

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

Deaf, Hard of Hearing
or Speech Disabled dial:
711 for Telecommunications
Relay Service

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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PEACE JAPAN ACCEPTS TERMS

Human history is a complex, controversial thing. What began as decorations on walls of stone - painted by ancestral hands to illustrate important events and preserve memories - has morphed into a seemingly endless compilation of human triumph and progression, carefully recorded to ensure nothing is lost. We as a species have overcome adversity in the face of uncertainty and flourished into a society that is limited only by its imagination. But just like any journey to success, there are memorable events along the way that have sculpted our culture into what we know it as today.

August 14, 1945. It has been called many things, but the interchangeable names all describe one event: the day of Japan's surrender and the finale of World War II.

Sixty years have come and gone since that fateful day. Its effects on not only American history, but human history as a whole, continue to be felt today. The end of World War II was both literal and figurative – soldiers who fought with valor returned home to their families, eager to resume their lives, and those who were affected by the chaos had an opportunity to rebuild.

It has been said time and again that a picture is worth a 1,000 words. The image of “The Kiss,” published in Life magazine in 1945, speaks volumes. It portrays with euphoric accuracy the relief and rejoice felt among soldiers and citizens alike.

Little is certain in life. However, if human history lends us one lesson, it should be that there is no limit to what we can achieve and what we can overcome. The resilience of our spirit is still plainly visible in this one black and white photograph, six decades after it was taken, and will continue to be visible for generations to come. It is the generation who lived, fought, and flourished through this period in history to which we would like to say, “Thank you.”



To the Greatest Generation, we will forever be indebted to your service.

Tips for Talking to People with Cognitive Impairment

People with cognitive impairment that impacts their memory or thought processes often have difficulty pulling the connections together. They may no longer remember events or people as they used to. They rely on multiple cues to help them interact with others and learn tasks. New activities can be difficult to figure out. This can be hard for the caregivers and loved ones. There are ways to reduce the tension and assist our loved ones when interacting with them. Mary K Baum has compiled an alphabetical list of tips with the help of the youth from *Time for Us Camp*. *Time for Us Camp* is for children 10-18 years of age who have a loved one with neurological challenges stemming from Mild Cognitive Impairment, Alzheimer's, Parkinson's, PTSD or similar memory/cognitive challenges. The camp is held in July at Lutherdale Camp in Elkhorn, WI. For more information contact *forMemory* at www.forMemory.org or call 920-734-9638. These are some ABC's of friending.

APPROACH me from the front. Greet me to avoid startling me.

BEND over to my level. Or sit down near me if I am sitting.

CALMLY call me by my name. Face me with a smile.

DO INTRODUCE yourself *"Hi, Mary, it's cousin Bill. I came to see your violets."*

ELIMINATE NOISE and commotion so I can relax to better focus on you.

GENTLE touches please. I may have physical pain. Hug, if I agree.

HAVE PATIENCE. Take time to hear me. Rushing slows me down.

INVITE me to join you in familiar gatherings and social events.

JUST remind me of something pleasant if I keep repeating myself.

KNOW my eyes closing often means I am struggling to find my words.

LISTEN to the kinds of help I want. Do ask before taking over.

MODEL and go with me for walks, music and new learning activities.

NOTE that I take words more literally. Avoid teasing and sarcasm.

OFTEN EXPLORE nature, healthy foods, arts and movement with me.

PLEASE help me serve the community. Affirm what I contribute.

QUIT quizzing. *Who, What, Why* questions pressure and tire me.

REPEAT in a matter of fact way if I miss hearing something.

STAND UP for the environment. The health of the planet helps me.

TEACH and **H**EAR songs, stories, insights as well as moments of awe and wonder.

UNDERSTAND my moods can change quickly, often to fear and inertia.

VALIDATE my feelings *"It looks like you might be upset, tired, relieved..."*

WORDS of clear suggestion are helpful. *"Now is a good time for us to..."*

X-CHANGE positive for negative. *"Let's step over here"* instead of *"Don't fall."*

YOU ARE A TRUE FRIEND when you remind me of what I can do, not so much what I can't do.

ZANY HUMOR is great, let's laugh and enjoy the moment together.



Nothing you wear is more important than your smile.

-Connie Stevens



SILVER ALERT and other SAFETY PROGRAMS

Silver Alert is a public notification system in the United States to broadcast information regarding an at-risk, vulnerable missing senior citizen with Alzheimer's disease, dementia or other mental disabilities. Silver Alerts are electronic notifications sent out through the DOJ (Department of Justice) Wisconsin Crime Alert Network. Law enforcement officials contact the DOJ and the alerts subsequently are sent to members of the network. Subscribers include members of the media, businesses, law enforcement and the general public. The free notifications are shared via lottery terminals, digital advertising billboards, Department of Transportation message boards, social media outlets and other subscribers. To directly receive the alerts, go to www.wisconsincrimealert.gov



The program has been active in Wisconsin since August 1, 2014 and the criteria is limited to persons 60 and over with a cognitive impairment. There are other requirements as noted below:

1. The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment which poses a threat to their health and safety.
2. There is reasonable belief that the missing person's disappearance is due to their impaired cognitive condition.
3. The Silver Alert request is made within 72 hours of the individual's disappearance.
4. There is sufficient information available to disseminate to the public that could assist in locating the missing person.
5. The missing person has been entered into National Crime Information Center (NCIC) database.

Activation criteria vary from state to state. Some states limit Silver Alerts to persons over the age of 65 and who have been diagnosed with Alzheimer's disease, dementia or a mental disability. Other states expand it to include all children and adults with mental and developmental disabilities. In general, the decision to issue a Silver Alert is made by the law enforcement agency investigating the report of a missing person. Public information usually consists of the name, description of the missing person and last known location.

For those with a loved one who have a cognitive impairment like Alzheimer's, dementia or another impairment which poses a threat to their health and safety, families should be prepared. Having a photo stored digitally, knowing their medical issues and having a license plate number and unique identifying features of their vehicle can save time during a crisis. The Department of Justice encourages personalized plates as they are easy to recognize and report. If you are concerned about your loved one's ability to safely operate a vehicle, you can submit a Driver Condition or Behavior Report to the WI Department of Transportation at www.dot.state.wi.us. Most importantly, families should not wait when reporting their loved one missing. People will often wait because their loved one has "gone missing before but always turned up" or they don't want to burden their local law enforcement agency. It is an emergency and it should be called in immediately.

The Alzheimer's Association has two Safety Systems. Medic Alert + Safe Return and Comfort Zone. Medic Alert/ Safe Return is a 24 hour nationwide emergency response system. The first step is call 911, then call Medic Alert's phone number. Medic Alert is a bracelet or pendant worn by the person with dementia, upon paying for enrollment in this program. More information can be found at www.medicalert.org/safereturn. Comfort Zone is a web based management service. Families can monitor the person with Alzheimer's from a secured website and receive alerts when they leave a preset safety zone. Alerts would be sent to a tracking device you purchase. Comfort Zone includes enrollment in Medic Alert. For more information on this service visit the Comfort Zone website www.alz.org/comfortzone or call 1-877-ALZ-4850.

Information for article: Alzheimer's association, FOX6now.com, Wisconsin Department of Justice, Wikipedia.

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. The workshops are led by trained leaders.

New Class

A Matter of Balance: Managing Concerns About Falls acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. Participants learn to, view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to change the environment to reduce fall risk factors, learn simple exercises to increase strength and balance.

Wednesdays, September 9- November 4, 2015

10:00 am – 12 noon (light snack included)

Location: **Brookfield Senior Dining Site**

2000 Calhoun Road
Brookfield, WI (262) 251- 3944

Contact: Meal site manager Virginia: (262)782-1636 or
ADRC of Waukesha County-Lee: (262)548-7848

Class size limit: 15 participants

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.

Tuesdays, September 10- October 15, 2015

9:00 am – 11:30 am light snack offered

Location: **St. Leonard's Catholic Church**

W173 S7743 Westwood Drive
Muskego, WI 53150 (262) 679-1773

Contact: ADRC of Waukesha County-Lee: (262)548-7848

Cost: \$20 workbook deposit requested



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.

Wednesdays, September 23-November 4, 2015 (7 weeks) *plus* a 3 month class reunion

10:00am – 12 noon (light snack included)

Location: **St. James Church – Menomonee Falls**

W220 N 6588 Town Line Road
Menomonee Falls, WI 53051

Contact: Parish Nurse Pam: (262) 251-3944 or ADRC of Waukesha County-Lee: (262) 548-7848

Class size limit: 15 participants Cost: Donation accepted (\$15 ankle weight deposit requested)

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.

Tuesdays, September 1 - October 6, 2015

1:00 pm– 3:30 pm light snack offered

Location: **Regency Senior Community Brookfield Campus**

777 N. Brookfield Rd.
Brookfield, WI 53045 262-780-0321

Contact: ADRC of Waukesha County-Lee: (262) 548-7848

Cost: \$30 workbook deposit requested

Thursdays, October 1 - November 5, 2015

3:00 pm – 5:30 pm light snack offered

Location: **Heritage of Waukesha**

1831 Meadow Lane
Pewaukee, WI 53072 (262) 542-0343

Contact: ADRC of Waukesha County-Lee: (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.

Tuesdays, September 21-October 26, 2015

9:15 am – 11:45 am light snack offered

Location: **St. Theresa Catholic Church**

136 W. Waukesha Road
Eagle, WI 53119 (262) 594-5200

Contact: ADRC of Waukesha County-Lee: (262) 548-7848

Cost: \$10 workbook fee requested



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.

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

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

Contact: Lynn Stanton at (262) 369-0241

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

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

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

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

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

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

Location: **Hickoryview Commons**
211 South Concord Road
Oconomowoc, WI 53066

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

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

Thursdays, August 26 - September 30, 2015 1:30 – 4:00 pm (snack included)

Location: **Riverview Commons**
112 Stimpson Street
Watertown, WI 53094

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

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



To help keep cool this summer, here are some tips to keep safe in hot weather:

Never leave children, persons with disabilities, or pets in a parked car - even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!

Keep your living space cool or seek shelter at a cooling center:

If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner you should consider going to another location to cool down such as a library or mall. (The Hope Center in Waukesha also has a day drop in site that is open from 8:00 a.m. to 4:00 p.m., Monday through Friday.) If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than higher floors.

Slow down and limit physical activity. Plan outings or exertion for the early morning or after dark, when temperatures are cooler.

Drink plenty of water and eat lightly. Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.

Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!

Don't stop taking medication unless your doctor says you should. Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.

Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

!?!?! ROUNDABOUTS !?!?!

Although roundabouts may be a little unnerving to the novice or first-time user, believe it or not, several features of roundabouts do promote safety.

At traditional intersections with stop signs or traffic signals, some of the most common types of crashes are right-angle, left-turn, and head-on collisions. These types of collisions can be severe because vehicles may be traveling through the intersection at high speeds. With roundabouts, these types of potentially serious crashes are essentially eliminated because vehicles travel in the same direction and, since drivers must yield to traffic before entering a roundabout, they naturally slow down. The few collisions that occur in roundabouts are typically minor with few injuries, since they are at low speeds of 15 – 20 miles per hour. Roundabouts are also designed to keep the traffic flowing without requiring vehicles to stop, so the temptation for drivers to speed up to make it through a yellow or red light is removed.

There are two types of roundabouts, a one-lane roundabout and a roundabout with two or more lanes. The one-lane roundabout is known as one of the safest and most efficient intersections.



How do roundabouts affect older drivers?

Experiencing age-related declines in vision, hearing, and cognitive functions, as well as physical impairments may have an impact on some older adults' driving ability. Intersections can be especially challenging for older drivers. Relative to other age groups, senior drivers are more often involved in crashes occurring at intersections. Older drivers' intersection crashes often are due to their failure to yield the right-of-way. Particular problems for older drivers at traditional intersections include left turns and entering busy thoroughfares from cross streets. Roundabouts eliminate these situations entirely. In 2006, 40% of drivers 70 and older in fatal crashes were involved in multiple-vehicle intersection crashes, compared with 22% among drivers younger than 70.



A recent study in six communities where roundabouts replaced traditional intersections found that about two-thirds of drivers 65 and older supported the roundabouts. Although safety effects of roundabouts specifically for older drivers are unknown, a 2001 study of 23 intersections converted from traffic signals or stop signs to roundabouts reported the average age of crash-involved drivers did not increase following the installation of roundabouts, suggesting roundabouts may not pose a problem for older drivers.

Drivers may be skeptical, or even opposed to roundabouts when they are proposed. However, opinions quickly change when drivers become familiar with them. With an open mind and a little practice, you soon will be maneuvering roundabouts like a pro. Safe travels!

Information obtained from Wisconsin DOT website. For more details on roundabouts, visit <http://wisconsindot.gov/Pages/safety/safety-eng/roundabouts/default.aspx>



Get on Board 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 **Lead The Way To a World Without Alzheimer's**. Register for 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. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

Over the last 5 years, the Waukesha County Walk has raised \$591,700 to provide care and support for **local individuals living with Alzheimer's and their families** and advance critical research.

Alzheimer's Disease Can't Currently Be Stopped or Slowed. Neither Can We. Right now, Alzheimer's disease – the nation's sixth-leading cause of death – is destroying our families, our finances and our future. By stepping up as a leader in the fight, you can do something to stop it!

Start or join a team today at alz.org/walk.



(left) Jim Tarantino, 2015 Walk Co-Chair, Tom Hlavacek, Executive Director Alzheimer's Association, and Glen Choban, 2015 Walk Co-Chair





ASK INA



Dear INA,

Recently, my dad has had to downsize and transition to an apartment in an assisted living facility, and he is quite happy there. He still owns his home and is finally letting us help him clean it up and get ready to sell. The problem is that Dad was not able to bring most of his things with him, as they didn't fit into his new one-bedroom apartment. We'd like to either donate or recycle most of his old things, but there are some items that a donation store won't take and that we can't just throw in the dumpster such as: old TVs, paint cans, old and broken furniture, damaged microwaves, mattresses, old batteries, and a smelly refrigerator. Can you recommend some options?

-Mr. Clean

Dear Mr. Clean,

What a great son! You are correct, most donation centers cannot take the items you listed and throwing these items in your regular garbage bin may result in a fine.

Depending on your community, you may be able to recycle or dispose of some of your items at your municipal recycling drop-off sites. You can find the list by going to this website: www.waukeshacounty.gov/RSW/, by calling the 'Waukesha County Recycles' information line at 262-896-8300, or by visiting the Waukesha County Parks and Land Use office at 515 W. Moreland Boulevard in Waukesha, Room AC 260. They also have some great information about recycling in the community and available 'special collection events' such as the ones listed below!

On September 12th, Oconomowoc is having a Household Hazardous Waste Special Collection One-Day Event from 8am to noon for all Waukesha County residents (provide proof of residency). Items they accept include cleaning solutions, thermometers with mercury, fertilizer with weed killer, pesticides and herbicides, rodent poison, gasoline, lead-based/oil based paint, automotive chemicals and solvents, etc. They do not accept batteries, antifreeze, motor oil, latex paint, needles/syringes, or medicines.

Otherwise, you can visit other collection sites located in Muskego, Menomonee Falls, Franklin, and Waukesha open certain days throughout the year. For a more detailed list of what is accepted at collection sites, a map, and the schedule of collection sites, visit: waukeshacounty.gov/hhw.

For the 'bigger ticket' items, such as the appliances, electronics, rechargeable batteries, cell phones, and televisions, the recycling drop-off site all depends on where you live in Waukesha County. If you visit the Product Disposal website at http://www.waukeshacounty.gov/Product_Disp/, you can choose which item you'd like dispose of and it will generate a guide telling you exactly where to dispose of it. You can also access the Municipal Recycling Drop-off Sites and Waukesha County list by visiting this website also.

Finally, the City of Muskego is offering an Electronics and Appliance Recycling Collection Event available for all Waukesha County residents on Saturday, September 12th from 10am to 1pm at the Muskego City Hall Parking Lot, W182 S8200 Racine Avenue. They will take items such as computers, vacuums, car batteries, microwaves, VCR's, printers, wiring, refrigerators, stoves, air conditioners, dehumidifiers, and any types of metals. They will also take televisions for a fee of \$15.00 each.

These are the jokes...

What did the sink say to the leftover food on the plate? "I'm at your disposal!"

"How've you bin?" asked one garbage can to the other. "Rubbish." he replied.

What did the earthworm say to the over-excited leaves? "Compost yourself!"

From the Desk of Your Benefit Specialist

Alert! Divesting Assets May Make You Ineligible for Medicaid

by the GWAAR Legal Services Team

As people get older, many consider transferring assets to their children, grandchildren, or to charity. Some were fortunate to have inherited homes or other family assets from their parents or grandparents, so it is logical that they would like to similarly transfer their wealth to younger members of their own families. While their intentions are honest and noble, individuals need to be aware of the risk of “divestment” in the event they need long-term care and do not have sufficient assets to pay for it.

Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family.

Divestment is a general term applied when an individual transfers assets — money, possessions, or property — for less than fair market value or when someone refuses to accept an asset to which he or she is entitled. When an individual transfers an asset without getting back something equal in return, or gives up an interest in an asset, he or she now has fewer assets with which to pay for long-term care should the need arise. Because long-term care is so expensive, Wisconsin law includes provisions that prevent individuals from divesting assets and then requesting that the state pay for their long-term care.

To dissuade people from divesting, Wisconsin law imposes a penalty period based on the amount of divestment. An individual is ineligible to receive long-term care Medicaid or community waivers (programs that provide long-term care services in home and community settings rather than in a skilled nursing facility) during the penalty period. The more wealth that has been divested, the longer the penalty period. The penalty period will only apply if an individual divested assets during the “look-back period.” This period is the 60 months immediately prior to an individual needing long-term care and applying for nursing home Medicaid or being approved for a community waiver program. Transfers made more than 60 months in the past do not result in a penalty period. Importantly, the penalty period does not apply to Medicaid card services or Medicare Savings Programs. It applies only to nursing home Medicaid and home and community-based waivers.

It is highly recommended that an individual consult with an elder benefit specialist or an elder law attorney if he or she receives a notice of divestment. In some cases, the divestment penalty period can be waived if the penalty period would deprive the institutionalized person of medical care that would endanger his or her life, or deprive the individual of food, clothing, shelter, or other necessities of life. There are some exceptions to the normal divestment rules, so it is important to quickly investigate a notice of divestment to determine whether an exception applies and whether to request an undue hardship waiver. Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family. For that reason, it is very important to understand the consequences of transferring assets if long-term care may be necessary in the following five years. While someone may have great intentions, transferring assets without receiving fair market value in return can unexpectedly create significant problems when unforeseen health issues or a need for long-term care arises.

Welcome to Medicare Classes Offered

The ADRC of Waukesha County hosts ‘Welcome to Medicare’ classes the fourth Wednesday of each month from 1pm to 3pm. The class is designed to help those enrolling into Medicare better understand their available options. 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, additional insurance options available, the drug coverage requirement along with benefit programs for those with lower income and resources. It is suggested that you attend one class 3-4 months prior to starting Medicare. Classes are held at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

Take a Ride With Muskego Senior Taxi



If you're a senior in the Muskego area looking for a ride, the Muskego Senior Taxi may be your answer. Operating within Muskego and select areas outside of Muskego, the Senior Taxi can take you to the grocery store, doctor appointments, social activities and more. Trips within Muskego cost \$9.00 each way, but with a Shared Fare Taxi Card (yellow card) through the Waukesha County ADRC, a portion of your ride cost is subsidized, reducing it to as low as \$3.50 per way. \$1.00 rides per way are also available for trips to the Muskego Senior Dining Center. For more information about the Muskego Senior Taxi or to schedule a ride (reservations requested two weeks in advance), call 262-679-4754 between 8:00 AM and 4:00 PM, Monday through Friday. For more information on the Shared Fare Taxi Card, contact the ADRC at 262-548-7928.



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) 548-7928 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

<p>Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00</p>	<p>Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00</p>	<p>Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>
<p>Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45</p>	<p>Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45</p>	<p>Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00</p>
<p>Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00</p>	<p>New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00</p>	<p>Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru 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>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.</p>	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU AUGUST 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Sloppy Joe Whole Wheat Bun Baked Beans Watermelon Peanut Butter style - Rice Krispies Treat Alt. Canned Pears	Chicken Cordon Bleu Wild Rice Blend Green Bean Casserole Seven Grain Bread w/ butter Cantaloupe	STATE FAIR DAY Cheeseburger on a Bun Ketchup / Mustard Potato Salad Fresh Fruit Salad Corn Cream Puff	Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt	Chicken Pasta Salad on Lettuce Leaf Tomato Slices Cantaloupe Wedge Muffin w/Butter Strawberry Shortcake with topping Alt: Fresh Strawberries
10	11	12	13	14
Lemon Chicken Bow Tie Pasta Broccoli Wheat Bread w/ Butter Sliced Peaches Lemon Bar Alt. Lorna Doone	Scalloped Potatoes and Ham Peas Biscuit w/Honey/ Butter Fresh Fruit	IRISHFEST Shepard's Pie Carrots and Cabbage Irish Soda Bread w/ Butter Brownie w/ Mint Frosting	Egg Salad on Croissant w/ Lettuce & Tomato Cold Beet Salad Oatmeal Raisin Cookie Alt. Grapes	BBQ Chicken Tri-Colored Pasta Salad Creamed Spinach Corn Bread Muffin w/ butter Tropical Fruit
17	18	19	20	21
Hungarian Goulash Garlic Mashed Potatoes Broccoli Marble Rye Bread Molasses Cookie Alt. Chilled Pears	Country Style Pork w/ Gravy German Potato Salad Green-Wax Bean Medley Multi-Grain Bread Ice Cream Sundae Cup Alt. Fresh Fruit	MEXICAN FIESTA Baked Potato stuffed w/ Taco Meat Lettuce, Cheese, Tomatoes, Sour Cream Southwest-style Corn Tropical Fruit Cinnamon Sugar Donut	Teriyaki Chicken Fried Rice Oriental Vegetables Dinner Roll w/ butter Pineapple Tidbits Sugar Cookie Alt. Orange	Tuna Noodle Casserole Stewed Tomatoes Fresh Banana Wheat Bread w/ butter Cherry Pie Alt. Diet Pudding
24	25	26	27	28
Lasagna Italian Vegetable Blend Italian Bread Grape Juice Warm Fruit Crisp Alt. Chilled Pears	Oriental Chicken Salad Multi-Grain Dinner Roll w/ Butter Mixed Fruit Cup Marble Cake Alt. Plum	Meatloaf w/Mushroom Gravy Mashed Red Potatoes w/ gravy Sweet-Sour Red Cabbage Garlic Bread Chocolate Chip Cookie Alt. Fresh Fruit	Turkey à la King Seasoned Rice Crinkle Cut Carrots Biscuit w/ butter Orange Juice Dessert Bar Alt. Lo-Cal Pudding	Swedish Meatballs in Gravy Egg Noodles Peas Bread w/Butter Grapes
31				
Baked Ham Scalloped Potatoes Wisconsin Vegetable Blend Rye Bread / butter Chocolate Chip Cookie Alt. Pineapple	 <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> <p>Menu subject to change without notice</p>			

Build a Sensational Salad

Salads are a great way to make creative, balanced meals. Use ingredients you have on hand, or try something new!

Step 1

Choose at least one leafy green:
Red or green leaf lettuce
Romaine lettuce
Boston or Bibb lettuce
Broccoli slaw
Spinach
Radicchio
Shredded Cabbage
Pre-washed salad mix

Step 2

Choose a protein food:
Walnuts
Almonds
Pecans
Peanuts
Hardboiled egg
Sunflower seeds
Diced turkey
Diced ham
Grilled chicken breast
Shredded cheese
Tofu
Chickpeas
Kidney beans

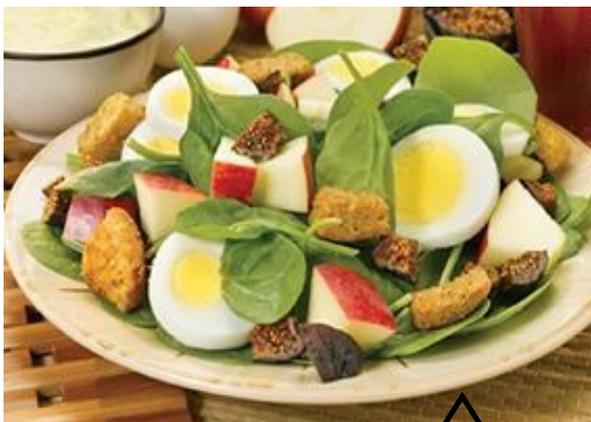
Step 3

Choose two or three vegetables or fruits:
Cucumber
Carrots
Raisins
Pineapple chunks
Tomatoes
Beets
Mandarin Oranges
Mango
Apple
Onions
Olives
Mushrooms
Artichokes
Berries
Broccoli
Cauliflower

Step 4

Choose a dressing:
Italian
Poppy seed
Ranch
French
Blue Cheese
Honey Mustard
Vinaigrettes
Oil and vinegar
Caesar
Your own recipe

Most salad dressings are available in reduced fat versions. Choose reduced fat when possible.



UW
Extension

Waukesha County

**Nutrition
Education
Program**

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: 262-548-7789
<http://waukesha.uwex.edu>

Grateful to the Greatest Generation

Many volunteer programs throughout the United States were started by a generation of people born between 1910 -1946. Tom Brokaw coined the phrase “Greatest Generation” in regards to individuals who grew up in the United States during the Great Depression and then went on to fight in WWII. Many volunteer managers refer to this generation of outstanding men and women as “Traditional Volunteers”.

Traditional Volunteers are often thought of as the “builders” of volunteer infrastructure. These hardworking men and women became leaders in their communities. They were the ones that went on to start Little Leagues in their

towns, Kiwanis Clubs, Lions Clubs, and served on school boards or hospital auxiliaries. Traditional Volunteers were influenced by the economics of the Great Depression and the New Deal as well WWII, Pearl Harbor and the Cold War. They grew up in difficult times which taught them to be hardworking, patriotic and loyal.

The ADRC is grateful to the Traditional Volunteers as they helped to shape the many services we offer today. One prime example would be the home delivered meal service to homebound seniors. Currently we deliver approximately 600 meals per day on 33 separate routes throughout Waukesha County. This is made possible by the hands of different types of volunteers; meal packers, drivers and delivery assistants. In addition, there are 10 senior dining centers that serve approximately 3900 meals per month. All made possible because of a reliable volunteer task force.

The volunteer greeter program for the Waukesha County Courthouse Complex was also shaped and started by a group of Traditional Volunteers. With three shifts scheduled daily, this group helped lay the ground work to assist visitors to navigate the Waukesha County Campus.

As the Traditional Volunteer ages, some are receiving the services they once provided. We are so grateful to this special group as they helped to lay the building blocks for ADRC volunteers today and in the future. We salute the Traditional Volunteer!



INTERFAITH
SENIOR PROGRAMS

Fall Yard Clean Up



We need your help to prepare the homes of seniors and adults with disabilities in Waukesha County for winter. Sign up your family, congregation, community group or business for Fall Yard Clean Up today. You can pick the day (in October and November), and we coordinate the rest. It's that easy.

For more information, visit InterfaithWaukesha.org or contact Hannah Loppnow at (262) 522-2405 or HannahL@InterfaithWaukesha.org

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** ★★ ★

This service(s) has been provided totally or in part through funding from the Aging and Disability Resource Center, the Southeastern Wisconsin Area Agency on Aging, District 2-B, Inc., the State of Wisconsin Bureau on Aging and Long Term Care Resources and the U.S. Department of Health and Human Services.

This project is funded in part by the Federal Transit Administration (FTA) as authorized under 49 U.S.C. §5310 Enhanced Mobility of Seniors and Individuals with Disabilities (CFDA 20.513).



Greater Milwaukee
& Waukesha County

PUBLIC HEARING NOTICE

The Aging and Disability Resource Center of Waukesha County (ADRC) will hold a Public Hearing to provide interested persons with an opportunity to comment on the Waukesha County 2016-2018 County Plan on Aging. The Public Hearing will be held on Tuesday, August 25, 2015 at 5:00 PM at the Waukesha County Health & Human Services Building, 514 Riverview Ave., Room 114, Waukesha, WI. Parking is available in the lot directly to the west of the building. Accessible parking is available for individuals with DMV "handicapped" authorized plates or tags. All interested parties are invited to attend and offer their comments. Written comments on the plan may be submitted to the ADRC at the address below by August 25, 2015. The draft plan is available for review from 8:00 AM – 4:30 PM, Monday through Friday at the ADRC, Human Services Center, 514 Riverview Ave, Waukesha, WI 53188-3878, as well as on the ADRC website at www.waukeshacounty.gov/adrchome

Please contact the ADRC at (262) 548-7848 for additional information.



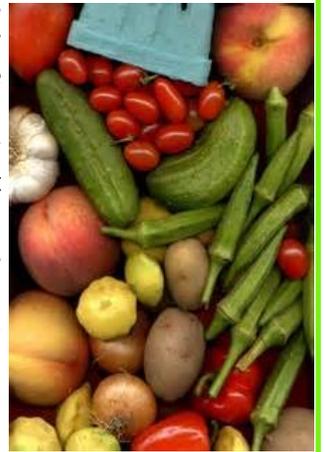
Senior Farmers' Market Vouchers

There are a limited number of Farmers' Market Vouchers still available for Waukesha County Seniors at the Aging and Disability Resource Center (ADRC) Office, Human Services Center, 514 Riverview Avenue, Waukesha WI, Monday-Friday: 8:00 am – 4:30 pm. Vouchers are distributed on a first-come first-served basis and are limited to one pack of vouchers per household. Seniors must be 60 years of age or older (Native Americans 55 years of age or older) and have a monthly income at or below 185% of the federal poverty guideline. For more information on the Senior Farmers' Market Vouchers, please call the ADRC at 262-548-7848.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired 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 our website (www.waukeshacounty.gov) for more details on the services we provide.



Italian Cold Pasta Salad

Ingredients (adjust amounts depending on serving size):

- ◆ Your favorite kind of whole wheat pasta noodles
- ◆ Your favorite farmers' market cold vegetables: tomatoes, onion, green pepper, cucumber, broccoli, cauliflower, peas, arugula, olives, beans, etc.
- ◆ Olive Oil
- ◆ Parmesan Cheese
- ◆ Mozzarella string cheese
- ◆ Your favorite Light Italian Dressing (a thicker dressing will coat the noodles better)
- ◆ Optional— Seeds/crushed nuts for crunch and color
- ◆ Optional— Meat/protein such as pepperoni, sliced salami, sliced hardboiled egg.

Directions:

Boil your pasta according to directions. Let it cool. Rinse with cold water. Put it in a large bowl.

Chop and add your veggies

Add a tablespoon of olive oil

Add Parmesan Cheese

Cut up sticks of mozzarella string cheese (or you can use any cheese you'd like!)

Optional: Add your favorite sliced meat or hardboiled eggs.

Drizzle Italian dressing over everything a few tablespoons at a time, depending on how much pasta salad you made. Stir and taste. Add more as needed.

Optional: Add a couple chia seeds, sunflower seeds, or crushed nuts on top if desired.

Refrigerate before serving.





August Word Search



S	T	S	U	G	U	A	T	C	C	J	I	D	E	Z	X	Q	G	S	X
S	T	W	L	O	W	J	B	I	I	S	P	M	Q	G	J	R	S	S	L
Q	K	U	Y	R	P	B	P	A	V	N	I	V	G	Q	E	R	L	E	E
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B	J	W	D	B	E	C	C	A	R	Y	G	I	T	I	W	B	K	S	O
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AUGUST
GREATEST GENERATION
PICNIC
RECYCLING
SUMMERTIME

CAMPING
HEAT
POOL
ROUNDAABOUTS
SUNGLASSESS

FARMERS MARKET
LEMONADE
RADIO
SALAD
WATERMELON



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

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ADRC at (262) 548-7848