



Aging & Disability Resource Center News

May 2011

For up to date and current information, visit our website at www.co.walworth.wi.us. Some of the things you will find on our web site are:

- Services
- Hours of operation
- Menus for our 5 meal sites/meal site locations and hours of service
- Benefit information
- Senior Review articles
- Helpful links
- Aging & Disability Resource Center (ADRC)
- And Walworth County Service Directory – an information and referral directory



Walworth County Department of
Health and Human Services
W4051 County Road NN, Elkhorn WI 53121
(262) 741-3400, (800) 365-1587, TTY (262) 741-3255
Website: www.co.walworth.wi.us
E:mail: walcoadrc@co.walworth.wi.us



Aging & Disability Resource Center	(262) 741-3400	Information and Referral	(262) 741-3423
Aging Services	(262) 741-3400	Nutrition Program	(262) 741-3333
Disability Benefit Specialist	(262) 741-3400	Senior Benefit Specialist	(262) 741-3400
Elder Abuse Referral	(262) 741-3400	Transportation Program	(262) 741-3168

**OLDER
AMERICANS
MONTH 2011**



Older Americans Month 2011 – Older Americans: Connecting the Community

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on

times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact the Volunteer Services Department of Walworth County at (262) 741-4223 or the Volunteer Connections program at (262) 723-5383 to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

ELDERLY BENEFIT SPECIALIST PROGRAM

Julie Juranek, Elderly Benefit Specialist
(262) 741-3400 or (800) 365-1587

jjuranek@co.walworth.wi.us



Seniors Need to Be Alert

Seniors in Wisconsin need to pay attention to what is happening with Wisconsin's Biennial Budget. There are proposals that may affect programs, such as Senior Care, for seniors. Watch your newspapers, TV and radio for the latest information.

Supplemental Insurance

If you are a Medicare beneficiary and are contemplating changing your supplemental insurance, you need to be aware that the company can ask questions

about your health. This process is called underwriting. A company will decide whether or not they will accept you into their insurance plan. Never stop your current supplemental insurance with an insurance company before you know whether the new company will accept you into their plan.

Another resource to consider taking advantage of is the Medigap Helpline. This is a statewide toll-free number set up by the Wisconsin Board on Aging and Long Term Care and funded by the Office of the Commissioner of Insurance, to answer questions about health insurance and other health care benefits for the elderly. The toll-free number is: 1-800-242-1060.

SOCIAL SECURITY ADMINISTRATION

**Karyl Richson, Social Security
Public Affairs Specialist in
Milwaukee**

www.socialsecurity.gov



Fast Medicare Coverage Even When You're Not Retired

You've made your decision: although you're eligible to collect Social Security payments, you're going to keep working and delay receiving your retirement benefits.

But don't forget about Medicare.

Even if you decide to wait until after you are age 65 to apply for retirement benefits, most people should apply for Medicare coverage at age 65. If you'd like to begin your Medicare coverage, you should apply within four months of reaching age 65.

There's a fast, convenient, and simple way to apply online for Medicare in as little as 10 minutes — even if you're not ready to receive retirement benefits. Just visit www.socialsecurity.gov/medicareonly.

At the website, you'll find more than just the online Medicare application. You'll also find information about Medicare, and have the opportunity to watch a short,

fun video reuniting the cast of *The Patty Duke Show* to tell you about the ease and convenience of filing for Medicare online.

It's important to note that people who already receive Social Security retirement or disability benefits do not need to apply for Medicare; they will be automatically enrolled.

There is no additional charge for Medicare hospital insurance (Part A) since you already paid for it by working and paying Medicare tax. But there is a monthly premium for medical insurance (Part B). If you already have other health insurance when you become eligible for Medicare, you should consider whether you want to apply for the medical insurance. You may want to consult with an insurance specialist. To learn more about this and other Medicare considerations, read our online publication, *Medicare*, at www.socialsecurity.gov/pubs/10043.html.

PRE-DIABETES What You Need to Know



Pre-Diabetes: What You Need to Know

Did you know if you are 45 years old or older, overweight, and inactive, you may have pre-diabetes?

What is pre-diabetes?

Pre-diabetes means you have blood glucose levels that are higher than normal but not high enough to be called diabetes. Glucose is a form of sugar your body uses for energy. Too much glucose in your blood can damage your body over time. Pre-

diabetes is also called impaired fasting glucose (IFG) or impaired glucose tolerance (IGT).

If you have pre-diabetes, you are more likely to develop type 2 diabetes, heart disease, and stroke. Being overweight and physically inactive contributes to pre-diabetes. You can sometimes reverse pre-diabetes with weight loss that comes from healthy eating and physical activity.

How do I know if I have pre-diabetes?

Most people with pre-diabetes don't have any symptoms. Your doctor can test.

Who should be tested for pre-diabetes?

If you are 45 years old or older, your doctor may recommend that you be tested for pre-diabetes, especially if you are overweight. Being overweight means your body mass index (BMI) is over 25. BMI is a measure of your weight relative to your height. If you're not sure, ask your doctor if you are overweight.

Even if you are younger than 45, consider getting tested if you are overweight and

- are physically active less than three times a week
- have a parent, brother, or sister with diabetes
- have high blood pressure
- have abnormal levels of HDL cholesterol or triglycerides, two types of blood fats
- had gestational diabetes—diabetes during pregnancy—or gave birth to a baby weighing more than 9 pounds
- are African American, American Indian, Hispanic/Latino, Asian American, or Pacific Islander
- have polycystic ovary syndrome
- have dark, thick, velvety skin around your neck or in your armpits
- have blood vessel problems affecting your heart, brain, or legs

If the results are normal, you should be retested in 3 years. If you have pre-diabetes, you should be tested for type 2 diabetes every year or two.

What can I do about pre-diabetes?

Losing weight—at least 5 to 10 percent of your starting weight—can prevent or delay diabetes or even reverse pre-diabetes. That's 10 to 20 pounds for someone who weighs 200 pounds. You can lose weight by cutting down on the amount of

calories and fat you consume and being physically active at least 30 minutes a day. Physical activity also helps make your body's insulin work better.

Ask your doctor if you should also take medicine to help control the amount of glucose in your blood.

The National Diabetes Education Program's "Small Steps. Big Rewards. Prevent type 2 Diabetes" campaign has more information about preventing diabetes.

Where can I get more information about diabetes?

National Diabetes Education Program

1 Diabetes Way

Bethesda, MD 20814-9692

Phone: 1-888-693-NDEP (1-888-693-6337)

TTY: 1-866-569-1162

Fax: 703-738-4929

Email: ndep@mail.nih.gov

Internet: www.ndep.nih.gov

National Diabetes Information Clearinghouse

1 Information Way

Bethesda, MD 20892-3560

Phone: 1-800-860-8747

TTY: 1-866-569-1162

Fax: 703-738-4929

Email: ndic@info.niddk.nih.gov

Internet: www.diabetes.niddk.nih.gov

The National Diabetes Information Clearinghouse is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services.

**NATIONAL FAMILY
CAREGIVERS ASSOCIATION**
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895-3944

Toll free: (800) 896-3650

Phone: (301) 942-6430

Fax: (301) 942-2302

General e-mail: info@thefamilycaregiver.org

www.thefamilycaregiver.org



When Your Loved One is Hospitalized: Helpful Hints for Family Caregivers from NFCA

As a family caregiver it is likely that you and your loved one have seen, or will see, the inside of a hospital more than the average person. Needless to say, those are stressful times, but there are things that you can do to feel more confident, ease your stress, and be a more effective advocate, and respected member of the healthcare team, when hospitalization occurs.

HAVE NEEDED LEGAL DOCUMENTS IN PLACE

Advance Medical Directives inform physicians and family members what kind of medical treatment and care your loved one wishes to receive in the event of his/her inability to make those decisions. A Living Will and a Do-Not-Resuscitate (DNR) Order are examples of advance medical directives. A Living Will comes into effect during end-of-life situations. It records the specific kind of treatment and care your loved one wants at that time. A DNR order, which must be written by a physician, gives permission to the medical team not to begin resuscitative efforts if your loved one's heart stops or s/he stops breathing.

A Durable Power of Attorney for Health Care, also known as a health care agent or proxy, is the individual appointed to make decisions about medical care if your loved one can't. That person may well be you. A health care agent can be assigned as part of the advance directive form.

Signed copies of these documents should be given to your family physician, and incorporated into the patient chart each time your loved one is hospitalized.

Be Prepared to Provide Information

You can be proactive, feel more confident in your dealings with hospital personnel and facilitate your loved one's transition into the hospital setting by providing the following information immediately upon admission.

The patient's medical history, in writing, including:

- A list of the patient's allergies;
- A list of current medications and dosages;
- A list of all physicians and consultants who are caring for your loved one, along with phone numbers;
- A clear and fairly detailed written description of your loved one's current physical and mental capabilities.

BE A PART OF THE HEALTH CARE TEAM

Think of yourself as a member of the health care team, which also includes the attending physician, the hospital nurses, and a hospital social worker or case manager. Immediately upon arrival at the hospital:

Find out the name of the attending physician of record for your loved one. This individual is the primary doctor on the case and will coordinate care in the hospital. The attending physician will be in communication with the other consulting physicians and often can summarize the entire treatment plan. Make sure you understand and agree with that plan. Don't hesitate to continue to ask questions until you feel comfortable with the answers.

Find out the best way to get in touch with the attending physician. Who will initiate the phone contact? At what number can the physician be reached and what times are best to call? Make sure the "face" sheet in your loved one's hospital chart contains your name and your correct phone numbers.

Get to know the nurses who are caring for your loved one. They can answer your day-to-day questions and are an excellent source of information and support. Don't be afraid to ask the nurses about any new procedures or changes in your loved one's course of treatment. The change of shifts is a very busy time for the

nurses, so try to hold your questions until the nurse coming on duty has received his/her report.

Speak to a hospital social worker or case manager. This individual will help you with discharge planning issues including who will provide home health care, what home health equipment your loved one might need, and who will be paying for these additional expenses. As crazy as it sounds, it is important to start thinking about discharge planning when your loved one first enters the hospital. It is important that the discharge planner (and the nurses involved) fully understand your loved one's physical and mental capabilities, so the most appropriate help for you and your loved one can be ordered as part of the discharge plan. Physical and/or occupational therapists can play an important role at this time in providing a professional evaluation of your ability to transfer your loved one in the home setting during the recovery period and your loved one's ability to function independently.

Stand up for yourself as a caregiver and advocate. When a chronically ill or disabled patient is hospitalized, the focus in the hospital will be on palliation and management rather than cure. Your role as a caregiver and advocate for yourself and your loved one is especially important at this time. The other members of the health care team should know that you are speaking not only as a family member or dear friend, but in those additional capacities as well, and you want to feel comfortable, capable, and confident with what is expected of you before your loved one leaves the hospital.

For more information contact the National Family Caregivers Association at 1-800-896-3650 or www.thefamilycaregiver.org.

HEALTH CARE MATTERS
Ron Pollack
Executive Director, Families USA



Quality Care Keeping You at Home

There's a saying that good help is hard to find. If you or someone you love has ever needed care at home, you know how true that is. One reason it's so hard to find the right help is that there's a national shortage of long-term care workers, from home health aides to long-term care nurses. This can make it harder to find the help you may need to stay at home and out of a nursing home. But there are some changes on the horizon that will help.

New initiatives will soon address the shortage of long-term care workers. The Affordable Care Act, the new health care law, includes programs to boost the supply of long-term care workers: Training programs that offer grants will encourage people to go into long-term care; special funding will spur development of model training programs to make sure long-term care workers are better prepared to meet consumers' needs; and a new panel of experts will advise Congress on a national strategy to build up the long-term care workforce. This is a level of long-term care health care workforce planning that we have never tried before. These programs will lead to more, and better, caregivers, meaning more options for you to stay at home. It's fiscally responsible, too, because home care costs less per person than nursing home care. Enabling people to stay at home when they need long-term care should relieve cost pressures on Medicaid, the state and federally funded health care program that is the main insurer of long-term care costs.

To help you pay for care, there will be a new long-term care insurance program for working adults, Community Living Assistance Services and Support (CLASS). The CLASS program will provide qualifying enrollees who need long-term care with a cash benefit averaging at least \$50 a day. Enrollees can use that benefit to pay for family members or friends to help them with care at home. That will mean more flexibility and more options to find, and pay for, the help you need.

To help you stay healthier longer, and to ensure that you get appropriate care when you get sick, the new law includes funding for geriatric training programs and grants for physicians who enter and stay in geriatric practice. This will increase the supply of physicians specializing in the care of seniors.

In addition to incentives for people to enter the long-term care workforce, the new law does a lot to improve nursing home quality and safety. It requires nursing homes to do more to train staff in patient care and to prevent elder abuse, which

occurs all too often. Additionally, it establishes a nationwide background check program for prospective nursing-home employees who would be working directly with patients. This will keep individuals with criminal records from working with vulnerable populations, improving nursing home safety.

A health care system is only as good as the people working in it. These changes are designed to improve care for seniors—from expanding the supply of physicians specializing in senior care, to increasing the supply of long-term care workers, to improving nursing home safety. The result? Better care for you. And good help will be easier to find.

For more about the workforce changes in the new health care law, visit the long-term services section of the Families USA website and click on “Other Issues.” To learn more about the CLASS Program, visit the Administration on Aging at www.AOA.gov.

UW-EXTENSION

Jenny Wehmeier, Family Living Educator
(262) 741-3184

www.uwex.edu/ces/cty/walworth



Jams and Jellies Workshop

Would you like your pantry to include home prepared treats like strawberry jam, peach butter or blueberry syrup? Join us on Thursday, May 26th from 1:00 p.m. to 2:00 p.m. for an informational class and tasty treats! This class will be held at the East Troy Village Hall located at 2015 Energy Drive in East Troy. This session will provide preservation guidelines including newly updated research-tested recipes for delicious jams and jellies, fruit butter, syrups and preserves. Recipes for low-sugar and no sugar products will also be shared. Let us help you preserve your garden bounty! Workshop participants will receive publication “*Making Jams, Jellies and Fruit Preserves*.” Presented by your UW-Extension Family Living Educator, Jenny Wehmeier. Call (262) 642-6255 to register early to ensure your spot! Registration fee is only \$4.00.

**ADULT
PROGRAMMING AT
MATHESON MEMORIAL
LIBRARY**

**101 N. Wisconsin Street
Elkhorn WI 53121
(262) 723-2678**

www.elkhorn.lib.wi.us



What's Happening at Matheson Memorial Library

What's Happening at Matheson Memorial Library

Book Club Welcomes You!

Book club is a great way to meet new people and get exposed to books you may not ordinarily read. All of our book clubs are welcoming – we hope to see you soon!

The Evening Book Club meeting on Wednesday, May 4th at 6:30 p.m. will discuss *Bodies Left Behind* by Jeffrey Deavers. Get started on June's evening book club choice, *Jane Eyre* by Charlotte Bronte. Join us on May 18th at 2:00 p.m. for *The Lace Reader* by Brunonia Barry. Guys, we have a book club just for you called Men's Book 'n' Brew. On May 18th in the evening, the Men's Book 'n' Brew will meet to discuss *How I Killed Pluto and Why It Had It Coming* by Mike Brown. The guys may be meeting off-site so please be sure to check our web site at www.elkhorn.lib.wi.us or call for details! Pick up a copy of any of the book club titles at the circulation desk!

Gardening Workshops

Your Walworth County UW-Extension Horticulture Educator, Christine Register, will present gardening workshops at Matheson Memorial Library. Join us from 1:00 p.m. to 2:00 p.m. on May 3rd for Container Gardening and May 17th for Gardening with Arthritis. Classes are FREE and open to the public. Register today to ensure your spot. Registration forms can be found within the library or at www.elkhorn.lib.wi.us/adult-programming.

How to Buy and Sell on Craigslist

Craigslist.org is a popular selling and bartering web site used worldwide and in your community. Learn the basics of buying and selling items on Craigslist, including safety tips. This class will be taught by Adult Services Librarian, Angela Meyers. Call the library at (262) 723-2678 or stop by to reserve your seat today! Wednesday, May 11th 9:15 a.m. to 10:45 a.m.

Microsoft Word for Beginners!

Join us for Intro to Microsoft Word 2007 on Friday, May 20th at 9:15 a.m. Introduction to Excel 2007; Excel 2007: Beyond the Basics; Introduction to PowerPoint 2007; and Introduction to Publisher 2007 will be offered in June. All classes require a \$5 refundable deposit each. Please register in person at Matheson Memorial Library. Basic mouse and keyboard skills required. Questions? Call (262) 723-2678.

Book Donation Drive

The Friends of Matheson Memorial Library ask you to bring in your gently used fiction or non-fiction books to the library for the 1st Annual Book Donation Drive on Saturday, May 14th from 10:00 a.m. to 1:30 p.m. We are also accepting DVDs and video games. We will even unload your car. If you can't drop off your books on this day, we do accept book donations year round! For more information on what we can and can't accept, please visit our web site at <http://www.elkhorn.lib.wi.us/friends-of-the-library>

Save the date! The Adult Summer Reading Program kicks off on Saturday, June 11th. You can register in person at the library or at Sunset Park. Summer for adults means time to relax, take vacations and catch up on reading. Our Adult Summer Reading Program offers adults the opportunity to have fun, explore new interests, and interact with other adults. It also offers a good model for children or grandchildren enrolled in summer reading programs.

Remember to bring in your grocery receipts!

The library is collecting Daniels Sentry and Franks Piggly Wiggly grocery receipts. Please ask your cashier at Sentry for the green "Funds for Friends" sticker. We can accept Piggly Wiggly receipts from the current quarter only (March-May). Franks and Sentry grocery stores donate 1% of its sales to the library! If you have any questions, please call the library at (262) 723-2678.

**DARIEN PUBLIC
LIBRARY**
47 Park Street
Darien WI 53114
(262) 882-5155
www.darienwi.us

Programs for May 2011

The Barn Quilts of Walworth County Wednesday, May 18, 2011 at 5:30 p.m.

Since 2008, barn owners, quilters, businesses, and volunteers have painted 8 x 8 panels to adorn barns in Walworth County. Peg Reedy, coordinator of the Walworth County Barn Quilt Project, will take us on a visual tour of the barn quilts in our area. She will have stories of the people who painted the quilt blocks and will uncover how the patterns are chosen as well as how the craft of the barn quilting began. This is a free program.

“What’s On Your Plate?” Tuesday, June 7, 2011 at 6:00 p.m.

Do you know what kinds of foods you should be eating? Do you know how much you should eat? Join us for an informational workshop and heart healthy samples from the New American Plate Meal Plan. The program will be presented by UW Extension Family Living coordinator, Jenny Wehmeier. The fee for the program will be \$2.00, which will cover the cost of the treats. Prior registration is required to ensure samples for all!

PROGRAMS FOR GRANDCHILDREN

Pre-school story times will be offered on Thursday mornings at 10:30 a.m. beginning April 21st and running through May 26th. These story times are a great way for children and their grandparents to listen to some fun stories and to make some new friends.

COMPUTER CLASSES

Classes that are being offered during May include:

Introduction to Computers: Saturday, May 21, Tuesday, May 24, or Thursday, May 26

Internet Basics: Monday, May 9, Tuesday, May 24, or Thursday, May 26

Searching the Internet: Monday, May 9 or Tuesday, May 24

Email Basics: Monday, May 9 or Thursday, May 26

Word Processing Basics: Wednesday, May 18 or Saturday, May 21

Word Processing—Beyond the Basics: Wednesday, May 18

Spreadsheet: Wednesday, May 18

Please call the library at (262) 882-5155 for course descriptions, class times, and to sign up for these FREE computer classes. Class size is small so individual attention can be given to each patron enrolled.

AARP

800-687-2277

www.aarp.org



Walworth County AARP Chapter May Meeting

Walworth County AARP Chapter #5310 will meet Tuesday, May 24th from 9:30 a.m. to 11:30 a.m. at Peoples Bank 837 N. Wisconsin Street, Elkhorn. Topic: Walworth County Budget. Walworth County Administrator David Bretl and Walworth County Board Supervisor Jerry Grant will discuss how budget cuts will affect Walworth County. Public is always welcome. For more information about Walworth County AARP contact Jim at (262) 642-5694.

**WALWORTH COUNTY
SENIOR TRAVEL CLUB
(262) 882-5564**



May Meeting

The May meeting for the Walworth County Senior Travel Club is Friday, May 6th, from 10:00 a.m. to 11:00 a.m. at the Matheson Memorial Library's Community Room in Elkhorn. Club members will be traveling to Hickory Hills, IL on Wednesday, May 25th, for the Big Band Salute to Memorial Day. Signups at the May meeting will take place for the outing to the Ann Sathers Restaurant in Chicago for \$62 on Wednesday, June 15th, and for the Starved Rock trip to Utica, IL for \$77 on Thursday, July 14th. Coming up soon will be the signup for our four-day trip to Mackinac Island scheduled for September 27th – 30th. For more information, please call Sandy at (262) 882-5564.

SENIORS IN THE PARK WHITEWATER

Deb Weberpal

(262) 473-0535

www.ci.whitewater.wi.us



Seniors in the Park Activities and Trips

For more information on trips or activities call (262) 473-0535 or go online to www.ci.whitewater.wi.us.com; Departments; Seniors in the Park. Activities take place at and trips depart from the Starin Park Community Building, Whitewater, unless otherwise noted and may have a fee. Many activities require pre-

registration.

SPRINGTIME FLOWERS IN WATERCOLOR

Thursdays May 5th & 12th, 1:00 p.m. – 4:00 p.m.

Open to all levels

Explore joyous spring flowers: tulips, daffodils, or poppies. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Topics may include: composition, color mixing, brushwork, negative painting, and wet-into-wet.

Instructor: Karolyn Alexander Tscharnack

Cost: \$20 payable to the instructor Sign up by Monday, May 2nd

SHOULDER PAIN SEMINAR

Monday, May 9th, 12:30 p.m.

Dr. Isidoro Zambrano, an orthopedic surgeon with Fort HealthCare Orthopaedic Associates, is hosting a free seminar about shoulder pain and available treatments. RSVP for the talk by Wednesday May 4th.

VERY VEGGIE

Wednesday May 25th, 1:00 p.m.

Join your Walworth County UW-Extension Family Living Educator Jenny Wehmeier as she provides a general overview of the vegetarian lifestyle. Learn about incorporating more fruits and vegetables into your diet, while ensuring that you consume enough protein. Samples of meatless and animal free products will be provided. You need not be a vegetarian to come and learn more!

Cost: \$2.00 (paid to instructor) RSVP due May 16th

NORDIC (POLE) WALKING

Saturday, May 14th, 1:00 p.m. – 4:00 p.m.

Turn your walk into a total body workout by using walking poles. Lessen the impact on joints and walking with poles naturally aligns your spine, provides balance, and works your core. Increase your cardio workout by 20% and calorie burn by up to 48% more! Nordic Walking is perfect for any age!

Kettle Moraine Nordic Trail Walk and Education (uneven terrain). Hike options will vary from 1.5 - 4 miles. Meet at Community Building then be bused to Kettle Moraine. If you have a state park sticker and would like to drive separately, please advise the instructor(s).

Cost: \$15.00 Class # 4435.12 Deadline: May 4

Registration also online at <http://activenet9.active.com/whitewater>

SERVICES AT A GLANCE

Blood Pressure Screening – 4th Tuesday, 11:00 a.m. Provided by Country Nurses.

Foot Clinic – Tuesday, May 3rd, Noon. Please bring a towel. No appointment is necessary. Cost is \$10.00. (Please call first. Schedule not confirmed at press time.)

Therapeutic Table Massage – Monday, May 9th 1:00 p.m. – 3:00 p.m. Half-hour massages for \$25. Appointments necessary.

Grief Support Group – Third Tuesday 2:00 p.m.

MADISON ARBORETUM HIKE

Wednesday, May 18th

Take a hike through the UW Arboretum. Hopefully the lilacs will be in full boom. Bring a sack lunch or snack, if desired.

Cost: \$8.00 Reservation/payment due by Tuesday May 10

Depart: 8:30 am Return: 1:00 pm

FIRESIDE 2011

Wednesday, June 15th – Patsy Cline. RSVP/Payment deadline May 12th.

Transportation is on your own. Arrive at the Fireside at 10:30 a.m. Lunch is at 11:15 a.m. and Show at 1:30 p.m.

For more information and details on group excursions check out the newsletter at www.whitewater-wi.gov. Click on Departments, Seniors in the Park. Past issues of the newsletter are also available.

NUTRITION PROGRAM

Anne Prince, Nutrition Program Supervisor

(262) 741-3333 or (800) 365-1587

walcohhs@co.walworth.wi.us

Senior Dining



Fellowship, Food Fun

Eating Right for Older Adults

Eating right doesn't have to be complicated. Start with the following recommendations from the *Dietary Guidelines for Americans*.

A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Most smart food choices can help you stay healthy, manage your weight and be physically active.

Focus of Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats, *trans* fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Physical Activity for Fitness and Health

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

How many Calories Do I Need?

The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed in the chart below.

For women who are:

Sedentary (not active)	1,600 calories per day
Moderately active	1,800 calories per day
Active	2,000 calories per day

For men who are:

Sedentary (not active)	2,000 calories per day
Moderately active	2,200 to 2,400 calories per day
Active	2,400 to 2,800 calories per day

Sample MyPyramid Plan

This is a sample daily eating plan for a **1,800 calorie** food pattern. Your calorie needs may be more or less. For a personalized MyPyramid Plan and more information about the food groups, go to www.mypyramid.gov.

Food Group	Amount
Grains	6 ounces
Vegetables	2½ cups
Fruits	1½ cups
Milk	3 cups
Meats and Beans	5 ounces

Oils and Discretionary Calories:

Aim for 5 teaspoons of oils a day.
Limit extra fats and sugars to 195 calories a day.

Special Nutrient Needs

Calcium and Vitamin D

Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables also provide fiber.

Potassium

Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

For additional food and nutrition information visit www.eatright.org.



Mondays

Darien Seniors Cards and Games – Meets at 1:00 p.m. at the Darien Senior Center, lower level of library, 47 Park St., Darien. Call Joan at (262) 882-3774 for more information.

First Monday of the Month

Foot and Hand Clinic – Meets at the AmericInn Lodge and Suites, 210 E. Commerce St., Elkhorn provided by “R” Home Care Services. To make an appointment call (224) 381-3077, Monday through Friday, between 9:00 a.m. and 1:00 p.m. If there is no answer leave a message and someone will get back to you. On the day of the clinic, you must bring two towels and one washcloth with you. Cost is \$19.00 for foot care (soaking and trimming toenails) and \$7.00 for hand care (soaking and trimming fingernails) due at time of clinic.

First and Third Monday of the Month

Lakes Area Seniors – Meets at 11:00 a.m. at the Lake Geneva City Hall, second floor, 626 Geneva St., Lake Geneva. Seniors play pinochle, 500, bunco, etc., and should bring their own lunches. Call Bud at (262) 728-6426 for more information.

East Troy Seniors Club – Meets at Noon at The Heritage, 3223 North Street, East Troy. Call Pauline at (262) 642-5574 for more information.

Second and Fourth Monday of the Month

Gateway Seniors (Genoa City) Senior Club – Meets at 1:00 p.m. at the Bloomfield Town Hall on Hwy H, Pell Lake. Call Marty at (262) 279-6039 for more information.

Tuesdays

Senior's Pinochle – Meets from 8:30 a.m. to 11:30 a.m. at St. John's Lutheran Church, 104 S. Broad St., Elkhorn. Call Karlyne at (262) 763-3115 or (262) 492-5852 for more information.

Senior's Bridge – Meets from 9:30 a.m. to 11:30 a.m. and 12:30 p.m. to 3:30 p.m. at the Lake Geneva City Hall, 626 Geneva St., Lake Geneva. Call Karlyne at (262) 763-3115 or (262) 492-5852 for more information.

First and Third Tuesday of the Month

Lakes Area Bridge Club – Meets at 7:00 p.m. at Lake Geneva City Hall, 626 Geneva St., Lake Geneva. All bridge players are welcome. Call Dick G. at (262) 248-3254 or Dick K. at (262) 248-4632 for more information.

Second Tuesday of the Month

Alzheimer's Association Caregiver Support Group – Meets at 10:00 a.m. at Brolen Park Assisted Living, 2119 Church Street, East Troy. Call Melissa at (262) 642-9955 for more information.

Fourth Tuesday of the Month

Walworth County AARP Chapter #5310 – Meets at 9:30 a.m. at the People's Bank of Elkhorn, Community Room, 837 N. Wisconsin St., Elkhorn (except August and December). Call Jim at (262) 642-5694 for more information.

Foot Care Clinic – Meets at the Darien Medical Center at 300 N. Walworth, Darien. A foot care procedure includes a nail trim and massage for \$12. Diabetic patients must have physician order. Call (888) 932-2245 for an appointment.

Lake Como Beach Woman's Club – Meets at 6:30 p.m. the Lake Como Clubhouse located at W3730 Clubhouse Drive. Everyone welcome. Involved in community service, children's activities, luncheons, cards and bunco, as well as good fun!

Wednesdays

Senior Card Game: 500 – Meets from 9:30 a.m. to 11:30 a.m. at Culver's, 1000 N. Wisconsin St., Elkhorn. Call Nancy at (262) 723-4132 for more information.

Senior Line Dancing – Meets from 10:00 a.m. to 11:30 a.m. at St. John's Lutheran Church, 104 S. Broad St., Elkhorn. Call Karlyne at (262) 763-3115 or (262) 492-5852 for more information.

Second and Fourth Wednesday of the Month

Lake Como Beach Woman's Club – Bunco and cards. Played are "500" and pinochle. Tables are available for canasta. Meets at 11:30 a.m. at the Lake Como Clubhouse, W3730 Clubhouse Drive. Refreshments served. Call Stephanie at (262) 248-0858 for more information.

Third Wednesday of the Month

Alzheimer's Association Caregiver Support Group – Meets at 4:30 p.m. at Vintage on the Ponds, N4901 Dam Road, Delavan. Call Lynda at (815) 333-8626 or Bob at (262) 472-0958 for more information.

Fourth Wednesday of the Month

Lake Geneva Area Alzheimer's Support Group – Meets at 6:30 p.m. at Arbor Village Assisted Living, 201 Townline Rd., Lake Geneva. The group is sponsored by the Southeastern Wisconsin Alzheimer's Association. New participants are always welcome. Call Andy or Laurie at (262) 248-4558 for more information.

Thursdays

Elkhorn Senior Citizens Club – Starts at 11:30 a.m. at the Elkhorn Community Center, 101 N. Wisconsin St., Elkhorn. Bridge, 500, euchre and other cards are played. Call Judy at (262) 723-1934 for more information.

Pinochle – Meets from Noon to 3:30 p.m. at Bloomfield Town Hall, 1100 Townhall Road, Pell Lake. Call Diana at (262) 248-691 for more information.

First Thursday of the Month

Silver Screen Movie Club – Summer hours 8:00 a.m. complimentary refreshments, 9:00 a.m. movie, Winter hours 8:30 a.m. complimentary refreshments, 9:30 a.m. movie at Showboat Theater, 2565 State Road, Lake Geneva.

Alzheimer's Association Caregiver Support Group – Meets at 1:30 p.m. at Hearthstone/Fairhaven, 426 West North Street, Whitewater. Call Darlene or Trisha at (262) 473-2140 for more information.

Second Thursday of the Month

Alzheimer's Caregiver Support Group – Meets 6:30 p.m. to 8:00 p.m. at Burr Oak Manor, 264 Walworth St., Genoa City. Call Cindy at (262) 857-4481.

Second and Forth Thursday of the Month

65 or Better Singles – Meets at 1:30 p.m. for lunch at Perkins Restaurant, 1312 Hwy 50, Delavan. Call John at (262) 728-3005 for more information.

Lake Ivanhoe Senior Club – Meets at 4:00 p.m. at the Clubhouse. Call George at (262) 248-3978 for more information.

Fridays

Senior's Sheepshead – Meets from 8:30 a.m. to 11:30 a.m. at St. John's Lutheran Church, 104 S. Broad St., Elkhorn. Call Karlyne at (262) 763-3115 or (262) 492-5852 for more information.

First Friday of the Month

Walworth County Senior Travel Club – Meets at 10:00 a.m. at the Matheson Memorial Library, 101 N. Wisconsin St., Elkhorn. The club will accept members who like to travel and are age 55 and older. Annual membership fee is \$15. Call Sandy at (262) 882-5564 for more information.

Silver Screen Movie Club



Come join us on the first Thursday morning of each month for **FREE** movies at the Showboat Theater, 2565 State Road 120, Lake Geneva. Free to area residents age 50+ and their guests and visitors (including children). The next showing will be Thursday, May 5, 2011.

At 8:30 a.m. there are complimentary refreshments and get together with your friends and at 9:30 a.m. the movie will start.

Patronize Silver Screen Movie Club Sponsors - Business sponsors contribute to the cost of the Silver Screen Movie Club. Their contributions make it possible to provide free donuts, coffee and movies for everyone. We encourage Movie Club members to patronize sponsors for any and all of their services.

Silver Screen Movie Club is sponsored by local professionals serving the community. Ask for tickets for free showings wherever you see our posters and sponsors or call (262) 903-9731 for more information.

 Join us again on Thursday, June 2, 2011.

Donation Designation Form

I want to help the Aging Division continue its effective community service to older people and their families. **Please designate this donation:**

In Memory of _____ or In Honor of _____

And notify _____

(Name and Address)

I want my donation to go to the follow program(s):

- | | |
|---|---|
| <input type="checkbox"/> Benefit Specialist Program | <input type="checkbox"/> Senior Transportation |
| <input type="checkbox"/> Meals on Wheels | <input type="checkbox"/> Personal Care Services |
| <input type="checkbox"/> Senior Dining | <input type="checkbox"/> Homemaker Services |
| <input type="checkbox"/> Information and Assistance | <input type="checkbox"/> Health Promotion |

Please send receipt to:

Name _____

Address _____

Please make checks payable to:

Walworth County Department of Health and Human Services
PO Box 1005
Elkhorn WI 53121

Your gift is deductible to the extent provided by law.

Disclaimer: References in this newsletter related to any non-governmental entity, public or private organization, product, service or information does not constitute an endorsement or recommendation by Walworth County Department of Health and Human Services or any of its employees.