

July 2021

**Aging & Disability  
Resource Center of  
Walworth County**  
1910 County Road NN  
Elkhorn WI 53121

(262) 741-3400  
(800) 365-1587  
Hearing Impaired 7-1-1

**Website:** (best viewed with  
Chrome browser)

[www.co.walworth.wi.us](http://www.co.walworth.wi.us)

Click: *Departments, Health &  
Human Services, Adult Services,  
Aging & Disability Resource  
Center*

Some of the things you will find  
on our web site are:

- Resources & services
- Hours of operation
- Menus for our 6 meal sites/  
meal site locations & hours of  
service
- Helpful links
- Aging & Disability Resource  
Center (ADRC)
- Benefit information
- ADRC News
- Resource Directory

**Email:**  
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**Aging & Disability Resource  
Center**

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**Disability Benefit Specialist**

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**Elder/Adult Abuse Referral**

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**Elder Benefit Specialist**

(262) 741-3400

**Nutrition Program:  
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**Transportation Program**

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Walworth County

# Aging & Disability Resource Center News



When temperatures climb, it's important to take steps to protect yourself and those around you from the heat. "Staying safe during period of hot weather should be a top priority for everyone in the state," advised Dr. Darrell L. Williams, Wisconsin Emergency Management administrator. "I encourage people to learn how to recognize the signs of heat-related illnesses and how to react."

Preliminary data from the Wisconsin Department of Health Services shows seven people died in Wisconsin last year during the summer months due to heat-related causes, while thousands of people fall ill or are hospitalized in the state each year. Those most vulnerable include very young children, seniors, and people with heart disease or high blood pressure. Individuals who are overweight or on certain medications may also be more susceptible to illnesses during extreme heat events.

"It's important to make sure those who are socially isolated remain safe when temperatures climb," Williams said. "Check in with your elderly neighbors or those who have special medical needs to ensure they are safe." The heat can also be dangerous for pets. Help keep them safe by limiting their time outdoors and making sure they have access to fresh drinking water.

The inside of a car can be especially dangerous. On an 80°F day, temperatures in a vehicle parked in direct sunlight can climb almost 20° in just 10 minutes. Never leave a child or continued on page 2



The ADRC is located in the Health and Human Services building located at **1910 County Road NN, Elkhorn**. The hours of operation are from 8:00 a.m. to 4:30 p.m., Monday through Friday. To contact the ADRC of Walworth County, call (262) 741-3400, 1-800-365-1587 or e-mail us at [walcoadrc@co.walworth.wi.us](mailto:walcoadrc@co.walworth.wi.us).



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Please note: Events in this newsletter are subject to change.

Walworth County offices, including home-delivered meals/dining centers, will be closed on Monday, July 5 in observance of the 4<sup>th</sup> of July holiday.



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## Heat (continued from page 1)

pet inside a parked car. Leaving a window cracked is not enough!

### Tips for staying safe during extreme heat:

-  Stay cool – Remain inside air-conditioned buildings as much as possible during the hottest parts of the day and avoid direct sunlight.
-  Stay aware – Watch for signs of heat-related illnesses such as weakness, dizziness, nausea and muscle cramps. If symptoms don’t improve, seek medical attention.
-  Stay hydrated – Drink plenty of water. Don’t wait until you’re thirsty to drink!
-  Stay informed – Pay attention to local weather forecasts and extreme heat alerts.

During periods of extreme heat, the National Weather Service may issue advisories, watches or warnings to the public. When those conditions are present, people are encouraged to adjust their plans and take precautions to help reduce their risk of exposure to potentially dangerous conditions.

For more tips on emergency preparedness, head to <http://readywisconsin.wi.gov>. You can also follow ReadyWisconsin on Facebook ([www.facebook.com/readywisconsin](http://www.facebook.com/readywisconsin)) and Twitter ([www.twitter.com/readywisconsin](http://www.twitter.com/readywisconsin)).

## Lakeshore Memory Café



**Hosted by:** Burlington Public Library  
**Date/Time:** Wednesday, July 14<sup>th</sup> from 1 pm -2 pm  
**Topic:** Mark Twain  
*Grab a cup of coffee and a computer for our Memory Café. Please call (262) 741-3273 to register.*

## Caregiver Coffee Club

Join us on the first Wednesday of the month from 10:00 to 11:00 a.m. Stay connected and join fellow caregivers. Enjoy a warm beverage, relax, chat, and learn something new.

Facilitated by Dementia Care Specialists.

To register contact the ADRC of Walworth County at (262) 741-3273 or email [walcoadrc@co.walworth.wi.us](mailto:walcoadrc@co.walworth.wi.us).

# Senior Farmer's Market Nutrition Program

The Senior Farmers' Market Nutrition Program (Senior FMNP) provides low-income older adults with a set of vouchers worth \$25 (one set per household per year) to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers. The program is again available to **Walworth County residents** for 2021.

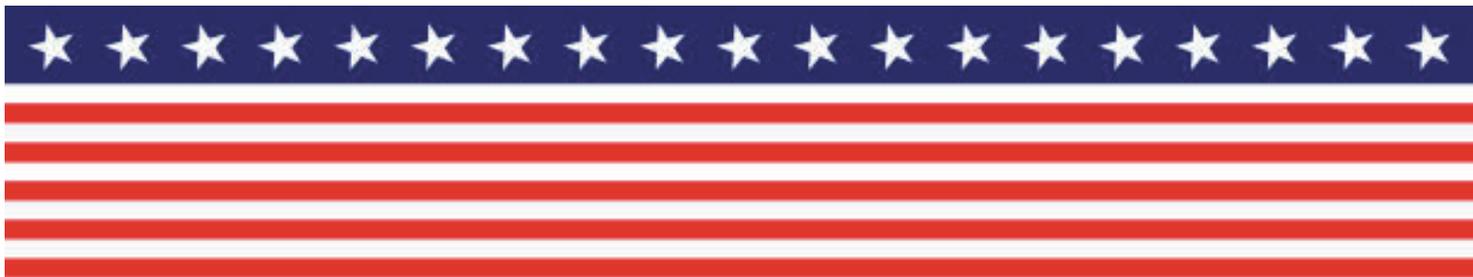


**In person distribution will not be available again this year. This is a change for this year only. Please call the ADRC of Walworth County, (262) 741-3309, to register for a set of vouchers.**

To be eligible to receive Senior FMNP checks, there must be at least one individual in the household who is age 60 or older and meets income eligibility requirements.

Single: \$23,828/year or \$1,986/month  
Couple: \$32,227/year or \$2,686/month

Eligibility forms will be completed over the phone and then mailed for participant signature. Vouchers will be mailed once the eligibility form is returned. Vouchers will be mailed and will be distributed on a first-come, first-serve basis.



## How Can Medicare Fraud, Errors, and Abuse Affect My Costs?

Medicare fraud, errors, and abuse can all result in greater financial losses for Medicare beneficiaries. For example:

- ✓ You could be billed for the entire cost of a service, by a provider who should have billed Medicare.
- ✓ You could be charged for health care services that you never received, were excessive, or were not medically necessary.

Your medical identity could be stolen, allowing a scammer to receive medical treatment and bill your insurance.

You should always read your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB), so you that you can detect any errors of fraud. If you believe your Medicare number has been misused, contact your local Senior Medicare Patrol (SMP) at 1-888-818-2611.

# MEDICARE FRAUD



## SeniorCare - Prescription Drugs for Wisconsin Seniors

**SENIORCARE<sup>®</sup>**  
Prescription Drugs for Wisconsin Seniors



Information About SeniorCare

### What is SeniorCare?

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older and meet the enrollment requirements. The program is designed to help seniors with their prescription drug costs.

### Who can enroll in SeniorCare?

To enroll in SeniorCare you must be:

- A Wisconsin Resident
- A US citizen or have qualifying immigrant status
- 65 years of age or older

### How can I apply for SeniorCare?

To apply for SeniorCare, request an application from SeniorCare Customer Service hotline at 1-800-657-2038 or print one at [www.dhs.wisconsin.gov/seniorcare](http://www.dhs.wisconsin.gov/seniorcare). On the application, you will need to provide your Social Security number. You will also have to pay a \$30 annual enrollment fee per person.

### When can I apply?

The earliest you can apply is during the calendar month of your 65th birthday. If you are already age 65 or older, you can apply at any time. Your benefits will begin in the month after you apply.

### How much will SeniorCare cover?

Your annual income determines your level of coverage in SeniorCare and how much SeniorCare will cover. See the table on page 18 for out-of-pocket expenses and benefits for each level of participation.

### What prescriptions are covered by SeniorCare?

SeniorCare covers most generic and brand name prescription drugs and over-the-counter insulin; coverage may vary based on the level of benefits you have. Reimbursement for most drugs is limited to a 34-day supply. Some maintenance drugs may be provided in a three-month supply.

### What if I have other prescription drug coverage?

If you already have prescription drug coverage under another health insurance plan, you are still eligible to enroll in SeniorCare. SeniorCare will coordinate benefit coverage with your existing plan. People enrolled in Medicaid are not eligible for SeniorCare.

### What is a copay?

A copay is the amount you pay out of pocket each time you get a covered drug from your pharmacy.

### What is a deductible?

A deductible is the amount that members in Levels 2a, 2b, and 3 pay annually for covered drugs at the SeniorCare rate before SeniorCare copays begin. Only covered drugs purchased at the SeniorCare rate will be used to meet the deductible.

### What is a SeniorCare rate?

The SeniorCare rate is a discounted rate for most covered drugs. Members who are still paying toward their deductible will pay the SeniorCare rate on covered drugs.

### What is a spenddown?

A spenddown is the total amount you have to pay for covered drugs before you move to the deductible phase of your enrollment. If you are a SeniorCare member with Level 3 coverage, you are required to meet an annual spenddown. The spenddown amount is shared for a married couple when both are eligible for SeniorCare. Your spenddown is the difference between your gross annual income and 240% of the current federal poverty level (FPL). Only SeniorCare-covered drugs purchased at the pharmacies' retail price will be used to meet your spenddown. Covered drug cost for the spenddown will be tracked automatically by the SeniorCare program. During the spenddown, there is no discount on drug costs.

### Where can I get more information?

- Call the SeniorCare Customer Service hotline at 1-800-657-2038 (voice) or 711 (TTY).
- Visit the SeniorCare website, [www.dhs.wisconsin.gov/seniorcare](http://www.dhs.wisconsin.gov/seniorcare)

continued on page 18

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[parkside-delavan@oakbrookcorp.com](mailto:parkside-delavan@oakbrookcorp.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Walworth County Aging & Disability Resource Center, Elkhorn, WI

A 4C 01-1248

## VA Dental Insurance Program (VADIP)



The Department of Veterans Affairs provides comprehensive dental care to Veterans who meet eligibility standards; however, the benefit is not available to many Veterans. VA would like all Veterans and beneficiaries to have access to good oral health. Good oral health is more than just a nice smile or ability to chew favorite foods - it impacts a person's overall health throughout his or her life.

VA's Dental Insurance Program (VADIP) offers enrolled Veterans and beneficiaries of VA's Civilian Health and Medical Program (CHAMPVA) the opportunity to purchase dental insurance at a reduced cost.

VA has selected Delta Dental of California and MetLife to offer private insurance coverage for VADIP. For more information, visit [www.va.gov/healthbenefitsNADIP](http://www.va.gov/healthbenefitsNADIP). Veterans

can also call the providers directly: Delta at 1-855-370-3303 and Metlife at 1-888-310-1681.

### Eligibility for VADIP

Veterans enrolled in the VA health care program and CHAMPVA beneficiaries are eligible to participate in VADIP. Participation in VADIP does not affect Veterans' eligibility for VA dental services and treatment. Dependents of Veterans, except those eligible under CHAMPVA, are not eligible for VADIP; however, the insurance carriers may offer dependents separate coverage options.

For more information on VADIP, call or visit the Walworth County Veterans Service Office at (262) 741-4222; 1910 County Road NN, Elkhorn.

## What is the Caretaker Supplement Program?

Wisconsin's Caretaker Supplement (CTS) is a cash benefit available to parents who are eligible for Supplemental Security Income (SSI) payments. Caretaker Supplement is not a federal SSI program, it is a state program. It is not a Medicaid benefit; CTS pays cash only to eligible parents. Caretaker Supplement benefits are \$250 per month for the first eligible child and \$150 per month for each additional eligible child.



CTS is only available to parents who receive SSI and who are living with and caring for their minor children. Parents who receive a combination of SSI and SSDI or SSI and wages do not qualify for CTS.

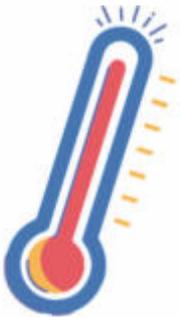
CTS benefits may affect the amount of benefits you receive from other assistance programs such as FoodShare. Report any changes in your income, assets, or household to your worker.

Caretaker Supplement benefits are paid to SSI members as part of their monthly state SSI benefit. This is not an emergency funding program. Any SSI member who has chosen electronic funds transfer (EFT) for their SSI benefit will have their CTS paid to them through EFT.

You can apply for CTS online using the ACCESS website: [www.access.wisconsin.gov](http://www.access.wisconsin.gov) or by calling the Moraine Lakes Consortium at 1-888-446-1239. You cannot apply for CTS at your local Social Security Office.

# LET'S TALK ABOUT HEAT SAFETY

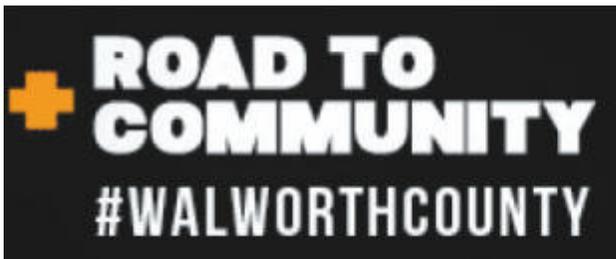
As we get back outdoors and into the community this summer, remember these helpful hints for staying cool during warm weather:



- ✓ Stay hydrated, drink plenty of water
- ✓ Wear light clothing
- ✓ Avoid direct sunlight by staying in the shade
- ✓ Always check your backseat for any children or animals before exiting a vehicle!

Stay prepared by making sure you check your local news or weather station for temperature forecasts and heat alerts in your area.

Learn more about heat safety and protecting you and your loved ones from extreme heat at: <https://www.cdc.gov/disasters/extremeheat/index.html>



## Are You a Caregiver?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

# EAT WELL, AGE WELL.

## Vegetables to Try this Summer

Going to a local farmers' market or roadside farm stand is one of the best ways to support local agriculture. Buying community grown vegetables keeps money in the local economy and helps reduce carbon emissions. Plus, you get to enjoy fresh vegetables—a true win-win! Try some of these less common vegetables this summer!

### Kohlrabi



**Select:** Firm, without bruises or cracks, and feels heavy for its size

**Taste:** Mild, sweet cabbage flavor

**Use:** Peel, cut, and enjoy raw, roasted, steamed, or pureed for soups

### Bok choy



**Select:** Fresh green leaves with firm stalks

**Taste:** Crisp and tender with a mild spinach flavor

**Use:** Remove bottom, wash stalks, add to stir-fries or soups

### Celeriac



**Select:** Firm without soft spots

**Taste:** Subtle celery flavor

**Use:** Scrub, Remove skin and chop. Add to soups or treat like potatoes (mash, roast, etc.)

### Summer squash/Zucchini



**Select:** Firm, small to medium in size, without bruises or blemishes

**Taste:** Very mild, with a slightly sweet flavor when cooked

**Use:** Sauté, grill, or thinly slice and eat raw

### Arugula



**Select:** Bright green, avoiding slimy, or yellow leaves

**Taste:** Tender with a peppery, spicy bite

**Use:** Use in salads or add to soups, pastas, or sandwiches

### Eggplant



**Select:** Firm, smooth, with a green top

**Taste:** Absorbs the flavors of what it's cooked with

**Use:** Sauté, roast, or grill - add to stir-fries, curries, or pastas

For information on the Senior Farmers Market program, see page 3



# Walworth County Lunch Menu

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hunter's Stew Potatoes Dilled Carrots Warm Scalloped Apples Wheat Bread	2 Aloha Tilapia Zucchini, Black Beans and Rice Pineapple Coconut Rice Pudding
5 Independence Day  No Meals on Wheels Service and Dining Centers Closed	6 Pepperoni & Sausage Pizza Bake Lentil Salad Wilted Spinach Melon	7 Roasted Pork Loin with Mustard Sauce Roasted Potatoes Glazed Carrots Fruit Cocktail Wheat Bread Lemon Bar	8 Barbecue Chicken Red Beans & Rice Peas & Carrots Peaches	9 Garlic Butter Tilapia Parsley Red Potatoes Three Bean Salad Pineapple Chunks Wheat Bread S'more Bread Pudding
12 Brat on a Bun Sauerkraut Potato Salad Roasted Broccoli Apple Pie	13 Beef Tacos with Cheese, Lettuce, Tomato and Onion Refried Beans Salsa Mango Flan	14 Chicken Stir Fry Brown Rice Peppers, Onions, Snap Peas and Broccoli Grapes	15 Salisbury Steak Baked Beans Wilted Spinach Wheat Bread Blueberry Crisp	16 Honey Dijon Chicken Thigs Baked Potato Glazed Carrots Tropical Fruit Wheat Bread
19 Shepherds Pie Whipped Potatoes Roasted Broccoli Cinnamon Apple Sauce Wheat Bread	20 Turkey & Swiss Sandwich with Cranberry Mayo Three Bean Salad Grapes Butterscotch Pudding	21 Garlic Rosemary Beef Roast Sweet Potatoes Green Beans Pineapple Wheat Bread	22 Orange Ginger Tilapia Brown Rice Broccoli Apple Slaw Edamame Vegetable Blend Mandarin Oranges	23 Strawberry Spinach Salad with Chicken & Chickpeas Smashed Minty Peas Wheat Roll Strawberry Cake
26 Honey Garlic Chicken Brown Rice Zucchini Fruit Cocktail	27 Meatloaf Whipped Potatoes Green Beans Cinnamon Apple Sauce Wheat Bread	28 Chicken Alfredo with Penne Pasta Carrots Broccoli Pears	29 Braised Riblette Sweet Potatoes Peas Carrot Cake Wheat Bread	30 Cod in Balsamic Tomato Sauce Brown Rice Cucumber Lentil Pasta Salad Mango

## Senior Nutrition Dining Center Sites

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Serving M, W, F  
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Serving T, Th  
11:30 am  
**Reopening July 6**

**Lake Geneva**  
The Terraces of Geneva Crossing  
725 S. Curtis St.  
(262) 248-8085  
Serving M-F  
11:30 am  
**OPEN FOR DINING**

**Elkhorn**  
Sedgemoor Apartments  
18 West St.  
(262) 723-2867  
Serving M-F  
11:30 am  
Carry-Out only

**Whitewater**  
Brookdale Apts.  
(262) 903-0436  
Serving M-F  
11:00 am  
Carry-Out only

**Whitewater**  
Blackhawk Apts.  
(262) 903-0436  
Serving M-F  
11:30 am  
Carry-Out only

Persons age 60 or older and their spouse, regardless of age, are eligible to participate. A suggested donation amount is posted at the meal site. Those unable to contribute will still be welcome at the site. For more information, call (262) 741-3333 or 1-800-365-1587, ext. 3333. **Reservations are required.** You may reserve a meal by calling your meal site coordinator before 12:00 p.m. one (1) business day in advance. If she cannot be reached, call the Nutrition Program office at 741-3333 or 1-800-365-1587, Ext. 3333. Cancellations must be made no later than 8:00 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.

## Caregiver (continued from page 7)

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation, too?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?
- Feels the need to regularly “check-up” on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)
- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don’t downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call the ADRC of Walworth County at (262) 741-3400 to learn about supports and resources that can help you help the ones you love.

*Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources*

## Thank You to All the Caregivers.

Family caregivers can be overlooked, overwhelmed, unpaid and have very little if no time to focus on themselves but they are the essential workers in life. Remember caregiving is about caring for two lives – your loved one and you.



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

DHS Approved 4/22/2021

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Walworth County Aging & Disability Resource Center, Elkhorn, WI

B 4C 01-1248

## Trualta - Caregiver Resource in WI

Trualta is an educational tool that was launched a year ago in Wisconsin. It is an online portal that helps caregivers develop skills and find local resources, all from the comfort and safety of home.

Trualta gives you unlimited access to articles, videos, audio lessons, and printable tip sheets to improve your caregiving journey. You can develop skills and feel more confident in your ability to handle challenging care situations including those related to personal care, safety, brain health, and even your own wellness. You will have access to trainings from Teepa Snow who teaches skills and techniques to improve your ability to care for someone with dementia. *Alzheimer's Music Connect* can also be accessed through the portal, which can improve the mood and behavior of someone with dementia. You can learn

about strokes and how they affect a person's thinking, movement and communication. Providing hands-on care like shaving, showering and oral care are also covered. Topics such as *Keep Your Cool*, *Caregiver Guilt* and *Balancing Work and Caregiving* provide helpful tips for keeping yourself mentally and emotionally healthy as well as host of other topics related to caregiving; and new content is being added regularly.

With an on-demand learning library this big, you get to choose what you learn, how you learn, and when you learn. The lessons vary from 5 minutes to 2 hours, so you can pick what you want based on the time you have. With Trualta, you have access to materials any time of the day and anywhere you are, so you don't have to worry about fitting Trualta into your busy schedule. Once you create your Trualta account, you will continue to have access to the materials for the entire year.

Trualta is easy to use on a computer, laptop or tablet and is available at no cost to Wisconsin caregivers thanks to the National Family Caregiver Support Program. If you are interested in learning more about Trualta contact Mary Schroeder, (262) 741-3321 or [caregiver@co.walworth.wi.us](mailto:caregiver@co.walworth.wi.us).

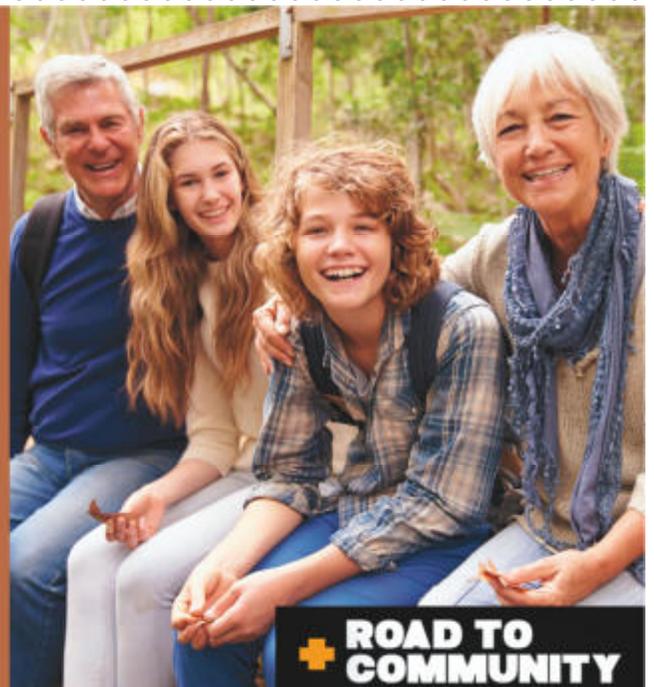


### Need Help Encouraging Your Grandkids to Get the COVID-19 Vaccine?

The Pfizer COVID-19 vaccine is now approved for ages 12 & over. You can help encourage your younger loved ones to receive their vaccine by:

- 1 Listening to their questions
- 2 Exploring their concerns
- 3 Sharing trusted information
- 4 Helping them find their own reason to get vaccinated

For more information, visit [www.vaccines.gov](http://www.vaccines.gov)



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# WALWORTH COUNTY

## Appliance & Electronic Recycling Event!!

**WHEN:**

**SATURDAY, JULY 24, 2021**  
9:00 am to 12:00 pm

**WHERE:**

**WALWORTH COUNTY**  
**DEPARTMENT OF PUBLIC WORKS**  
**W4097 CTH NN ELKHORN, WI 53121**

**APPLIANCES & LAWN EQUIPMENT:**

- |                           |   |                        |
|---------------------------|---|------------------------|
| ✓ Air Conditioners        | ✓ Car batteries <i>(NO Household Batteries)</i> | ✓ Commercial A/C Units |
| ✓ Dehumidifiers           | ✓ Dishwashers                                   | ✓ Dryers               |
| ✓ Exercise Equipment      | ✓ Freezers                                      | ✓ Furnaces             |
| ✓ Microwaves              | ✓ Grills <i>(No Propane Tanks Accepted)</i>     | ✓ Push Lawn Mowers *   |
| ✓ Range Tops/Stoves/Ovens | ✓ Refrigerators                                 | ✓ Snow Blowers *       |
| ✓ Washers                 | ✓ Water Heaters <i>(No Water Softeners)</i>     | ✓ Water Coolers        |

*\*NO riding lawn mowers accepted\**

*\*ALL GAS AND OILS MUST BE REMOVED PRIOR TO DROP OFF\**

**ELECTRONICS: *(Household items only (NO business materials) – ONLY items listed will be accepted)***

**\*ALL TV's****\*Console & Projection:**

**DISPOSAL FEE \$35.00 each**

***(cash only)***

***(No broken TVs, Monitors or disassembled materials will be accepted!)***

***(NO CREDIT/DEBIT CARDS or CHECKS ACCEPTED)***

- |                    |                                  |                   |                    |
|--------------------|----------------------------------|-------------------|--------------------|
| • All computers/PC | • Blu-Ray Players                | • Cell Phones     | • Cameras          |
| • Cable Boxes      | • Desktop Printer/Scanner/Copier | • DVD/VCR Players | • Gaming systems   |
| • iPods/iPads      | • Keyboards                      | • Laptops         | • Mice             |
| • E-Notebooks      | • Routers/modems                 | • Storage Devices | • Servers          |
| • Tablets          | • UPSs                           | • Video equipment | • All Wiring/Cords |

*All other listed Appliances, Electronics & Lawn Equipment will be **FREE!***



*For questions about recycling or the event please contact the vendor:*

*Office: (414) 627-1152*

## Are There Programs to Help Me Pay for My Prescription Drugs?

The costs of prescription drugs can be very high, and it is probably causing you stress. There are some programs to help with these costs.



**Extra Help** is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. If you are enrolled in Medicaid, Supplemental Security Income, or a Medicare Savings Program, you will automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. If you are not enrolled in these programs, the eligibility requirements (and benefits) are below:

### Full Extra Help

Eligibility (for those not automatically enrolled)

- ✓ Monthly income limit: \$1,469 for an individual and \$1,980 for couples
- ✓ Asset limit: \$9,470 for an individual and \$14,960 for couples

Benefits

- ✓ \$0 premium and deductible
- ✓ \$3.70 generic copay
- ✓ \$9.20 brand-name copay
- ✓ No copay after \$6,550 in out-of-pocket drugs

### Partial Extra Help

Eligibility (for those not automatically enrolled)

- ✓ Monthly income limit: \$1,630 for an individual and \$2,198 for couples

- ✓ Asset limit: \$14,790 for an individual and \$29,520 for couples

Benefits

- ✓ Premium depends on your income
- ✓ \$92 deductible or the plan's standard deductible, whichever is cheaper
- ✓ 15% coinsurance or the plan copay, whichever is less
- ✓ After \$6,550 in out-of-pocket drug costs, you pay \$3.70 per generic and \$9.20 per brand-name or 5% of the drug cost, whichever is greater

You can apply for Extra Help through the Social Security Administration (SSA).

Visit [www.ssa.gov](http://www.ssa.gov) or call 1-800-839-2675 to learn more.

For assistance with the Extra Help application, call the Medicare Rights Center helpline at 1-800-333-4114.

### State Pharmaceutical Assistance Programs

Also known as SPAPs, are offered in some states to help pay for prescriptions. Wisconsin residents can apply for SeniorCare. For a \$30.00 annual premium, based on income, prescription drugs for Wisconsin Seniors can cost as little as a \$5 or \$15 copay. SeniorCare can be applied for anytime of the year. Visit [www.dhs.wisconsin.gov/seniorcare](http://www.dhs.wisconsin.gov/seniorcare) for more information or call the ADRC for additional information and application. (See page 4 for more information)

---

## Fontana Public Library

The Fontana Public Library is open Monday through Friday from 9:00 a.m. to 5:00 p.m. Curbside pick-up available.



Stop by for a new book, magazine or DVD. While you're here pick up one of our Take & Make projects. We feature a new craft every month for you to take home and assemble.

If you are still feeling crafty, there are thousands of craft videos at your fingertips on Creative Bug and you only need your library card to see them. Go to: <https://creativebug.com/lib/lakeshoreslib>.

For the relaxation of coloring, we have adult coloring pages too. Stop by and pick up a couple!

## Lake Geneva Public Library

### Not Like Joan of Arc with Pam Toler - Authorfest Keynote Speaker (Zoom)

Thursday, July 8th - 6:00-7:00 pm

From Vikings and African queens to cross-dressing military doctors and World War II Russian fighter pilots, "Women Warriors" reclaims lost stories of women for whom battle was not a metaphor, debunking the pervasive claim that women do not, and should not, fight.

When Toler told people she was working on a book about women warriors, almost everyone said, "You mean like Joan of Arc?" The short answer is, "Not always." Beginning with the oldest known women warriors (from the second millennium B.C.), Toler will share stories about fascinating women you've never heard of, introduce you to women warriors who turned out to be more important than she expected and debunk the myth that women have not, and therefore cannot, be warriors.

Armed with a doctorate in history, a well-thumbed deck of library cards, and a large bump of curiosity, author, speaker and historian, Toler translates history for a popular audience. She goes beyond the familiar boundaries of American history to tell stories from other parts of the world and history from the other side of the battlefield, the gender line or the color bar. Toler has authored eight books of popular history for children and adults, including "Women Warriors: An Unexpected History." Her work has appeared in *Aramco World*, *Calliope*, *History Channel Magazine*, *MHQ: The Quarterly Journal of Military History*, *The Washington Post* and *time.com*.

### Beachside Authorfest

Saturday, July 10th - 10:00-4:00 pm

Beachside Authorfest is a family-friendly event for area authors sponsored by the Friends of the Lake Geneva Public Library and Breadloaf Books. Everyone is encouraged to come, talk to the authors, and the enjoy the beautiful view!

### "The Rainbow Comes and Goes"

Anderson Cooper and Gloria Vanderbilt  
Zoom Book Club

Wednesday July 21st - 1:00-2:30 pm



### Epilepsy and Seizure Awareness via Zoom

Tuesday July 27th - 6:00-7:00 pm This program will promote education and awareness about epilepsy. The goal is to help everyone understand what a seizure looks like and what to do if they see someone having a seizure. The more we talk about and understand epilepsy and seizures the less people living with these conditions have to fear discrimination, improper help and first aid, or feel they need to keep their condition a secret.



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**\*\* Please check to see if groups are meeting. Many may meet virtual or have other options available\*\***

## Alzheimer's/Dementia

### Alzheimer's Caregiver Support Groups

#### Support Groups

Contact the Alzheimer's Association for the time and location of support groups that are currently being held.

#### Family Education Programs

Open to families, caregivers & the general community. Presented by Alzheimer's Association staff member or trained community educator. Call 1-800-272-3900 for info or visit website [www.alz.org](http://www.alz.org).



#### Memory Café

An opportunity for individuals with mild cognitive impairment/early-stage Alzheimers, & their care partners to meet in a safe supportive environment. More information contact the ADRC (262) 741-3400

## Volunteer Opportunities

### Walworth County

Volunteer opportunities throughout Walworth County - meals on wheels, volunteer guardian, friendly visitor, activity assistant, classroom aid, master gardener, on-call clerical support and many others. Many opportunities await you. Call Colleen Lesniak, Volunteer Coordinator, to get started. (262) 741-4223

## Asperger's/ASD

**Southeastern Wisconsin Asperger's– ASD Support** - Meets 4th Monday, 6-7:30 pm at Matheson Library, Elkhorn. Support group for caregivers and those affected with ASD (over 18 years of age). Contact Linda at (262) 960-1343 for info. Refreshments & resources provided.

## ALS

**ALS Association - Wisconsin Chapter** - ALS Care Service Team, support groups, equipment loan program. (414) 763-2220 [www.alsawi.org](http://www.alsawi.org)

## Breast Cancer

**Janesville: Breast Cancer Support Group** – Meets the second Thursday, 6:30-8 pm at Mercy Clinic North Community Room, 3400 Deerfield Dr., Janesville. For information, call (608) 756-6011.



## Fibromyalgia

**Burlington: Fibromyalgia Support Group** – Meets at Aurora Southern Lake, 709 Spring Valley Rd. For more information or assistance, call (262) 971-9300.

## Grief/Bereavement

**Fort Atkinson: Fort Atkinson Area Grief Evening Support Group** – Meets the first and third Tuesday from 6:30-7:30 pm at Dwight Foster Library, 209 Merchants Ave. Contact Angie at (619) 222-9624.

**Lake Geneva: Harbor of Hope Grief Support** – Meets the first Tuesday at 3 pm at Aurora Health Center. For more info contact Mary at (262) 729-0331.



## Multiple Sclerosis

**National Multiple Sclerosis Society - Wisconsin Chapter** - Information and referral, financial assistance, peer support and education. (800) 344-4867 [www.nationalMSSociety.org](http://www.nationalMSSociety.org)

## Parkinson Disease

**American Parkinson Disease Association - Wisconsin Chapter** - Referral center for individuals, families and the community. (608) 345-7938 [www.wichapterapda.org](http://www.wichapterapda.org)

**Wisconsin Parkinson Association** - Providing hope, community, support and resources for people with Parkinson's and their loved ones. (414) 312-6990 [www.wiparkinson.org](http://www.wiparkinson.org)

## Stroke

**Stroke Support Group** - Meets the first Wednesday at 4:30 pm at Mercyhealth Hospital, Mercy conference room 1128A, 1000 Mineral Point, Janesville. 1-888-396-3729

## Violence

### New Beginnings APFV

24-hour hotline, support groups, individual counseling, restraining orders & other legal advocacy. Elder abuse advocacy, medical & housing advocacy, help finding emergency shelter and info about other community resources

### Women's Domestic Violence Support Group

For women who are currently in or have been in an abusive relationship and want to recover from the trauma. Held at APFV, 735 N Wisconsin St., Elkhorn. Two ongoing support groups; both are held on Mondays, 4:30-5:30 p.m. or 6-7 p.m. Call (262) 723-4653 for more information. (Group is currently on hold)

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This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Walworth County Aging & Disability Resource Center, Elkhorn, WI

C 4C 01-1248

## Community Calendar

### Senior Travel Club

The Senior Travel Club of Walworth County meets the first Friday of the month at 10 am. at the Como Community Church, W3901 Palmer Rd, Lake Geneva. New members are welcome at any time. Social distancing and face masks are required at the meetings. For more information call (480) 463-6782.

### TOPS Club

TOPS Club (Take Off Pounds Sensibly) - A weight loss support group. Yearly membership required.

**Delavan** - 8:30-10 am, Delavan United Methodist Church, 213 S 2nd St, Use side door off Wisconsin St., Delavan. For info contact Donna, (262) 728-9370.

**Lake Geneva** - 5:45 pm at Anchor Covenant Church, 1229 Park Row, Lake Geneva.

**Walworth** - 8:30-9:30 am, Immanuel Church of Christ, 111 Fremont St.

Call Sue at (262) 203-5612 for more information.

### Lake Como Woman's Club

#### Lake Como Beach Woman's Club

Meetings are held the 1st Tuesday, **March thru Nov**, 6:30 pm at the Lake Como Clubhouse, W3730 Clubhouse Drive.

Cards and Bunco. Meets the 2nd and 4th Wednesdays, **March thru Dec**, Noon, at the Lake Como Clubhouse, W3730 Clubhouse Drive. Refreshments served.

Call Helen at (262) 203-5585 for more information.

### Silver Screen Movie Club

#### Returning in September!

Join us on the first Thursday morning of each month for **FREE** movies at the Geneva Theater, 244 Broad St., Lake Geneva.

**September 2nd**

## SeniorCare - continued

### SeniorCare 2021 Annual Income Limits and Out-of-Pocket Expenses by Level of Participation

	Income Limits	Out-of-Pocket Expenses
Level 1	Income at or below 160% of the FPL <i>Individual: \$20,608</i> <i>Couple: \$27,872</i>	<ul style="list-style-type: none"> <li>No deductible or spenddown.</li> <li>\$5 copay for each covered generic prescription drug.</li> <li>\$15 copay for each covered brand name prescription drug.</li> </ul>
Level 2A	Income between 160% and 200% of the FPL <i>Individual: \$20,609 to \$25,760</i> <i>Couple: \$27,873 to \$34,840</i>	<ul style="list-style-type: none"> <li>\$500 deductible per person.</li> <li>Pay the SeniorCare rate for covered drugs until the \$500 deductible is met.</li> <li>After \$500 deductible is met, pay a \$5 copay for each covered generic prescription drug and a \$15 copay for each covered brand name prescription drug.</li> </ul>
Level 2B	Income between 200% and 240% of the FPL <i>Individual: \$25,761 to \$30,912</i> <i>Couple: \$34,841 to \$41,808</i>	<ul style="list-style-type: none"> <li>\$850 deductible per person.</li> <li>Pay the SeniorCare rate for covered drugs until the \$850 deductible is met.</li> <li>After \$850 deductible is met, pay a \$5 copay for each covered generic prescription drug and a \$15 copay for each covered brand name prescription drug.</li> </ul>
Level 3	Income more than 240% of the FPL <i>Individual: \$30,913 or greater</i> <i>Couple: \$41,809 or greater</i>	<ul style="list-style-type: none"> <li>Pay retail price for covered drugs during spenddown.</li> <li>After the spenddown is met, meet an \$850 deductible per person.</li> <li>Pay the SeniorCare rate for covered drugs until the \$850 deductible is met.</li> <li>After \$850 deductible is met, pay a \$5 copay for each covered generic prescription drug and a \$15 copay for each covered brand name prescription drug.</li> </ul>

#### Nondiscrimination Statement

The Department of Health Services is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact SeniorCare Customer Service at 800-657-2038 (voice) or 711 (TTY). All translation services are free of charge. For civil rights questions call 608-266-9372 or 888-701-1251 TTY.



Division of Medicaid Services  
P-10078 (02/2021)

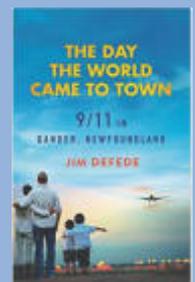
## Barrett Memorial Library

### Come on in!

We're open 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturdays during the summer

The summer reading program this year will be **Tails and Tales**, it runs through August 9th.

**Saturday Book Club** - July 19 at 10:00 a.m. This month's selection is "The Day the World Came to Town: 9/11 in Gander, Newfoundland" by Jim Defede. **Dig it! Garden Advice from the Stacks** - Check our Facebook page for the latest of these videos: <https://www.facebook.com/BarrettMemorialLibrary>.



Feeling creative? Also check out Facebook for **Craft Chat** videos. And all you need is a library card to check out **Creative Bug!** <https://www.creativebug.com/lib/lakeshoreslib>

## Aram Public Library

### Tails and Tales Summer Reading Program – through to August 10

Summer library programs aren't just for kids anymore. Our Tails and Tales program is designed for babies through seniors – including you! Read, write reviews, track your activities, and win prizes. Sign up at [aramlibrary.beanstack.org](http://aramlibrary.beanstack.org).

**Adult Crafting at Home** - July's Take and Make craft bags will contain the instructions and supplies to make a patriotic door hanger. These craft bags will be available for checkout at the library starting on Thursday, July 1, on a first come first served basis.

**Tech Appointments** - Sign up for a 45-minute one-on-one session with a librarian for assistance with anything computer related, such as filling out online applications, signing up or managing email, downloading e-books and audiobooks, or learning to use Microsoft Office. Bring in your own device or use one of the library's computers.

**Thursday Night Book Club – July 1 at 6:30 p.m. on Zoom.** Please register to receive a link to the meeting. This month's title is *Blacktop Wasteland* by S. A. Cosby. Contact the library to reserve a copy of this month's book.

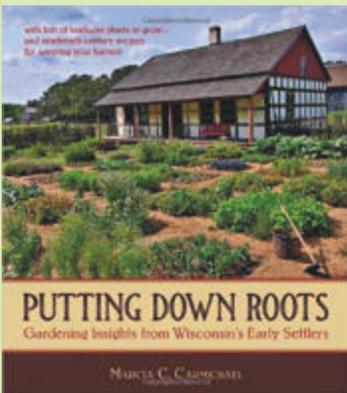
**Artist Sybil Klug – July 13 at 2 p.m. at Darien Senior Center** Join Aram and Darien public libraries in welcoming artist Sybil Klug, a member of the Walworth County Arts Council. An acrylic painter, Sybil finds inspiration from the natural world. At this in-person event, Sybil shares her creative process through a live demonstration of how she paints garden elements. For the safety of all, social distancing will be in effect and masks are encouraged.

**Social Justice Book Club - July 14 at 2 p.m. on Zoom.** Please register to receive a link to the meeting. This month's title is *Maid: Hard Work, Low Pay, and a Mother's Will to Survive* by Stephanie Land. Contact the library to reserve a copy of the book.

### Plein Air Painting Series – July 17 from 7 to 11 a.m. at Arboretum Park, Delavan

Aram Public Library and the Walworth County Arts Council are sponsoring summer plein air art events. The French term "plein air" refers to the practice of painting entire finished pictures outdoors. Artists of all skill levels are invited to these informal meet-ups, and spectators are welcome.

**Books, Babble, and Bubbly – July 21 at 6 p.m. Zoom.** Please register to receive a link to the meeting. Share what you are currently reading in the comfort of your own home.



### Author Event with Marcia Carmichael at 1:30 p.m., Darien Senior Center

Join Aram and Darien public libraries in welcoming Marcia Carmichael, author of *Putting Down Roots: Gardening Insights from Wisconsin's Early Settlers*. In her book, historical gardener Marcia Carmichael guides us through 19<sup>th</sup> century gardens, offering insights on what they planted and harvested, the garden tools they used, and what they cooked. Her presentation will include traditional recipes like Irish soda bread, pierogi, and Norwegian rhubarb custard. For the safety of all, social distancing will be in effect and masks are encouraged.

**Guilty Pleasures – July 26 at 6 p.m. on Zoom.** Please register to receive a link to the meeting. *Guilty Pleasures* is not your mother's book club. This month's title is *Diva Takes the Cake* by Krista Davis. Contact the library to reserve a copy of the book.

**Paper Making with Nancy – July 29 at 5 p.m., Aram Public Library. Registration is required.** Get those creative juices flowing as you learn how to make your own paper! Nancy is a creative experimenter always looking to try and make new things. She has a background in art, photography, and technology, and her favorite thing is to help people of all ages discover and learn new things. For the safety of all, social distancing will be in effect and masks are required in the building.



**Aging & Disability Resource Center of  
Walworth County**

1910 County Road NN  
Elkhorn WI 53121

(262) 741-3400  
(800) 365-1587

**Website:**

[www.co.walworth.wi.us/376/Aging-Disability-Resource-Center](http://www.co.walworth.wi.us/376/Aging-Disability-Resource-Center) (best viewed in Chrome)

**Email:**

[walcoadrc@co.walworth.wi.us](mailto:walcoadrc@co.walworth.wi.us)

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## Welcome to Medicare Workshops

If you will become eligible for Medicare soon, it may be beneficial for you to attend one of the Medicare workshops being offered. Unfortunately we are not able to offer in person, group workshops at this time.

Good news! You can still receive assistance with your transition to Medicare. Contact the ADRC of Walworth County to receive information by mail with the option for an in-depth one on one phone conversation by one of the Elder Benefit Specialist staff. The information you will receive will cover what you need to know about your Medicare benefits, options, insurance coverage and medication coverage.

If you have questions or need assistance with your Medicare benefits, contact Julie Juranek at (262) 741-3400 or 1-800-365-1587. Interpreters will be provided upon request.\*

## 2021 Welcome to Medicare Workshop Schedule

August 19th  
In –person

1-2:30 pm  
or  
6-7:30 pm

**Pre-registration required**  
due to space limitations  
(262) 741-3212 or

