

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](http://www.waukeshacounty.gov/adrc)

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

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7Helpline)

www.alz.org/sewi

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Disability Benefit
Specialist!



The ADRC Connection

May 2019



CONNECT, CREATE, CONTRIBUTE MAY 2019

Older Americans Month 2019: Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around Waukesha County. As volunteers, employees, employers, educators, mentors, advocates, and more, older adults offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

Waukesha County is rich in resources to provide opportunities for citizens of *all* ages connect, create or contribute to their community. There are many opportunities highlighted in this newsletter.

We encourage you to take advantage of the many opportunities in our community through the ADRC and community partners that provide programs and services.

May is National Mental Health Awareness Month

Since 1949, May has been the month to observe mental health awareness. The awareness month was started by Mental Health America organization. Millions of people in the United States have been made aware of Mental Health concerns through media, local events, and screenings. This year will be the 70th year celebrating Mental Health Month! This year's theme is #4Mind4Body, exploring the topics of animal companionship, spirituality, humor, work-life balance, recreation, and social connections as ways to boost mental health and general wellness. Learn more at: www.mentalhealthamerica.net.

According to studies done in January of 2015 by the National Institute of Mental Health (NIMH), approximately 1 in 5 adults (43.7 million) in the U.S. experiences some form of mental illness in a given year and 1 in 25 adults (13.6 million) experience serious mental illness that significantly interferes with or limits one or more major life activities. With Mental Illness being such a prevalent and impactful issue today, we need to make ourselves aware about the facts and misconceptions of mental health.

Mental illness and mental health problems are no one's fault, however people with mental illness may experience a lack of understanding and stigma from those around them. The word stigma means a mark of disgrace associated with a particular circumstance, quality, or person. People with depression may be viewed as being "lazy", those with personality disorders seen as "anti-social" or those who suffer from bipolar disorder or schizophrenia are labeled as "crazy." Many people with mental health problems might not understand that their symptoms may be connected to mental illness or they fear that they may be publically ridiculed and avoid seeking treatment. Mental health professionals have effective treatments for most conditions yet they estimate that, in any given year, only 60% of people with a mental illness get mental health care.

The health of our bodies is of utmost importance to us. Would we let an open wound or a cancer go untreated? No, most of us would not. Why, then, should the health of our minds be any different?

The following resources are a few services within Waukesha County that offer Mental Health resources, treatment options, education, and support. You can also contact the ADRC at 262-548-7848 for more referral options.

IMPACT 2-1-1: Offers emotional support through supportive listening, crisis response, suicide prevention, and referral. 24 hours a day/ 7 days a week. **Call 211 or toll-free 866-211-3380.**

Mental Health Clinic of Waukesha County: Provides mental health and AODA services to individuals of all ages. Call **262-548-7666** for a mental health intake worker to answer questions and help find the right services to meet your needs.

National Alliance on Mental Illness of Waukesha County (NAMI): Support, education, and advocacy for individuals and families affected by mental illness. **Call 262-524-8886.**

Veterans Crisis Line: Connects Veterans in crisis and their families and friends with qualified, caring responders through a confidential toll-free hotline, online chat, or text. Call **800-273-8255**, visit veteranscrisisline.net, or send a text message to **838255**.

If you would like more information about mental illness, or would like to learn how to support someone you know with mental health problems, visit www.NAMI.org or www.NIMH.org for more information. Together, we can all learn how to better support our members of the community and stop the stigma associated with mental illness!

Information taken from NAMI.org, NIMH.org, mentalhealthamerica.net

Air Conditioning Surcharges Now a Utility Expense for FoodShare

Effective November 1, 2018, air conditioning surcharges that are paid by FoodShare members in addition to their rent or other shelter costs are considered a utility expense. Previously, air conditioning surcharges did not count as a utility expense.

Air conditioning surcharges are typically billed to residents of public housing. FoodShare members who pay an air conditioning surcharge should contact the Moraine Lakes Consortium at 1-888-446-1239 to get credit for the expense. The member may be asked to provide proof of the surcharge.

FoodShare members should report all of their utility expenses when applying or renewing their benefits and when completing their Six-Month Report form to ensure their benefit allotment is accurate. See the [FoodShare Standard Utility Credits, P-00654](#), fact sheet for more information on utility expenses and credits.



May is Asthma Awareness Month!

Most people with asthma experience their first symptoms at a young age. But asthma can develop for anyone at any age. It is not uncommon for adults in their 70s or 80s to develop asthma symptoms for the first time. Asthma creates a much greater risk for older adults because they are more likely to develop respiratory, even during mild episodes of symptoms. **Here are some ways to reduce asthma triggers in your home:**

- 1. Is anyone smoking at home?** No one should smoke indoors.
- 2. Is your home damp?** Dampness shows up in visible moisture, like leaks, high humidity (homes should be under 50% humidity) or standing water. Dampness in homes creates the environment for mold spores to grow. The best way to control dampness and

mold is to control the sources of moisture. Common problem areas include air-conditioning units; basements, attics and crawl spaces; bathrooms; humidifiers and dehumidifiers; and refrigerator drip pans.

3. Are all fuel-burning appliances (gas stoves, water heaters, fireplaces) fully vented to the outdoors and regularly serviced?

4. Are household chemicals, paints or solvents stored indoors or in an attached garage or basement? Paints, adhesives, solvents, polishes, carpeting and cleaning products can emit VOCs, formaldehyde, benzene and other toxic chemicals as they age.

5. Is your home carpeted? Carpets may trap pollutants like dust mites, pet dander, cockroach allergens, particle pollution, lead, mold spores, pesticides, dirt and dust. Toxic gases in the air can stick to small particles that settle into carpets. These pollutants may become airborne during renovations, vacuuming or even daily activities like walking on the carpet. Instead of carpets, choose hard-surfaced flooring and rugs that can be removed and cleaned outside. If this is not possible, vacuum at least three times a week with a High Efficiency Particulate Air (HEPA) filter. Deep clean carpets annually using dry steam cleaning. Make sure carpets are properly dried to reduce the potential for mildew.

6. Do you use odor-masking chemicals or "air-freshening" devices? Cleaning is essential to protecting our health in our homes. However, household and cleaning products—including soaps, polishes and grooming supplies—often include harmful chemicals. Read all labels on cleaning supplies and household products before you buy them. Choose products that do not contain or have reduced amounts of VOCs, fragrances, irritants and flammable ingredients. Avoid using air fresheners altogether.

For more information visit: <https://www.lung.org/our-initiatives/healthy-air/indoor/at-home/>

Armed Forces Day

Every third Saturday in May, the United States of America celebrates our military by recognizing our armed forces. The United States has five branches of military which are the Army, Navy, Air Force, Coast Guard and Marines. This year, Armed Forces Day falls on May 18th and is considered a National Holiday recognizing and honoring those who serve our country. This holiday differs from Memorial Day which honors those who gave their lives serving their country and Veteran's Day which honors and thanks those who have previously served.

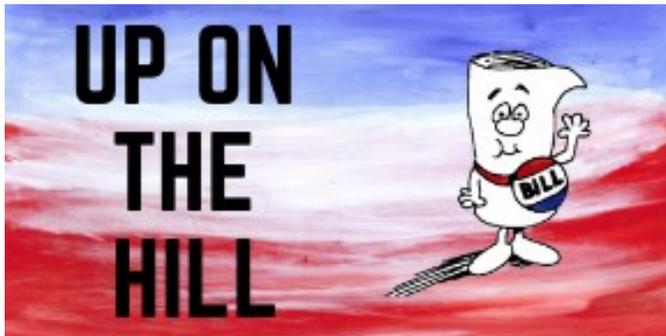


Armed Forces Day was first celebrated in 1950 and was meant to educate the public about the different branches and what they do in the military and civilian life. This day also allowed each branch to show their state of the art military equipment. More importantly, this day signified all branches uniting under one department, The Department of Defense. Each year has a theme and the first theme in 1950 was “Teamed for Defense” another nod to the newly formed Department of Defense. Some other themes throughout its inception have been Patriotism, Appreciation of a Nation, Power of Peace and Freedom through Unity.

This day is celebrated in many ways across the United States and is considered the culmination of Armed Forces Week. There are parades, multi-service military displays, educational activities, ceremonies to honor those lost, “Support the Troops” motor cycle rides and sending care packages to our troops.

Whether you have served, know someone who served or is serving, remember to take a moment to say thank you to all of those brave men and women who protect or have protected our country.

Thank you!



Wisconsin's SeniorCare prescription drug program has been renewed for 10 years!

The Centers for Medicare and Medicaid Services (CMS) has notified the Department of Health Services (DHS) that it approved a 10-year extension for the SeniorCare prescription drug program.

This is a great win for seniors in Wisconsin. SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet the eligibility criteria. With a \$30 annual enrollment fee, copayments ranging from \$5 to \$15, and no gaps in coverage, SeniorCare provides more comprehensive and less expensive coverage than Medicare Part D. About 93,000 Wisconsinites benefit from the SeniorCare program.

The state runs the program in conjunction with the federal government and needs its permission to run it. Past approvals have come in increments of three or four years. Strong advocacy by Wisconsin seniors, and organizations that support them, has paid off with a much longer extension this time around.

For more information on SeniorCare, or to find out if you are eligible, you can contact the ADRC at 262-548-7848.

Stamp Out Hunger

FOOD DRIVE

SATURDAY
MAY 11, 2019



“Stamp Out Hunger” by setting out non-perishable food donations for your mail carrier to pick up on Saturday May 11, 2019. Simply set out your food donations well before your mail carrier’s normal pick-up time. He or she will be collecting food donations while delivering and collecting mail as usual.

Coming Soon To An ADRC Near You

Farmers’ Market Voucher Distribution Begins June 1st

The Aging & Disability Resource Center (ADRC) will once again be distributing Senior Farmers’ Market Nutrition Program Vouchers. Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered periodically at various locations throughout the county. Distribution will begin on June 1st. Vouchers must be obtained in the county of residence, but can be spent at any farm stand or market in the state of Wisconsin that is authorized to accept these coupons.

Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations after May 24th. We will have more information in the June ADRC Connection Newsletter.





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 Education 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/>.

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.

Wednesdays, June 5th - July 31st, 2019 (no class July 3rd) | 10:00am - 12:30pm (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: 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.

Thursdays, May 16th - June 20th, 2019 | 10:00am - 11:30am (light snack offered)

Location: **Shorehaven**
1305 W Wisconsin Ave | Oconomowoc, WI 53066
Contact: Shorehaven - 262-354-1375
Cost: Complimentary - Includes Workbook
Class size: 20 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.

Tuesdays, May 14th - June 18th, 2019 | 1:00pm - 3:30pm (light snack offered)

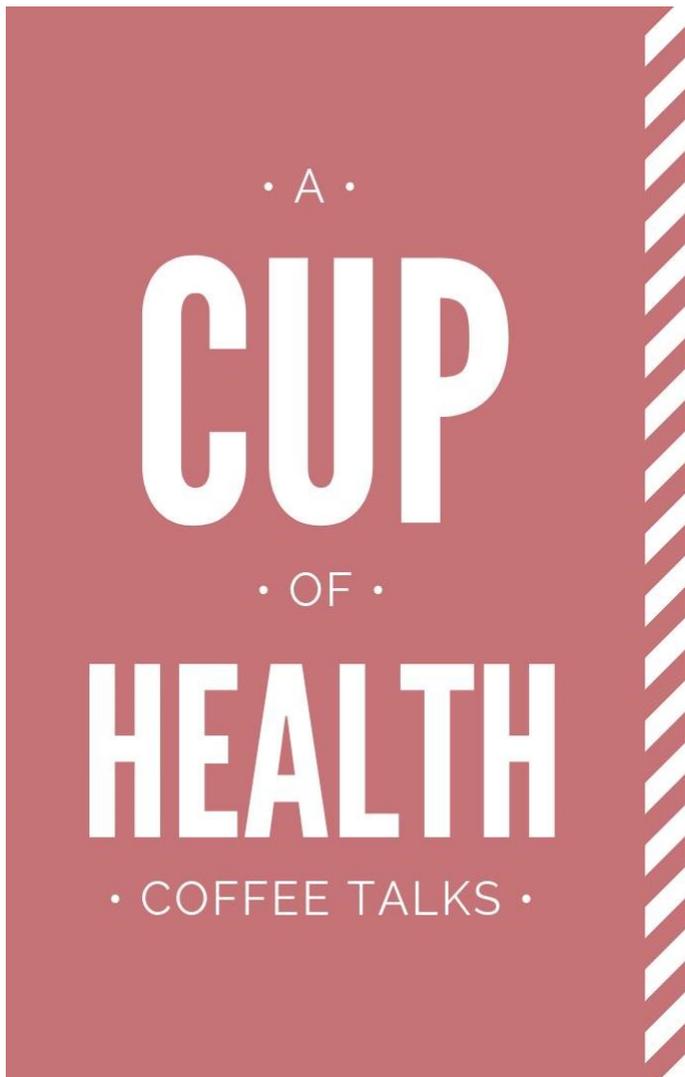
Location: **Oconomowoc Memorial Hospital**
791 Summit Ave | Oconomowoc, WI 53066
Contact: Oconomowoc Memorial - 262-928-2745
Cost: Complimentary - Includes Workbook
Class size: 20 maximum participants

Evidence Based Health Promotion Programs Cont.

Living Life Well with Chronic Conditions - This workshop focuses on learning information and skills to better manage the daily aspects of chronic conditions. It is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition. And those who live with someone who has a chronic or ongoing health condition. Examples of ongoing / chronic conditions are: Heart and lung problems, high blood pressure, high cholesterol, chronic pain, Arthritis and Asthma, as well as Crohn's disease and Depression. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with ongoing health condition. Participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do this Things YOU want to do.

Thursdays, May 30th - July 11th, 2019 (no class July 4th) | 2:00pm - 4:30pm (light snack offered)

Location: **Pro Health Medical Group - Brookfield**
195 Discovery Drive | Brookfield, WI 53005
Contact: Pro Health - 262-354-1375
Cost: Complimentary - includes workbook
Class size: 20 maximum participants



MENTAL HEALTH

Join us to learn ways to evaluate and improve your mental wellness, and tools to help others who may be struggling.

May 2nd | Stoney Creek Senior Apartments | 10:00-11:00am
S69 W14142 Tess Corners Drive - Fireplace Room, Muskego, WI
To register call: Anita (414) 422-4686

May 21st | Pewaukee Public Library | 10:00-11:00am
210 Main Street – community Room, Pewaukee, WI
To register call: Adult Reference (262) 691-5670

May 24th | 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.

Spring Has Arrived!

Spring Clean your meals!

We all know it is easy to fall into the routine of “comfort food” during the winter. But now that the sun is shining and temperatures are rising, it’s the perfect time to make a change in what you eat! Spring is the perfect time to find affordable, delicious and easy to prepare fruits and vegetables! Start by trying to incorporate at least one fresh fruit and vegetable into your daily routine.

For More Ideas Visit ChooseMyPlate.gov!



What foods you should be looking for this spring that will make you healthier and happier!

Foods To Include In Your Meals This Spring!



Strawberries! Strawberries are in their peak season from April until June. Just one cup offers 3.5 grams of fiber and meets 100% of your daily vitamin C needs! Not to mention, strawberries are very affordable during this time of year since there is an abundance of them!



Peas! Peas are available year round but are in their peak season from April until July. Like most legumes, peas are low in fat and high in fiber. They are also a great source of protein! You can eat them hot or cold and are most delicious fresh! Note: If fresh peas are not available in store you can buy frozen as well!



Arugula! Arugula is a leafy green vegetable available starting in April, rich in iron and is also a good source of vitamin A and C. It is a great addition to salads and can also be used as a garnish on pasta dishes or turned into a pesto!



Asparagus! This vegetable’s season lasts from April to June. It is chock-full of folate and fiber. Asparagus is delicious sauteed, baked or even pickled!



Spinach! Spinach is prime in the springtime and can either be cooked or eaten raw in a salad. Spinach is loaded with Vitamin K which is essential for bone health!



Blueberries! Fresh blueberries are in season from July until September. They low in calories and are a great source of antioxidants. Blueberries are the perfect snack!

FOOD WISE
Healthy choices, healthy lives.



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

Dear Ina,

I recently received an unsolicited visit from a man going door-to-door in my neighborhood who claimed to work for a local home improvement company. He quoted me a very good price to perform some outdoor maintenance on my home. How can I tell if the contractor is legitimate or if it is a scam?

Sincerely, Anita Roofus

Ask Ina

Dear Anita,

After our long, harsh Wisconsin winter, many homeowners are anxious to begin home improvement projects. Unfortunately, warmer weather also brings transient contractors back to our area. Transient contractors are individuals who move from town to town, scamming homeowners in a variety of ways. Some of them may even claim to be working for a local home improvement company.

Transient contractors typically go door-to-door providing homeowners with very low quotes to perform maintenance projects on their home. These maintenance projects could include blacktopping driveways, repairing roofs, outdoor and indoor painting, and yard work. The contractors may ask the homeowner to pay some or all of the money up-front, and then never return to complete the job. If the contractors do complete the work, they often do a poor job and use inferior materials forcing the homeowner to later hire another company to correct the work. Transient contractors have also been known to raise the cost of the job considerably once it is completed, then pressure the homeowner into paying the additional money. A newer twist on this scam includes several individuals targeting your house at once, although you may only see the "contractor." In this scam, the "contractor" distracts the homeowner, either by having the homeowner come outside to inspect something, or report a need to come into the home and inspect something in a remote area of the house. While the "contractor" is distracting the homeowner, one or more additional individuals sneak into the home undetected and take whatever valuables they can find. Depending on what valuables are taken, it could take days before the homeowner notices the items are missing.

If you are looking to hire someone to complete a home improvement project, be wary of any contractor who does any of the following:

1. Refuses to provide a written estimate, contract, references, current license or certificate of insurance.
2. Offers very low bids.
3. Uses high-pressure sales tactics.
4. Arrives in a vehicle that does not have a company name, address or phone number on it.
5. Claims they just finished a job nearby and have leftover materials so they can do your job for a discount.
6. States they have the ability to "start immediately" on your project.

When hiring a contractor, remember to:

1. Research similar projects, learn the best way to complete it and how much it should cost.
2. Research which licenses and permits are required for the project. Demand in writing who will be responsible for obtaining the licenses and permits.
3. Consider local, reputable contractors.
4. Get at least three written bids. If you don't feel comfortable with a bid, don't be afraid to say no.
5. Check references.
6. Contact the Bureau of Consumer Protection (800) 422-7128 and the Better Business Bureau (800) 273-1002 to find out if complaints have been filed against the contractor.
7. Don't believe what you read in a contractor's ad. Check for yourself to make sure a contractor has a license, insurance, and is bonded.
8. Avoid payments of advance fees. Demand a written contract that includes start and end date of the project, payment schedule, a list of materials (quality grade, and cost), any guarantees or warranties, and details about the project.



Local Events

May 3– Spring Gallery Night @ Downtown Oconomowoc, 5-9 pm. A free event where local merchants stay open late to host artists in their stores and offer food and drinks as you browse store specials.

May 3– Family Fun Night @ East Troy Village Square Park, 5-8 pm. The first date of East Troy’s “First Fridays” series that runs from May through November. Family Fun Night will have food, music, bounce houses, classic games, kids crafts and more.

May 4– Spring Bird Count @ Retzer Nature Center, 7 am– 12 pm. Join the Benjamin Goss Bird Club in their annual Spring Bird Count where teams observe all the different species of birds found at the nature center.

May 10– Sunset/Candlelight Hike @ Mukwonago County Park, 7:30-9 pm. Kick off the “Live Well Waukesha County” initiative with this beautiful hike at sunset. Free entrance for all participants and candles will be available to light the way after dusk.

May 11– Jaycees Rummage & Craft Daze @ Wirth Park (Pilgrim Road & North Ave, Brookfield), 8 am-3 pm. Come shop and get involved in what the Brookfield Jaycees have been working on. The Jaycees are a group of men and women ages 21-40 who are actively involved in community service and individual growth.

May 11– Stonewood Village Makers Market @ Stonewood Village (17700 W Capitol Dr., Brookfield), 10 am-4 pm. This is the second Spring Makers Market and will include live music, food trucks, and over 50 local artists set up throughout the village grounds as well as sales inside the shops. Free admission and fun for the whole family!

May 12– Mother’s Day Celebration @ Old World Wisconsin, 10 am– 4 pm. All mothers will get free admission and can help plant and plan gardens and get inspired by the mothers who helped immigrant families make Wisconsin home. Admission costs for non mothers remains the same.

May 25– Falls Memorial Fest @ Main Street in Downtown Menomonee Falls, 11 am-10 pm. This is a free event that will feature live entertainment throughout the day, a car show, vendor marketplace, YMCA Kidfest, and more!

May 27– Memorial Day Parade @ Downtown Waukesha, 9 am-12 pm. A River Service will take place in front of the Lee Sherman Dreyfus State Office Building (141 NW Barstow St) at 9 am, followed by the parade and a performance by the Waukesha Civic Band at Cutler Park.

May 27 & 29– Badgerland Waterski Show @ Frame Park in Waukesha, 6-7 pm & 6:30-7:30 pm. Performed on the Fox River, watch the themed shows as ballet, barefooting, doubles, jumping, pyramids, and trio skills and formations are executed by trained water skiers.

May 29– Traveling Food Truck Tour @ The Corners of Brookfield, 4-9 pm. This will be a once a month reoccurring event on Wednesday evenings beginning May 29 where a rotating list of food trucks will be gathering along with music, outdoor games, and more.

May 31– Delafield Spring Art Walk @ Downtown Delafield, 5-9 pm. The sidewalks of Delafield come alive with color and music during this art walk. Enjoy local artist’s displays, live music, horse drawn carriage rides, and more. This art walk will include art ranging from photography to stained glass to watercolor paintings and more!

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



<p>Alice Baker Public Library 820 E. Main St Eagle, WI 53119 (262) 594-2800 www.alicebaker.lib.wi.us Lyme Disease Education Thursday, May 2 at 7:00 PM</p>	<p>Big Bend Village Library W230 S9185 Nevins St. Big Bend, WI 53103 (262) 662-3571 www.bigbend.lib.wi.us</p>	<p>Brookfield Public Library Brookfield City Hall 2000 N. Calhoun Rd Brookfield, WI 53005 (262) 782-9650 www.ci.brookfield.wi.us/38/Library Becoming an Herbalist Thursday, May 9 at 7:00 p.m.</p>
<p>Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230 www.delafieldlibrary.org Untold Delafield: The History of St. John's Northwestern Academy Thursday, May 9 at 6:30 PM</p>	<p>Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53149 (262) 532-8900 http://menomoneefallslibrary.org The Wreck of the Edmund Fitzgerald Wednesday, May 15 at 7:00 PM</p>	<p>Mukwonago Community Library 511 Division St Mukwonago, WI 53149 (262) 363-6411 http://www.mukwonagolibrary.org Your Guide to Assisted Living Thursday, May 16 at 11:00 AM</p>
<p>Pauline Haass Public Library N64 W23820 Main St Sussex, WI 53089 (262) 246-5180 www.phplonline.org Donuts & Documentaries: The Brain Monday, May 20 at 10:00 AM</p>	<p>Pewaukee Public Library 210 Main St Pewaukee, WI 53072 (262) 691-5670 www.pewaukeelibrary.org 10 Common Garden Problems and How to Solve Them Thursday, May 16 at 6:00 PM</p>	<p>Waukesha Public Library 321 W Wisconsin Ave Waukesha, WI 53186 (262) 524-3680 http://waukeshapubliclibrary.org Margaret's War: WWII Wisconsin Concentration Camps Wednesday, May 22 at 7:00 PM</p>

Turning 65? Listed below are Medicare Presentations scheduled in May at various public libraries

Wednesday, May 1, 2019 –Menomonee Falls Public Library at 10:30 am

Thursday, May 2 –Waukesha Public Library at 10:30 am

Monday, May 6 at Mukwonago Public Library at 10:30 am

Tuesday, May 7 at Oconomowoc Public Library at 2:00 pm

Monday, May 13 at Butler Public Library at 1:00 pm

Monday, May 20 at Muskego Public Library at 10:30 am

Tuesday, May 21 at Brookfield Public Library at 1:00 pm

Wednesday, May 22 at Hartland Public Library at 1:00 pm

Dementia Friendly Pewaukee

Free educational seminar and health screenings

Thursday, May 16, 2019 • 1:00pm – 4:00pm

Shepherd of the Hills Lutheran Church

N36 W24130 Pewaukee Road, Pewaukee, WI 53072

Educational Topics

- Types of Dementia & Recent Research ~ Dr. Piero Antuono, MD
- Safety in the Home ~ Genesis Rehab Services
- Communication Strategies ~ Alzheimer's Association

Health Screenings

- Vision, Lipid, Pain, Balance, Cognitive, Blood Pressure, Bone Density

Vendors and Service Providers

Chair Massages by Sandy Reichard, Kneaded Time Massage

Please visit our website at www.waukeshacounty.gov/adrc for complete schedule.

Refreshments provided by ComForCare Home Care

Please RSVP to: Bonnie Hare, 262-446-2000
bonnie.hare@comforcare.com



*All Are Welcome
at this FREE event*

Join the Live Well Waukesha County Movement!

The 2018 Community Health Improvement Plan and Process (CHIPPP) survey found that 70% of adult residents in Waukesha County are overweight or obese, and less than half of them meet recommended nutrition and physical activity goals. Live Well Waukesha County aims to address both of these issues through programming offered through our new "Eat Well" and "Move Well" programs.



Live Well Waukesha County

Move Well Waukesha County addresses the community's fitness needs by providing free physical activities for Waukesha County residents, including community Wellness Walks, a Fit in the Park series, and a Winter Wellness series. Events will take place in Oconomowoc, Menomonee Falls, Mukwonago and City of Waukesha and Waukesha County parks and municipal facilities. The program may expand to include more communities in the future.

Harvest of the Month highlights a locally available crop each month of the year in school cafeterias, restaurants, workplaces, and grocery stores. The program expands across Waukesha, Washington & Ozaukee counties to help children, caregivers, and the broader community learn more about healthy, seasonal, whole-foods eating.

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

Upcoming Events

Understanding Dementia: An Educational Program for Family Caregivers

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease/dementia, this presentation series is for you. Join us for a 3-session workshop.

Location:

Oconomowoc Memorial Hospital
791 Summit Avenue
Oconomowoc, WI 53066

Presented By:

Jennifer Harders
Outreach Coordinator
Alzheimer's Association

Date and Time:

Thursdays, May 9, 16 and 23
4:00-6:00 p.m.

Registration:

Call ProHealth Care class registration line at
262.928.2745. Registration is required.

PURPLE SPRINGS MEMORY CAFÉ

(for those experiencing early stage memory loss and their families and friends)

Mukwonago Community Library, 511 Division Street, Mukwonago
4th Thursday of every month from 9:30-11:00 a.m.

Thursday, May 23rd at 9:30 a.m.

Soap-Making with Jennifer Widowski of Whatever Comes Naturally

Jennifer Widowski from Whatever Comes Naturally will teach us how to make homemade, natural soap at the Purple Springs Memory Cafe on May 23rd. Everyone will take home a sample.

Thursday, June 27th at 9:30 a.m.

Birdwatching / Painting Birdhouses

Not only relaxing but also therapeutic. During this Memory Cafe, we will discuss birdwatching, our favorite birds, and paint birdhouses.

Thursday, July 25th at 9:30 a.m.

Ice Cream Social

Celebrate National Ice Cream Month with us by joining our Ice Cream Social. We will make ice cream, play ice cream trivia, talk about favorite flavors, and discuss the history of ice cream making.

Registration:

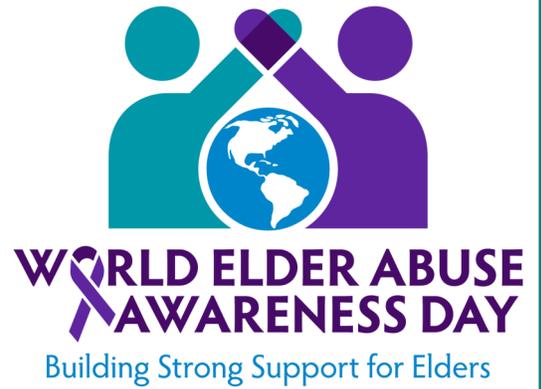
First time attendees, please call the Alzheimer's Association at 800.272.3900 to register.

Save the Date!

The ADRC will be hosting a Computer Safety for Seniors training on Thursday, June 13th in honor of World Elder Abuse Awareness Day.

Join us for some tips and tricks on how to recognize scams on the internet and in your emails. Learn to identify spam, distinguish real news from “fake news” and develop skills to stay safe in this increasingly digital world.

Lunch included!



June 13th | Location to be announced | 11:30am - 1:00pm
RSVP required! Please call the ADRC at 262-548-7848 to register.
Registration closes on Monday, June 10th



The Aging and Disability Resource Center held its 37th annual volunteer recognition event on the first day of National Volunteer Recognition Week, April 7, 2019. This year's volunteer recognition was a Hawaiian Luau and centered on the Hawaiian word “Mahalo” which is used to express thanks and gratitude. Entertainment was provided by Hale O Malo Polynesian entertainers and included a lei greeting, authentic songs, costumes and dances of Polynesia.

Waukesha County Executive Paul Farrow and ADRC Manager Mary Smith welcomed and personally thanked the volunteers for their dedication and service to ADRC customers and the many programs they help to support. The ADRC uses volunteers in a variety of ways from meal service and delivery, office help, guardianship, benefit specialist assistance, evidenced based program leaders and more. We truly would not be able to support all the services and programs we do without the help of these volunteers and for that we say “Mahalo.”



Benefit Specialist Corner

The ADRC Welcomes New DBS!

Hello, my name is Jamie Velvikis. I am one of the two Disability Benefit Specialists (DBS) at the ADRC. Prior to this position I worked in a private outpatient clinic as a therapist and I was the Disability Benefit Specialist for 9 years at the Washington County ADRC.

For over 16 years, I worked with people with disabilities in the areas of community integration, vocational services, recreational programming, obtainment of public benefits, and therapeutic services.

I look forward to working with the people of Waukesha County, through the DBS position. Some of the issues the DBS program can help people, who are ages 18-59, with are:

- Benefits Checkups
- Applying for SSI, SSDI, and Medicaid
- Explaining Medicare and helping with picking a Part D plan.
- Appealing SSI/ SSDI and Medicaid denials.

Please call the ADRC at 262-548-7848 to learn more about the DBS program or to schedule an appointment.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the Aging and Disability Resource Center at 262-548-7848 or visit our website at <https://www.waukeshacounty.gov/WelcomeToMedicare/>.

Turning 65?
Need Medicare?

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 –Peggy 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 - 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 – Lisa 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 Campus 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>	



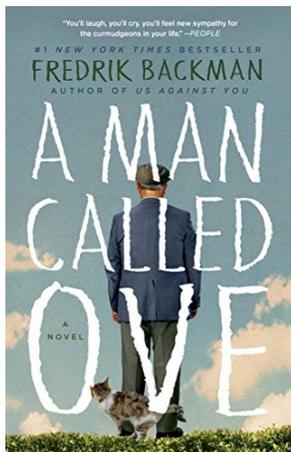
Remember -
 our fallen heroes.
 They are the reason
 that we are free.

**The ADRC and Senior Dining Sites will be closed
 on Monday, May 27th in observation of
 Memorial Day.**

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU for May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Salad on Croissant with Lettuce and Tomato Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Swedish Meatballs over Buttered Egg Noodles Green Beans Peas and Carrots Multigrain roll / Butter Grapes	Open-faced Hot Turkey Sandwich with gravy on Wheat Mashed and Gravy Spinach Salad w/ Dressing Banana
6	7	8	9	10
Breakfast Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes w/ Green Peppers & Onions Fresh Orange Wheat bread / butter	Stuffed Cabbage Roll Mashed Potatoes and Gravy Dilled Baby Carrots 7-Grain Bread / Butter Sliced Peaches	Cinco de Mayo ...on Ocho de Mayo Chicken Fajitas w/ peppers and onions Spanish Rice Refried Beans Pineapple Slices Churro	Chicken Pasta Salad Marinated Vegetable Salad Melon Wedge Lemon Poppy Seed Snack Bread Slice	Pork Cutlet Hashbrown Casserole Coleslaw Sliced Peaches Crusty Roll / Butter Frosted Cake Alt. Fresh Fruit
13	14	15	16	17
Happy Mother's Day Apple Cranberry Chicken Salad On Flaky Croissant Broccoli Salad Tossed Salad w/ Ranch Sun Chips Fruit Cocktail Chocolate Cake	Shaved Roast Beef Au Jus on Kaiser Roll w/ Provolone Cheese Calico Baked Beans Creamy Cucumber Salad Fresh Grapes Frosted Brownie Alt: Lorna Doone	Chicken Cordon Bleu Double Baked Potato Casserole Glazed Carrots Parker House Roll w/ Butter Apple Pie Alt. Fresh Apple	Split Pea & Ham Soup Saltine Crackers Sloppy Joe on Whole Wheat Bun 5-Way Mixed Veg Fresh Banana	Chicken Caesar Salad w/ Croutons, Parmesan Cheese and Caesar dressing Tomato Onion Salad Potato Roll / Butter Kitchen's Choice Fruit Dessert Bar Alt. Fresh Fruit
20	21	22	23	24
Teriyaki Chicken Vegetable Fried Rice Oriental Vegetables Dinner Roll w/ butter Pineapple Tidbits Chinese Almond Cookie Alt. Fruit	Tuna Pasta Salad Broccoli Salad Waldorf Salad Corn bread muffin with butter Tapioca Pudding Alt: sugar free pudding	Oven Roasted Chicken Diced sweet potatoes w/ honey glaze Romaine Salad w/ Croutons, & Ranch 7-Grain Bread w/ butter Raspberry Sherbet	Chicken Parmesan Penne Pasta w/Garlic Butter Sauce Sicilian Blend Vegetable Italian Bread w/ butter Grapes	Roast Beef w/ Gravy Roasted Baby Reds 5-Way Mixed Veg Spinach Salad w/ dressing Fresh Banana Bakery Turnover Alt. Sugar Free Cookie
27	28	29	30	31
MEMORIAL DAY PROGRAM CLOSED 	Roasted Pork in gravy Sweet & Sour Cabbage Garlic Mashed Potatoes Rye Bread w/ butter Pear Half Cook's Choice Cookie Alt. Lorna Doone	Crab Pasta Salad Marinated Vegetable Salad Whole Wheat Bread w/ Butter Cranberry Fruit Compote	Caribbean Jerk Chicken Breast Creole Style Red Beans and Rice Seasoned Green Beans Wheat Bread w/ butter Fresh Orange Lemon Pudding Alt: Diet Pudding	Cream of Broccoli Soup Saltine Crackers BBQ Pulled Pork Whole Wheat Bun Buttered Sweet Corn Fresh Apple Choc Chip Cookie Alt: Fresh Fruit



A Man Called Ove, written by Fredrik Backman, is a beautiful story about the transformations we go through in life and how different events in our life affect us, shape us, and make us who we are today. It is a magnificent tale of true love and human values.

Ove is a grumpy old curmudgeon and feels that he has no reason to live. After his beloved wife Sonja's death, he is lonely and wants to kill himself. Ove functions within a strict routine and set of beliefs where there is no room for deviation. During his morning walk, he never fails to check if any cars have been stolen from his residential lane. He has even planned for his impending death- all the bills paid, newspaper subscription cancelled, his will kept on the table top, due arrangements made for his beloved car and the walls of the room covered with sheets so that they don't get dirty.

His set routine is interrupted when Parvaneh – a very pregnant Iranian refugee -- and her family moves next door. Her arrival brings a refreshing change in Ove's lonely existence and provides him with a reason to live again. At the heart of the novel remains a tragic & struggling childhood and a love story that will touch the core of your heart.

We have a few copies of *A Man Called Ove* in the ADRC Caregiver Resource Library - feel free to come check them out!

“For the greatest fear of death is always that it will pass us by. And leave us there alone.” — Fredrik Backman, author of A Man Called Ove.

At his core, Ove was lonely!

Thankfully, he had neighbors and friends who were determined to be there for him. Here are some recommended ways *you* can decrease loneliness and social isolation:

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

No one wears a sign saying they're looking for friends, but that doesn't mean they don't need one. Keep in mind, others are likely feeling the same way you do. Have an open mind and be willing to step outside your comfort zone. Open yourself up to new friendships; it is vitally important for your health and wellness. Visit connect2affect.org, powered by AARP, to learn more about social isolation, find research on social isolation, take a self-assessment, and get more tips for getting connected to combat isolation.

Spring Math Puzzlers

$$\text{Bird} + \text{Bird} + \text{Tree} = 12$$

$$\text{Bird} - \text{Tree} = 3$$

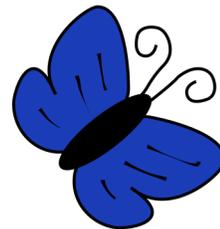
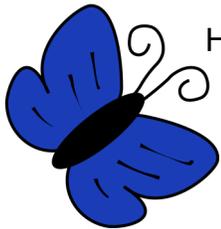
$$\text{Tree} + \text{Nest} + \text{Nest} = 4$$

$$\text{Bird} + \text{Tree} + \text{Nest} = \square$$

$$\text{Bird} = \square \quad \text{Tree} = \square \quad \text{Nest} = \square$$

There are 15 butterflies and birds in the garden altogether. If there were 3 more birds, there would be the same number of butterflies and birds.

How many butterflies are there and how many birds are there?



There are 9 butterflies and 6 birds.

Blue Bird = 5, Tree = 2, Nest = 1

Answer key:

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

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

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