

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

Inside this Issue:

- ⇒ National Hiking Day
- ⇒ Fake News– how to spot it!
- ⇒ World Elder Abuse Awareness Day
- ⇒ Farmers' Market Vouchers
- ⇒ PTSD Awareness
- ⇒ Hydration is important!



The ADRC Connection

June 2019



June is Dairy Month in the United States; Wisconsin has been a top leader in the dairy industry since the mid 1800's. Many of the enterprising dairy farmers who settled in Wisconsin in the 1840's and 1850's were New Yorkers with German and Scandinavian heritage. At the time, New York was the leading dairy producer in the nation. New Yorkers who came to Wisconsin brought with them the skills for commercial dairying and created European style cheeses inspired by their home countries. Between 1870 and 1900, thanks to the promotion, marketing, research, education, and scientific advances by organizations such as the Wisconsin Dairymen's Association and the University of Wisconsin, dairying rose to a prominent place in Wisconsin agriculture. By 1915, Wisconsin ranked first in the nation in dairy production and became *America's Dairyland*.

Today Wisconsin leads the nation in cheese production and is second in milk and butter production behind California and Vermont, respectively. Currently 90% of Wisconsin milk is being used in cheese production.

Some other fun Wisconsin dairy facts are:

- Whole milk consists of 87% water, 3.1% protein, 4.9% lactose, 3.5% fat, 0.2% minerals.
- It takes 21.2 pounds of milk to make 1 pound of butter, according to the U.S.D.A.
- Wisconsin produces 2.5 billion pounds of cheese per year.
- The first official Wisconsin cheese was created by Anne Pickett of Lake Mills in 1841.
- Wisconsin has over 1 million cows.
- Each cow produces 2,739 gallons of milk per year.

So *moove* on over to your local grocery store and pick up your favorite dairy product this June in celebration of Dairy Month! Check out our puzzle page on page 19 for a fun and *cheesy* word jumble!

Statista.com, Wikipedia, dairystatetours.com, wisconsinhistory.org

Get Out & About!

June 1– Historic Beer Brewing @ Old World Wisconsin, 11 am– 3 pm. See brewers use equipment and techniques from the late 1800s and heirloom hops and barley grown and Old World Wisconsin to bring the taste to you! Adults (18-64)- \$19, Seniors (65+)- \$16.

June 1 & 2– Holy Hill Art and Farm Market @ Holy Hill Art Farm (4958 HWY 167, Hubertus, WI), 9 am– 4 pm. Spend the day on 80 acres browsing art, vintage and locally made and grown products. Enjoy produce, refreshments, and live music all weekend.

June 1 & 2– National Trails Day— All State Parks have free admission on June 1st and 2nd for National Trails Day. Check out Lapham Peak at W329 N846 County Rd C, Delafield (check out page 3 for other hiking opportunities in the county) .

June 7– Cars and Cookouts @ Pewaukee Village Park, 4-8 pm. Come view classic cars, participate in the kids craft area, and grab a drink and bite to eat. Admission is free!

June 7– Waukesha’s Friday Night Live @ Downtown Waukesha, 6:30– 9 pm. This reoccurring event on Friday nights through the end of August is a family favorite. Come downtown to relax, grab a bite to eat, listen to live music, and the many other things downtown Waukesha has to offer.

June 7– Okauchee Lions Days @ Okauchee Lions Park, 4-11:30 pm. Attend this annual free event where there is something for everyone including live music, a baseball tournament, Lake Country BBQ Rib Cook Off, and carnival.

June 8– Food Truck and Craft Beer Festival @ Waukesha County Expo Center, 12– 5 pm. Purchase food from over 25 food trucks with lots of dessert options and craft beers! General Admission is \$5. Kids 12 and under get in free.

June 8– A Night at the USO 1944 @ Summer Stage at Lapham Peak, 7-9 pm. Join local performers as they transport you back in time to 1944 where swing and big band helped define a culture despite World War II raging all over the globe. Tickets are \$10 for adults, \$5 for children.

June 8– Water Lantern Festival @ Veteran’s Park, Milwaukee Lakefront, 5– 10 pm. An amazing experience where you’ll witness the magic of lanterns as they light up the water. Tickets are on sale at waterlanternfestival.com.

June 11– Tribute Tuesday @ Cutler Park, 7-9 pm. Come and enjoy all your favorite Beach Boy hits played by the Tribute Band. Concessions will open at 6 pm and food will be provided by some favorite local Waukesha establishments. No dogs allowed in the park. Admission is free.

June 14– Coffee With A Cop @ Roots Coffee Bar & Café, 10 am– 12 pm. Join your community and the Oconomowoc Police Department for a chance to ask questions, voice any community concerns, and get to know the officers.

June 21 & 22– Pewaukee Beach Party @ Pewaukee Lake Beach, 5– 11 pm/7– 11 am. On Friday night, enjoy live music and food and drinks along the blocked off beachfront. Saturday morning begins with a pancake breakfast and will have water activities starting at 8 am.

June 27– Fit in the Parks: Walking Club @ Lime Kiln Park, 5 pm. Bring a friend or meet new ones as you stroll through some of Menomonee Falls beautiful parks. Walk at your own pace and bring a water bottle. The club will meet at Lime Kiln Park’s parking lot on Arthur Drive.

June 27– Civic Band Concerts Waukesha @ Cutler Park, 7-9 pm. All concerts this summer are free and open to the public and take place on Thursday nights through August. There are pre concert activities from 7-7:45 and the concerts are from 8-9 pm. June 27th is patriotic night!



Take a Hike!

American Hiking Society's National Trails Day is Saturday, June 1st.

Waukesha County has over 60 miles of trails throughout the park system. Each of the parks has a different difficulty level and length for hiking and walking. Some of the trails are accessible and some are wood chipped, grass, or paved. Visit the Waukesha County Parks website to view maps of all the trails. <https://www.waukeshacounty.gov/findapark/>

Waukesha County has eight county parks that charge admission. Retzer Nature Center offers free park admission. <https://www.waukeshacounty.gov/retzernaturecenter/>.

County Parks:

- [Fox Brook Park](#), 2925 N. Barker Rd, Brookfield
- [Fox River Park](#), W264 S4500 River Rd, Waukesha
- [Menomonee Park](#), W220 N7884 Town Line Rd, Menomonee Falls
- [Minooka Park](#), 1927 E. Sunset Dr, Waukesha
- [Mukwonago Park](#), S100W31900 County Hwy LO, Mukwonago
- [Muskego Park](#), S83 W20370 Janesville Rd, Muskego
- [Naga-Waukee Park](#), 651 Hwy 83, Hartland
- [Nashotah Park](#), W330 N5113 Cty Hwy C, Nashotah
- [Retzer Nature Center](#), S14W28167 Madison St, Waukesha



Waukesha County resident yearly park sticker is \$32 and the rate is \$16 for disabled veterans, former prisoners of war, and seniors 60 years of age and over. The daily rate to access a park is \$5 per car. To purchase your parks sticker, visit the parks online store or stop by the entrance booth at any of the eight parks. For more information, visit the Parks and Land Use [Online Store](#) at <http://waukeshacounty.maxgalaxy.net/BrowsePackages.aspx>. Veterans and active military get free county park admission on July 4 and Veterans Day on November 11 from sunrise to 10 p.m. Participants must show their military or veteran ID card.

For state parks, check out Lapham Peak which is located within the county. All state parks have free admission on June 1st and 2nd for National Trails Day. An annual admission sticker for a state park for your vehicle is \$28/year, \$13 for 65 years of age and older. Daily admission stickers are \$8/vehicle, \$3/vehicle for seniors. Go to <https://dnr.wi.gov/topic/parks/admission.html> to purchase admission stickers, or purchase one when you visit the park.



Community Memory Screens

(Call the ADRC at 262-548-7848 to reserve your time at any of the below memory screen events.)

Location	Address	Date	Time
Pauline Haass Public Library	N64 W23820 Main Street Sussex, WI	06/03/2019	10:00am – 2:00pm
Menomonee Falls Public Library	W156 N8436 Pilgrim Rd Menomonee Falls, WI	9/18/2019	10:00am - 3:00pm

National Call Your Doctor Day - June 11th

After a long winter, warm weather is finally here. This year National Call Your Doctor Day is June 11. This is a good time to focus on your health by giving your doctor a call to take advantage of Medicare preventive benefits.

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings and referrals for other care, if needed. If you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If lab work is done, vaccines are administered, or additional testing or services are performed, then you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2019* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.



What's Happening at Your Local Library?

Brookfield Public Library

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

Cinema of '39: Turning Back Time
Wednesday, June 5 from 2:00-4:30 PM

www.ci.brookfield.wi.us/38/Library

Elm Grove Public Library

13600 Juneau Blvd
Elm Grove, WI 53122
(262) 782-6700

The Flavor of Wisconsin: Our Culinary Culture, Past and Present
Wednesday, June 12 at 7:00 pm

www.elmgrovelibrary.org

Hartland Public Library

110 E Park Ave
Hartland, WI 53029
(262) 367-3350

Health Online: Finding Information You Can Trust

Thursday, June 20 at 6:30-8:00pm

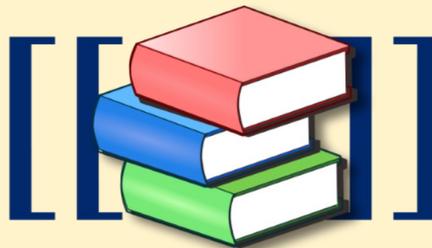
www.hartlandlibrary.org

New Berlin Public Library

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

Library's 50th Celebration
Friday, June 21, all day

www.newberlinlibrary.org



Oconomowoc Public Library

200 W South Street
Oconomowoc, WI 53066
(262) 569-2193

Create the Home You Love with the Space You Have

Friday, June 21 at 12:00-1:00 pm

www.oconomowoclibrary.org

Medicare Presentations are taking place at the following libraries:

Brookfield Public Library, Monday June 24th, 6:30 pm

Menomonee Falls Public Library, Wednesday, June 26th, 6:30 pm

No need to RSVP

10 Ways to Love Your Brain and Help Reduce Your Risk for Cognitive Decline

The evidence is mounting: You can reduce your risk of cognitive decline by making key lifestyle changes. That is the conclusion of a new research summary published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. With this in mind, the Alzheimer's Association[®] offers 10 Ways to Love Your Brain, tips that may reduce risk of cognitive decline.

1. **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.
2. **Hit the books.** Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local community college, community center or online.
3. **Butt out.** Smoking increases risk of cognitive decline. Quitting can reduce risk to levels comparable to those who have not smoked.
4. **Follow your heart.** Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.
5. **Heads up!** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike.
6. **Fuel up right.** Eat a balanced diet that is higher in vegetables and fruit to help reduce risk of cognitive decline.
7. **Catch some Zzz's.** Not getting enough sleep may result in problems with memory and thinking.
8. **Take care of your mental health.** Some studies link depression with cognitive decline, so seek medical treatment if you have depression, anxiety or stress.
9. **Buddy up.** Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.
10. **Stump yourself.** Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Visit [alz.org/10ways](https://www.alz.org/10ways) to learn more about these tips, your brain, cognitive decline, and Alzheimer's disease and other dementias.

Fake News—What it is and How to Spot it

By the GWAAR Legal Services Team (for reprint)

“Fake news” isn’t exactly new, but we’ve heard the term a lot lately. In general, “fake news” refers to news stories that do not have accurate facts, sources, or quotes. Sometimes these stories are intentionally designed to mislead readers. Other times, these stories are written as humor or satire. Often, these stories are meant to be “clickbait.” That is, their purpose is to attract attention and encourage readers to click on a link because the writer will earn more money if more people look at a story.

Recently, there has been concern about “fake news” and the amount of misinformation on social media websites, like Facebook and Twitter. A study published in January 2019 looked at the social media posts of a group of 1,300 Facebook users in 2016. (You can read the full study here: <http://advances.sciencemag.org/content/5/1/eaau4586>). Overall, over 90 percent of the group did not share any articles from websites that are considered fake news publishers. However, researchers found that some age groups were more likely to share “fake news” articles to their Facebook friends. This was true regardless of education level or political beliefs.

It’s not clear why some Facebook users are more likely to share “fake news” online. However, it’s important for people of all ages to think carefully before sharing misinformation on the internet. Facebook has provided some tips to help users spot “fake news”:

1. Be skeptical of headlines. False news stories often have catchy headlines in all caps with exclamation points. If shocking claims in the headline sound unbelievable, they probably are.
2. Look closely at the link. A phony or look-alike link may be a warning sign of false news. Many false news sites mimic authentic news sources by making small changes to the link. You can go to the site to compare the link to established sources.
3. Investigate the source. Ensure that the story is written by a source that you trust with a reputation for accuracy. If the story comes from an unfamiliar organization, check its "About" section to learn more.
4. Watch for unusual formatting. Many false news sites have misspellings or awkward layouts. Read carefully if you see these signs.
5. Consider the photos. False news stories often contain manipulated images or videos. Sometimes the photo may be authentic but taken out of context. You can search for the photo or image to verify where it came from.
6. Inspect the dates. False news stories may contain timelines that make no sense, or event dates that have been altered.
7. Check the evidence. Check the author's sources to confirm that they are accurate. Lack of evidence or reliance on unnamed experts may indicate a false news story.
8. Look at other reports. If no other news source is reporting the same story, it may indicate that the story is false. If the story is reported by multiple sources you trust, it's more likely to be true.
9. Is the story a joke? Sometimes false news stories can be hard to distinguish from humor or satire. Check whether the source is known for parody, and whether the story's details and tone suggest it may be just for fun.
10. Some stories are intentionally false. Think critically about the stories you read, and only share news that you know to be credible.





Thursday, June 13th | 11:30-1:00 pm
The Ingleside Hotel | 2810 Golf Rd, Pewaukee
FREE EVENT | LUNCH PROVIDED

Presented By: Waukesha County Adult Protective Services
Speaker: Detective Loberg - Waukesha County Sheriff's Dept.



INTERNET SAFETY FOR SENIORS



**1 IN 3 AMERICANS HAVE BEEN A VICTIM OF CYBER
CRIME OR IDENTITY THEFT - ARE YOU NEXT?**

Like all powerful tools, the Internet and mobile technologies come with some risks. Join us to learn some tips and tools to navigate the World Wide Web smartly and safely.

**SPACE IS LIMITED, CALL THE ADRC FOR
A RESERVATION BY JUNE 10TH— 262-548-7848**



Farmers' Market Vouchers Available to Waukesha County Seniors Distribution Begins June 1st

The Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers. Waukesha County Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines (see below) are eligible to receive \$25.00 worth of vouchers to purchase fresh, nutritious, unprepared fruits, vegetables, and herbs from farmers' markets and roadside stands.

The Vouchers are distributed on a first-come/first-served basis and are limited to \$25.00 per household. You will receive three \$3 vouchers and four \$4 vouchers equaling \$25. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the vouchers. 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 have the full name, address, phone number, date of birth and written declaration of consent from the eligible senior in order for the proxy to complete the application and pick up the vouchers for the individual. Senior Farmers' Market Vouchers must be obtained in the county of residence, but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these coupons.

Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered at various locations throughout the county. Please call the ADRC at (262) 548-7848 for additional information on distribution dates, times and locations.

Household Size	Monthly Income	Annual Income
1	\$1,926	\$23,107
2	2,607	31,284
3	3,289	39,461
4	3,970	47,638
For each additional household member, add \$682 monthly, \$8,177 annually.		



Please note that dates and times subject to change without notice.

Monday, June 10, 2019 – 12:30pm – 2:30pm - Waukesha Food Pantry | 1301 Sentry Drive, Waukesha

Wednesday, June 12, 2019 – 10:00am – 12:00pm - Mukwonago Food Pantry | 225 Eagle Lake Avenue, Mukwonago

Wednesday June 12, 2019 – 1:00pm – 2:30pm - Sussex Outreach Services | N63 W23626 Silver Spring Drive, Sussex

Thursday, June 13, 2019 – 10:00am – 11:00am – La Casa Village | 1431 Big Bend Road, Waukesha

Friday, June 14, 2019 – 1:30p – 3:30p – High Ridge Manor | 13445 W National Ave., New Berlin

Monday June 17, 2019 – 12pm – 1:30 pm - Menomonee Falls Comm. Center | W152 N8645 Margaret Road, Menomonee Falls

Tuesday, June 18, 2019 – 10:00am – 11:30am – Senior House | 825 Pleasant Street, Waukesha

Wednesday, June 19, 2019 – 10:00am – 12:00pm – Wilkinson Manor | 919 E Summit Ave, Oconomowoc

Monday, June 24, 2019 – 10a – 12:00pm - East Terrace Apartments | 801 N East Ave., Waukesha

Wednesday, June 26, 2019 – 10:00am – 12:00pm - Hickory View Commons | 211 S. Concord Rd., Oconomowoc

Friday, June 28, 2019 – 1:00pm-3:00pm - Hampton Regency | 12999 W Hampton Ave, Butler

For more information on the services we provide or for general information related to the vouchers, please contact the ADRC at 262-548-7848 or visit our website at www.waukeshacounty.gov/adrc .

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.



New Data Highlights the Long-Term Care Ombudsman Program's Legacy of Service

By Lance Robertson, Assistant Secretary for Aging and Administrator, ACL

As the Ombudsman program enters its 40th year as a mandatory program of the Older Americans Act, I want to take this opportunity to reflect on some of the data ACL has compiled,

highlight some of the amazing work done by programs across the country, and discuss some important developments for the future of the program.

I would like to start with the story of just one of the more than 200,000 complaints Ombudsman programs resolve annually. The complaint came from a nursing home where residents had to walk along a busy road to access the surrounding neighborhood.

The absence of a sidewalk presented a daily hazard to residents and had already resulted in one resident being hit by a car. That resident reached out to the Long-Term Care Ombudsman office who worked with the resident, their local Ombudsman advisory council, and, eventually, city leaders to get a new safe sidewalk built outside the facility. Now, residents can travel with greater freedom and safety.

Ombudsman programs respond to a wide variety of problems faced by residents of long-term care facilities, including discharge and eviction, inadequate care, violation of rights, and quality of life concerns. In fiscal year 2017, Ombudsman programs provided regular visits to 60% of all nursing homes and 30% of all other residential care communities in the country. They also provided over 400,000 instances of information and assistance on resident rights, care, and community options to residents and their loved ones and over 125,000 instances of information and assistance to facility staff on issues of discharge planning, care, rights, and abuse prevention.

The most common types of complaints Ombudsman programs received involved improper eviction or inadequate discharge planning, Ombudsman programs worked to resolve over 14,000 such complaints in fiscal year 2017.

In addition to addressing individual complaints, Ombudsman programs also advocate for resident interests in public policy arenas. In fact, the OAA requires Ombudsman programs to analyze, comment on, and recommend changes in laws, regulations, and government policies and actions to benefit residents. On the issue of inappropriate discharges, Ombudsman programs have developed task forces, proposed legislation, trained both hospital social workers and long-term care facility staff on relevant requirements, and trained residents and their families on their rights regarding discharge and transitioning out of a long-term care facility.

Staffing shortages are another prominent issue many Ombudsman programs are working to address through systems advocacy. Ombudsmen are working in partnership with both the long-term care provider industry and state agencies, including workforce commissions, to identify solutions to the workforce shortage, including wage increases, expanded benefits, additional direct care worker training, and the development of public awareness campaigns to elevate the profession. Ombudsman programs are also advocating for improved state laws or regulations to support adequate staffing and training facility staff on topics such as abuse prevention, person-centered care, and dementia care.

The Ombudsman program is rooted in a simple, yet powerful, principle -- that all older adults and people with disabilities are entitled to equal rights, dignity, and a life free of abuse no matter where they live.

June is Lesbian, Gay, Bisexual, Transgender (LGBT) Pride Month



Since 1970, June has been recognized as Lesbian, Gay, Bisexual, Transgender (LGBT) Pride Month. People across the nation come together to show support for LGBT rights, culture, and communities. What began as LGBT, has expanded to become LGBT+, to be inclusive of all.

As well as being a month long celebration, Pride Month is also an opportunity to raise awareness. Parades are a prominent feature of Pride Month, and there are many street festivals, community events, poetry readings and educational sessions, all of which attract millions of participants.

The Stonewall Rebellion, which took place on June 28, 1969 was a series of riots in New York City. The riots happened after the police raided the Stonewall Inn, a gay bar in Greenwich Village. One year following, this month became nationally recognized as Pride Month to commemorate the impact the riots had on our society.

Pride month is so important because it marks the start of huge change within the LGBT+ community, as well as the wider societal implications. We have come a long way since 1969 and by participating in this long standing tradition we continue to raise awareness and encourage inclusiveness.

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 – 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 June 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Mandarin Oranges	Denver Omelet with cheese sauce 2 sausage links Hash Brown Potatoes Ketchup pkt Melon Wedge Cinnamon Strudel Coffee Cake Alt. Fruited Yogurt	Oven Roasted Pork/Gravy Broccoli Salad Au Gratin Potatoes Green Bean Casserole Mixed Fruit Cup Apple Pie Alt. Fresh Apple	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Wheat Bread w/ Butter Diced Pears Brownie Alt. Sugar Free Cookie	Oven Roasted Turkey w/ gravy Mashed Potatoes Gravy Sweet Green Peas Bread/Butter Kitchen's Choice Fruit Dessert Bar Alt. Fruited Yogurt
10	11	12	13	14
Lemon Herb Chix Breast Mashed Sweet Potatoes w/ Butter Romaine Salad w/ Italian French Bread w/ Butter Apricots Chocolate Ice Cream Alt. Sugar Free Ice Crm	Pizza Casserole Green Beans Warm Breadstick w/ Butter Seasonal Fresh Fruit Alt. Sugar Free Pudding 	Chicken Salad on Croissant with Lettuce and Tomato Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Chili Con Carne with Beans Shredded Cheddar, Onions and Crackers Diced Carrots Cornbread Muffin w/ butter Fruit Cocktail	Chef Salad w/ Ham, Cheese, Egg, Tomato & Cucumber Ranch Dressing Watermelon Sesame Bread / butter Strawberry Ice Cream Alt. Sugar free ice crm
17	18	19	20	21
Polish Fest & Happy Father's Day! Polish Sausage with sauerkraut on Bun Ketchup / Mustard pkts Dad's Baked Beans Tom / Cuc / Onion Salad Pear Half Baker's Choice Pie Alt. Fresh Fruit	Pork Cutlet Garlic Mashed Potatoes and Gravy Peas and Carrots Diced Peaches 7-Grain Bread with Butter	Italian Wedding Soup Saltine Crackers Italian Hot Beef Au Jus On Sub Roll Sunshine Carrots Romaine Salad w/ Italian Banana Dessert Bar Alt: Yogurt	Sloppy Joe on Wheat Bun Buttered Sweet Corn Coleslaw Nectarine Choc. Chip Cookie Alt. Juice	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Tropical Fruit Salad Dessert Bar Alt. Fresh Fruit
24	25	26	27	28
Bacon Cheeseburger on Bun Ketchup / Mustard pkts 5-Way Mixed Vegetable Broccoli Salad Fruit Cocktail Chocolate Ice Cream Cup Alt. Sugar Free Gelatin	Herbed Chicken Breast Mashed Potatoes and Gravy Peas & Pearl Onions Dinner Roll with Butter Frosted Mint Brownie Alt. Diet Cookie	Summerfest begins! Ain't nothing but a Hound Dog (Hot Dog on a bun) Big Bopper Baked Beans Nat King Colelaw Patti Page Potato Salad Fresh Fruit Chubby Checker Cheesecake Alt. Sugar Free Cookie	Oven Baked Ham Wild Rice Roasted Root Vegetables 3-Bean Salad Fresh Apple Dessert Bar Alt: Fresh Fruit	Grilled Chicken Baby Bakers w/butter Spring Mix Salad with Shredded Carrots, Cucumbers, Tomatoes, Croutons Italian Dressing Banana Breadstick



Ask Ina

Last week, my grandmother was hospitalized. Thankfully, the only thing wrong with her was dehydration. When I asked her if she drinks enough, she tells me that she does; she usually drinks 2 cups of coffee in the mornings and a couple of cans of soda in the afternoons. The doctor told us that she needs to drink more water. What are some things we need to know?

-Glassaf Ull

Dear Mr. Ull,

Proper hydration is vital to living a healthy life, but it's often overlooked. Skipping out on H₂O can lead to major health risks. It doesn't matter if you're a professional athlete or someone who likes to spend time outside in the sun; drinking water is key for *everyone* to avoid heat stroke, dehydration, and other dangerous conditions. National Hydration Day is June 23 this year and this is the perfect time to learn about hydration!

How much water do I need?

The amount of water a person needs to drink depends on lots of things, including environmental conditions, age, weight, and physical condition. For example, people who have certain medical conditions, such as diabetes or heart disease, may need to drink more water. People who are older than the age of 50 or who are overweight also require more hydration. Some medications can act as diuretics, which cause the body to lose more fluid.

How do I know if I'm dehydrated?

It's important to know that thirst is NOT the best indicator that you need to drink. If you get thirsty, that means that you're already dehydrated. The easiest thing to do is to pay attention to the color of your urine. Pale and clear urine means that you're well hydrated. If it's darker, drink more water. Other symptoms of dehydration include headaches, dizziness, and feelings of exhaustion.

Water is best.

For most people, water is the best thing to drink to stay hydrated. Fruit juices or soda does not offer much in the way of good hydration options and the sugar can be hard on the stomach and the heart if you're already dehydrated. It's also best to avoid drinks containing caffeine, which act as a diuretic and cause you to lose more fluids. Drink water before exercising or going out in the sun to prevent dehydration and stress to the heart.

If drinking water is boring or you find it difficult to do; there are things you can do to make drinking water exciting! You can set reminders for yourself; either by post-it notes or there are apps you can download that remind you to drink a set amount of water each day. Make drinking water more flavorful by infusing a pitcher of water with mix-ins like lemon wedges, cucumber slices, strawberries, mint or other produce! There are also some delicious, sugarless sparkling water options for purchase in your grocery store. Check out the next page for more hydrating options!

Hydration is important and symptoms of dehydration can sneak up on you! Hydration awareness is an important reminder that no matter how young or old, our bodies need water. Always check with your physician or health care professional if you have a condition which may restrict your water intake.

For more information, you can read this study on Water, Hydration, and Health: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/> Or visit <https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy> to read an article on Staying Hydrated-Staying Healthy.



Summer Foods & Beverages

that keep you cool

Summer is here and it promises to be a scorcher. Here are a few ways to eat healthy and keep your body hydrated and cool!

Coconut Water

Did you know that coconut water is not just flavored water? Coconut water is considered a type of juice! It is naturally full of electrolytes and potassium.

When it's really hot outside, grab a coconut water to rehydrate. It's lower in sugar than a sports drink and is simply delicious!

Fresh Vegetables

Eat more fresh vegetables in the summertime, which are naturally rich in water and nutrients. Choose a variety of colors.

Fruits

Melons and citrus fruit are great summertime choices. They are high in potassium and many other nutrients! In the summer, watermelons and other types of melons are very affordable and full of water. Watermelons are delicious chopped or pureed for juice or smoothies. All melons are cooling and healthy during the summer months.

Cucumber

This water-filled vegetable can be eaten any time of the day and is very affordable. It is great on salads or on sandwiches!

Lime and Mint

Lime and mint together create a very refreshing combination in a drink. Try adding them to regular water or unsweetened tea for a refreshing summer drink!

(Tip: You can use any fresh or frozen fruit or vegetable to jazz up your water or tea. This is a great substitute for sugar-filled drinks)

FOOD WISE  Extension
 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

#ENDALZ

June is Alzheimer's & Brain Awareness Month

Worldwide, 50 million people are living with Alzheimer's and other dementias. Join us in raising awareness this June.



June is Alzheimer's and Brain Awareness Month

Let us celebrate by learning how to keep our brains healthy. The good news is we can control and prevent or delay the onset of dementia through our lifestyle choices.

Blood vessels and the heart nourish the brain. You can keep your heart healthy by maintaining a healthy weight, keeping your blood pressure, cholesterol, and blood sugar under control and not using tobacco products.

Exercise is another way to keep your heart and body healthy. Exercise increases the blood and oxygen to the brain, and exercise maintains and promotes brain cell connections.

Protect your brain from injury. Learn how to prevent falls, wear your seatbelt, practice safe driving, and wear helmets.

Practice activities to reduce stress since stress can effect memory and thinking abilities. Reduce stress through journaling, meditation, yoga, and connecting with friends.

Nutrition is an important lifestyle factor that can help prevent or delay the onset of dementia. Choose to eat minimally processed foods, such as fruits, vegetables, whole grains, legumes, poultry, fish, nuts, and healthy fats, like olive oil.

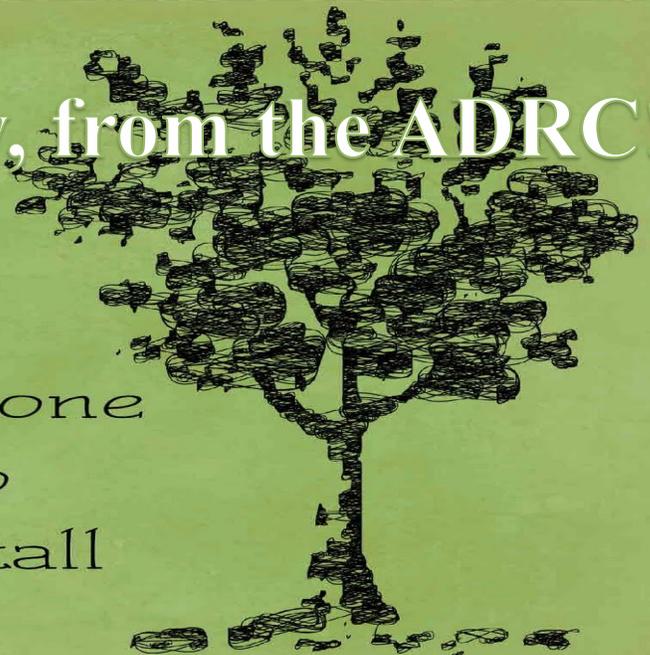
Keep your mind active to form new connections among brains cells. Some ideas include playing games, reading, trying something new, cooking, puzzles, music and art.

Finally, social engagement is associated with living longer. Have a regular scheduled social activity once per week, such as visiting family and friends, participating in a club or group, volunteering and staying involved in the community.

By applying a few lifestyle changes, you too can keep your brain healthy.

Happy Father's Day, from the ADRC!

*A father is someone
you look up to
no matter how tall
you grow.*



PTSD Awareness

June is Post-Traumatic Stress Disorder (PTSD) awareness month. PTSD is a mental health condition that is triggered by a terrifying, life-threatening, or traumatic event — either experiencing the event or witnessing it. Types of events that can lead to the development of PTSD include combat or military experiences, natural disasters, car accidents, physical or sexual assault, or abuse.

PTSD has been known by many names in the past, such as “shell shock” during the years of World War I and “combat fatigue” after World War II. However, PTSD is not just limited to combat veterans, it can occur in any person, of any ethnicity, nationality or culture, and any age. PTSD affects approximately 3.5 percent of U.S. adults, and **an estimated 1 in 11 people will be diagnosed PTSD in their lifetime. Women are twice as likely as men to have PTSD.**

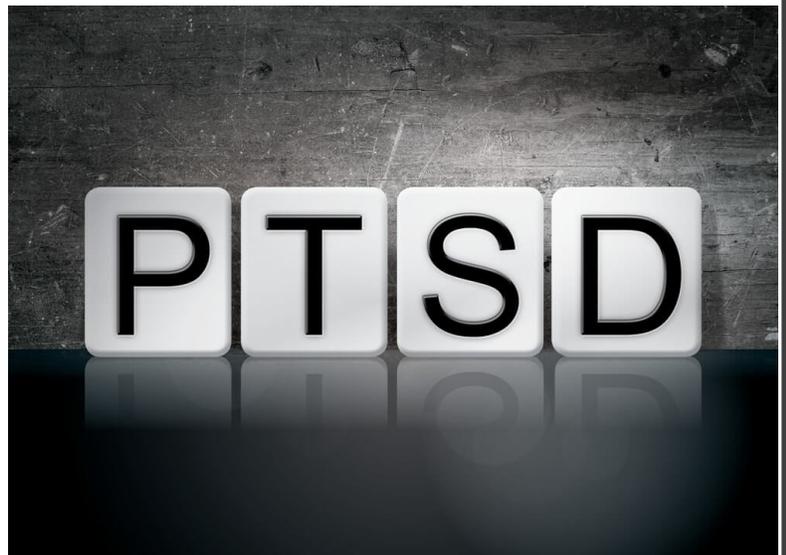
Symptoms of PTSD fall into four categories. Symptoms can vary over time or vary from person to person.

1. Intrusive thoughts such as repeated, unwanted memories; severe emotional distress or physical reactions to something that reminds you of the traumatic event; distressing dreams or nightmares; or flashbacks of the traumatic event. Flashbacks may be so vivid that people feel they are re-living the traumatic experience or seeing it before their eyes.
2. Avoiding reminders of the traumatic event. This may include avoiding people, places, activities, objects, and situations that bring on distressing memories. People may try to avoid remembering or thinking about the traumatic event. They may resist talking about what happened or how they feel about it.
3. Negative changes in thinking and mood. This may include negative thoughts about yourself, other people, or the world; hopelessness about the future; memory problems, including not remembering important aspects of the traumatic event; difficulty maintaining close relationships; feeling detached from family and friends; lack of interest in activities you once enjoyed; difficulty experiencing positive emotions; and feeling emotionally numb.
4. Changes in physical and emotional reactions, also called arousal symptoms. This may include being irritable, having angry outbursts or aggressive behavior; behaving recklessly or in a self-destructive way; being easily startled or frightened; always being on-guard for danger; having problems concentrating or sleeping; and overwhelming feelings of guilt or shame.

Many people who are exposed to a traumatic event experience symptoms like those described above in the days following the event. It is normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. At first, it may be hard to do normal daily activities, like go to work or school, or spend time with people you care about; however, most people start to feel better after a few weeks or months. For a person to be diagnosed with PTSD, symptoms must last for more than a month and often persist for months and sometimes years. Many individuals develop symptoms within three months of the trauma, but symptoms may appear later. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch. PTSD often occurs with other related conditions, such as depression, substance use, memory problems, and other physical and mental health problems.

It is important to note that not everyone who experiences trauma develops PTSD, and not everyone who develops PTSD requires psychiatric treatment. For some people, symptoms of PTSD subside or disappear over time. Others get better with the help of family, friends, or other supports. However, many people with PTSD need professional treatment to recover from psychological distress, which can be intense and disabling. It is important to remember that trauma may lead to severe distress. That distress is not the individual’s fault, and PTSD is treatable. The earlier a person gets treatment, the more manageable the symptoms become over time.

<https://www.ptsd.va.gov/>



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

Chronic Pain Self - Management - For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. This workshop meets for 2.5 hours over 6-weeks. This workshop includes use of the Chronic Pain Workbook and Moving with Ease exercise CD .

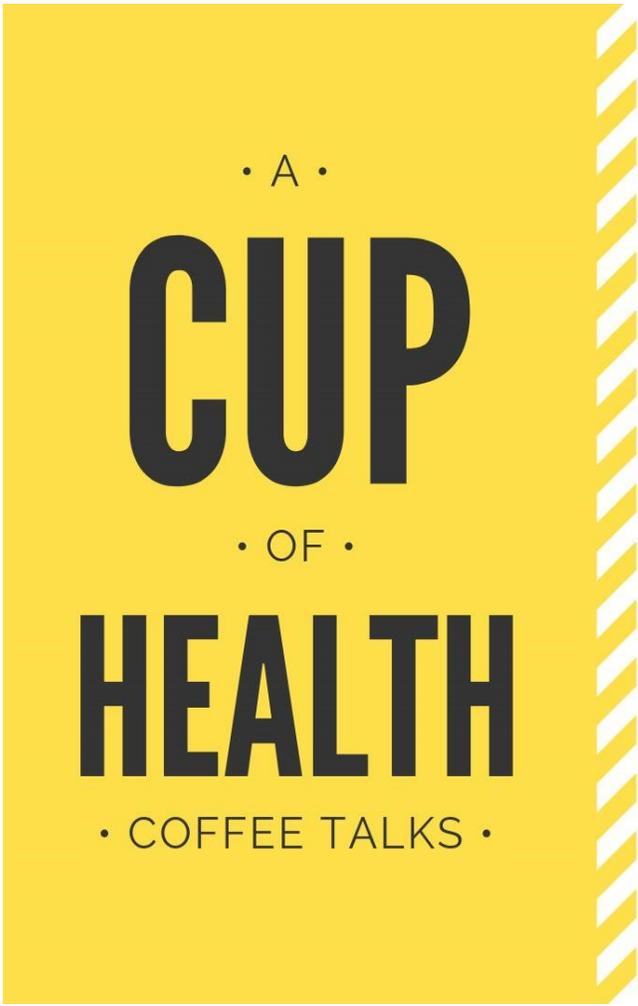
Thursdays, September 12th - October 24th, 2019 | 1:00pm - 3:30pm (light snack offered)

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.

Wednesdays, September 18th - October 23rd, 2019 | 11:00am - 1:30pm (light snack offered)

Location: **Aurora Summit Medical Center - Armour Room**
36500 Aurora Drive | Summit, WI 53066
Contact: Aurora Summit: (262) 434-1248 or online www.aurora.org/events
Cost: Complimentary
Class size: 20 maximum participants



BETTER BRAIN HEALTH

Join us to learn ways to lower your risk of dementia and keep your brain healthy.

June 6th | Stoney Creek Senior Apartments | 10:00-11:00am
569 W14142 Tess Corners Drive - Fireplace Room, Muskego, WI
To register call: Anita (414) 422-4686

June 19th | Brookfield Public Library | 10:00-11:00am
1900 N. Calhoun Road – Community Room, Brookfield, WI
To register call: Adult Reference (262) 782-4140

June 28th | 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.

Get FIT in the Parks this Summer as part of the Live Well Waukesha County movement!



Live Well
Waukesha County

FIT in the Parks is a health and wellness series brought to you by the Live Well Waukesha County initiative.

- ☀ All classes are FREE and no pre-registration is necessary.
- ☀ All classes are appropriate for ages 13 and up, unless otherwise noted.
- ☀ A waiver must be signed on-site the day of class before participating.
- ☀ Classes will be cancelled due to inclement weather.

Four Waukesha County communities are participating in the FIT in the Parks series; Menomonee Falls, Mukwonago, Oconomowoc, and Waukesha. Each

community will have their own schedule of free activities and all are welcome to attend. Activities will include: Yoga, Zumba, Walking Club, Tai Chi, Stand-Up Paddleboarding, Pickleball, and more!

FIT in the **PARKS**

To learn more and sign up for the monthly e-newsletter visit:

<https://www.waukeshacounty.gov/livewell>

June 6th is National Gardening Exercise Day!



National Gardening Exercise Day is observed each year on June 6 and encourages us to maximize the benefits we reap from gardening by adding some stretches and a few extra steps or squats. Gardening on its own is therapeutic, builds muscles, and burns calories. Some of the gardening activities that are excellent for working your muscles and for burning calories include weeding, digging, spading, planting, pruning, mowing, raking, and walking.

Many of us do not realize the amount of healthy exercise that we can get while working outside in the garden. It involves a lot of walking back and forth, bending up and down, lifting loads, twisting, and other movements. These movements will contribute to building or maintaining muscle, and extra steps may make gardening more aerobic if it increases the heart rate. Being out in the fresh air and sunshine are also an added benefit. Incorporating stretching into a gardening routine may help to prevent injury, much like it does for any athletic endeavor. Gardening and exercise are excellent stress relievers, too!

Other suggestions to get the most exercise out of your gardening:

- Start slowly. Just like any new workout program, small steps.
- Use the right and left hands equally. When raking or shoveling, switch hands every 5-10 minutes to give each side a good workout.
- Make sure to breathe. Deep, cleansing breaths bring oxygen to those working muscles.
- Lift with your legs! When lifting, bend your knees. Don't lift with your back.
- Drink plenty of water.
- Enjoy your garden. Visit it often!

Pull those weeds, plant some seeds, and get your muscles moving! Your garden will look great, and you will feel fantastic, too!

-Nationaldaycalendar.com



Eras
SENIOR NETWORK

**HAS
MOVED!**

Eras Senior Network has moved! Don't worry, they are still doing great things in the Waukesha Community, but their address has changed. You can now find them at 2607 N. Grandview Blvd, Suite 150 in Waukesha.

Additional Contact information:

Phone: (262) 549-3348 | Email: Info@ErasWaukesha.org | Website: <https://eraswaukesha.org/>

It's National Dairy Month!

Wisconsin is the #1 producer of the nation's cheese. To celebrate, check out this *grate* Cheesy Word Jumble for you to solve. It's *nacho* average scrambled puzzle because every word is a type of cheese!

In *queso* need a hint and get *feta*-up the answers are upside down on the bottom of this page!

Gouda Luck!

ETAOCGT

DCADRHE

OLARZZLEAM

SSIWS

ETUEMRSN

LEUB

RBEI

HTVAIAR

TACTRIO

IOAASG

GORGAOOLZN

YNMTOERE KCJA

EAPSRMAN

OVPROLEON

Cottage, Cheddar, Mozzarella, Swiss, Muenster, Blue, Brie, Havarti, Ricotta, Asiago, Gorgonzola, Monterey Jack, Parmesan, Provolone

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

ADRC Advisory Board

Christine Howard, Chair

Judie Berthelsen

Patricia Carriveau

Maria Cizel

Carla Friedrich

Sandie Heberling

Paulette LaMountain

Susan Schweda

Phyllis Wesolowski

ADRC Leadership Staff

Mary Smith, Manager

Lisa Bittman, Coordinator

Sally DuPont, Supervisor

Mikie Blask, Supervisor

Mike Glasgow, Supervisor

Laurie Kohler, Supervisor

Shirley Peterson, Supervisor

Jan Sanchez, Supervisor