

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

Website:

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

After hours call

IMPACT 2-1-1

**211, (262) 547-3388,
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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Happy 50th Birthday Medicare and Medicaid

The Medicare and Medicaid programs were signed into law on July 30, 1965 by President Lyndon B. Johnson at the signing ceremony in Independence, Missouri at the Truman Library. Former President Truman was seated beside him. President Johnson held the ceremony there to honor President Truman's leadership on health insurance, which he first proposed in 1945. The first Medicare card was issued to President Truman.

Medicare is our country's health insurance program for people age 65 or older. People younger than age 65 with certain disabilities or permanent kidney failure may also qualify for Medicare. The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care. Medicare is financed by a portion of the payroll taxes paid by workers and their employers. It also is financed in part by monthly premiums, usually deducted from Social Security checks. As of 2014, 54 million Americans are enrolled in Medicare. Since its inception, Medicare has served 112 million Americans. For more information, contact Medicare at 1-800-MEDICARE or visit www.medicare.gov.

Medicaid, also known as Title 19 or T-19, is a state-run program that provides hospital and medical coverage for people with low income. Each state has its own rules regarding who is eligible and what is covered under Medicaid. There are approximately 1.2 million people in Wisconsin who are enrolled in Medicaid and Medicaid-related programs. To see if you qualify for Medicaid, you can visit www.access.wisconsin.gov. Some people qualify for both Medicare and Medicaid.

For 50 years these two programs have been protecting the health and well-being of millions of American families, saving lives, and improving the economic security of our nation. Though Medicare and Medicaid started as basic insurance programs for Americans who didn't have health insurance, the programs have changed over the years to provide more and more Americans with access to quality and affordable health care.

Sources: Medicare.gov, ssa.gov, cms.gov, dhs.wisconsin.gov, gwaar.org



Caregiver Corner

Caregiver SOS — Tele-Connection

Caregiver SOS is a program sponsored by the WellMed Charitable Foundation. Caregiver SOS offers programs, services, education, and support to caregivers and their care recipients. One of their most popular programs is Caregiver Tele-Connection. For more information, visit caregiversos.org or call 866-390-6491.

What is the Caregiver Tele-Connection?

The Caregiver Tele-Connection is a free, bilingual, and confidential program that connects caregivers and family members to information and support through the telephone or “tele-learning”. The Caregiver Tele-Connection provides learning sessions on a variety of useful topics, hosted over the phone by professional facilitators and experts. Family caregivers have the opportunity to connect and share with others in their situation during the sessions. The Caregiver Tele-Connection makes learning and support simple. They’re just a phone call away. Call. Learn. Share.

What is “tele-learning?”

If you’ve ever used a telephone, you have all the tools and skills you need to participate in “tele-learning,” which simply means learning over the phone. Each tele-learning session is intended to empower you to make positive life-changing choices for you and the person for whom you care. The sessions can accommodate a large number of caregivers. Trained, professional facilitators make sure that each session flows smoothly, and invite participation of the caregivers on the phone. All sessions are free and confidential.

Some of the topics included in the tele-learning sessions are:

- ◇ Caregiving 101
- ◇ Top 5 Ways to Thrive as a Family Caregiver
- ◇ The Tell Tale Signs of Caregiver Stress
- ◇ Living Guilt Free
- ◇ For Better or For Worse: The Challenges of Being a Spousal Caregiver



Registration is free. So are the tele-learning sessions!

There are two ways to register for a tele-learning session:

You can register via website 24 hours a day, seven days per week at

<http://caregiversos.org/caregiver-teleconnection/tele-learning/>.

You can call the Caregiver Tele-Connection customer service line, Monday-Friday, 9 am-5 pm (CST) at 866-390-6491 or 210-871-7SOS (7767).

Why should I join the Caregiver Tele-Connection?

Participation in the Caregiver Tele-Connection helps prevent caregiver burnout, depression and anxiety, social isolation and other problems that threaten your health. The program can help you gain a greater sense of control and improve your quality of life.

Caregiver Tele-connection On Demand

Sometimes it’s difficult for caregivers to participate in live sessions based on scheduling issues. They’ve made it easier for you to get the information you need by recording many live sessions.

Visit <http://caregiversos.org/caregiver-teleconnection/> to access recorded sessions!



Looking to Volunteer?



LOOKING FOR A FEW GOOD MEN

“Looking for a few good men” was an advertising slogan used by the US Marines starting in the 1970’s. The Aging and Disability Resource Center is also “looking for a few good men” to participate in the Friendly Visitor Program. The Friendly Visitor Program provides outreach to help seniors in Waukesha County connect with a special friend that will visit them on a regular basis. Many of the seniors referred to the Friendly Visitor Program have outlived lifelong friends and can no longer drive. They express feelings of isolation and loneliness. We currently need males to visit with male seniors living in Waukesha, Brookfield, Muskego and New Berlin. Volunteers are reimbursed for their gas mileage and rewarded with smiles and friendship. Friendly Visitor volunteers can take their assigned client out in the community if they choose. Volunteers must be at least 18 years of age, have a valid driver’s license and proof of car insurance. Orientation and training is provided. If you are interested in becoming a Friendly Visitor or would like more information on the program call the ADRC at 262-548-7848.



ADRC Advisory Board Member Needed

The ADRC Advisory Board is in search of new members to represent its target populations of the elderly and people with disabilities. The Advisory Board meets the first Thursday of every month from 9:30am until 11:30am. Advisory Board members assure input is shared from consumers, service providers, and other organizations in the policies, procedures and goals of the resource center. They ensure the terms of the contract are fulfilled, determine appropriate structure, policies, and procedures, and identify unmet needs, amongst other duties. If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Luann Page at 262-548-7848.



Seasonal Help Needed

Are you part of a group looking to fulfill community service hours?

Interfaith Senior Programs, Inc. is in need of energetic volunteers to help seniors and adults with disabilities stay safe in their homes. You will be matched with a senior or an adult with a disability. By providing services like lawn mowing, you will help to make their life easier!

For more information on how to volunteer as an individual or a group, contact Heather by phone at 262-522-2404 or email HeatherS@interfaithwaukesha.org.



Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better.

All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a “healthy respect” for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week. **Next class: Stay Tuned**

Healthy Living with Diabetes – This 6 week workshop is 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 will learn how to control their diabetes with monitoring, nutrition, exercise, and symptom management as well as how to talk with care providers to improve your health. This workshop does not replace your existing treatment... rather it complements it. **Next class: Stay Tuned**

Living Well with Chronic Conditions – Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis and asthma, as well as Crohn’s disease and depression are some examples of Chronic or Life Long Conditions. During this 6 week workshop you will learn practical ways to deal with complications that arise when you have a life long condition. You will Feel Better, Be in Control and Do the Things You Want to Do. Those who live with someone who has a life long condition will also benefit from this workshop. **Schedule of Classes:**

Mondays, July 6 - August 10, 2015 (6 weeks) 9:30am– 12:00 noon (snack included)

Location: **Waukesha Memorial Hospital**
American Drive
Waukesha, WI 53188

Contact: Pro Health Care Class Enrollment Service 262-928-2745 Cost: \$20 workbook deposit suggested

Thursdays, August 19, 26, September 2, 9, 16, 23, 2015 (6 weeks) 2:00 – 4:30 pm (snack included)

Location: **Breezewood Village Apartments 1**
400 Sunny Slope Drive
Hartland, WI 53029

Registration Contact: Lynn Stanton @ (262) 369-0241

Thursdays, August 20 - September 24, 2015 (6 weeks) 2:00 – 4:30 pm (snack included)

Location: **Parkland Commons**
427 West 2nd Street
Oconomowoc, WI 53066 (262) 391-6041

Registration Contact: Lynn Stanton @ LSS of WI (262) 369-0241

Class size limit: 20 participants Cost: \$20 workbook deposit suggested

Thursdays, August 19 - September 23, 2015 (6 weeks) 2:00 – 4:30 pm (snack included)

Location: **Hickoryview Commons**
211 South Concord Road
Oconomowoc, WI 50366

Registration Contact: Jean Carlson @ LSS of WI (920) 379-1458

Class size limit: 20 participants Cost: \$20 workbook deposit suggested

NEW One Day Overview Introductory Class:

Tuesday, July 8, 2015 2:00 – 3:00 pm (snack included)

Location: **Breezewood Village Apartments 1**
400 Sunny Slope Drive
Hartland, WI 53029

Registration Contact: Lynn Stanton @ (262) 369-0241

Class size limit: 20 participants Cost: \$20 workbook deposit suggested

Tuesday, July 9, 2015 11am – 12 pm (snack included)

Location: **Parkland Commons**
427 West 2nd Street
Oconomowoc, WI 53066 (262) 391-6041

Registration Contact: Lynn Stanton @ LSS of WI (262) 369-0241

Tuesday, July 9, 2015 1:00 – 2:00 pm (snack included)

Location: **Hickoryview Commons**
211 South Concord Road
Oconomowoc, WI 50366 (920) 379-1458

Registration Contact: Jean Carlson @ LSS of WI (920) 379-1458

Eat Better Move More— (Presented in collaboration with Mount Mary University Dietetics Department students.) Eat Better Move More meets for 1 3/4 hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. Part 1 follows MyPlate guidelines and Part 2 follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+. **Next Class: Stay Tuned**



Wellness Put to Work

Powerful Tools for Caregivers – Caregivers learn to how to care for themselves in this 6 week focused workshop. Physical, emotional and financial needs frequently occur during the caregiving period. This program helps caregivers learn to reduce stress, improve communication (both with the care receiver and others), set action plans and solve problems, as well as master caregiving transitions including making tough decisions. After completing this course, many participants report they were able to overcome the challenges that come with caregiving.

Class Tuesdays, September 1 - October 6, 2015 (6 weeks) 1:00 – 3:30 pm light snack offered

Location: **Regency Senior Community Brookfield Campus**
777 N. Brookfield Rd.
Brookfield, WI 53045 262-780-0321

Contact: Lee Clay, ADRC of Waukesha County (262) 548 -7848 Cost: \$30 workbook deposit requested



Healthy Eating for Successful Living—Healthy Eating for Successful Living in Older Adults is program for diverse community-living adults age 60 and older. The overall goal of Healthy Eating is to increase self-efficacy and general well being by improving participants' knowledge of nutritional choices that focus on heart and bone healthy foods as well as supportive physical activities. This program uses the MyPlate method of nutritional guidelines and safe exercises to promote balance, strength, flexibility and endurance. These 2 ½ hour weekly lessons include goal setting, problem solving and self-monitoring to optimize individual behavior change. **Next Class: Stay Tuned**

The Sun And Your Medications

Summer is here! It is a great time to enjoy the sun. Our sun provides benefits to mood and health. But some people need to be careful with sun exposure because of the medications they take. Some medications may put us at risk for complications from sun exposure. Certain prescriptions can cause reactions in our bodies, making the sun's rays on the skin more easily absorbed. This can trigger cell death leading to damaged skin. The damage can happen anytime to anyone on these medications. Sometimes the damage can last for years.

Common medications that result in this damage are:

- ◆ Antibiotics: doxycycline, tetracycline, ciprofloxacin, ofloxacin, levofloxacin, trimethoprim
- ◆ Antidepressants: doxepin (Sinequan); and other tricyclics; St. John's Wort
- ◆ Antifungals: griseofulvin
- ◆ Antihistamine: promethazine, diphenhydramine
- ◆ Blood pressure drugs: hydrochlorothiazide, Aldactazide, Capozide, diltiazem (Cardizem)
- ◆ Benzocaine
- ◆ Benzoyl peroxide
- ◆ Cholesterol drugs: simvastatin, atorvastatin, lovastatin, pravastatin
- ◆ Chemotherapy drugs: methotrexate, flutamide, 5-FU, gemcitabine, doxorubicin
- ◆ Diuretics: furosemide, bumetanide, hydrochlorothiazide
- ◆ Hypoglycemics: glipizide, glyburide
- ◆ Neuroleptic drugs: Chlorpromazine, fluphenazine, , perphenazine, thioridazine, thiothixene
- ◆ Nonsteroidal anti-inflammatories: ibuprofen, ketoprofen, naproxen, celecoxib, piroxicam
- ◆ Other drugs: Para-aminobenzoic acid (PABA), quinidine, dapsone,
- ◆ PDT Pro photosensitizers: 5-aminolevulinic acid, methyl-5-aminolevulinic acid
- ◆ Retinoids: isotretinoin, acitretin
- ◆ Sulfonamides: sulfadiazine, sulfamethoxazole, sulfasalazine, sulfisoxazole



Contact your physician if you are concerned about your medications and your exposure to the sun.

To reduce your risk, it is important to follow basic sun safety. These tips should be followed by everyone, but it is even more important for those who are on the prescriptions listed above.

- ◆ Wear sunscreen everyday no matter what the weather. It should be at least 30 SPF and be broad-spectrum. Remember sunscreen should be applied 15 minutes before exposure and reapplied at least every 2 hours!
- ◆ Wear sun glasses to protect your eyes.
- ◆ Wear wide brimmed hats.
- ◆ Wearing long sleeves, full length pants and long skirts provide a shield from the sun. Some SPF sun protective clothing is available.
- ◆ Avoid the sun between 10 am and 2 pm.
- ◆ Check your skin regularly for changes or growths. Consult a physician with any change in skin.

Farmer's Market Vouchers for Waukesha County Seniors Available Now



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

This program provides seniors 60 years of age or older (Native Americans 55 years of age or older) who have a monthly income at or below 185% of the federal poverty guideline with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household. If an individual is unable to visit the ADRC, he/she may designate an authorized representative or proxy. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior, designating the individual as his/her authorized representative. The proxy must also have the full name, address, phone number and date of birth of the eligible senior to complete the application.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Please visit the ADRC website at www.waukeshacounty.gov for more details on the services we provide.

Grilled Veggies

Now that summer is in full swing, there are fresh vegetables everywhere. They can be grown in your own garden. For those that do not have a green thumb or do not have the ability or access to a garden, there are plenty of farmers markets in Waukesha County. With the abundance of fresh veggies, now is the time to try some new ways to prepare them to tantalize your taste buds! These veggies are best prepared on the grill but can also be done indoors on a grill pan.

The following vegetables are easy to work with and taste great:

- ⇒ **Cherry Tomatoes**- toss whole with a little Olive Oil.
- ⇒ **Zucchini**- cut lengthwise into quarter-inch strips. Brush with olive oil, salt and pepper
- ⇒ **Romaine Lettuce**-head cut head in half length-wise, keeping the core end on. Brush with olive oil, salt, pepper, garlic and onion powder
- ⇒ **Onion** (large, sweet)- Peel, cut into ¼- ½ inch thick slices keeping the rings together, drizzle with Italian Dressing
- ⇒ **Bell Peppers**- Quarter and remove veins, seeds and stem. Drizzle with olive oil



The tomatoes, zucchini and bell peppers can be placed directly on the grill over medium-high to high heat. Keep an eye on them to make sure they don't burn. Turn occasionally with tongs. Cook until they get some char marks. The onions take longer and should be cooked over medium heat. They are done when they become slightly translucent on the edges. The romaine lettuce can be cooked over high heat. Char quickly on all sides. Enjoy!

10 WAYS TO LOVE YOUR BRAIN

Show your brain some love! Your brain is the command center of your body — and just like your heart, lungs and other critical organs, it deserves to be a priority when it comes to your health. Use these 10 tips to help reduce your risk of cognitive decline.



BREAK A SWEAT.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



HIT THE BOOKS.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



BUTT OUT.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART.

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



HEADS UP!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



FUEL UP RIGHT.

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean DASH (Dietary-Approaches to Stop Hypertension), may contribute to risk reduction.



TAKE CARE OF YOUR MENTAL HEALTH.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



CATCH SOME ZZZ'S.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



BUDDY UP.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.



STUMP YOURSELF.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



Alzheimer's Association,
Southeastern Wisconsin Chapter



@alzheimerssewi

ASK INA

Dear INA,

I have a mental health condition called bipolar disorder. I've noticed that there is misunderstanding about my mental illness among my family and friends. Because of my disability, people expect me to look visibly different but I do not. For example, it's easy to see that someone in a wheelchair needs certain accommodations. I've had family and friends tell me to 'get over it' because they can't see or understand how my disability affects me. Is there a community program or resource that I can turn to for support?

-I'm not broken

Dear Not Broken,

Thank you so much for reaching out with this question. 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 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- Waukesha: 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!

From the Desk of Your Benefit Specialist

Beware of Transient Contractors in the Summer

Along with the warmer weather, transient contractors come to Wisconsin. They may come from other states and solicit business by going door to door. They often collect money for the promised repairs before actually doing anything, and then disappear. They might use high pressure tactics to convince people to use their “services.” Sometimes they do some work but then increase the price significantly before the work is finished. They tend to offer painting, yard work, and driveway blacktopping services. They often do sub-standard work and use poor quality materials that soon need additional repairs. Sometimes they offer to do a free inspection during which they intentionally damage your property so that it appears that you need repairs. You might find that after a few weeks, the paint job on your home washes off or find dandelions growing in your new blacktopped driveway. **It is best to use a contractor who actually lives in your area.**

The following is some advice provided by the Wisconsin Department of Trade and Consumer Protection (DATCP) when dealing with transient contractors:

- ⇒ Never let them into your home. If there are two or more people involved, keep your doors locked. They may try to distract you, sneak into your home and steal your valuables.
- ⇒ Write down the make and model of their car or truck and the license plate number.
- ⇒ They will try to pressure you. Stand firm and do not give in.
- ⇒ Call the police right away if they start doing work on a job to which you did not agree.



If someone comes to your door offering to do home repairs, do not let them in your home. Do not be fooled by the offer of a low price. They are clever about cashing checks quickly and leaving town. Contact your sheriff or local police to investigate. **It is best to use a contractor who actually lives in your area.** Check with the Better Business Bureau and Wisconsin DATCP to check on whether complaints have been filed against a particular business. Wisconsin DATCP is an invaluable resource for information about consumer protection concerns. The Division of Consumer Protection can be contacted at 1-800-422-7128. Additional information can be found on the DATCP website at www.DATCP.wi.gov

Get Fired Up for the Walk to End Alzheimer’s® in Waukesha County

Saturday, September 12 at Frame Park



Walk Co-Chairs Jim Tarantino and Glen Choban invite you to join forces against Alzheimer’s disease by supporting the Walk to End Alzheimer’s on September 12th at Frame Park in Waukesha. Start a team today! Gather your friends, family, co-workers, or members of your church or community organization.

Walk to End Alzheimer’s participants will be able to learn more about Alzheimer’s disease, advocacy opportunities, clinical trial enrollment, and support programs and services. Each walker will also join in a meaningful ceremony to honor those affected by Alzheimer’s disease.

To sign up your team, please visit www.alz.org/walk. If you have any questions please call (414) 479-8800 and we would be happy to help!

Everyone has a reason to End Alzheimer’s. Together, we walk on behalf of our friends, our families, and our future. Though we all have our own motivation to step up to the start line, our eyes are set on the finish line – the end of Alzheimer’s.

Take a Ride With Elmbrook Senior Taxi



Are you a senior (age 65+) in need of a ride in the Brookfield, Elm Grove or Butler area? If so, the Elmbrook Senior Taxi service may be perfect for your needs. Operating between the business hours of 8:30AM and 5:00PM Monday through Friday, the Elmbrook Senior taxi offers transportation to doctor appointments, activities, the barber or beauty salon, grocery store, or anywhere else in their service area. The service area consists of the City and Town of Brookfield, Butler, Elm Grove, Mayfair Mall & 201 N Mayfair Road (St. Joseph's Outpatient Center). Elmbrook Senior Taxi's rides are scheduled by appointment and cost \$10.50 each way within their regular service area and \$11.50 each way in their extended service area. A portion of that fee will be subsidized, if you apply for and receive a Shared-Fare taxi card (yellow card) through the ADRC of Waukesha County, reducing it to \$5.00 each way within the regular service area and \$6.00 in the extended service areas. To schedule a ride with the Elmbrook Senior Taxi, call 262-785-1200 between 9:00AM and 3:00PM. To apply for a Shared-Fare card call the ADRC at 262-548-7848.

Take a Ride to Senior Dining!!!

Are you a Senior who is no longer driving **OR** is a limited driver, **AND** still able to enter and exit a vehicle? If so, the ADRC and Senior Dining program can help you attend a Senior Dining site for only \$1 each way!

If you do not have a yellow taxi card, call the ADRC at (262) 548-7848 to request an application for transportation. Tell us that you are interested in using the taxi or RideLine program to attend a Senior Dining site and we will certify you for the \$1 Senior Dining transportation.



Remember to call the Senior Dining site at least 24 hours in advance to reserve your meal. Come join us for a nutritious meal and enjoyable activities today!



WAUKESHA COUNTY SENIOR DINING CENTERS



Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU July 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; font-weight: bold;">PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p style="color: red; font-weight: bold;">ALT= LOW SUGAR ALTERNATIVE</p> <p style="color: red; font-weight: bold;">Menu subject to change without notice</p>		1	2	3
		BBQ Pulled Pork On Kaiser Roll Hashbrown Patty Broccoli-Cauliflower Mix Fresh Orange	Chicken Salad on Croissant with Tomato/Lettuce Waldorf Salad Cucumber Salad Cherry Pie Alt: Diet cookie	 <p style="color: red; font-weight: bold;">NO MEALS SERVED</p>
6	7	8	9	10
Hamburger on Bun Ketchup/Mustard Baked Beans Coleslaw Blueberry Muffin Seasonal Fresh Fruit	Roasted Chicken Mashed Potatoes with Gravy Carrot Coins Dinner Roll/butter Frosted Spice Cake Alt: Plain Cake	<p style="font-weight: bold;">Bastille Days</p> Beef Burgundy Rice Pilaf French Cut Green Beans French Bread/butter Fresh Fruit Mousse au Chocolat Alt: Diet Pudding	Salisbury Steak Mashed Sweet Potatoes Brussels Sprouts Seven Grain Bread Chocolate Chip Cookie Alt: Banana	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Apricots Dessert Bar Alt: Fresh Fruit
13	14	15	16	17
Pork Cutlet Sauerkraut Rosemary Potatoes Rye Bread with butter Oatmeal Raisin Cookie Alt: Fresh Fruit	<p style="font-weight: bold;">Brunch for Lunch!</p> Denver Omelet with Cheese Sauce 2 Sausage Links Hash Brown Potatoes Ketchup Melon Wedge Cinnamon Streusel Coffee Cake	<p style="font-weight: bold;">Festa Italiana</p> Italian Sausage with Peppers/Onions on a bun Italian Green Beans Pasta Salad with Italian Dressing Watermelon Almond Cookie Alt: diet cookie	Meatloaf with Onion Gravy Scalloped Potatoes Stewed Tomatoes with Peppers/Onions Sourdough Bread with butter Chocolate Iced Brownie Alt: Plum	Chicken Stroganoff Parsley Buttered Noodles California Vegetable Blend Whole Wheat Bread with butter Mandarin Oranges
20	21	22	23	24
Chicken Marsala Whole Grain Pasta With Garlic Pesto Sauce Broccoli-Cauliflower Mix Italian Bread with butter Pineapple Tidbits Pistachio Pudding Alt: Fresh Pear	Broccoli Soup with crackers HDM: 3 tomato slices Tuna Salad on Lettuce Leaf and Tomato slice Croissant Sun Chips Watermelon	<p style="font-weight: bold;">Germanfest</p> Pork Schnitzel with Gravy Spaetzle with Gravy Sweet and Sour Red Cabbage Applesauce German Choc Cake Alt: Grapes	Old Fashioned Beef Stew Baby Red Potatoes Spinach Salad Raspberry Dressing Rye Bread with butter Banana Cream Pie Alt: Apple Slices	Roast Pork Garlic Mashed Potatoes with Gravy Vegetable Blend Wheat Bread with butter Ice Cream Alt: Fresh Fruit
27	28	29	30	31
Cranberry Meatballs Roasted Red Potatoes Oriental Vegetable Blend Vienna Dinner Roll With butter Snickerdoodle Cookie Alt: Tropical Fruit Cup	Pizza Casserole Italian Vegetable Blend Garlic Bread Stick Butter Summer Fruit Cup Dessert Bar	<p style="font-weight: bold;">Picnic Party</p> Hot Dog on a Pretzel Bun Mustard & Ketchup Baked Potato Wedges Tomato and Onion Salad Fresh Apple Slices	Pub Burger with Onions/Provolone Cheese Onion Burger Bun Ketchup & Mustard Potato Casserole Carrot Coins Orange Sherbet Alt: Fresh Orange	Roast Turkey with Gravy Mashed Potatoes with gravy Broccoli with Cheese Sauce Multi-Grain Bread with butter Sunshine Cake Alt: Lo-Cal Pudding

Stay Healthy with Colorful Berries

Blackberries, blueberries, and strawberries pack a lot of disease-fighting nutrients into their small packages. Berries are rich in Vitamin C and are a good source of folate, potassium, and fiber. Eat berries to help:

Fight infections, have healthy gums, help wounds heal, and help protect aging eyes from cataracts.

Reduce risk of heart disease and some cancers.

Reduce risk of high blood pressure and stroke.

Benefits of Berry-Stained Fingers

Berries can be messy for your fingers and clothes but, believe it or not, the same pigments that stain your fingers give berries extra nutritional power! The plant pigments in berries act as antioxidants, which help fight against the development of diseases such as cancer and heart disease.

Red, blue, and purple fruits are some of the most antioxidant-rich. In fact, blueberries, blackberries, and cranberries rank highest in antioxidant activity according to USDA scientists.

Berry-Ricotta Graham Snack

Serves: 1

Ingredients:

- 3 Tablespoons Part-Skim Ricotta Cheese
- 1 teaspoon brown sugar
- 2 sliced strawberries or berry of your choice
- 1 graham cracker
- Cinnamon (optional)

Directions:

1. Mix the ricotta cheese with brown sugar.
2. Spread the cheese mixture on a graham cracker.
3. Top with berries and sprinkle with cinnamon, if desired.

UW
Extension
Waukesha County

Nutrition
Education
Program

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SPARK! AIR (Artist in Residence)



Cultural Programming

Waukesha County is starting a program called SPARK! AIR, a spinoff of the SPARK! Program which is held at multiple locations through the state, including Milwaukee Public Museum. SPARK! offers cultural experiences for people dealing with memory loss and their caregivers. The Artist in Residence program is held on the third Tuesday of each month from 3:00 pm to 4:30 pm at various locations. The program is designed for the care recipient with memory loss to do along with the caregiver. Registration is required.

To register, call 262-549-3348.

Waukesha 2015

July 21	Succulent Flower Garden	Marty & Jane Loppnow Waukesha Florist & Greenhouse, 319 S Prairie, Waukesha
August 18	The World of Beads	Lynn Label Heritage Court Memory Care Center, 1831 Meadow Ln, Pewaukee
September 15	Acrylic Paint & Fall Flowers	Jeanette Fellows Donna Lexa Center, First Baptist Church- 2nd Floor 247 Wisconsin Avenue, Waukesha
October 20	Clay Hand Building	Vince Meuhlbaur The Potter's Shop, 335 W Main St, Waukesha
November 17	World of Weaving	Nancy Wilson Designs Donna Lexa Center, First Baptist Church- 2nd Floor 247 Wisconsin Avenue, Waukesha
December 15**	Ethnic Holiday Treats	Pat Nekola Easter Seals Training Center 505 Northview Rd, Waukesha

***This session will be 3 hours as the participants will prepare and have a buffet holiday dinner together*

The program will be offered at varying locations based on the artist presenting.

Registration is required as class size is limited.

Register by calling Interfaith Senior Programs - 262-549-3348



Check out these FREE opportunities to appreciate The Arts in your community!

July 11th-40th Annual Lake Country Art Festival

Naga-Waukee County Park in Delafield, WI
651 S.T.H. 83. Hartland, WI
9a-4p, admission is free



August 15th-Donna Lexa Memorial Art Fair

Along the Glacial Drumlin Bicycle Trail in
Wales, WI
Corner of Main St. & James St.
9a-4p, admission is free



August 15 & 16-Oconomowoc Festival of the Arts

Fowler Park-Oconomowoc, WI
152 E. Wisconsin Avenue
10a-5p, admission is free
Shuttle service available throughout
Oconomowoc
<http://oconomowocarts.org/shuttle-bus.php>

Grab Your Get Up 'n Go

Ah, summer. A season of hot weather, grilled food, and festivals. Summer of 2015 is officially upon us and that means it's time to grab someone whose company you enjoy and hit one of the many fun events of summer.

Waukesha County Fair (July 15-19) - The oldest fair in the state of Wisconsin, the Waukesha County Fair has been providing entertainment for people of all ages for the last 173 years. First held on a poplar grove in Prairieville in 1842, it now resides at the Waukesha County Expo Center and has been host to some big-name stars such as Loretta Lynn, Mickey Gilley and the Nitty Gritty Dirt Band; this year's lineup includes REO Speedwagon and 3 Dog Night.



Summerfest (June 24- 28, June 30-July 5) - For more than half a century, Summerfest has been a mecca for music fans to enjoy food, drink and the company of others on Milwaukee's lakefront during the longest days of the year. For 2015, acts such as The Rolling Stones, Buddy Guy, and Kansas will be making an appearance, along with over a hundred others on the thirteen different stages.

Jefferson County Fair (July 8-12) - With its long-standing heritage, the Jefferson County Fair is a classic and fun way to enjoy good food, a variety of rides and games, and musical entertainment on both the main stage and side stage. This year, country artist Chris Cagle and rock n' roll legend Joan Jett will be performing.



! Scream, You Scream, We All Scream for Ice Cream!

Ice cream is a summertime favorite for people of all ages. With hundreds of flavors and toppings, there is a choice for everyone to enjoy.

July is National Ice Cream Month and here are a few fun ice cream flavor days: July 1st is Creative Ice Cream Flavor Day, July 7th is Strawberry Sundae Day, and Peach Ice Cream Day is July 17th. National Ice Cream Day is July 19th and Vanilla Ice Cream Day (which happens to be the number one ice cream flavor choice in America) is on July 23rd.

'Get the scoop' about this sweet, frozen treat:

- The origins of ice cream is up for debate. As early as 3,000 B.C., the Chinese were making a frozen concoction, mixed with rice and milk then packed in snow.
- Alexander the Great enjoyed snow mixed with honey.
- In 1984, President Ronald Reagan designated July as National Ice Cream Month. He also declared that the third Sunday in July would be National Ice Cream Day.
- Today you can find almost any flavor; including smoked cherry flavor, bacon flavor, Wildberry Lavender, and Salt Licorice amongst many others.

Remember ice cream parlors and the ice cream truck? These two classic icons bring to memory childhood happiness and summertime. Ice Cream Parlors were a place just to enjoy ice cream. The colors behind the counter, the smells of the parlor, and the tastes of your favorite ice cream from a cold tin dish were a treat for the senses. The ice cream truck is still a symbol of summer. Remember hearing the music coming from the vehicle, the colorful pictures of the ice cream for sale on the sides of the truck, and running to ask mom for money? There are still neighborhoods where you can hear the familiar songs of an ice cream truck canvassing with the same colorful designs and yummy treats!

Today, ice cream is available everywhere; in stores, restaurants, movie theaters, and even gas stations! Enjoy National Ice Cream month by indulging in your favorite flavor or pick one that you have never tried before. Have it in a bowl, cone, with or without topping and enjoy a true summertime dish.

Information for article taken from: www.ice-cream-freaks.com, Wikipedia, www.huffingtonpost.com and www.zagat.com/31.

July Word Jumble

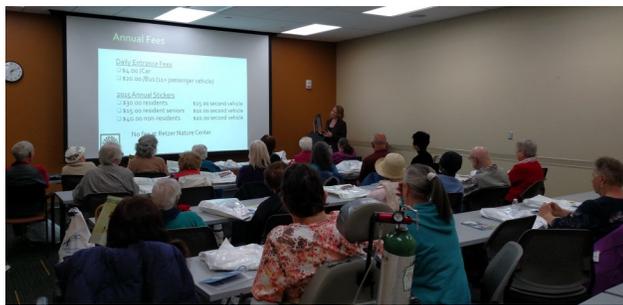
Unscramble these words associated with Independence Day!

For answers, see bottom of this page

- | | |
|-----------------------|-----------------------|
| 1. seForrwki _____ | 9. yJul _____ |
| 2. doeFerm _____ | 10. rSmemu _____ |
| 3. ndpdeecelnen _____ | 11. itPtocria _____ |
| 4. ryLietb _____ | 12. beaBureq _____ |
| 5. Pdeaar _____ | 13. eltroaaDcni _____ |
| 6. gaFl _____ | 14. SeadIngp _____ |
| 7. mraecAi _____ | 15. reVtane _____ |
| 8. emhnAt _____ | 16. lEgnadn _____ |

Open House A Success

The ADRC of Waukesha County celebrated Aging and Disability Resource Center Month and the 50th anniversary of the Older American's Act with an open house this past May. The day featured workshops on Scams and Identity Theft, Lifelong Gardening, Waukesha County Parks and Aging Well. Lunch was included while the JK Lee Senior Demo Team and YMCA fitness director demonstrated how to stay active. Guests shared many favorable comments and are looking forward to our next open house! Stay tuned to the ADRC Connection Newsletter for information on the next open house! We hope you will be able to join us.



- 13. Declaration
- 14. Spangled
- 15. Veteran
- 16. England

- 9. July
- 10. Summer
- 11. Patriotic
- 12. Barbeque

- 5. Parade
- 6. Flag
- 7. America
- 8. Anthem

- 1. Fireworks
- 2. Freedom
- 3. Independence
- 4. Liberty

ADRC of Waukesha County
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Waukesha, WI 53188

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