

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

**Inside this Issue:**

-Older Americans Act

-ADRC Volunteers

-New Accessibility Icon



# ADRC Open House

**Wednesday, May 20th, 2015**

**9:00am to 3:00pm**

**Join the ADRC as we celebrate 50 years of the  
Older Americans Act**

**And**

**Aging and Disability Resource Center Month**

*Scheduled workshops include:*

**9:15-10:15 Identity Theft & Scams You Should Know**

**10:30-11:30 Master Gardner**-Adaptive gardening demonstrating lifelong gardening tools, joint friendly techniques, easy care plants and resources for gardening throughout your life.

**11:45 Lunch**-Call to make reservations for a complimentary lunch while watching demonstrations on senior activities.

**12:30-1:30 Waukesha County Parks**-Get Outside, Get Active in your Waukesha County Parks. Learn about the great recreational opportunities and programs available for older adults, caregivers and care recipients. We have something for everyone!

**1:45-2:45 Aging Well**-Learn more about how to become a healthier YOU! This interactive discussion will focus on diet and nutrition, physical activity, social engagement, brain fitness and stress management. Come ready to have fun while learning about tools to help you age well.

**Join us for an exciting day of fun and learning!!**

Informational booths on driving and transportation, assistance with technology (bring your smart phone or tablet); enjoy a free hand massage, plus more. Free gift for attending!

**Call 262-548-7848 to make a reservation for lunch. We hope to see you at the ADRC!**



# The Older American's Act: A History of Support for Seniors



Since its inception in 1965, the Older Americans Act (OAA) has been the foundation of our national system of home- and community-based services for older Americans. OAA-funded programs — such as home-delivered meals, congregate meals, transportation, employment services, chore and personal care, and legal assistance — help older adults remain in the much-preferred setting of their homes and communities. OAA programs save the government money by preventing unnecessary hospital stays, readmissions, delaying or avoiding costly institutional placements. Programs promote efficiencies within the health care system by coordinating care and managing care transitions.

When President Johnson signed the bill authorizing the OAA he said: “The Older Americans Act clearly affirms our Nation’s sense of responsibility toward the well-being of all of our older citizens. But even more, the results of this act will help us to expand our opportunities for enriching the lives of our citizens in this country, now and in the years to come.”

President Johnson’s sentiment echoes through to the present day. In Wisconsin, citizens see the ground level implications of the OAA in both state- and county-led programs and services designed to benefit and help our state’s seniors. For example, the OAA provides some of the funding support for Wisconsin’s Elder Benefit Specialist (EBS) Program — a statewide program that offers counseling, assistance, and advocacy on public benefits, health insurance, and consumer law to people who are 60 or older. Elder benefit specialists (EBSs) are primarily located in county aging offices, which in some counties are part of the human or social service’s department or an aging and disability resource center. Although located in the county aging office, benefit specialists are trained and their casework supervised by attorneys who specialize in elder law and public benefits.

In addition, the OAA funds nutrition programs for older Americans, providing a vital health and wellness benefit. Home-delivered meals, in addition to meals offered at community meal-site locations, allow seniors to obtain essential nutritional support, to remain independent, and provide a community support system for Wisconsin’s seniors.



Wisconsin’s allocation of OAA funds also provides education and support for seniors at-risk or the victims of elder abuse. It also funds the long-term care ombudsman program which supports advocates for residents of nursing homes, board and care homes, assisted living facilities, and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes at the local, state- and national levels that will improve residents’ care and quality of life.

Funding support for the OAA is often the subject of political debate. Recently, 27 senators, led by Senator Bernard Sanders (I – Vermont) delivered a letter to the Chairman of the Subcommittee on Labor, Health, and Human Services and Senate Committee on Appropriations voicing support for increased funding to the OAA. The senators’ letter, dated April 3, 2014, stated in part: “Regretfully, federal funding for OAA programs have failed to keep pace with inflation or the growing need, despite the cost-effectiveness of these critical programs. There are few better investments than the OAA programs that millions of older adults rely on for a healthy and dignified life. Investing in OAA services saves taxpayer dollars by reducing premature and costly Medicare and Medicaid expenditures resulting from unnecessary nursing home placement or hospitalizations due to poor nutrition and chronic health conditions.”



Approval for the increased funding requested remains to be seen. However, nearly 50 years after its enactment, the importance of the OAA as the binding fabric of the country’s aging network and associated supportive services remains certain.

# STATE of WISCONSIN



OFFICE of the GOVERNOR

## Proclamation

*WHEREAS*; all citizens, including older adults and people with disabilities, desire to achieve optimal quality-of-life and independence; and

*WHEREAS*; the growth of Wisconsin's aging population, the rising cost of health and long-term care, and limited personal and public resources make it imperative to develop more efficient and effective strategies for their use; and

*WHEREAS*; Aging and Disability Resource Centers (ADRCs) are welcoming and accessible places where older people and people with disabilities can obtain reliable and objective information, advice, assistance in locating services, and applying for benefits; and

*WHEREAS*; ADRCs work with individuals and their families to explore various options, and subsequently assist in making informed decisions; and

*WHEREAS*; such assistance helps people conserve personal resources, maintain self-sufficiency, and delay or prevent the need for more expensive long-term care; and

*WHEREAS*; in 1998, Wisconsin became the first state to develop ADRCs, and has served as a model for national replication since 2003;

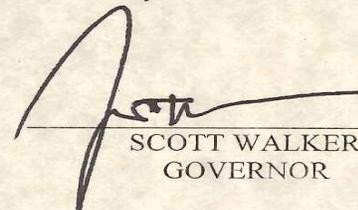
NOW, THEREFORE, I, Scott Walker, Governor of the State of Wisconsin,  
do hereby proclaim May 2015, as

### AGING & DISABILITY RESOURCE CENTER MONTH

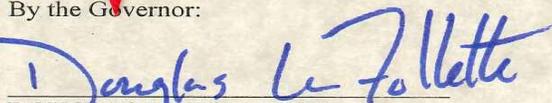
throughout the State of Wisconsin, and I commend this observance to all of our citizens.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 12<sup>th</sup> day of March 2015.

  
SCOTT WALKER  
GOVERNOR

By the Governor:

  
DOUGLAS LA FOLLETTE  
Secretary of State

# 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.

**Next class:**

**Tuesday May 19th-June 23rd** (6 weeks)

1 :00-3:30 pm (refreshment included)

Location: **Community Memorial Hospital (Treiber Conference Room)**

W180N8085 Town Hall Rd

Menomonee Falls, WI 53051

Registration Contact: Froedtert & Medical College Class Enrollment Service 1-800-272-3666

Cost: confirm upon registration



**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

**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.

**Next Class:**

**Mondays, May 4th - June 15th** (6 weeks)

9:30 am – 12 noon light snack offered

Location: **Waukesha Memorial Hospital**

American Drive

Waukesha, WI 53188

Contact: Pro Health Care Class Enrollment Service 262-928-2745

Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Cost: \$30 workbook deposit requested

**Wednesdays, May 6th - June 10th** (6 weeks)

1:30 – 4 pm light snack offered

Location: **Retzer Nature Center**

S14 W28167 Madison Street

Waukesha, WI 53188

Contact: Lee Clay at ADRC of Waukesha County (262) 548 – 7848

Cost: \$3 park fee; \$30 workbook deposit requested



# got questions? need assistance? we're here for you

locally provided service from  
the Alzheimer's Association

## Questions or concerns about Alzheimer's disease or related dementia?

The Alzheimer's Association and the Waukesha Aging & Disability Resource Center are here to assist you in your journey. Whether you are a person with memory loss or a caregiver, we can provide the help you need.

Ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts



## When

4th Wednesday of each month  
1:15-2:15 p.m. or 2:30-3:30 p.m.

## Upcoming dates:

March 25	June 24	Sept. 23
April 22	July 22	Oct. 28
May 27	Aug 26	Nov. 25

\* No December Hours

## Where

Aging & Disability Resource Center  
Of Waukesha County  
514 Riverview Ave, Waukesha

**Services are provided at no cost.**

**To schedule a meeting-**

Call (262) 548-7848.

## About the Alzheimer's Association

The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Our vision is a world without Alzheimer's, and since our founding in 1980, we have moved toward this goal by advancing research and providing support, information and education to those affected by Alzheimer's disease and related dementias.

## Local Contact

Jennifer Harders, Community Outreach Coordinator  
Alzheimer's Association—Southeastern WI Chapter  
24/7 Helpline: Toll Free 800.272.3900  
Email: [jharders@alz.org](mailto:jharders@alz.org)



alzheimer's  association®



United Way  
in Waukesha County

## 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.

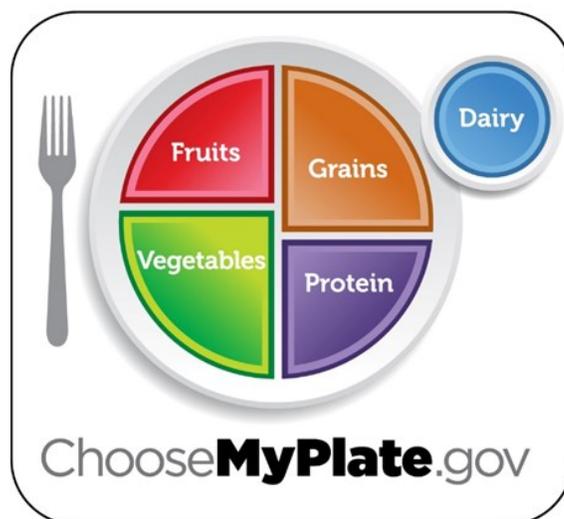
Walk to End Alzheimer's participants will be able to learn more about Alzheimer's disease, advocacy opportunities, clinical trial enrollment, and support programs and services. Each walker will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.

If you are interested in helping to organize the Walk to End Alzheimer's, please contact Shelby at [slatona@alz.org](mailto:slatona@alz.org) or at 414.479.8800.

**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.

# What's on Your Plate?

**MyPlate** is our current nutrition guide from the United States Department of Agriculture which illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.



## What's great about MyPlate:

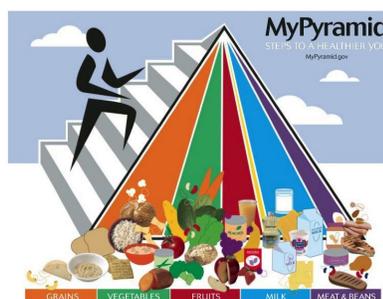
- ◇ Helps guide us to build our well balanced, healthy plate by showing
- ◇ how much of each food group to eat.
- ◇ Reminds us to make half of our plates fruits and vegetables.
- ◇ Teaches portion control.
- ◇ Can easily take what you see on the plate and apply it to your own place setting.

### Tips for Older Adults:

- ◆ Choose fiber-rich foods often
- ◆ Drink plenty of water and other beverages that are low in added sugars throughout the day
- ◆ Choose a variety of fresh, canned, or frozen fruits and vegetables
- ◆ Make half of your grains whole grains
- ◆ Change up your protein: try including eggs, dried beans, fish, nuts, and seeds
- ◆ Choose and prepare foods with less salt or sodium
- ◆ Stay active! Try some strengthening exercises to stay strong

*past:*

You may be familiar with the past nutrition guides 'MyPyramid' and the Food Pyramid. These were pyramids that showed how much of each food group to incorporate in our diets.



Why MyPlate?

MyPlate was recently introduced to help us have a better understanding of what a healthy meal is made up of. It is a great visual for us to create a balanced meal.

Nutrition is science, and as scientific research changes, recommendations change as well.

**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>

# Lake Country Cares Cab

Lake Country Cares Cab is a non-profit taxi service providing personal rides to Waukesha County residents who are seniors aged 65 and older, and adults with disabilities age 18 to 65 who are receiving any Social Security benefit. Lake Country Cares Cab provides service in Delafield, Hartland, Nashotah, areas of Merton and Pewaukee, and into the city of Waukesha.

Lake Country Cares Cab partners with our communities by holding fundraisers and accepting donations and financial pledges to make this service available. Memorials are often designated to the taxi program helping to make an impact in the areas we serve and securing the future of the service in the community.

Ride service is available to those who can enter and exit a vehicle with little or no assistance. Our drivers help our riders with canes and walkers. Lake Country Cares Cab operates door to door so your driver will come to the outer most door of your pick up location, and will walk beside you to the outer most door of your destination. We provide service to medical appointments, grocery shopping, errands, and social/recreational needs. We also provide transportation directly to and from the Senior Dining program.

One-way trip fare for destinations within the service area are \$9 each way. Seniors and adults with disabilities that have a yellow shared-fare taxi card receive a discount of \$5.50 off their one-way trip cost making local rides available for only \$3.50 each way. Plus, if going directly to the Senior Dining site and directly returning home afterward, transportation will be only \$1 each way! Fares for approved rides outside the immediate service area may have additional incurred costs for each way but are still eligible for the \$5.50 discount through the Waukesha County Shared-Fare Taxi program. We operate Monday through Friday from 8:30am to 4:30pm. Office hours for reserving rides are Monday through Friday 8am to 4 pm. A minimum of 48 hours advance reservation is required.

If interested in receiving more information on how to apply for a yellow, Shared-fare Taxi card contact Waukesha County Aging and Disability Resource Center at (262) 548-7848. More information on fares and availability can be received by calling Lake Country Cares Cab at (262) 695-2670.



Join us for conversations regarding topics related to being a caregiver for an aging loved one.

Cost: \$10 per session  
Beverages and light appetizers will be served.

Register today at [InterfaithWaukesha.org](http://InterfaithWaukesha.org) or call 262-549-3348.

## Tools to Have on the Journey

Learn about the financial implications such as what assets are available, how the assets can be used, tax consequences, and steps for preparing now for these transitions.

**Date: Thursday, May 28, 2015**  
**Time: 4:00 pm to 5:30 pm**

Hosted at  
**Jannsen + Company**  
W239 N3490 Pewaukee Road, Pewaukee

## Been There, Done That

Gather the information and advice needed to assist you on your caregiver journey from a panel of Caregivers, who will share their personal experiences.

**Date: Tuesday, June 30, 2015**  
**Time: 5:00 pm to 7:00 pm**

Hosted at  
**Silverado Memory Care**  
1105 Davidson Road, Brookfield

Brought to you by . . .



Seats are limited. Register online at [InterfaithWaukesha.org](http://InterfaithWaukesha.org) or call 262-549-3348.  
Interfaith Senior Programs 210 NW Barstow St. Suite 101, Waukesha, WI 53188

# NEW ACCESSIBILITY ICON MAKING ITS WAY INTO OUR LIVES

A movement to change the stick figure icon of a person in a wheelchair to designate accessible parking is underway.

In 2011 two East Coast residents started talking about the old symbol and the creation of a new one.

The new symbol ([www.accessibleicon.org](http://www.accessibleicon.org)) has created some conversation as well as controversy. Some people say it's just a symbol. Others feel it's time to update the symbol to designate people who use wheelchairs as active, dynamic members of society.

The State of New York recently became the first state to adopt the new icon as their symbol of accessibility for parking spaces, buildings and all other points indicating accessibility.

The Accessibility Advocacy Team of the Adaptive Community Approach Program (ACAP) started working on this project over a year ago with the help of two local Girl Scouts and IndependenceFirst.

ACAP is a Waukesha-based day program that promotes community engagement for people with disabilities. IndependenceFirst is an agency that provides services, skills training, advocacy, peer mentoring and information and referral.

The two Girl Scouts embarked on promoting the new icon in Waukesha as their Silver Award Project.

The advocates are working with New York legislators to find ways to bring this change to Wisconsin. With the support of a SPARKS grant from the Wisconsin Board for People with Developmental Disabilities, advocates for this change are part of a letter-writing campaign, news coverage and meetings. You can become involved in this project by using this icon on your website and painting it in your parking lot.

ACAP and IndependenceFirst have a parking lot stencil that can be used to update accessible parking spots.

Or, the ACAP Accessibility Advocacy Team will come to local businesses and make the changes. There is a deposit of \$100 that will be returned upon return of the stencil if there is no damage to it.

The Accessibility Advocacy Team will do the painting free of charge if there are five or less accessible spots. Call Anna Head at ACAP at 262-521-1120 or Diana Sullivan at IndependenceFirst at 414-226-8383.



**Traditional ISA**



**Modified ISA**

## WAUKESHA COUNTY SENIOR DINING CENTERS

<p><b>Brookfield – 782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00</p>	<p><b>Mukwonago – 363-4458</b> - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00</p>	<p><b>Oconomowoc – 567-5177</b> – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00</p>
<p><b>Butler – 783-5506</b> – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45</p>	<p><b>Muskego – 679-3650</b> –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45</p>	<p><b>Sussex – 246-6747</b> –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00</p>
<p><b>Hartland – 367-5689</b> –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00</p>	<p><b>New Berlin – 784-7877</b> – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00</p>	<p><b>Waukesha – 547-8282</b> – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00</p>
<p><b>Menomonee Falls – 251-3406</b> Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00</p>	<p><b>Eligibility:</b> 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 May 2015

Monday	Tuesday	Wednesday	Thursday	Friday 1
<p><b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</b></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p> <p><i>Menu subject to change without notice</i></p>				<p><b>KENTUCKY DERBY</b> Open-faced Hot Turkey Sandwich with gravy on Wheat Hashbrown Casserole Spinach Salad w/ dressing Apple Crisp Alt: Fresh Apple</p>
4	5	6	7	8
<p>Sloppy Joe on Whole Wheat Bun Cauliflower Fresh Banana Cookie Alt: Diet Cookie</p>	<p><b>CINCO DE MAYO</b> Chili Lime Chicken Spanish Rice Seasoned Black Beans Cucumber Salad Diced Pears Churro</p>	<p>Chicken ala King Over Warm Biscuit Peas and Carrots Apricots Pudding Alt: Diet pudding</p>	<p>Tuna Pasta Salad Tomato / Onion Salad Dinner Roll w/ butter Cantaloupe Melon Dessert Bar Alt: Diet Cookie</p>	<p><b>Happy Mother's Day!</b> Herb Roasted Pork w/ gravy Mashed Potato w/gravy Vegetable Blend 7 Grain Bread w/ butter Peach Cobbler Alt: Peaches</p>
11	12	13	14	15
<p>Roast Beef w/Gravy Baked Potato w/ butter and sour cream Broccoli Salad Potato Roll w/ butter Raspberry Sherbet Alt: Fresh Apple</p>	<p>Asian Chicken Salad w/ Asian Vinaigrette Muffin Watermelon Wedge Apple Pie Alt: Fresh Orange</p>	<p>Swiss Steak w/Tomatoes &amp; Onions Mashed Potatoes w/ gravy Cream Style Corn Sourdough Bread w/ butter Sliced Pears</p>	<p>Roasted Chicken Baked Sweet Potato w/ butter Romaine Blend Salad w/ dressing Corn Bread w/ butter Assorted Fresh Fruit</p>	<p>Italian Sausage w/Marinara Sauce Brat Bun Italian Vegetables Grape Juice Sliced Peaches</p>
18	19	20	21	22
<p>Hungarian Goulash Garlic Mashed Potatoes w/gravy Broccoli Rye Bread w/ butter Molasses Cookie Alt: Applesauce</p>	<p>Baked Ham Scalloped Potatoes Asparagus Cuts &amp; Tips Seven-Grain Bread w/ butter Chocolate Iced Brownie Alt: Banana</p>	<p>Meat Lasagna California Vegetable Blend Italian Bread w/ butter Pistachio Pudding Alt: Diet Pudding</p>	<p>Teriyaki Chicken Fried Rice Oriental Vegetables Parker House Roll w/ butter Pineapple Tidbits Chinese Almond Cookie</p>	<p>Pork Cutlet w/ gravy Baby Red Potatoes Crinkle-Cut Carrots Rye Dinner Roll Strawberry Ice Cream Cup Fresh Strawberries</p>
25	26	27	28	29
<p><b>HAPPY MEMORIAL DAY</b></p> <p><b>NO MEALS SERVED</b></p>	<p><b>Summer Kick-Off!</b> BBQ Pork Sandwich Baked Beans Corn Cherry Pie Alt: Lorna Doone</p>	<p>Chicken Parmesan Penne Pasta w/Garlic Butter Sauce Sicilian Blend Vegetable Vienna Bread w/ butter Fresh Plum</p>	<p>Meatloaf w/Mushroom Gravy Red Skin Mashed Potatoes Brussels Sprouts Garlic Bread Chocolate Chip Cookie Alt: Fresh Fruit</p>	<p>Turkey à la King Seasoned Rice Broccoli Biscuit w/ butter Fresh Orange Lemon Pudding Alt: Diet Pudding</p>

# ASK INA



Dear Ina,

I love my little dog, Muffy and I get sad when I have to leave her home by herself. I don't like being in crowds and Muffy helps keep me calm. I've heard about ways to register Muffy as a service dog and take her wherever I go. Is this something I can do?

Sincerely, Life is Ruff

Dear Ruff,

This is a good question, and service animals are a 'hot topic' among disability advocates at this time.

According to section III-4.2300 of the Americans with Disabilities Act (ADA), the definition of a service animal is any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability. Tasks performed can include, among other things; pulling a wheelchair, retrieving dropped items, alerting a person to a sound, reminding a person to take medication, or pressing an elevator button.

Emotional support animals, comfort animals, and therapy dogs are not service animals under Title II and Title III of the ADA. Other species of animals, whether wild or domestic, trained or untrained, are not considered service animals either. The work or tasks performed by a service animal must be directly related to the individual's disability. It does not matter if a person has a note from a doctor that states that the person has a disability and needs to have the animal for emotional support. A doctor's letter does not turn an animal into a service animal.

The following are examples of animals that fit the ADA's definition of "service animal" because they have been specifically trained to perform a task for the person with a disability:

- ◆ Guide Dog or Seeing Eye® Dog<sup>1</sup> is a carefully trained dog that serves as a travel tool for persons who have severe visual impairments or are blind.
- ◆ Hearing or Signal Dog is a dog that has been trained to alert a person who has a significant hearing loss or is deaf when a sound occurs, such as a knock on the door.
- ◆ Psychiatric Service Dog is a dog that has been trained to perform tasks that assist individuals with disabilities to detect the onset of psychiatric episodes and lessen their effects. Tasks performed by psychiatric service animals may include reminding the handler to take medicine, providing safety checks or room searches, or turning on lights for persons with Post Traumatic Stress Disorder, interrupting self-mutilation by persons with dissociative identity disorders, and keeping disoriented individuals from danger.
- ◆ SSigDOG (sensory signal dogs or social signal dog) is a dog trained to assist a person with autism. The dog alerts the handler to distracting repetitive movements common among those with autism, allowing the person to stop the movement (e.g., hand flapping).
- ◆ Seizure Response Dog is a dog trained to assist a person with a seizure disorder. How the dog serves the person depends on the person's needs. The dog may stand guard over the person during a seizure or the dog may go for help. A few dogs have learned to predict a seizure and warn the person in advance to sit down or move to a safe place.

The monetary value of such fully-trained guide dogs can be upwards of \$50,000. This cost includes raising and training the dog over the course of several months; often up to two years. Service animals are not pets, they are animals who work round-the-clock with their owner to provide them the services they need to get through their day.

Under Title II and III of the ADA, service animals are limited to dogs. However, entities must make reasonable modifications in policies to allow individuals with disabilities to use miniature horses if they have been individually trained to do work or perform tasks for individuals with disabilities.

*Continued on next page*

While Emotional Support Animals or Comfort Animals are often used as part of a medical treatment plan as therapy animals, they are not considered service animals under the ADA. These support animals provide companionship, relieve loneliness, and sometimes help with depression, anxiety, and certain phobias, but do not have special training to perform tasks that assist people with disabilities.

While the ADA grants specific rights and prohibits discrimination related to service dogs, there are no requirements for licensing, certification, or identification of service dogs according to the U.S. Department of Justice. In order to protect people with disabilities against discrimination, the ADA makes it unlawful to require proof of disability or identification for the service dog. Therefore, businesses are only allowed to ask two questions of dog owners; is the dog required because of a disability? And, what task or service has the dog been trained to do?

However, because of this lack of legislation requiring licensure for service dogs, many websites are now selling "identification packages" that help pet owners create the illusion of a trained service dog. For a cost, you can 'register' your dog as a full service dog and receive dog tags and a vest for your dog.

The proliferation of pet owners who try to pass off their dogs as 'service animals' is seen as a threat to the validity of genuine service dogs, who are trained specifically to assist and guide someone in their day-to-day activities. Legitimate service dogs are trained to behave in public and will usually remain calm and obey their owner's commands. If an untrained, false service dog engages them in public, this can be difficult for the true service dog and its' owner. If an untrained, unreliable service dog creates a mess in a grocery store or causes havoc in a restaurant, that business owner will be less inclined to make allowances for authentic service dogs and their handlers.

We cannot recommend that you try to register your dog as a service animal. While you may miss your dog when you are gone, it is important that we help maintain the legitimacy of true support animals and their handlers. We know it's difficult to leave Muffy at home but just think how excited she'll be to see you come home from the grocery store with doggy treats in hand!

If you would like more information on Service Animals, please visit <http://www.ada.gov/> and search for 'Service Animals.' If you would like to join the initiative to change the legislation on requirements for service animals, visit [www.cci.org](http://www.cci.org) and click on the "Take the Pledge" link to help stop service dog fraud. You can watch a YouTube video about Service Animals here: <https://www.youtube.com/watch?v=umWqE3qX3Zk>

Information taken from Americans with Disabilities Act, Canine Companions for Independence, and BBC News



## MOTHERS DAY 2015

Mother's Day is observed on May 10<sup>th</sup> this year. It is a time to honor mothers, grandmothers and great-grandmothers for their contributions to family and society.

Mother's Day was started by two women, Julia Ward Howe and Anna Jarvis. Julia Ward sponsored Mother's Day each year in Boston around 1870 for women to promote peace and disarmament. It continued for 10 years. Anna Jarvis started Mother's Day celebrations in 1908. She held a memorial for her mother, who was a peace activist during the Civil War in West Virginia. She wanted to honor her own mother by continuing the work she started and set aside a day to honor all mothers.

The first state to officially recognize Mother's Day was West Virginia in 1910. In 1914, Woodrow Wilson signed the proclamation establishing Mother's Day the second Sunday in May.

An interesting fact about Mother's day: Anna Jarvis became so resentful of the commercialization of the holiday, she protested and threatened to rescind Mother's Day. Hallmark came out in the 1920's with Mother's Day cards. Her thought was to honor mothers, not with gifts and cards, but with personal, handwritten letters. She organized boycotts and threatened lawsuits. She spent all of her inheritance and the rest of her life fighting the commercialization. She later said she regretted having started Mother's Day.

Today Mother's Day is one of the biggest sale days for flowers, candy, cards and phone calls. It has become a celebration of mothers, grandmothers and women who are mother-like figures.

'You can fool some of the people some of the time, but you can't fool mom'. Author Unknown

Information for article taken from: Wikipedia and [www.quote garden.com](http://www.quote garden.com)



# *From the Desk of Your Benefit Specialist*

Memorial Day is Monday, May 25th. To honor our veterans, we decided to share some resources available through Veteran's Affairs for veterans and their spouses! Thank you for your service!

Pensions are available to veterans and spouses of a deceased veteran. The veteran must have 90 days of active service, with at least one day of service during a period of war. Have an honorable discharge. Must be disabled.

## VA Pensions

Being 65 meets the definition of disabled. Have countable household income below limits set by law.

The un-remarried surviving spouse may be eligible if they have one of the following: homebound status, aid and attendance of another person, living in an assisted living facility, living in a nursing home and/or CBRF, living in a group home or residing in his/her home and is substantially confined to his/her home and needs assistance with daily living.

There are 3 levels of non-service connected pension payments:

The first level is the Regular Pension. This requires low income and a disability.

The second level is Pension with Housebound Status. This requires a disability that is such that the veteran is substantially confined to his home and needs assistance with daily living.

The third level is Pension with Aid and Attendance Allowance. The veteran resides in a Nursing Home, Group Home, CBRF, Assisted Living or resides in his/her home and the veteran is substantially confined to his/her home and needs assistance with daily living.

Veterans who meet the service requirements and the residency requirements are eligible for burial in state cemeteries operated by the Wisconsin Department of Veterans Affairs. Spouses and dependent children of eligible

## VA Burial

Veterans also may be eligible for burial. Union Grove, Spooner, and King are the three Wisconsin Veterans Memorial Cemeteries.



The Waukesha County Veterans' Services provides assistance to Waukesha County veterans and their families in obtaining federal and state veteran's entitlements.

Office hours Monday-Friday from 8:00am to 4:30pm at 262-548-7732.

Sources: Waukesha County Veteran's pamphlet

## **The ADRC Connection Newsletter Is Just A Click Away...**

The ADRC Connection newsletter is a monthly publication from the Aging and Disability Resource Center of Waukesha County. We truly hope that you enjoy reading this newsletter. Our goal is to provide information on topics that may be of interest to you, as well as the many services and resources we offer. You can access our newsletter online by going to the Waukesha County website at [www.waukeshacounty.gov](http://www.waukeshacounty.gov). From Departments, select Health and Human Services, next click on the Aging and Disability Resource Center on the left side of the page. Our current newsletter and archived issues can be found by clicking News & Issues located in the upper right side of the page. If you would like to have a newsletter sent to you via email, please contact the ADRC at 262-548-7848, provide us with an email address and you will be added to our list to receive the newsletter electronically each month.



# Behold the Superhero Powers within an ADRC Volunteer



We recently acknowledged the many Aging and Disability Resource Center (ADRC) volunteers with a recognition luncheon. This year's theme focused on superheroes, as we believe our volunteers are just that. The ADRC's mission statement reads: *"Waukesha County is committed to serving adults and their families with issues of aging and/or disability. We will provide information, assistance and education to promote independence and improve quality of life, while offering choices to the consumer"*. The ADRC could not stand by this statement without the assistance of our many volunteers. Our committed volunteers help provide the necessary services to promote independence and improve quality of life for seniors and those living with disabilities in Waukesha County. Without their help, we would not be able to provide the following programs and services:

**Benefit Specialist Assistance**— These volunteers provide aid by filling out forms, filing and data entry for insurance, medical bills, Medicare, legal and social security issues.

**Nutrition Assessments**—Eldereach volunteers visit older adults to assess their needs and report those needs back to the ADRC. They also inform older adults about various services available in their community.

**Friendly Visitor Program**—Friendly visitors offer support to many seniors who do not have family close by or have out-lived their friends by visiting weekly and offering companionship.



**Home Delivered Meal Program**—Home Delivered Meals are available to homebound seniors unable to cook for themselves. This program would not be possible without the help of volunteer drivers. Home Delivered Meal drivers are reimbursed for their mileage and work under the direction of a Senior Dining Site Manager.

**Senior Dining Program**—There are 10 senior dining centers located throughout Waukesha County. These centers offer well-balanced, hot, nutritious meals. Volunteers, known as Senior Dining Assistants, are vital to the operation. Dining Assistants help set up, serve and clean up. They may also help pack meals for home delivery and help with registration.

**Office Assistance**—Volunteers assist with typing, filing, computer entry and many other clerical duties which help our ADRC office operate more efficiently.

**Volunteer Guardians**—Volunteer Guardians help make decisions in the best interest of their ward to ensure their safety and well-being.

**Waukesha County Courthouse Assistance**—Volunteers greet and direct visitors to offices or departments within the Waukesha County Courthouse complex.

ADRC volunteers help in significant ways and that is why we chose a "superheroes" theme for this year's recognition event. The main characteristic that our superheroes display is a desire to help. If you are interested in becoming an ADRC "superhero" volunteer call 262-548-7848. Stay tuned for next month's article featuring more on this year's event.



## LOOKING TO VOLUNTEER?

YOUR VOLUNTEER ENERGY CAN CHANGE A WHOLE COMMUNITY! Our Senior Dining Centers can use a hand with setting up meals, serving, packing meals for home delivery and clean up. Volunteers can help out once a week or twice a month from 9:30 am-1:00 pm., weekdays. A little help will go a long way in Butler, Oconomowoc, and Waukesha. Training is provided on-site.

If interested call the ADRC at 262-548-7848.



**NATIONAL PREVENTION WEEK** is an annual health observance that is dedicated to increasing public awareness of both substance abuse and mental health issues. **Prevention** is the word that is critical in educating the public about the importance these issues have in their communities and families – **before they occur**.

The theme this year's campaign is "The Voice of One, the Power of All", to inspire everyone to get involved in the preventative efforts that can make a difference in someone's life. The suggested health topics that will be used to guide Waukesha County's community events are:

**Prevention of Tobacco Use (5/18), Prevention of Underage Alcohol Use (5/19), Prevention of Illicit Drugs: Marijuana, Prescription Drugs, and Opioids (5/20-21), Prevention of Suicide (5/22), Promotion of Mental Health and Wellness (5/23)**

Watch for messages and events that keep you informed and suggest what YOU can do! These community events increase the visibility and discussion of these difficult topics. They create opportunities to recognize ways you can effect people's choices.

There will be a Waukesha County Community Drug Collection to kick off that week - Saturday May 16<sup>th</sup>

## DRUG COLLECTION & AWARENESS FOR WAUKESHA COUNTY RESIDENTS

### DRUG COLLECTION LOCATIONS & TIMES:



ALL LOCATIONS OPEN:  
**10 AM - 2 PM**

- Brookfield:** Brookfield Recycling Center (19700 Riverview Dr.)
- Menomonee Falls:** Community Memorial Hospital (W180 N8085 Town Hall Rd., Entrance B)
- Mukwonago:** D.N. Greenwald Center (240 West Maple Ave.)
- Muskego:** Muskego Police Department (W183 S8150 Racine Ave.)
- New Berlin:** Moorland Reserve Health Center (4805 S. Moorland Road)
- Oconomowoc:** Oconomowoc Memorial Hospital (791 Summit Ave., Regional Cancer Center Entrance)
- Pewaukee:** Village of Pewaukee Police Department (235 Hickory St.)
- Waukesha:** Waukesha State Bank Downtown Office—Employee Parking Lot (St. Paul Ave. at Madison St.)



Printed courtesy of



PROHEALTH CARE

For more information please visit [www.waukeshacounty.gov/drugcollection](http://www.waukeshacounty.gov/drugcollection)



Since its theatrical release in 1977, George Lucas's masterpiece *Star Wars* and its sequels have been a source of intense adoration by both young and old. They introduced a generation to the genre of science fiction and opened doors for other filmmakers to enter (what was at that time) somewhat uncharted territory. May 4th of every year is often referred to as "Star Wars Day" and it touts the phrase "May the fourth be with you" as a play on the film's famous line "May the force be with you." This saying was used publically by Margaret Thatcher in 1979 after her win as Britain's first woman Prime Minister when her party took out a newspaper ad saying "May the Fourth be with you, Maggie. Congratulations." Whether or not the irony was lost on them may remain a mystery. On May 4th of this year, grab your preferred partner in adventure and your copy of *Star Wars* to enjoy a story that to this day remains one of the greatest.

# May Word Search



BASEBALL

BLOOM

CINCO

EMERALD

GRASS

LILY-OF-THE-  
VALLEY

MAY

MAYFLOWERS

MEMORIAL-  
DAY

MOTHERS

E M S K T G S Y I U Y Q G L U V U Q F V  
 N Z O S F P M E M O R I A L D A Y B O D  
 I V E O R W R L S W L M O C N I C L B B  
 H N P I L Z N L Q C I L M A Y I U P J I  
 S V N W R B J A H N H W A X M N S S M J  
 N G C Y L J E V A Z X O V B T K J S A G  
 U N N Y G T Q E Z D W L O E E Y L A Y A  
 S E N S A I C H Z X A Z E L M S H R F N  
 R V D L A I R T V E E R R P S Q A G L M  
 K A P F V M U F X J N O O W V O L B O O  
 R Y I R M K P O S R A W R A T S U O W T  
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 F S H D B H O L S R C W U Z C N G I R E  
 W W H G N O B I N K M C X A S K G I S R  
 E J N F O F W L E M E R A L D C L H E S

MY-PLATE

NEST

RAINBOW

SCHOOLS-

OUT

SERVICE

ANIMAL

SPRING

STAR-WARS

SUNSHINE

VOLUNTEER

## CINCO de MAYO

Cinco de Mayo is celebrated on May 5 of every year. The roots of it came from the Mexican Army's unlikely victory over French forces at the Battle of the Puebla.

Today this holiday is celebrated in Mexico, the United States and around the world. It is a time of singing, dancing, and partying. A time to celebrate being of Hispanic descent.

Fun Fact: The world's largest Cinco de Mayo celebration takes place in Los Angeles, Ca. Parades, food, and dancing bring hundreds of thousands to attend.

Information for article taken from Wikipedia, Holiday Insights and LatinAmericanhistory.com

## STEAK TACOS

- 1 lb steak- Slice very thin against the grain
- 1 medium onion- diced
- ½ bunch of cilantro- rough chopped
- 2 limes quartered
- 10 soft corn tortillas
- 1 Tbsp ground cumin
- 2-3 Tbsp vegetable oil



Heat 10 corn tortillas in a covered skillet over medium-low heat. Heat skillet over medium heat. Add enough vegetable oil to have a light coating on the bottom of the skillet. Add the steak. Cook for 2-3 minutes. Add the cumin and squeeze the juice of one of the limes. Stir and cook another 2-3 minutes. Remove from heat. Serve steak on warmed tortillas. Top with diced onion and chopped cilantro and squeeze fresh lime juice over the top.



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

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