Fat and Lower the Risk of Stroke**
Consuming tart cherries can activate PPAR (peroxisome proliferator activating receptors) in your body's tissues. PPAR helps regulate genes involved in fat and glucose metabolism, and PPAR may help to lower your risk of heart disease. Research suggests eating cherries provides similar health benefits as prescription drugs called PPAR agonists.
- **Reduce Post-Exercise Muscle Pain**
It's thought that the antioxidant and anti-inflammatory properties of tart cherries may have a protective effect to reduce muscle damage and pain during strenuous exercise.

Door County Cherries

Door County is well known for the cherries that are grown on the peninsula. It is an ideal location to grow cherries due to Door County's temperate climate, the unlikelihood of late frosts due to the lake effect from Green Bay and Lake Michigan, and the shallow soil depth of only a few feet on top of bedrock which provides ideal drainage and inhibits the likelihood of root rot.

Early growers in Door County experimented with different cherry varieties, but they found greatest success with the tart Montmorency variety. Today, the Montmorency cherries grown in Door County account for 95% of all tart cherries grown in Wisconsin and approximately 7 million pounds of cherries are produced annually.

To celebrate the cherry growing season, some communities and private farms have their own festivals. Check out these upcoming events in the Door County area:

- Cherry De-Lite Festival at Country Ovens in Forestville on Saturday, July 20, 2019.
- Summer Cherry Harvest Fest at Lautenbach's Orchard Country in Fish Creek on Saturday, July 20, 2019.
- Cherry Festival at Seaquist Orchards in Sister Bay on Saturday, July 27, 2019.
- Cherry Fest at Lakeside Park in Jacksonport on Saturday, August 3, 2019.

Health benefits from Mercola website:

<https://articles.mercola.com/sites/articles/archive/2014/08/02/health-benefits-cherries.aspx>

Door County facts from:

<https://wi101.wisc.edu/2017/07/01/the-cherry-industry-in-door-county/>



If you'd like to keep your oven turned off in the hot and humid summer months, try this simple, no-bake, cherry pie recipe:

Creamy Cherry Pie

(makes 1, 9" pie)

16-oz. can cherry pie filling

1/2 tsp. almond extract

8-oz. package cream cheese, softened

1 cup powdered sugar

1 cup heavy whipping cream

1, 9" baked graham cracker crust

1. Combine pie filling and almond extract and set aside.
2. Cream together cream cheese and powdered sugar.
3. Whip the heavy whipping cream until peaks form. Fold into cream cheese mixture. Spoon into graham cracker crust. Spread cherry pie filling over all.
4. Chill and serve.

Recipe from Favorite Recipes from Quilters, copyright 1992.

Sudoku puzzles challenge you to use the numbers provided to help them fill in the blank squares so that each number, 1 to 9, appears in every Column, Row, and Block of the completed puzzle.

		9		3	5			
	1				4		6	7
5							9	
7	3		9		8	2		5
8			3		6			9
9		1	5		2		8	6
	6							2
3	5		2				4	
			1	6		7		

Answers in each square Right to Left- 689213574 : 735894621 : 736825941 : 948316572 : 215479386 : 168357492 : 457289163 : 932641758

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

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