



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

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 Southeast Wisconsin (NAMI)

- Mental Health Education
 - Support Groups
- 262-524-8886**

Veteran's Services

- Benefits (incl. dependents and survivors)
- 262-548-7732**

Moraine Lakes Consortium

- BadgerCare Plus
 - Medicaid
 - FoodShare
- 888-446-1239**

Alzheimer's Association

- Support and Education
- 800-272-3900**
(24/7 Helpline)
www.alz.org/sewi

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> Independence Day (pg2)

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According to the U.S. Census Bureau, by 2035, there will be 78 million people in America who are 65 or older.

For the first time in the history of the country, this number will surpass the proportion of people under the age of 18.

In 1988, President Ronald Reagan declared August 21st National Senior Citizens Day to raise awareness of older adults' quality of life. Senior citizens continue to play an important role in the workforce and communities, and deserve our gratitude for all they have accomplished for society.

When he issued the Proclamation designating August 21 as Senior Citizens Day in 1988, President Ronald Reagan proclaimed "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

Seniors, having spent their entire lives making contributions to society and improving lives are honored on National Senior Citizens Day. Older people are now more productive than ever because of improved healthcare, which has allowed them to be more active.

The best way for us to show our appreciation and regard for older people is to make sure they continue to live with independence and dignity in their communities while living fulfilling lives.

Older members of our family and friends have a wealth of priceless experiences (and tales) to share. Many civilizations have looked to the elders in their societies for knowledge and wisdom for ages. Seniors are frequently the first individuals we look to for a unique or unconventional perspective when we have difficulties or simply do not know what to do. We can learn so much from them if we just listen.

Coming Soon! Community History!

Over the next several months, the ADRC Connection Newsletter will be showcasing the history of some of our communities within Waukesha County. Be on the look out in future issues as we may feature your community!

WHAT'S NEW AT ADRC



NEW WORKSHOP IS HERE!

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a MOM workshop and learn strategies for preventing or lessening symptoms including information sharing, group activities, simple exercises, and dietary changes. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter most to you.

Half of all women age 50 or older will experience incontinence at some point in their lives.



Mind Over Matter can help you prevent or improve your symptoms!

The graphic consists of a black-bordered box containing text at the top and bottom. In the center, there are four stylized female icons. The first and third icons from the left are black, while the second and fourth are blue. They are arranged in a row, representing a 50/50 split.

Researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%!

WHAT: Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)

WHEN: Every other Tuesday starting **September 5th, 10:00a-12:00p** (3 total sessions)

WHERE: Waukesha Public Library, conference room 1

Pre-Register with Courtney at cklepp@waukeshacounty.gov or call 262-548-7835.

Brain Health, Normal Aging and Dementia

What do I need to know?

We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Join Kathy, Dementia Care Specialist from the Aging & Disability Resource Center of Waukesha County, to learn more about this important topic and what people of all ages can do!



When: **Wednesday, August 9th**
2:00-3:00pm

Where: Alice Baker Library
820 E Main St Eagle, WI

Please contact Kathy Glaser for more information about this program.
(262) 548-7354



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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: New Berlin Public Library

When: Friday, September 8, 2023



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

262-548-7650

**514 Riverview Avenue
Waukesha, WI 53188**

Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills



Sept. 12th - Oct. 17th, 2023

Six Tuesdays, 10:00am—12:00pm

Please register by calling Jennifer Harders at the Aging & Disability Resource Center
262-548-7650

Location:

Aging & Disability Resource Center
514 Riverview Avenue, Room 112
Waukesha, WI 53188

Presented by

Jennifer Harders
Dementia Care Specialist

Free event

For more information call the ADRC at (262) 548-7650
jharders@waukeshacounty.gov



Spelling Bee



Unscramble the words to reveal a
Bee Vocabulary

Nnetaaen _____

peeeersbk _____

menybooch _____

tracen _____

valaer _____

rootpillan _____

heiebve _____

molsbos _____

yolonc _____

mooneylogt _____

nectis _____

Bonus word: (+3)

nameraci penkegeebe readtenfio

The Importance of Bees

Bees are essential for the health of people and the planet. Honey and other products have medicinal properties, and the role of bees as pollinators makes them vital for food supplies. There are around 20,000 known bee species worldwide, and over 4,000 are native to the United States. Humans only manage a few of these, and most species are wild.

As well as valuing bees for their honey, people have come to recognize the importance of bees in promoting food security and variety in plants and animals. However, a rise in factors, such as pesticide use and urbanization, means that bees are currently in decline, negatively affecting many of the Earth's ecosystems. A loss of bees would affect honey supplies, but, more importantly, world food security and biodiversity. Without them, the world could be a very different place.

Pollination

In recent years, it has become clear that honey may not be the most important reason to protect bees. This is because bees play a crucial role in pollination, where they use the hairs on their bodies to carry large grains of pollen between plants. Around 75% of crops produce better yields if animals help them pollinate. Of all animals, bees are the most dominant pollinators of wild and crop plants. They visit over 90% of the world's top 107 crops. In other words, bees are essential for the growth of many plants, including food crops.



How does this affect humans?

Farming practices, global warming, and disease are just a few reasons why bee numbers are declining. Experts are concerned about the impact on world food supplies, especially fruits, nuts, and vegetables. They say that without bees, there will be no more nuts, coffee, cocoa, tomatoes, apples, or almonds, to name a few crops. This could lead to nutritional deficiencies in the human diet, as these products are essential sources of vital nutrients. Additionally, the emerging medicinal properties of bee venom and other bee products may never be accessible without bees to provide them.

In financial terms, the pollination of fruits and vegetables by wild bees across the United States has a high economic value. One 2020 study found that wild bees were responsible for a significant portion of net income from blueberries. There is a direct link between the economic yield of farmers and the presence of bees. In 2012, experts estimated that total pollination to be worth \$34 billion, with a large portion of this amount due to bees.

What can you do to help?

Green backyards and gardens can be vital resources for bees. Growing native flowers and leaving weeds to develop can contribute to bee health and numbers by providing food and shelter. Reducing landscaping activities, such as mowing or pruning, can help bees by increasing the amount of vegetation available. According to a 2019 study, as well as benefitting the bees, increasing rural spaces in urban areas can boost human mental and emotional well-being.



Stepping On

© Clemson & Swann (2017)

Stepping On

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. *Stepping On* is for people who are age 60 or older, do not have dementia, and who live independently.

Class details: This workshop will be held **virtually** on Wednesdays, August 16 - September 27, 12:00pm-2:00pm

Healthy Living with Diabetes

This workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program does not replace existing treatments but serves to complement a participant's current medical treatment plan.

Class details: This workshop will be held **virtually** on Mondays, August 21 - October 2, (No class September 4-Labor Day), 10:00am-12:30pm

Living Well with Chronic Conditions Telephone/Toolkit Workshop

Are you an adult with an ongoing health condition? Participants will receive a toolkit with valuable resources and participate in a weekly group phone call to help get the support, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with health care providers and family about their health condition. If you have conditions such as arthritis, heart disease, chronic pain, or anxiety, the "Living Well" Toolkit/Phone Support program can help take charge of your life.

Class details: Tuesdays, September 19 to October 24, 2023, 12:30 to 1:30 p.m.

If you are interested in registering for any of the above classes. Please visit:

www.ProHealthCare.org/classes

Mosquitos, What a Pain in the Neck

Dan Michaels, Community Health Educator,
Waukesha County Public Health



Public Health
Prevent. Promote. Protect.

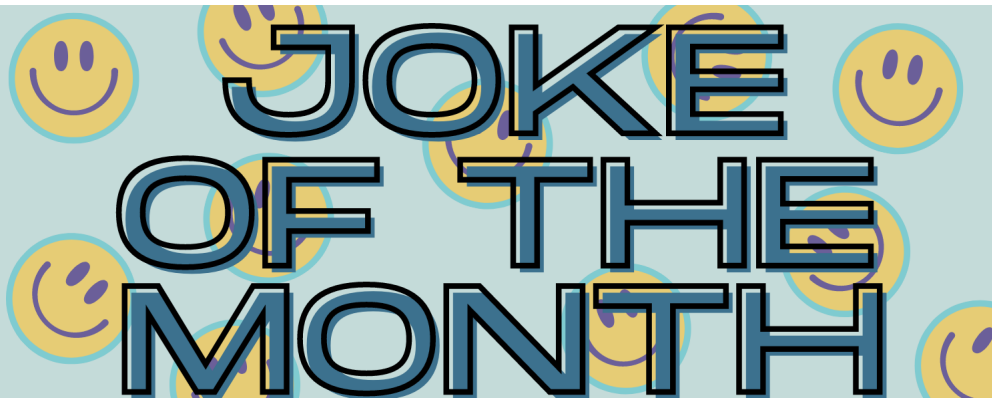
Waukesha County Public Health

Did you know August 20th is World Mosquito Day. **What?** Why would we celebrate mosquitos? Actually, World Mosquito Day raises awareness worldwide to mosquito-borne diseases so more people will be protected and safe. Getting a mosquito-borne disease in Wisconsin is not common, but it is always good to be aware and use prevention because as we all know, mosquitos can be a real pain in the neck.

Being a resident in Wisconsin it is most likely you have great knowledge about these little buggers and how to avoid them. Let's review some facts about mosquitos in Wisconsin. Mosquitos in our state are usually most active from May to September, the perfect time to ruin our summer. In addition, for many mosquitos the time of day they are most active is dusk, dawn and evening. Many mosquitos tend to avoid prime daylight hours because exposure to the sun dehydrates them and can kill them, interesting. Another fun fact, in Wisconsin there are about 56 species of mosquitos. Most of them don't bite humans at all because they prefer birds and amphibians, however with so many types of mosquitos with different habits that means it possible to get bitten any time of the day...great.



Now that we discussed the joys of mosquitos, let explore tips to keep mosquitos away and get bit less. Mosquitos are poor fliers and do not travel more than half a football field to bite you, so the ones that get you are probably home grown in your yard. Mosquitos need water to breed, so eliminate or reduce standing water by disposing of soda cans, plastic containers and other items that may hold water. Remember to cover up your skin, especially when you are out during mosquito rush hour of predawn and evening. Mosquitos can bite though clothing but wearing long sleeve shirts, pants and socks are a deterrent to those little pests. In addition, for exposed skin and on clothing, consider using a wonderful mosquito repellent. There are many types of brands containing DEET that are effective, however you could also try natural repellents such as lavender oil, or lemon eucalyptus. If you are on medications, use caution when choosing a mosquito deterrent, and always consult with your physician to ensure there isn't potential for interactions between any medications you are on and the mosquito repellent. Mosquitos are clearly a pain in the neck, but with a little preparation let's hope we can reduce the bites and scratches.



Why can you never trust a kidney?

They *filter* everything they say.

Dear Ina,

The other day I saw a dog in my local grocery store! I was so surprised but curious too. I love dogs and wanted to go pet it but I noticed it was wearing a harness indicating that the dog was a Service Animal. What does that mean? Am I allowed to interact with Service Animals?

-Sarah Jessica Barker

Dear Ms. Barker,

Thank you for the question! I want to provide some education and awareness around service dogs so here are the facts about service animals. Traditionally, service animals were used as guides for people with visual impairments, but today service animals are used by people for many different reasons such as alerting people who are deaf, pulling wheelchairs, alerting and protecting a person who is having a seizure or a number of other special tasks.

Service Animal Etiquette

- Do not pet a service animal. While they may look like friendly animals, you may distract the service animal from its work and startle it, putting you and others in a dangerous position.
- Always speak to the service animal's owner before going near the animal.
- Do not offer food or treats to any service animal.
- Just because a person has a service animal does not mean they want to speak about their disability and the reason they have the animal. Be courteous to the owner.

Service Animals in the Public

- A service animal must be allowed to travel with its owner, wherever the owner is normally allowed. This does include riding in public transportation and emergency vehicles.
- Not all people using a service animal have a visible disability. Service animals can be used for heart problems, hearing or even physiological or emotional conditions. Take this into consideration when a service animal is present and do not ask why the person has a service animal.
- The service animal is the private property of the owner. Treat the service animal as such and be cautious of the consequences such as growling, biting, protectiveness of the owner and other irregular behavior.

Hope that helps!

Sincerely, Ina



INTERNATIONAL GEOCACHING DAY—AUG 20

Geocaching...what is it?! Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System (GPS) receiver or mobile device and other navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world.

For the traditional geocache, a geocacher will place a waterproof container containing a logbook (with pen and/or pencil) and trade items or trackables, then record the cache's coordinates. These coordinates, along with other details of the location, are posted on a listing site (see list of some sites below). Other geocachers obtain the coordinates from that listing site and seek out the cache using their handheld GPS receivers. The finding geocachers record their exploits in the logbook and online, but then must return the cache to the same coordinates so that other geocachers may find it. Geocachers are free to take objects (except the logbook, pencil, or stamp) from the cache in exchange for leaving something of similar or higher value. Typical cache "treasures", also known in the geocaching world as 'swag' are not high in monetary value but may hold personal value to the finder.

Geocaching was originally similar to the game letterboxing (which originated in 1854), which uses clues and references to landmarks embedded in stories. Geocaching first began once GPS became more accessible in May of 2000.

There are several free websites that you can go to and apps that you can download if you choose to geocache! Search on your favorite browser or your app store.

If you decide to go geocaching, ensure that you are not trespassing on private lands. Make sure you do not attempt a geocache that is outside of your physical abilities! If you decide to hide a cache yourself, make sure you follow the rules and ensure safety of everyone who will search. Get out there and have an adventure!



Decoding a Nutrition Facts Label

Does the nutrition facts label create more confusion than clarity? Learn how to decode the label to support your health and nutrition needs.

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → **Amount per serving**
Calories 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#1. Serving information shows the serving size, which reflects the amount people typically eat. You may consume more or less than one serving.

#2. Calories are a measure of how much energy you get from one serving.

#3. Nutrients have an impact on your health. Some nutrients should be limited because they may have a negative impact, including saturated fat, trans fat, cholesterol, sodium, and added sugars. Nutrients that promote health include fiber, vitamin D, calcium, iron, and potassium.

#4. Daily Values are recommended amounts of nutrients to consume (or to not exceed). The “% Daily Value” is the percentage of the Daily Value in one serving of that food or drink. The %DV shows you if a serving of food is high or low in that nutrient: 5% or less is low, 20% or more is high.

Remember to use the label to support your personal dietary needs. Choose foods that contain more of the nutrients you want to consume and less of the nutrients you want to limit.

Information and image sourced from FDA.

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.

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WAUKESHA COUNTY

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<https://waukesha.extension.wisc.edu>

Para más información español comuníquese con 262-548-7882



Corn is The Harvest of the Month!

Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

Make meals and memories together. It's a lesson kids will use for life.

Select – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

Store – Refrigerate corn with husks on and use within 1-2 days.

Prepare – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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CORN COBETTES with BASIL BUTTER

Ingredients

- 4 tbsp. unsalted butter, at room temp
- 1/4 cup fresh basil, finely chopped
- 1/8 tsp. cayenne pepper
- Salt to taste
- 6 ears of fresh corn, husked

Directions:

- 1) Make the basil butter by combining the butter, basil, cayenne pepper, and salt in a bowl.
- 2) Cook fresh corn (which ever way to your liking)
- 3) Let cool slightly, then break or cut into 3 pieces
- 4) Serve with basil butter alongside



Senior Dining and Meals on Wheels Menu—August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Salisbury Steak Mashed Potatoes and gravy Brussels Sprouts Whole Wheat Bread W/ Butter Fresh Fruit	Chicken Caesar Salad w/ Parm Chz & Croutons Caesar Dressing Vegetable Pasta Salad Breadstick w/ Butter Fresh Apple Choc Chip Cookie Alt. Banana	Spaghetti with Italian Sausage Meat Sauce Green Beans Dill Diced Carrots Seasonal Fresh Fruit Dinner roll Ice Cream Cup Alt: Fruited Yogurt	Egg Salad on Croissant w/ Leaf Lettuce Fresh Carrot Sticks w/ ranch Beet & Onion Salad Honeydew Melon
	7	8	9	10
Sweet and Sour Chicken w/ Green Peppers, Onions, and Pineapple Brown Rice Crinkle Cut Carrots Fresh Orange Cookie Alt: Sugar Free Cookie	Oven Roasted Pork Roasted Baby Red Potatoes with Butter Broccoli Salad 7-Grain Bread w/ butter Grapes	Wisconsin State Fair! Jumbo Chili Dog on Poppy Seed Bun w/ diced onions, ketchup and mustard Buttered Sweet Corn Baked Beans Fresh Fruit Salad Cream Puff	Turkey Chili with Beans Saltine Crackers Green Beans Diced Peaches Wheat Dinner Roll w/ butter Baker's Choice Cookie Alt: Yogurt	Lemon Herb Chix Breast Baked Sweet Potato w/ Butter Creamy Cucumber Salad Whole Grain Bread w/ Butter Watermelon Slices
14	15	16	17	18
Barbecue Meatballs American Fried Potatoes Ketchup packet Stewed Tomatoes Bread/Butter Applesauce	Crab Pasta Salad (w/ peas, celery, onions) Tomato / Onion Salad Dinner Roll with butter Banana Fruited Yogurt	IRISHFEST Stuffed Cabbage Rolls Parslied Potatoes Fresh Baby Carrots with Ranch Fresh Nectarine Frosted Chocolate Cake w/ sprinkles	Roast Turkey w/ Gravy Mashed Potatoes and Gravy Green Beans Pear Slices 7 Grain Bread w/butter Baker's Choice Cookie Alt. Sugar Free Pudding	Baked Ham Scalloped Potatoes Steamed Broccoli Wheat Bread w/ butter Waldorf Salad
21	22	23	24	25
Chicken Parmesan Bow Tie Pasta w/ Marinara Sauce Italian Beans Peas & Carrots Crusty Italian Bread w/ butter Fresh Apple	Pork Cutlet w/ gravy Au Gratin Potatoes 5-Way Mixed Vegetables 7-Grain Bread w/ butter Fruit Fluff	Chicken and Broccoli Chow Mein Vegetable Fried Rice Veggie Egg Roll Sweet & Sour Sauce Mandarin Oranges Fortune Cookie Alt. Sugar Free Cookie	Swedish Meatballs over Noodles Sicilian Grande Veg Grape Tomatoes Fresh Peach Snickerdoodle Cookie Alt. Sugar Free Cookie	MEXICAN FIESTA Fiesta Lime Chicken Breast w/Pico de Gallo Mexican Seasoned Rice Southwest Style Corn Black Bean Salad Cantaloupe Cinnamon Donut
28	29	30	31	
Denver Omelet w/ Sauce Sausage Patty Potato Cake w/ ketchup Orange Juice Mini Bagel w/ butter Streusel Coffee Cake Alt: Fresh Apple	Oven Roasted Chicken on the Bone Twice Baked Potato Tomato & Onion Salad Dinner Roll w/butter Grapes	Indian Butter Chicken Basmati Rice with Peas Winter Blend Vegetable Banana Oatmeal Raisin Cookie Alt: Sugar Free Cookie	Shepard's Pie Steamed Spinach Sliced Peaches Dinner Roll Chocolate Pudding Alt; Diet Pudding	

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

Senior Dining Centers in Waukesha County

<p>Brookfield Community Center</p> <p>2000 North Calhoun Road Brookfield, WI, 53005</p> <p>(262) 782-1636</p>	<p>Menomonee Falls Community Center</p> <p>W152 N8645 Margaret Rd Menomonee Falls, WI, 53051</p> <p>(262) 251-3406</p>	<p>Birchrock Apartments</p> <p>280 Birchrock Way Mukwonago, WI 53149</p> <p>(262) 363-4458</p>
<p>Oconomowoc Community Center</p> <p>220 W. Wisconsin Avenue Oconomowoc, WI, 53066</p> <p>(262) 567-5177</p>	<p>Sussex Community Center</p> <p>N64 W23760 Main Street Sussex, WI, 53089</p> <p>(262) 246-6747</p>	<p>La Casa Village</p> <p>1431 Big Bend Road Waukesha, WI 53188</p> <p>(262) 547-8282</p>



How Can I Eat at a Dining Center?

Senior Dining Centers are open to individuals age 60 or older (and their spouse, regardless of their age) and **NO INCOME REQUIREMENT!**

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm.

If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for **\$1.00 each way.**

This fare subsidy must be authorized in advance by calling the ADRC directly.

Cup of Health Series: Self Care

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities. Each session includes a **free gift for attendees.** Registration is required.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

The session will cover:

- ✓ Symptoms of burnout and imbalance
 - ✓ What is self-care
 - ✓ Health benefits of self-care
 - ✓ Self-awareness activities
- ✓ Practical tips for physical, mental, and spiritual health.

When:

Tuesday, August 22, 10:00 AM - 11:00 AM

Location:

Menomonee Falls Senior Center
W152 N8645 Margaret Rd
Menomonee Falls, WI 53051

Cost: Free

To Register: Register Online at www.fallsrec.org or by stopping into the Rec offices

Questions about registration call: 262-255-8460

August is World Cancer



1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime according to the American

Cancer Society (ACS). To detect, or treat cancer most effectively, the most important thing a person can do is preventative screening. Screenings including things like mammograms, colonoscopies or other colorectal screenings, cervical screenings, prostate exams, regular exams with a physician, and self-exams. Upon early detection, cancer can be more effectively and successfully treated. Some preventative activities one can do to help reduce risk are: eating healthy, staying active, staying away from tobacco, getting screened, and getting the HPV vaccine. Also, make sure to always wear sunscreen outdoors!

As reported by the ACS, here is some information to help you better understand what cancer is. You are made up of trillions of cells that over your lifetime normally grow and divide as needed. When cells are abnormal or get old, they usually die. Cancer starts

when something goes wrong in this process and your cells keep making new cells and the old or abnormal ones don't die when they should. As the cancer cells grow out of control, they can crowd out normal cells. This makes it hard for your body to work the way it should. For many people, cancer can be treated successfully. In fact, more people than ever before lead full lives after cancer treatment. The ACS also provides patient programs and supportive services to those being treated for cancer. Such programs might include: rides to appointments, free lodging during treatment, medication cost support, and connecting with local cancer support groups such as **Trisha's Troops (262-303-4034) in Waukesha County**. Also available for support is the American Cancer Society 24/7 Cancer Helpline at **1-800-227-2345**.

Ways to help! Many people want to offer support to individuals and communities. A few ways to do this are to volunteer, donate, and fundraise! Your community may have a local cancer support center or hospital that needs volunteers to assist with all sorts of things. These might include giving rides to those being treated, connecting people with home delivered meals, being a supportive ear to someone receiving treatment, or offering help to a loved one who is supporting someone going through

Cancer Support Month!



treatment. You can participate in local fundraisers or even create your own! Sell cookies! Make scarves! Raise money and donate to a local or national cancer support organization. Every penny counts!

Most importantly, be an advocate. Remind friends and family of the importance of preventative cancer screenings. Help people live healthier lives. Use your positive energy for political action and to help enact laws and policies that could make cancer a top priority. Fight for your loved ones. Fight for survivors and victims. Help keep your loved ones as healthy as possible and remind them just how much you care.

Don't worry about the cost—if you're a man 50 or over, Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings, and you pay nothing for most tests.

Prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths. Not sure you should get screened? You're at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American, or have a

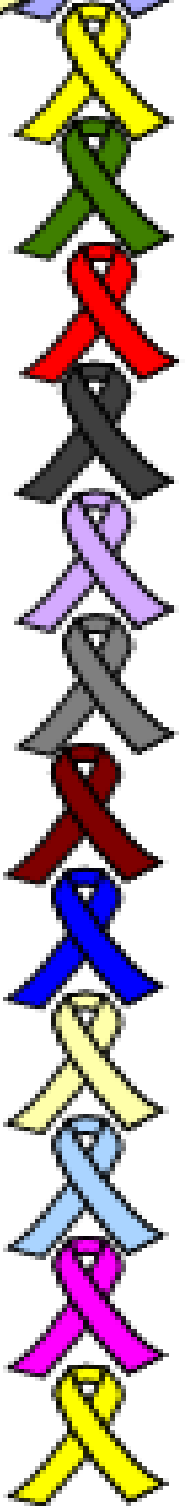
father, brother, or son who has had prostate cancer.

Colorectal cancer is also common among men—in fact, it's the second leading cause of cancer-related deaths in the United States among cancers that affect both men *and* women.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you're 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

Find more information about Medicare covered preventive services in the 2023 Medicare & You handbook or by visiting www.medicare.gov

For local assistance with Medicare or other benefits contact a Benefit Specialist at the ADRC of Waukesha County at **262-548-7848**.



WOMEN'S EQUALITY DAY

Women's Equality Day, observed on August 26, identifies American women's advancements toward equality. Many organizations, libraries, workplaces, and other institutions have observed the day by participating in events and programs that recognize women's progress toward equality.

August 26, 1970, marked the 50th anniversary of the passage of the Nineteenth Amendment to the U.S. Constitution which granted full woman suffrage. On that anniversary, the National Organization for Women (NOW) called upon women to demonstrate for equal rights in a nationwide "strike for equality." Several demonstrators hung two 40-foot banners from the crown of the Statue of Liberty, while others drew attention to the strike by stopping the ticker at the American Stock Exchange. More than 100,000 other women participated in demonstrations and rallies in more than 90 major cities and towns across the country, making the strike the largest gender-equality protest in the history of the United States. In New York City, 50,000 women marched down Fifth Avenue in support of the women's movement and equal rights; former NOW president Betty Friedan, feminist author Gloria Steinem, and U.S. Rep. Bella Abzug addressed the crowd. The women demanded equal opportunities in both education and employment, as well as access to 24-hour child-care centers.

Although the strike did not bring about immediate change, it was extraordinarily successful in demonstrating the breadth of support for women's rights. The press coverage it received drew significant attention to the feminist movement. For example, the *New York Times's* coverage of the strike marked the publication's first article about the movement. The strike also helped to secure passage of the Equal Rights Amendment by Congress in 1971–72; the amendment subsequently failed to be ratified by the required three-fourths of the state legislatures. In 1971 Congress officially recognized August 26 as Women's Equality Day, which not only commemorates the ratification of the Nineteenth Amendment but also highlights the continued efforts of women to achieve full equality.

From Britannica



August 5- Car Show @ The Corners of Brookfield, 10 am- 4 pm. Stop by for the Wisconsin Jaguars Ltd. Auto Club's Car Show and see new and vintage Jaguars, set-up on display all day. Make sure to stop and grab food to enjoy outside from an on-site restaurant and stroll to enjoy all the beautiful cars.

August 6- Lucky Ducky Veteran's River Race @ Liberty Park Delafield, 12 pm. The Delafield American Legion Post 196 is hosting this duck race to support several Veteran's organizations. Adopt a numbered rubber duck (\$5 each or 3 for \$10) to win cash prizes for the first 5 lucky ducks to cross the finish line. Duck launch will start at noon.

August 12- New Berlin Backyard Bash & Color Clash @ Malone Park, 9:30 am- 3 pm. Bring your family to enjoy an event that features free family fun including a homerun derby, yard games, free-throw challenge, rock climbing wall, beer garden, and a Color Run. Check-in for the run starts at 9:30 am and begins at 10 am. It is \$15 per person which includes a t-shirt. Prepare to be covered in color!

August 17-20- Zoo a la Carte @ The Milwaukee County Zoo, 9:30 am- 9 pm. Stroll the zoo and enjoy 20 Milwaukee area restaurants, along with the Zoo's in house food and beverage offerings, 5 entertainment stages hosting national and local bands, and drink tents. Food and beverage vendors are accepting credit cards or debit cards only, no cash.

August 19- Oconomowoc Festival of the Arts @ Fowler Park, 10 am-5 pm. Considered one of the top outdoor fine art festivals in the Midwest, the Oconomowoc Festival of the Arts features 135 artists from all over the United States in ceramics, drawings, glass, fiber, leather, graphics, jewelry, painting, photography, sculpture, and more!

August 19- Light Up the Lake Boat Parade @ Lac La Belle Oconomowoc, 7:30- 10 pm. This will be a night to remember as the Light up the Lake Boat Parade starts at 8:30 pm, followed by fireworks. There will also be a concert by the Oconomowoc American Legion Band from 7:30-8:30 pm. Feel free to tune into 107.5 FM to hear the boat announcer as well as the band.

August 19-20- Ixonia Town and Country Days @ Ixonia Fireman's Park, 11 am- 11 pm. Enjoy truck pulling, bounce houses, live music, car show, and more during the 2 days of this town festival. Proceeds support the fire department, parks and recreation department, food pantry, and other local groups and charitable causes. Food and beverages will be served both days.

August 25-27- DandiLion Daze @ Muskego Veterans Memorial Park, 9 am- 11:30 pm. Come enjoy the largest free admission festival in southeastern Wisconsin featuring live music, a 5k, parade, rides, and more!

August 26- Donna Lexa Memorial Art Fair @ Wales Community Park, 9 am- 4 pm. This art fair is a vibrant celebration of creativity and community with all proceeds benefitting non-profit organizations. Explora a diverse array of art exhibits, engage in thought-provoking conversations with the artists, and discover unique treasures.

August 26- Sustainability Fair @ Retzer Nature Center, 9:30 am- 3 pm. Participate in a list of activities centered around promoting sustainability, zero waste, and protecting our natural resources.

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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