

# ADRC CONNECTIONS

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## FROM THE SUPERVISOR'S DESK

*By Jackie DeLaRosa and Brittany Borchardt*

Dear Friends,

May marks Older Americans Month, a time for us to recognize and honor older adults and their immense influence on every facet of American society. Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults—a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### What can you do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

The Aging and Disability Resource Center offers many opportunities for you to connect and engage with others in our community. Whether it be through a support group, one of the many SPARK! offerings, educational or health promotion classes or through volunteering. Give us a call to find out how we can help you stay connected!

We hope to hear from you soon,  
Jackie & Brittany

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## STAFF SPOTLIGHT

### MOLLY HENKEL



Hello,

My name is Molly Henkel. I am the new Program Assistant for the ADRC of Dodge County.

I come from the State of Wisconsin where I was a Trade Adjustment Assistant Coordinator for over 15 years. Before that, I worked as a Customer Service Representative in manufacturing.

I am married to my husband Hans for 32 years and have two children, Melissa and Kyle along with two beautiful grandsons, Barrington and Brexton who are the light of my life. My hobbies include socialization, gardening, road trips, hanging out on my front porch, playing outside in my yard and relaxing in my pool.

I am very excited to be here as I love working with and helping people (and also need to stay busy)! I am very grateful to be here.

**Welcome Molly!!**

#### **ADRC/Aging Services Supervisor**

Brittany Borchardt

#### **Aging/Nutrition/Transportation Supervisor**

Jackie DeLaRosa

#### **Aging & Disability Resource Specialists**

Diane Coulter, Jordan Eberhardt, Heather Ehrlich, Karlee Holland, Morgan Haen

#### **Caregiver Program Coordinator**

Kaelan Pieper

#### **Community Health Educator**

Olivia Gerritson

#### **Dementia Care Specialist**

Rob Griesel

#### **Dining Site Coordinators**

Judy Hedstrom, Donna Gudex-Kamrath, Carrie Klipfel, Dawn Mergener, Rose Newman, Marcey Sage, Jill Weisensel & Joan Zehner

#### **Disability Benefit Specialist**

Jennie Farmer & Ashley Sanborn

#### **Elder Benefit Specialist**

Jennie Farmer & Amanda Higgins

#### **Nutrition Program Coordinator**

Rachel Lee

#### **Program Assistants**

Molly Henkel & Jessica Krueger

#### **Transportation Program Coordinator**

Elaine DeBlare

#### **Van Drivers**

Jerry Ash, Keith Braunschweig, JJ Johnson, Greg Maier, Dawn Mergener, Dave Pasewald & Melanie Siegel

#### **Nutrition Drivers**

Dallas Grosenick

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**THANK YOU, VOLUNTEERS**

We have the most amazing Volunteers!

“Volunteering is at the very core of being a human. No one has made it through life without someone else’s help.”

-Heather French Henry

To ALL of our Valued Volunteers,

Your hard work , time and dedication are valued each and every day. You are truly the backbone to many programs. We could not do this without YOU!

We hope you enjoyed YOUR Recognition Day!

Thank you to ALL of the Sponsor’s in making their day such a success!

The Dodge County ADRC



Looking to give back and make a difference?

We have a wide variety of opportunities for you to get involved such as:

- Volunteer driver
- Medicare minute
- Meal delivery driver
- Kitchen helper
- Class facilitator
- and more!!!

Give us a call to learn more!

**920-386-3580**



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(800) 950-9952 x2538



SUBMITTED BY AMANDA HIGGINS & JENNIE FARMER,  
DODGE COUNTY ELDER BENEFIT SPECIALISTS

## April 16 is National Healthcare Decisions Day

April 16 has been designated as National Healthcare Decisions Day. This movement became nationally recognized in 2008 to help raise awareness of the importance of advance care planning, empower people to draft advance planning documents, and encourage discussions with family members and medical professionals about their wishes. The law on advance care planning documents and their authority varies by state. In Wisconsin, physicians typically recommend the following documents:

- Power of Attorney for Finances
- Power of Attorney for Healthcare
- Living Will (optional)
- Authorization for Final Disposition (burial & funeral arrangements)



Advance Directives can be completed with or without an attorney. The basic forms are available online for free, however an attorney can provide legal advice and counseling about specific circumstances to ensure the person's wishes are stated and carried out as desired. It is important that the healthcare Power of Attorney is signed in front of two unrelated witnesses. While the Power of Attorney for Finances does not technically require witnesses, it is granted protections under Wisconsin law if it is notarized.

**Powers of Attorney (POAs)** provide authority for someone to make financial and/or healthcare decisions for another person. Wisconsin is not a "next of kin" state, meaning family members do not have the ability to make healthcare decisions on behalf of another person just by being a relative. POA documents are valid once they are drafted and signed, but the agents do not have authority to act on behalf of the principal until the document is activated. Healthcare POAs are usually activated upon ensuing incapacity of the principal. Financial POAs can be activated immediately or upon a future event.

A **Living Will** is a document that may look like a POA for healthcare; however, there are several differences. A Living Will, directs a person's doctor regarding end-of-life decisions. There is no authority given to another person to act as an agent on the principal's behalf, as POA documents do. A Living Will reflects and provides actions in specific circumstances. POA for healthcare provides an agent to have broad authority to make decisions for a wide range of situations. A person can have both a POA for healthcare and a Living Will, or one or the other. It's important if having both documents, the wishes expressed are consistent.

Finally, the **Authorization for Final Disposition** allows a person to direct their funeral and burial preferences in writing and appoint an agent to carry out the wishes upon the person's death. This document is recommended as part of a comprehensive estate plan because the authority under a POAs ends upon the principal's death. If no agent is appointed under an Authorization for Final Disposition form, Wisconsin law indicates that a surviving spouse, child, parent, or sibling (in respective order) can make funeral and burial decisions.

Free forms and information can be found on the Wisconsin Guardianship Support Center's (GSC) website at <https://gwaar.org/guardianship-resources>. The GSC provides legal information about Powers of Attorneys, Advance Directives, and Guardianships on the helpline at (855) 409-9410 or email at [guardian@gwaar.org](mailto:guardian@gwaar.org). The Department of Health Services also has the legal forms at <https://www.dhs.wisconsin.gov/forms/advdirectives/adformspoa.htm>

If you have questions or a benefit related issue, contact the Benefit Specialists at the Aging and Disability Resource Center (ADRC) of Dodge County at: 920-386-3580 or 800-924-6407.



Submitted by **Olivia Gerritson, Community Health Educator**

## Severe Weather Wisconsin

Dodge County has experienced its fair share of severe weather events in the past, reminding us of the importance of being prepared. Thunderstorms can bring heavy rainfall, lightning, strong winds, and even hail, leading to power outages and property damage. Additionally, tornadoes can strike with little warning, causing widespread destruction in their path. Moreover, melting snow and rainfall can increase the risk of flooding, posing threats to homes, roads, and bridges.

Having a well-thought-out emergency plan can make all the difference when severe weather strikes. Here are some essential steps to consider:

- Stay updated with weather forecasts through local news channels, weather apps, or NOAA weather radio. Being aware of potential risks allows you to take proactive measures.
- Ensure that everyone in your household knows how to communicate during an emergency. Designate a meeting place and establish a method for staying in touch if family members are separated.
- Assemble an emergency kit containing essential supplies such as non-perishable food, water, medications, flashlights, batteries, first aid supplies, and important documents. Don't forget about supplies for your pets!
- Take measures to reinforce your home against severe weather. Trim trees and bushes, secure outdoor furniture and objects, and consider installing storm shutters or reinforcing doors and windows.
- Identify safe locations within your home where you can take shelter during a tornado or severe thunderstorm. Basements or interior rooms on the lowest level of your home are typically the safest.

Remember that you are not alone in preparing for severe weather. Dodge County offers various resources to help residents stay safe during emergencies. Stay connected with the Dodge County Emergency Management and sign up for emergency alerts to receive timely notifications about severe weather threats in your area.



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## SENATE BILL 668 IS SIGNED INTO LAW IMPLEMENTING ABLE SAVINGS ACCOUNTS

SUBMITTED BY ASHLEY SANBORN & JENNIE FARMER,  
DODGE COUNTY DISABILITY BENEFIT SPECIALISTS

On April 4, 2024, Governor Evers signed Senate Bill 668 into law, which directs the Wisconsin Department of Financial Institutions to create an ABLE (Achieving a Better Life Experience) savings account program for people with disabilities.

ABLE accounts are savings accounts for people with disabilities. They can be used to pay for expenses that occur when living with a disability. Some of these expenses can be rent for accessible housing, buying needed assistive technology, or healthcare and caregiving costs. Most importantly, money in a person's ABLE account will not affect their eligibility for benefits programs such as Social Security Insurance (SSI), Medicaid and Food Stamps.

Disability Rights Wisconsin applauds the signing of Senate Bill 668! People with disabilities will now be able to afford more of their expenses without having to worry about losing their access to needed support, services and other benefits.



### Press Release: Disability Rights Wisconsin Celebrates Signing of Act 241; More Is Needed

For Immediate Release: March 28, 2024

Contact: Jill Jacklitz, Executive Director, [jillj@drwi.org](mailto:jillj@drwi.org), 608-267-0214

Lisa Hassenstab, Public Policy Manager, [lisah@drwi.org](mailto:lisah@drwi.org), 608-308-2639

**Disability Rights Wisconsin (DRW) joins organizations and advocates across Wisconsin in celebrating the signing of Act 241**, a bipartisan measure which appropriates \$10 million fiscal year 2023-24 for grants for sexual assault victim services, domestic abuse services, and child advocacy centers. This funding will help support critical services for survivors across the state and will help ensure continuity of these services in the face of a significant cut in federal funding through the Victims of Crime Act (VOCA).

**Unfortunately, this funding will not cover the entirety of the gap in VOCA funding, including the grant program which funds DRW's Victim Advocacy Program.** The Wisconsin Department of Justice Office of Crime Victim Services' "VOCA: Victims of Crime Act 2024-2025 Competitive Grant" announcement states, "The current funding available through OCVS for this grant cycle is \$13 million for one year, which is approximately \$31 million less than what OCVS has currently awarded to all VOCA subgrants for the 2019-2024 VOCA grant cycle. Agencies may not apply for more than \$250,000 and those agencies who request the maximum amount may not receive it." DRW's current VOCA grant amount is \$872,000 annually, meaning even a grant at the maximum amount possible for the 2024-2025 grant cycle would be a **more than 70 percent decrease in funding to support the state's victim advocacy program specifically providing services to individuals with disabilities who have experienced a crime.**

**People with disabilities are impacted by crime at a significantly higher rate than people without disabilities.**

According to recent U.S. Census data, people with disabilities account for approximately 20 percent of the U.S. population, but between 2009-2019 the rate of violent crime against people with disabilities was twice that of people without disabilities, and from 2010-2014 the rate of serious violent crime, including sexual assault, against people with disabilities was more than three times higher than the age-adjusted rate for people without disabilities<sup>1</sup>. In addition, people with disabilities are more likely to "experience more severe victimization, experience it for a longer duration, suffer multiple episodes of abuse, and have a larger number of perpetrators<sup>2</sup>." DRW has been proud to offer our Victim Advocacy Program since 2016 to people with disabilities who are victims of crime and will continue to work with state and federal legislators and other decision-makers to work toward additional funding to fill the gap in federal VOCA funding to ensure the continuity of these crucial services.

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*Disability Rights Wisconsin (DRW) is a private non-profit organization that protects the rights of people with disabilities statewide, with a mission to advance the dignity, equality, and self-determination of people with disabilities. Disability Rights Wisconsin serves as the federally mandated Protection and Advocacy system for the State of Wisconsin, charged with protecting the rights of children and adults with disabilities and keeping them free from abuse and neglect.*

<sup>1</sup> "How Safe are Americans with Disabilities", Nancy Smith, Sandra Harrell, and Amy Judy, Center on Victimization and Safety;

[www.endabusepwd.org/wp-content/uploads/2021/02/How-safe-are-americans-with-disabilities-web.pdf](http://www.endabusepwd.org/wp-content/uploads/2021/02/How-safe-are-americans-with-disabilities-web.pdf)

<sup>2</sup> Ibid.

**CAREGIVER CONFERENCE & VENDOR FAIR**

**Thursday June 6, 2024**  
**10:00A- 2:30PM**  
**The Watermark**  
**209 S. Center St**  
**Beaver Dam, WI**



**Caregiving is not easy!**

The ADRC of Dodge County has lined up presenters and vendors to help with your caregiving journey. Join us for this FREE event to learn more about the importance of self-care for family caregiver's to minimize the risk of burnout. We also have a session dedicated to the importance of skin care, wound prevention and wound care for the ones you care for.

Call **920-386-3580** to register  
 \*\*\*LUNCH PROVIDED\*\*\*

**CAREGIVER GPS SERIES**

The Caregiver GPS Series will help you learn how to navigate the journey of dementia caregiving.

Join us the third Thursday of the month from **Noon—1pm**

**Watertown Public Library**

100 S. Water Street  
 Watertown, WI

- May 16** – Communication Skills
- June 20** – Traveling & Other Activities
- July 18** – Legal & Financial Planning
- Aug 15** – Home Safety & Other Activities
- Sept 19** – When Do We Need More Help?

Live Confidently. At Home.



[tmgwisconsin.com](http://tmgwisconsin.com)  
 (844) 864-8987

Contact your local ADRC for more information.



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

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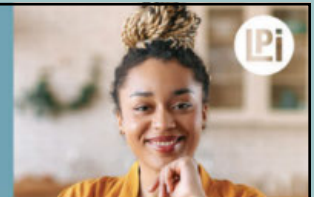
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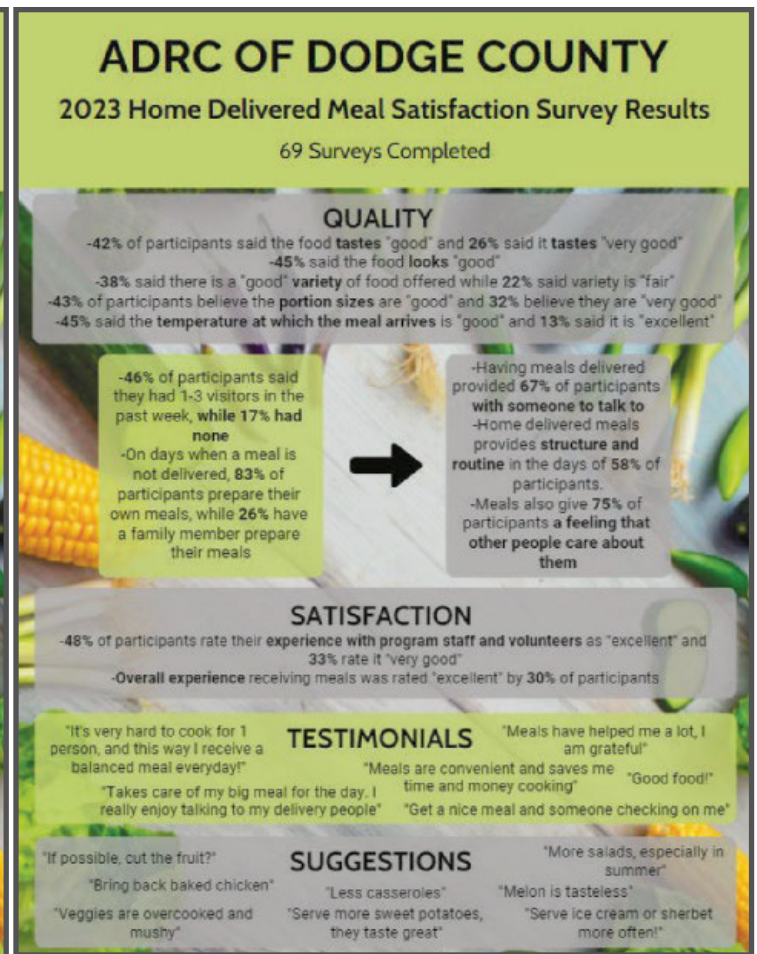
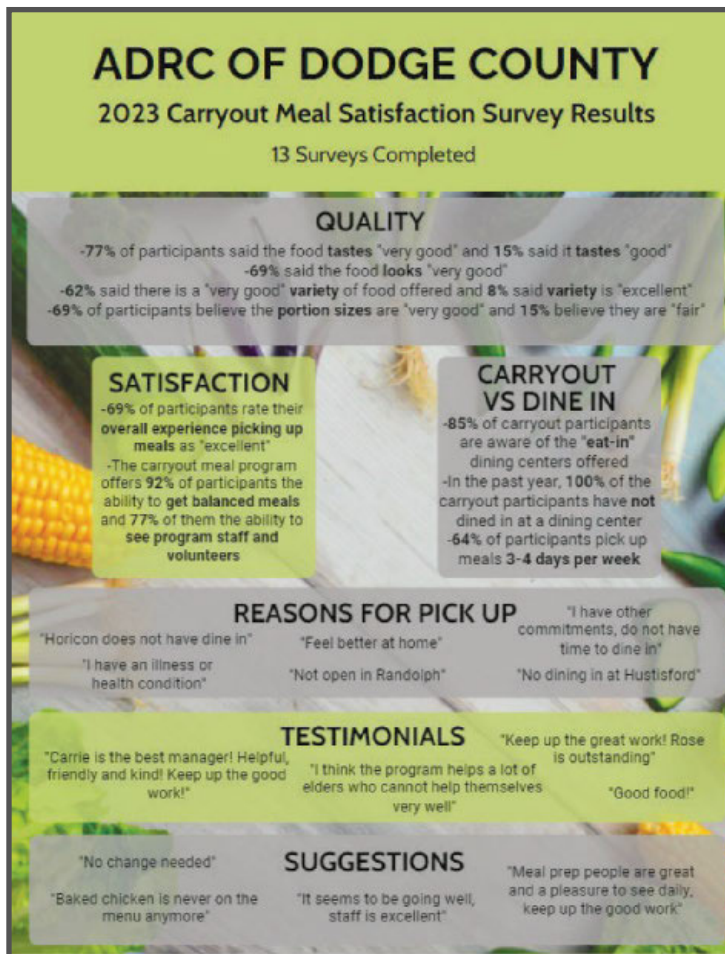


Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)



Every year the Dodge County Senior Nutrition Program hands out annual surveys to all participants. Each survey, whether it be Carryout, Home Delivered, or Congregate asks to rate on a scale from poor to excellent in categories of the way the food tastes, looks, the variety, portion sizes, and temperatures.

These particular surveys also provide feedback to our Nutrition Program to better support your health and/or cultural preferences. We learn more about the significance of socialization, satisfaction, and quality of the Senior Nutrition Program. Not only do these surveys help the individuals we serve, but on a larger scale, help to assist the entire community we do.



## Senior Farmers' Market Vouchers for Dodge County 2024

- You must be **60 years of age** or older (or a Native American 55 or older) and reside in **Dodge County**. Household income must be at or below 185% of federal poverty level.
- Each eligible participant will receive **\$45 in vouchers** to use at eligible farmers' markets to purchase only Wisconsin grown fruits, vegetables and herbs.
- Vouchers will be distributed on a **"first come, first serve"** basis.
- **Vouchers cannot be mailed.**

### Distribution Locations

- Tuesday, July 9** from 8am—11am  
Watertown Farmers' Market, Watertown  
Riverside Park
- Thursday, July 18** from 12:30—2pm  
Watermark, Beaver Dam
- Monday, July 29** from 12pm—1:30pm  
Senior Center, Mayville
- Tuesday, August 6** from 11:30am—1pm  
Fire Station, Hustisford



# Aging Advocacy Day May 14, 2024

**Let your voice be heard!  
 Join the 8th annual Aging Advocacy Day!**

No experience necessary; training is provided.

**Morning training** at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and **Afternoon visits** with your legislators/key staff members at the Wisconsin State Capitol.

Citizens from around the state will gather in Madison on Tuesday, May 14, 2024 for training to meet with other constituents from their Senate and Assembly district, and for office visits with their legislators. Following the training, attendees will join others from their state Senate and Assembly district to provide information and share personal stories with legislators to help them understand how specific policy issues and proposals impact individuals, families, and older constituents.

Sponsorship opportunities are available!  
 Contact: Janet Zander - (608) 228-7253  
[janet.zander@gwaar.org](mailto:janet.zander@gwaar.org)





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Chicken Patty Marsala Calico Bean Casserole Cole Slaw Peach Slices Cookie	<b>2</b> Swiss Steak Mashed Potatoes Mixed Vegetables Petite Banana Birthday Cake Dinner Roll	<b>3</b> Meatloaf Baby Red Potatoes Baby Carrots Applesauce Chocolate Sundae Cup Sliced Bread
<b>6</b> Chicken Cacciatore Garlic Mashed Potatoes California Blend Vegetables Pineapple Tidbits Cinnamon Roll Sliced Bread	<b>7</b> Pepper Steak Baked Potato Peas & Carrots Honeydew Melon Cookie Dinner Roll	<b>8</b> Mushroom Pork Cutlet Mashed Potatoes Three Bean Salad Vanilla Pudding Tropical Fruit Salad Sliced Bread	<b>9</b> Beef Stew Broccoli Cuts Fruited Gelatin Banana Cake Cheddar Biscuit	<b>10</b> Liver and Onions Baby Red Potatoes Corn Pear Slices White Brownie Sliced Bread
<b>13</b> Roast Turkey Mashed Potatoes Sliced Carrots Peach Slices Butterscotch Pudding Sliced Bread	<b>14</b> Lasagna Casserole Tossed Salad w/ Ranch Dressing Apple Ice Cream Cup French Bread	<b>15</b> Orange Chicken Baked Potato Peas & Carrots Fruited Gelatin Cinnamon Roll Sliced Bread	<b>16</b> Cranberry Kraut Meatballs Cole Slaw Green Beans Pineapple Tidbits Cooke Dinner Roll	<b>17</b> Roast Pork Loin Mashed Potatoes California Blend Vegetables Applesauce Alexander Torte Sliced Bread
<b>20</b> Salisbury Steak Mashed Potatoes Corn Peach Slices Applesauce Cake Sliced Bread	<b>21</b> Ham Roll Sweet Potato Bake Broccoli Cuts Tropical Fruit Salad Cookie Dinner Roll	<b>22</b> Chili Casserole Spinach Salad Orange Chocolate Dream Torte Cornbread	<b>23</b> Burgundy Mushroom Chopped Steak Mashed Potatoes Three Bean Salad Petite Banana Raspberry Sherbet Dinner Roll	<b>24</b> Chicken, Broccoli & Rice Casserole Carrots Pear Slices Creamsicle Torte Sliced Bread
<b>27</b> 	<b>28</b> Beef Stroganoff Tossed Salad Peach Slices Fudge Brownie Dinner Roll	<b>29</b> Bratwurst on a Bun Baked Beans Cole Slaw Apricot Halves Sliced Bread	<b>30</b> Chicken Tetrazzini Baby Carrots Honeydew Melon Cookie Dinner Roll	<b>31</b> Hamburger on a Bun German Potato Salad Broccoli Cuts Apple Ice Cream Cup

# Evolving Vehicle Technology



More and more, drivers are recognizing the value in having vehicles with advanced driver assistance systems (ADAS), like blind spot monitoring (BSM), forward collision warning (FCW) and lane keeping assist (LKA). While many of these technologies are rapidly being offered in newer vehicles, many drivers are unaware of the safety limitations of the systems in their vehicles. Lack of understanding or confusion about the proper function of these ADAS technologies can lead to misuse or overreliance on the technology, which could result in a deadly crash.

Research conducted by the AAA Foundation for Traffic Safety evaluated the safety benefits of popular ADAS technologies and found that if every vehicle was equipped with the technologies and they are properly used by drivers, the technologies could potentially prevent more than 2.7 million crashes, 1.1 million injuries and nearly 9,500 deaths each year.

For the safety of motorists, it is important that automakers play a greater role in educating new car buyers about the ADAS technologies in vehicles. Strong consumer education about vehicle technology needs to become as much of a priority for automakers as making the sale.

Advanced Driver Assistance Technology for Older Driver Safety and AAA's Auto Dealer Worksheet are designed to help senior drivers navigate automated vehicle technology. This guidance reflects research from AAA and the AAA Foundation. It also leverages AAA Automotive guidance relative to naming conventions used to accurately describe these technologies.

**What benefits can new in-vehicle technologies offer me?** Advanced driver assistance systems, or ADAS, refer to an evolving group of in-vehicle technologies designed to provide early warnings of potential hazards on the road. Some of ADAS are designed to automate certain aspects of driving (e.g., braking and steering) to enhance driver safety.

**Which vehicle safety technologies promote safe driving for older adults?** AAA sponsored research shows that several ADAS are especially good at enhancing safety and comfort for older drivers with age-related declines by assisting with speed control, lane maintenance, and proper braking responses. These include Adaptive Cruise Control, Lane Keeping Assistance, and Forward Automatic Emergency Braking.

What to Ask Your Dealer when Purchasing a New Vehicle

*Beware!* Capabilities and limitations of these technologies vary by vehicle. Always ask:

**Which technologies are present in my vehicle?** Make the effort to know which technologies you'll encounter while driving before you hit the road. Insist that your dealer takes the time to educate you (it is their job).

**How do the technologies in my vehicle work?** Learn what each technology is designed to do for you, and how you will know when a feature has engaged. Determine if the technology relies on camera or sensors and ask where they are located. Also, ask if and how these technologies can be turned off and on.

**Are there circumstances in which the technologies in my vehicle will not work properly? What are their limitations?** It is equally as important to understand what each technology cannot do for you. Inaccurate assumptions about a feature can have serious safety consequences.

**What maintenance (e.g., cleaning or replacing cameras, sensors, etc.) is required to be sure the technologies in my vehicle work properly?** Many of these features rely on cameras and different forms of radar to function correctly. It is possible lenses may need to be cleaned or replaced at times to be sure things run smoothly.

Adapted from AAA Advanced Driver Assistance Technology for Older Driver Safety

<https://exchange.aaa.com/safety/senior-driver-safety-mobility/evolving-vehicle-technology/>

# SAVE THE DATE

Join the ADRC and Adult Protective Services in bringing awareness to Elder Abuse!

**JUNE 07, 2024**  
**11AM- 1PM**  
**HENRY DODGE OFFICE BUILDING**  
**199 COUNTY ROAD DF**  
**JUNEAU, WI 53039**



We'll be hosting a WBEV brat fry and partnering with local organizations who offer resources for seniors and their caregivers to ensure community elders have the resources and tools needed to live and age well and safely in our community.



## Calling all Gardeners (or anyone interested in gardening)!!

The ADRC is starting a community garden! Come join us in planting and caring for our garden. No experience required! All are welcome!! Bring your gloves and come enjoy the beautiful outdoors and company!

Juneau Community Garden  
383 N. Hyland Street

May 17th 1-3P- Garden Cleaning & Prep

**May 24th 1-3P- Garden Planting**  
\*\*\*refreshments provided\*\*\*

June 7th 9-11A- Monthly Weeding  
July 5th 9A-11A- Monthly Weeding

## Join Strong Bodies!

This FREE strength training class is designed for mid-life and older adults and include progressive resistance training, balance training and flexibility exercises. Classes are twice weekly for 8 weeks.

**Mayville Senior Center**  
**330 N. Walnut Street**  
**June 3- July 24, 2024**

**Mondays 9:30- 11 am**  
**Wednesdays 9:30-10:30am**

**Pre-registration required**  
**prior to May 20, 2024**  
**Call or E-mail Kimberly:**  
**920-386-3790**  
**kimberly.lafler@wisc.edu**

**BE SURE TO SIGN UP FOR**  
**LUNCH AFTERWARDS**  
**PROVIDED THROUGH THE**  
**SENIOR DINING PROGRAM !**



## We'd love to see you!

The ADRC is sponsoring boat tours.  
Come enjoy a pontoon ride down the Rock River.  
Sit back, relax and enjoy the sights!

**Call 920-386-3580 to register.**  
**\$25 per person; Free for 60+ individuals.**

**May 29th 1- 2PM**  
**June 26th 1- 2PM**  
**July 24th 1- 2PM**

Meet at the Blue Heron Landing  
305 Mill Street, Horicon 15 minutes (12:45pm) prior to  
departure. 30 people max first come, first serve!  
Refreshments available for purchase.



**JUNE IS OBSERVED AS ALZHEIMER'S & BRAIN AWARENESS MONTH**

An estimated 6.9 million Americans are living with Alzheimer's dementia.

Alzheimer's begins 20 years or more before memory loss and other symptoms develop.

**Caregiving**

More than 11 million Americans provide unpaid care for a family member or friend with dementia, a contribution to the nation valued at nearly \$350 billion.

**Workforce**

More than 1 million additional direct care workers will be needed between 2021 and 2031—more new workers than in any other single occupation in the United States.

PREVALENCE

**1 IN 10 PEOPLE** AGE 65 & OLDER HAVE ALZHEIMER'S DISEASE.

SOMEONE DEVELOPS ALZHEIMER'S DEMENTIA EVERY 66 SECONDS.

—BY— 2050: SOMEONE WILL DEVELOP THE DISEASE EVERY 33 SECONDS.

GOOD NEIGHBOR PHARMACY

SOURCE: ALZHEIMER'S ASSOCIATION

**Your are not alone.**

For resources about Alzheimer's, caregiving, respite and classes we offer, Please call the Dodge County ADRC at **920-386-3580.**



**NEVER MISS OUR NEWSLETTER!**

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Have our newsletter emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

**WED., 01 | 10:30AM - 12PM**

MCI Conversations Support Group –Online

**MON., 06 | 4 -5PM**

Spark! Imagine That –Waupun

**TUES., 07 | 1 –3PM**

Living Well w/ Chronic Conditions -Beaver Dam

**WED., 08 | 1:30 –3:30PM**

Lewy Body Dementia Support Group –Online

**FRI., 10 | 1 - 2:30PM**

Spark! Unmasked Expressive Therapies -Beaver Dam

**TUES., 14 | 1 –3PM**

Living Well w/ Chronic Conditions -Beaver Dam

**WED., 15 | 10:30AM - 12PM**

MCI Conversations Support Group –Online

**THURS., 16 | 10AM - 12PM**

Memory Cafe –Watertown

**THURS., 16 | 1 - 2:30PM**

Spark! DCCA –Beaver Dam

**THURS., 16 | 4PM**

Medicare Basics &amp; Beyond –Juneau

**MON., 20 | 10:30AM - 12PM**

Spark! Horicon Marsh –Horicon

**TUES., 21 | 1 –3PM**

Living Well w/ Chronic Conditions –Beaver Dam

**WED., 22 | 1:30 –3:30PM**

Lewy Body Dementia Support Group –Online

**THURS., 23 | 10AM –12PM**

Dementia Awareness Coalition –Watertown

**FRI., 24 | 1 –3PM**

Garden Planting –Juneau Community Garden

**TUES., 28 | BY APPOINTMENT**

Memory Screening –Watertown Senior Center

**TUES., 28 | 1 –3PM**

Living Well w/ Chronic Conditions –Beaver Dam

**WED., 29 | 1–2PM**

Blue Heron Boat Tours –Horicon

**MON., 03 | 4 –5PM**

Spark! Imagine That –Waupun

**TUES., 04 | 1 –3PM**

Living Well w/ Chronic Conditions –Beaver Dam

**WED., 05 | 10:30AM - 12PM**

MCI Conversations Support Group –Online

**THURS., 06 | 10AM - 2:30PM**

Caregiver Conference/Vendor Fair –Beaver Dam

**FRI., 07 | 11AM –1PM**

ADRC/APS Brat Fry –Juneau

**WED., 12 | 1:30 –3:30PM**

Lewy Body Dementia Support Group –Online

**FRI., 14 | 9:30 - 11:30AM**

Living Well with Mild Cognitive Impairment –Mayville

**FRI., 14 | 1 - 2:30PM**

Spark! Unmasked Expressive Therapies -Beaver Dam

**MON., 17 | 1 - 2:30PM**

Spark! Horicon Marsh –Horicon

**WED., 19 | 10:30AM –12PM**

MCI Conversations Support Group –Online

**WED., 19 | 1PM**

Medicare Basics &amp; Beyond –Juneau

**THURS., 20 | 10AM –12PM**

Memory Café –Watertown

**THURS., 20 | 1 - 2:30PM**

Spark! DCCA –Beaver Dam

**TUES., 25 | BY APPOINTMENT**

Memory Screening –Watertown Senior Center

**WED., 26 | 1:30 –3:30PM**

Lewy Body Dementia Support Group –Online

**WED., 26 | 1–2PM**

Blue Heron Boat Tours –Horicon

**THURS., 27 | 10AM –12PM**

Dementia Awareness Coalition –Watertown

**EVERY MONDAY | 9:30 – 11AM**

Strong Bodies– Mayville

**EVERY WEDNESDAY | 9:30 – 10:30AM**

Strong Bodies– Mayville

- MON., 01 | 4 - 5PM**  
Spark! Imagine That –Waupun
- WED., 03 | 9:30 –10:30AM**  
Strong Bodies– Mayville
- WED., 03 | 10:30AM –12PM**  
MCI Conversations Support Group –Online
- TUES., 09 | 1PM**  
Medicare Basics & Beyond –Juneau
- TUES., 09 | 8 –11AM**  
Senior Farmer’s Market Voucher Distribution –  
Watertown Farmer’s Market, Riverside Park
- WED., 10 | 1:30 –3:30PM**  
Lewy Body Dementia Support Group –Online
- FRI., 12 | 1 - 2:30PM**  
Spark! Unmasked Expressive Therapies –Beaver Dam
- MON., 15 | 10:30AM -12:00PM**  
Spark! Horicon Marsh –Horicon
- TUES., 16 | 9AM**  
Medicare Basics & Beyond –Juneau

- WED., 17 | 10:30AM –12PM**  
MCI Conversations Support Group –Online
- THURS., 18 | 1 - 2:30PM**  
Spark! DCCA –Beaver Dam
- THURS., 18 | 12:30 - 2PM**  
Senior Farmer’s Market Voucher Distribution –  
Watermark, Beaver Dam
- TUES., 23 | 12 -2:00PM**  
Memory Screening –Watertown
- WED., 29 | 1—2PM**  
Blue Heron Boat Tours –Horicon
- WED., 24 | 1:30 –3:30PM**  
Lewy Body Dementia Support Group –Online
- MON., 29 | 12 –1:30PM**  
Senior Famer’s Market Voucher Distribution –Senior  
Center, Mayville
- EVERY MONDAY | 9:30 – 11AM**  
Strong Bodies– Mayville
- EVERY WEDNESDAY | 9:30 – 10:30AM**  
Strong Bodies– Mayville (Last class 7/24)



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INSURANCE AND ESTATE PLANNING

- \* Confused about Medicare?
- \* Need help planning retirement?
- \* What kind of life insurance is right for you?
- \* Wondering when to start social security?



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## Tools to Improve the Everyday

Most Americans want to stay in their homes as they age. Not a bad plan, but what if your home doesn't fit you as well as it once did?

Often, aging can be accompanied by a change in your ability to manage and move around in your home. That's where assistive technology — better known as AT— comes in. No matter your age or what type of disability you may have, chances are there is an AT device out there that can help you with everyday tasks.

AT isn't a new concept. In fact, most people have probably used an assistive device without realizing it. Smartphones, voice command technology and certain types of software all fall under the AT umbrella. AT also includes plenty of low-tech devices, like adapted pencil grips for students with disabilities.

There's an ever-growing variety of AT tools available to help with household chores, work functions, getting around, seeing, hearing, learning and living independently in general. These devices and technologies are designed to help older adults and people with disabilities, but you may find that these tools can make life easier for anyone.

Examples of AT devices and tools include:

- Hearing aids
- Vehicle modifications, such as hand controls or wheelchair lifts
- Devices that help with bathing and eating
- Software modifications for those with hearing and visual challenges
- Equipment, such as grab bars in a shower, to help prevent falls
- Eye glasses and magnification devices to help individuals with low vision
- Communication devices for individuals with speech disabilities
- Wheelchairs, walkers and other mobility devices



### **The right AT for you**

At first, trying to find the right AT tools and solutions can feel overwhelming. Contacting the ADRC at 920-386-3580 is a good place to start. We can help connect you to organizations that can help you identify and acquire AT that meets your needs.

These programs offer:

- Device demonstration and short-term loan programs that allow you to try out equipment before purchasing
- Reuse programs that provide gently used devices at substantial savings
- Financing options, such as cash loan programs, that can help you get the AT devices you need

The ADRC also has funding opportunities, such as the Independent Living Support Pilot (ILSP) program, that may be able to help cover the cost of your AT needs, should you qualify. Give us a call today at 920-386-3580 to discuss your needs and how we may be able to assist.



## Strawberry Shortcake for One



**Ingredients:**

- 1/2 cup all-purpose flour
- 1 tbsp. sugar
- 1/2 tsp. baking powder
- 1/8 tsp. baking soda
- 1/8 tsp. ground cinnamon
- 1/8 tsp. salt
- 2 tbsp. salted butter –cold
- 2 tbsp. milk
- 1/4 cup sliced strawberries
- Whipped cream
- Optional: powdered sugar for topping

**Directions:**

1. Preheat the oven to 400°F
2. For the biscuit, in a medium-sized bowl, whisk together flour, sugar, baking powder, baking soda, cinnamon and salt.
3. Add small pieces of butter to the mixture. Use your fingers, a pastry cutter, a fork, or a food processor to blend the butter until the mix looks like coarse crumbs.
4. Gently pour in the milk, stirring just until combined. If the dough seems to wet, add an extra 1/2 tablespoon of flour.
5. Drop the dough onto a baking sheet lined with parchment paper and shape it into a circle.
6. Bake until golden brown, about 12—15 minutes. Let cool on the sheet for 5 minutes.
7. Move the biscuit to a cooling rack and let it cool for 10 minutes.
8. To assemble: Cut the biscuit in half. On the bottom half, layer the sliced strawberries and whipped cream. Cover with the top half of the biscuit and, if you like, sprinkle with powdered sugar on top. Enjoy!

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 f WisconsinSeniorMedicarePatrol

**SMP Senior Medicare Patrol**  
 Preventing Medicare Fraud

This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**Are High Energy Costs Putting the Squeeze On Your Limited Income?**

**ENERGY SERVICES FOR DODGE COUNTY may be able to help!**

**107 Henry Street, Suite 1, Beaver Dam, WI 53916**  
\*This site is fully accessible.

**2 Simple ways to apply for a WHEAP Energy Assistance Grant!**

**1 Call 800-506-5596 Locally 920-887-7990**  
 • For questions or to schedule an appointment.  
 • To complete a WHEAP application by phone with our experienced staff.

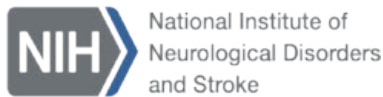
**OR**

**2 You may now also apply online at HEAT.HELP**

**homeenergy+**

Our experienced team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.

**Don't delay, call us today! 920-887-7990**



The month of May is a time to raise awareness about the symptoms and risk factors of stroke. Most strokes are thought to be preventable with lifelong control of risk factors, especially with high blood pressure. May is also an opportunity to recognize progress in advancing stroke research and care as well as opportunities for improving outcomes and health equity. New efforts are underway to develop and test drugs that might protect brain tissue after stroke.

Each year in the United States, there are more than 800,000 strokes. Stroke is a leading cause of death in the country and a leading cause of serious long-term disability. Nearly three-quarters of all strokes occur in people over the age of 65 and the risk of having one about doubles each decade after the age of 55. While it is common for older adults to have strokes, many young individuals can also have them.

### What causes a stroke?

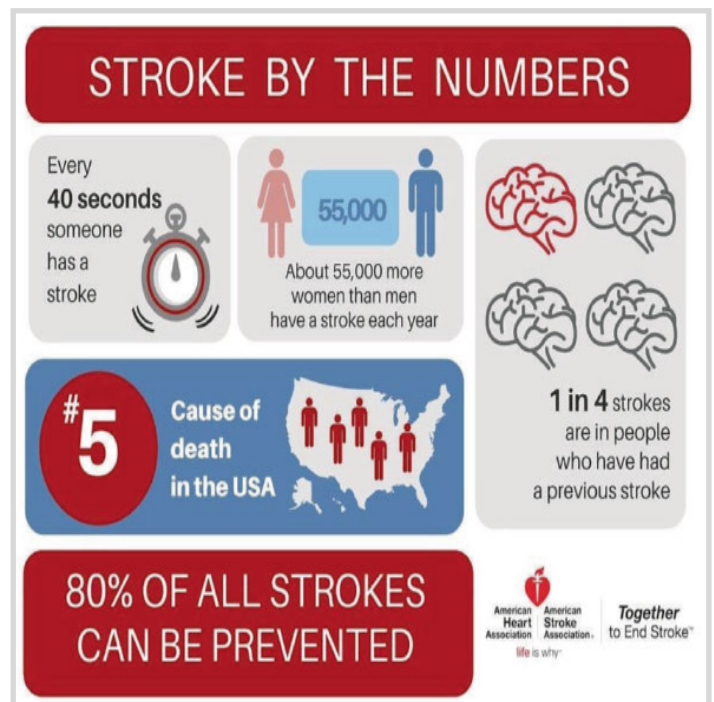
There are two major kinds of stroke. About 80 percent are ischemic strokes, which are caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 20 percent are hemorrhagic strokes, which are caused by a blood vessel in the brain that breaks and bleeds into the brain.

### Know the Signs

Because stroke injures the brain, victims may not realize they're having one and bystanders may think they just look unaware or confused. That's why stroke victims have the best chance if someone around them recognizes the signs and acts quickly.

**Getting treatment within 60 minutes can reduce disability.** That's why it's important to know the signs and call 911 right away if you think you or someone else is having a stroke. The signs include:

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden **CONFUSION**, trouble speaking, or trouble understanding speech
- Sudden **TROUBLE SEEING** in one or both eyes
- Sudden **TROUBLE WALKING**, dizziness, or loss of balance or coordination
- Sudden **SEVERE HEADACHE** with no known cause



Stroke Communications Kit | [cdc.gov](https://www.cdc.gov)

[https://www.cdc.gov/stroke/communications\\_kit.htm#ip](https://www.cdc.gov/stroke/communications_kit.htm#ip)

Article adopted by: NIH, National Institute of Neurological Disorders and Stroke



# What am I?



1. I can fly without wings and cry without eyes.  
What am I?  
\_\_\_\_\_



2. I have teeth, but cannot bite.  
What am I?  
\_\_\_\_\_

5. What is so fragile that sound can destroy it?  
\_\_\_\_\_



6. What can be opened but cannot be closed?  
\_\_\_\_\_

3. What can you break without touching it?  
\_\_\_\_\_



4. You may enter, but you may not come in. I have space, but no room. I have keys, but open to lock.  
What am I?  
\_\_\_\_\_

7. You can feel it, but you cannot touch it. You can hear it, but you cannot see it.  
What is it?  
\_\_\_\_\_



8. The more you take, the more you leave behind.  
What are they?  
\_\_\_\_\_

- Answer key:
- 1. A cloud
  - 2. A comb
  - 3. A promise
  - 4. A computer

- Answer key:
- 5. Silence
  - 6. An egg
  - 7. The wind
  - 8. Footprints



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