

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

**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
(24/7 Helpline)

www.alz.org/sewi

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Join us in Celebrating the 32nd Anniversary of the Americans with Disabilities Act!

The ADRC of Waukesha County is proud to support the Americans with Disabilities Act (ADA) 32nd Anniversary. On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush. The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in state and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin -- and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities.

The ADA is divided into five titles (or sections) that relate to different areas of public life.

- **Title I - Employment**
- **Title II - Public Services: State and Local Government**
- **Title III - Public Accommodations and Services Operated by Private Entities**
- **Title IV - Telecommunications**
- **Title V - Miscellaneous Provisions**

To be protected by the ADA, one must have a disability, which is defined by the ADA as a physical or cognitive impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.

More information on the ADA can be found at: <https://www.ada.gov/index.html>

Sources: <https://adata.org/factsheet/ADA-overview>;
<https://adaanniversary.org/>;
<https://www.ada.gov/index.html>

Logo Credit: ADA National Network (adata.org) 1-800-949-4232





SAFETY FIRST

The National Highway Traffic Safety Administration's mission is to save lives, prevent injuries, and reduce economic costs associated with traffic crashes through education, research, safety standards, and enforcement activities. July is **National Roadside Safety Awareness Month** and there are many things that you can do to keep yourself and others safe.

Drivers:

- Get in the habit of conducting periodic safety checks to make sure your vehicle is in good operating condition. A safety check includes tires, lights, belts, hoses, fluids and windshield wipers.
- Read your owner's manual to clearly understand which dash lights or signals indicate your vehicle is not operating properly and what to do in such situations.
- Keep a close eye out for pedestrians and bikers.
- Program your cell phone with emergency numbers, including that of your roadside assistance provider, and keep a backup written list in your glove compartment.
- Always carry a well-stocked emergency kit and familiarize yourself with the use of safety flares, warning triangles, and other emergency equipment.
- If trouble strikes, take note of your surroundings and traffic patterns. Note your vehicle's location, such as the nearest street or mile marker. Signal, slow down gradually and carefully pull onto the shoulder of the road, as far away from traffic as possible. Alert other drivers by putting on your flashers, place flares or traffic cones, or even hang a scarf outside your window. **STAY INSIDE YOUR VEHICLE** and call for assistance.

Pedestrians:

- Be predictable; follow the rules of the road and obey signs and signals.
- Walk on sidewalks whenever they are available. If there is no sidewalk, walk facing traffic as far away from traffic as possible.
- Stay alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
- At crosswalks or intersections, make eye contact with drivers as they approach to ensure you are seen.
- Be visible at all times. Wear bright colored clothing during the day and wear reflective materials or a flashlight at night.

Bicyclists:

- Always wear a helmet and other appropriate safety gear while riding; the more brightly colored, the better.
- Keep both hands on the handlebars.
- Before entering a roadway, stop. Look left, right, and left again.
- Avoid riding at twilight or in the dark, especially on narrow or hilly roads with speed limits exceeding 35 mph.
- Learn how to use hand signals to indicate a turn.



In early April 2021, the Federal Emergency Management Agency (FEMA) began accepting applications for funeral assistance related to COVID-19 fatalities. As of this month, FEMA has distributed more than \$2 billion in funeral assistance, funding continues to be available and the program remains widely underused by eligible beneficiaries.



The FEMA funeral assistance program will pay up to \$9,000 for qualifying funeral expenses with the average payment at around \$6,500. There is no income eligibility limit to qualify for reimbursement and there is currently no deadline to apply for reimbursement, but applicants can expect to have to provide documentation to support the amount requested.

First, applicants are required to provide a death certificate that attributes the death directly or indirectly to COVID-19. That can be an obstacle due to inconsistencies in how causes of death are reported on death certificates. As an alternative, FEMA will also accept a letter from a coroner or medical examiner that identifies COVID-19 as a contributing factor.

Second, applicants will need to provide documentation of actual funeral costs, such as receipts or funeral home contracts, showing that the applicant accepted financial responsibility for those costs and that the expenses were incurred on or after January 20, 2020. Applicants will also need to be prepared to identify any burial or funeral insurance policies and any other sources of burial assistance already received. Burial expenses that were pre-paid prior to January 20, 2020, are not eligible for reimbursement.

The only way to apply for FEMA funeral assistance is by telephone (844-684-6333) so applicants should prepare before calling to provide all necessary information including the Social Security Number, date of birth, and last address of the deceased person along with their own address and telephone number.



Harvest of the Month

JULY

BLUEBERRY

HEALTH BENEFITS

- VITAMIN C
- FIBER
- VITAMIN K
- MANGANESE



HEALTHY SERVING IDEAS

Eat them plain, or in a yummy fruit salad! Make a parfait! Top your favorite plain or vanilla yogurt with blueberries and granola or cereal for a yummy snack or breakfast. Bake! Make blueberry pie, crumble, or muffins.

Frozen blueberries can be thawed in cold water. To thaw in cold water, pour the desired amount into a bowl. Cover the blueberries with cold water. One cup of blueberries will thaw in about 5 minutes.

SHOPPING & STORAGE TIPS

Choose fresh blueberries that are plump and have a solid, dark blue color. Make sure there are no moldy blueberries in the package.

Refrigerate berries up to two weeks. Wash berries just before serving.

Shop for fresh berries in season to get the best value. Or buy frozen berries year-round at the grocery store.

Go blueberry picking! Find a local farm and go harvest your own fresh berries.

LIVE WELL



WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



LEARN MORE AT
WWW.WAUKESHACOUNTY.GOV/LIVWELL

July is Healthy Vision Month Try Six Tips for Healthy Eyes— and a Healthy You

HEALTHY
VISION
MONTH

1. **Add more movement to your day.** Physical activity can lower your risk for health conditions that can affect your vision, like type 2 diabetes and high blood pressure. As a bonus, it can help you feel your best. Pick activities you enjoy and remember, anything that gets your heart beating faster counts!
2. **Get your family talking... about eye health history.** Some eye diseases—like glaucoma and age-related macular degeneration—can run in families. Although it may not be the most exciting topic of conversation, talking about your family health history can help everyone stay healthy. Ask your relatives if they know about any eye problems in your family. Be sure to share what you learn with your eye doctor to see if you need to take steps to lower your risk.
3. **Step up your healthy eating game.** Eating healthy foods helps prevent health conditions—like type 2 diabetes or high blood pressure—that can put you at risk for eye problems. Eat dark, leafy greens like spinach, kale, and collard greens that are high in antioxidants called lutein and zeaxanthin, which help prevent macular degeneration and cataracts. Also pick up some fish high in omega-3 fatty acids like halibut, salmon, and tuna.
4. **Stay on top of long-term health conditions—like diabetes and high blood pressure.** Diabetes and high blood pressure can increase your risk for some eye diseases, like glaucoma. If you have diabetes or high blood pressure, ask your doctor about steps you can take to manage your condition and lower your risk of vision loss.
5. **If you smoke, make a quit plan.** Quitting smoking is good for almost every part of your body, including your eyes! That's right—kicking the habit will help lower your risk for eye diseases like macular degeneration and cataracts. Quitting smoking is hard, but it is possible—and a quit plan can help. Call 1-800-QUIT-NOW (1-800-784-8669) for free support.
6. **Give your eyes a rest.** Looking at a computer for a long time can tire out your eyes. Follow the 20-20-20 rule—rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

Farmers' Market Vouchers Still Available for Waukesha County Seniors

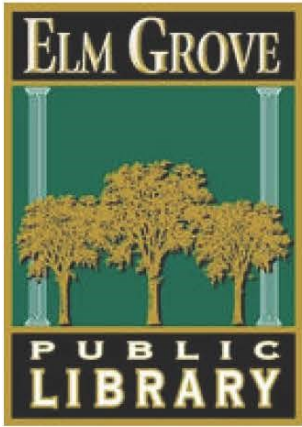
A limited supply of Farmers' Market Vouchers are still available through the Aging & Disability Resource Center (ADRC).

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.



For more information on the Senior Farmers' Market voucher Program, contact the ADRC at 262-548-7848. To complete an application, stop by the ADRC at 514 Riverview Avenue, Waukesha.

This institution is an equal opportunity provider.



Public Health
Prevent. Promote. Protect.
Waukesha County



A CUP OF HEALTH

HEART HEALTH

Join us to learn about ways to protect your heart health by knowing your numbers and identifying your personal risk.

JULY 26TH | 1:30-2:30 PM
ELM GROVE PUBLIC LIBRARY

13600 Juneau Blvd | Elm Grove, WI | (262) 782-6717
To Register: Register online at www.elmgrovelibrary.org.

Handouts on the topic and a small gift will be available for participants at the end of the session.

Benefit Specialist Corner

FASTER PROCESSING OF DISABILITY CLAIMS FOR PEOPLE WITH ALZHEIMER'S DISEASE

Currently, more than five million Americans suffer from Alzheimer's disease. Since the onset of Alzheimer's can occur in people before they retire, it may strike during an individual's working years, preventing gainful employment as the disease progresses. As a result, people with Alzheimer's disease and their caregivers must figure out how they will pay for care. Benefits and services are vital to people with early-onset Alzheimer's who are unable to work and have no other source of income.

For more than a decade, Social Security has included early-onset Alzheimer's disease in the list of Compassionate Allowances program. The program identifies debilitating diseases and medical conditions so severe they meet disability standards. Compassionate Allowances allow for faster processing of disability claims for individuals with early-onset Alzheimer's disease and several other neurodegenerative disorders. You can read more about the Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works and to apply for benefits, visit the disability page at www.ssa.gov/disability. Please share these resources with friends and family.

Medicare Presentations in your Area

These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.

Brookfield Public Library - Wednesday, July 6 at 6:00pm

Butler Public Library - Monday, August 22 at 2:00pm

Brookfield Parks & Recreation - Tuesday, August 23 at 1:00pm

Turning 65?
Need Medicare?

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month.

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. 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/>

Dear Ina,

There are so many different types of cancer and I can't seem to keep them all straight. One of my old friends was recently diagnosed with Sarcoma, and I know that's a type of cancer but I'm not sure how bad it is. I don't want to ask my friend. Can you help?

Sincerely,

Tom Orr

Dear Tom,

That is a very timely question since July is Sarcoma Awareness Month. Sarcoma is a rare, soft-tissue cancer made up of many "subtypes" because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels ; the body's "connective tissues"). Additionally, Sarcoma may also occur in the bones. Basically because these tissues are found everywhere on the body, Sarcomas can arise anywhere.

According to www.sarcomalliance.org:

- Sarcoma is a cancer of the connective tissue, and can occur in any location in the body.
- Sarcomas are divided into two main groups, bone sarcomas and soft tissue sarcomas.
- About 13,000 people will be diagnosed with Sarcoma this year.
- Sarcoma is more likely to affect children and young adults rather than older adults, and more than half of those diagnosed with the disease are under 60.
- At any one time, there are approximately 50,000 people struggling with Sarcoma.

Sarcoma is most often found in the arms and legs, where the majority of connective tissues are located, but it can occur virtually anywhere. Because the disease often starts deep in the body, it may not be noticeable until a large lump or bump appears — and at this point the cancer may be difficult to treat.

Although most of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma. Because sarcomas are difficult to distinguish from other cancers when they are found within organs, their occurrence is probably underestimated, according to the National Cancer Institute.

In general, treatment for sarcomas depends on the stage of the cancer. The stage of the sarcoma is based on the size and grade of the tumor, and whether the cancer has spread to the lymph nodes or other parts of the body (metastasized). The Sarcoma Foundation of America (SFA) estimates that about 20 percent of sarcoma cases are curable by surgery while another 30 percent may be effectively treated with surgery, chemotherapy and/or radiation.



World Elder Abuse Awareness Day Recap

The ADRC would like to thank everyone who joined us on Wednesday, June 15th for the Stay Connected, Stay Healthy Senior Resource Fair in recognition of World Elder Abuse Awareness Day! We had more than 100 registered attendees and 22 vendors. It was a hot one, and we are grateful that so many seniors were able to join us to learn how social isolation and loneliness can lead to elder abuse and neglect.

In the morning, guests got to visit with the different community organizations to learn about resources available for seniors in our community. Then, everyone enjoyed a presentation from Dr. Leahy and Dr. Iglesias from ProHealth Care on the health risks of social isolation. Following the presentation, everyone enjoyed some lunch and County Executive Paul Farrow stopped by to handout ice cream!

If you weren't able to make it this time, we hope you'll join us for future events!





July 8– Free Fridays @ Oconomowoc City Beach, 1:30-3:30 pm. Do you want to check out stand up paddle boarding for free on Lac La Belle Lake? Try it for free by heading to the lifeguard station to grab your spot. Each participant gets a free 20 minute session. Must be 16 years or older.

July 8 & 9– Downtown Delafield Block Party @ Downtown Delafield, 5 pm– midnight. This is a family friendly and free event held under the stars. Enjoy drinks, food, and some of the best local music acts around. It is recommended to bring your own folding chairs.

July 8– Classic Car Show and Starry Nights Concert @ The Sharon Lynne Wilson Center, 6:30 pm. Featuring music from Milwaukee’s own Rockin’ Robins, come check out some beautiful classic cars and enjoy listening to music from the 50’s and 60’s while doing so. Pre-registration to show your car is not required, vehicle show entry will begin at 4 pm. Space is limited to the first 300 cars.

July 9– Lake Country Art Show @ Naga-Waukee Park, 9 am– 4 pm. Featuring local food trucks and vendors, drinks, music, entertainment, children’s activities, and of course plenty of art, this event can be enjoyed by anyone. Admission is \$5 per carload and will be donated to the Lake Country Women’s Club.

July 15-17– Sussex Lions Daze @ Village Park, 6 pm– midnight/9 am– midnight/ 9 am– 6 pm. Buckle up for three days of family filled fun! There will be an array of activities such as carnival rides, live music, fireworks, parade, tractor pulls, pony rides, softball tournaments and more! For a full schedule, visit www.lakecountryfamilyfun.com/event/sussex-lions-daze-3/2022-07-16/.

July 16– Music in the Garden @ The Delafield Library, 2-4 pm. The Delafield Library invites you to tap your foot along to some well known ragtime, blues, and jazz of the early 20th century performed by nationally acclaimed performers “Cherry & Jerry”.

July 20-24– Waukesha County Fair @ The Waukesha County Fair Expo Grounds, times vary by day. This is Wisconsin’s oldest county fair, celebrating its’ 180th year. For a full schedule of each day, please visit www.waukeshacountyfair.com.

July 23– Party in the Park @ Nixon Park (Hartland), 5-11 pm. The Hartland Chamber of Commerce invites you and your family to an evening of music, food, and fun at the annual Hartland Street Dance, now called Party in the Park! All food purchases will be cash only.

July 29 & 30– Taste of Lake Country @ Pewaukee Lakefront, 5– 10:30 pm. Come sample fabulous food made by some of Lake Country’s finest restaurants and a large stage on the beach with great music each night. Please note that the majority of food vendors take cash only.

Celebrate the 58th Anniversary of the Civil Rights Act of 1964

This act, signed into law by President Lyndon Johnson on July 2, 1964, prohibited discrimination in public places, provided for the integration of schools and other public facilities, and made employment discrimination illegal. It was the most sweeping civil rights legislation since Reconstruction.

In a nationally televised address on June 6, 1963, President John F. Kennedy urged the nation to take action toward guaranteeing equal treatment of every American regardless of race. Soon after, Kennedy proposed that Congress consider civil rights legislation that would address voting rights, public accommodations, school desegregation, nondiscrimination in federally assisted programs, and more.

Despite Kennedy's assassination in November of 1963, his proposal culminated in the Civil Rights Act of 1964. President Lyndon Johnson signed it into law just a few hours after it was passed by Congress on July 2, 1964.

The act outlawed segregation in businesses such as theaters, restaurants, and hotels. It banned discriminatory practices in employment and ended segregation in public places such as swimming pools, libraries, and public schools.

Passage of the act was not easy, however. Opposition in the House of Representatives bottled up the bill in the House Rules Committee. In the Senate, Southern Democratic opponents attempted to talk the bill to death in a filibuster. In early 1964, House supporters overcame the Rules Committee obstacle by threatening to send the bill to the floor without committee approval. The Senate filibuster was overcome through the floor leadership of Senator Hubert Humphrey of Minnesota, the considerable support of President Lyndon Johnson, and the efforts of Senate Minority Leader Everett Dirksen of Illinois, who convinced enough Republicans to support the bill over Democratic opposition. When the compromise bill was finally put to a vote in the Senate, it passed 73 to 27. It was noted in the Congressional Record that applause broke out in the Senate galleries.

Title VII of the act created the Equal Employment Opportunity Commission (EEOC) to implement the law. The EEOC enforces laws that prohibit discrimination based on race, color, religion, sex, national origin, disability, or age in hiring, promoting, firing, setting wages, testing, training, apprenticeship, and all other terms and conditions of employment.



Here is what's happening at some of Waukesha County's Libraries.....

Hartland Public Library

110 E. Park Ave
Hartland, WI 53029
villageofhartland.com/520/Library

Tuesday Tastes

Tuesday, July 19 at 3:00 pm

Join us for a monthly cooking club focusing on beginner to intermediate recipes while learning various culinary techniques. This month we will be putting skewers and kabobs. Registration is required for all dates. Please email hplinfo@hartland.lib.wi.us to register.

Alice Baker Memorial Library

Memory Café - Hug a Horse!
Held at Horse Power Healing Center
5101 W34628 County Rd LO
Eagle, WI 53119

Thursday, July 14 from 1:30-3:00 pm

An opportunity to socialize and be surrounded by nature. Reconnect with horses, or experience the thrill of horses for the first time. Also visit with the goats, donkeys and chickens. Register now for this in person event.

Memory Cafes are an informal gathering for those living with early-stage memory loss and their care partner.

Food Safety for National Grilling Month

July is National Grilling Month! As temperatures get hotter, there's nothing like outdoor grilling and soaking up the sunshine! However, food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

- **Temperature Danger Zone:** Eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important.
- **Food Safety Steps: Separate – Clean – Chill – Cook**
 - **Separate** - When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.
 - **Clean** - Hands. Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking. Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.
 - **Chill** - Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).
 - **Cook** - Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.
- **Don't Cross Contaminate:** Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.
- **Refrigerate:** Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if it is above 90 degrees outside).



Seniors – Prepare Now for an Emergency

When a disaster strikes, the senior population is one of the most vulnerable, especially for those who live alone. There are measures older Americans can take to start preparing for emergencies before they happen. For example, if it is difficult to get around on your own or you need assistance to shelter at home or evacuate, you need to know ahead of time who will help.

Older adults face many more obstacles during an emergency than most people: isolation, limited mobility, medical needs, and distrust. Sometimes, seniors rely on a single relative as their main caregiver. But emergencies can happen at any time, and that usual person may not be there. It is important to have a list of other people you can call on and know how to get hold of them.

Make a List of People Who Can Help

- Create a chain of contacts. Assign who will contact who during an emergency. Enlist family, friends, and neighbors, if necessary, but do not leave it all to one person. If the one person on the list is injured or incapacitated, you may be left stranded. Keep your list of helpers in your emergency kit.
- There are many communication apps available. Choose one or two, then ask the family and friends on your emergency contact list to download these same apps. They can be used to communicate with each other when phone lines or internet service is down.

Be Sure Your Medical Information is Available

If you have a medical condition, you may choose to wear a medical alert bracelet or pendant. This could save your life, especially if you are a diabetic or allergic to specific medications, etc. Any of the medical alert jewelry that is available today could help first responders treat you properly in case you are unable to give or tell them your medical history.

There are Things You Need to Take with You if You Leave Your Home

- Before an emergency arises, write down a list of everything it takes for you to stay healthy. Include your doctor's and pharmacy name and contact information, a list of medications any medical devices and medications. Then let the people on your contact list know where the list will be in case you need it.
- A **kit**. One thing you will need is a kit with all the items you need to survive for a minimum of 72 hours. For a comprehensive list, visit [Ready.gov](https://www.ready.gov). The American Red Cross can also help you with information on recommended items. (<https://www.ready.gov/kit>)
- **Cash**. The general rule of thumb is to have at least enough cash to pay for 30 days of essential living expenses. The amount depends on how much your critical expenses are. This usually includes a mortgage, electricity bill, phone bill, water bill, gas bill, etc. A better idea is to have your bills on auto-pay - then you may not have to worry about this issue unless there is a widespread power outage in your part of the country. Be sure you have at least some of your cash in small bills and some coins in case you need it for toll booths or for buying groceries and supplies.

Everyone can take steps to prepare for the kinds of emergencies that are the most likely where they live. Sometimes the danger is known well ahead of time, and you have time to prepare. Other times, you must react now. When that happens, you need to know who to call for help.

For more information on being ready, see "Preparing Makes Sense for Older Americans" on YouTube (<https://www.youtube.com/watch?app=desktop&v=SByTKf2rrlq>).



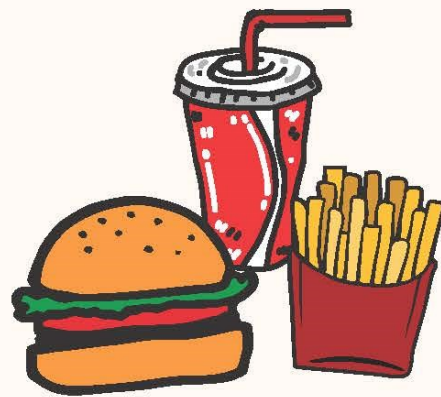
Smart Choices When Dining Out

Cooking can be time-consuming. Sometimes, it is just easier to eat out. Fast food is convenient, but many fast foods contain excess sodium, unhealthy fats, and sugar which can be harmful to our health over time. Being mindful when eating out can keep our bodies healthier in the long run. So what are the best options when eating out?

Try the tips below!



VS



Choose items that are more nutritious, such as:

- ✔ Meat or other foods that say "grilled", "broiled", "baked", "roasted", or "steamed"
- ✔ Water or tea instead of soda
- ✔ Salads or fruit cups
- ✔ Baked potatoes
- ✔ Broth-based soup or chili

Limit items high in fat, sugar, and salt, such as:*

- ✘ Sodas (especially large sizes)
- ✘ Fries (especially large sizes)
- ✘ Fried meat and other fried items
- ✘ Creamy sauces
- ✘ Processed meat like bacon, sausage, and hot dogs

* If you choose these items, go for smaller sizes

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

FOOD WISE
Healthy choices. Healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Seasoned Chicken Brst Baby Bakers w/butter Green and Wax Beans Spring Mix Salad with Italian Dressing Breadstick w/ butter Banana
4	5	6	7	8
INDEPENDENCE DAY  PROGRAM CLOSED	Celebrate America! Barbecue Pulled Pork Sandwich / Wheat Roll American Potato Salad Baked Beans Cherry Pie Alt: Sugar Free Cookie	Beef Stroganoff Buttered Egg Noodles Buttered Sweet Peas Romaine Salad w/Tomato & Cucumber French Dressing Sourdough Bread butter Fresh Plum	Sweet and Sour Chicken Brown Rice Oriental Blend Veg Green Beans Kitchen's Choice Fruit Baker's Choice Cookie Alt: Fruited Yogurt	Philly Chicken Sandwich on Hoagie Roll w/ Onions, Peppers, and Provolone Country-Style Veggies Cucumber Salad Watermelon
11	12	13	14	15
Cranberry Meatballs Fried Potatoes with Green Peppers & Onions Ketchup pkt Creamed Spinach 7-Grain Bread w/ butter Fruited Yogurt	Pub Burger w/cheese on bun ketchup/mustard pkt Lettuce and Tomato Potato Salad Baked Beans Watermelon	Chicken Marsala over Mostaccioli w/ Marsala Wine Sauce Italian Blend Veg Sweet Green Peas Breadstick w/butter Cantaloupe Slice Iced Brownie Alt. Fruit	BASTILLE DAYS Chicken Cordon Blue Garlic and Chive Roasted Red Potatoes Green Bean Almandine Croissant w/butter Fresh Grapes Sugar Cookie Alt. Sugar Free Cookie	Fish Sandwich on a Bun Tartar Sauce Lettuce / Tomato Slice Carrot Coins Marinated Veg Salad Fruited Gelatin Alt: Sugar Free Gelatin
18	19	20	21	22
Herbed Grilled Chicken Breast Baked Sweet Potato with butter 5-Way Mixed Vegetable 7-Grain bread w/ butter Kitchen's Choice Fresh Fruit	Chicken Salad On Croissant Tomato Slice and Leaf Lettuce Tomato Onion Salad Watermelon Rice Krispies Treat Alt. Fresh Fruit	Meat Lasagna Garlic Breadstick Seasoned Wax Beans Romaine salad w/ Italian Dressing Fresh Fruit Frosted Cake Alt. Fruit	Pork Chop Suey w/ Oriental Vegetables Brown Rice Steamed Spinach Mandarin Oranges Fortune Cookie	Sloppy Joe on Whole Wheat Bun Baked Potato Chips Dilled Baby Carrots Creamy Cucumber Salad Fresh Apple
25	26	27	28	29
Turkey à la King Over Biscuit Winter Blend Vegetable Green Beans Plum Baker's Choice Cookie Alt. Banana	Breaded Fish with Lemon Sauce Double baked potato casserole Prince Charles Veg Rye dinner roll w/butter Fresh Nectarine	Meatloaf w/Gravy Mashed Pot & Gravy Brussels Sprouts Mixed Green Tossed Salad w/ dressing Fruit Cup Rye Bread w/ butter	Roasted Turkey w/ Gravy Mashed Pot and Gravy Peas and Carrots Banana Chef's Choice Pie Alt: Fresh Fruit	GERMAN FEST Roasted Pork w/ gravy German Potato Salad Swt & Sr Red Cabbage Sourdough bread butter Spiced Applesauce German Choc Cake Alt. Sugar Free Cookie

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE

Keep Cool in Hot Weather

Summer is here, and that means hot weather is on the way. Extreme heat can be dangerous for everyone, but it can be especially bad for older adults and people with chronic medical conditions. Our bodies must work extra hard to maintain a normal temperature in extreme heat, and heat-related illnesses can develop quickly. Learn how to stay cool and safe in hot weather.

Your body's ability to cool off during extremely hot weather can be affected by many factors. When the humidity is high, sweat does not evaporate as quickly. In addition, age, dehydration, prescription drug use, alcohol use, sunburn, obesity, heart disease, and poor circulation can all affect how quickly you can cool off in hot weather. People who are 65 and older, children younger than two, and people with chronic medical conditions are at highest risk of heat-related illness. However, anyone can develop heat-related illness from participating in strenuous physical activities during hot weather.

Everyone should take the following steps to prevent heat-related illness or death:

- Stay in air-conditioned buildings as much as you can. If your home is not air-conditioned, reduce your risk of heat-related illness by using air conditioning in vehicles and spending time in public facilities that are air-conditioned. Contact your local health department to learn whether there is an air-conditioned shelter in your area.
- Do not rely on a fan as your only method of cooling off.
- Do not use the stove or oven to cook, because it will make you and your home hotter.
- Take cool showers or baths to cool down.
- Drink more water than usual, and do not wait until you are thirsty to drink. Muscle cramping may be an early sign of heat-related illness.
- Never leave children or pets in cars.
- Check on friends and neighbors and ask others to do the same for you.
- Limit your outdoor activity, especially in the middle of the day when the sun is hottest.
- If you play a sport that practices in hot weather, look out for your teammates. Schedule practices earlier or later in the day when the temperature is cooler.
- Start outdoor activities slowly and pick up the pace gradually.
- Wear sunscreen and reapply it as indicated on the package.
- Wear loose, lightweight, light-colored clothing.
- Seek medical attention right away if you or someone around you has symptoms of heat-related illness, like dizziness; nausea; confusion; high body temperature (over 103F); hot, red, dry, or damp skin; fast, strong pulse, or losing consciousness (passing out).



Cooling Centers in Waukesha County

If the weather is warm and you need somewhere to cool off for a while, we invite you to visit one of these libraries during regular business hours.

Mukwonago Community Library

Alice Baker Memorial Public Library

Waukesha Public Library

Pewaukee Public Library

Oconomowoc Public Library

Delafield Public Library

New Berlin Public Library

Memory Screening

A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



Early detection is important

Treatment is possible. Stay in control of your life.

- **Get immediate results**
- **Receive information about Dementia and Alzheimer's disease**
- **Talk with a Dementia Care Specialist about available resources**
- **Learn about brain health and ways to stimulate your brain**

Community Memory Screenings

Where: Pewaukee Public Library

When: Wednesday, August 3, 2022

Time: 10:00am - 3:00pm (30 minute time slots)

Call Jennifer Harders at the Waukesha ADRC to schedule your memory screen.

262-548-7650



514 Riverview Avenue

Waukesha, WI 53188

Pets and Healthy Aging

Many people of all ages enjoy having pets and treat them as members of the family. But did you know that having a pet may actually improve your health? Countless studies have shown that having a pet increases health and well-being, especially in older adults. Pets provide companionship that helps prevent loneliness and helps relieve stress, depression, and anxiety. Studies show that having a pet can even help lower blood pressure. Additionally, pets can help encourage their owners to stay active by requiring frequent walks and other cares, and this, in turn, has shown to help increase strength and reduce falls in older adults.

There are organizations that may help older adults with adoption fees and other care needs. The Pets for the Elderly Foundation helps pay the fees to participating animal shelters throughout the United States for senior citizens (age 60 and over) who adopt a companion dog or cat from a participating shelter – including pre-adoption veterinary exams and spay/neuter, if part of the adoption fee. The only participating shelter at this time in Wisconsin is Dane County Humane Society - 5132 Voges Road - Madison, WI 53718 - (608) 838-0413. You can visit their website at <https://www.giveshelter.org/>. You can also check the Pets for the Elderly Foundation website for updates on participating shelters <https://petsfortheelderly.org/>.

Having a pet does come with responsibility. As a pet owner, you take on the obligation of the care and welfare of that animal. This includes more than just food, water and shelter. Some pets require grooming, vaccinations, nail care or medication. One other thing to consider is: What will happen to your pet in the case that you have an emergency? Most people do not plan on becoming ill or having surgery, but these things do happen.

The ADRC and Humane Animal Welfare Society (HAWS) of Waukesha County have partnered to provide pet owners with a Pet Alert. Many people are aware of the Vial of Life, which provides emergency medical services vital information for two legged humans, but it does not list information about your pet. The Pet Alert is similar to the Vial of Life where you can record your pets' pertinent information. The Pet Alert asks for the owner's information and any Emergency Pet Caregivers and their contact information. The Pet Alert also asks that you list the pets in the home, their names and breeds. Lastly, you want to list the pet's location of food, medication, leashes and any other important information. The Pet Alerts are easy to fill out and have a magnetic backing to apply to your refrigerator. Emergency Responders are trained to look for this medical information on the refrigerator.

If no other options exist, HAWS also has a Safe Keep Program, which may be able provide temporary shelter and care for your pet in times of an emergency. HAWS can also ensure that your pet gets safely to the person/home of your choice in times of need.

To receive a Pet Alert, call the ADRC at (262) 548-7848.



The image shows a sample of a 'PET ALERT!' form. At the top, there are logos for ADRC (Aging & Disability Resource Center of Waukesha County) and HAWS (Humane Animal Welfare Society). The form has a green header with the text 'PET ALERT!' and 'Emergency Contact Information'. Below this, there are fields for 'OWNER'S NAME:', 'Phone Number:', and 'Alternate Phone Number:'. Underneath, there is a section for 'EMERGENCY PET CAREGIVERS' with fields for 'Name:' and 'Phone Number:'.

Guess That Movie!- Emoji Edition

An emoji (pronounced e-mo-gee) is a small digital image or icon used to express an idea or emotion. They are typically used in text messages, emails, and websites. World Emoji Day is Sunday, July 17th and we thought it might be fun to put your emoji knowledge to the test!

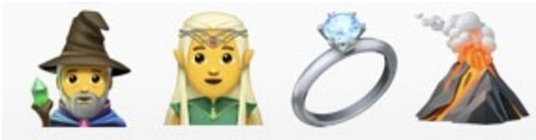
Match the movie title using the emojis that tell the story of the plot!



Jaws



Harry Potter



ET



Batman



Titanic



Alice in Wonderland



Finding Nemo



The Lord of the Rings

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.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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