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FROM THE SUPERVISOR'S DESK

By *Brittany Borchardt*

Dear Friends,

I hope you all are keeping cool and enjoying the summer heat! As the temperatures rise and the days grow longer, it seems that summer brings a flurry of activities and events. The same holds true for the ADRC!

We've been hard at work on our 2025-2027, 3-year aging plan for Dodge County. The Dodge County Aging Plan is a crucial document that shapes the work we do and the services we offer at the ADRC. Our goal is to deliver top-notch services and supports to our community. To achieve this, we need input from consumers and community partners like you. We value your thoughts on how we can enhance Dodge County as a place to age gracefully. Please take a moment to complete our survey, which can be found at:

<https://co.dodge.wi.gov/agingsurvey>.

If you prefer a paper copy, just give us a call at 920-386-3580 and we'll gladly send one your way.

Once we have our goals set, we'll be sharing them and looking for your input and feedback. Stay tuned for more updates!

Thank you for your continued support of the work that we do. Don't forget to stop by and say 'hi' if you're out at the Dodge County Fair! We're always happy to meet members of our community!

Brittany

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STAFF SPOTLIGHT**DAWN MERGENER**

Hello, my name is Dawn Mergener. I have been helping in the Nutrition Program in Reeseville and also in the Transportation Program since January for the ADRC. I've lived in WI all of my life. I recently retired from driving a dump truck for 23 years. I became bored very quickly and applied for my current position at the ADRC and love it! I am married to my husband of 26 years. I have 4 children and 2 grandchildren whom I love spending my free time with. We have a park model trailer up north. I love spending time there with my family. I also have a 2 year old German Shephard Zeus, who keeps me on my toes at all times. He goes everywhere with me (except work)! I look forward to meeting more and more people at the ADRC.

**LORENA VAN NOCKER**

Hello, My name is Lorena Van Nocker. I am the new "unicorn" (Transportation driver/Nutrition Program) for the ADRC of Dodge County. My background is in manufacturing where I was an assembly worker at Mayville Engineering for almost 2 years and a bindery helper/utility operator/machine operator at Action Printing for 15 years before MEC. I have been married to my husband Jeff, for 32 years and we have 5 children and 14 grandchildren. My days are quite busy as we do a lot of fishing, camping, flea marketing and of course, grandbabysing! I am happy to be here and look forward to many years to come!

**ADRC/Aging Services Supervisor**

Brittany Borchardt

Aging/Nutrition/Transportation Supervisor**Aging & Disability Resource Specialists**

Diane Coulter, Jordan Eberhardt, Heather Ehrlich, Morgan Haen & Kaelan Pieper

Caregiver Program Coordinator**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

Keith Braunschweig, JJ Johnson, Greg Maier, Dawn Mergener, Dave Pasewald, Melanie Siegel & Lorena Van Nocker

Nutrition Drivers

Dallas Grosenick

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Nancy Birkholz

Hello,
 My name is Nancy Birkholz. I am a mother of 2 and a grandmother of 4. My grandkids call me Nana. I am the guardian for 2 of them. My husband and I live near Clyman where my husband grew up. We have 2 dogs and 2 cats. With my granddaughter's special needs, I was unable to work full-time so I work from home part-time, however, something was missing. I needed to get out of the house. I wondered what I could do as I enjoy helping others. I found out from the Dodge County ADRC that they were looking for individuals to deliver meals; I thought I would give it a try. After only a few days, I found it to be very rewarding. The individuals that receive the meals are so happy to see you. Some are unable to get out of their homes or are not able to see anyone else so it makes you both feel good!



Nancy has been an asset to the Nutrition Program. We thank Nancy for her continued dedication not only to the program, but also to the individuals she assists on a daily basis. We are grateful to have you!

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!!!

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Need Help with Medicare Costs?

If you have Medicare and you are facing challenges paying for health care, you may be eligible for programs that may help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs. Even if you do not qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your monthly income is \$1,694 (or less) for an individual or \$2,299 for a couple, and resources are under \$9,430 for an individual or \$14,130 for a couple, you may be eligible.


If you qualify for Medicaid or one of the Medicare Savings Programs, you will automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, such as premiums, deductibles, and coinsurance.

If you do not automatically qualify for Extra Help, you may still be eligible if your monthly income is \$1,883 (or less) for an individual or \$2,555 for a couple, and your resources are under \$15,720 for an individual and \$31,360 for a couple. You can apply online with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

Another program that may help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. The program is available to Wisconsin residents 65 years of age or older and who are a U.S. Citizen or have qualifying immigrant status. Your annual income determines your level of coverage. For more information or to get an application, go to: www.dhs.Wisconsin.gov/seniorcare or

It is important to call or fill out an application if you think you might qualify for savings, even if your income or resources are higher than the amounts listed above. Amounts change yearly, and you may be eligible for other savings programs. If you need assistance completing an application, call our office to request an appointment at: **920-386-3580**.

To find out if you are eligible for savings through one of these programs or any other benefits, contact the Benefit Specialists at the Aging and Disability Resource Center (ADRC) of Dodge County at:
920-386-3580 or 800-924-6407.



2024 CLASSES **MEDICARE Basics & Beyond** **IN-PERSON OR VIRTUAL**

ADRC Aging & Disability Resource Center

Join our beginners class and let us teach you to navigate through your Medicare choices. This class is **FREE** and completely **UNBIAS**

All classes will be located at 199 Cty Rd DF, Juneau, WI

Tuesday, January 16th @ 1 pm	Wednesday, June 19th @ 1 pm
Monday, February 12th @ 1 pm	Tuesday, July 16th @ 9 am
Thursday, March 14th @ 9 am	Tuesday, August 13th @ 1 pm
Tuesday, April 9th @ 1 pm	Tuesday, September 10th @ 9 am
Thursday, May 16th @ 4 pm	Wednesday, October 9th @ 9 am

Registration **required** one week prior to class

SHIP State Health Insurance Assistance Program **CALL (920) 386-3580**

CAN'T MAKE A CLASS?... See our Website for Medicare videos
<https://www.co.dodge.wi.gov/departments/departments-a-disability-and-disability-resource-center/benefit-specialists>

*This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 90SAPG0091, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



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Protecting Yourself from Vector-Borne Diseases








Submitted by Olivia Gerritson, Community Health Educator

It is important to be aware of the potential health risks associated with vector-borne diseases. These illnesses, transmitted by ticks, mosquitoes, and other vectors, can put a damper on summer fun. By understanding the risks and taking preventive measures, individuals can protect themselves and their families from these diseases.

Tick-Borne Diseases
 Ticks are prevalent in wooded and grassy areas, making them a significant concern for anyone outside. Lyme disease, the most common tick-borne illness in Wisconsin, can lead to serious health complications if left untreated. To prevent tick bites, follow these guidelines:

-  Wear light-colored, long sleeves, and long pants when venturing into tick-prone areas.
-  Apply insect repellent containing DEET or picaridin to exposed skin and clothing.
-  Conduct regular tick checks on yourself, family, and pets.
-  Remove attached ticks promptly using tweezers, grasping them close to the skin's surface, and pulling upward with steady pressure.

Mosquito-Borne Diseases
 Mosquitos are notorious carriers of diseases such as West Nile virus and Eastern equine encephalitis (EEE). To minimize the risk of mosquito-borne illnesses, follow these precautions:

-  Wear light-colored clothing, long sleeves, and long pants when venturing into mosquito-prone areas.
-  Use mosquito repellents containing DEET, picaridin, or oil of lemon, eucalyptus (OLE) on exposed skin.
-  Install or repair window screens to keep mosquitos out of your living spaces.
-  Consider using mosquito nets or bed nets when camping or sleeping in areas with high mosquito populations.
-  Eliminate standing water around your property, as it serves as a breeding ground for mosquitoes.



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Medicaid Purchase Plan (MAPP) Premiums Starting

The Medicaid Purchase Plan (MAPP) is a State of Wisconsin Medicaid program for adults with disabilities who are working or planning to work. MAPP lets you earn and save more while still providing access to comprehensive health insurance coverages and Long-Term Care programs.

MAPP premium policies were changed in August 2020 due to a change in state law. Based on other changes in federal and state law related to the COVID-19 federal public health emergency (PHE), Wisconsin implemented temporary program policies and processes to protect the health and safety of applicants and members during the PHE. These policies included the temporary suspension of premiums for MAPP and a delay in the implementation of new policies related to MAPP premiums. The temporary suspension is ending as of **August 1, 2024**.

Effective August 1, 2024, MAPP premiums will be reinstated and MAPP members with a gross monthly income over 100% FPL (Federal Poverty Level) will be charged a monthly premium.

Existing MAPP members will receive a notice in July 2024 notifying them if they will owe a monthly premium starting in August. These members will also receive a premium statement in July indicating the amount of their monthly premium and that their first premium is due August 10, 2024.

Payment of a premium is a condition of eligibility for MAPP. If a premium payment is not made, a closure notice will be sent at adverse action. MAPP will close at the end of the unpaid premium month.

The following changes were announced in [Operations Memo 20- 12, Changes to the Medicaid Purchase Plan](#) and will be in effect in August 2024:

MAPP Eligibility:

- Must have a disability determination from the Disability Determination Bureau,
- Live in Wisconsin,
- Meet work requirements of 1 hour per month,
- Have less than \$15, 000 in countable assets,
- Have income below the 250% FPL (Federal Poverty Level) for the household size.

MAPP Premiums:

All MAPP members with gross monthly income above 100% FPL (Federal Poverty Level) will be charged a premium. For most members who had premiums before, this will result in a lower monthly premium.

- The minimum premium is \$25.
- Premium amounts are based on a new calculation.
(Gross monthly income—100%FPL)0.03=Premium.
- MAPP members can request a temporary premium waiver due to hardship.
- MAPP premiums can be paid through the ACCESS app after you create an account with the ACCESS app.



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**.

Loneliness and Social Isolation

A new study of older adults found that even momentary social interaction with friends reduces fatigue and stress. It follows a wealth of earlier research showing that friendships later in life forestall dementia, Alzheimer's and physical decline.

An epidemic of loneliness

The latest findings about this come in the wake of a report by the U.S. Surgeon General warning of "an epidemic: of loneliness and isolation in the country. Even before COVID-19, Surgeon General Vivek Murthy said in May, half of American adults reported experiencing loneliness— a condition Murthy said that is worse for their health than obesity, physical inactivity or smoking up to 15 cigarettes per day.

Social isolation and loneliness are associated with higher risks of high blood pressure, heart disease, obesity, weakened immune functioning, anxiety, depression, cognitive decline, dementia, including Alzheimer's disease and death. Also, being alone most of the time may contribute to a decline in the ability to perform everyday tasks such as driving, paying bills, taking medicine and cooking.

Tips for Staying Connected

- **Identify a person you trust** who can visit you regularly in-person or via a video call, and be an emergency contact.
- **Learn about home- and community-based support and services** from social service agencies, local nonprofits, and Area Agencies on Aging.
- **Stay connected with family and friends** through video chats, email, and social media. If you're not tech savvy, ask for help to learn.
- **Talk with others who share common interests.** Try a support group online or in person. Try a memory café.
- **Call your local ADRC at 920-386-3580** to see if there are any upcoming events or class offerings.



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Contact your local ADRC for more information.



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

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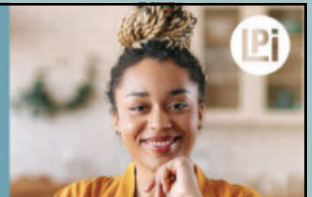
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Eat Well, Age Well

August –Peppers and Tomatoes



Peppers come in a variety of colors, shapes, sizes, and flavors. Bell peppers (yellow, green, orange, red, and even purple) are great additions to salads, soups, and pasta dishes. Hot peppers (jalapenos, serranos, and habaneros) provide extra spice and heat to dishes. They contain varying amounts of capsaicinoids (phytochemicals) which are responsible for the spiciness in hot peppers. Peppers are rich in potassium and vitamins A,C, and K.

- Storage: Peppers should be kept in a plastic bag inside the vegetable drawer of a refrigerator. They may also be canned, frozen, or pickled.
- Preparation: Bell peppers may be steamed, grilled, roasted, air-fried, or eaten raw. Hot peppers can be roasted, grilled, stuffed, or eaten raw. *Always use caution with handling hot peppers to avoid skin, mouth, and eye irritation.*

Tomatoes are a major source of lycopene, an antioxidant that has been correlated with improved health outcomes including reduced heart disease and cancer. Although they are generally eaten and prepared with vegetables, tomatoes are technically a fruit.

- Storage: For more freshness, store stem-side down on paper towels in an open container. Ripe tomatoes can last a few days.
- Preparation: Can roast, grill, pan-fry, and stew tomatoes.

GWAAR Nutrition Team By Emma Jones

Thank you to all who helped with our Community Garden!

The “fruits (vegetables and herbs) of all of our labors” have been distributed on various Home-delivered Meal Routes and at SFMV distribution events.



So far this year we've distributed over 5 pounds of produce!

A very special THANK YOU to Douglas Elementary School in Watertown for decorating lunch bags for our Home Delivered Meal participants in Juneau! This most certainly brightened their day!



Hello friends of the ADRC,

I am excited to introduce myself as the new Nutrition Program Coordinator. My name is Rachel Lee and I have been a part of the ADRC as one of the Front Receptionist Program Assistants for a little over a year. I just recently accepted this new position and look forward to learning my new role.

I have a background in Hotel & Restaurant Management, along with many years of experience within the food service industry. During my time spent as a Program Assistant, I helped with the Nutrition Program quite a bit so I am already familiar with the program.

I look forward to continuing to get to know the wonderful volunteers, staff, and participants within the community as I step into this new journey and am excited to help those in need.

See you around Dodge!
-Rachel Lee

Reducing Your Risk of Dementia

As you age, you may have increased concerns about developing dementia. Dementia is the loss of cognitive functioning –thinking, remembering and reasoning –to such an extent that it interferes with a person’s daily life and activities.

While many factors that may influence risk of dementia, such as genetics and environment are beyond your control, there may be steps you can take to lower your risk.

Adapted from: NIH National Institute on Aging

Stay connected with family and friends.



Social isolation and loneliness which are linked to higher risks for cognitive decline and Alzheimer’s disease.



Eat a healthy diet.

Helps maintain mental and physical health.

Control high blood pressure.

High blood pressure has harmful effects.



Be mentally active.

Keep your mind active by reading, playing board games, crafting or taking up a new hobby, learning a new skill, working or volunteering and socializing.



Maintain a healthy weight.

Has significant health benefits including stronger immune systems and is linked to higher mortality rates.



Prevent head injury.

Consider taking a fall prevention class in your area.



Treat hearing problems.

Hearing loss may affect cognition and dementia risk in older adults.

Sleep well.

It is important for both your mind and body.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Pork Loin Baby Red Potatoes Peas & Carrots Applesauce Birthday Cake Dinner Roll	2 Breaded Fish Fillet German Potato Salad Corn Honeydew Melon Raspberry Sherbet Sliced Bread
5 Honey Mustard Meatballs Garlic Mashed Potatoes Baby Carrots Pear Slices Cookie Sliced Bread	6 Chili Casserole Cole Slaw Fruited Gelatin Cinnamon Roll Cornbread	7 Burgundy Mushroom Chopped Steak Mashed Potatoes Mixed Vegetables Peach Slices Chocolate Pudding Sliced Bread	8 Chicken Cacciatore Baked Potato Corn Tropical Fruit Salad Chocolate Raspberry Torte Dinner Roll	9 Pork Steak Mashed Potatoes Red Cabbage Applesauce Ice Cream Cup Sliced Bread
12 Meatloaf Baby Red Potatoes California Blend Vegetables Fruited Gelatin Cinnamon Roll Sliced Bread	13 Cranberry Kraut Meatballs Garlic Mashed Potatoes Carrots Apple Cookie Dinner Roll	14 Glazed Ham Sweet Potato Bake Health Slaw Pear Slices Vanilla Pudding Sliced Bread	15 Roast Turkey Mashed Potatoes Three Bean Salad Apricot Halves Applesauce Cake Dinner Roll	16 Smoked Sausage Baked Potato California Blend Vegetables Petite Banana Cookie Sliced Bread
19 Swedish Meatballs Mashed Potatoes Peas & Carrots Tropical Fruit Salad Butterscotch Pudding Sliced Bread	20 Baked Spaghetti Tossed Salad Fruited Gelatin Orange Sherbet Cup French Bread	21 Chicken Marsala Baked Potato Green Beans Honeydew Melon Spice Cake Sliced Bread	22 Salisbury Steak Mashed Potatoes Corn Peach Slices Creamsicle Torte Dinner Roll	23 Ham Roll Calico Bean Casserole Broccoli Casserole Pear Slices Cookie Sliced Bread
26 Pepper Steak Baby Red Potatoes Peas & Pearl Onions Fruited Gelatin Cinnamon Roll Sliced Bread	27 BBQ Meatballs Baked Beans Cole Slaw Apricot Halves Cookie Dinner Roll	28 Country Fried Steak Mashed Potatoes Baby Carrots Pineapple Tidbits Frosted Cake Sliced Bread	29 Chicken, Broccoli & Rice Casserole Spinach Salad Petite Banana Orange Sherbet Dinner Roll	30 Mushroom Pork Cutlet Mashed Potatoes Carrots Applesauce Alexander Torte Sliced Bread

4 Useful Driving Aids for Older Adults

Getting your driver's license represents a rite of passage to adulthood. Throughout life, adults often feel a sense of independence from being able to drive, especially those who reside in cities and towns that lack safe, accessible public transportation. There are undeniable physical changes caused by aging, however, that can make driving more difficult and less safe.

From a loss of flexibility to slower reflexes, the issue of senior driving can be contentious in many families. Older adults who aren't willing to acknowledge the changes taking place put themselves at risk for an accident. For example, arthritis may impede an older driver's ability to reach over their shoulder and pull the seat belt without pain. This limitation might lead them to skip wearing a seatbelt altogether.

Fortunately, there are driving aids that can help keep senior drivers safe behind the wheel of their car.

4 Adaptive Aids for Older Drivers

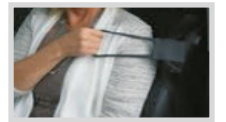
Here are a few tools that can make driving a little easier as you grow older.

1. Swivel seat: One challenge senior drivers cite is getting safely in and out of their vehicles. It is a task that can lead to falls. That's because loss of flexibility combined with balance problems, make it more difficult to rotate the body and slide behind the wheel of a car.

A solution that older adults might find helpful is an inexpensive aid known as a swivel seat cushion. They typically cost less than \$30 at most home improvement and big box stores. The aid allows a senior to sit down and then swivel the cushion to face forward.



2. Seat belt pull: Another common struggle older drivers face is reaching behind them to grab the seat belt and pull it forward. It can be difficult and even painful to reach across the opposite shoulder and pull the seat belt with enough force to snap it closed. A tool that makes the process easier is a seat belt pull. This handle-like device provides up to 6 more inches of reach to use when pulling the seat belt closed.



3. Mirror adaptors: These are a good way to allow senior drivers to better view their surroundings. You can purchase them for the car's rearview mirror, as well as side mirrors. Once installed, they help prevent blind spots on both sides of the vehicle, as well as give drivers a panoramic view of what is behind them.

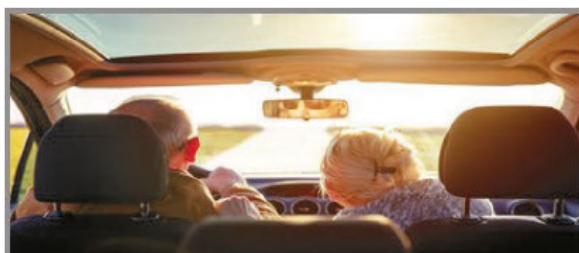


4. Pedal extender: While it's an issue older adults often joke about, research shows that seniors often become shorter by several inches as they age. This can make it tough to reach the pedals of the car. An inexpensive driving aid that might help is a pedal extender. These allow older drivers to reach the car pedals without sitting too close to the steering wheel. Proximity to the steering wheel can be dangerous if an air bag deploys.



Transportation Options for Seniors

If you decide that it might be time to hang up the car keys for good, you might need help investigating other ways to get around. Give our Transportation Department a call at: **920-386-3832** to schedule a ride! Medical rides are always a first priority. Rides are typically scheduled two weeks in advance.



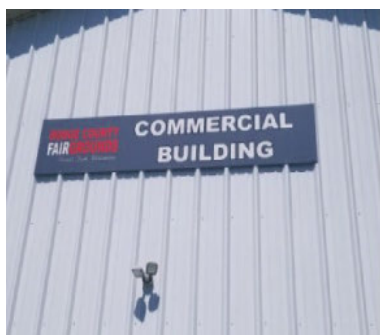


Stop and see us at the....

Dodge County Fair
August 14th— August 18th
WI- 33
Beaver Dam, WI



Stop by the commercial building and see what your local Dodge County ADRC is all about!
 We will have information, games, prizes, and more!



Did you know that we currently offer the following services:

- Support for family caregivers
- Transportation to and from medical appointments
- Home delivered meals and congregate dining sites
- Assistance with benefit related issues
- Support for those living with dementia and their caregivers
- Health prevention classes

All of these services are offered on a voluntary contribution basis!

Aging & Disability Resource Center (ADRC)

920-386-3580
 800-924-6407
 Fax: 920-386-4015
hsagingunit@co.dodge.wi.us

Senior Dining



Nutrition Program/Senior Dining
 920-386-3580



Transportation
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FREE Tai-Chi

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 AUGUST 20 & 22
 AUGUST 27 & 29

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 SEPTEMBER 10 & 12
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 SEPTEMBER 24 & 26

**TUESDAYS 9:00 - 10:30 AM &
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To Register:

Contact **Kimberly Lafler** at the **Dodge County UW- Extension Office**
920-386-3790

Find us on **Facebook**
 Dodge County ADRC



Newsletter

Want to receive our quarterly Newsletter, ADRC Connections please call **920-386-3580!**

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.



Bringing Hope & Light to the Dementia Journey

A full day conference hosted by Dementia Care Specialists (DCS) and partners across WI. Designed to empower the community, those living with dementia and their family caregivers with the tools and supports to provide meaning and purpose. Multiple sessions are designed, led by and for people living with mild cognitive impairment (MCI) or dementia.

Free Admission. Donations are welcome. Inquire about Free Onsite Respite.



Two Panels:

1. Caregivers
2. People Living with MCI and Dementia

Learn from Experts, Gain Skills, Tools, Build Your Network, and Gain More Understanding

Tuesday, August 6, 2024

8:00am—4:00pm
UW-Stevens Point



Register at:
<https://www.co.dodge.wi.gov/registration>
Or Scan:



Disclaimer: The ADRC is unbiased and does not endorse any organization, product or service.

A Day with Lewy

A conference to enhance your learning and understanding of Lewy Body Dementia.



Discover caregiver resources and hear from expert keynotes. Learn new skills and connect with local experts.

**October 24, 2024
201 Edgewood Drive
Waupun, WI 53963
8:00AM—4:00PM**

For more information, Contact Rob Griesel at the Dodge County ADRC at: 920-386-4308

Your are not alone.

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

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AUGUST & SEPTEMBER EVENTS

AGING & DISABILITY RESOURCE CENTER OF DODGE COUNTY

AUGUST EVENTS**MON., 05 | 4 -5PM**

Spark! Imagine That -Waupun

TUES., 06 | 9AM - 4:30PM

Bringing Hope to Dementia -UW Stevens Point

WED., 07 | 10:30AM - 12PM

MCI Conversations Support Group -Online

WED., 08 | 1:30 -3:30PM

Lewy Body Dementia Support Group -Online

FRI., 09 | 12 - PM

Spark! Unmasked Expressive Therapies -Beaver Dam

FRI., 09 | 1 - 2:30PM

Spark! Unmasked Expressive Therapies -Beaver Dam

TUES., 13 | 1PM

Medicare Basics & Beyond Class -Juneau

WED., 14—SUN.,18

Dodge County Fair- Beaver Dam

WED., 14 | 1:30 -3:30PM

Lewy Body Dementia Support Group -Online

WED., 14 | 10:30 - 11:30AM

Minds and Voices -Online

THURS., 15 | 10AM - 12PM

Memory Cafe -Watertown

THURS., 15 | 1 - 2:30PM

Spark! DCCA -Beaver Dam

MON., 19 | 10:30AM - 12PM

Spark! Horicon Marsh -Horicon

WED., 21 | 10:30AM - 12PM

MCI Conversations Support Group -Online

WED., 21 | 11AM -12PM

Blue Heron Boat Tour -Horicon

WED., 28 | 1:30 -3:30PM

Lewy Body Dementia Support Group -Online

THURS., 23 | 10AM -12PM

Dementia Awareness Coalition -Watertown

TUES., 27 | BY APPOINTMENT

Memory Screening -Watertown Senior Center

SEPTEMBER EVENTS**WED., 04 | 10:30AM - 12PM**

MCI Conversations Support Group -Online

TUES., 10 | 9AM

Medicare Basics & Beyond -Juneau

WED., 11 | 10:30 -11:30AM

Minds and Voices -Online

WED., 11 | 1:30 -3:30PM

Lewy Body Dementia Support Group -Online

FRI., 13 | 9:30 - 11:30AM

Healthy Living w/Mild Cognitive Impairment (MCI)

FRI., 13 | 1 - 2:30PM

Spark! Unmasked Expressive Therapies -Beaver Dam

MON., 16 | 10:30AM - 12PM

Spark! Horicon Marsh -Horicon

WED., 18 | 10:30AM - 12PM

MCI Conversations Support Group -Online

WED., 18 | 11AM - 12PM

Blue Heron Boat Tour -Horicon

THURS., 19 | 1 - 2:30PM

Spark! DCCA -Beaver Dam

THURS., 19 | 10AM -12PM

Memory Café -Watertown

SAT., 21 | 1PM - 3PM

Beautiful Expressions -Beaver Dam

TUES., 24 | BY APPOINTMENT

Memory Screening -Watertown Senior Center

WED., 25 | 10:30AM - 12PM

MCI Conversations Support Group -Online

WED., 25 | 1:30 -3:30PM

Lewy Body Dementia Support Group -Online

THURS., 26 | 10AM -12PM

Dementia Awareness Coalition -Watertown

OCTOBER EVENTS

MON., 01 | 4 - 5PM
 Spark! Imagine That -Waupun

WED., 02 | 10:30AM -12PM
 MCI Conversations Support Group -Online

MON., 07 | 3:45 -5PM
 Spark! Imagine That -Waupun

WED., 09 | 9AM
 Medicare Basics & Beyond -Juneau

WED., 09 | 1:30 -3:30PM
 Lewy Body Dementia Support Group -Online

WED., 09 | 10:30 -11:30AM
 Minds and Voices -Online

FRI., 11 | 1 - 2:30PM
 Spark! Unmasked Expressive Therapies -Beaver Dam

THURS., 15 | 10AM - 12PM
 Memory Cafe -Watertown

WED., 16 | 10:30AM -12PM
 MCI Conversations Support Group -Online

THURS., 17 | 1 - 2:30PM
 Spark! DCCA -Beaver Dam

MON., 21 | 10:30AM -12:00PM
 Spark! Horicon Marsh -Horicon

TUES., 22 | BY APPOINTMENT
 Memory Screening -Watertown Senior Center

WED., 23 | 1:30 -3:30PM
 Lewy Body Dementia Support Group -Online

THURS., 24 | 8:00AM -4:00PM
 A Day with Lewy -Waupun

THURS., 24 | 10AM -12PM
 Dementia Awareness Coalition -Watertown



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Senior Citizens Day is a day held annually to recognize the contributions older people have made and continue to make to our society. A time for the younger generation to share in the wisdom and share in the experiences that our older generation of people have.

History of Senior Citizens Day

On August 19, 1988, President Ronald Regan issued proclamation number 5847 declaring August 21 as National Senior Citizen's Day. In this proclamation, President Regan says:

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute."

Regan thought it important to have a day to celebrate the achievements of Senior Citizens and to thank them for all the support they give society and their communities.



Who are Senior Citizens

There is not an actual definition of a "senior citizen" that applies to all contexts. The term refers generally to individuals who are older and have reached a particular age milestone.

When it comes to certain government programs and benefits, such as Medicare, individuals typically become eligible at 65. In retirement context, individuals may start considering themselves as senior citizens upon reaching the traditional retirement age of 65 or when they become eligible for Social Security benefits.

Senior Citizens in America

The goal of Senior Citizens day is to not only show our appreciation but to also raise awareness of the conditions that many older people live in, struggles they may face, and the support they may need as they get older. Senior citizens often face the most difficulties and suffer from health or economic issues in many places.

In America, senior citizens are a growing group. "There were 13,787,044 more adults 65+ years old in 2020 than 2010, an increase of 34%." The U.S. Census Bureau has predicted that by 2034 there will be more adults over the age of 65 than children under the age of 18.

What to do on Senior Citizens Day

Senior Citizens Day is a perfect opportunity to start volunteering at Care Homes or organizations that support senior citizens, such as the ADRC! You can take meals to senior citizens, help them around their home, spend time with them, listen to their life stories, ask them to teach you some valuable lessons or skills. The most important thing is to make them know how much you appreciate them.



Pumpkin Fruit Dip

Ingredients:

- 1 can (15 ounces) pumpkin (about 1 3/4 cups cooked pumpkin)
- 1 cup low-fat ricotta cheese or plain yogurt or low-fat cream cheese
- 3/4 cup sugar
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

Directions:

1. In a large bowl, combine pumpkin, ricotta cheese or yogurt or cream cheese, cinnamon and nutmeg.
2. Add sugar a little at a time to reach desired sweetness.
3. Stir until smooth.
4. Enjoy!

*Refrigerate leftovers within 2 hours.

Notes:

- Serve with apple slices, bananas or grapes.
- Try using a mixture of ricotta, yogurt or cream cheese.
- For a smoother texture, use a hand mixer or food processor to mix ingredients.

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www.smpwi.org
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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

How Aging Affects Sleep

A study in the U.S. found that as much as one-third of American adults do not enjoy sufficient and regular sleep. This can lead to a reduction on overall health, compromised daily functioning and mood swings.

What Is Sleep?

Sleep is a complex process. Multiple parts of the brain work together to produce signals that prepare the body for sleep. Your *circadian rhythm*—"the body's clock" - provides the timing for sleep. *Sleep-wake homeostasis*, a state of balance, is the body's drive to sleep that increases the longer you are awake. The signals in your body lead to sleep, including:

- Melatonin, a hormone your body releases when it gets dark that makes you feel sleepy.
- Adenosine, a chemical that builds up in your brain while you're awake and gets broken down while you're asleep.

A good night's sleep depends on sleeping when your body is prepared.

Types of Sleep

Rapid eye movement (REM) and non-rapid eye movement (REM), are linked to patterns (waves) of electrical activity in your brain that occur in cycles, usually 2—5 each night.

- Non-REM sleep happens when your brain wave activity slows down which is called deep sleep. Deep sleep is needed to feel refreshed in the morning.
- REM sleep is typically when you dream and is when your brain wave activity is closest to what it is as when you are awake.

Both non-REM and REM sleep help you store memories.

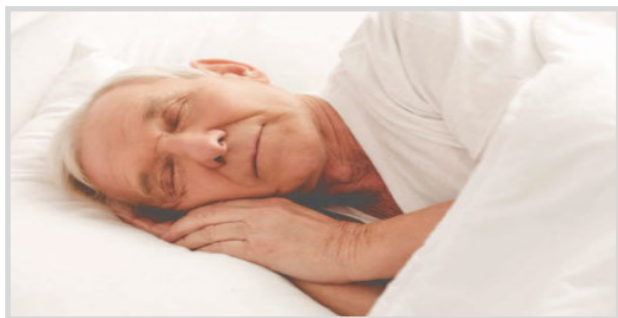
How Aging Affects Sleep

As you age, so does how you sleep. Older adults tend to go to bed and wake earlier than younger adults, and the amount of time spent in each type of sleep decreases. Sleep tends to be shorter and lighter and you may wake up more often. Older adults are also more likely to take medications and/or have a medical condition that may affect sleep.

- Most older adults need at least 7 hours of sleep every night.
- Roughly 50% of older adults struggle to fall and stay asleep.
- Studies report that anywhere from 20% to 60% of older adults take daytime naps.
- Regularly sleeping less than 6 hours per night may be linked to dementia and stroke-related brain changes as early as middle age.

Successful Sleep Tips

1. Wake up at the same time every day
2. Limit naps to 1 per day, between 10am and 2pm, 30 minutes or less.
3. Avoid excess alcohol and tobacco, and caffeine after lunch.
4. Limit liquids in the evening.
5. Spend more time outside late in the day.
6. Eat a light snack before bed.
7. Go to sleep at the same time every day.
8. Leave the bed if you cannot fall asleep.



Sleeping at the wrong time of day can affect a healthy sleep pattern. It can lead to chronic health problems like heart disease, kidney disease, high blood pressure, stroke and depression—all of which can then affect a healthy sleep routine.

Brain Exercise: Name That Tune and Artist

Match the song to the Artist that sang it.



Song

1. "My Favorite Things"
2. "Good Vibrations"
3. "I Want to Hold Your Hand"
4. "I Left My Heart in San Francisco"
5. "Moon River"
6. "If You've Got the Money, I've Got the Time"
7. "Blue Suede Shoes"
8. "(I Can't Get No) Satisfaction"
9. "Chantilly Lace"
10. "Somewhere Over the Rainbow"
11. "I've Got the World on the String"
12. "You Can't Hurry Love"
13. "Sing, Sing, Sing"
14. "What a Wonderful World"
15. "The Purple People Eater"

Artist

1. Lefty Frizzell
2. Judy Garland
3. Frank Sinatra
4. Tony Bennett
5. The Big Bopper
6. The Benny Goodman Orchestra
7. Louis Armstrong
8. Rodgers & Hammerstein
9. The Beatles
10. Sheb Wooley
11. The Supremes
12. Rolling Stones
13. Elvis Presley
14. Andy Williams/Henry Mancini
15. Beach Boys



Answer Key

1. "My Favorite Things" -Rodgers & Hammerstein
2. Good Vibrations -Beach Boys
3. "I Want to Hold Your Hand" -The Beatles
4. I Left My Heart in San Francisco -Tony Bennett
5. Moon River -Andy Williams/Henry Mancini
6. "If You've Got the Money, I've Got the Time" -Lefty Frizzell
7. "Blue Suede Shoes" -Elvis Presley
8. "(I Can't Get No) Satisfaction"-Rolling Stones
9. "Chantilly Lace" -The Big Bopper
10. "Somewhere Over the Rainbow" -Judy Garland
11. "I've Got the World on the String" -Frank Sinatra
12. "You Can't Hurry Love" -The Supremes
13. "Sing, Sing, Sing" -The Benny Goodman Orchestra
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