

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

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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From the Deputy Director's Desk

The past year has been a year of transition for the ADRC. Almost one year ago, we moved into our new building which offers greater access to information and services within the ADRC. We have seen an increase in the number of walk-ins for assistance, which is excellent.

The ADRC has developed a strategic plan that focuses on providing quality services to elders and persons with disabilities. This monthly newsletter is one of the outcomes of our strategic plan. As a result of these monthly publications, we have seen an increase in the number of inquiries within the ADRC. A special thank you goes out to the ADRC staff who write the articles and publish our monthly newsletter.

We welcome your feedback on how the ADRC can continue to provide the best quality services to the residents of Waukesha County. We thank you for your input during the spring public hearing and we are looking at ways to expand input through the use of technology to hold virtual meetings with the community.

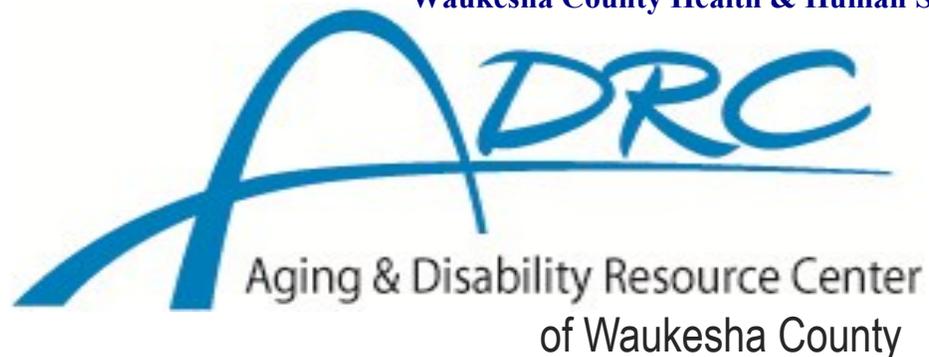
As a result of Waukesha County being selected as a grant recipient for a statewide initiative, the ADRC announces the addition of a Dementia Care Specialist! The ADRC will create a dementia-friendly community through collaborative efforts with families, service providers, and local systems that assist in meeting the needs of people with dementia in Waukesha County. We would like to collectively ensure that people with Dementia who exhibit challenging behaviors are supported, cared for and safe, whenever possible in a stable living situation in their community while matching their individual level of care needs. The measures of success for a dementia-friendly community include:

- ◆ Improved individual and caregiver satisfaction
- ◆ Improved safety and stability of current living situation
- ◆ Improved quality of life
- ◆ Improved coordination between caregivers, community, facilities, and law enforcement, and agency staff

It has been an exciting first year in our new building, and the ADRC staff will continue to strive for excellence in meeting your needs with every inquiry. Our staff is highly professional and skilled in answering questions while being sure to offer choices to consumers.

As William G. Graham, ADRC Advisory Board Chairperson stated in the July Newsletter, "Advocating together on behalf of the people we serve and represent, we will lead the way." This partnership is essential and vital to our continued success. Thank you for doing what you do!

**Laura Kleber, Deputy Director
Waukesha County Health & Human Services**



County Board Supervisors Volunteer

On June 25, County Supervisor Christine Howard was 1 of 12 county board supervisors who helped with the packing and delivery of meals to seniors. The Aging and Disability Resource Center operates 11 senior dining sites throughout Waukesha County and on this day supervisors volunteered their services in an effort to promote volunteer needs for Waukesha County. Volunteers helped to deliver over 113,000 meals to homebound seniors. If you would like to become an ADRC volunteer call 262-548-7829 or see the volunteer tab online at www.waukeshacounty.gov/adrc.



September is National Guide Dog Month



“Please don’t pet me, I am working”

If you have seen a dog with this message, then you have likely spotted a guide dog. They are also known as assistance dogs, or service dogs.

Assistance dogs not only serve the blind, they can help people who have hearing loss, people with diabetes monitor their blood sugars, help people with seizures and even help individuals with autism become more social and confident.

Impressed by the intelligence and training of guide dogs, actor Dick Van Patton was inspired to create National Guide Dog Month. Mr. Van Patton currently serves as an honorary Board Member for the Guide Dogs of the Desert, located in Palm Springs, California.

Did you know that there is Guide Dog Access legislation? The United States was the first country to pass laws protecting the rights of blind individuals to enter public establishments and to travel on all modes of public transportation. Washington, Florida, Pennsylvania, and Texas have a law that makes it illegal to knowingly injure or kill a guide dog which makes it possible for owners to recover punitive damages for the loss, retraining and replacement of their guide dog. It also makes it possible for the individual to receive compensation for lost income and damages inflicted by such deliberate acts. Visit the National Association of Guide Dog Users website at <http://www.nagdu.org> to see a listing of Guide Dog Access laws by state.

In recent years other state laws have been strengthened by the passage of Federal legislation. Several of the laws include provisions of the Federal Rehabilitation Act of 1973 which prohibits discrimination against persons with disabilities in federal programs. More federal protection for guide dog users can be found in the Americans with Disabilities Act (ADA) of 1990.

Owners share a special bond with their service animal. Many report they are a member of the family and they are seen as a loyal friend.

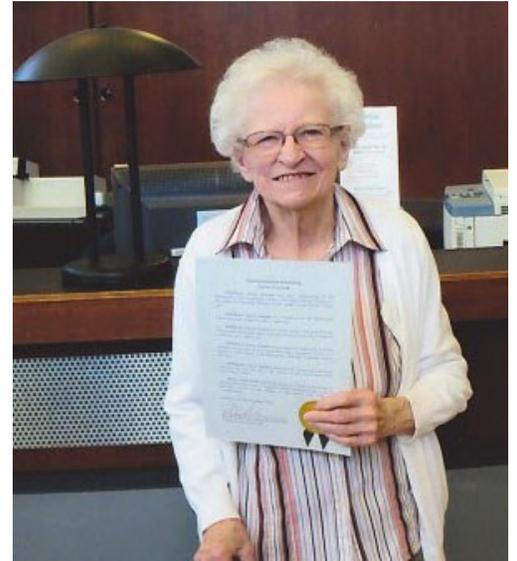
Fun fact: The first guide dog school was established in Germany during World War I to enhance the mobility of returning veterans who were blind due to combat.

Information for article collected by Wikipedia, National Association of guide dog users.



Volunteer Spotlight

For the past 18 years, 90 year old Sylvia Greytek has dedicated many volunteer hours to the Menomonee Falls Senior Dining Center. Sylvia's volunteer efforts were recently recognized during a Menomonee Falls Village meeting when Village Board President Randy Newman surprised her with a proclamation for her volunteer service. Five days a week Sylvia takes a bus to the Center to help with registration and table setting. As noted in the proclamation, Sylvia "continues to be a warm and welcoming volunteer for any and all of the seniors at the Menomonee Falls Community Center". Last year alone, Sylvia provided 536 volunteer hours to the Dining Center. If you were to multiply that number by 18 years she most likely served over 9600 volunteer hours to the Center. Because of her dedication and loyalty we have chosen to spotlight her volunteer efforts. Thank you Sylvia!



ASK INA



Dear Ina,

I am an aging adult. I recently had contact with a social worker who suggested that I look into getting an alarmed pill box to help me manage my medications better. Can you please tell me what an alarmed pill box is and how I could get one?

Sincerely, Interested Senior

Dear Interested Senior,

Alarmed pill boxes come in many different forms. Alarmed pill boxes can be simple battery operated containers that work like an alarm clock and are set to beep according to your medication schedule. They can also be more complex with an ability to call a designated person in the event that you miss a dose of medication. This type of machine will also be set up to beep according to your medication schedule but works more like an emergency alert system, or Lifeline. Some alarmed pill boxes have locking mechanisms so that you are not able to accidentally take a dose of medication from the wrong day or time, others operate like a regular pill box but have a programmable alarm clock on them. Alarmed pill boxes range in price. Some are one time purchases. Machines that call a designated person when a dose is missed have monthly costs associated with them.

The ADRC has simple alarmed pill boxes that lock and only dispense the scheduled dose of medication. It can be programmed for up to four times a day. There are eligibility requirements for our machines. If you are eligible, a machine is provided to you at no cost. We do require that you have someone helping you to set up the medications. You must also have care needs that require you to seek assistance from either a paid caregiver, a friend or family member. If you have been diagnosed with any form of dementia by a doctor, you may also qualify.

If you would like to discuss your eligibility for an alarmed pill box through the ADRC, or would like to review the private pay options available to you, please feel free to call us and schedule an appointment with an ADRC Specialist.

Medicare is Here to Stay

Medicare went into effect 48 years ago on July 1, 1966. Earlier that same year, Medicare workers went door to door trying to get seniors to sign up. Medicare was not the cornerstone then that it is today and people did not know whether it was going to work for the long haul.

Now, nearly half a century later, Medicare remains one of the most popular government programs in the nation.

We can't see the future, but one thing's for sure: Medicare is here to stay. Medicare provides health insurance to more than 50 million Americans. Forty-two million are people age 65 and older and the other 8 million are younger and have disabilities.

Most people first become eligible for Medicare at age 65.

The four parts of Medicare are parts A, B, C, and D.

Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.

Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. In 2014, the premium for most people is \$104.90, the same as it was in 2013. Some high-income individuals pay more than the standard premium. Your Medicare Part B premium also can be higher if you do not enroll when you are first eligible, also known as your initial enrollment period. There also is a Medicare Part B deductible of \$147 in 2014.

Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A *and* Part B to enroll in Part C. Monthly premiums vary depending on your state, private insurer, and whether you select a health maintenance organization or a preferred provider organization.

Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for *extra help* from Social Security to pay the premium and deductible. To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Will you be age 65 soon? Even if you decide not to retire, you should consider applying for Medicare. You can apply in less than 10 minutes using our online Medicare application. Do it today at www.socialsecurity.gov/medicareonly.

To learn more about applying for Medicare when you plan to delay retirement, read our publication *Applying For Medicare Only—Before You Decide*, available at www.socialsecurity.gov/pubs.





From the Desk of Your Benefit Specialist

WisPACT Launches Speakers' Bureau

Wisconsin Pooled and Community Trusts (WisPACT) has started a Speakers' Bureau made up of attorneys throughout the state. These attorneys have expertise in financial planning for seniors and persons with disabilities and have knowledge in setting up Special Needs Trusts (SNTs) in Wisconsin. The attorneys in the WisPACT Speakers' Bureau are willing to do presentations for any group that serves seniors or persons with disabilities, or any groups that are advocates for the disabled or aging population in Wisconsin.

WisPACT is a private nonprofit organization that administers pooled and community Special Needs Trusts for people with disabilities. Typically, persons with disabilities who have assets of more than \$2,000 must spend down their assets before they can apply and receive public benefits. With a traditional trust, like a revocable living trust, assets are counted as available assets and may prevent the person from qualifying for means-tested public benefits. However, under the Medicaid law, there is a statute that allows the creation of a Special Needs Trust. Assets in a Special Needs Trust are not counted as assets under the rules that apply to Medicaid and will not affect the beneficiary's ability to receive benefits.

Special Needs Trusts are complex and need to comply with very specific rules to protect the person's assets. It can be created by the person, parents or grandparents, court-appointed guardian or court order. However, it is strongly recommended that the person hire an attorney who specializes in elder law, estate planning or special needs planning for people with disabilities.

if your organization would like more information regarding the Speakers' Bureau, contact WisPACT at (608) 268-6006, or visit them online at www.wispact.org.



Spotlight on La Casa Meal Site

Hello, my name is Christina. I am the new manager at the Waukesha Senior Dining Center located in La Casa Village apartments. I am new to my position, having just started in early July, and I really enjoy working here. My favorite part of the job is seeing the smiling faces of our diners and spending time with our wonderful volunteers. I am a recent graduate of the Waukesha County Technical College Hotel and Restaurant Management program. I am excited to put my experience and knowledge to work in creating a vibrant, welcoming environment for my diners.

The Senior Dining center at La Casa Village serves lunch Monday through Friday at 12:00 noon. You can find us at 1431 Big Bend Road, and all eligible seniors are welcome to come. If you'd like to join us for lunch, please call 262-547-8282 at least one day in advance. We look forward to seeing you!



Stay Healthy with Tomatoes

Tomatoes are plentiful in late summer and early fall. They are loaded with vitamins, minerals, antioxidants, and phytochemicals that work together to help you stay healthy. One medium tomato is only 25 calories and is a good source of vitamin C, vitamin A, and potassium. These nutrients can help you:

- Fight infections and heal wounds.
- Reduce risk of heart disease and cancer.
- Reduce risk of high blood pressure and stroke.
- Have healthy eyes.

Looking for new ways to enjoy tomatoes this summer? Try...

For breakfast. Spread whole-grain toast or a bagel thin with light cream cheese. Top with a thick slice of tomato, a sprinkle of dill, salt and pepper.

Roasted. Roast whole cherry tomatoes or tomato halves in a hot oven for flavorful cooked tomatoes (425 degrees for 20-25 minutes).

As a colorful side dish. Make a quick side dish with sliced tomatoes, cucumbers, onions, and your favorite salad dressing.

As a snack. Eat grape tomatoes out of your hand, with dip, or add to a salad.

Or, try this quick and delicious tomato recipe!

Tomato, Mozzarella and Basil

Makes enough for 6-10

Ingredients:

3-4 tomatoes (washed and sliced)
8 oz. mozzarella cheese (sliced)
1 sprig basil (chopped)
2 Tablespoons olive oil
Salt and pepper (optional)

Instructions:

Layer tomatoes with mozzarella.
Sprinkle basil on top.
Drizzle olive oil over the top. Sprinkle with salt and pepper if desired.
Serve and enjoy!

 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	

**AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU September 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY NO MEALS SERVED	Sloppy Joe on Bun Potato Salad Three Bean Salad Peanut Butter Bar Alt. Fresh Fruit	BBQ Chicken Twice Baked Mashed Potatoes Baked Beans Bread/Butter Chocolate Chip Cookie Alt. Plain Cookie	Vegetable Lasagna Tossed Salad Ranch Dressing Warm Breadstick Butter Fresh Fruit Salad Frosted Peanut Butter Bar Alt: Lorna Doones	Vegetable Soup Crackers HDM: Marinated Vegetable Salad Cold Shaved Turkey on Kaiser Mustard/Mayo/Lettuce/Tomato Fresh Banana Sherbet Cup Alt. Diet Cookie
8	9	10	11	12
Scalloped Potatoes and Ham Peas and Carrots Baking Powder Biscuit/ Honey/Butter Fresh Fruit	Chili w/ cheese and onions Crackers Tossed Salad Ranch Dressing Cornbread/butter Fruit Cocktail Tapioca Pudding Alt. Diet Pudding	Apple Juice Pizza Casserole Green Beans Ranch Dressing Italian Bread/Butter Angel Food Cake w/ whipped topping Alt. Plain Cake	Healthy Bake Fish Tartar Sauce Macaroni and Cheese Vinaigrette Coleslaw Rye Bread/Butter Watermelon Ice Cream Alt. Fresh Fruit	Turkey a la King over Biscuit Spinach Cranberry Juice Frosted Spice Cake Alt. Plain Cake
15	16	17	18	19
Italian Sausage w/green peppers and onions Brat Bun Pasta w/ Tomato Sauce Capri Blended Vegetables Grapes Oatmeal Cookie Alt. Fresh Fruit	Baked Chicken Quarters Parsley Potatoes Squash Whole Grain Bread/ Butter Gelatin Fluff Alt. Diet gelatin	Pork Cutlet Brown Rice Cooked Spinach Dinner Roll w/ butter Apple, Cranberry, Orange Compote	Roast Beef w/ gravy Garlic Mashed Potatoes w/ gravy Broccoli Salad Whole Wheat Bread w/ butter Dessert Bar Alt. Diet Cookie	Breaded Fish w/ Lemon Tartar Sauce Au gratin Potatoes Creamy Cucumbers Rye Bread/butter Lemon Pudding Alt. Diet Pudding
22	23	24	25	26
Beef Stew with Carrots and Potatoes Baking Powder Biscuit/ Butter Mandarin Oranges Tapioca Pudding Alt. Diet Pudding	Chicken Breast in Mushroom sauce Baby Red Potatoes Two tone Beans Bread/Butter Sherbet Cup Alt. Diet Pudding	Ring Bologna Ketchup/Mustard Parsley Potatoes Sauerkraut Bread/butter Chocolate chip cookie Alt. Lorna Doone	Tuna Casserole Peas and Carrots Whole Wheat Bread w/ butter Applesauce Fruit Pie Alt. Fresh Fruit	Porcupine Meatballs Wild Rice Squash Cornbread/Butter Cranberry Juice Pumpkin Bar Alt. Fresh Fruit
29	30			
Sweet Sour Pork Steamed Rice Oriental Vegetables Dinner Roll Butter Fresh Peaches Peanut Butter Bar Alt. Vanilla Wafers	Whole Wheat Spaghetti with Meat sauce Italian Vegetables Italian Bread Butter Fruit Cocktail Ice Cream Alt. Diet Gelatin	<p align="center"><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p align="center">ALT= LOW SUGAR ALTERNATIVE</p> <p align="center"><i>Menu subject to change without notice</i></p>		



What is dementia?

Dementia is not a specific disease. It's an umbrella term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is often incorrectly referred to as "senility" or "senile dementia," which reflects the formerly widespread but incorrect belief that serious mental decline is a normal part of aging.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.



What is Alzheimer's disease?

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Type of Dementia

Characteristics

Alzheimer's disease

Most common type of dementia; accounts for an estimated 60 to 80 percent of cases.

Symptoms: Difficulty remembering recent conversations, names or events is often an early clinical symptom; apathy and depression are also often early symptoms. Later symptoms include impaired communication, poor judgment, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking.

New criteria and guidelines for diagnosing Alzheimer's were published in 2011 recommending that Alzheimer's disease be considered a disease with three stages, beginning well before the development of symptoms.

Vascular dementia

Previously known as multi-infarct or post-stroke dementia, vascular dementia is less common as a sole cause of dementia than Alzheimer's, accounting for about 10 percent of dementia cases.

Symptoms: Impaired judgment or ability to make decisions, plan or organize is more likely to be the initial symptom, as opposed to the memory loss often associated with the initial symptoms of Alzheimer's. Occurs because of brain injuries such as microscopic bleeding and blood vessel blockage. The location, number and size of the brain injury determines how the individual's thinking and physical functioning are affected.

Dementia with Lewy bodies (DLB)

Symptoms: People with dementia with Lewy bodies often have memory loss and thinking problems common in Alzheimer's, but are more likely than people with Alzheimer's to have initial or early symptoms such as sleep disturbances, well-formed visual hallucinations, and muscle rigidity or other parkinsonian movement features.

Mixed dementia

In mixed dementia abnormalities linked to more than one type of dementia occur simultaneously in the brain. Recent studies suggest that mixed dementia is more common than previously thought.

Parkinson's disease

As Parkinson's disease progresses, it often results in a progressive dementia similar to dementia with Lewy bodies or Alzheimer's.

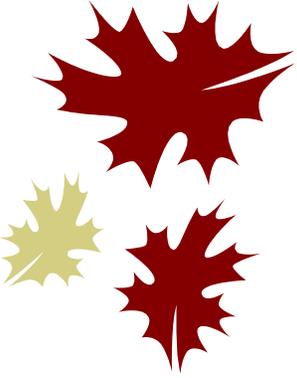
Symptoms: Problems with movement are a common symptom early in the disease. If dementia develops, symptoms are often similar to dementia with Lewy bodies.

Frontotemporal dementia

Includes dementias such as behavioral variant FTD (bvFTD), primary progressive aphasia, Pick's disease and progressive supranuclear palsy.

Symptoms: Typical symptoms include changes in personality and behavior and difficulty with language. Nerve cells in the front and side regions of the brain are especially affected.

September 7th is National Grandparents Day



National Grandparents Day is celebrated on the first Sunday after Labor Day. The proclamation declaring this day was signed by President Jimmy Carter in 1978.

The impetus for the day was started by Marian McQuade, a housewife in Fayette County, West Virginia. She began her campaign in 1970. In 1971 she was elected Vice-Chairperson of the West Virginia Committee on Aging. She was appointed as delegate to the White House Conference on Aging. Her primary motivation was to champion the cause of elderly individuals in Nursing Homes who are lonely. She hoped that by having a special day set aside to honor grandparents, it would persuade grandchildren to visit them in a nursing home or at home. Her hope was that it would lead to intergenerational interaction by sharing stories, playing games and just being together.

In these busy times, use this day to get together and start your own memories!

Fun fact of the day: September was chosen as the month because it is meant to signify the autumn years of life.



Wisconsin Senior Employment Program

WISE

The Wisconsin Senior Employment Program is recruiting people in Waukesha County, 55 and older, unemployed, and at 125 % of Federal poverty level to be participants where they are placed at Non-Profit or Governmental worksites at 20 hours a week and paid 7.25 an hour. This is an employment training program. Most work is entry level and geared to getting people back into the workforce. It is a program that has a Community Betterment aspect to it and helps people get out of the house and back into the swing of things which is good for self-esteem. If anyone wants to inquire further they should call Paul Koenig, Program Coordinator at 608-242-4897 or email him at paul.koenig@gwaar.org



Caregiver Corner

Adult Day Care Centers offer services designed for aging adults in need of assistance and supervision during the day. They offer programming to meet the needs of aging adults, and are proven to help seniors with cognitive impairments maintain a level of functioning for a longer period of time. Adult Day Care Centers meet the needs of seniors experiencing both physical impairments to cognitive impairments that may be preventing an individual from being safe and independent when alone. These Centers have staff trained to provide multi-sensory stimulation and recreational activities appropriate for all levels of functional capabilities. The Centers provide monitoring by staff and licensed nurses, as well as meals, snacks, companionship and social interaction. They are typically designed to operate during normal business hours. This safe and enjoyable atmosphere gives a level of comfort to caregivers. Knowing their loved one is well cared for allows them to go to work, handle personal business or just relax.



Adult Day Care Centers aim to delay or prevent institutionalization by providing alternative care in a way that is more affordable than in home care and supports. Average Adult Day Care costs range from \$65 to \$75 per day. Many Centers also offer personal care services such as bathing and grooming for a small additional cost. Adult Day Care Centers can be either socially based or medically based. Social based day care services provide a range of activities, recreation, meals and some health-related services. Medically based Centers offer more intensive health related services and oversight, therapeutic services and social services for individuals with more complicated medical situations as well as those at risk of requiring Skilled Nursing Facility care. Adult Day Care Centers can also offer programming for adults with developmental disabilities.



When looking into an Adult Day Care Center for your loved one, it is important to ask questions that will determine if the Center is the right fit and will meet your needs. A good way to accomplish this is to make a list of services that are important to you and list the hobbies and interests of the person that will be attending the Center. Ask questions about whether the Center offers things such as disease or illness related education, exercise, health screening, snacks and meals, therapies including Physical, Speech, Recreational, and Occupational Therapy, personal care and transportation services. Ask to see a social calendar of activities, request a tour of their facilities and talk to staff. Pay attention to how staff is interacting with the individuals in the program and how individuals are interacting with each other. Many Centers will offer a free trial day for your loved one to attend without any obligation. It is normal for aging adults to be apprehensive when attending for the first time and it can be difficult as a caregiver to send a loved one to be cared for by another individual, even for a few hours at time.

In Waukesha County, Adult Day Care Centers are located in Waukesha, Menomonee Falls and Oconomowoc. In addition, the ADRC of Waukesha County contracts with four Adult Day Care Centers to help lower-income individuals receive the benefits of the program.

For questions or to receive more information about Adult Day Care Centers, contact the ADRC.

ADULTS NEED IMMUNIZATIONS, TOO!

Regardless of age, we all need immunizations to continue to keep us healthy. With time, the immunity we get from childhood vaccines can wane, and you may also be at risk for new and different diseases. Maintaining protection against many preventable illnesses that often result in serious complications is an ongoing responsibility we have to ourselves and our loved ones who depend on us.

BE THE EXAMPLE in teaching others how to care for themselves, **through your actions**. Encourage others in your family, and friends, to find out what immunizations they need to continue to stay well. Both adult and child vaccinations are readily available through primary care clinics, physicians offices, and pharmacies, in addition to the Waukesha County Public Health Division. All offer information regarding the benefits and risks of immunizations in easy to understand terms.

The specific immunizations that are required as an adult are determined by many factors, including your age, lifestyle, health conditions, travel destinations, and previous immunization history. Some of the recommended vaccines are:

- * **Seasonal Influenza (flu)** - for all adults annually
- * **Tdap - Tetanus, Diphtheria, and Pertussis (whooping cough)** - Pertussis is often transmitted to young children by adults (parents, grandparents). Immunization is usually repeated every 7-10.
- * **Shingles (Zoster)** - for adults 60 and older
- * **Pneumococcal Disease (Pneumonia)** - for adults 65 or older, and adults with specific health conditions
- * **Hepatitis B** - for adults who have diabetes or at risk for Hep B

Ask your doctor which vaccines are recommended for you, or contact the **Waukesha County Public Health Division** to get additional information. Public Health also has walk-in immunization services **Monday through Friday, 8:00am – 4:00pm located at 514 Riverview Avenue, Waukesha**. Nurses are available to answer any questions you may have. If you are traveling, the International Travel Clinic provides vaccines and education to protect travelers by appointment.

For more information, please call (262) 896-8430.

Cost of routine vaccines are often covered by Medicare. Medicare B covers seasonal flu, pneumonia and Hepatitis B. Medicare D plans often cover Tetanus, Diphtheria, and Pertussis (Tdap), some cover Shingles (Zoster). Contact your plan through the number on the back of the card to find out. Medicaid also covers most routine vaccines.



Dilly Beans

- 1 lb Green or Yellow Beans
- 1 tsp crushed Red Pepper, divided into ¼ tsp amounts
- 4 cloves Garlic
- Fresh Dill sprigs
- 6 cups water
- ¾ cup salt
- 3 pints Vinegar



Prepare beans. Pack beans into pint size jars. To each jar add ¼ tsp crushed red pepper, 1 clove garlic, fresh dill. Combine water, salt and vinegar and bring to a boil. Pour over beans. Process jars in hot water bath for 5 minutes. Yields approximately 4 pint size jars.

Upcoming class schedule

Evidence Based Health Promotion Program

Stepping On (falls prevention) workshop

Thursdays, October 2nd – November 13th (7 weeks)

1:30 pm – 3:30 pm

Location: Retzer Nature Center
S14W28167 Madison St, Waukesha, WI
53188
(262) 896-8007

Contact: Lee Clay (262) 548 – 7848

Cost: \$3 per person facility use

Living Well with Chronic Conditions

Wednesday, September 10th-October 15th (6 weeks)

9:00—11:30 am

Location: Moorland Reserve Health Center
4805 S Moorland Rd
New Berlin, WI 53151

Contact: Froedtert Care connection 1-800-272-3666

Cost: Donation appreciated

Mondays September 8th-October 13th (6 weeks)

9:00—11:30 am (refreshment included)

Location: Waukesha Memorial Hospital
725 American Ave
Waukesha, WI 53188

Contact: (262) 928-1000

Cost: Confirm upon registration

Healthy Living with Diabetes

Thursdays, September 16th-October 23rd (6 weeks)

1:30 4:00 pm (refreshment included)

Location: St Williams Church,
The Vercelli House
440 N Moreland Blvd
Waukesha, WI 53188

Contact: Lee Clay (262) 548 -7848

Cost: Donation appreciated (\$20 book deposit)

Mondays, October 20th – November 24th (6 weeks)

2:30 pm – 5:00 pm

Location: ADRC of Waukesha County
Health and Human Services Building
514 Riverview Ave
Waukesha, WI 53188

Contact: Lee Clay (262) 548 -7848

Cost: Donation appreciated (\$20 book deposit)

Powerful Tools for Caregivers

Wednesdays October 1st – November 5th (6 weeks)

1:30 pm – 3:00 pm

Location: ADRC of Waukesha County
Health and Human Services Building
514 Riverview Ave
Waukesha, WI 53188

Contact: Lee Clay (262) 548 -7827

Cost: \$30 book deposit

Eat Better Move More

A nine week nutrition and fitness education workshop for older adults featuring the “My Plate Nutrition Plan”. Taught by Mount Mary University Dietetic Department in partnership with Muskego Library.

Tuesdays September 16 – November 18th (no class Nov. 4th)

9:30 am – 11:30 am

Location: Muskego Public Library
S73 W16663 Janesville Road
Muskego, WI 53150

Contact: Muskego Public Librarian Samantha Stark 262-971-2100

Cost: \$15 for equipment and refreshment costs



FARMER'S MARKET

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

BREADS
 COOKIES
 FRUITS
 JEWELRY
 PRODUCE
 SOAP
 VEGETABLES

CANDLES
 CRAFTS
 HOBBIES
 MUSIC
 SCENTED
 SUNFLOWERS
 VENDOR

COMMUNITY
 FARMING
 JELLIES
 PIES
 SEASONAL
 SUNSHINE
 WILDFLOWERS

A HISTORY OF LABOR DAY

19th Century America demonstrated a time of growing support for the Labor Movement. Moving from a nation of agriculture to one of manufacturing, working conditions were poor and unsafe. Work days consisted of 12 hour shifts devoid of breaks, with 7 day per week work weeks. Children were employed at minimal wages often less than half that of their adult counterparts, while adults and children alike were subjected to environments lacking fresh air and adequate sanitation.



Labor Unions in New York joined together to create the Central Labor Union. Bringing together many local unions, a small committee of Central Labor Union members planned a fall day of celebration for the workingmen of the nation. This celebration commenced in New York City and included a parade moving from City Hall to Union Square. Over 20,000 tickets were sold for the celebration and the proceeds were given to the unions participating in the sales. While many cities had already held small scale celebrations and demonstrations in support of work issues, the parade held on September 5, 1882 turned out a participation of an estimated 10,000 workers from mills, mines and factories. Many of these workers took unpaid time off from their positions. This event consisted of a day of picnicking and drinking beer, parades, and speeches from the union leaders, evening fireworks and dancing.



In 1887 individual states began establishing a legal day of celebration in honor of their laborers. Other industrial centers across the country caught on and by 1894 a total of 28 states had signed a holiday into their legislation. On May 11 of that year employees of the Pullman Palace Car Company in Chicago went on strike in protest of wage cuts and firings of union representatives. The federal government dispatched troops and a wave of riots ensued resulting in the deaths of more than a dozen workers. Within days of the wake of this unrest Congress passed an act legalizing Labor Day as a Federal Holiday in an attempt to repair ties with American workers. On June 28, 1894 this act was signed into legislation and Labor Day became an official federal holiday to be celebrated on the first Monday of September.

Labor Day is celebrated as a tribute to contributions and achievements of American workers. Laborers have been the driving force of the Nation toward realizing the traditional ideals of economic and political democracy. In recent years Labor Day has come to signify the end of summer and has become an important sales weekend for retailers. This holiday continues to adhere to the original precedence as a day of celebration through picnics, parades, fireworks and vacations. It marks the return to school for many children and signals the start of the football season with the first game of the season being played on September 4th.

However you celebrate, by parades, shopping, vacationing, or picnicking have a safe and healthy, happy Labor Day! Information for article courtesy of Wikipedia, History Channel.com, and U.S Department of Labor.

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Waukesha, WI 53188

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