

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

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**Aging & Disability Resource  
Center**

(262) 741-3400

**Disability Benefit Specialist**

(262) 741-3400

**Elder/Adult Abuse Referral**

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**Elder Benefit Specialist**

(262) 741-3400

**Nutrition Program:  
Meals on Wheels & Senior  
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**Transportation Program**

(262) 723-4402

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**Walworth County**

# **Aging & Disability Resource Center News**

## **The Caregiving Rollercoaster**

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are happy and fulfilled as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Frustration and guilt often follow. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur over the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!



It is normal to experience a large array of emotions when providing care for a loved one and it can be easy to let the negative feelings get control. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all the benefits of caregiving:

- ✓ Being able to spend more time with someone you love
- ✓ Feeling enhanced self-worth and a sense of achievement for helping someone

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).



## Contents

Fiber Therapy..... 2  
 Senior Farmer’s Market... 3  
 Powerful Tools ..... 3  
 Public Hearing..... 4  
 Express Interviews ..... 4  
 Volunteer Opportunities .. 4  
 Donated Dental Services 6  
 Fraudsters..... 6  
 Grapevine Sessions ..... 7  
 Eat Well, Age Well ..... 8  
 Senior Dining Menu..... 9  
 Senior Dining Locations .. 9  
 Cycling without Aging.... 10  
 Dementia Training..... 12  
 Advance Care ..... 12  
 Aging Mastery Program 13  
 Word Search..... 14  
 Lake Geneva Library..... 15  
 Fontana Library ..... 14  
 Support Groups..... 16  
 Community Calendar .... 18  
 Barrett Library ..... 18  
 Puzzle Answers ..... 18  
 Matheson Library ..... 19  
 Aram Library ..... 19

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

The Walworth County Fair is back - September 1 through September 6. .



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## Caregiving (continued from page 1)

- ✓ An opportunity to “give back” to someone important
- ✓ Having an increased sense of purpose in life

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear, and guilt. Some early warning signs of these feelings may be tension, headaches, and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can help keep negative emotions at bay.

- ✓ Take some slow, deep breaths.
- ✓ Look at the event in a different way. Try to understand the other persons’ perspective.
- ✓ Leave the room for a while.
- ✓ Focus on the good things.
- ✓ Participate in physical activity.
- ✓ Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group, or to distribute tasks to family members or friends.

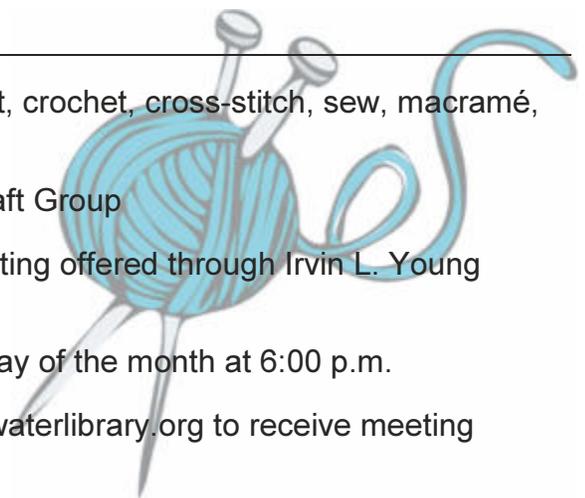
Negative emotions may not be pleasant, but they don’t have to control you. Learn to recognize the warning signs, calm yourself and initiate change to keep the negative emotions at bay.

Life as a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Jane Mahoney, Older Americans Act Consultant  
 Greater Wisconsin Agency on Aging Resources

## Fiber Therapy

- Who:** Fiber crafters (knit, crochet, cross-stitch, sew, macramé, and more!)
- What:** Fiber Therapy Craft Group
- Where:** Virtual Zoom meeting offered through Irvin L. Young Memorial Library
- When:** Every last Thursday of the month at 6:00 p.m.
- How:** Register at [whitewaterlibrary.org](http://whitewaterlibrary.org) to receive meeting invitations



# 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.



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## Upcoming Online Prevention Classes

### Powerful Tools for Caregivers

is a 6-week (once a week) educational workshop for people who are taking care of a family member or friend designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver.

September 22 thru October 27, 2021  
(Wednesdays)  
10:00am — 11:30am

September 9 thru October 14, 2021  
(Thursdays)  
2:00pm — 4:00pm

October 13 thru November 17, 2021  
(Wednesdays)  
5:30pm — 7:30pm



**To register, call (262) 741-3309  
Laptop, tablet, or webcam required**

Wisconsin Institute for Healthy Aging  
Check out our other healthy living programs  
by visiting us online at: [wihealthyaging.org](http://wihealthyaging.org)

## Public Hearing Notice



The Walworth County Department of Health and Human Services will conduct a public hearing on Thursday, September 16, 2021, 1:00 p.m., to seek input from the public regarding the draft county plan for older people 2022-2024. The public hearing will be held in the Walworth County Room at the Walworth County Department of Health & Human Services, located at 1910 County Road NN, Elkhorn.

The draft plan will be available for public inspection beginning September 7 through September 15, 8:00 a.m. to 4:30 p.m. at the Aging and Disability Resource Center of Walworth County, 1910 County Road NN, Elkhorn.

Written comments regarding the draft plan will be accepted prior to the hearing. Comments should be directed to Anne Prince, Aging Director, P.O. Box 1005, Elkhorn, Wisconsin, 53121-1005. To request interpreter services (language or sign) contact Prince at (262) 741-3200, 1-800-365-1587, or TTY (7-1-1) three business days in advance.

## Social Security Express Interviews

Field Offices and Social Security Card Centers nationwide have begun offering the new *Express Interview* option. Express Interviews are brief interviews, lasting approximately 5-7 minutes, which allow eligible individuals to apply for an original or replacement Social Security Number card and submit necessary evidence in person.

Express Interviews are also available for purposes of gathering evidence needed for processing claims and other workloads, as well as for individuals who meet certain limited, critical situations (such as original cards for age 12 or older and replacement cards for those who need to update vital information and cannot use the automated system). Individuals also qualify for an Express Interview option if they are unable or unwilling to mail original evidence documents.

Callers will be pre-screened to verify the need for a face-to-face visit and ensure the time spent in the office is minimal. Other alternatives to submit the information will be explored. Contact the Janesville Field Office at 1-877-850-7826 for more information.



## Volunteer Opportunities for Walworth County



Many opportunities await you—all you have to do is call to get started.

Colleen Lesniak, Volunteer Coordinator  
(262) 741-4223



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



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Walworth County Aging & Disability Resource Center, Elkhorn, WI

A 4C 01-1248

# Wisconsin Dental Association's Donated Dental Services Program

It can be difficult to find affordable dental care. However, the Wisconsin Dental Association offers the Donated Dental Services Program, which may provide help to qualified applicants. There is usually no cost to qualified applicants, but those who have the ability to pay something may be asked to do so.

The following criteria must be met to be eligible:



A person must live in the county where the services would be received; and



The applicant must be disabled or 65 or older; and



A person cannot have dental insurance of any kind (including Medicaid, a Medicare plan, or private insurance); and



The applicant must have limited income.

To start the process, complete and submit the application. Applications can be downloaded from the WDA website at [www.wda.org](http://www.wda.org). You can also call (414) 755-4188 or 1-888-338-6852 to have an application sent to you. Receipt of a written application does not guarantee treatment.

A phone interview will be conducted after a completed application is received. The applicant will be asked questions to determine their financial situation and dental needs. If an applicant is accepted into the program, they will be put on a waiting list until a volunteer dentist becomes available. The number of people on a waiting list varies by county.

The dentists are volunteers. They can decide to accept or reject patients who have been referred to them. The patient may be asked to schedule a face to face appointment to assess their dental needs before they are accepted as a patient. There is no guarantee that services will be provided. The dentist will determine the treatment plan; once the agreed upon services are completed, the dentist is under no obligation to provide further services. This program does not provide lifetime dental care. The dentists do not donate routine cleanings or examinations after the initial treatment plan is completed.



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## Fraudsters Can Ruin Your Nest Egg

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For many, it can be tough to eke out a living and secure a nest egg for their golden years. While there's no shortage of experts who spend countless hours educating Americans on how to build a nest egg, there are few experts, in comparison, who offer viable solutions on how to protect one's nest egg from identity theft. Being able to maintain your savings and retirement income from identity theft is more vital today than ever.



### Prevent Fraudster Scams

However protecting your nest egg from identity thieves can be a challenge—especially if you're not on top of the scams that fraudsters use to bilk and steal from those who are retired or close to retirement. Here are some steps you can take to help protect your nest egg when the fraudsters come knocking:

- If you're asked to donate funds to a sure-fire investment opportunity from someone you don't know, hang up the phone. A legitimate financial institution won't just call you out of the blue with a windfall investment opportunity.

continued on page 7

## Fraud (continued from page 6)

- Store Social Security number and medical information in a secure place. Carry only the information on you that's necessary.
- If you're receiving checks, such as Social Security, have them deposited directly into your bank account. Identity thieves are known to watch seniors' mailboxes.
- Love your family members, but be aware that the majority of identity theft against seniors can be attributed to friends, family members or caretakers. Often, the people closest to you, have the highest probability of taking advantage of you.
- Place limits on the amounts that anyone can pull from your bank accounts without actual verification of who they are. For example, someone authorized to draw money from your account could use an ATM without having to enter your bank.
- Monitor your credit report regularly. Check for erroneous information and to spot identity theft. Checking your credit report can also help you monitor how you spend money.

As people age, they can become more vulnerable to fraud - as age can sometimes make it more difficult to make effective and safe financial decisions. It can't hurt to put some safeguards in place today to protect your assets in the future.

This article is provided for general guidance and information. It is not intended as, nor should it be construed to be, legal, financial or other professional advice. Please consult with your attorney or financial advisor to discuss any legal or financial issues involved with credit decisions. From ProtectmyID, a part of Experian, newsletter.

## DO YOU KNOW A GROUP OF WOMEN WHO COULD BENEFIT FROM FREE HEALTH EDUCATION?

### HOST A GRAPEVINE SESSION

GrapeVine is a program of the Wisconsin Women's Health Foundation in which trained nurse volunteers lead free health education sessions in the community on women's health topics. The goal is to educate Wisconsin women about disease prevention and healthy lifestyle changes.

#### Attendee Benefits:

- Free education, including disease risk factors, signs & symptoms, and healthy lifestyle changes.
- Access to health related handouts and resources.
- Gift for participation.

#### Topics include:

Heart Health | Mental Health | Opioid Misuse Prevention | Oral Health |  
Self-Care | Smoke Free Spaces | Advance Care Planning | Bone Health |  
Brain Health | Breast Cancer | Diabetes Prevention | Gynecological Cancers

Contact Public Health to request your FREE session:

Phone : 262-741-3200

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



# EAT WELL, AGE WELL.

## Tips for Staying Hydrated this Summer

Drinking enough fluids is an important part of healthy aging. Staying hydrated helps us absorb medications, makes our joints move better, and improves our digestion. However, because our sense of thirst decreases as we age, many older adults don't drink enough fluids. Here are some tips on how to stay hydrated this summer!

- **Keep it Close**  
Always have a water bottle close by to help remind you to drink. Use a water bottle with measurements to track your daily intake.
- **Set an Alarm**  
Create prescheduled alerts on your phone to remind you to drink throughout the day.
- **Drink Before You Are Thirsty**  
By the time you are thirsty, your body is already dehydrated!
- **Be Aware**  
Be mindful of activities that increase your risk of dehydration such as running errands, gardening, cleaning, or being outside on a hot day.
- **Try Alternatives**  
Don't like water? Consider other beverages like unsweetened ice tea, 100% fruit juice, hot tea, broth-based soups, or add fruit to your water to give it extra flavor.
- **Eat your Water**  
Like humans, most fruits and vegetables are primarily made-up of water. Adding fruits and vegetables like melons, cucumbers, celery, peppers, oranges, and carrots to your diet will help you stay hydrated.



### Watermelon Slushy

**Ingredient:** Watermelon



**Instructions:**

1. Cube watermelon and freeze for at least 4 hours
2. Add frozen watermelon to blender until desired consistency
3. Pour into a cup and enjoy!

**Senior Farmers Market vouchers  
are still available, see page 3**



Walworth County Lunch Menu				August
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Italian Sausage Cannellini Beans Stewed Tomatoes Breadstick Mandarin Oranges	<b>2</b> Oven Roasted Chicken with Mushroom Gravy Whipped Potatoes Spinach Wheat Bread Blueberry Blondie	<b>3</b> Roasted Pork Loin with Apple Glaze Potato Pancake Roasted Broccoli Wheat Bread Peaches	<b>4</b> Hunter's Stew Potatoes Dilled Carrots Warm Scalloped Apples Wheat Bread	<b>5</b> Garlic Butter Cod Rice Pilaf Three Bean Salad Wheat Bread Pineapple Chunks S'more Bread Pudding
<b>8</b> Hamburger on Bun Lettuce, Tomato, Onion Tater Tots Broccoli Tropical Fruit Chocolate Pudding	<b>9</b> Pepperoni & Sausage Pizza Bake Lentil Salad Wilted Spinach Melon	<b>10</b> Turkey & Swiss Sandwich with Cranberry Mayo Wheat Bread Three Bean Salad Grapes Butterscotch Pudding	<b>11</b> Barbecue Chicken Red Beans & Rice Peas & Carrots Peaches & Cream Cheesecake	<b>12</b> Roasted Pork Loin with Mustard Sauce Roasted Potatoes Glazed Carrots Wheat Bread Fruit Cocktail
<b>15</b> Brat on a Bun Sauerkraut Potato Salad Roasted Broccoli Lemon Bar	<b>16</b> Pork Fajita with Whole Grain Tortilla Peppers and Onions Refried Beans Salsa Tres Leches Cake	<b>17</b> Chicken Stir Fry Brown Rice Peppers, Onions, Snap Peas and Broccoli Grapes	<b>18</b> Salisbury Steak Baked Beans Wilted Spinach Wheat Bread Blueberry Crisp	<b>19</b> Honey Dijon Chicken Thigs Baby Baked Potato Glazed Carrots Wheat Bread Tropical Fruit
<b>22</b> Shepherds Pie Whipped Potatoes Roasted Broccoli Wheat Bread Cinnamon Apple Sauce	<b>23</b> Strawberry Spinach Salad with Chicken and Chickpeas Smashed Minty Peas Wheat Roll Strawberry Lemonade Cake	<b>24</b> Garlic Rosemary Beef Roast with Gravy Sweet Potatoes Green Beans Wheat Roll Pineapple	<b>25</b> Smoked Sausage Potato Salad County Style Pickles Wheat Bread Peaches Carrot Cake	<b>26</b> Orange Ginger Cod Brown Rice Broccoli Apple Slaw Edamame Vegetable Blend Mandarin Oranges
<b>29</b> Honey Garlic Chicken Brown Rice Zucchini Fruit Cocktail Peach Cobbler	<b>30</b> Meatloaf Whipped Potatoes Green Beans Wheat Bread Cinnamon Apple Sauce	<b>31</b> Chicken Alfredo with Penne Pasta Carrots Broccoli Pears		

## Senior Nutrition Dining Center Sites

**Delavan**  
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**Lake Geneva**  
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 725 S. Curtis St.  
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 11:30 am  
**OPEN FOR DINING**

**Elkhorn**  
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 Apartments  
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 Serving M-F  
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**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.

## Cycling Without Age

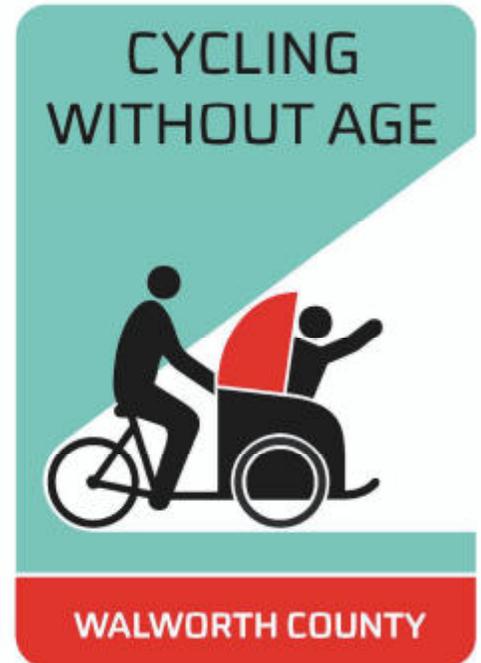
### Volunteer as a “pilot”

Learn how to pilot trishaws in our community so older adults can enjoy the fun of getting out for a bike ride. Volunteers spread and share their joy of life with warmth and charm. Pilots, as the trishaw volunteers are known, will spark fellow riders’ interest, connect with them in heart and mind, and initiate delightful bonding between generations.

The Dementia Friendly Community Initiative is proud to sponsor this program. For more information or to register to be trained as a trishaw pilot, please contact them at (262) 320-7325 or check out their website at <https://dfcwalworth.org>.

### Come see us in person!

We will be at several Walworth County events this summer. Call (262) 320-7325 to reserve a brief ride at one of these events. Please note that rides will be cancelled for inclement weather.



**County Fair Grounds, Elkhorn, Wi.**

**Wednesday 8/3 From 4:30 PM - 8:30 PM**



**County Fair Grounds, Elkhorn, Wi.**

**Thursday 8/13—Sunday 8/15 From 3 PM — 8PM ; 11 am – 8 PM; & 11:30 AM - 7 PM**



**Veterans Park, Elkhorn, Wi. Saturday 8/21**

**From 9 AM - 1 PM**



**Veterans Park, Elkhorn, Wi. Saturday 9/4**

**From 9 AM - 1 PM**



**Geneva Street, Delavan, Wi. Saturday 9/18**

**From 10 AM - 4 PM**



**Veterans Park, Elkhorn, Wi. Saturday 10/16**

**From 9 AM - 1 PM**



**Delavan Community Park, Delavan, WI.  
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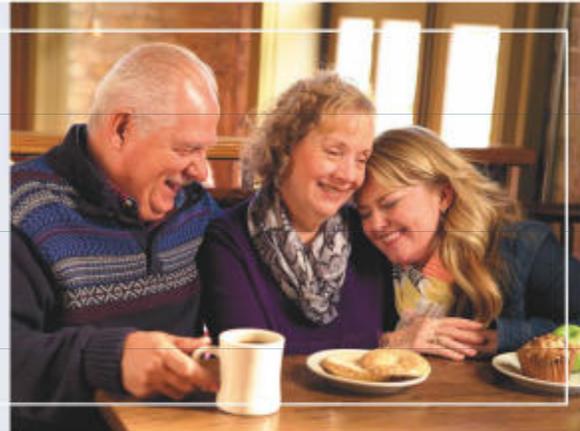
Walworth County Aging & Disability Resource Center, Elkhorn, WI

B 4C 01-1248

## Dementia Friendly - Train the Trainer Course

The Dementia Friendly Community Initiative in Walworth County has already training over 5,500 people and has 70 *Purple Angel Award* recipients in the county. Learn how to train others on how to engage with and respond effectively when serving individuals living with dementia and their families. Upon completion of the training you will be able to provide a 30 minute training program to other area businesses and organizations who want earn the *Purple Angel* recognition. Call Eric at (262) 320-7325 or email [dfcwalworth@gmail.com](mailto:dfcwalworth@gmail.com) to register or to learn more about the program.

### Advance Care Planning Workshop



#### Planning in Advance for Future Health Care Choices?

We can't respect your choices for future medical care... unless we know what they are.

Ask us about advance care planning.

Advance Care Planning is a process for you to: understand possible future health choices; reflect on these choices in light of the values and goals important to you; discuss your choices with those close to you and the health professionals who care for you; and make a plan for future healthcare situations.

This free workshop will address your questions and help you complete an Advance Directive, which allows you to remain in charge of decisions about your medical care, even when you may not be able to speak for yourself.

**Tuesday, August 31**  
3 to 4 p.m.

Aurora Medical Center  
252 McHenry Street, Burlington  
Café A/B

**Tuesday, October 26**  
3 to 4 p.m.

Aurora Lakeland Medical Center  
W3985 County Hwy NN, Elkhorn  
Lower Level Classroom A

To register or obtain more information, call Chaplain Steve Hrycyniak at 262-741-2961 or visit [aurora.org/events](http://aurora.org/events) and search advance directive.

#### Your health and safety is our highest priority

The Advocate Aurora Safe Care Promise provides additional measures to protect you and our team members. In person or online, we're here for you. To learn more about Advocate Aurora's Safe Care Promise, go to [advocateaurorahealth.org/safe-care](http://advocateaurorahealth.org/safe-care).





## EXTENSION HELPS OLDER ADULTS MASTER AGING

Consider joining the fun and innovative upcoming Aging Mastery Program® (AMP)! AMP empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Using the program developed by the National Council on Aging (NCOA), educators from the UW-Madison Division of Extension will be offering this ten-session health and wellness program to older adults to help them build their own playbook for aging well.

### Class topics include:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

**Aging well means caring for the whole you.** Join us online for our upcoming, free Aging Mastery classes.



The ten-class series will be held over five weeks: **Mondays & Wednesdays, Aug. 2 - Sept. 1, 2:00-3:00pm**

You can attend these **FREE** classes from the comfort of your home or wherever you are, anywhere in the state, as the class will be offered via Zoom, and participants will be able to connect via computer or dial in by phone. Registration: <https://go.wisc.edu/wiamp>

### For more information or for assistance with registration, contact:

Tracy Henegar: [Tracy.Henegar@wisc.edu](mailto:Tracy.Henegar@wisc.edu), 715-395-1426 - UW-Madison Extension Douglas & Bayfield Counties  
 Amanda Kostman: [Amanda.Kostman@wisc.edu](mailto:Amanda.Kostman@wisc.edu), 262-741-4961 - UW-Madison Extension Walworth County  
 Amanda Griswold: [Amanda.Griswold@wisc.edu](mailto:Amanda.Griswold@wisc.edu), 608-326-0223 - UW-Madison Extension Crawford County  
 Kari Enders: [kari.enders@inclusa.org](mailto:kari.enders@inclusa.org) - Retention Coordinator, Inclusa, Inc.

## State Fair Attractions Word Search (answers on page 18)



Agriculture

Art

Concerts

Contests

Exhibits

Food

Games

Giant Slide



Livestock

Midway

Parade

Races

Rodeo

Vendors

Zipline

## Lake Geneva Public Library

### August 3rd, 24th & 31st (Tuesdays) - Salem Witch Series

6:00-7:30 pm via Zoom

In January of 1692, a strange illness seized control of five young girls. When medical professionals couldn't identify the illness, the girls were believed to be possessed. But, did the girls bring this trouble upon themselves or were people in the community casting black magic across the town? Clergy, politicians, and other community members all attempted to answer this question, and their answers sent the region into hysteria. The Salem Witch Trials are one of the most iconic events in United States history and remain relevant more than 300 years after the final accused witch hanged on Gallows Hill. However, the events surrounding the trials and the motivations of the participants remain habitually misunderstood.



In this three part series, archivist and historian Mickey DiCamillo unravels the events of 1692 with help from archival documents from the period. Email [rstrehlow@lakegeneva.lib.wi.us](mailto:rstrehlow@lakegeneva.lib.wi.us) to register.

### August 11th (Wednesday) - Lizzie Borden Historical Portrayal with Leslie Goddard

6:00-7:00 pm via Zoom

Join award-winning actress Leslie Goddard, Ph.D., as she brings to life Lizzie Borden, accused of the brutal hatchet murder of her father and stepmother in 1892. Hear Lizzie's story come alive as she talks about her life growing up in Fall River, Massachusetts, her estrangement from her stepmother, and her troubled relationship with her father. Was Lizzie a desperate and unsettled daughter who resorted to murder .... Or an innocent woman who could never escape the trauma that destroyed her life? Email [rdstrehlow@lakegeneva.lib.wi.us](mailto:rdstrehlow@lakegeneva.lib.wi.us) to register.

### August 17th (Tuesday) - From Obscurity to Greatness: Illinois and Lincoln 1830 to 1861

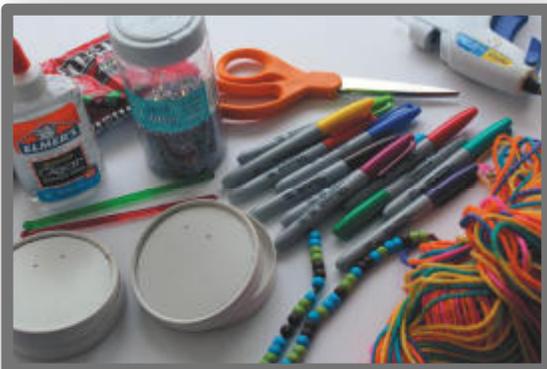
6:00-7:00 pm on the Library's East Lawn

Mr. Lincoln discusses his Illinois years, when both he and the state were transformed, growing tremendously in standing and fame.



## Fontana Public Library

Open Monday through Friday, 9-5; Saturday, 9-1. Curbside pick-up available.  
166 2nd Ave, Fontana (262) 275-5107



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. You may stay and color, we have colored pencils and pens, or you may take the pages home.

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

## Alzheimer's/Dementia

### Caregiver Coffee Club

Meets virtually on the first Wednesday of the month, 10-11:30 am. For more information, please call (262) 741-3273.

### Family Caregiver Lunch Bunch

Meets virtually on the first Thursday of the month, 12-1 pm. For more information, please call (262) 741-3273.

### Dementia Caregiver Support Group - Lake Geneva

Meets in-person on the third Thursday of the month, 2:30-4 pm. Immanuel Lutheran Church, 700 N Bloomfield Rd. Call Cindy at (262) 210-9783 for more information.

### Memory Café

An opportunity for individuals with mild cognitive impairment/early-stage Alzheimers, or other types of dementia, & their care partners to meet in a safe supportive environment.

### Lakeshore Memory Café

Hosted by: Aram (Delavan) Public Library, 1-2 pm.

Topic: Into the Garden

For more information, please call (262) 741-3273 or email walcoadrc@co.walworth.wi.us.

### Burlington Area Memory Café

Meets the third Friday of the month, 9:30-11 am. To register, contact Chad at (262) 212-3596 or email csutkay@touchinghears.com

### Alzheimer's Association

1-800-272-3900, [www.alz.org](http://www.alz.org)

### Support Groups

Contact the Alzheimer's Association for the time and location of other 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.

## 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, 20 N Church 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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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)

WisconsinSeniorMedicarePatrol



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**

### Card Playing Groups

#### Wednesdays

Senior 500 card players meet at Culver's, 1000 N Wisconsin St, Elkhorn. 9-11:15 am. For more information contact Jan at (262) 742-2519.

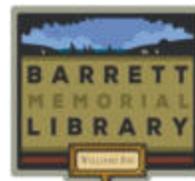
#### Thursdays

Elkhorn Senior Citizens Card Club plays bridge and 500 at the Matheson Memorial Library, 101 N Wisconsin, Elkhorn. 11:30 am-2:30 pm. All are welcome, no pre-registration required. For more information contact Jan at (262) 742-2579

### 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



## Barrett Memorial Library

#### Come on in!

65 W Geneva St, Williams Bay, (262) 245-2709

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

**Saturday Book Club** - August 14 at 10:00 a.m. This month's selection is "The Giver of Stars" by Jojo Moyes.

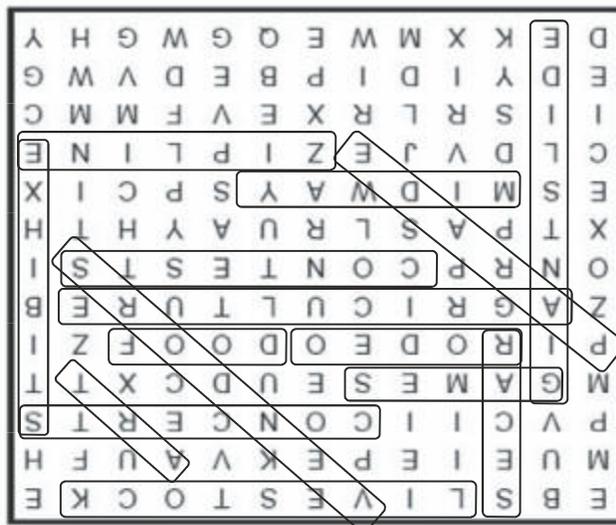
**Hoo's Woods Raptor Show** - Friday, August 27 at 11:30 a.m., at Edgewater Park Pavilion during the Williams Bay Farmers Market.

**Dig It! Garden Advice from the Stacks** - Check out our Facebook page for the latest of these videos: <https://www.facebook.com/BarrettMemorialLibrary>.

#### Feeling creative?

**Craft Chat** videos can also be found on our Facebook page. And all you need is a library card to check out **Creative Bug!** <https://www.creativebug.com/lib/lakeshoreslib>

Answers to Puzzle on page 14



## Matheson Memorial Library

**Step Back in Time with our Annual Downtown Walking Tour! Thursday, August 12<sup>th</sup> 6:30 p.m.** The library's annual tradition (except for 2020...) of conducting a walking tour that explores our city's history returns this August! This year, we'll be visiting historical locations around the city square. We'll be using the book, *A Centennial History of Elkhorn* as our guide to iconic city locations, and we'll talk about the businesses and residences that occupied them in days past. This short tour should be accessible to everyone, but please wear comfortable clothes and good walking shoes. In case of inclement weather, please watch our website for cancellation notice.



**Meet Danielle Lincoln Hanna, Author of the *Mailboat Mystery Series*! Friday, August 20<sup>th</sup> 3:00 p.m.** Popular mystery novelist Danielle Lincoln Hanna is celebrating the release of the newest installment of her celebrated Mailboat series, and she wants to meet you! She'll be talking about the life of an author, the inspiration for the series, and sharing some sections of her new book, *Mailboat IV*. Copies of the new book, as well as all the other books in the series will be available for purchase, and Danielle will be happy to sign them for you!

## Aram Public Library

**Seed Saving with Master Gardener, Ruth Flescher - August 3 at 6 p.m.** UW Extension Master Gardener Volunteer, Ruth Flescher, shares techniques for gathering and saving seeds from a variety of vegetables and flowers. As well as how to plan your garden for seed saving. Hands-on activities will include dry seed processing and wet seed processing. Participants are encouraged to bring in seed pods. This program will take place in person, outside.

**Thursday Night Book Club - August 5 at 6:30 p.m. via Zoom.** Please register to receive a link to the meeting. This month's title is *Keeper of Lost Causes* by Jussi Adler-Olsen.

**Memory Cafe: In the Garden - Wednesday, August 11 from 1 to 2 p.m. in person at Veterans Memorial Park, 69 W. Walworth Ave., Delavan, WI.** Picnic tables are provided. Feel free to bring your own chairs. Join Aram Public Library as we make fairy wands and investigate the sensory world of the garden. Refreshments and craft supplies are sponsored by the Aging & Disability Resource Center (ADRC) of Walworth County.

**Plein Air event with local artists - Saturday, August 14 from 7 to 11 a.m.** Aram Public Library and the Walworth Arts Council are sponsoring this Plein Air art event in downtown Delavan. The French term *plein air* refers to the practice of painting entire pictures outdoors. Artists of all skill levels are invited to this informal meet-up, and spectators are welcome.

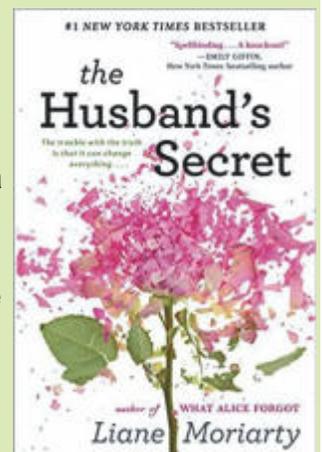
**Book Sale - Friends of Aram Public Library - Saturday, August 14 from 8 a.m. to 3 p.m.** Join us for our annual summer book sale under the tent on the Library's front lawn. Hundreds of adult, children and teen books, DVD's and music CD's to choose from, all at bargain prices.

**Books, Babble, and Bubbly - August 18 at 6 p.m. via Zoom.** Please register to receive a link to the meeting. Share what you are currently reading from the comfort of your own home.

**Guilty Pleasures - August 30 at 6 p.m. via Zoom.** Please register to receive a link to the meeting. This month's title is *The Husband's Secret* by Liane Moriarty.

**Adult Crafting at Home - August's Take and Make** craft bags will contain the instructions and supplies to make a small dream catcher. These craft bags will be available for checkout at the library starting on Monday, August 2, 2021, 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.





**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)

**ADDRESS SERVICE REQUESTED**

## 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  
October 21st  
December 2nd

**In – person**  
1-2:30 pm  
or  
6-7:30 pm

**Pre-registration required**  
due to space limitations  
(262) 741-3212  
(262) 741-3366

