

November 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

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

Find us on Facebook
[@WalCoDHHS](https://www.facebook.com/WalCoDHHS)



**Aging & Disability Resource
Center**

(262) 741-3400

Disability Benefit Specialist
(262) 741-3400

Elder/Adult Abuse Referral
(262) 741-3200

Elder Benefit Specialist
(262) 741-3400

**Nutrition Program:
Meals on Wheels & Senior
Dining**
(262) 741-3333

Transportation Program
(262) 723-4402
www.wal-to-wal.com



Walworth County

Aging & Disability Resource Center News

The Reason We Celebrate Veterans Day

On Thursday, November 11, Americans will celebrate Veterans Day. The federal holiday pays tribute to the brave men and women of the United States armed forces who risk their lives daily to protect our freedom.

Formerly called Armistice Day, the 102 year-old tradition began on November 11, 1919 when US President Woodrow Wilson set aside the day to honor the soldiers who had fought in World War I. The date was chosen because it was at 11:00 am on November 11, 1918 that the Allied Nations and Germany called a ceasefire, or Armistice, which ultimately ended the four-year, three months long "Great War." In 1954, US officials changed the name to Veterans Day to include the men and women who had fought in World War II (September 1, 1939 - Sept 2, 1945) and the Korean War (June 25, 1950 - July 27, 1953).

To enable Americans to enjoy a three-day weekend, on June 28, 1968, the US Congress passed a bill that moved Washington's birthday (Feb 22), Memorial Day (May 30) and Veterans Day (November 11) to a predetermined Monday. While Americans did not mind the change on the first two holidays, most were not happy to celebrate Veterans Day on a floating date, due to the historical significance attached to November 11. In 1975, President Gerald Ford gave in to the public's demands and starting in 1978, Veterans Day was once again celebrated on November 11.

When Wilson first established the holiday, he asked Americans to celebrate it with parades and urged businesses to allow workers a few minutes to honor veterans at 11:00 am. While these traditions are still very much a part of the celebrations, many restaurants and businesses have also joined in to honor retired military personnel by offering free meals



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.



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



Walworth County offices, including home-delivered meals and dining centers, will be closed on Thursday, 11/25 and Friday, 11/26 in observance of Thanksgiving.

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Veterans (continued from page 1)

and exclusive discounts.

The US is not the only country that observes the holiday. It is also celebrated in the United Kingdom, France, Canada, Australia, Malta, and South Africa. While each nation has its own unique tradition, the purpose is the same — to thank the brave men and women who put their lives on the line to protect others.

Given that Memorial Day and Veterans Day both honor our military personnel, many Americans think they serve the same purpose. However, the two holidays are very different. Memorial Day, which is celebrated on the last Monday in May, pays tribute to soldiers that have lost their lives or sustained a wound during a war. Veterans Day, on the other hand, recognizes all military personnel, both living and dead. Its primary purpose, however, is to give thanks to living veterans. So seek out one of these brave men and women who risked their lives to make yours better, and honor them with a kind deed or two.

Are You Ready for Winter? An Emergency Kit in Your Car Could Save Your Life

Winter storms are considered deceptive killers because most deaths are indirectly related to the storm. For example, Wisconsin has averaged 20,000 motor vehicle crashes during winter months. An average of 60 people are killed and 6,000 injured on icy or snow-covered roads.

Now is the time to winterize your car and gather items for an emergency kit in your car.

Items that should be included in the winter storm survival kit, carried in the back seat of your vehicle (in case your trunk jams or is frozen shut), include:

- Blankets or sleeping bags
 - Extra hats, socks and mittens
 - Flashlight with extra batteries
 - First-aid kit
 - Shovel, booster cables and windshield scraper
 - Water and high-calorie non-perishable food (raisins, candy bars, energy/protein bars)
 - Sand or cat litter to use for traction
 - Cell phone adapter



Travel safe this winter season.



Daylight saving time ends on Sunday, November 7th.

Don't forget to *fall* back.



Cycling Without Age

We have been at several Walworth County events over the past few months. We will be at the Lake Geneva Senior Resource Fair on November 4th. Call (262) 320-7325 to reserve a brief ride at this event. Please note that rides will be cancelled for inclement weather.

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>. And be sure to check out their activities for 2022 and join them by having your own event!



National Diabetes Awareness Month and Vietnam Veterans

November is National Diabetes Awareness Month, and Vietnam Veterans are at a much higher risk than the general population of developing Diabetes Mellitus (Type-II Diabetes). One of the known risk factors for developing Type-II Diabetes is exposure to Agent Orange (Dioxin and the other chemicals used as an herbicide on the jungles of Vietnam).

Veterans who served in Vietnam are presumed to have been exposed to Agent Orange, and therefore any of the 17 diseases acknowledged by the VA, including Type-II Diabetes, are presumed to be caused by exposure to Agent Orange.



Vietnam veterans with Type-II Diabetes, or the surviving spouse of a Vietnam veteran who died from complications of Type-II Diabetes should contact the Walworth County Veterans Service Office at (262) 741-4222. For more information on the other 16 diseases known to be linked to Agent Orange exposure you can visit the VA Public Health Website (<https://www.publichealth.va.gov/exposures/agentorange/conditions/index.asp>) or contact the Walworth County Veterans Service Office.

Reducing Risk or Controlling Diabetes

November is National Diabetes Month. Diabetes is a chronic disease that affects more than 34 million Americans, while 88 million adults have pre-diabetes.

Take these steps to reduce your risk of diabetes or better control your diabetes:

- 1. Get more physical activity!** Aim to be physically active for 3+ days a week.
- 2. Get plenty of fiber!** Foods high in fiber include fruits, vegetables, beans, whole grains, nuts and seeds.
- 3. Go for whole grains!** Whole grains such as brown rice, oatmeal, and whole wheat bread help maintain blood sugar levels.
- 4. Keep a healthy weight!** If you are overweight, diabetes prevention may hinge on weight loss.
- 5. Skip fad diets!** Think healthy choices & portion control as part of over all healthy-eating.



Walworth County
Public Health



Visit: <https://wihealthyaging.org/workshops>
to inquire about a Health Living With Diabetes workshop.

Cold Weather Brings Carbon Monoxide Risks

Safety Tips to Protect Your Family from Carbon Monoxide Poisoning

- Place a carbon monoxide detector on each level of your home.
- Schedule annual inspection of furnace and/or wood-burning stoves.
- Never operate a gas or charcoal grill inside your home for warmth.
- Never run a vehicle in an enclosed space.
- Operate generators a safe distance from the home.

For more information visit:
<https://www.dhs.wisconsin.gov/air/co.htm>

Walworth County
Division of Public Health

262-741-3200

walcopheco.walworth.wi.us

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417/Public-Health-Division

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Walworth County Aging & Disability Resource Center, Elkhorn, WI

A 4C 01-1248

Celebrate Family Caregivers

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.

1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC of Walworth County to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them. Local support groups can be found on page 16 of this newsletter.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources



See Page 13 for information on the upcoming Powerful tools for Caregiver Class



Get Your Flu Shot

Flu season starts each fall and lasts until the following spring. The CDC recommends that everyone, six months of age and older, get a flu shot every season with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at greater risk of serious complications compared with younger adults.

Flu activity was unusually low during the 2020-2021 flu season. It is likely that COVID-19 prevention measures prevented many cases of flu. In addition, flu vaccination may have played a role, as a record number of flu vaccine doses were distributed in the United States during 2020-2021.

Some experts are concerned that this year's flu season could be difficult. As with COVID-19, when someone recovers from the flu, they have antibodies that protect them from future flu infections for a short period of time. Because flu activity was so low last year, few people were infected and developed antibodies. It is possible that the recent surge in COVID-19 cases caused by the Delta variant may encourage people to stay home, minimize their contacts, and wear face masks. However, many other respiratory viruses have returned to pre-pandemic levels, and the CDC is expecting the flu viruses to do the same.

It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.

Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an Advantage Plan provider.

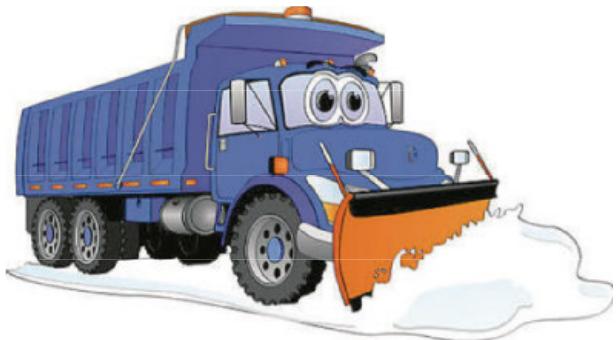
Weather Closings

During inclement weather, road conditions may prevent home-delivered meal delivery and require us to close the senior dining centers. If the Department should need to cancel these services for the day, the following television and radio stations will relay information concerning cancellation of the meals:

Channel 4 (WTMJ Milwaukee), Channel 6 (Fox6 Milwaukee), Channel 12 (WISN Milwaukee),
Channel 58 (CBS Milwaukee)

WTMJ 620 AM, WKTI 94.5 FM, WOKY 920 AM, WISN 1130 AM, WLKG 96.1 FM, WSLD 104.5 FM,
WSJY 107.3 FM, WKCH 106.5 FM, WFAW 940 am, WJVL 99.9 FM and WCLO 1230 AM

It is advisable to keep emergency food supplies on hand if inclement weather results in the cancellation of your meal.



Food choices to stock up on may include:

- Canned fruits and vegetables (in juice/water or lower sodium and sugar - rinse if necessary)
- Canned tuna fish
- Fruit and vegetable juices
- Eggs and cheese
- Bread, crackers and peanut butter
- Canned soups/stews
- Frozen foods or TV dinners (look for lower sodium)
- Raisins or other dried fruits

EAT WELL, AGE WELL.

Food Safety

A Safe Holiday Feast



1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR.

FOOD SAFETY is IMPORTANT!

Follow these simple rules to ensure a **SAFE** holiday feast.

SHOPPING for your FEAST

Make room for your feast in the fridge and freezer.

Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

ALWAYS PAY ATTENTION to "SELL BY" & "USE BY" DATES.

BUY A FOOD THERMOMETER!

PREPARING your FEAST



WASH HANDS, SURFACES & UTENSILS between EACH FOOD-PREP STEP.

THAW FORMULA: 4 LBS. PER 24 HOURS
Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

COOK TURKEY BREAST & STUFFING to 165°F
Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F). Rinse fresh fruits and vegetables just before using or consuming unless labeled "ready-to-eat" or "pre-washed."

EATING your LEFTOVERS



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

REHEAT LEFTOVERS to 165°F

EAT or FREEZE LEFTOVERS within 3 to 4 DAYS.
EAT or FREEZE GRAVY within 2 DAYS.

FIND MORE INFO at HOLIDAYFOODSAFETY.ORG
EATTURKEY.COM

The Core Food Safety Practices

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria), he can make people sick. Even though you can't see BAC - or smell him, or feel him - he & millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. But you have the power to reduce your risk of foodborne illness. It's as easy as following these core practices.



CLEAN

Wash hands and Surfaces often.

- Wash hands with warm water & soap for at least 20 seconds before & after handling food, using the bathroom, & handling pets.
- Wash cutting boards, dishes, utensils, & countertops with hot soapy water after preparing each food item & before you go on to the next food.

SEPARATE

Don't cross-contaminate

- Separate raw meat, poultry, seafood & eggs from other foods in your grocery cart, grocery bags & refrigerator.
- Use one cutting board for fresh produce & a separate one for raw meat, poultry & seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.

COOK

Cook to the safe internal temperature

- Use a food thermometer to make sure that the food is cooked to a safe internal temperature.
- Cook roasts & steaks to a minimum of 145°, all poultry needs to reach 165°, & ground meat must be at least 160°.

CHILL

Refrigerate promptly

- Refrigerate or freeze perishables as soon as you get home from the store.
- Never defrost at room temperature.
- Divide large amounts of leftovers into several shallow containers.

Did you know?

The challenge is that microorganisms continue to adapt and evolve, often increasing their degree of virulence.

Walworth County Lunch Menu

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shepherds Pie Whipped Potatoes Roasted Broccoli Wheat Bread Cinnamon Apple Sauce	2 Honey Garlic Chicken Brown Rice Black Beans & Corn Fruit Cocktail Peach Cobbler	3 Garlic Rosemary Beef Roast & Gravy Sweet Potatoes Green Beans Wheat Roll Pineapple	4 Smoked Sausage Braised Cabbage Roasted Potatoes Rye Bread Peaches Pumpkin Bars	5 Breaded Cod Tartar Sauce Brown Rice Butter Beans Fruit Cocktail
8 Hamburger on Bun Tater Tots Green Beans Fruit Cocktail	9 Meatloaf Brown Rice Peas Cinnamon Apple Sauce Rice Crispy Treat	10 Chicken Alfredo with Penne Pasta Carrots Broccoli Pears	11 Braised Riblet Sweet Potatoes Turnip Greens Cornbread Carrot Cake	12 Garlic Butter Cod Parsley Red Potatoes Three Bean Salad Pineapple Chunks Butterscotch Pudding
15 Italian Sausage Cannellini Beans Stewed Tomatoes Breadstick Mandarin Oranges	16 Oven Roasted Chicken with Mushroom Gravy Whipped Potatoes Spinach Wheat Roll Peaches	17 Roasted Pork Loin with Apple Glaze Potato Pancake Roasted Broccoli Wheat Bread Blueberry Blondie	18 Hunter's Stew Potatoes Dilled Carrots Warm Scalloped Apples Rye Bread	19 Orange Ginger Cod Lo Mein Noodles Broccoli Apple Slaw Edamame Vegetable Blend Mandarin Oranges
22 Chicken Pot Pie with Potatoes, Peas and Carrots Wheat Bread Pears Chocolate Pudding	23 Swedish Meatballs with Mushroom Sauce Egg Noodles Roasted Parmesan Cauliflower Mandarin Oranges	24 Roast Turkey & Gravy Mashed Potatoes Almond Green Beans Wheat Bread Cranberry Sauce Pumpkin Pie	25 Thanksgiving Holiday No Meals on Wheels Service and Dining Centers	26 Thanksgiving Holiday No Meals on Wheels Service and Dining Centers
29 Zesty Taco Bake Spanish Rice Roasted Corn & Black Bean Salsa Peaches	30 Spaghetti Meatball Marinara Roasted Zucchini Warm Rice Pudding Grapes			

Senior Nutrition Dining Center Sites

Delavan
 Lake Comus Apartments
 207 McDowell (262) 728-5618
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OPEN FOR DINING

Delavan
 Westshire Apts 5680 Parliament (262) 903-9389
 Serving T, Th 11:30 am
OPEN FOR DINING

Elkhorn
 Sedgemoadow Apartments 18 West St. (262) 723-2867
 Serving M-F 11:30 am
OPEN FOR DINING

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

Whitewater
 Brookdale Manor 1061 Blackhawk Dr. (262) 903-0436
 Serving M-F 11:30 am
OPEN FOR DINING

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 11:30 a.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.

Four Ways to Stay Ahead



Right now, there are no plans to create a national COVID-19 vaccine verification app, certificate or passport. *To stay ahead of scammers:*



Be skeptical of anyone contacting you from the federal government.

No agency will call, email, or text demanding your personal information or money to get a vaccine certificate or passport.



Check with airlines, cruise lines, and event venues about their requirements.

Don't rely on information from someone who calls, texts, or emails you out of the blue.



Contact your state government about its vaccine verification plans and requirements.



Don't share your information with just anyone.

That real-looking site could be scammers looking for your money or information.

Report vaccine passport scammers to the FTC at ReportFraud.ftc.gov or your attorney general at ConsumerResources.org.



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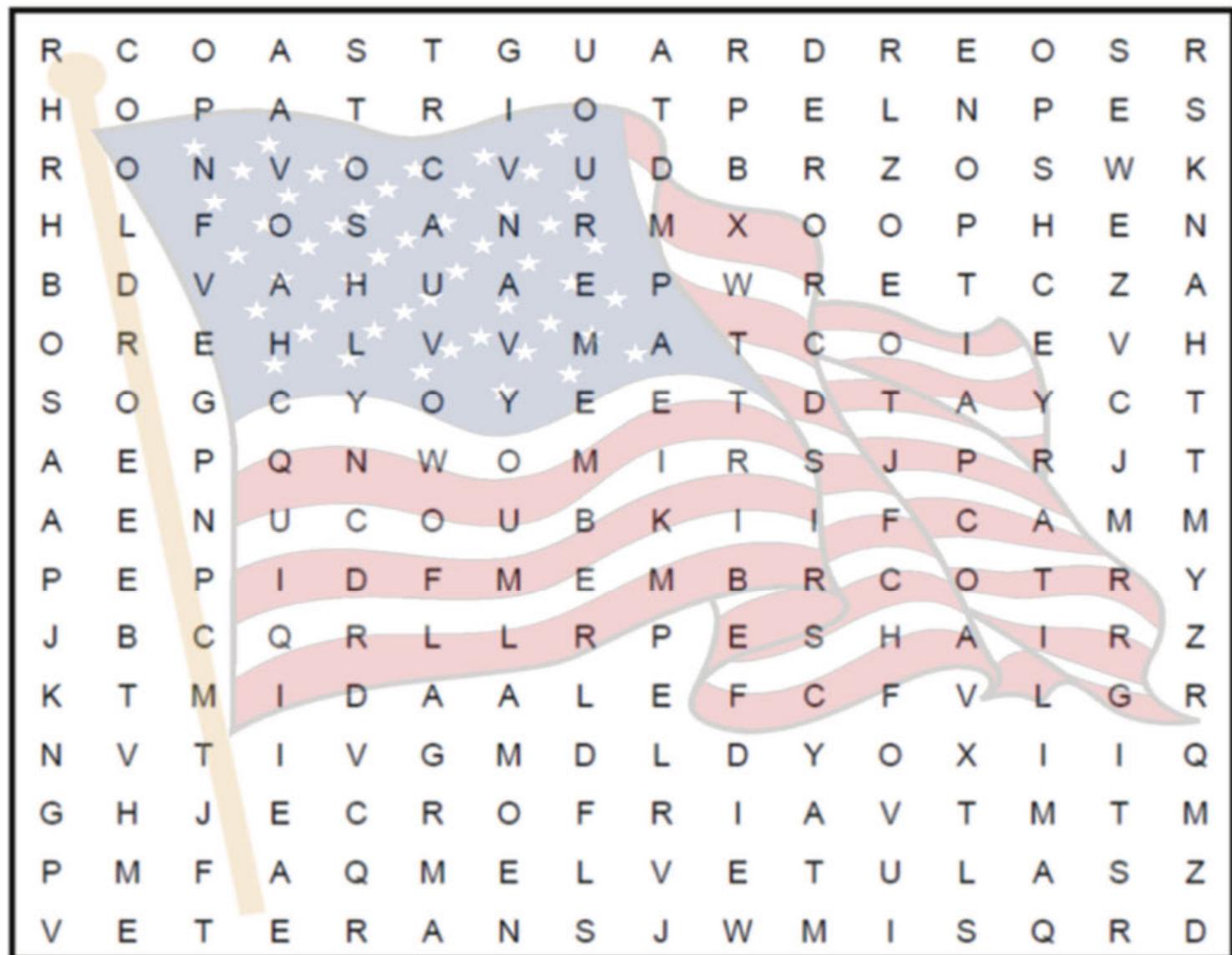
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Walworth County Aging & Disability Resource Center, Elkhorn, WI

B 4C 01-1248

Veterans Day Word Search (answers on page)

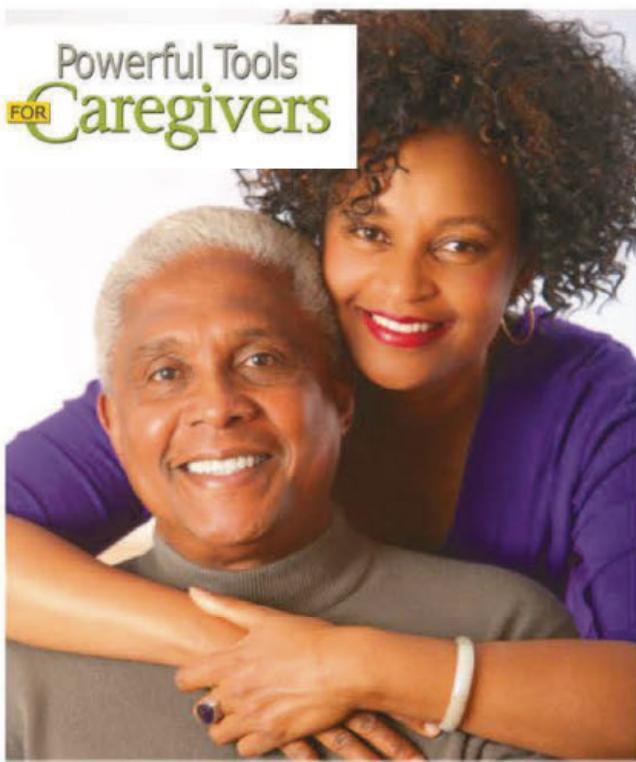
When first celebrated as Armistice Day, the day marked the end of World War I, formally recognized on the “11th hour, of the 11th day, of the 11th month” in 1918. Today we continue to celebrate the day as Veterans Day, still recognizing the original tie with November 11. That means Veterans Day is on the same day every year -- November 11 -- regardless of on which day of the week it falls. When the date falls on a Saturday or Sunday, government officials or businesses may recognize it on both the official day and the following Monday.



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November
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Thanks
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Veterans



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

Workshop Dates & Location:

Thursdays

November 4th – December 16th
(skipping 11/25)

10am – 12pm

Walworth County DHHS
1910 County Rd NN
Elkhorn, WI 53121

Cost \$10

Registration required
Call (262) 741-3309 to register.

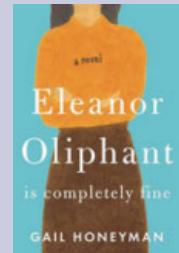
Lake Geneva Public Library

**Monday, November 8th at 6:00 p.m.
Lake Geneva Riots of 1967 (via Zoom)**

Two violent nights in Lake Geneva, July 4th and 5th in 1967. Thousands of rampaging youths hurled beer bottles and fireworks at police in two nights of violence in this Southern Wisconsin resort city. Windows were broken, parking meters ripped loose, and police stoned in a three hour uprising. But why? Email rstrehlow@lakegeneva.lib.wi.us to attend

**Wednesday, November 17th at 1:00 p.m.
Zoom Book Club**

Please join us as we discuss "Eleanor Oliphant is Completely Fine." Email rstrehlow@lakegeneva.lib.wi.us to attend



Thanksgiving Closing

The Lake Geneva Public Library will be closing at 5:00 p.m. on Wednesday, November 24 and will be closed Thursday, November 25 and Friday, November 26. The library will reopen at 9:00 a.m. on Saturday, November 27.



Truala - A Resource for Caregivers in Wisconsin



LEARN HOW TO
KEEP YOUR LOVED ONE HAPPY AND HEALTHY AT HOME
INCLUDING BRAIN HEALTH, SAFETY & INJURY PREVENTION AND PERSONAL CARE

- Improve confidence and reduce stress by learning care skills.
- Helpful tips available in print, audio, video, eLearning and more.
- Login to the website on any computer, tablet or smartphone - no app required!

“

And that fact that you can do a module in five minutes is great!

- JERRY, 65,
CARING FOR HIS WIFE WITH ALZHEIMER'S

Register Now!

Sign up at:
WisconsinCaregiver.truala.com

Fontana Public Library

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

Stop by for a new book, magazine or DVD. While you're here, pick up one of our Take and Make projects. Ask for a kit at the circulation desk and take it home to assemble. Kits are offered on a first come, first served basis. 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 and conversation, we have adult coloring on Tuesday mornings from 10:00-11:00 and Friday afternoons from 1:00-2:00 (no coloring on Nov. 26th). We supply coloring pages, colored pencils and pens, or you may bring your own. A light snack is provided. No reservation required.



Matheson Memorial Library

LAKESHORE MEMORY CAFE PRESENTS

VETERANS DAY BALL

MATHESON MEMORIAL LIBRARY
101 N WISCONSIN STREET
ELKHORN, WI

An event to help raise awareness for our veterans and memory cafes.

**FEATURING MUSIC AND DANCING
REGISTER BY CALLING
(262) 741-3273**

10 Nov 2021, Thursday • 1:00-2:30pm
Food & drinks will be served.

ALL ARE WELCOMED TO THIS FREE EVENT!!
HAVE YOUR DANCING SHOES READY!



Project Veteran Muscle, Inc.

We are Project Veteran Muscle Inc. We are a gym open to public gym membership but offer free 60 day membership to veterans, then a discounted rate to follow. We also offer discounted membership and training to service related disabled veterans and veterans with PTSD. We are located at 901 Maxwell Street in Lake Geneva.

Check out the website at <https://projectveteranmuscle.com/>. For more information you can contact them by phone at (262) 812-8060 or e-mail nick@projectveteranmuscle.com

BUILDING PHYSICAL AND MENTAL STRENGTH ONE VETERAN AT A TIME.

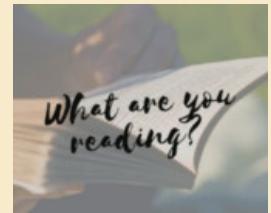
Walworth Memorial Library

525 Kenosha Street, Walworth, WI 53184, www.walworth.lib.wi.us
 Monday & Wednesday 10:00 am – 8:00 pm
 Tuesday, Thursday, Friday and Saturday 10:00 am – 5:00 pm

The library offers numerous links for crafts, education, movies, magazines and more through our website – check out the resources page.

Take Home Crafts for Kids and Hanging Out with Miss Patti - an interactive Facebook Group for children and their families plus Coloring with Trish every Thursday at 11:30 a.m.

Book Gathering – What Are You Reading? – A different kind of Book Club – the 2nd Monday of the month, 6:30 to 7:30 pm.



There's always something fun going on at the library, and of course the best thing of all is access to all those wonderful books!

Energy Assistance

2021/2022 Wisconsin Home Energy Assistance Program (WHEAP) and Weatherization Assistance Program (WAP) is currently available. The assistance is a one-time payment during the heating season and funding pays a portion of energy costs. However, the payment is not intended to cover the entire energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.

Who is eligible for energy assistance and weatherization assistance? Your household may be eligible WHEAP and WAP. If your household gross income is less than the amount shown on the chart on the right, you may be eligible for a benefit or services. Applications/appointments for both programs are accepted at Energy Services, Inc. (262) 427-8505 or online at www.energybenefits.wi.gov.

All applicants must provide the following:

- ✓ Your most recent energy bill
- ✓ Photo ID and Social Security number(s)
- ✓ Written proof of your household's gross income for the previous month prior to your application

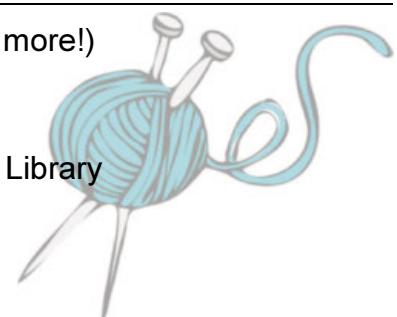


Income Guidelines for 2021-2022 Home Energy Assistance Program

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542

Fiber Therapy

- Who:** Fiber crafters (knit, crochet, cross-stitch, sew, macraméé, 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 to receive meeting invitations



Walworth County Community Calendar– Support Groups

**** 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) 605-6646.

Family Caregiver Lunch Bunch

Meets virtually on the first Thursday of the month, 12-1 pm. For more information, please call (262) 605-6646.

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.

Dementia Caregiver Support Group - Burlington

Meets the 2nd & 4th Wednesday, 11:30 am-1 pm, Burlington Senior Center, 587 E State St, Burlington. \$2 donation requested. Contact Joyce at (262) 763-8389.

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.

Walworth County Memory Café

Meets the 1st Friday of the month. To register, or for information please call (262) 741-3273 or email walcoadrc@co.walworth.wi.us November 5th - 10:30 am. Location: ADRC, 1910 County Rd NN, Elkhorn

Lakeshore Memory Café

Hosted by: Matheson Memorial Library, 1-2 pm.
Topic: Veterans Dance
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/Dementia

Alzheimer's Association

1-800-272-3900, 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.

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

Parkinson Disease

American Parkinson Disease Association - Wisconsin Chapter - Referral center for individuals, families and the community. (608) 345-7938 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

Stroke

Stroke Support Group - Meets the third Monday at 1 pm at Aurora Lakeland Medical Center, Elkhorn. Contact Heidi Barnes at (262) 741-2539.

Violence

New Beginnings

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 New Beginnings, 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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(262) 728-2500

Steinke Chapel

515 Center St. • Lake Geneva
(262) 248-2320

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PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities



**Toll-free Helpline:
888-818-2611**

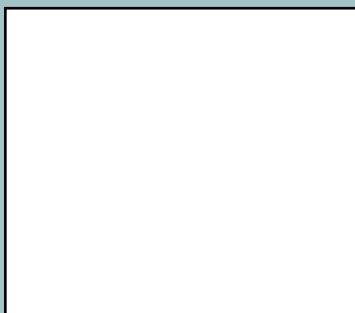
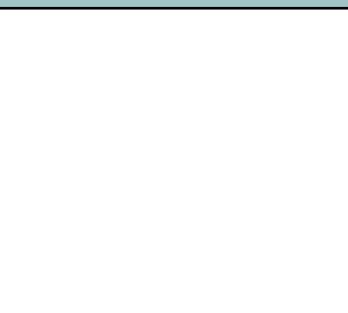
Email: smp-wi@gwaar.org

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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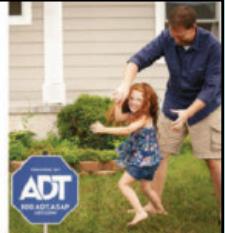
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Walworth County Aging & Disability Resource Center, Elkhorn, WI

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 Soon!

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

Stay tuned for more info!

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

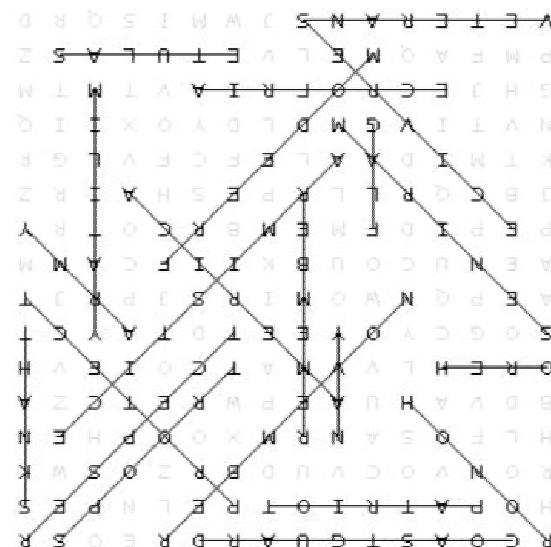
ALS

ALS Association - Wisconsin Chapter

- ALS Care Service Team, support groups, equipment loan program. (414) 763-2220

www.alsawi.org

Answers to puzzle on page 12



A Thanksgiving mix-up inspired the first TV dinners.

In 1953, a Swanson employee accidentally ordered a colossal shipment of Thanksgiving turkeys (260 tons or roughly 43,333-twelve pound turkeys!!). To deal with the excess, salesman Gerry Thomas took inspiration from the prepared foods served on airplanes. He came up with the idea of filling 5,000 aluminum trays with the turkey – along with cornbread dressing, gravy, peas and sweet potatoes to complete the offering. The 98-cents meals were a hit, especially with kids and increasingly busy households. And 68 years later, frozen foods are still going strong!



Aram Public Library

Featured Programs	
Superheroes & Villains in the Movies by Marquee Film Talks (in-person and on Zoom; please register)	Tuesday, November 9 5:30 p.m.
Pie, Pie, Pie! Create a crust and apple filling for your own take-and-bake pie. All materials will be provided. Limit 10 per session, please register.	Wednesday, November 10 Sessions at 4:00 p.m. and 6:00 p.m.
Rock Your Ramen with Chetney Dudzic, RDN. Cook, eat, and learn about Ramen. In person at the library.	Friday, November 12 5:30 p.m.
Astronomy for Everyone: Size and Scale of the Universe by Astronomer Kevin Manning (Virtual on Zoom, please register)	Monday, November 15 6:00 p.m.
Friends Ornament Sale	Begins November 20
Need a coat? Aram Public Library is partnering with Keefe Cares to distribute winter coats and accessories to those in need -- all ages, all sizes. Monday-Saturday during library hours, while supplies last.	Begins November 15
Coming in December ... "Oh, Jackie O" presented by Jillann Gabrielle, a musical interpretation of Jackie Onassis's life.	Friday, December 10 1:00 p.m.
Aging Well Series	
Smart Home Technology: What is it and What Can it Do For Me? (Virtual at the library or on Zoom; please register)	Tuesday, November 2 6:00 p.m.
Card Games – first Friday of each month	Friday, November 5 10:30 a.m.
Book Clubs – Virtual and in-person. Please register.	
Thursday Night Book Club: <i>Beauty in the Breaking</i> by Michele Harper.	Thursday, November 4 6:30 p.m.
Social Justice Book Group: <i>The Poet X</i> by Elizabeth Acevedo	Wednesday, November 10 2:00 p.m.
Books, Babble, and Bubbly Book Group: Meet at The Rustic Pub, 2028 N. Shore Dr., Delavan	Wednesday, November 17 7:00 p.m.
Guilty Pleasures Book Club: <i>Vision in Silver</i> by Anne Bishop	Monday, November 29 6:00 p.m.
Arts & Crafts	
Adult Make and Take Crafts: Thanksgiving gratitude gift bag. Available on a first come-first served basis.	Beginning November 1
Crafting with Susan: Wreathmaking. Limited to 10 people. Please register. Craft is the same both days.	Monday, November 8 and Thursday, November 11 5:30 p.m.
Coming in December ... 12 Days of Delavan crafting series	Starting December 1



**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

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.*

2021/2022 Welcome to Medicare Workshop Schedule

December 2, 2021
February 17, 2022

In – person
1-2:30 pm
or
6-7:30 pm

Pre-registration
is suggested
due to space limitations
(262) 741-3212

