

June 2023

**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:

www.co.walworth.wi.us

Click: *services*

*Aging & Disability Resource
Center*

Things you will find on our
website include:

- Adult Protective Services
- Benefit information
- Dementia Care Information
- Long Term Care Programs and funding
- Senior Meals-including menus as well as site locations and hours
- Stay Healthy-Prevention Programs
- ADRC News
- Resources, Services and other Helpful Links

Email:

walcoadrc@co.walworth.wi.us

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



Aging & Disability Resource Center

(262) 741-3400

Dementia Care Specialist

(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

June is Dairy Month

This month, celebrate National Dairy Month with your favorite dairy treat. Originally established as a grocery/milk promotion in 1937, National Dairy Month now acts as a reminder of the health benefits that dairy products provide. They contain essential nutrients - including calcium, potassium, vitamin D, and protein. They can also reduce the risk of high blood pressure, osteoporosis, and certain cancers, while helping us to better manage our weight. Kick start each day with nutrient-rich dairy products and start your summer on a healthy note.

How to Observe National Dairy Month



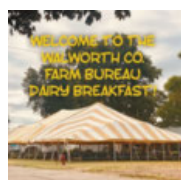
Have an ice cream sundae party. Invite some friends over for a summer treat as you add some potassium, calcium, and yes some sugar to your diet.



Visit a local dairy farm. Find out where it all comes from. Go to a nearby dairy farm to learn how the process works from the start.



Drink milk to rehydrate. Studies show that milk is superior to water and sports drinks after a workout. Milk is rich in sodium and potassium - both of which help retain fluids and cause your body to sweat less. In addition, milk contains protein to help your muscles recover quickly.



Attend the Walworth County Dairy Breakfast. Celebrating 46 years of a dairy delicious tradition, the Farm Bureau breakfast, at the Fairgrounds, will be held Saturday, June 17th from 6-10:30 am. The hearty breakfast includes deluxe scrambled eggs, pancakes, sausage, MILK, juice, coffee, and ICE CREAM. Tickets are \$10 each, children 5 years and under are free. Contact the Farm Bureau for more information, (262) 723-2613.



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 am to 4:30 pm,

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 without notice.



June 21

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Medicare Prevention Fraud



MEDICARE FRAUD PREVENTION WEEK!

If you suspect you have been a victim of Medicare Fraud, contact Wisconsin's Senior Medicare Patrol Program at (888) 818-2611, or for more information find them at www.smpwi.org.

PREVENT

Learn how to read your MSN or sign up for a Medicare.gov account to view claims.

DETECT

Look for services, products, or equipment you didn't receive.

REPORT

Contact the SMP if you suspect health care fraud, errors, or abuse.

National Cancer Survivors Day



June 5th is National Cancer Survivors Day. Are you up to date on your preventive Cancer screenings with Medicare? Medicare pays for the following cancer screenings:

- ◇ Breast cancer screenings (mammograms) are covered once every 12 months. You pay nothing as long as your doctor accepts assignment.
- ◇ Cervical and vaginal cancer screening. Medicare covers Pap tests and pelvic exams to check for cervical and vaginal cancers. As part of the pelvic exam, Medicare also covers a clinical breast exam to check for breast cancer. Medicare covers tests once every 24 months, or once every 12 months if you're at high risk for cervical or vaginal cancer.
- ◇ Colorectal cancer screening. Medicare covers colorectal cancer screening tests to help find precancerous polyps.
 - ⇒ Screening fecal occult blood test
 - ⇒ Screening flexible sigmoidoscopy
 - ⇒ Screening colonoscopy
 - ⇒ Screening Barium enema
 - ⇒ Multi-target stool DNA test
- ◇ Lung Cancer screening
- ◇ Prostate Cancer screening
 - PSA blood test- covered once every 12months
 - Digital rectal examination

Check your *Medicare & You Book* for more information on Medicare covered cancer screenings.

Be a survivor by keeping up to date on your preventive cancer screenings.

Memory Cafés



LEARN MORE ABOUT *Memory Cafés*

WHAT YOU SHOULD KNOW...

What is it?

Memory Cafés are a chance for those with early memory loss and their caregivers to socialize, laugh, share stories, and build new connections. A Memory Café has no real agenda or stated purpose except to enjoy each other's company.

Who attends?

A person living with dementia and their loved one or caregiver. While a Memory Café is beneficial for those living with dementia, it is also beneficial for their caregivers as well. It is not a place to “drop off” your loved one for a while, but a way to enjoy activities with them as a break from the normal routine that you share.

What activities are offered?

A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. They provide mutual support and exchange information. Activities are varied, but tend to focus on topics that are apt to cause one to reminisce about times gone by. That “connection” to the past can be as comforting as it is medically beneficial. There truly is something for everyone!



**CONTACT JAKE TO LEARN
MORE ABOUT DATES AND
LOCATIONS**

Jake Sawyers - Dementia Care Specialist
(262) 741-3273
jsawyers@co.walworth.wi.us

FoodShare in Wisconsin

You've probably heard of food stamps or SNAP (Supplemental Nutrition Assistance Program). In Wisconsin we call the program Foodshare. The goal of the program is to stop hunger.

You can use your Foodshare benefits at most stores. Income limit for Seniors 60 and over for 2023 is \$2,266 for an individual and \$3,052 for a couple. The minimum monthly benefits of Foodshare is \$23.00 per month. That is an annual amount of \$276.00 for your groceries. The amount you receive could be higher depending on your shelter and medical expenses.

Apply by calling Moraine Lakes Consortium at 1-888-446-1239 or apply online at www.access.wisconsin.gov/access.



Senior Farmer's Market Nutrition Program

Senior Farmer's Market Nutrition Program

is providing eligible Walworth County adults age 60 or older with a set of vouchers worth \$35 (up from \$25 in 2022) to purchase fresh, Wisconsin grown fruits, vegetables and herbs from certified farmers.



****New for 2023, vouchers will be issued per eligible senior, not per household**

**Call the ADRC of Walworth County
262-741-3309**

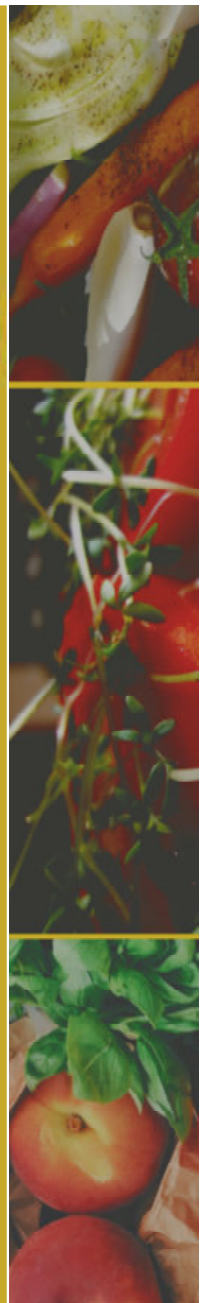
to register for a set of vouchers if eligible.

Single: under \$26,973/year or \$2,248/month

Couple: under \$36,482/year or \$3,041/month

Vouchers will be mailed once completed eligibility form is returned.

All vouchers will be issued on a first-come, first-serve basis.



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Are you on Medicaid or eligible for it?

If you are living at home and need a caregiver, call us about the **Familiar Faces, Familiar Places** program. Get the help you need.

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Mind Over Matter



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ♦ Information about bladder and bowel control
- ♦ At-home techniques and exercises to help prevent or improve symptoms
- ♦ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Starin Park Community Center

504 W Starin Rd

Whitewater, WI 53190

1:00pm-3:00pm

July 10- August 7

(Every other Monday)

**For more information and to register, contact Chetney Blaszczyk
262-741-3309**

Suggested Donation \$10

Healthy Homes Month



HEALTHY HOMES MONTH

Celebrate Healthy Homes Month

What makes a house a home is different for each of us. But what makes a healthy home is fairly universal. Healthy homes have clean drinking water, the absence of hazards like radon and mold, and good air quality.

Simple tips:

- Open your windows to promote air flow
- Incorporate house plants

Test your home

Walworth County Health & Human Services provides self-test kits for private well-water and radon year-round. You can test your homes water for bacteria, nitrate, arsenic, and lead. You may also test your home or apartment's air for radon. To purchase a water or radon kit or find out more visit:
www.co.walworth.wi.us/424/Environmental-Health or call 262-741-3200










- Rooms with Garden or City views with microwave, refrigerator & large windows
- Individualized care plan for your loved one
- Restaurant quality dining and nutritional meals
- Visiting physician, podiatry and therapy
- 24/7 nursing care
- Private deck and outdoor patio with a walking path
- On-site beauty salon for hair, nails and pedicures
- Full activities calendar to promote socializing, mobility & fun!



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EAT WELL, AGE WELL.

Benefits of Berries

When it is the peak of summer - that means it is berry season! Berries are packed with nutrients like fiber, antioxidants, vitamins, and minerals. These nutrients may help protect against inflammation and cancer. Additionally, berries may be beneficial for heart, brain and eye health. The benefits are plentiful! Benefits associated with the most common berries are:

Blackberries: fiber, vitamin C

Strawberries: vitamin C, manganese, and polyphenols (antioxidant-rich micronutrients)

Blueberries: antioxidants and inflammation-fighting anthocyanins

Raspberries: fiber and polyphenols

Berries are a delicious source of nutrients. Enjoy them as a snack, ingredient, or accompaniment. They do not have to be fresh - frozen berries are beneficial as well and have about the same nutritional value as fresh. Frozen berries are available all year round. If you purchase fresh berries in season, try freezing them yourself. Here is how to do that:

Wash and allow your fresh berries to dry.

Place in a single layer on a sheet pan.

Place sheet pan in the freezer until berries are frozen.

Remove berries from the sheet pan and store them in a zip top bag - removing as much air as possible.

The possibilities for using berries is endless. Of course you can eat them just by themselves but how about using them in a salad, as a glaze for meats, or infused in water for a refreshing, low calorie beverage. They can be used in a smoothie, as a topping for yogurt or ice cream, and in or on oatmeal or pancakes. See, endless.

How many berries should you eat? The MIND diet guidelines recommend eating two, 1/2 cup servings of berries a week. Many researchers advise eating berries every day for the best brain health.

Weekly Challenge:

To incorporate more fiber into the diet try a new berry such as blackberries, elderberries or others.



Weekly Challenge:

Incorporate a berry into a dessert such as jam in frozen yogurt or a blueberry muffin or pie.



Photos courtesy of Pixabay.com



Frozen Strawberry Yogurt

1-2 Servings

Ingredients:

- 2 cups frozen strawberries (unsweetened)
- 1 cup nonfat plain or Greek yogurt
- 1 Tablespoon sugar or honey

Directions:

1. Wash hands with soap and water.
2. Combine strawberries, yogurt and sugar or honey in a blender or food processor.
3. Blend until creamy, 3-4 minutes.
4. Serve immediately or freeze in an air-tight container for up to a month.

Notes:

You can also use vanilla flavored yogurt and omit the added sugar listed above.

If you choose Greek yogurt, you will be getting double the protein of regular yogurt. Read the label.

Recipe from: foodhero.org

GWAAR Nutrition Team in collaboration with UW Stout Dietetic students



Senior Nutrition Dining Center Sites

Delavan

Lake Comus Apartments
207 McDowell
Serving M, W, F

Westshire Apartmentss
5680 Parliament

Serving T, Th

Elkhorn

Sedgemoor Apartments
18 West St.
Serving M-F

Lake Geneva

The Terraces
725 S. Curtis St.

Serving M-F

Whitewater

Brookdale Manor
1061 Blackhawk Dr.

Serving M-F

All sites serve at 11:30 am

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 7:30 a.m. the day of your reservation. Call the Nutrition Program office and leave a message.

June			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<div> <div>1</div> <div>Ham Loaf Pineapple Sauce Polynesian Roast Vegetables Hawaiian Roll Tropical Fruit</div> </div>		
	<div> <div>2</div> <div>Grilled Chicken on a Bun with Mayo and Lettuce Cucumber Tomato Salad Sweet Potato Fries Melon</div> </div>		
	<div> <div>3</div> <div>Roasted Pork Loin with mustard sauce Baked Beans Butternut Squash Rye Bread Fruit Cocktail</div> </div>		
	<div> <div>4</div> <div>Chicken Parmesan Spaghetti with Marinara Caesar Salad Breadstick Poached Pears *Alt: Italian Sausage</div> </div>		
	<div> <div>5</div> <div>Tuna Salad Sandwich Chilled Cucumber Soup White Bean Salad Mango and Pineapple</div> </div>		
	<div> <div>6</div> <div>Barbecue Chicken Corn Broccoli Biscuit Apricots</div> </div>		
	<div> <div>7</div> <div>Pizza Bake Marinated Asparagus Mandarin Oranges Lemon Pudding</div> </div>		
	<div> <div>8</div> <div>Hot Dog on a Bun Ketchup/Mustard Broccoli Slaw Sweet Potato Fries Yogurt with Strawberry</div> </div>		
	<div> <div>9</div> <div>Garlic Rosemary Beef Roast with Gravy Creamed Spinach Whipped Potatoes Wheat Roll Pineapple</div> </div>		
	<div> <div>10</div> <div>Turkey and Swiss Sandwich Cranberry Mayo Lettuce, Tomato, and Onion Zucchini Salad Mandarin Oranges</div> </div>		
	<div> <div>11</div> <div>Brat on a Bun Sauerkraut Potatoes O'Brien Squash/Quinoa Salad Mixed Berry Shortcake</div> </div>		
	<div> <div>12</div> <div>Chicken Alfredo Penne Pasta Garlic Sage Cannelini Beans Green Beans Date Bar</div> </div>		
	<div> <div>13</div> <div>Baked Chicken Breast Sweet Potatoes Lima Beans Wheat Bread Pineapple</div> </div>		
	<div> <div>14</div> <div>Swedish Meatballs with Gravy Spaetzel Citrus Sautéed Asparagus Corn Apricots</div> </div>		
	<div> <div>15</div> <div>Cheeseburger Garlic Mashed Cauliflower Carrot Salad Dinner Roll Peaches *Alt: Black Bean Burger</div> </div>		
	<div> <div>16</div> <div>Chicken Ravioli Marinara Steamed Soy Beans Breadstick Grapes * Pasta with Meatballs</div> </div>		
	<div> <div>17</div> <div>Meatloaf Corn Green Beans Wheat Bread Fruit Cocktail</div> </div>		
	<div> <div>18</div> <div>Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Wheat Bread Warm Spiced Apples</div> </div>		
	<div> <div>19</div> <div>Shepherd's Pie Whipped Potatoes Roasted Brussels Sprouts Wheat Bread Warm Spiced Apples</div> </div>		
	<div> <div>20</div> <div>Swedish Meatballs with Gravy Spaetzel Citrus Sautéed Asparagus Corn Apricots</div> </div>		
	<div> <div>21</div> <div>Cheeseburger Garlic Mashed Cauliflower Carrot Salad Dinner Roll Peaches *Alt: Black Bean Burger</div> </div>		
	<div> <div>22</div> <div>Honey Mustard Pork Lemon Pepper Rice Peas Roast Sweet Potatoes Applesauce</div> </div>		
	<div> <div>23</div> <div>Garlic Rosemary Beef Roast with Gravy Creamed Spinach Whipped Potatoes Wheat Roll Pineapple</div> </div>		
	<div> <div>24</div> <div>Turkey and Swiss Sandwich Cranberry Mayo Lettuce, Tomato, and Onion Zucchini Salad Mandarin Oranges</div> </div>		
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	<div> <div>26</div> <div>Meatloaf Corn Green Beans Wheat Bread Fruit Cocktail</div> </div>		
	<div> <div>27</div> <div>Cheese Ravioli Marinara Steamed Soy Beans Breadstick Grapes * Pasta with Meatballs</div> </div>		
	<div> <div>28</div> <div>Chicken Stir Fry Lo Mein Noodles Peppers, Onions, Snap Peas & Broccoli Mango Fortune Cookie</div> </div>		
	<div> <div>29</div> <div>Cheeseburger Garlic Mashed Cauliflower Carrot Salad Dinner Roll Peaches *Alt: Black Bean Burger</div> </div>		
	<div> <div>30</div> <div>Turkey and Swiss Sandwich Cranberry Mayo Lettuce, Tomato, and Onion Zucchini Salad Mandarin Oranges</div> </div>		
	<div> <div>31</div> <div>Brat on a Bun Sauerkraut Potatoes O'Brien Squash/Quinoa Salad Mixed Berry Shortcake</div> </div>		

ALTERNATE menu entrees are available at dining center locations ONLY and must be ordered 2 days in advance.

Healthy Living With Diabetes - Evening Class



Healthy Living with Diabetes participants have a **53% reduction in emergency department visits.**

What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

Six-Week Workshop!

**August 3-Sept 7
(Thursdays)**

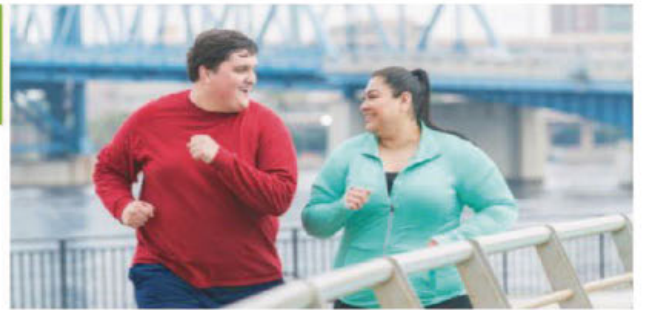
**5:30 pm – 8:00 pm
Suggested Donation \$10**

**Class will be held in-person at the
Walworth County Health & Human Services**

1910 County Road NN

Elkhorn, WI. 53121

To register, call (262) - 741-3309



Build confidence in your ability to manage your condition.

You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

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options, contact your local ADRC.

DHS Approved 4/22/2021

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Seating is limited! To register call (262) 968-2515

or Go online at <https://elderadvisorslaw.com>



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By attending this
event you will
learn how to:

- Gain peace of mind in uncertain times
- Keep your family out of court and conflict
- Understand your estate planning options
- Protect your children no matter what the future holds
- Protect your home and hard-earned assets
- Leave a legacy - plan for charitable giving
- Minimize or potentially eliminate taxes on your estate

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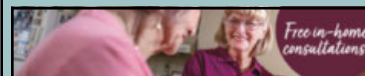
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Walworth County Aging & Disability Resource Center, Elkhorn, WI

C 4C 01-1248

Barrett Memorial Library



Bay Audio Archive Launch

WB Historical Society and BML present their podcast on local history on June 3rd at 11am. Adults will find this new format of preserving history fascinating! The focus for this session is Kishwauketoe. Free and open to the public.

Saturday, June 3rd
11AM
at the library

Barrett Book Club

This months pick:
Rise of the Rocket Girls or The Queen of Animation
both by Nathalia Holt

Saturday, June 10th
10AM
at the library

Books by the Beach

Join us for story time by the water!
Details to follow



Thursday, June 15th

TNZ Magic with Zack Percell

Come on out for the first **Storywagon** performer, TNZ Magic with Zack Percell!



Monday, June 19th
10AM
at the library

Little Miss Ann

Storywagon is back with Little Miss Ann, a Chicago based award winning family musician!

Monday, June 26th
10AM
at the library



Teen Lock-In

Don't miss this chance to spend a fun night in the library! Grades 6-12.

Friday, June 30th
7-11PM
at the library

Adult Summer Reading Program

Join us for a reading challenges and win prizes!

May 31st - August 16th

Come see BML at the WB Farmer Market

Come visit the library at the WB Farmers Market! We will have books for sale and crafts to give away.

May 26th - August 1st

Mon-Fri 9AM-6PM / Sat 10AM-2PM
65 W. Geneva St., Williams Bay, WI 53191
262-245- 2709/wmsbay@williamsbay.lib.wi.us



Aram Library

ALL PROGRAMS ARE FREE!
Contact the library for more information (262) 728-3111.

Card Games - 1st Friday of each month at 10:30.

Cribbage – 1st and 3rd Friday of each month at 10:30.

Book Clubs:

- * Thursday Night Book Club – Thursday, June 1 at 6:30 p.m. *The Last House on the Street* by Diane Chamberline.
- * Social Justice Book Group – Wednesday, June 14 at 4 p.m. *Behold the Dreamers* by Malcolm Gladwell.
- * Novel Ideas Zoom Book Club – Wednesday, June 21 at 6 p.m. Bring your own book.
- * Guilty Pleasures Book Club – Monday, June 26 at 6 p.m. *Witchling*, by Yasmine Galenorn.



Flower Farming with Dogwood Farms – Friday, June 2 from 1 to 2 p.m. What is it like to farm flowers? Meet Kendra, owner of Dogwood Farms, a flower farm right here in Delavan, Wisconsin. Kendra will take us through a year in the life of a flower farmer.



Pollinator Palooza – Saturday, June 3 from 10:30 a.m. to 2 p.m. Aram Public Library and UW-

Extension-Walworth County are pleased to launch Pollinator Palooza 2023! This year's star pollinator is the monarch butterfly. Join us and learn more about monarch butterflies and how you can make a difference in their lives and habitat. Receive a free native plant plug donated

by Northwind Perennial Farm, Burlington, Wisconsin (while supplies last.) View an actual honey bee observation hive, make an origami butterfly, and take a craft home too!

Blood Drive with Versiti - Friday, June 9 from 12 to 4 p.m.

Aram Public Library invites you to our community Blood Drive with Versiti Blood Center. Every day, patients in our communities need red blood cells, platelets and plasma to keep them feeling healthy and strong. Be a part of our community - Sign up to donate today!



SRP 2023 Kick Off - Friday, June 9. Readers of all ages are invited to join the 2023 summer reading program (srp). Sign up, track your reading time and activities at www.aramlibrary.beanstack.org and earn virtual badges, tickets to enter the prize drawings, and free books! Events for children will take place at Phoenix Park between 5 and 7 p.m.

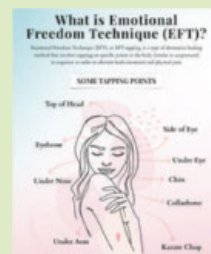
Open Mic Jam Session – Monday, June 12 from 5:30 to 7 p.m. We're bringing musicians of all ages/all levels together for a night of music with LSJ Music. All instruments welcome - please bring your own. No registration necessary.

Foraging Your Lawn: Edible & Medicinal Plants in Your Own Backyard – Wednesday, June 14 from 5:30 to 6:30 p.m. Have you always been curious about foraging, but don't know where to start? Join Julia Lee as she shares how to easily find and identify plants that grow in

your own backyard! We'll also discuss why and how people forage, a little about the history--particularly how it fell out of mainstream society--and then talk more in-depth about the plants we can find and identify easily. There will even be samples to try and recipes to take home!

Tapping: An Alternative Therapy –

Thursday, June 15 from 11 a.m. to 12 p.m. In this workshop, Carol Van Tuyle will introduce an individual healing approach called Emotional Freedom Technique, or Tapping. EFT is done by tapping on specific acupuncture points while repeating certain words and/or phrases that help identify the root of the problem. This helps release the emotion that keeps us from taking action. Carol has over 25 years of experience in alternative healing strategies. Registration is not required. The program will be held in the library meeting room.



Check Out Parties! Monday, June 12 and Friday, June 30. Anyone who checks out 5 or more items will get a sweet treat from our sponsor of the day, while supplies last. And the fun doesn't end here!

2023 Seed Library is OPEN! It's FREE! It's easy! Take seeds home, plant and watch them grow. At the end of the season, return seeds to the library for next year's stock.



404 E Walworth Ave, Delavan
(262) 728-3111

Lake Geneva Library

Local History Lecture Series: From Temperance to Prohibition - Thursday, June 1 @ 2:00 PM

Discover our early struggle over "the devil's drink"...from the Mayflower to Walworth County Temperance Societies and early laws. Meet the big 3 local advocates. All a prelude to the "great noble experiment" of 1919 to 1933. What will Prohibition bring—besides a disrespect for the law? Join Michael Rehberg of Black Point Estate for this program as part of our 2023 Local History Lecture Series.

Mahjong Drop-in - Fridays, 2:00–4:00 PM



Bring your friends to play Mahjong at the Library! 2:00–4:00pm on

Fridays. Tables and 3 Mahjong sets provided; bring your own scorecard. June dates: 5/2, 5/9, 5/16, 5/22, 5/29.

Conservation @ Home with Geneva Lake Conservancy - Tuesday, June 6 @ 2:00 PM

Geneva Lake Conservancy's Conservation @Home program is a homeowner education and recognition program designed to support water conservation and protection efforts in Walworth County. Join us at the library to learn more about how you can be an environmentally-friendly homeowner.

Memory Café - Monday, June 12 @ 10:30 AM

A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss or mild cognitive impairment (MCI), and for families, friends, or care partners. RSVP required by Friday before gathering; contact Cindy Lester @ 262-210-9783

Medicare Education - Tuesday,

June 13 @ 6:00 PM

Join us for a free educational seminar designed to help you understand the basics of Medicare. We will discuss the Medicare enrollment process, what Medicare covers, what it does not, and your potential out-of-pocket expenses. We will also discuss Medicare Supplement, Medicare Advantage, Part D Prescription Plans, and cost-savings strategies for the year ahead.

Tai Chi - Thursdays, June 15– July 20 @ 9:15 AM

Join Tai Chi for Health Institute certified instructor Johnny Packard for a simple relaxing tai chi practice with beautiful views of Geneva Lake. The program is designed and taught to be safe, effective, and accessible for all. No registration required. Class is held outdoors. All participants must sign a waiver before taking part in the class.

**Local History Lecture Series:
Welcome to Prohibition Part 2
- Thursday, June 15 @ 2:00 PM**
"Better than no alcohol at all" ... we learn to cope with the new 18th constitutional amendment...speakeasies, bootleggers, rival gangs, blind pigs, moonshine, cocktails, near-beer and home brewing. How Alcoholics Anonymous and Mothers Against Drunk Driving influence how we think...and drink.



Fruit Jam Demo - Thursday, June 15 @ 6:00 PM

Jams and jellies, every spoonful of delight! This program will focus

on safe guidelines, canning basics and equipment. While there are many methods of food preservation, we will focus on the

boiling water bath method that is safe for jams and jellies.

Participants will have a chance to sample and taste. Lisa Faber has been making jams for over 20 years. Owner of Sunshine in a Jar, Natural Preserves, she sources local fruit from the area and midwest, by picking wild berries and working with the local farmers to create these delicious jams.

Solstice Chair Yoga - Friday, June 16 @ 9:30 AM



Ease into the weekend with a forty-five-minute accessible Chair Yoga class offered by Certified Yoga

Instructor, Nan Elder. This class is a gentle form of yoga that's done while seated in a chair for support and balance making the practice more accessible. Most poses are held for a longer duration to open, lengthen, elongate the body, and connect to the breath. Class is held outdoors on the Library patio. Registration required: email ewardpac@lglibrary.org. All participants must sign a waiver before participating in the class.

Yerkes Observatory Presentation - Tuesday, June 20 @ 6:00 PM

Dennis Kois, the Director of Yerkes Observatory, will share his own take on the amazing history and rapidly developing future of this incredible institution which is among the most legendary sites in the history of global science. Dennis will share the vision and goals for the future of Yerkes and update us on progress and news. There will be time for your questions.



LAKE GENEVA
PUBLIC LIBRARY

Matheson Memorial Library

Crack That Whip! -

Saturday, June 10th @

10am Having set THIRTY-

ONE Guinness World

Records, Adam "Crack"

Winrich's whip skills are

unrivaled anywhere! He was

featured on America's Got

Talent, and performs his fire

whip and lasso show all across the United States.

Adam performs sophisticated, high-energy whip

routines, and yes, there is always room for

audience participation, so come prepared! This

program will be at Sunset Pool in Elkhorn starting

at 10 AM. This performance is a collaboration

between the library and the Elkhorn's Lion's Club,

who will have coupons for a free ice cream scoop

at Culver's for kids in attendance!



Learn How to Cook on a

Budget! Monday- June

15th @ 6pm Wondering

how to save money on

your groceries? This

informative lecture will teach you about the

benefits of cooking on a budget, the difference

between seasonal, frozen, and homegrown

produce, and how to shop at a farmer's market.

There will also be plenty of time for questions and

answers!

Learn to Enter Exhibitions for the Walworth

County Fair! - Monday, June 15th 6pm. Want to

enter an exhibition for the Walworth County Fair

and don't know where to start? Look no further

than Exhibitor Exploration! This interesting and

informational meeting will show you how to enter

your exhibition, what can be exhibited, and show

you the deadline to drop off and pick up your

exhibition!

Learn about Pollinators with a Master

Gardener! - Thursday, June 22nd @6:30p June

19-25, 2023, is dedicated to raising awareness

through statewide and local activities and events to

support National Pollinator Week. By increasing

knowledge and adopting pollinator friendly

practices, we can improve pollinator health and

habitats. Learn more about pollinators, which

plants are best for pollinators and how you can improve pollinator habitat in your own yard or garden! Presented by Walworth County Master Gardeners.

Find more information on Pollinator Week at

<https://hort.extension.wisc.edu/pollinator-week/>

A Long Time Ago, in a Galaxy

Far, Far Away...Friday, June

9th at sundown See the movie

that started it all: Star Wars:

Episode IV – A New Hope at

Phoenix Park in Delavan! This

exciting movie program is a

collaboration between Matheson

Memorial Library, Aram Public

Library, and City of Delavan Parks & Recreation.

Come relive this classic movie at Phoenix Park in

Delavan!



Learn About How 'The Grapes of Wrath'

Defined an Era! - Thursday, June 8th @6:30pm

Learn about the impact that John Steinbeck's

classic novel epitomized its time period in the

informative lecture "How John Steinbeck's 'Grapes

of Wrath' Captured the Heartache and Resilience

of the Dust Bowl Era" presented by college

educator and former English teacher Minda Byrne.

Get Ready for the Summer Reading Kickoff!-

Saturday, June 3rd @ 9:30am-12pm Kids, teens

and adults are invited to sign up for summer

reading as well as participate in a range of fun

activities. From 9:30-11am, meet and greet live

animals from Gee Funny Farm. At 11:30am, come

watch the fabulous Chris Ivanovich in a wonderful

blend of magic and comedy that will leave you

breathless! Finish up the morning by purchasing

lunch from the Friends on the Square food truck or

some sweet treats from Seeds of Hope. Families

with kids of all ages and adults are invited to join

us in kicking off a great summer of reading,

exploring, and more!



Matheson Memorial Library

101 N. Wisconsin St.
Elkhorn, WI 53121
(262) 723-2678



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

Alzheimer's/Dementia

Memory Café

An opportunity for individuals with mild cognitive impairment/early-stage Alzheimer's, 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, 10:30 am-Noon. To register, or for information please call (262) 741-3273 or email

walcoadrc@co.walworth.wi.us

Location: ADRC, 1910 County Rd NN, Elkhorn

Delavan Memory Café

Meets the 3rd Monday of the month, 10-11:30 am. To RSVP, or for info, please call (262) 728-2212. Location: Town Bank, 820 Geneva St, Delavan

Lakeshore Memory Café

Meets the 2nd Wednesday of the month, 1:30-2:30 pm. For more information, please call (262) 741-3241 or email

walcoadrc@co.walworth.wi.us.

Location: Matheson Memorial Library (Elkhorn)

Lake Geneva Memory Café

Meets the 2nd Monday of the month, 10:30-11:30 am. RSVP to Cindy at (262) 210-9738.

Location: Lake Geneva Library

Burlington Area Memory Café

Meets the 3rd Friday of the month, 9:30-11 am. Contact Chad at (262) 212-3596 or email csut-kay@touchinghearts.com

Location: Aurora Wellness Center

Lake City Social Memory Café

Meets the 3rd Tuesday of the month (Sept. 20th), 3-4:30 pm. RSVP to Jake Sawyers, (262) 741-3273. Location: Lake City Social, 111 Center St, Lake Geneva.

Adult Respite Center

Meets 1st and 3rd Wednesday from 9 am - 2 pm at Immanuel Lutheran Church, 700 N Bloomfield Rd. Contact the Church office at (262) 248-4211 for more information.

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 Wednesday of the month, 9:30-11 am. 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.

Adult Children Caring for a Parent with Dementia Support Group

Meets 1st Monday of the month, 4:30-6 pm. (August 1st)
Location: Matheson Memorial Library, Elkhorn.

Azheimer'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 educator.

ALS

ALS Association - Wisconsin Chapter - ALS Care Service Team, support groups, equipment loan program. (414) 763-2220 www.als.org

Grief/Bereavement

GriefShare: In person & remote meetings held on a continuous 13 week cycle. Provided by WARM (Whitewater Area Regional Ministry) & Linn Presbyterian. Contact Barb, (262) 949-1066 for info.

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.adaparkinson.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

Respiratory Support Group

Respiratory Support Group - Meets the 3rd Tuesday monthly at Aurora Medical Center Burlington, Café A/B from 6-7:30 pm; Registration is required. Please call 800-499-5736.

Stroke

Stroke Support Group - Meets every other month on the third Monday (even months) at 1 pm at Aurora Lakeland Medical Center, Elkhorn. Contact: Abby or Haley (262) 741-2539.

Cancer

Cancer At Any Age Support Group - Meets the 2nd & 4th Tuesdays of the month, 10-11 am at Mercyhealth Walworth. For info call (608) 756-6824.



Eye Physicians & Surgeons Eyeglass Gallery

Dr. Mark Brower • Dr. Matthew Dahlgren • Dr. Hoda Ahmadi
Dr. Nathan Mathews • Dr. Daniel Solverson • Dr. Nicholas Veith

1311 S Lincoln St.
Elkhorn
262-723-4600

675 W State St.
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Delavan Chapel

118 S. 2nd St. • Delavan

(262) 728-2500

Lake Geneva Chapel

515 Center St. • Lake Geneva

(262) 248-2320

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personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



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888-818-2611

www.smpwi.org

 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.



Adult Day Center

Delavan, WI

262-326-2545 | M-F 8am-4pm

Look us up on Facebook!

Come Visit Our Clubhouse!



ATTORNEYS AT LAW

Steven A. Koch
James B. Duquette
Ashley L. Renz
David A. Rasmussen

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CONNECTIONS

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To learn more about your long-term care options,
please contact your Aging and Disability Resource Center:
<https://www.dhs.wisconsin.gov/adrc/index.htm>

We support you to live your best life at home, in your community and at work.

Call toll-free: 844-520-1712

Email: connections@lsswis.org

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Walworth County Aging & Disability Resource Center, Elkhorn, WI

D 4C 01-1248

Card/Game Playing Groups

Mondays

Darien Senior Cards & Games Meets at the Darien Senior Center, lower level of the Darien Library, 47 Park St., Darien, 12:30-3:30 pm. Playing sheephead, euchre, pinochle and various games. For more info contact Carl at (262) 882-2022

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.

Fridays

Delavan-Aram Public Library, 10:30 am, main floor of Library. First Friday, card games. First and third Friday, cribbage. Meet new people and have some fun! Adults only.

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. For more information call Genevieve Collins at (317) 439-3901.

Lake Como Woman's Club

Lake Como Beach Woman's Club
Lake Como Clubhouse, W3730 Clubhouse Drive

Meetings are held the 1st Tuesday, **March thru Nov**, 6:30 pm at the .

Cards and Bunco. Meets the 2nd and 4th Wednesdays, **March thru Dec**, Noon. Refreshments served.

Info, call Helen at (262) 203-5585.

Como Community Cares

Como Community Cares Club

Meetings are held the 2nd Tuesday of every month at 6 pm. Game Night is held the 4th Thursday of every month at 6 pm. Our club welcomes women, men, couples and singles. Located at the Como Community Church, N3901 Palmer Rd, Lake Geneva. For more info contact Laura at (815) 534-0936.



Healthy Brain Objective

HBO connects seniors who are trying to maintain a healthy brain. All seniors are welcome.

1st & 3rd Thursdays, 4-5 pm
Matheson Library, 101 N Wisconsin St, Elkhorn. For registration & questions call Jake at (262) 741-3273

TOPS Club

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

Delavan - 8:30-9, weigh in. 9-10 am meeting and program. Delavan Towne Bank Community Center, 826 E Geneva St., Delavan. For info contact Donna, (262) 675-3194.

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

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

Caregiver Support Group

For those raising grandchildren and non-biological children

This group (8 weeks) will touch on the constant change of emotions, feelings and boundaries. Snacks and structured childcare provided.

Registration required: (262) 755-8733 or info@treehouseforkids.net

AARP Walworth County

Meets monthly (4th Tuesday), except Aug and Dec, at 10 am at the Advia Credit Union, Community Room, 837 N Wisconsin, Elkhorn. For more info contact Donna, (262) 749-4900 or mcdy@charter.net

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 Karin, Volunteer Coordinator, to get started. (262) 741-4223

Violence

New Beginnings

20 N Church St, Elkhorn
(262) 723-4653

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.



The Clothes Closet



Clothes and bedding are available, free of charge, to anyone in need. Clean, new or like new, clothes in season may be donated/dropped off at the Parish Hall - Tues, Thurs, or Sat mornings.

Saturdays, 9 am - Noon

Lake Geneva United Methodist Church

912 Geneva St., Lake Geneva

For more information contact the church at (262) 248-4114

Healthy Living with Chronic Pain

Six-session workshop: Thursdays,
July 6 - August 10, 2023
10-10:45 am
Suggested contribution: \$10
Held via phone conference

Community Education Programs

Aurora Burlington/Walworth Patient Service Community



Did you know?

- 100 MILLION Americans suffer from chronic pain.
- ONE IN TEN Americans has experienced pain every day for three months or more.
- 1.5 BILLION+ is the number of people worldwide who suffer from chronic pain.

You are not alone. Let's help each other learn & manage.

Convenient, contact-free format via phone conference

Conference phone number and instructions will be provided prior to class.

Open to Wisconsin residents aged 18 or older.

Each individual will need access to a telephone/cell phone that can call a 414-area code and a CD player.

What is *Healthy Living with Chronic Pain*?

This is a proven workshop...

- ◆ Designed for adults dealing with on-going (chronic) pain
- ◆ Teaches skills to effectively manage pain
- ◆ Improves energy, mental health, and quality of life
- ◆ Decreases pain and dependence on others
- ◆ Better ability to understand pain, gain confidence, and use coping skills

If living with Chronic Pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. This evidence-based class meets for 45 minutes once a week for six weeks. Designed for adults dealing with on-going (chronic) pain; teaches skills to effectively manage pain; improves quality of life; better ability to understand pain, gain confidence, and use coping skills. To register, call 800-499-5736 or emailing communityeducation@aah.org.



●● Healthy Living with Chronic Pain | WIHA

Cycling without Age



Are You Ready?

The Bikes Are Coming in June! Don't miss your chance for these fun rides from May - October (Weather Permitting)

To help explain what we do a little better we have 2 videos. One about our cause can be viewed at: <https://vimeo.com/326340393> and a second short video about our program can be viewed at: <https://vimeo.com/778228928>

The Public's Invited to ANY of our Programs:
THE RIDES ARE PROVIDED FREE! RESERVATIONS ARE NEEDED.

To see all of our June events please visit
<https://cyclingwithoutagewalworth.org> or call 262-320-7325





**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

Email:

walcodrc@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.

Don't want to or cannot attend in person? 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.*

2023 Welcome to Medicare Workshop Schedule

June 8, 2023
August 17, 2023
October 19, 2023
December 7, 2023

In – person

1-2:30 pm

or

6-7:30 pm

**Pre-registration is
suggested**

due to space limitations
(262) 741-3212

