

## 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](http://www.alz.org/sewi)

## Inside this Issue:

Adaptive Tech– Sports

Driving Safely

Summer Safety– Sun,  
Poison Ivy, and Ticks

Voting– Transportation and  
ID to Vote



## Luann Page, ADRC Manager, is Retiring after Years of Dedicated Service to Waukesha County

Written by Luann Page, ADRC Manager

After 25 years of employment in county government, I am retiring on July 15<sup>th</sup>, the same day I began long ago. While I continue to process this major life change and what retirement will look like, I've done much reflecting on my career and what it has meant to me.

The Waukesha County staff I have had the pleasure to work with are phenomenal. While I am retiring from my position as Manager of the ADRC, the first 22 years of my career were spent in the Economic Support unit. I would be remiss not to mention this very dedicated, hard-working group of people who have experienced many changes over the years. They have always stepped up, not only to meet, but to exceed expectations. My gratitude and respect go out to all in Economic Support.

As for my time in the ADRC, I marvel daily at the dedication, knowledge, creativity, passion, and professionalism the staff exhibit. Many times, I have witnessed them going above and beyond regular job duties to help those in need. For more difficult situations, coworkers and supervisors team together to find creative ideas, ensuring each need is met. The ultimate goal is helping seniors, people with disabilities, and adults at risk stay safe in their homes and community. Time and time again, when out in our county, I hear stories of how an individual or family was helped by the ADRC and what it meant to have that support. It's not always easy work, but they do it so well.

To the ADRC division, I have a deep appreciation and much respect for your great work. I've learned so much and have been inspired by you to carry on in retirement in some capacity to work again with seniors and people with disabilities.

Also, I have so enjoyed working with the members of our ADRC Advisory Board. They are a dedicated group who are our eyes and ears in the community, expressing the needs and concerns of the populations we serve. Thank you to the Board for your time and expertise. We are a better ADRC because of you.

My time here has been very fulfilling and I am so fortunate to have had this opportunity to serve. Waukesha County is a great place to work and a great place to live. Best wishes to you all.



Pictured Left to Right are: Board Member Carolyn Spitz, Board Member Glenn Lee, HHS Director Antwayne Robertson, ADRC Manager Luann Page, and seated is Board Member Jennifer Goetz .

The ADRC Advisory Board Members pictured were presented certificates for their distinguished service. Their terms are expiring in August 2016. Thank you for your dedication to the ADRC!



## Caregiving Basics

When you first learn that a loved one needs help, it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all of their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started:

**Learn about the person's illness, disease or condition.** Understanding the nature of the disease, its symptoms and what to expect is helpful in caring for the person. Talk to a health care provider, read books/pamphlets or research the internet to help you understand what the person is dealing with and specific ways you can help.

**Determine areas of need.** Write down the specific needs such as housecleaning, grocery shopping, meals, bathing, and transportation to medical appointments. Discuss possible ways to meet these needs with friends, family members and the person's health care provider.

**Research community resources.** Contact the Aging and Disability Resource Center of Waukesha County for local resources and services. Explore options including home delivered meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Keep the information you gather in a file for future use.

**Plan for immediate care.** Find out the person's wishes for immediate and long term care. Adapt the environment by doing a home safety check, as well as purchasing items for any special needs such as a walker, commode, wheelchair or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications.

**Enlist the help of others.** Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Include an alternate emergency plan in case you are unable to carry out your duties.

**Organize important information.** Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for.

**Plan for the future.** Get information about the long term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

**Take care of yourself, too.** Find support through a friend, counselor or support group. Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Let go of less important commitments. No one can do it all! Make sure you are eating well, getting enough sleep and exercise and are spending time with family or friends in order to keep yourself healthy.

Call the Aging and Disability Resource Center of Waukesha County at (262)548-7848 for information on caregiver support groups, local caregiving resources, or to talk to someone about specific caregiving issues.

Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources





## Looking to Volunteer?



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

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

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## **ADRC Advisory Board Member Needed**

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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.

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# Evidence Based Health Promotion Program

## Sip & Swipe Café® Comes to Waukesha County

*where older adults have the chance to sip a beverage while learning tablet technology in a friendly environment*

Waukesha County ADRC has partnered with Generations on Line®, to bring Sip & Swipe Café to our older/wiser population. Sip & Swipe Café® is an easy, elder-friendly way seniors learn how to use an iPad or Android tablet. The café's are not a class or a course- they are a user friendly way older adults can learn how to use a tablet device at their own pace. Imagine sharing emails with your grandkids, uploading pictures of your travels, or searching the web. Learners read and move through step-by-step onscreen tutorials at their own pace. A volunteer coach is there to help guide, support and encourage you. On every "page", learners are guided through the basics of tablet use, then on to the Internet to look up the answer to almost any question, shop, and more. Learners will even be able to set up a free email account. This is not a workshop with set dates and start times. It is designed to be more flexible, like meeting a friend for coffee! Sip & Swipe Cafés are being held at the ADRC of Waukesha County.

With special thanks to Bader Philanthropies, Generations on Line®, and volunteer coaches, the ADRC of Waukesha County is able to offer this training at no cost, with public-use tablets provided. If you happen to own a tablet and would like to learn how to use it, feel free to bring it to the sessions.

If you would like to participate in this great opportunity, please leave a message for Lee at the Aging and Disability Resource Center of Waukesha County (262) 548-7848.

## Check out Memory Cafés!

A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss, or mild cognitive impairment *and* a family member or care partner. The Café is a place to have fun, find support, and share experiences. Call Wendy Betley from the Alzheimer's Association at 800-272-3900 for more information or to RSVP.

The Spot on Broadway,  
Waukesha

4<sup>th</sup> Wednesday of each month  
10:30am-12:00pm



Center for Life Enrichment Care Café, Oconomowoc

4<sup>th</sup> Monday of each month  
3:00pm-4:30pm

## Four Points Library Memory Project

Multiple locations (Franklin, Hales Corners, Muskego, and New Berlin)

3<sup>rd</sup> Tuesday of each month  
2:00pm-3:30pm



## Lake Country Libraries Memory Project

Multiple locations (Delafield, Hartland, Pewaukee, and North Lake)

1st Friday of each month  
10:30am-12:00pm



## Panera Bread-Ruby Isle Shopping Center, Brookfield

2<sup>nd</sup> Tuesday of each month  
3:00pm-4:30pm

# ADAPTIVE TECHNOLOGY: SPORTS EDITION

What's your favorite sport? Can you imagine your favorite sport right now? Are you playing it or watching it? Does it involve heart-pumping adrenaline and fast-paced activity, like basketball? Or does your favorite sport require calm, focused attention, such as golf? How about peddling quickly along the ground enjoying the wind whip past while you cycle? Or do you enjoy the sounds of a ball being hit back and forth and the endurance required during a tennis match?

If you have a disability, you might not have imagined yourself participating in these activities, but watching someone else. However, more and more sports are available to people with cognitive and/or physical disabilities! Why do we need to participate in sports? According to the U.S. Census Bureau disability statistics, there are over 63,000 people who report a physical disability in southeastern Wisconsin. According to the Center for Disease Control, obesity rates for adults with disabilities are 58% higher than those without disabilities and 38% of adults with a disability rate their health as fair or poor.

So, what can you do? Well, first, identify what sport you'd like to try. Next, identify what your limitation is. Do you use a wheelchair? Are you visually impaired?

There are a number of assistive devices that can enable exercise and training, on top of enabling participation in a sport. For example, there are light-weight wheelchairs for basketball, tennis, and racing; para-mobile devices like specialized golf carts that help stabilize a person to stand, bowling balls with hand grips, softballs that emit a noise so that people with visual impairments can locate a ball to hit and catch it. The assistive devices available are numerous and limited only by the imagination!

Want to learn more? Call IndependenceFirst at 414-291-7520 and ask about Adaptive Recreation opportunities in your area. You can also support the Wisconsin Adaptive Sports Association by visiting their [Facebook page](#).

For heart-pumping action and inspiration, tune into the 2016 Paralympics which are being held this in Rio de Janeiro from September 7th-18.



## Get Transportation to Cast Your Vote this Fall!

This November is the General Election where we will be electing the offices of President & Vice President of the United States. Other offices up for election in Wisconsin include: the United States Senate position currently held by Senator Ron Johnson, our Representatives in Congress, State Senators in even-numbered districts, all State Representatives to the Assembly, and all District Attorneys.



To help our seniors and adults with disabilities get to the polls to perform their civic duty, the Aging and Disability Resource Center will be working with our specialized transportation partners to assist Waukesha County residents to vote. **All riders must be eligible for specialized transportation services and must be registered through the ADRC.** To register for transportation services, call the ADRC at 262-548-7848.

# Farmers' Market Vouchers Still Available for Waukesha County Seniors

A limited supply of Farmers' 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.

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

This institution is an equal opportunity provider.



## Layered Ratatouille



### Directions

Preheat oven to 375 degrees F.

Pour tomato puree into bottom of an oval baking dish, approximately 10 inches across the long way. Drop the sliced garlic cloves and chopped onion into the sauce, stir in oregano, crushed red pepper flakes, one tablespoon of the olive oil, and season the sauce generously with salt and pepper.

Trim the ends of the eggplant, zucchini and yellow squash. Trim the top of the red pepper and remove the core.

On a mandolin, adjustable-blade slicer or with a very sharp knife, cut the eggplant, zucchini, yellow squash and red pepper into very thin slices, approximately 1/16th-inch thick.

Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the outer edge to the inside of the baking dish, overlapping so just a smidgen of each flat surface is visible, alternating vegetables. You may have a handful left over that do not fit.

Drizzle the remaining tablespoon of olive oil over the vegetables and season them generously with salt and pepper. Remove the leaves from the thyme sprigs with your fingertips, running them down the stem. Sprinkle fresh thyme over the dish.

Cover dish with a piece of parchment paper cut to fit inside.

Bake for approximately 45-55 minutes, until vegetables have released their liquid and are clearly cooked, but with some structure left so they are not totally limp. They should not be brown around the edges, and you should see that the tomato sauce is bubbling up around them. Serve with a dab of soft goat cheese on top, alone, or with some crusty French bread.

### Ingredients

1/2 onion, finely chopped

2 garlic cloves, very thinly sliced

1 cup tomato puree

1/4 tsp. oregano

1/4 tsp. crushed red pepper flakes

2 tbsp. olive oil, divided

1 small eggplant, Italian or Chinese

1 zucchini

1 yellow squash

1 long red bell pepper

Few sprigs of fresh thyme

Salt & pepper

Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer's will, at some point, be unable to drive. Planning ahead can help ease the transition.

## Plan early for driving retirement.

- Plan to discuss how retirement from driving will be handled before it becomes an issue.
- Be sympathetic as you address the topic because retiring from driving, and the perceived loss of independence, is difficult for many.
- Visit the [Alzheimer's Association® Dementia and Driving Resource Center \(alz.org/driving\)](https://www.alz.org/driving), created with support from the National Highway Traffic Safety Administration, for helpful information and tools.
- Keep a written record of your observations to share with the person with Alzheimer's, family members and health care professionals.



## Tips to help the person with dementia retire from driving.

- Transition driving responsibilities to others.
- Find ways to reduce the person's need to drive.
- Solicit the support of others. Ask their physician to advise the person not to drive.
- Ask a respected family authority figure or your attorney to reinforce the message about not driving.

## What if the person is reluctant to retire from driving?

- Experiment with ways to distract the person from driving. Mention that someone else should drive because the route has changed, driving conditions are dangerous, or you want to give him or her a chance to sit back, rest and enjoy the scenery.
- You may also want to arrange for another person to sit in the back seat to distract the person while someone else drives.
- If the person with dementia wanders, he or she can also wander and get lost by car. Be prepared for a wandering incident and enroll the person in **MedicAlert® + Alzheimer's Association Safe Return®**, a 24-hour nationwide emergency response service for individuals with Alzheimer's or other dementias who wander or have a medical emergency.
- In the later stages, when the person is no longer able to make decisions, substitute his or her driver's license with a photo identification card.

## What if the person refuses to stop driving?

If the person insists on driving, consider the following steps as a last resort:

- Control access to the car keys.
- Disable the car. Remove the distributor cap, battery or starter wire. Ask a mechanic to install a “kill wire” that will prevent the car from starting unless the switch is thrown. Or give the person a set of keys that looks like his or her old set, but does not work to start the car.
- Consider selling the car.



**For more information please contact the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit our website: [alz.org/driving](https://www.alz.org/driving).**

## Attention: Grandparents Raising Grandchildren!

The ADRC's Grandparents Raising Grandchildren support group has some fun and educational events planned for the remainder of 2016! Some of the activities our participants have the opportunity to take part in this year include:

- An afternoon of container planting at Waukesha Floral & Greenhouse
- A day at the movies
- A visit to the Milwaukee County Zoo
- An informational session on drug safety
- A picnic in the park
- Technology training suitable for older adults
- A trip to the Fireside Theater
- A Christmas party for our participants

The purpose of the Grandparents Raising Grandchildren program is to offer a break for grandparents, as well as peer support, and educational information. This program is available to those who are over age 55, residing in Waukesha County, and are providing primary care for one or more of their grandchildren (under age 19, or severely disabled). You do not need to be a legal guardian to participate. New members welcome!

Please contact the ADRC at 262-548-7848 for more information.

## Ask INA

Dear Ina,

I really love the outdoors and spending time in the fresh air, but I'm worried about things like sunburn and poison ivy. I hear about them from time to time, but don't really know how to prevent them. Do you have any tips? - Suzy Summers

Dear Suzy,

As the rainstorms of spring give way to bright summer sunshine, it's that time of year to get outside and soak up some rays. However, that means there precautionary steps to be taken before heading to the beach, the park, or wherever your favorite summer spot happens to be. Sun safety is a big deal, and there are a few easy ways to keep yourself safe from harmful UV rays this season.

It is important to keep in mind that the sun is at its strongest between 10:00 AM and 4:00 PM, so doing strenuous activities such as biking or gardening before or after those hours can be beneficial. Wearing clothes that are dark and tightly woven, wearing a wide-brimmed hat and sunglasses, avoiding tanning beds, and applying sunscreen that is at least SPF 15 before going outdoors are all great preventative measures as well. Another easy preventative measure is to buy SPF protected clothing.

This time of year, another common threat is poison ivy, which can be easily identified if you know what to look for. Most people get the rash from touching leaves, but it can also be contracted from a tool or a pet – anything that comes in contact with the plant. The plant oil, which causes a reaction on the skin, can stay active for many years in the right conditions (i.e. on the underside of your lawn mower).

If you think you have come into contact with poison ivy, you have about thirty minutes to get the plant oil off your skin before it soaks through the outer layers. Wash the potentially affected area in COLD water right away with lots of pressure. Avoid hot water as that will open your pores and let the oil in faster. Do not touch your face or any other tender areas and if you do have a bad rash, seek medical attention.



# *From the Desk of Your Benefit Specialist*

## **Medicare Annual Wellness Visit**

If you have had Medicare Part B longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized plan to prevent disease or disability based on your current health and risk factors. You and your doctor or health care provider will create a prevention plan based on your needs. As part of the visit, your doctor will:

- Give you a health-risk assessment and take your medical and family history.
- Make a list of your current providers, durable medical equipment (DME) suppliers and medications.
- Identify risk factors and current medical/mental health conditions, along with related current or recommended treatments.
- Check your height, weight, blood pressure, and body mass index.
- Screen for cognitive impairment such as diseases like Alzheimer’s or other forms of dementia.
- Review risk factors for depression.
- Review your functional ability and level of safety (hearing impairments and risk of falling).
- Your doctor will also assess your ability to perform activities of daily living such as bathing, dressing, and your level of safety in your home.
- Give health advice and referrals to health education or preventive counseling services or programs aimed at reducing identified risk factors and promoting wellness (weight loss, physical activity, smoking cessation, fall prevention, and nutrition).

### **Cost & Coverage**

Original Medicare covers the Annual Wellness Visit with no coinsurance or deductible if you see doctors or other health care providers who accept the Medicare approved amount in full. This visit is covered once every 12 months. Medicare Advantage plans cover all preventive services the same as Original Medicare as long as you see in-network providers.

**Note:** If you receive any additional services or screenings during the Annual Wellness Visit, then you may have an additional charge for those services.

## **Welcome to Medicare Class**

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

**Turning 65?  
Need Medicare?**

## ElderCare Focus Group of Southeastern Wisconsin

FREE educational seminars for seniors are held monthly on the second Thursday of the month in the Community Room at the **New Berlin Library** from 10 am until 12 noon. The title for this month's seminar is "*If You Give A Grandpa A Pill: Perils and Pitfalls*". Refreshments are served and door prizes offered. These presentations are open to the public and all ages are welcome. No dues or membership required. The purpose of our group is to help address the health, financial, legal and social issues facing an aging America. For more information, visit [www.eldercarefocusgroup.com](http://www.eldercarefocusgroup.com) or call Jean at 414-352-1966.

Thank you to Sharon W. from Sussex who submitted her recipe for Sharon's Ground Beef Casserole, which all Senior Dining and Meals on Wheels participants will get to enjoy on Monday, July 11<sup>th</sup>. Send us your favorite recipe and maybe you'll see it on the menu! Dining center patrons can submit recipes to their site manager, or they can be mailed to Mike at the ADRC.

### Sharon's Ground Beef Casserole

- ◇ 1 ¾ pounds ground beef
- ◇ ¼ cup chopped onions
- ◇ ¼ cup chopped green peppers
- ◇ 1 can mixed vegetables, drained
- ◇ 1 can cream of mushroom soup
- ◇ 1 8-oz can mushrooms
- ◇ ¼ cup parsley
- ◇ 1 teaspoon Worcestershire sauce
- ◇ 1 pound noodles



Brown beef, onion and peppers in a skillet over the stove. Add mixed vegetables, mushroom soup, mushrooms, and Worcestershire Sauce. Simmer 15 minutes. While simmering, boil water and cook noodles.

Preheat oven to 400°F. Drain noodles, mix with meat mixture and place in 3-quart casserole dish. Heat until 165°F or more for 15 seconds.



## 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** – Lisa  
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 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** – Lucille  
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 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
	<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p>			Philly Chicken Sandwich on hoagie roll w/ peppers and onions Country-Style Veggies Fresh Banana Yogurt Alt: Apple
4	5	6	7	8
 <b>NO MEALS SERVED</b>	BBQ Pulled Pork On Kaiser Roll Hash Brown Patty Ketchup Broccoli and Cauliflower Blend Veg Fresh Orange	Chicken Salad on Croissant with Tomato and Lettuce Waldorf Salad Cucumber Salad Cherry Pie Alt: Diet cookie	Meatloaf w/Gravy Baked Potato Sour Cream / Butter Mixed Green Tossed Salad w/ dressing Marble Rye Bread w/ butter Fresh Fruit	Chicken Marsala Mostaccioli w/ garlic pesto sauce Green Beans Almandine Italian Bread w/ butter Cantaloupe Slice Iced Brownie
11	12	13	14	15
<b>Sharon's Ground Beef Casserole</b> Broccoli Whole Grain Dinner roll w/ butter Pear Half Chocolate Chip Cookie Alt: Banana	Denver Omelet with Cheese Sauce 2 Sausage Links Hash Browns / ketchup Melon Wedges Cinnamon Streusel Coffee Cake Alt. Peaches	<b>Bastille Day</b> Beef Burgundy Buttered Egg Noodles French Cut Grn Beans French Bread / Butter Fresh Berries Chocolate Pudding Alt. Diet pudding	Chicken in Wine Sauce Wild Rice Blend w/ sauce Chateau Vegetables Croissant w/ butter Grapes	Salisbury Steak w/ gravy Double Baked Potato Casserole Sunshine Carrots Vienna Dinner Roll w/ butter Carrot Cake Bar Alt. Fresh Plum
18	19	20	21	22
Cranberry Meatballs Roasted Potatoes Oriental Vegetable Blend 7-Grain Bread w/ butter Snickerdoodle Cookie Alt. Tropical Fruit Cup	Honey-Glazed Ham Mashed Sweet Potatoes w/ butter Sugar Snap Beans Marble Rye Bread w/ butter Fruit Fluff Alt. Pineapple Tidbits	<b>Festa Italiana</b> Spaghetti Marinara w/ Ground Italian Sausage Roasted Peppers, Onions & Tomatoes Italian Bread & Butter Italy's Finest Cookie Alt. Fresh fruit	Pub Burger Provolone Cheese Fried Onions Wheat Grain Bun Ketchup & Mustard Mashed Potatoes Brussels Sprouts Mandarin Oranges	<b>Vanilla Ice Cream Day</b> Chicken Caesar Salad w/ Croutons Garlic Bread Fresh Fruit Salad Vanilla Ice Cream Cup Alt. Diet vanilla ice cream
25	26	27	28	29
<b>Christmas in July</b> Roasted Turkey w/ Gravy Stuffing Mashed Potatoes w/ gravy California Veggies Sugar Cookie Alt. Canned Cherries	Beef Tips with Mushrooms Buttered Noodles Prince Charles Vegetables Dinner Roll w/ butter Fresh Nectarine	<b>SUMMER PICNIC</b> Cheeseburger on a Kaiser Bun w/ Lettuce and Tomato Ketchup and Mustard Marinated Vegetables Potato Salad Fresh Cantaloupe	Broccoli Soup Saltine Crackers Green Beans Cottage Cheese Sun Chips Cook's Choice Fruit Rice Krispies Bar Alt. Pears	<b>GERMANFEST</b> Roast Pork Loin/Gravy Parsley Potatoes Sweet-Sour Cabbage Marble Rye Bread w/ butter German Choc Cake Alt. Fresh Plum



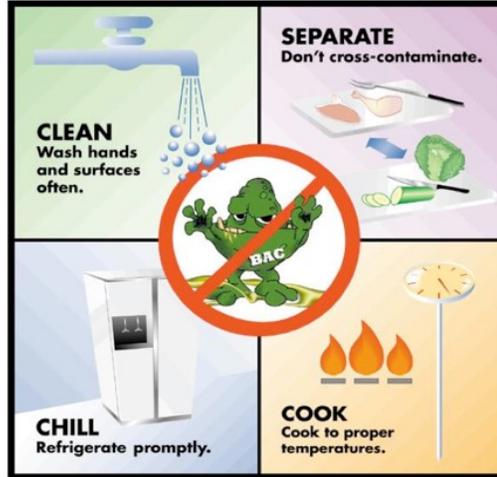
# Keep Picnic Food Safe

Sharing meals with family and friends outdoors is a wonderful way to enjoy warm summer weather. But beware - bacteria love the warm temperatures as much as we do, and multiply rapidly as temperatures climb.

## Tips to Keep Food Safe Outdoors

- ⇒ **Plan ahead!** Clean fruits and vegetables before packing in the cooler. Pack a meat thermometer. Bring water or disposable wipes to clean hands before preparing or eating food.
- ⇒ **Keep cold foods cold.** Use a cooler with ice or freezer packs to keep food at 40 degrees or colder. Keep coolers in the shade. Consider keeping beverages in one cooler and perishable foods in another. Cold food stays cold longer when the lid is opened less often.
- ⇒ **Don't cross-contaminate.** Keep raw meats in a no-leak container and at the bottom of the cooler so their juices don't contact other foods. Reserve a fresh portion of unused marinade for serving – never serve used marinade. Use a clean platter and serving utensils for cooked meats.
- ⇒ **Throw out perishable food** if it sits out for more than 2 hours. When the temperature is above 90 degrees, throw perishable food away after 1 hour out of the cooler.

## FIGHT BAC!



Keep Food Safe From Bacteria<sup>1</sup>

### Farmers' Market Fresh Cucumber Salad

Serves 2

- 1 cucumber, thinly sliced
- ¼ cup low fat ranch dressing
- 1 teaspoon dried dill or 1 tablespoon fresh dill
- 1 hard boiled egg, diced



Combine cucumber, ranch dressing, and dill. Sprinkle egg over top. Serve immediately or keep cold in refrigerator.



Temperature Guide	
For Grilled Meats	
Steak	145° F
Pork	145° F
Fish	145° F
Ground meat	160° F
Poultry	165° F



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 mas información en español comuníquese con: 262-548-7789  
<http://waukesha.uwex.edu>

# How Do I Get A Free State ID Card to Vote?

In order to vote in all elections in Wisconsin, you are required to present a valid photo ID. Don't have one?  
Read this article for more information.

To get a free ID card, you will need to take a few documents to your local Division of Motor Vehicle Office. There's a long list of documents on the web, but **most people will be fine bringing a certified birth certificate, a Social Security card and a utility bill or cell phone bill.** You'll notice online that some records, like a certified birth certificate, satisfy more than one category. Just be sure to bring originals — photocopies don't work — and check the box that says "ID for Free" on your application. Once it's complete, you'll get a receipt (valid for 45 days) that you can use at the polls until your state ID arrives by mail.

If you do not have a copy of your birth certificate, the Wisconsin DMV has a new process for people who need to get an identification card (ID). More information is available at:

<http://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/petition-process.aspx>

The documents **required by the DMV to get a state ID card** fall into four categories:

PROOF OF NAME AND DATE OF BIRTH FOR STATE ID CARD

PROOF OF IDENTITY FOR STATE ID CARD

PROOF OF CITIZENSHIP OR LEGAL STATUS FOR STATE ID CARD

PROOF OF WISCONSIN RESIDENCE FOR STATE ID CARD



## FREE Wisconsin ID cards for voting

An unexpired Wisconsin driver license is an acceptable photo ID for voting. If you are a U.S. citizen, will be at least 18 years of age by the next election, and would like a Wisconsin ID card to vote, please check the ID for FREE box when completing the Wisconsin Identification Card (ID) application [MV3004](#) or when applying for a duplicate/renewal online.

### A free ID card is NOT available under the following circumstances:

If you currently have a valid, unexpired driver license (DL), you are not eligible under Wisconsin law to obtain an ID.

If you will not be at least 18 years of age on the date of the next election.

If you are not eligible to vote in Wisconsin.

## Applying for an original (first time) ID card

Any Wisconsin resident who does not presently hold a valid driver license (from Wisconsin or another jurisdiction) may apply for an ID card. You may not hold a valid driver license and an ID card at the same time. If you hold a valid driver license and wish to obtain an ID card, you will be required to surrender your driver license and driving privilege.

There is no age limit to apply for an ID card. See [Document Verification Petition Process](#) if fees arise in order to obtain free ID card for voting.

When applying for an original ID card you must visit a [DMV customer service center](#), complete a Wisconsin Identification Card (ID) application [MV3004](#) and provide:

- [Proof of name and date of birth](#), for example, a certified U.S. birth certificate, valid passport or certificate of naturalization.
- [Proof of identity](#) (usually a document with a signature or photo).
- [Proof of Wisconsin residency](#).
- [Proof of U.S. citizenship, legal permanent resident status, legal conditional resident status or legal temporary visitor status](#).
- Your social security number.

## Non-Expiring ID cards are available for customers age 65 and older

Wisconsin now allows its residents, who are U.S. Citizens age 65 and over, to obtain an ID card which never expires!

The ID card is free if used for voting purposes and, once issued, the card never needs to be renewed. Individuals holding a driver license, who wish to obtain this non-expiring ID card, must surrender their license and driving privileges.

Individuals holding a "REAL ID" must surrender that feature from their card. REAL ID compliant cards will continue to follow the eight-year renewal cycle.

The ID card carries the same appearance and security features as our traditional eight-year cards.

The words "Non-expiring" appear in place of the typical expiration date.

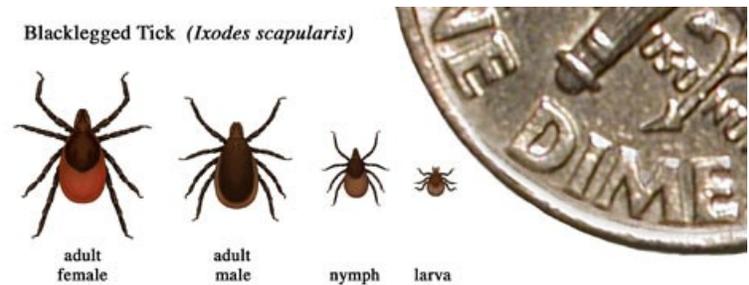
**All ID cards are mailed** - A receipt including your photo will be provided to you. This receipt is acceptable photo identification for voting and serves as your ID until your card arrives in the mail.

Source: [Wisconsin Government Accountability Board](#)

For more information, please call: 1-866-VOTE-WIS

## "The Best Defense is a Good Offense."

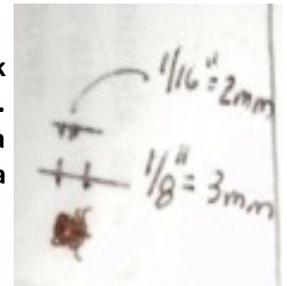
Written By: Debbie LaBarbera, a resident of Waukesha County who noticed a bull's eye rash and other notable symptoms pertaining to Lyme disease that started to drastically change her life as she knew it...



Ticks are everywhere these days. From soccer fields to deep wooded areas, from golf courses to outdoor picnics, from backyards to school yards. They travel from one host to another making their habitat widespread. They prefer wooded areas, surrounding edges, and deep grassy areas. They live in over-grown grass, leaf litter and low-growing shrubs. Ticks are most active in the early morning and early evening. They tend to be less active in the heat of day. Because ticks tend to dislike the heat, they are most active in shaded areas rather than direct sunlit areas. They are more active on days after rain than during droughts. You can easily find them walking up tall wet grasses to get out of the water stricken areas. Larvae are most active in fall (September-October). Nymphs are most active in summer (June- early September). Adult ticks are most active in Spring (March- early May) and Fall (September- early November).

Before going outside, protect yourself. Use a repellent containing DEET, which is most effective. The repellent can be worn on the outside of the clothing. It does not have to be sprayed or worn on the skin.

Wear light-colored clothing so hitch-hiking, crawling ticks are easily noticed. If you find a tick crawling on you, DO NOT simply brush it off, allowing it another chance to prey on someone else. Destroy it. Simply flushing them down the toilet may not kill them; they can live in the water for a period of time. Place any captured ticks between two pieces of scotch tape and then tape it to a piece of paper to provide to your doctor, as shown here:



After returning from a hike, playing in the leaves, working in the garden, or being in any area that potential could hide ticks, perform a thorough tick check of your body. First, remove all your clothes and place them in the clothes dryer. Set the temperature on high heat (simply washing the clothes may not destroy the ticks because they can live in the water. The heat from the clothes dryer should kill any ticks that remain on your clothing). Next, check ALL parts of your body and look CLOSELY. One of the smallest ticks, the nymph deer tick, are as small as the period at the end of this sentence. Have someone examine your back and scalp for any hidden ticks. Ticks can hide on you, embedding themselves into your skin without you even feeling the bite, then feed on your blood. Some ticks hold the possibility of infecting you with Lyme Disease.

### Know the proper way to remove a tick if one has embedded itself into you or someone else:

- Use blunt curved tweezers or a thread
  - Grasp the tick as close to the surface of the skin
  - Pull upward with a steady and even pressure, do not twist or jerk the tick as this may cause the head to detach and remain in the skin
  - Hold this tension for 3 to 4 minutes and the tick will back out
  - DO NOT squeeze, crush, or puncture the body of the tick because its' fluids may contain bacteria
  - If you have any concerns, put the tick in a plastic bag and freeze it to take to your health care provider
- Immediately wash your hands and the affected area with soap and water

Lyme disease is a common, tick-borne illness. Not all ticks transmit Lyme Disease. Lyme disease is known to cause a rash, joint pain, weakness in the limbs, and flu-like symptoms. If you notice a bull's eye pattern rash on your body, contact your doctor as soon as possible, even if you don't think you've been bitten by a tick. If left untreated, the bacteria transmitted by the tick can spread to other areas of the body, causing a host of other problems.

# Check out what's going on at your local library this month!

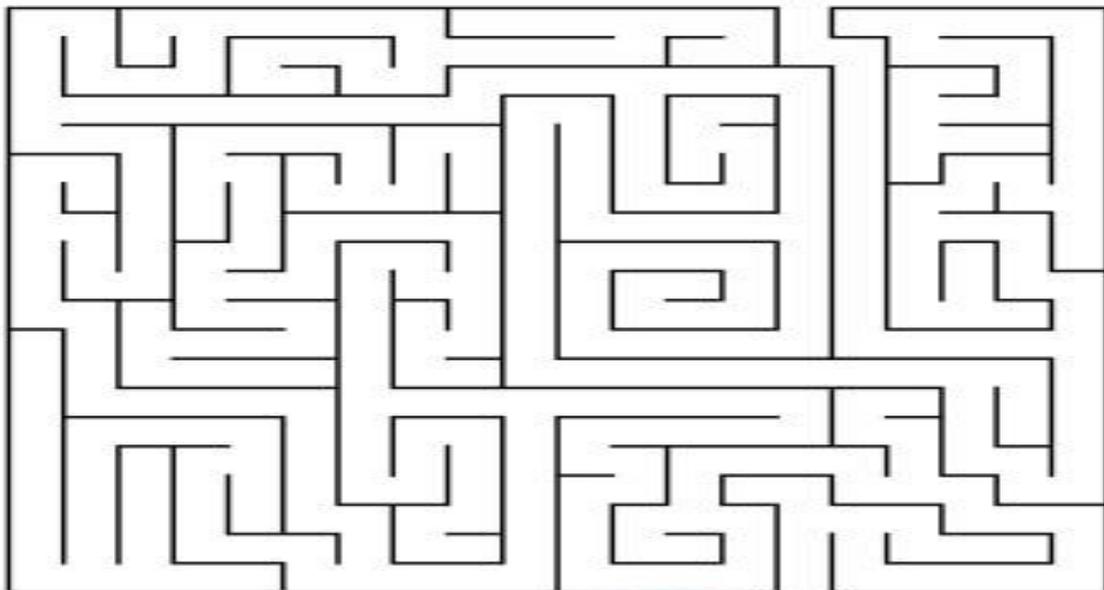
The Waukesha County public libraries offer a wide variety of programs, presentations, and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Here is a sampling of some of the library programs planned for July. If you have any questions, please contact Jill Fuller at 262-896-8085 [jfuller@bridgeslibrarysystem.org](mailto:jfuller@bridgeslibrarysystem.org).

<p>★ ★ ★ ★ ★ ★ ★</p> <p><b>Brookfield Public Library. 1900 N. Calhoun Rd. Brookfield, WI 53005. (262) 782-4140.</b> Milwaukee: City of Neighborhoods. Monday, July 18 at 7:00- 8:00 p.m. <a href="http://www.ci.brookfield.wi.us/38/Library">http://www.ci.brookfield.wi.us/38/Library</a></p>	<p>★ ★ ★ ★ ★ ★ ★</p> <p><b>Hartland Public Library. 110 E Park Ave. Hartland, WI 53029. (262) 367-3350</b> Grandparent/Grandchild Book Club. Tuesday, July 19 at 2:30-3:30 p.m. <a href="http://www.hartlandlibrary.org">www.hartlandlibrary.org</a></p>
<p><b>Butler Public Library. 12808 W. Hampton Ave. Butler, WI 53007. (262) 783-2535.</b> Mostly Mystery Book Club. Tuesday, July 19 at 1:30-2:30 p.m. <a href="http://www.butler.lib.wi.us">http://www.butler.lib.wi.us</a></p>	<p><b>New Berlin Public Library. 15105 W. Library Lane New Berlin, WI 53151. (262) 785-4980.</b> Presidential Film Series: Reagan- An American Experience. Wednesday, July 27 at 6:00-8:30 p.m. <a href="http://www.newberlinlibrary.org">http://www.newberlinlibrary.org</a></p>
<p><b>Elm Grove Public Library. 13600 Juneau Blvd. Elm Grove WI 53122. (262) 782-6700.</b> Fish Frys and Rib-Eyes and Highballs, Oh My!: The History and Culture of Wisconsin Supper Clubs. Tuesday, July 19 at 7:00 p.m. <a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></p>	<p><b>Waukesha Public Library. 321 W Wisconsin Ave. Waukesha, WI 53186. (262) 524-3680.</b> Gentle Yoga. Saturday, July 23 at 10:00-11:00 a.m. <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p>

## 4th of July Maze

Uncle Sam has bought a new hat for the parade.

Can you help him find his way through the maze to collect it?



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

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