



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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Staying Sharp: Join Brain Health Movement

June is Alzheimer's and Brain Awareness Month. This is an opportunity to increase awareness of and discuss Alzheimer's disease and other dementias as well as learn ways to reduce the risk of developing dementia during our lifetime.

Per AARP, think about the acronym **Be More**

B—Be Social - Our brains are wired to need social connection, which is why reaching out to others to talk or engage in social activities is important for both mental and physical health.

E—Engage Your Brain - Just like bodies, brains are meant to be active. The idea of use it or lose it applies to our brains as well!

M—Manage Stress - Stress is not just a state of mind but a state of body, and it exerts powerful physical changes in the brain. We all have some stress in our life but it's the way we respond and manage it that can have an impact on brain function.

O—Ongoing Exercise - Beyond increasing blood flow to the brain, exercise can be a boon for brain health because it generates the release of a protein, which promotes the growth of the cells that send and receive signals from the brain, called neurons.

R—Restorative Sleep - Lack of sleep interferes with the brain's nightly cleaning cycle. During deep sleep neurons produce less beta amyloid and tau (proteins thought to be at the heart of Alzheimer's) and secrete more of them as waste.

E—Eat right - The two best diets that brain health research supports are the Mediterranean diet, that is rich in vegetables, fish and heart-healthy fats or the MIND diet. The MIND diet combines the Mediterranean-style plan with the American Heart Association's DASH diet.

Thanks for taking care of your brain!

For more details on each of these ideas and more, visit the Taco 'Bout Wellness podcast with our Dementia Care Specialists, Jennifer Harders and Kathy Glaser.

Find more information how to access the podcast on the next page!





TACO 'BOUT WELLNESS PODCAST

Waukesha County
Employee Wellness



Scan the QR code or visit wauk.co/HealthyBrainInitiatives to listen to the audio podcast

EPISODE: **STRATEGIES TO KEEP YOUR BRAIN HEALTHY**

Just like a good taco consists of a variety of toppings, which can be changed for personal preference, so too is wellness! There are so many pieces to wellness, and it might look different for each individual, and with each season - And that is TOTALLY OKAY.



Participants Needed for Research on the Effect of Self-Compassion on Disability

BE THE DIFFERENCE.

Are you an adult with a disability? You may be eligible for participation in an online research study.

Study description

We are interested in learning how self-compassion impacts adults with disabilities (aged 18 years or older) and disability impact, adjustment to disability, and your life satisfaction.

Scan the QR code to access the study survey or visit: https://marquette.az1.qualtrics.com/jfe/form/SV_0PXVS4y5CLI7Q9w

Benefits of the study

Participating in this study may provide both the researchers and participants with a greater understanding of the role of self-compassion for adults with disabilities.

For questions or concerns about this study, Please contact Dr. Alexandra Kriofske Mainella at Alexandra.kriofskemainella@marquette.edu

Marquette University Institutional Review Board
HR#4517



**Turning 65?
Need Medicare?**



Medicare

“Welcome to Medicare” Presentations in your Area

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

Paper or Plastic?

Medicare cards are only paper. Plastic cards are not really from Medicare and could cost you your identity.

SMP
Senior Medicare Patrol
Preventing Medicare Fraud
www.smpresource.org 877.808.2468

**Brookfield Public Library—
Tuesday, June 4 at 10:00a**

**Hartland Public Library—
Thursday, June 6 at 11:00a**

**Mukwonago Community Library—
Tuesday, June 11 at 2:00p**

**Elm Grove Public Library—
Wednesday, July 17 at 10:30a**

The ADRC conducts 2-hour classes every 2nd Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.

To register for the 2-Hour ADRC presentations visit:
<http://wauk.co/welcometomedicare> or scan the QR code with your smartphone >



Find us on

ADRC
Aging & Disability Resource Center
of Waukesha County

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FARMERS' MARKET

Voucher distribution

Farmers Market Vouchers Available to Waukesha County Adults aged 60+, starting June 3rd!

The Aging and Disability Resource Center of Waukesha County will once again be distributing Senior Farmers' Market Vouchers. Waukesha County Seniors who are at least 60 years of age (Native Americans 55 years of age or older) and have household incomes of not more than 185% of the federal poverty income guidelines (see table below) are eligible to receive **\$45.00** worth of vouchers to purchase fresh fruits, vegetables, and herbs from **farmers' markets and roadside stands**.

You will receive **nine** \$5 vouchers equaling **\$45**. An authorized representative (proxy) can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative. The proxy must have the full name, address, phone number, date of birth, and written declaration of consent from the eligible senior to complete the application and pick up the vouchers for the individual. Distribution will begin on June 3rd. Senior Farmers' Market vouchers must be obtained in the county of residence but can be spent at any farm stand or market in the state of Wisconsin with farmers who are authorized to accept these vouchers.

Vouchers will be available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Vouchers will also be offered at various locations throughout the county during the month of June (see next page). Additional sites may be added, and dates and times may change without notice. Please call the ADRC at (262) 548-7848 for additional information on distribution dates, times, locations, or if you are not able to come into the office.

SENIOR FARMERS MARKET NUTRITION PROGRAM 2024 INCOME ELIGIBILITY TABLE

| Household Size | Weekly Income Limit | Monthly Income Limit | Annual Income Limit |
|-----------------------|----------------------------|-----------------------------|----------------------------|
| 1 | \$536 | \$2,322 | \$27,861 |
| 2 | \$728 | \$3,152 | \$37,814 |
| 3 | \$919 | \$3,981 | \$47,767 |

VOUCHERS AVAILABLE TO PICKUP AT THE FOLLOWING DATES AND LOCATIONS:

Mon, June 3, 2024 -10:00am-11:30am | Hampton Regency Apartments,
12999 W. Hampton Ave, Butler | 262-439-9291

Wed, June 5, 2024 -12:00-1:30pm | New Berlin Food Panty,
14750 W. Cleveland Ave., New Berlin | 262-789-8040

Wed, June 5, 2024 -1:00pm-2:30pm | Sussex Outreach Service,
N64W23750 Main St., Sussex | 262-347-3563

Thurs, June 6, 2024 -10:30am-12:00pm | La Casa Village 1,
1431 Big Bend Rd., Waukesha | 262-547-6521

Mon, June 10, 2024 -3:00pm-5:00pm | Hispanic Resource Center,
210 NW Barstow St, Suite 109, Waukesha | 262-928-4181

Tues, June 11, 2024 -1:00pm-2:30pm | Waukesha Food Pantry,
1301 Sentry Dr., Waukesha

Wed, June 12, 2024-11:30-1:30pm | Mukwonago Food Pantry,
305 Eagle Lake Ave, Mukwonago

Thurs, June 13, 2024 -2-3pm | East Terrace Apartments,
01 N. East Ave, Waukesha | 414-813-1109

Mon, June 17, 2024 -12:00-1:30p | Menomonee Falls Community Center,
W152 N8645 Margaret Rd, Menomonee Falls

Wed, June 19, 2024 -12:00pm-2:00pm | High Ridge Manor,
13445 W. National Ave, New Berlin | 262-789-9588

Tues, June 25, 2024- 1:00-2:30pm | Wilkinson Manor Apartments,
919 Summit Ave, Oconomowoc | 262-569-8196

Thurs, June 26, 2024- 1:00-2:30pm | Butler Village Hall,
12621 W. Hampton Ave, Butler 53007 | 262-783-2525

Mon, July 15, 2024- 1:00-2:30pm | Hickory View Commons,
211 S. Concord Rd, Oconomowoc | 262-367-4700



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.



June 7- North Lake Community Night @ North Lake Fireman's Park, 5- 9 pm.

Celebrate the start of summer with food, fun, and live music. This is a family fun evening in the park with grilled food, drinks, face painting, yard games, and more.

June 7- Waukesha's Friday Night Live @ Downtown Waukesha, 6:30- 9 pm.

Downtown Waukesha's streets are shut down as this summer series hosts music on eight outdoor stages sponsored by local businesses. Gather your family and friends to relax, grab a

bite to eat, listen to some music, and see what downtown Waukesha has to offer.

June 8 & 9- Maxwell Street Days Mukwonago @ Field Park, 8 am- 5 pm. Come and enjoy one of the largest flea markets around with vendors selling crafts, produce, plants, tools, and more! Food and refreshments are available on the grounds.

June 13-16- Mukwonago Summerfeste @ Field Park, times vary. Mukwonago Lion's Club summer festival includes carnival rides, softball tournaments, car show, live music, fireworks, and more. This summer favorite event also features the annual Father's Day Parade on the 16th at noon.

June 15- Lisbon Community Festival @ Lisbon Community Park, 11 am- 4 pm. This free, family-friendly event features music, a car show, horse-drawn wagon rides, inflatables, rock climbing wall, petting zoo, and more!

June 16- Father's Day Fly-In/Drive-In @ Palmyra Airport 88C, 7 am- 12 pm. The Palmyra Flying Club will be serving pancakes, eggs, and more as well as this event featuring an antique and classic car show, airplane and helicopter rides (for a fee), live band, and vendors. Admission is \$10 for adults and \$5 for children under 12.

June 21- Pewaukee Kiwanis Beach Party @ Pewaukee Beachfront, 5- 11:30 pm/ 7 am- 11:30 pm. This is the 28th annual Pewaukee Kiwanis Beach Party that focuses on the increasing need to preserve Lake Country's waterways and raises money for clean-up efforts so that we can all enjoy the beauty that the lakes bring to our community. The street is blocked off for this two-day event filled with entertainment, music, food, water activities, children's activities, and more!

June 21-23- Kettle Moraine Days @ Eagle Village Park, times vary. The much-anticipated annual Kettle Moraine Days will feature live music, breakfast, 5K run/walk, softball tournaments, corn hole tournaments, raffle, car show, tractor pull, craft fair and more. For a full schedule of events, visit <https://lakecountryfamilyfun.com/event/kettle-moraine-days-2018-06-23-2019-06-22/2024-06-21/>

June 22- 50th Anniversary Celebration @ Retzer Nature Center, 3- 9 pm. "Cheers to 50 Years!" at Retzer Nature Center where they will have a tree planting, meet and greet with friends of the Retzer family, live music, and planetarium shows! There will also be a beer garden with food from Delafield Brewhaus.

June 28-30- Hartland Hometown Celebration @ Nixon Park, times vary. Hartland's Hometown Celebration features a fireworks show on Friday night, live music Friday and Saturday, and a parade on Sunday, as well as food, drinks, inflatables, games, and more! For a full schedule of events, visit <https://lakecountryfamilyfun.com/event/hartland-hometown-celebration-2018-07-01/>.

5-Minute Egg & Cheese Muffins

These easy egg muffins refrigerate and freeze well, making them an ideal make-ahead, protein-packed breakfast.

PREP TIME 5 minutes

COOK TIME 20 minutes

TOTAL TIME 25 minutes

Ingredients

- 12 eggs
- 2 cups cheddar cheese, shredded, (or other cheese)
- 1 cup parmesan cheese, shredded
- 1/4 tsp oregano
- 1/4 tsp basil
- Salt, to taste
- Pepper, to taste

Instructions

- 1) Line a muffin pan with paper liners and lightly grease the liners and the top of the pan to prevent the puffy muffin tops from sticking to the edges.
- 2) Combine all ingredients in a bowl and distribute the batter evenly between 12 muffins liners.
- 3) Bake at 350 F for 20-25 minutes, until tops are golden brown and egg is cooked through.
- 4) Allow to cool for 10 minutes before removing from pan and enjoying.

Variations:

Add any or all of the following for a delicious flavor twist!

1/2 pound bacon or sausage, crumbled

1-2 cups diced veggies - spinach, sautéed onions, peppers, and tomatoes are all great options.

Frittata Version:

If you don't care about cute muffin-shaped food (muffin-shaped food always tastes more delicious), or you need something even easier, just pour these into a greased baking dish. and bake for 20-30 minutes.



Nutrition Information

Yield 12

Serving Size 1 muffin

Amount Per Serving

Calories 176

Total Fat 13g

Saturated Fat 6g

Trans Fat 0g

Unsaturated Fat 5g

Cholesterol 209mg

Sodium 356mg

Carbohydrates 1g

Fiber 0g

Sugar 0g

Protein 13g

Please note: The actual calories and nutrition of this dish will change depending on what ingredients you use. Nutrition information is not always accurate.

The Aging and Disability Resource Center Presents

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



**July 18th - August 22nd,
2024**

- 6 Thursdays, 10:00 am-Noon

**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

Younger Onset Dementia Caregiver Support Group

Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65?
Join us for conversations about dementia, caregiver strategies and community resources.

WHEN: 2nd Wednesday of each month
3:00-4:30 pm

Upcoming Meetings:

June 12

July 10

WHERE: Health and Human Services Center
514 Riverview Avenue, Room 113
Waukesha, WI 53188



For more
information

contact

Jennifer Harders
at 262-548-7650

Memory Screening

A Closer look at Memory Changes

Free Community Memory Screening

at Pewaukee Public Library

210 Main St, Pewaukee

Monday June 3rd from 10:00 AM or 3:00 PM

*A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so that future changes can be monitored.*

To make your 30-minute
appointment, contact
Kathy Glaser at the ADRC:

262-548-7354



Let's Talk About SCAMS



a FREE session for older adults (and others) on scams

Learn More About:

- Current trends with scams
- Types of scams
- Red flags/things to watch out for
- How to protect yourself after you have become a victim of a scam

June 11

10am - 11:30am

Waukesha Public Library
Program Room A

321 Wisconsin Ave, Waukesha

**Virtual options to attend are available,
register using information below**

Presenters:

- City of Waukesha Police Department
- Wisconsin Department of Agriculture, Trade and Consumer Protection
- Gloria - local woman to share her experience

Refreshments offered



Registration is preferred, limited walk-in availability on the day of event. To RSVP to attend, call Pat at 262-548-7943 or email pasmith@waukeshacounty.gov



Exercise Is Medicine

Tip for Caregivers: Although it may be tempting to simply remind your care recipient to exercise more, they might feel like they are being nagged. Empowering them to exercise can help them feel motivated to do it on their own and enjoy it more.

Help them feel empowered to exercise by:

- ⇒ **Finding the “why”.** Finding reasons to exercise may help motivate them. This includes improved ability to fight infections, improving overall health, or managing symptoms of a disease. Give examples of why *you* choose to exercise.
- ⇒ **Collaborating.** Brainstorm enjoyable exercises and meet with their healthcare provider for advice. If possible, let your care recipient choose the exercise schedule, reminders, and activities to help them feel in control and responsible for their choices.
- ⇒ **Setting measurable, realistic goals.** This may motivate them to keep going and feel in control.
- ⇒ **Find a group they like exercising with.** This can either be in person or online.
- ⇒ **Being patient, kind, and supportive.** Change takes time.

Looking for a manageable program to help exercise?
Turn to page 17 to learn more about the program, StrongBodies.

National Daylight Appreciation Day: June 21st Celebrating the Sun's Radiance!

Every year on June 21st, we come together to bask in the glory of the sun's warm embrace on National Daylight Appreciation Day. As the longest day of the year in the Northern Hemisphere, it's a time to cherish the extra hours of daylight and all the opportunities they bring.

This day encourages us to benefit from the outdoors, soaking up the sun's warmth and glow. From picnics in the park to beachside bonfires, the extended daylight hours provide endless possibilities for adventure and relaxation alike. It's a time to appreciate the simple joys of being outdoors.

National Daylight Appreciation Day also underscores the importance of sunlight for our well-being. Exposure to natural light boosts mood, enhances vitamin D production, and promotes overall health.

From outdoor adventures to simply enjoying a leisurely evening stroll, let's take a moment to revel in the natural beauty that surrounds us. So, mark your calendars, step outside, and soak up the sunshine on this radiant occasion!

YOUR COMMUNITY HISTORY: HARTLAND

A natural spring provided an ideal camping spot for the Potawatomi Indians in the early 1800's. Near this camping spot, a small "growing place" developed and was named Shabaquanake by the Potawatomi. Shabaquanake was situated on today's Merton and Delafield town line. In 1837, what are now the towns of Merton, Delafield, Summit and Oconomowoc were then all known as the Town of Summit with a population too small to support more than one town government. Within a few years, the population had grown enough to allow the Town of Summit to divide into two townships, the Town of Summit to the west and the Town of Warren to the east. Again, as the population grew, the Town of Summit split into the Towns of Summit and Oconomowoc and the Town of Warren divided into the Town of Merton on the north and the Town of Delafield on the south.



The Town of Warren was named after Stephen Warren, Hartland's first settler. Stephen came to this area in 1838 to file claim to the land between what is now bordered by East Capitol Drive to the north, Cottonwood Avenue to the west, and Maple Avenue to the east. In 1848, Stephen Warren sold part of his land to Christian Hershey who in turn used the property to construct a four- and one-half story grist mill. This area was known as Hersheyville for many years because of this well-known landmark. The mill used waterpower from the Bark River and the mill race and dam that was constructed under East Capitol Drive. Placing

a high value on education, the early settlers believed that no child should have to walk more than three miles to attend school. As a result, the area is populated with one room schoolhouses such as Lakeside, Campbell (Bark River), Swallow, Pine Lake (Nashotah), Stone Bank, North Lake, Richmond, and Hartland Schools. Many buildings started off as log buildings but were soon replaced by more permanent brick structures in the 1860's.

By the early 1920's a need for an accredited high school became apparent. Over 30 years later, Hartland Union High School was replaced by Arrowhead High School (South Campus). In 1848, the Watertown Plank Road (a toll road consisting of wooden planks running from Watertown to Milwaukee) was completed through Hartland. It was used by farmers as a "highway" for bringing their grains and hops to the Milwaukee breweries. To provide a place for rest and refreshment for its travelers, many hotels or "taverns" were built along the way. The Burr Oak Tavern still stands on the SE corner of Maple Avenue and East Capitol Drive.

The Milwaukee and Watertown Railroad reached Hartland in 1854, opening up a whole new life for the Village and bringing prosperity to the area. Farmers could now ship their produce to the markets in Milwaukee faster and cheaper. Lake resort businesses boomed with spas and hotels on neighboring Pine and Beaver Lakes. People could even take theater excursions to Milwaukee and get



home that same evening. No longer was the Watertown Plank Road the only vehicular tie with the rest of the world. Trains played an important part in establishing Hartland as a hub for area farmers with a record breaking 65 trains passing through Hartland in one day in 1909! It was about this time that it is believed that the area was renamed Hartland. Legend states that an Englishman working on the laying of the tracks called this area Hartland as it reminded him of a similar "Hartland" in the east. Another one of Hartland's early settlers was the Rowell Family who established the Rowell Turkey Farm in the 1880's. During its most prosperous years from 1884-87, the Rowells bought approximately 875 turkeys a day during the holiday season and employing 10-12 men to take care of some 3,000 fowls. In the years that followed, cholera disease made the turkey farm an unprofitable business. The Rowells then developed their turkey farm into a 30' wide, one-half mile racetrack with a baseball diamond in the middle. Usually after the races, there would be a ball game between Hartland and a neighboring town. It was reported that as many as 10,000 people came to watch the races and that there was not another spot in town in which to hitch your horse.

Hartland has continued to hold its reputation as a "great place to live" as noted by a billboard along Highway 16 in the 1950's, and to this day, Hartland continues to offer the charm of a small town where residents take pride in their community. This is exhibited by the high quality of life found here and still is, as named by the Potawatomi Indians over 150 years ago, "Shabaquanake": a growing place.

Source: www.villageofhartland.wi.gov



MEN'S HEALTH WEEK JUNE 10-16

HEALTH SCREENINGS SAVE MEN'S LIVES

Did you ever put off doing a task or getting a test and later wished you had just gotten it over with? If you are a man with Medicare, now is the time to talk with your doctor about whether you should get screened for prostate cancer, for colorectal cancer, or for both. Screening tests can find cancer early,

when treatment works best.

Do not worry about the cost—if you are a man 50 or over, Medicare covers a 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 are at a higher risk for getting prostate cancer if you are 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 is 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 are 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly.

June is Men's Health Month, a perfect time for you (and the men in your life) to take the steps to live a safer, healthier life. Find more information about Medicare covered preventive services in the 2021 Medicare & You handbook or by visiting www.medicare.gov.

For local assistance with Medicare or other benefits contact ADRC of Waukesha County.

June 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 3 | 4 | 5 | 6 | 7 |
| Smothered Chicken Diced Buttered Red Potatoes Creamed Corn Nine Grain Bread Plum Vanilla Pudding Alt: Diet Pudding | Roast Pork w/Thyme and Mushroom Gravy Garlic Mashed Potatoes w/gravy Sweet & Sour Cabbage Wheat Roll with butter Seasonal Fresh Fruit | Lemon Herb Chicken Breast Mashed Sweet Potatoes Pacific Blend Veggies Nine Grain Bread w/ Butter Honeydew Melon | Meatball Marinara Sandwich on Hoagie Roll Potatoes Italiano Italian Green Beans Orange Baker's Choice Cookie Alt: Diet Cookie | Beef Stew with Potatoes and Vegetables Spinach Salad with Balsamic Dressing Baking Powder Biscuit/Butter Warm Apple Slices |
| 10 | 11 | 12 | 13 | 14 |
| Turkey Tetrazzini Green Beans Mixed Greens Salad with French Dressing Whole Wheat Bread/butter Plum | Italian Wedding Soup BBQ Meatballs Sunshine Carrots Citrus Fruit Salad Dinner Roll w/ Butter Iced Brownie Alt: Diet Jello | Chicken Provencal Herbed Red Potatoes Wisconsin Blend Veggies Multigrain Bread w/ butter Seasonal Fresh Fruit | Ring Bologna Au gratin Potatoes Beet & Onion Salad Marble Rye Bread w/butter Fruit Cocktail | Chicken Broccoli Rice Casserole Zucchini Blend Veggies Cantaloupe Wedge Biscuit with butter Chocolate Mousse |
| 17 | 18 | 19 | 20 | 21 |
| Happy Father's Day Polish Sausage on a Pretzel Bun Hot German Potato Salad Mixed Vegetables Strawberry Rhubarb Pie | Chili Macaroni with beans Caribbean Blend Veggies Cucumber Slices with Ranch Mandarin Oranges | Roast Beef in gravy Mashed Potatoes with gravy Buttered Sweet Corn Multigrain Bread with butter Watermelon | Summerfest & Strawberry Festival BBQ Pulled Pork on a Whole Wheat Bun Mashed Sweet Potatoes Creamy Coleslaw Pound Cake with Strawberries | Chicken Supreme Buttered Red Potatoes Carrot Coins Seasonal Fresh Fruit Rye Bread/butter Vanilla Pudding Alt: Diet Pudding |
| 24 | 25 | 26 | 27 | 28 |
| Turkey ala King over Brown Rice Capri Blend Veggies Spinach Salad with French Dressing Banana | Shredded Pork and Gravy over Mashed Potatoes Seasoned Green Beans Whole Wheat Bread/butter Chilled Apricots | Ham and Turkey Club on Hoagie Bun with Cheese Mayo/Mustard Packets Creamy Coleslaw Broccoli Salad Pineapple Tidbits Chocolate Pudding Alt: Diet Pudding | Salisbury Steak Mashed Potatoes with gravy Dilled Carrot Coins Nine Grain Bread Blueberries | Brewers vs Cubs Chicago Style Hot Dog on a bun Ketchup/Mustard/Relish Potato Wedges Hot Calico Beans Fresh Fruit Cup Ice Cream Sundae Cup |
|  | <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> | |  | |

Senior Dining Centers in Waukesha County

| | | | |
|---|--|---|--|
| Brookfield Community Center 2000 N Calhoun Rd Brookfield (262) 782-1636 | Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls (262) 251-3406 | Birchrock Apartments 280 Birchrock Way Mukwonago (262) 363-4458 | New Berlin Senior Dining: Our Lord's Methodist Church 5000 Sunnyslope Rd New Berlin (414) 529-8320 |
| Oconomowoc Community Center 220 W Wisconsin Ave Oconomowoc (262) 567-5177 | Sussex Community Center N64 W23760 Main St Sussex (262) 246-6747 | La Casa Village Apartments 1431 Big Bend Rd Waukesha (262) 547-8282 | ALL MEALS ARE SERVED AT 12:00/NOON |

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse) with NO INCOME REQUIREMENT!

Reservations are required at least 24 hours in advance. Call the dining center where you wish to attend between 9:30am-1:30pm. If after 1:30pm, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826.

What if I Need Transportation there?

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 at (262) 548-7848.

Living Well with Chronic Conditions

Telephone/toolkit-based workshop

Thursdays, June 13, 20, 27, July 11, 18, 25

11:30 a.m. to 12:30 p.m. (6 sessions)



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 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 conditions. If you have conditions such as arthritis, heart disease, or anxiety, the "Living Well" toolkit/phone support program can help take charge of your life.

Call 262-928-4059 for more information or to register.

Wisconsin Boating Safety Reminders and Resources for Summer 2024

By the GWAAR Legal Services Team (for reprint)

Below are some tips, reminders, and resources available to make sure your 2024 boating season is a safe one! Even if you do not own a boat, this information is important to remember if you ever rent a boat or you're ever a passenger in a friend's boat. As they say, "it's always better to KNOW someone with a boat than to own one."

First, whether you are paddling a kayak, driving a motorboat, or enjoying a cruise as a passenger, you should ensure that you have a U.S. Coast Guard-approved wearable personal flotation device (PFD) for each person onboard and one approved throwable device for any boat 16 feet and longer. That is the law. Although not required by law, the Wisconsin Department of Natural Resources (DNR) recommends that all boaters wear their life jackets while on the water.

The most common PFDs you will use in Wisconsin waterways are Types II, III, and IV. You should always make sure you have the correct PFD for your size and weight and that it fits comfortably. It should also be in good condition – free of wear and holes with all straps and buckles intact.

You should also have other safety equipment on board. The law requires that most motorboats and all personal watercrafts have Type B, USCG approved fire extinguisher on board. If you are operating your boat between sundown and sunset, you also need to make sure you have the required navigation lights and that your lights are fully operational.

You will also want to make sure you know the rules and regulations before hitting the water. The Handbook of Wisconsin Boating Laws and Responsibilities is available here: <https://widnr.widen.net/s/0vw8hwrae3>. An approved boater safety certificate is required to operate a motorboat for anyone born on or after January 1, 1989.



TYPE I



TYPE II



TYPE III



TYPE IV



TYPE V

However, anyone can take the course, and it is not a bad idea to brush up on your knowledge and skills. For more information about boater safety education, visit: <https://dnr.wisconsin.gov/Education/OutdoorSkills/safetyEducation>.

Finally, and most importantly, do not drink and operate a boat of any kind. It is illegal for a person to operate a motorboat or use water skis, a surfboard, or other device if they are under the influence of an intoxicant or a controlled substance, or if they have a blood alcohol concentration of 0.08% or greater. Simply by operating a boat or other kind of watercraft, you have legally given consent to drug and/or alcohol testing, and you may face the same consequences you would if you were driving drunk on the road. So besides being illegal, it is very unsafe to operate a boat under the influence. So, boat sober!

Be safe and have a great boating season in Wisconsin!

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ◆ **Reduced risk for chronic diseases:**
 - ◆ Diabetes
 - ◆ High Blood Pressure
 - ◆ Heart Disease
 - ◆ Osteoporosis
 - ◆ Arthritis
 - ◆ Some Cancers
- ◆ **Increased:**
 - ◆ Strength
 - ◆ Muscle mass
 - ◆ Bone density
 - ◆ Ability to do Activities of Daily Living

What: 10-Week Strength Training Class

When: Mondays and Wednesdays 10:00-11:15AM, Starting July 8th
(no class 9/2 & 9/4)

Where: Gethsemane United Methodist Church
(642 Main St. Pewaukee, WI 53072)

Class Registration is a first come, first serve basis.

Contact Courtney at 262-444-9102 or cklepp@waukeshacounty.gov



University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

EAGLES IN WISCONSIN

American Eagle Day is Thursday, June 20, 2024. In particular, the endangered bald eagles have made a resurgence in Wisconsin. This resurgence in our national bird has been made possible by conservation efforts, endangered species laws, bans on pesticides, and citizen donations.

Just in recent years, EVERY county in Wisconsin now has documented active eagle nests! The Wisconsin Department of Natural Resources and citizens of Wisconsin help monitor the nests to help keep the eagle population growing strong. Monitoring the nests and community events can help continue to protect the bald eagle in our state.

Eagle watching events have become very popular across our state and provide not only viewing opportunities, but also educational events to learn more about this majestic bird. Bald eagles from northern Wisconsin, Canada, northern Michigan, and Minnesota move south in winter in search of open water where they can catch fish. They typically congregate along open water areas along the Wisconsin, Mississippi, and Fox Rivers.

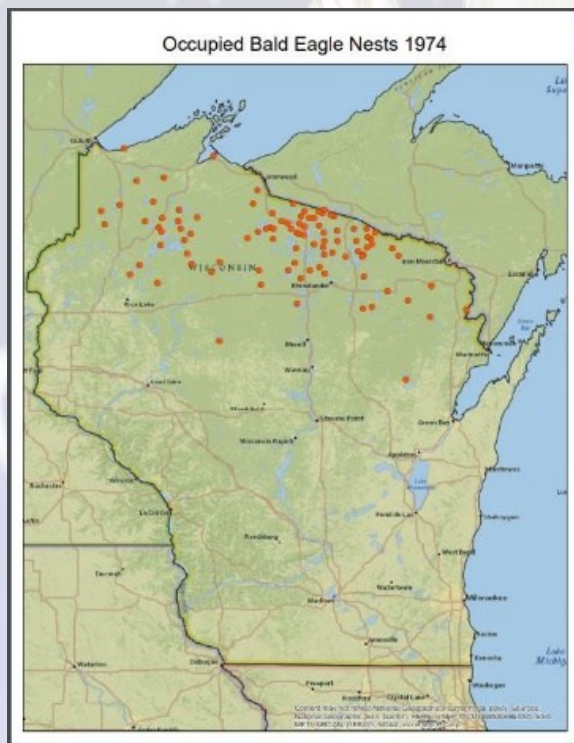
Several Wisconsin communities typically offer bald eagle watching events in winter.

- Bald Eagle Watching Days in Sauk Prairie are held each January.
Learn more: [Ferry Bluff Eagle Council \[exit DNR\]](http://ferrybluffeaglecouncil.org) (<http://ferrybluffeaglecouncil.org>)
- Bald Eagle Appreciation Days in Prairie du Chien are held in February.
Learn more: [Prairie du Chien Area Chamber of Commerce](http://www.prairieduchien.org) (www.prairieduchien.org)

The best time to see bald eagles is early morning (8-11 a.m.) as they move in from their nearby roost sites to actively feed along the river through the last one to two hours before dusk as they return to their roosts. When viewing eagles, please do not venture so close that you cause them to fly off and please stay in your vehicle when near them.

Bald eagles are federally protected by the Bald and Golden Eagle Protections Act, so we need to respect this Federal Act and be mindful that while we may enjoy viewing these majestic birds, they are wild and need their space in order to continue to make their comeback. Below are images of documented active nests in 1974 (left) and documented active nests in 2019 (right).

Source: www.dnr.wisconsin.gov



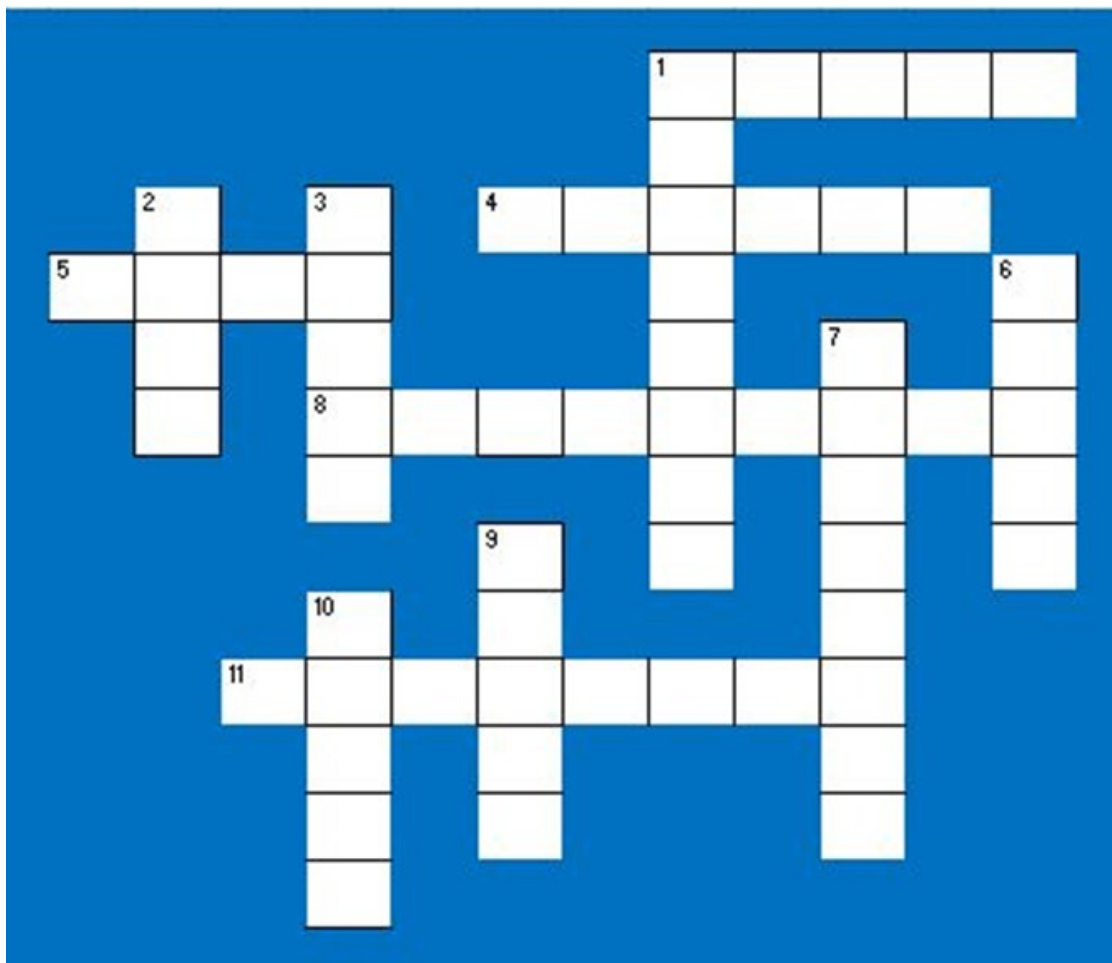
Volunteering with Waukesha County Department of Health and Human Services (HHS) is fun and healthy for you!

See if you can solve our Volunteer crossword, which is filled with world, history, and HHS volunteer fun facts. All those who submit their name and a photo of their completed crossword to hsvolunteers@waukeshacounty.gov are entered for a chance to win an HHS Volunteer goody-bag!

Questions about HHS Volunteer Services? Please visit <https://www.waukeshacounty.gov/WCVolunteer> or contact Kara Moore or Sherry Williams for more information.

Across

1. _____ has the highest volunteer rate of any state in the United States.
4. The _____ club is a volunteer organization formed in 1905 to bring people with diverse backgrounds, cultures, and beliefs together to exchange ideas and form meaningful friendships.
5. HHS's Health Promotion Program Leader volunteers help educate seniors about a healthy way of _____.
8. According to a Deloitte study, 89% of working Americans surveyed believe that companies that sponsor _____ opportunities offer a better overall working environment than those that do not.
11. According to the Mayo Clinic, volunteering has numerous health benefits, including reducing stress and increasing positive, relaxed feelings by releasing _____.



2. The first volunteer _____ company was founded in 1736 by Ben Franklin, and soon, they spread throughout the United States.
3. Aristotle once said, "The essence of life is to _____ others and do good."
6. The 2024 Olympic Games held in _____ will be supported by 45,000 volunteers!
7. The AODA Facilitators, a group of volunteers who lead alcohol and drug _____ groups, formed in 1982 after a group of individuals identified a gap in services and approached the county with an offer for them to lead groups at county facilities.
9. HHS has two volunteer driver positions. In one program, our volunteers transport people to essential health appointments, while in the other, our volunteers deliver nutritious _____ to people who are home-bound.
10. Sherry Williams and Kara _____ are HHS's two Volunteer Program Specialists.

Down

1. The _____ has provided the most significant boost to the popularity of volunteerism by allowing people to communicate with others around the world, spreading awareness, and offering options without physical restrictions.

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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