

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188
Open 8:00 am to 4:30 pm
Monday through Friday

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

**211, (262) 547-3388,
or toll free 1-866-211-3380**

**National Alliance on Mental
Illness of Waukesha County
(NAMI)**

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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The ADRC Connection

June 2015

Get Outside!

Summer Solstice is June 21st, the longest day of the year. Now is a good time to celebrate by getting outside and enjoying the sunshine! Waukesha County offers many outdoor activities in which to participate. Did you know that Waukesha County has 118 lakes, 6 rivers, 3 Apple Orchards, 12 Farmer's Markets, 8 County parks, 3 State parks, and 1 State Forest? Check out all of the following opportunities to make the most of the beautiful weather.

June 5th kicks off a weekly event called Friday Night Live. Downtown Waukesha business owners and organizations host multiple stages of live music playing a variety of genres. These events are free and open to the public. Over 18 weeks, Friday Night Live hosts nine stages of entertainment, over 70 musicians and entertainers, and dozens of downtown businesses are open to offer food, candies, drinks, artwork, and more.



Did you know that the Waukesha County Park System has over 7,500 acres of parks and greenway properties and over 29 miles of trails, from paved biking trails to wood chipped hiking trails? There are eight active parks and Retzer Nature Center with all different levels of hiking trails. Join Retzer staff for a bird watching hike every Friday morning through June or stop out to see the Environmental Learning Center's exhibits with live animals and native fish. Retzer, as well as Fox Brook (Brookfield) and Fox River Parks (Waukesha), have paved trails that are great for a leisurely stroll and walk well using wagons, strollers and wheelchairs. All locations have trails that will lead you through the many different landscapes of Waukesha County. You'll feel like you're in the northern woods, but only minutes away from home!

Waukesha County Park System has many other activities to enjoy: biking through the parks or along the three bike trails (all paved): Bugline, Lake Country, New Berlin; camping at Menomonee, Mukwonago, Muskego, Naga-Waukees Parks; fishing; golfing at Moor Downs, Naga-Waukees and Wanaki; horseback riding at Minooka, Muskego; ice skating at Eble and Naga-Waukees Ice Arenas; picnic or building rentals; swimming, which opens May 30th, at Menomonee, Muskego, Naga-Waukees Parks; and other special events throughout the year.

Parks are open from sunrise to 10 pm. State Park daily admission is \$7, or \$3 for seniors 65+; annual sticker is \$25, or \$10 for seniors 65+. Admission to County Parks is \$4 per day or you can purchase an annual resident pass for \$30. Seniors 60+ can purchase annual passes at a discounted rate of \$15. You can purchase these passes at any of the parks listed above or at Parks and Land Use located at 515 W Moreland Blvd in Waukesha.



So, get outside! Meet new people! Enjoy the beautiful weather that Waukesha in summertime has to offer. Look for articles in this newsletter featuring other outdoor activities to do!

For more information on county parks, state parks, and other fun things Waukesha County has to offer, visit www.visitWaukesha.org/visitors or go to <https://www.waukeshacounty.gov/parksystem/> or call 262-548-7801.



Farmer's Market Vouchers for Waukesha County Seniors Available Starting June 1st



The Aging and Disability Resource Center of Waukesha County is administrating the Senior Farmer's Market Voucher Nutrition Program for Waukesha County. Seniors must be 60 years of age or older (Native Americans 55 years of age or older) and will need to verify that their monthly income is at or below 185% of the federal poverty guideline.

SENIOR FARMER MARKET NUTRITION PROGRAM INCOME ELIGIBILITY GUIDELINES

Household Size	Monthly Income	Annual Income
1	\$1,815	\$21,775
2	2,456	29,471
3	3,098	37,167
4	3,739	44,863

For each additional household member, add **\$642** monthly, **\$7,696** annually.

This program will provide seniors with \$25.00 worth of vouchers for fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the checks. A 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 also have the full name, address, phone number and date of birth of the eligible senior to complete the application.

The Aging & Disability Resource Center (ADRC) will be distributing the Farmer's Market Nutrition Program vouchers at various locations throughout the county. Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations.

Wednesday June 3, 2015 12:00 Noon—2:00 PM

New Berlin Food Pantry (Community Center) 14750 W. Cleveland Ave., New Berlin 789-8040

Wednesday June 10, 2015 12:00 Noon—2:00 PM

Mukwonago Food Pantry Resource Center, 225 Eagle Lake Avenue, Mukwonago 363-3452

Thursday June 11, 2015 1:00 PM—3:00 PM & Thursday June 18, 2015 1:00 PM—3:00 PM

Waukesha Food Pantry, 1301 Sentry Drive, Waukesha 542-5300

Friday June 12, 2015 1:30 PM—4:00 PM

Hampton Regency, 12999 W Hampton Ave, Butler 781-4407

Monday June 15, 2015 12:00 Noon—2:00 PM

Menomonee Falls Community Center, W152 N8645 Margaret Road, Menomonee Falls 251-3406

Wednesday June 17, 2015 10:00 AM—1:30 PM

Oconomowoc Community Center, 220 W Wisconsin Avenue, Oconomowoc 567-5177

Wednesday June 24, 2015 11:00 AM—1:00 PM

Sussex Food Pantry, N63W23626 Silver Spring Dr., Sussex 246-9490

Thursday June 25, 2015 1:00 PM—3:00 PM

Muskego Food Pantry, W189S8184 Mercury Dr., Muskego 679-6448

Vouchers may also be obtained at the ADRC Office, Human Services Center, 514 Riverview Avenue, Waukesha WI Monday-Friday 8:00 am – 4:30 pm beginning June 1st.



For general information related to the vouchers, please contact the ADRC at 262-548-7848. Please visit our website at www.waukeshacounty.gov for more details on the services we provide.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Dad Gone Fishing

Summer is just around the corner and one fun activity that you can do outdoors is go fishing. This is a day to take time from your daily routine to go find a stream, pond, lake, or river, bait your hook, cast out a line and hook a fish or two!

In addition to providing food, fishing is a recreational pastime of many. Here in Wisconsin there are many lakes and rivers to choose from, some close to home. Fishing can provide stress relief by spending the day on the water providing a break from our

everyday routine. Sharing an outdoor experience fishing with friends and family strengthen relationships and create great memories. This is a sport that young children can learn early and enjoy with their parents or grandparents.

The Waukesha County Park System has five lake accesses for boating, if you prefer to fish from a boat: Ashippun Lake in Oconomowoc, Nagawicka Lake in Delafield/Nashotah, Nemahbin Lake in the Town of Summit, Pewaukee Lake, and School Section Lake in the Town of Ottawa.

Fishing is one activity you can have fun doing on Father's Day which is June 21st this year. Taking 'the old man' fishing would be a nice way to honor your dad, grandfather or other paternal figure! You can spend time with them and relax as a family!

Father's Day was recognized as a holiday in 1910 in Spokane, Washington. Giving cards and gifts is a common practice but finding something fun to do together may be the best gift of all!

Dad always had sayings and quotes. They can be known as Dad-ism's. Some you may remember are:

"Go ask your Mother."

"That's just the way life is, son".

"It'll put hair on your chest!"

Information for article taken from: Wikipedia, holiday insights.com, and www.timeanddate.com

In this special edition of *Caregiver Corner*, we see a personal perspective on caregiving and how important it is to remain active and connected with your community...

Can you list five words to describe the caregiver relationship?

“Full time job, demanding, requires patience, tiring, loving.”

What steps have you taken toward advocacy and how would you encourage others to do the same?

It's a silent struggle; the more you can share to get the word out there the better. First there is denial, then acceptance. Many are in hiding. Once you have acceptance, the job becomes easier. We advocate by sharing with others and telling each other one by one. We recently received an award at the State Alzheimer's conference as part of the “Fab 5”. This is a group of 5 couples who know the struggle, and know the struggle others go through. The more we can lessen the struggle of others the more it helps us too. The end of all of this is through research. We were a part of the largest group from Wisconsin to go to Washington and work to influence our legislature. Advocate through the Alzheimer's Association website, ADRC Newsletter, senior centers, organizations who get the word out where it should be – to the aging.

You and your loved one are very active in social activities. Can you tell us some of the things you do together? What are ways that others can get involved in their community?

We started with the Alzheimer's Association with a support group. Our group decided to implement the first Memory Café in SE WI, motivated by the desire to spend time together. My wife and I attend the ADRC Caregiver Intermission program, Donna Lexa Art Studios and a program at the Lutheran Home in Wauwatosa. We were motivated by the need to have a better quality of life while living with this disease. The Fab 5 recognize that we need outlets and a support network. We are hoping for the Spark Program to come to Waukesha soon. On Thursday nights, we meet at the corner bakery for dinner. We are planning a tailgate/ Brewer Game, golf outing, and fishing excursion. Our group is at the point that we consider each other part of our family.

The biggest thing we face is the stigma of memory impairment. Society doesn't understand Alzheimer's disease. We are advocating by going out in public, showing people how we can still function, we don't have to be in an old folks home.

We need dementia friendly communities. Watertown is a great leader in this. People living with the disease need patience and time. Businesses need to be trained to be dementia friendly. The Silver Alert Program is helpful in teaching law enforcement how to handle situations with an individual Diagnosed with a mental health condition or dementia. People should go on file with their local police with details about the person who has dementia, so that if there is an episode the police department will be able to respond appropriately.

What resources in the community do you find the most beneficial?

Our first experience was with getting a diagnosis. The hospital indicated, “We have bad news for you, you have early stage Alzheimer's”. My wife and I want people to have hope. The Fab 5 is advocating for legislature to pass the HOPE Act which will allow Medicare to pay doctors to spend extra time with patients and refer them to the Alzheimer's Association, the ADRC, etc., to help people understand the resources and options available to them. My wife and I started with the Alzheimer's Association. We needed education; once we had that we used the ADRC and AARP. We realize we need programs that offer joint activities.

What are some of the positive affects you see in your loved one, and yourself as a result of remaining socially active?

The biggest thing with this disease is that you feel alone. We find comfort with each other. There is no stress, no stigma, no “oh gosh I might goof up”. This disease can make you feel like you don't want to talk, but when we have togetherness, it provides a tremendous effect.

What advice or words of support would you offer to caregivers?

Reach out. Be open. This disease now impacts almost someone in every family. Through sharing you can learn so much more. Do not hide.

We would like to thank caregiver Harlan Mueller and his wife, Gail for providing insight and personal perspective for this month's Caregiver Corner contribution. We would also like to thank caregiver Peggy Brandt and her spouse, John for all their involvement in implementing activities and continued efforts toward advocacy. Thank you for all that you do!



Sunday, June 15, is Elder Abuse Awareness Day. Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported.

What are the warning signs of elder abuse?

While one sign does not necessarily indicate abuse, some indicators that there could be a problem are:



- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats, and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- Strained or tense relationships, frequent arguments between the caregiver and the elder.

It's important to remain alert. The suffering is often in silence. If you notice changes in personality, behavior, or physical condition, you should start to question what is going on.

Who should you contact if you suspect elder abuse?

There are several programs that can help you. First, if you believe someone is in immediate danger, call 911 or the local police for immediate help.

For suspected elder mistreatment in the home, consult the Wisconsin County Elder Adults-at-Risk Help Lines Directory, call the Eldercare Locator at 1-800-677-1116 or 1-800-642-6552 (For suspected elder homes.)

Adult Protective Services (APS) is the common name of the social services program that receives and looks into reported suspicions about abuse or neglect of people living in the community. If you suspect abuse or neglect of someone living in the community, call the ADRC of Waukesha County at 262-548-7848 or toll free 866-677-2372.

Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better. All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop is led by trained leaders.

Stepping ON - This 7 week program is perfect for senior adults who have fallen in the past year or for those who have a "healthy respect" for the consequences of a fall. Independent living adults without dementia will see the most improvement. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are learned each week.

Participants will receive a \$10 Walgreens gift card for participating on a Research study- now through September 2015

Thursdays, **July 2 through August 13, 2015** (7 weeks), plus a 3 month class reunion TBD

10am – 12 noon (light snack included)

Location: **Aging and Disability Resource Center**

514 Riverview Ave.

Waukesha, WI 53188

(262) 548-7848

Registration Contact: Lee @ ADRC of Waukesha County (262) 548 – 7848

Class size limit: 15 participants (only 3 spots open)

Cost: Donation accepted + \$15 ankle weight deposit requested

Other classes are currently in process and new sessions will be starting in August and September.



Summer Educational Opportunities

Presented by the Alzheimer's Association
Of Southeastern Wisconsin

Healthy Habits for a Healthier You

For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Location:

Pewaukee City Hall
W240N3065 Pewaukee Rd
Pewaukee, WI 53072

Presented By:

Jennifer Harders
Community Outreach
Coordinator, Alz Assoc.

Date and Time:

Thursday, June 18, 2015
1:00-2:30 p.m.

Registration:

Call 262.691.7275

Memory Loss, Dementia and Alzheimer's Disease—The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments and steps to a proper diagnosis/assessment. Join us for this comprehensive overview.

Location:

Pewaukee City Hall
W240N3065 Pewaukee Rd
Pewaukee, WI 53072

Presented By:

Jennifer Harders
Community Outreach
Coordinator, Alz Assoc.

Date and Time:

Thursday, August 20, 2015
1:00-2:30 p.m.

Registration:

Call 262.691.7275

Know the Ten Signs - Early Detection Matters

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 warning signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America.

Location:

Pewaukee City Hall
W240N3065 Pewaukee Rd
Pewaukee, WI 53072

Presented By:

Jennifer Harders
Community Outreach
Coordinator, Alz Assoc.

Date and Time:

Thursday, July 16, 2015
1:00-2:30 p.m.

Registration:

Call 262.691.7275

Understanding Dementia

An Educational Program for Family Caregivers

If you have a family member or friend that is experiencing memory-related issues or a recent diagnosis of Alzheimer's disease/dementia, this presentation series is for you. Join us for a 3-session workshop and learn more about:

Session 1

- Warning signs of Alzheimer's disease
- Differences between dementia and Alzheimer's disease
- Treatment options and disease preventions

Session 2

- Steps to maximize function in the individual with dementia
- Strategies to enhance communication and interactions

Session 3

- Understanding challenging or difficulty behaviors
- Strategies for behavior management

Location:

Aging and Disability
Resource Center (ADRC)
514 Riverview Ave
Waukesha WI

Presented By:

Jennifer Harders
Community Outreach
Coordinator, Alz Assoc.

Date and Time:

Thursday, July 23, 30
and August 6, 2015
1:00-3:00 p.m.

Registration:

Call Deborah Klement
at 414.479.8800 or
Email: dklement@alz.org



America the Beautiful

The National Parks and Federal Recreational Lands Pass Series



If you enjoy traveling or love to visit our nation's beautiful parks, consider getting a National Parks and Federal Recreational Lands Pass. A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 or under are admitted free.

Most passes can be obtained in person at [a federal recreation site](#), or by calling 1-888-ASK USGS (1-888-275-8747), Ext. 3 (Hours of operation are: 8:00 am to 4:00 pm Mountain time), or [online](#). The following passes make up the series:

Annual Pass

- \$80 annual pass
- Available to everyone. Non-transferable.



Free Annual Pass for U.S. Military

- Available to U.S. military members and dependents in the Army, Navy, Air Force, Marines and Coast Guard, and Reserve and National Guard members.
- Must be obtained in person at a Federal recreation site by showing a Common Access Card (CAC) or Military ID (Form 1173).



Senior Pass

- \$10 Lifetime pass
- For U.S. citizens or permanent residents age 62 or over.
- Applicants must provide documentation of age and residency or citizenship.
- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.
- Does NOT cover or reduce special recreation permit fees or fees charged by concessioners.



Access Pass

- Free
- For U.S. citizens or permanent residents with permanent disabilities.
- The cost of obtaining an Access Pass through the mail is ten dollars (\$10) for processing the application (the Pass is free). Applicants must provide documentation of permanent disability and residency or citizenship.
- May provide a 50 percent discount on some amenity fees charged for facilities and services such as camping, swimming, boat launching, and specialized interpretive services.
- Does NOT cover or reduce special recreation permit fees or fees charged by concessioners.



Volunteer Pass

- Free
- For volunteers with 250 service hours with federal agencies that participate in the Interagency Pass Program.
- Contact your local federal recreation site for more information about volunteer opportunities or visit [Volunteer.gov](#).



Wisconsin has four National Parks/Recreational Lands that you can access with your Pass.

Apostle Islands National Lakeshore in Lake Superior, WI has windswept beaches and cliffs, where visitors can experience 21 islands and 12 miles of mainland. Lighthouses shine over Lakes Superior and the wilderness areas. Visitors can hike, paddle, sail, or cruise to experience the Apostle Islands.

Ice Age National Scenic Trail in Madison, WI was established in 1980 and traces evidence of the edge of a huge glacier which covered North America over 15,000 years ago.

North Country Scenic Trail spans seven states from New York to North Dakota. Once completed, this trail will be the longest continuous hiking trail in the United States. This trail links scenic, natural, historic, and cultural areas allowing visitors to experience a variety of northern landscapes. Come experience your America, at walking pace.

Saint Croix National Scenic Riverway in Saint Croix Falls, WI offers 255 miles of clean water rushing past a lush green landscape. Canoe, camp, boat, and fish along the river which provides scenic views and haven for wildlife.

ASK INA

Dear Ina,

My father died recently. We have leftover medications from him and some old medications of my mother's we need to dispose of. Where can we take them? I heard you shouldn't flush them any more or put them in the garbage.

-Concerned Daughter

Dear Concerned Daughter,

You are correct. There are increased concerns of the medications leaking into the environment and water supply effecting the health of others. There is also concern this could add to the risk of "superbugs" causing illness that are resistant to the drugs we have to treat them.

Prescription or other drugs should not be put in garbage or flushed down the toilet. In Waukesha County there are now drop off points at the following locations:

Hartland	City of Hartland Police Department (262) 367-2323 210 Cottonwood Avenue, Hartland, WI 53029
Mukwonago	Mukwonago Police Department (262) 363-6434 (OPEN 24/7) 627 S. Rochester Street, Mukwonago, WI 53149
Muskego	City of Muskego Police Department (262) 679-4130 W183 S8150 Racine Avenue, Muskego, WI 53150
New Berlin	City of New Berlin Police Department (262) 782-6640 16300 West National Avenue, New Berlin, WI 53151
Oconomowoc	City of Oconomowoc Police Department (262) 567-4401 174 East Wisconsin Avenue, Oconomowoc, WI 53066
Pewaukee	City of Pewaukee Municipal Court Building (262) 691-0921 (M-F 8 am – 4 pm) W240 N3065 Pewaukee Road, Pewaukee, WI 53072 Village of Pewaukee Police Department (262) 691-5678 235 Hickory Street, Pewaukee, WI 53072
Sussex	Sussex Public Safety Building (262) 246-5237 (M-F 8 am – 5 pm) N63 W24335 Main Street, Sussex, WI 53089
Waukesha Sheriff	Waukesha County Sheriff's Department Lobby (262) 548-7122 (OPEN 24/7) 515 W. Moreland Boulevard, Waukesha, WI 53188
City of Waukesha	City of Waukesha Police Department (262) 524-3831 1901 Delafield Street, Waukesha, WI 53188

Medications Accepted:

- Prescriptions (including pills/tablets, patches, ointments and liquids in a spill-proof container)
- Over-The-Counter medications
- Vitamins
- Medication samples
- Pet medication

Not Accepted:

- Needles, syringes, or sharps
- Thermometers
- Hydrogen peroxide
- Inhalers
- Aerosol cans
- Ointments, lotions, or liquids
- Medication dispensed directly from businesses/clinics

Old mercury thermometers can be taken to local household hazard waste collections sites. Listing available from Waukesha County Parks and Land Use or online at <http://www.waukeshacounty.gov/HHW/>

For needles, syringes, or sharps, area pharmacies, hospitals and some medical clinics will accept them if in a heavy duty plastic container with screw top cap. Examples: empty laundry detergent or bleach bottles.

Depending on where you live, when empty, aerosol cans/inhalers can go in regular household waste for pick-up. Check with your hauler.

For more information contact the State of Wisconsin DNR or online at <http://dnr.wi.gov/topic/waste/documents/faclists/sharpscollection.pdf> or <http://dnr.wi.gov/topic/healthwaste/householdpharm.html>



From the Desk of Your Benefit Specialist

Limited Medicare Coverage When Traveling Abroad

by the GWAAR Legal Services Team



Whether visiting friends and family or exploring new exotic destinations, travel is something most people eagerly anticipate. However, it is advisable to check with one's insurance coverage before heading out on that next excursion. Medicare coverage outside the U.S. is extremely limited. Outside the U.S. means anywhere other than the 50 states, District of Columbia, Puerto Rico, U.S. Virgin Islands, Guam, American Samoa, and Northern Mariana Islands. In most situations, Medicare will not cover medical services provided outside the U.S.

Medicare will, however, cover Medicare-covered services in foreign hospitals in 3 limited situations:

- 1) Individual is in the U.S. and experiences a **medical emergency** and the foreign hospital is closer than the nearest U.S. hospital that can treat the illness or injury.
- 2) Individual lives in the U.S. and the foreign hospital is closer to home than the nearest U.S. hospital that can treat the condition — regardless of whether it's an emergency.
- 3) Individual is traveling through Canada without an unreasonable delay by the most direct route between Alaska and another state when there is a medical emergency and the Canadian hospital is closer than the nearest U.S. hospital.

Foreign hospitals are not required to submit claims to Medicare for a patient. If someone receives services in a foreign hospital, they should submit a copy of that bill to Medicare for processing.



Medicare also covers medically necessary health care services received on a cruise ship when: 1) the doctor is allowed under law to provide medical services on the cruise ship, and 2) the ship is in a U.S. port or no more than 6 hours away from a U.S. port when services are received. Conversely, if the ship is more than 6 hours from a U.S. port, services will not be covered.

Medigap policies may offer additional coverage for medical services provided outside of the U.S. Some Medigap policies will provide foreign travel emergency health care coverage. Plans that do offer this type of coverage will typically pay 80% of the billed services after the yearly deductible is met. There are of course other limitations and exceptions to coverage with Medigap policies, so it important for travelers to check with their insurance agent before going abroad.

Medicare Advantage plans may also offer coverage for health care services provided outside of the U.S. Again, coverage may be limited, if it is available at all. Reviewing the yearly Summary of Benefits is advisable if a person is relying on an Advantage plan for international coverage.

Veterans or a member of a veteran's family may have coverage outside of the U.S. Reimbursed medical care for U.S. veterans residing or traveling in Canada and other foreign countries, however, is typically limited to treatment for VA-rated, service-connected disabilities only. Nonetheless, there may be additional coverage through veteran's health insurance policies such as TRICARE.

Lastly, travel insurance is an option to consider for medical coverage outside of the U.S. However, not all travel insurance includes health coverage. If an individual's only health insurance is Medicare, he or she may want to consider paying extra for this insurance before heading out on that next trip — unless traveling a direct route from his or her home state to Alaska.



Oconomowoc Silver Streak Taxi

July 1, 2015 marks the 24th year of operation for Oconomowoc Silver Streak taxi! Oconomowoc Silver Streak provides taxi transportation service to City of Oconomowoc seniors aged 65+ and adults with disabilities age 18 to 65. Oconomowoc Silver Streak operates solely within the city limits, however will go to the Aurora Summit Hospital as the **ONLY** exception for City of Oconomowoc residents.



As a non-profit organization, Oconomowoc Silver Streak offers a community service to the area residents who are in need of transportation services. They partner with the community by holding fundraisers and accepting donations and financial pledges to make this service available. Memorials are also often designated to the taxi program, helping to make an impact in the area served and securing the future of the service in the community. Oconomowoc Silver Streak provides service to medical appointments, grocery shopping, errands, personal services, such as hair and grooming appointments, and social and recreational needs. Oconomowoc Silver Streak also provides noon-time transportation directly to and from the Senior Dining program.

Oconomowoc Silver Streak one-way trip fare is \$4.50. Seniors and adults with disabilities that have a yellow shared-fare taxi card pay only \$3.50 each way. For trips going directly to the Senior Dining site and directly returning home afterward, transportation is only \$1 each way! Oconomowoc Silver Streak works closely with Aurora Healthcare. Aurora Healthcare can pay the rider fee for eligible riders. Oconomowoc Silver Streak provides approximately 200 one-way trips to Aurora Healthcare for medical services each month! Oconomowoc Silver Streak operates Monday through Friday from 8:30am to 5:00pm. Advance reservation for rides are appreciated.

If you are interested in receiving more information on how to apply for a yellow, Shared-Fare Taxi card, contact the Aging and Disability Resource Center at (262) 548-7848.

For more information on and availability, call the Oconomowoc Silver Streak at (262) 567-6404.

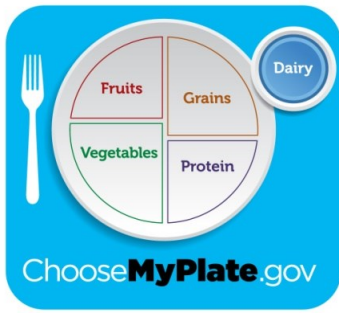
WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	



AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY SENIOR DINING AND HOME DELIVERED MENU June 2015

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Beef Macaroni Casserole Three Bean Salad Cornbread/Butter Fruit Cocktail Chocolate Chip Cookie Alt. Plain Cookie	Roast Turkey Mashed Sweet Potatoes Peas Bread/Butter Dessert Bar Alt. Plain Cookie	Cabbage Roll Seasoned Sliced Potatoes Baby Carrots Whole Grain Bread w/ Butter Fruited Cherry Gelatin Alt. Diet Gelatin	Chicken Broccoli Rice Casserole Chef's Choice Vegetable Blend Bread/Butter Pears Brownie Alt. Plain Cookie	Baked Fish Tartar Sauce Potato Casserole Creamy Coleslaw Rye Bread/Butter Lemon Pudding Alt. Diet Pudding
8	9	10	11	12
Pizza Casserole Tossed Salad w/ Italian Dressing Warm Breadstick w/ Butter Seasonal Fresh Fruit Ice Cream Alt. Diet Pudding	Vegetable Soup w/ Crax HDM: Mixed Vegetables Cheeseburger on Bun Ketchup/Mustard Broccoli Salad Lime Seafoam Gelatin Dessert Alt. Diet Lime Gelatin	Polish Fest Polish Kielbasa on Bun Ketchup/Mustard Parsley Boiled Potatoes Beet & Onion Salad Cheesecake Alt. Plain Cake	Swedish Meatballs in Gravy Mashed Potatoes California Blend Vegetables Bread/butter Peaches	Turkey and Ham Sub Sandwich Mustard / Mayo Lettuce / Tomato Tomato & onion Salad Pasta Salad Grapes Cookie Alt: Diet Cookie
15	16	17	18	19
Philly Chicken Sandwich on wheat bun w/ peppers and onions Country-Style Veggies Fresh Banana Yogurt Alt: Apple	BBQ Boneless Country-Style Pork Double Baked Potato Casserole Southwest-style Corn Potato Roll w/ butter Peanut Butter Cookie Alt: Sliced Pears	Fish Sandwich on Wheat Bun Tartar Sauce Lettuce / Tomato Marinated Veg Salad Fresh Fruit Salad Rice Krispies Treat Alt: Diet Cookie	Baked Chicken on the bone Baby Red Potatoes Butter Dill Baby Carrots Bread/Butter Coconut Cream Pie Alt. Diet Pudding	Meatloaf w/Gravy Baked Potato Sour Cream / Butter Mixed Green Tossed Salad w/ dressing Marble Rye Bread w/ butter Fresh Fruit
22	23	24	25	26
HAPPY FATHERS DAY! Chicken Marsala Mostaccioli w/ garlic pesto sauce Green Beans Almandine Italian Bread w/ butter Cantaloupe Slice Iced Brownie	Beef Barley Soup HDM: Orange Juice Grilled Chicken Caesar Salad w/ Croutons Caesar Dressing Split-Top Roll w/ butter Pineapple Tidbits Cookie Alt: Fresh Fruit	SUMMERFEST OPENS Bratwurst on a bun w/ Grilled onions / ketchup/ mustard Coleslaw Potato Salad Watermelon	Baked Ham Scalloped Potatoes Broccoli Florets Bread/Butter Butterscotch pudding Alt. Diet Pudding	Beef Stroganoff Egg Noodles Pickled Beets Sourdough Bread w/ butter Sliced Peaches Dessert Bar Alt: Diet Cookie
29	30			
Oven Roasted Turkey w/ gravy Mashed Potatoes w/ Gravy Green Bean Casserole Rye Bread w/ butter Peaches	Apple Juice Tahitian Chicken Wild Rice Blend Pacific Island Veg Vienna Dinner Roll butter Snicker doodle Cookie Alt: Fresh Fruit			



June Is National Dairy Month!

Unscramble the words below to learn more about healthy choices from the Dairy Group:

Most Americans are lacking in this nutrient, which is found in fortified dairy products such as milk and yogurt. It is also known as “the sunshine nutrient.”

DIVMANTI → _____

Three cups (or cup-equivalents) of milk or dairy foods is recommended per day to get enough calcium. Calcium is a mineral that helps to keep this part of your body strong:

SNEBO → _____

You only need to eat 1 ½ ounces (1 ½ slices or 3 domino-sized chunks) of this food to equal the calcium found in 1 cup of milk:

ESCEHE → _____

The USDA recommends that all people over the age of two drink 1% milk OR this kind of milk:

KISM → _____

Fortified orange juice, fortified soy or almond milk, fortified cereal, canned fish (sardines, salmon with bones), tofu, collard greens, turnip greens, and kale are non-dairy sources of this nutrient:

LMICCAU → _____

This dairy food not only provides calcium and vitamin D but also contains healthy bacteria that can aid digestion:

TGOUYR → _____

Milk, yogurt, and soymilk provide this nutrient, which may help to maintain a healthy blood pressure:

SAUSPTMOI → _____



Try this Healthy Recipe...

Yogurt Fruit Salad

Ingredients:

- 1 cup fresh strawberries washed and cut in half
- 1 cup grapes washed and cut in half
- 1 cup fresh pineapple cut in small pieces
- 1 cup low fat vanilla yogurt
- 1 Tbsp ground cinnamon

Instructions:

Combine all ingredients and chill until ready to eat!

UW
Extension

Waukesha County

**Nutrition
Education
Program**

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>



Looking to Volunteer?



ADRC Advisory Board Member Needed

The ADRC Advisory Board is in search of new members to represent its target populations of the elderly and people with disabilities. The Advisory Board meets the first Thursday of every month from 9:30am until 11:30am. Advisory Board members assure input is shared from consumers, service providers, and other organizations in the policies, procedures and goals of the resource center. They ensure the terms of the contract are fulfilled, determine appropriate structure, policies, and procedures, and identify unmet needs, amongst other duties. If you are interested in serving on the ADRC Advisory Board, please contact the ADRC Manager, Luann Page at 262-548-7848.

Compassionate and Caring Volunteers Needed

If you are a caring and compassionate individual looking to make a difference in the life of a senior, consider becoming a friendly visitor. Friendly visitors spend at least one hour a week visiting with a senior in need of a friend. Volunteers must be 18 years or older and hold a current valid driver's license. Training and mileage reimbursement provided. For more details call the ADRC at 262-548-7829.



Seasonal Help Needed




Are you part of a group looking to fulfill community service hours this spring and summer?

Interfaith Senior Programs, Inc. is in need of energetic volunteers to help seniors and adults with disabilities stay safe in their homes. You can help during a one-day Spring Yard Clean Up event or with on-going lawn mowing. You will be matched with a senior or an adult with a disability. You will help to make life easier for them!

Areas in need of yard clean up services include: Brookfield, Hartland, Menomonee Falls, Mukwonago, Muskego, New Berlin, Pewaukee, Sussex, Lannon and Waukesha.

For more information on how to volunteer as an individual or a group, contact Heather by phone at or email HeatherS@interfaithwaukesha.org.



INTERNATIONAL PICNIC DAY JUNE 18

Picnics are very popular in the summer with nice weather, fresh fruit, vegetables and the ability to grill outside. In public parks, a picnic area has grills, tables, water faucets, garbage cans and restrooms. Even if you do not want to grill, sandwiches can be packed along with easy to eat items; for example, hard boiled eggs, cheese, chips, or crackers. Don't forget to bring dessert and drinks to enjoy!



The word 'picnic' comes from the French word 'pique-nique' and it's believed that this type of informal outdoor meal became a popular pastime in France after the Revolution. When the Revolution ended, the Royal Gardens were opened to the public for the first time. It was a way for the French to visit the gardens and take along a meal. Picnics were a way for people to escape the restrictions of a formal meal and etiquette.

Celebrate International Picnic Day by spending it in a park or even your own backyard. Keep it simple if you want and just pack finger foods. You could also plan a potluck picnic with friends or neighbors. See the recipe below for a perfect salad to share at a picnic on a warm summer day. Take along a Frisbee or volleyball or other outdoor activity for exercise after you eat. A picnic can be a relaxing way to enjoy the outdoors and, of course, the food.

Strawberry Salad



This recipe is great for picnics. Mix the salad together and store in one container. Store the vinaigrette dressing in a separate container.

When ready to serve, toss everything together and top with vinaigrette dressing (recipe below).

Salad (amounts are per person):

- ◇ 1 cup fresh greens or fresh lettuce
- ◇ 1/3 cup sliced fresh strawberries
- ◇ 1/8 cup diced red onions
- ◇ 1/8 cup crumbled feta cheese

Vinaigrette: (serves 3-4)

- ◇ 1 Tbsp cider vinegar
- ◇ ½ cup olive oil
- ◇ ½ teaspoon onion powder
- ◇ ¼ teaspoon garlic powder
- ◇ 1 Tbsp lemon juice
- ◇ 1 Tbsp honey

Add a pinch each of salt and black pepper
Combine all ingredients together in blender.
Blend until smooth (1-2 minutes).

Grandparents Raising Grandchildren

Grandparents over age 55 are eligible to join this group if you are raising a grandchild under 19 years of age or a grandchild 19-59 years of age that has a severe disability. The Grandparent's Group can help provide support, networking, education and respite.

Monthly meetings are held where you can talk and network with other grandparents who are in a similar situation as you. Education is provided by guest speakers on topics that are chosen by the group, which will help them with their parenting skills. Respite is a break for the caregiver. If this sounds like you or you know someone who is raising their grandchild, contact the ADRC at (262) 548-7848.





SUMMERTIME HEAT



Directions:

The puzzle below is called a Cryptogram. At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.

The letters for SUMMER have already been solved as clues. Sometimes it's easier to solve the shorter words first (the, and, is)! (HINT: What is the name of the puzzle? HINT #2: This puzzle is a rhyming poem!)

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				12								19					17	16		8					

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 16 5 17 13 3 26 6 12 17 20 23 19 15 16 12 6 14 13 3 19 15 1 13 26 13 3 13



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

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prefer to receive our Newsletter
electronically, please call the
ADRC at (262) 548-7848