



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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The ADRC Connection

July 2024



Commemorating the 25th Anniversary of Olmstead

We have heard of the ADA, or Americans with Disabilities Act, but have you heard of Olmstead v. L.C.?

On June 22, 1999, the Supreme Court ruled in *Olmstead v. L.C.* that unjustified segregation of people with disabilities is a form of unlawful discrimination under the Americans with Disabilities Act (ADA).

The ADA was the result of decades of efforts by disability rights advocates to raise awareness of the injustices and prejudice they so often experienced, change public perceptions of disability, and demand the full rights of citizenship. Since 1990, the law has improved access to businesses, public spaces, transportation, communication, and employment, and protected people with disabilities from discrimination.

The Olmstead decision required states to ensure that people with disabilities can receive services in the most integrated setting appropriate to their needs, opening the doors to community inclusion and integration for even more people with disabilities.





July 3-5- New Berlin 4th of July Family Festival @ Malone Park, times vary. Join in on the 56th annual 4th of July Family Festival! This year's theme is "Celebrating Community". This 3-day event features live music, carnival rides, food, drink, a parade, fireworks, and more! Parade begins at 1:00 p.m. on July 4. Visit www.enjoynewberlin.com

July 5- First Fridays @ East Troy Village Park Square, 5- 8 pm. Every first Friday June through September features tasty food, fun, and live music in the Village Park Square. June's date features an East Troy block party extravaganza with music from Big Al Wetzel Band.

July 11-13- Downtown Delafield Block Party @ Downtown Delafield, 5 pm- midnight. Enjoy back to back evenings featuring a large beverage tent with specialty drinks, local food offerings, live music, and raffle!

July 12-14- Sussex Lions Daze @ Village Park, times vary. There will be 3 days of family fun at the annual Sussex Lions Daze festival. This event features carnival rides, live music, fireworks, softball tournaments, pony rides, food, and drink, and more! For a full schedule of events, visit <https://lakecountryfamilyfun.com/event/sussex-lions-daze-3/2024-07-12/>.

July 13- Lake Country Art Festival @ Nagawaukee Park, 9 am- 4 pm. Visit over 75 artists specializing in pottery, painting, glass, woodwork, fine art, jewelry, yard art, textiles, and more! There will also be a silent auction tent where items from talented artists are up for bid, as well as gift certificates from local restaurants and businesses. A variety of food trucks will also be present.

July 17-21- Waukesha County Fair @ Waukesha County Fair Grounds, times vary. The fair is back for its 182nd year and the theme is "Homegrown Fun"! This is the oldest county fair in Wisconsin, and the biggest event in all of Waukesha County! For details and a full schedule, visit www.waukeshacountyfair.com.

July 19- Free Friday at City Beach @ Oconomowoc City Beach, 1:30-3:30 pm. Try your hand at stand up paddleboarding with a free, 20-minute session at City Beach. Head to the lifeguard station to get a spot. Only available for those 16 years or older.

July 19- Music in the Garden @ Delafield Public Library, 2-3 pm. Enjoy traditional Irish music from Ceol Cairde in the beautiful garden at the Delafield Public Library. No RSVP necessary, this is a free event.

July 20- Menomonee Falls Lavender Fest @ Village Park, 10 am- 5 pm. The 4th annual Menomonee Falls Lavender Fest features all things lavender- enjoy the scent, color, flavor, and decorating influence! Shop and dine downtown and enjoy a sea of vendor booths. The beer garden will also be open. There will also be live music, fashion show, and Kidzone.

July 20- Hartland Street Dance @ Downtown Hartland, 3- 11 pm. Come enjoy this highly anticipated summer event featuring a cornhole tournament, inflatables, rock wall, food and beverage, live music, and more! Please note all food purchases will be cash only.

July 25-28- Dousman Derby Days @ Cory Park, times vary. This year marks the 69th annual Dousman Derby Days. The fun filled weekend will include a parade, music, carnival rides, softball tournament, and the famous Wisconsin State Frog Jump. Further details and a full schedule of events can be found at <https://lakecountryfamilyfun.com/event/dousman-derby-days/2024-07-26/>.

Sneak Peak into August...

August 9-10 – Waukesha Rotary Bluesfest @ Naga-Waukee Park – Delafield, 1pm-10pm, rain or shine. Described as an American music and arts festival featuring headliners Ally Venable on Friday, and GA-20 on Saturday. More info at: waukeshabluesfest.com

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.



www.smpresource.org 877.808.2468

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

Menomonee Falls Public Library—
Thursday, August 8 at 2:00p

In addition, 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 >



MEDICARE FRAUD AND SCAM ALERT!

- If you have unwanted charges on your Medicare statements, report these claims to Senior Medicare Patrol (SMP) at:
 - **888-818-2611**
- ALSO report this directly to the Office of the Inspector General Hotline:
 - **1-800-HHS-TIPS (800-447-8477)**





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 to eligible adults:

- ◆ Waukesha County resident
- ◆ Age 60 years or above (Native Americans 55 years of age or older)
- ◆ Household incomes of not more than 185% of the federal poverty income guidelines (see table below)

If you meet the requirements above, you can receive **\$45.00** worth of vouchers to purchase fresh fruits, vegetables, and herbs from **farmers' markets and roadside stands**.

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 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

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.

Understanding Panic Attacks: Spotlight on Panic Attack Awareness Day

Panic attacks are sudden and intense episodes of fear or anxiety that can occur without warning. They manifest through a variety of physical and emotional symptoms, which may include a racing or pounding heart, sweating, trembling, shortness of breath, chest pain, nausea, dizziness, and a feeling of impending doom. These symptoms often peak within minutes and can be so severe that they are mistaken for life-threatening conditions like heart attacks.



For older people or people with disabilities, experiencing a panic attack can be particularly frightening. The physical symptoms may overlap with those of other health issues, leading to confusion and additional stress. It's essential to recognize that, despite their intensity, panic attacks are not life-threatening (even though it may feel that way) and can be managed with proper care and understanding.

July 10th is Panic Attack Awareness Day; a crucial time dedicated to increasing public knowledge and understanding of this condition. Awareness initiatives aim to dispel myths, reduce stigma, and provide valuable information on how to recognize and manage panic attacks effectively.

Understanding the triggers and underlying causes of panic attacks can be a significant first step towards managing them. Stress, major life changes, or even certain medical conditions can contribute to the onset of panic attacks. For some, they may be a symptom of panic disorder, a type of anxiety disorder characterized by recurrent panic attacks.

Effective management strategies for panic attacks include:

- ◆ deep breathing exercises
- ◆ mindfulness meditation
- ◆ regular physical activity
- ◆ avoiding stimulants such as caffeine and alcohol
- ◆ professional help from a therapist or counselor
- ◆ possibly medication

If you are experiencing panic attacks, consult your healthcare provider to rule out other medical conditions and to develop a tailored management plan. Support from family, friends, and support groups can also play a vital role in coping with panic attacks.

By raising awareness and understanding, Panic Attack Awareness Day empowers individuals to seek help, find effective management strategies, and reduce the impact of panic attacks on their daily lives. Remember, you are not alone, and there are resources and support networks available to help you through this challenging experience.

StrongBodies—Strength Training Class

In-person class

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

**Mondays & Wednesdays, July 8-Sept 18, 10-11:15am;
no class 9/2 & 9/4**

Gethsemane United Methodist Church 642 Main St.
Pewaukee, WI 53072

Increasing your strength can reduce your risk for chronic diseases like diabetes, high blood pressure, heart disease, osteoporosis, arthritis, and some cancers. Weight training can also increase your strength, muscle mass, bone density, and the ability to do activities of daily living.

To register, email Courtney at cklepp@waukeshacounty.gov or call (262) 548-7835

Stepping On—Fall Prevention and Balance Class

In-person workshop

Fridays, August 30 to October 11, 10:30 a.m. to 12:30 p.m.

ProHealth Waukesha Memorial Hospital

“Stepping On” is a workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards.

To register for either visit www.ProHealthCare.org/classes or call 262-928-4059

**Stepping
On**

© Clemson & Swann (2017)



PROHEALTH CARE



Ascension Healthcare Presents:



**SAVE
THE
DATE**

Falls Prevention Fair

September 27th, 2024

Join us anytime from 1 to 4:30pm

September is “National Falls Awareness Month” and to honor this, we are inviting you to learn more about preventing falls while staying active!

Experts will address:

- Benefits of strength and balance training
- Home safety tips and tools for daily living
- Vision changes and balance
- Hearing loss and balance
- Medications that can lead to falls
- Community safety
- Community resources available to you
- And much more!

**FREE
ADMISSION**

**RAFFLE
PRIZES**

**Location: Ascension Wauwatosa Campus
201 North Mayfair Road, Wauwatosa, WI 53226
5th Floor Conference Room**

To Sign-up Please Call: (262)-785-2293

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

When: Monday, July 15
Time: 10:00am - 3:00pm
Where: Delafield Public Library

When: Tuesday, August 20
Time: 10:00am - 3:00pm
Where: Pauline Haass Public Library
(Sussex)

To schedule your 30 min time slot, call Jennifer Harders at the ADRC of Waukesha County.
262-548-7650



514 Riverview Avenue
Waukesha, WI 53188

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



TACO 'BOUT WELLNESS PODCAST

Waukesha County
Employee Wellness



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.



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

July 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatballs in Mushroom & Onion gravy Yukon Mashed Potatoes w/gravy Diced Butternut Squash Multigrain Bread Apple Streusel Cake Alt: Applesauce	Baked Ham Scalloped Potatoes Italian Green Beans Peach Half Whole Wheat Dinner Roll Lemon Bar Alt: Vanilla Wafers	Celebrate America! Barbecue Chicken Quarter Dilled Potato Salad Baked Beans Wheat Bread w/butter Seafoam Gelatin Alt: Sugar Free Gelatin	July 4th Holiday All Senior Dining Centers Closed, no HDM delivery ADRC Closed	Tuna Salad on Croissant Broccoli Salad Tomato & Onion Salad Seasonal Fresh Fruit Banana Muffin
8	9	10	11	12
Pork Cutlet in gravy Mashed Potatoes with gravy Venetian Blend Veggies Whole Wheat Bread/butter Applesauce Chocolate Milk	Brat on a Bun Ketchup/Mustard American Potato salad Baked Beans Coleslaw Watermelon Slice Ice cream Cup	Chicken Breast in Mushroom Cream Sauce with tomatoes Baked Potato with butter and sour cream Creamy Cucumber Salad Crusty Roll/butter Sherbet Alt: Mandarin Oranges	Bastille Days Beef Burgundy over Noodles French Cut Green Beans Mixed Greens & Kale Salad with French Dressing Apple Chocolate Mousse	Roast Turkey in gravy Mashed Sweet Potatoes Scandinavian Veggies Fruit Cocktail Multigrain Bread/butter Peanut Butter Cookie Alt: Diet Cookie
15	16	17	18	19
Salisbury Steak Mashed Potatoes with gravy Harvard Beets Seven Grain Bread Baker's Choice Pie Alt: Peaches	Vegetable Lasagna Mixed Vegetables Romaine Salad with Italian dressing Mixed Fruit Cup Snickerdoodle Cookie Alt: Diet Cookie	Country Ribs Au gratin Potatoes Caribbean Blend Veggies Whole Wheat Bread/butter Honeydew Melon	Fish Patty on a Wheat Bun w/ Tartar Sauce Buttered Quartered Red Potatoes Peas and Carrots Seasonal Fresh Fruit	Caribbean Jerk Chicken Creole Style Red Beans and Rice Seasoned Green Beans Cantaloupe Slice Chocolate Milk
22	23	24	25	26
Pub Burger on Sheboygan Roll with Provolone American Fried Potatoes Dilled Carrots Watermelon Slice	Roast Turkey Herbed Stuffing with Gravy Italian Beans Grape Tomatoes Mandarin Oranges Chocolate Chip Cookie Alt: Diet Cookie	BLT Chicken Pasta Salad Mixed Greens with Grape Tomatoes and French dressing Tri-Bean salad Crusty Roll with butter Ambrosia Salad	German Fest Pork Roast with Gravy Spaetzle w/Gravy Sweet & Sour Cabbage Cucumber Salad Applesauce German Chocolate Cake	Cranberry Meatballs Roasted Red Potatoes California Blend Veggies Multi-Grain Dinner Roll w/ Butter Kiwi Fruit
29	30	31		
Sloppy Joe on a Bun Tri-tater with ketchup Riviera Blend Veggies Seasonal Fresh Fruit Rice Krispie Treat Alt: Diet Jello	Baked Mostaccioli Winter Blend Vegetables Baby Carrots with Ranch Garlic Breadstick Fruit Cocktail	Stuffed Pepper Double baked potato casserole Pea & Cheese Salad Multigrain Bread w/ butter Fresh Fruit Chef's Choice Cookie Alt: Diet Cookie	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> </div>	

Senior Dining Centers in Waukesha County

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

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse, regardless of age) with NO INCOME REQUIREMENT! Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.



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.

JOKE OF THE MONTH

Why was the man arrested for selling sun hats and parasols?

Because of *shady* business practices

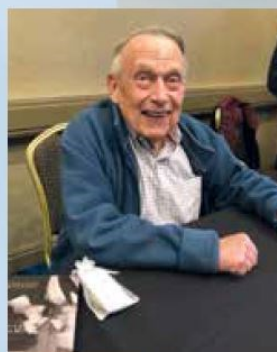
Book Recommendation *GWAAR Staff Pick*

My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver

By Martin J. Schreiber with Cathy Breitenbucher

In *My Two Elaines*, author Marty Schreiber, former governor of Wisconsin, watches his beloved wife, Elaine, gradually transform from the woman he fell in love with in high school, and who diligently supported his political career, to the Elaine who knows she is declining and can't remember how to cook a meal, and finally to the Elaine who no longer recognizes Marty or their children. Beyond sincere, practical advice, *My Two Elaines* gives the reader permission to feel the full spectrum of emotions, including humor, even in the face of this relentless illness. And the book speaks to anyone touched by this disease – spouse, child, friend, or family member.

Learn more at mytwoelaines.com



Mr. Schreiber at a book signing booth.

"If there's one thing worse than Alzheimer's, it's ignorance of the disease."

– Marty Schreiber

This book is available at our Resource Library located in the ADRC lobby at the Human Services Center at 514 Riverview Ave, Waukesha. Stop by to check it out today!

All are welcome to join the Pewaukee Lake Water Ski Club and the Lynzay Legois Free Water Ski Club for a great day at **Adaptive Ski Clinic**. Each year, the club holds adaptive skiing clinics for those of us in the community who have differing abilities. We are all different. Some of us have different abilities than others. But one thing is clear: Water skiing is for everyone, no matter one's ability.



Where: Pewaukee Lakefront Park, 222 West Wisconsin Avenue, Pewaukee

When: August 24th, time TBD

Get up to date information here:

<http://www.plwsc.org/adaptive>

To register as a participant or volunteer, contact:

Kurt Roskopf, call or text: 262-372-1754,

kurt@spiritofthegame.org



Introducing In-Home Care When Your Loved One Says 'No'

By Family Caregiver Alliance

Temporary respite can give caregivers a break from their care responsibilities. However, some care recipients with memory loss or cognitive impairments are resistant to strangers coming into their home to help. The help may be perceived as an invasion of privacy, a loss of independence, or a waste of money. Yet in-home assistance is often critical in offering caregivers time to relax, recharge, and rejuvenate. Self-care is essential in any caregiving journey. There are ways to make this transition easier.

Here are some tips for making your loved one feel more comfortable with in-home help:

1. Start gradually.

Begin by having the aide come only a couple of hours each week, then add hours as your loved one builds a relationship with the helper.

2. Listen to your loved one's fears and reasons for not wanting in-home care.

Express your understanding of those feelings. If possible, get your loved one involved in choosing the aide. He or she will feel more invested and comfortable with the decision.

3. "This is for me. I know you don't need help."

Expressing the need as yours, rather than the your loved one's, helps maintain her sense of dignity and independence. You can also add that having someone stay at home allows you not to worry while you are gone. Make it clear that you will be coming back.

4. "This is prescribed by the doctor."

Doctors are often seen as authority figures and your loved one may be more willing to accept help if she feels that she is required to do so.

5. "I need someone to help clean."

Even if this is not the real reason, often people will allow someone in to clean when they "don't need" care for themselves.

6. "This is a free service."

This strategy may work if other family members are paying for the home care or if it is, in fact, provided without charge. Your loved one may be more open to using the service since she does not feel that she is spending money for it.

YOUR COMMUNITY HISTORY: DOUSMAN



The Village of Dousman is located 35 miles west of Milwaukee. In 2020 the U.S. Census Bureau reported a population of 2,419 residents. Like many other cities and villages in Waukesha County, Dousman became settled primarily due to the railroad expansion in the mid to late 1800's.

Before the railroad came through Dousman, Talbot Chambers Dousman built the first log cabin in the area and the following year he built the first frame barn in Waukesha County on his 400-acre farm called Ingleside. The area was known as Dousman Territory after its first settler. Other settlers began to follow, Elisha W. Edgerton received a land grant to farm in 1843 and was voted best farm in the state in 1860. George Washington Brunt purchased his farm and constructed a mansion on his acreage in 1873.



In 1881, the Chicago and Northwestern Railway Company laid its tracks, and the area was dubbed "Bullfrog Station" due to the boggy area and the numerous bullfrogs. This was the start of business

growth for Dousman. Griffith Thomas built the first store and became the first merchant and postmaster the same year the railroad came through Dousman Territory. In following years, Mr. Steinica built the area's first hotel, which consequently burned down two years later, and O.H. Neff and G. A. Groop moved their blacksmith and wagon shop from Utica to the Bullfrog Station. Another historical tidbit to add is that President Grover Cleveland made a "whistle stop" in Dousman in 1888.

In 1886, G. A. Rogers was established as the "Dousman Leader" and by 1890, Dousman Territory or what was now known as, Bullfrog Station had 150 residents. With all this growth, the town built its school and Mary Moody was its first teacher, earning \$1.50/day. By the early 1900's the village had another hotel built, a state bank established and a volunteer fire department. Also, at the turn of the century, Dousman had the first fish hatchery in the state called "Trout Pond" and hosts an annual frog jumping contest at their Dousman Derby Days each summer. It was not until 1917, that Dousman Territory was incorporated into the Village of Dousman.

The railroad depot closed in 1965 but this community that is steeped in farming, community, and entrepreneurship continues to remain a close-knit community in the Kettle Moraine area.



Source: *Encyclopedia of Milwaukee*, villageofdousman.gov



This summer, City of Waukesha Parks, Recreation, and Forestry Dept. (WPRF) is teaming up with the Friends of WPRF to begin a new program "**Where You Belong**," an opportunity for individuals to meet up at free programs and events to improve their social connection and health by connecting with new people, participating together, and making new friends. Participants will be part of an exclusive welcoming reception.

"Together we can demonstrate why Waukesha is Where You belong," said Mary Berg, Recreation Service Manager. "All participants are encouraged to make more intentional connections through facilitated introductions and build community".

"The City of Waukesha Parks and Recreation is where many memories and friendships begin and are cultivated. It plays a vital role in enhancing lives, ensuring health, building strong families and a more connective community," said Mayor Shawn Reilly.

Waukesha Parks, Recreation and Forestry Department (WPRF) fosters a sense of belonging in the community by providing welcoming and inclusive programs, essential services for all ages and abilities, and safe, accessible spaces to build meaningful connections.

Summer meet up events include:

- ⇒ **Wed., July 3:** Free Beginner Pickleball Clinic at 6:00 pm at Lowell Park must pre-register
- ⇒ **Mon., July 15:** Monday Night Movie in the Park, Polar Express Pre-Movie activity at 6:00 pm meet by the guitar sign to the right of the stage, bring your lawn chair.
- ⇒ **Mon. July 15:** Fit in the Park - free outdoor Zumba, ages 16+, 6:00 to 7:00 pm (No Registration Required) Rotary Building outside patio (riverside)
- ⇒ **Thurs., July 25:** Thistle Thursday – Meet to maintain the Butterfly Garden, all ages, 10:00 am to Noon, meet on back patio at EB Shurts
- ⇒ **Thurs., August 22:** Neighborhood Beer Garden, Rivers Crossing Park, 5:00pm meet by the shelter, bring a lawn chair.

The City of Waukesha is celebrating Park and Recreation Month in July with "Where You Belong", an initiative of the National Recreation and Park Association (NRPA). WPRF has chosen to extend the celebration throughout the summer to unite and celebrate the essence of belonging. According to the Surgeon General's Report issued in April 2023, high-quality social connections are essential to our mental and physical health and well-being. Social isolation and loneliness are important yet neglected social determinants for people of all ages as noted in the Surgeon.

The physical consequences of poor or insufficient connections include 29% increased risk of heart disease, 32% increased risk of stroke, 50% increased risk of developing dementia and 60% increase risk of premature death.

For more information, please call WPRF at 262-524-3737 or visit www.waukesha-wi.gov



Shield Yourself: The importance of Sun Protection for our Skin and Health

By Dan Michaels, Community Health Educator, Waukesha County Public Health

Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Summer is here, and so are all the great activities and hobbies outside. It's fun to be outside, but we must remember to shield our skin. As we age, our skin undergoes changes, becoming more vulnerable to the damaging effects of the sun. Even though it is essential, sun protection often takes a backseat in our

daily routines. However, understanding the importance of safeguarding skin from harmful ultraviolet (UV) rays, is critical for maintaining health and vitality in the later stages of life. Let's *shine some light on* (pun intended), why sun protection is crucial and how embracing sun-safe practices can promote skin health and overall well-being.

One cause of sun sensitivity is age related changes in the skin, such as reduced production of melanin, which provides our skin pigment in addition to absorbing harmful UV rays, and thinning of our outer layer of skin called the epidermis. This amplifies our susceptibility to sun damage as we age. Diminished natural defenses against UV radiation increases the risk of sunburn, increases aging of the skin, and skin cancers. Skin cancer poses a significant threat, with advanced age being a primary risk factor for its development. Prolonged sun exposure accumulates over a lifetime, significantly elevating the risk of skin cancers such as basal cell carcinoma, squamous cell carcinoma, and melanoma, emphasizing the urgent need for strong sun protection measures. By adopting sun protection strategies, we can mitigate the risk and protect our skin from the harmful effects of UV radiation.

Beyond skin concerns, sun exposure contributes to other health concerns. Heat-related illnesses, including heat exhaustion and heatstroke, pose serious risks, particularly during hot summer months. Being overheated can cause effects such as nausea, confusion, headaches, feeling faint/fainting and dizziness which can also lead to falls. By seeking shade, staying hydrated, and finding places to cool down, can reduce our vulnerability to these potentially life-threatening conditions.

Embracing sun-safe practices is essential for minimizing sun damage and promoting overall well-being. Sun protective practices include applying broad-spectrum sunscreen with SPF 30 or higher, seeking shade or limiting extended time outside during peak sun hours which are 10 am to 4pm, and wearing protective clothing including hats that offer effective shade and defense against UV rays from the sun. Additionally, regular skin examinations and prompt evaluation of suspicious moles facilitate early detection and treatment of skin cancer.

Sun protection is not a luxury but a necessity, especially as our skin ages. We need to stay *bright* and prioritize sun-safe practices. We can shield ourselves from the adverse effects of the sun, preserving our skin and overall health for years to come. Go out and have fun in the sun, however, remember to protect yourself and your skin. Sun protection and sunscreen is not a *shady* business, it's a great way to go out and stay protected and heathy. Don't get burnt, be happy and stay well this summer.

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<h1>CALL 9-1-1</h1> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 	

SHARK WEEK 2024

Shark Week has become well-known due to the Discovery Channel's week long educational coverage on sharks. This year, Shark Week content will be shown on Discovery Channel from July 7th-July 13th. To celebrate, consider making a fun Shark Submarine Sandwich! Make it for yourself, or bring a platter to your next summer get-together!



Ingredients

- 1 Hoagie Roll
- 3-4 Slices Salami
- 3-4 Slices Deli Ham
- 2-3 Slices Tomato
- 2-3 Slices Red Onion
- 2-3 Leaves Green Leaf Lettuce
- 2 Slices Provolone Cheese
- 2 Black Olives
- 2 Slices Cucumber
- 2 Dill Pickle Spears
- Additional Condiments, such as mustard, mayonnaise, and/or oil and vinegar (optional)

Directions

1. Split apart the bottom and top halves of the Hoagie Roll. Onto the bottom bun, spread any desired condiments such as mustard or mayonnaise.
2. Layer the sandwich ingredients onto the sub: salami, ham, onions, tomatoes, lettuce, and cheese.
3. With one of the cheese slices overhanging the edge of the sandwich, cut out a series of small triangles, using a knife or kitchen shears, to create the appearance of teeth.
4. Tuck two pickle spears into the sandwich, one on either side, so that they lay mostly outside of the sub, resembling fins.
5. Top sandwich with the top bun (spread with any additional condiments you would like such as more mayonnaise or oil and vinegar). Cut small, shallow slits out of the "front" of the sandwich (the side with the "teeth"), to resemble gills.
6. Attach two olives (or olive halves) to the front of the sub using food picks. (Make sure to remove these prior to eating.) Attach two half-slices of cucumbers to the top and back of the sub by tucking into the bun or using food picks; these will be your top and tail fins.
7. Repeat with additional sandwiches, if desired. Enjoy your Shark Submarine Sandwich!

Post-Surgery Depression

By the GWAAR Legal Services Team (for reprint)

Surgeries, no matter how large or small, can bring up intense feelings and emotions. Surgeries are often accompanied with pain, discomfort, lack of mobility, and dependence on other people. Many people are surprised to learn that depression after a surgery is also very common. Despite it being such a common surgery side effect, it is rarely talked about.

Symptoms

Post-surgery depression symptoms are similar to other types of depression, including:

- o Fatigue
- o Sadness
- o Hopelessness
- o Difficulty making decisions
- o Loss of interest in activities
- o Irritability
- o Changes in appetite and/or sleep patterns
- o Difficulty concentrating/remembering
- o Slow movements and speech
- o Thoughts of suicide or harming oneself or others
- o Anxiety

The difference, however, is that these symptoms are persistent and last more than two weeks after a surgery. These symptoms can occur even for patients who have a successful surgery and are on their way to a full recovery. If untreated, however, post-surgery depression can last months, and make physical healing more difficult.

Causes

Post-surgery depression can have many causes, including:

- o Physical discomfort and pain
- o Reactions to pain medications, antibiotics, or anesthesia
- o Poor or traumatic pre-surgery experience
- o Diagnosis of a serious illness
- o Changes in body image
- o Feelings of anxiety, guilt, and stress
- o Financial strain
- o Lack of a support system
- o Concerns about the impact on the quality of life or lifespan

Tips

One of the best tips for dealing with post-surgery depression is to be informed so you can feel a sense of control.

This can take many forms, including:

- o Knowing what to expect before, during, and after surgery
- o Understanding that post-surgery depression is very common
- o Being able to recognize the signs and symptoms of post-surgery depression
- o Having resources ready in order to seek professional help (therapists, counselors, etc.)

As your body and recovery plan allow,

- o Do gentle stretching, take a slow walk, or simply go outside for a few minutes each day
- o Eat plenty of fruit, healthy fats, lean protein, vegetables, and whole grains
- o Rest as much as you can
- o Take antidepressants if a healthcare provider prescribes them

Supporting Someone Else

If you are caring for someone after a surgery, it's good to address the possibility of post-surgery depression so they also understand how common it is.

Other things that can help are:

- o Aiding them in their recovery process (such as helping them make follow-up appointments and reminding them to take medications)
- o Encouraging them to eat regularly and get low-impact physical activity if possible
- o Listening to and accepting their needs
- o Treating them with respect
- o Encouraging them to talk to a healthcare provider if you notice they are not eating and drinking enough, taking care of their hygiene, or taking medications as prescribed.
- o Seeking medical attention right away if your loved one experiences new or worsening thoughts of self-harm and suicide.

If you or a loved one is experiencing thoughts or threats of suicide, self-harm or emotional distress, call or text 988 - the 24/7 Suicide and Crisis Lifeline.

Flexible Opportunity to Make an Impact!

Waukesha County Volunteer Reception Center (VRC)



A Volunteer Reception Center (VRC) screens and organizes volunteers during disasters or emergencies.

Waukesha County continues to build a team of VRC volunteers to help assist with behind-the-scenes administration in times of emergency. Emergencies may include a missing child, a natural disaster, or more. Volunteer responsibilities include registration, interviewing, shift assignment, phone bank, and more. We'll train you on all of them!

The VRC is activated as needed when a disaster arises. When the VRC is activated, we reach out to our dedicated team, giving you the option to assist if you are available. The length and location of shifts are flexible, adapting to the specific needs of each disaster or emergency.

Join our team today and give back in a meaningful way that aligns with your busy schedule.

Questions? Want to Learn More?

Visit: www.waukeshacounty.gov/WCVolunteer/WCVolunteerOpportunities

Email: hhsvolunteers@waukeshacounty.gov

Call: 262-548-7284

Crossword Answers from June's Newsletter

Across

1. IDAHO
4. ROTARY
5. LIFE
8. VOLUNTEER
11. DOPAMINE

Down

1. INTERNET
2. FIRE
3. SERVE
6. PARIS
7. RECOVERY
9. MEALS
10. MOORE



Scan QR code with your smartphone to watch the video to find out more!

Or go to this link:

www.youtube.com/watch?v=YCmkewnIR7c&t=153s

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

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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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