

JULY  
2023



# ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688  
www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

## Looking for a few good MEN...


### FOR A ROUNDTABLE DISCUSSION


**Tuesday, July 18th 10am-12pm**  
**Bangor Library**  
**1720 Henry Johns Blvd, Bangor**  
**snacks & drinks served**

What do men need to be active, engaged, sharing skills, having fun, and making contributions?  
What opportunities would you like to see in your community?

For more information and to RSVP call:

ADRC Monroe 608-269-8690      ADRC La Crosse 608-785-5700

## WISCONSIN SENIOR ADVOCATES (WSA) NEED YOU!

Wisconsin Senior Advocates (WSA) is a coalition of older adults that wish to have input on policies and procedures affecting the older adult population in the State.

**Activities and Goals:**

1. Member of the Wisconsin Aging Advocacy Network (WAAN). Participate in WAAN activities including Aging Advocacy Day at the Capitol.
2. Keeps informed of issues at the Local, State & Federal levels.
3. Advocates on issues at all levels that impact the senior community - Providing information to elected officials including phone calls, office visits, budget testimony and more.
4. Works with older adults on how to advocate for themselves and their needs.

**For more information contact:**

Esther Olson  
olson3207@gmail.com

Stephanie Sue Stein  
ssstein@gmail.com

Dain Maddox  
dainmaddox@gmail.com

Jim Schmidlkofer  
aged\_cheddar@yahoo.com

## Sparta Special Recreation provides activities for people with any type of disABILITY

### PONTOON BOAT RIDES ON LAKE TOMAH COURTESY OF Tomah Squirrels n.a.s.a.

You board at the accessible dock/boat at Butts Park in Tomah. Upon boarding, a waiver must be signed.

Limit of 9 passengers including 4 wheelchairs per trip.

Each person riding the boat must complete a registration form with Sparta Special Recreation to track number of passengers.

### CRUISE DATES

Tues. June 20th at 8am  
Wed. June 28 at 12pm  
Thurs. July 13 at 2pm  
Mon. July 24 at 4pm  
Fri. Aug. 11 at 10am  
Tues. Aug.22 at 10am

**The boat rides are free.**

Special Rec coordinates these dates for our Sparta Special Rec friends to get together.

**Please email [sosparta@hotmail.com](mailto:sosparta@hotmail.com) with questions.**

**REGISTER ONE WEEK PRIOR TO ALL EVENTS**

Participant Name \_\_\_\_\_

Participant Age \_\_\_\_\_ Wheelchair? \_\_\_\_\_

**PARENT OR GUARDIAN AUTHORIZATION, WAIVER, & RELEASE OF LIABILITY**

I hereby give my permission for the above named individual to participate in programs offered by the Sparta Parks & Recreation Department. I also certify that the above named individual is in normal health capable of participating safely in the program he/she is registered in. I recognize and acknowledge that there are certain risks involved in these programs including but not limited to, property damage, personal injury, or death. I am voluntarily placing this individual in these activities with the knowledge of the danger involved and hereby agree to accept all risks of participation. I agree to indemnify and hold harmless the City of Sparta, its agents and employees, the Sparta School District, its agents and employees, and the sponsors of the program offered by the Sparta Parks & Recreation Department from and against all liability, damage or claims by any person (s) of whatever nature arising from participation in the programs for which he/she has registered. I further certify that I am of legal age and freely sign this agreement. I also certify that I have read this agreement and fully understand its terms. In the event of an emergency, I authorize the recreation staff to obtain treatment for my son or daughter.

**THE SIGNATURE OF A PARENT OR LEGAL GUARDIAN IS REQUIRED FOR YOUTH REGISTRANTS**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**REGISTER ONLINE, VIA PHONE 269-6322 OR BY BRINGING THIS FORM TO PARK & REC OFFICE IN PERSON OR LEAVING IN DROP BOX**



## ADRC at June Dairy Breakfast

Social Worker Kellee Tourdot and Elder Benefit Specialist Alice Ackerman represented the ADRC of Monroe County at the June Dairy Breakfast held at the MaplTwin Farm Saturday June 3rd. The event was hosted by the Peterson Family and was very well attended. The ADRC loves getting out into the community and sharing information about our resources! Look for us at future events.



## Out of Sight Low Vision Support Group

On Monday June 17th the ADRC of Monroe County "Out of Sight" Low Vision Support group will be meeting at the Barney Center at 1 pm. The Barney Center is located at 1000 E. Montgomery Street, Sparta, WI. This month's topic will be Aging and Disability Resource Center Services.

The group will also be going fishing with the North American Squirrel Association (n.a.s.a) at their Tomah location on Monday July 24th. Fishing licenses are required and can be purchased at several locations including any Wal Mart. Discounts are available for First-time Buyers and cost \$5 versus the normal \$8 for a one day fishing license. More information can be found here [dnr.wisconsin.gov/GoWild/resident.html](http://dnr.wisconsin.gov/GoWild/resident.html)

The ADRC's Out of Sight Low Vision Support Group was formed in 2004 and is open to all ages. Please consider joining us. If interested call Evelyn Allen at 608-433-4031. The group meets the third Monday of every month at 1 pm at the Barney Center. If you are 60 or older you may have a meal at the meal site in the same location prior to the meeting. To sign up for a meal call Sandy at 608-269-6778. Suggested contribution of \$4.00 for the meal. You can find the menu for the meal program on page 5.

# ENJOY FREE ROOM & BOARD!

## MORROW HOME COMMUNITY - MARYCREST ASSISTED LIVING

Take advantage of free room and board for your first two months of residence at Marycrest Assisted Living - a discount of over **\$3,700!**



ONE AND TWO BEDROOM UNITS



THREE MEALS SERVED DAILY



CARPORTS & GARAGES



ON-SITE BEAUTY & BARBER SHOP



COMPLIMENTARY INTERNET



WEEKLY HOUSEKEEPING



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**(608) 269-3168 | [morrowhome.org](http://morrowhome.org)  
[housing@morrowhome.org](mailto:housing@morrowhome.org)**

Offer ends 6/30/23. Contact Morrow Home Housing for full offer details.

## Join the ARC Monroe County For Their Last Events

Effective September 1st, 2023, The ARC of Monroe County will no longer exist. There will no longer be teacher grants or camperships. All events ARC historically held will now be in collaboration with the Sparta Special Recreation program. We appreciate your support over the years and hope to continue to see you at dances, swim days, sports events, bingo nights and more! Please watch Sparta Special Recreation Facebook page and the ADRC newsletter for upcoming events! You may also receive email updates by sending a request to [sosparta@hotmail.com](mailto:sosparta@hotmail.com).



**ARC Sponsored Swim Time at Sparta Aquatic Center:**  
**June 24<sup>th</sup>, July 23<sup>rd</sup> and August 19<sup>th</sup>, 2023**  
**9:30-11:30 a.m.**

**Anyone with a disABILITY and their family/care provider living in Monroe County can attend!**

**\*\*\*FREE EVENT\*\*\***

## Senior Celebration

Another Senior Celebration is in the books! On Friday May 19th the ADRC of Monroe County hosted a Senior Celebration for area residents 60 and older. The event was held at the Barney Center and featured entertainment by the Sparta High School Vocal Jazz group. The group was an amazing assortment of talented high school students who sang their hearts out and provided much enjoyment for those in attendance! Board members helped serve our picnic style lunch and included Cedric Schnitzler, Dave Kuderer, Dave Pierce, Emma Ledbetter, Doug Rogalla and Joey Esterline. Mary Cook donated butter as part of one of our many door prizes! Everyone enjoyed the time to get together, have a great meal and listen to fantastic vocals! We hope to see you next year!



**Emily Reitz**  
DCS

## Lunch Bunch MEMORY CAFE

The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others and to learn, "You are not alone." Art, music, health and wellness topics will be featured at each café.

### THE FIRST MONDAY OF EACH MONTH

**When:** Monday, July 3, 2023  
**Time:** 11:00 AM - 12:30 PM  
**Location:** Tomah Perkins  
 1015 E McCoy Blvd., Tomah, WI  
**RSVP:** (608) 387-9250 by Friday, June 30th  
**Topic:** Independence Day!



Resources: Community resource information will be available each month. Staff from the Aging & Disability Resource Center will be available to answer questions and visit with Care Partners during the café.



**Lunch & Beverage provided at a suggested contribution of \$4.00 per person**



## Are you a caregiver?

**Need advice? Feeling burnt out? Looking for people who understand?**

### Caregiver Support Group In-person or Virtual

**Conference Room A in the ADRC Building**  
 ADRC building (old Gundersen Clinic)  
 315 W Oak St, Suite A, Sparta, WI 54656

Call Emily Reitz @ 608-387-9250 for more information or for virtual/phone in information.

**The group meets on the 3rd Friday of each month from 1pm - 2pm**  
**July 21st, 2023**

*Taking care of you... so you can take care of them.*



**Emily Reitz**  
DCS

humor generosity caregiving support love home help hope family

## Policy Changes for Foodshare Eligibility

Effective June 12, 2023, some Food Share policies are reinstated or implemented as outlined below:

### STUDENT EXEMPTIONS

Persons (age 18 to 49) enrolled half-time or more in an institute of higher education are ineligible for Food Share unless they meet an exemption. Two new and temporary student exemptions were created with the Consolidated Appropriations Act, 2021.

As a result of the federal PHE ending, the availability of the two exemptions will end. These specific exemptions are as follows:

1. Students who are eligible to participate in state or federally financed work-study program during the regular school year, as determined by the institution of higher education.

2. Students who have an expected family contribution (EFC) of \$0 in the current academic year, as determined by the institution of higher education.

Starting June 12, 2023, new Food Share applicants will no longer qualify for Food Share under these two temporary exemptions. The temporary rules will continue for current students enrolled in Food Share until their next renewal starting

July 2023 or later. Student exemptions will be explored as a part of the renewal process before making an eligibility determination (Food Share Wisconsin Handbook, 3.15.1 Student Eligibility).

### DRUG TESTING FOR PERSONS CONVICTED OF DRUG-RELATED FELONY

Persons convicted of a drug-related felony involving the possession, use, or distribution of a controlled substance in the last five years must pass a drug test to get benefits. During the PHE, this requirement was suspended. Following the end of the PHE, drug testing will once again be required.

Food Share applicants who apply on or after June 12, 2023, and have been convicted of a drug related felony in the past five years will be subject to drug testing requirements. Current Food Share members that enrolled after April 16, 2020, and who had a drug related felony conviction in the last five years, are required to submit to a drug test and pass, or provide a negative test result, at their next renewal starting July 2023 or later to keep getting benefits (Food Share Wisconsin Handbook, 3.20.1 Drug Felons).

## Museums for All

By the GWAAR Legal Services Team

Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website Museums4All.org has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum in Sheboygan
- Atlas Science Center in Appleton
- Betty Brinn Children's Museum in Milwaukee
- The Building for Kids Children's Museum in Appleton
- Central Wisconsin Children's Museum in Stevens Point
- Charles Allis Art Museum in Milwaukee
- Children's Museum of Eau Claire in Eau Claire
- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum—Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum—Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee
- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc

There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.



Children's Museum of La Crosse, La Crosse

## COMPASSIONATE HOSPICE & PALLIATIVE CARE

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TomahHealth.org  
608.374.0250

# Message to Medicare Beneficiaries from the National Senior Medicare Patrol Resource Center

On behalf of the Center for Medicare and Medicaid Services, we want to remind beneficiaries to protect their Medicare card and Medicare number by only sharing this information with health care providers, insurance companies or health plans (and their licensed agents or brokers), or the Benefit Specialists that you trust to

work with you on your Medicare needs. We advise you to not make copies (or pay others to make copies) of your Medicare cards or laminate the cards. For beneficiaries who have an account at Medicare.gov, you can easily print or order an official replacement card, if your original card is lost or damaged.

Guard your Medicare card and number like a credit card! Don't share your number, laminate it, make copies, or let anyone else make a copy. If you need an official replacement card, you can print or order one at Medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

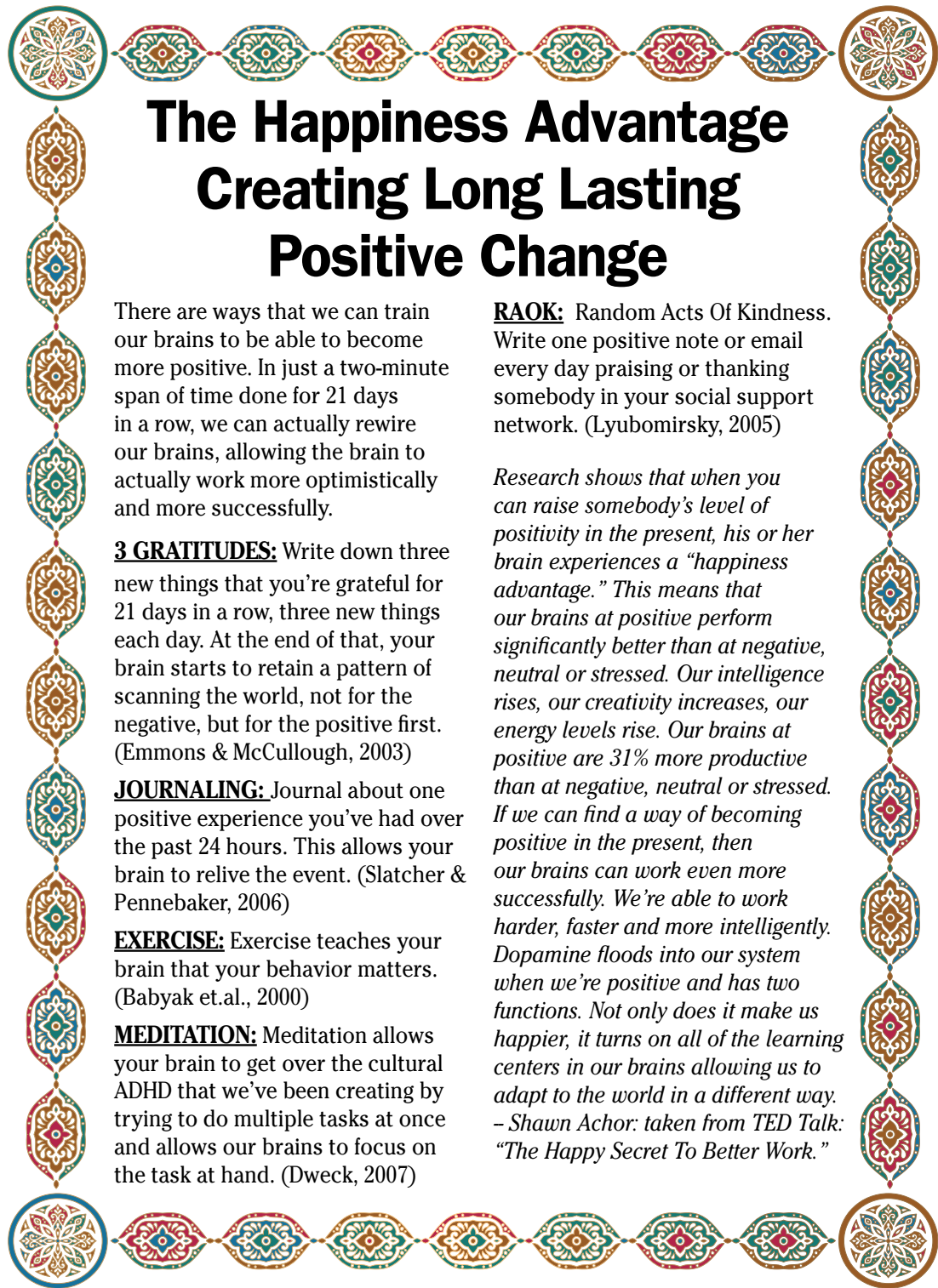
## ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

### JULY 2023

**There is a suggested contribution of \$4.00 for each congregate meal or each home delivered meal.**

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
1 3-inch Italian Subs on Whole Grain 3 Sliced Tomatoes. 1/2c Pasta Salad 1 bag Potato Chips 1/2c Pineapple 1 Mayo Packet 8 oz 1% Milk	<b>CLOSED FOR HOLIDAY</b>	3oz Pork Loin 1 Baby Baked Potato 1 ea Butter & Sour Cream 1/2c Carrots 1c/1 Mixed Green Salad/Drsg 1 ea WG Bread/Butter 1/2c Applesauce 8 oz 1% Milk	3 oz Roasted Turkey 1/2c Parsnips/Squash 1/2c Oven Roasted Potatoes 1 ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie 8 oz 1% Milk	3 oz Meatloaf 1/2c Mashed Potatoes 2 oz Gravy 1/2c Peas 1/2c Three Bean Salad 1 ea WG Bread/Butter 1/2c Pears 8 oz 1% Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
1/2c Egg Salad on 2 slices WG Bread 1/2c Cowboy Caviar 1 oz Tortilla Corn Chips 1 Salsa Cup 1 Salted Caramel Oat Cookie 1 Banana 8 oz 1% Milk	3 oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1 ea WG Bread/Butter 1/2c Fresh Seasonal Fruit 8 oz 1% Milk	1/2c Sloppy Joes 1 WG Bun 1/2c Macaroni & Cheese 1cup Mixed Green Salad 1 Dressing Packet 1cup Pineapple 8 oz 1% Milk	1cup Chicken ala king over 1 Biscuit 1/2c Mixed Vegetables 1cup Fresh Seasonal Fruit Mix 1 Lemon Pound Cake 8 oz 1% Milk	3 oz Pork Fritters 2 oz Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1ea WG Bread/Butter 1/2c Fresh Fruit Mix 1 Spiced Garbanzo Bean Cake 8 oz 1% Milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
1cup Chicken Alfredo 1/2c Pasta 1/2c Broccoli 1 Garlic Breadstick 1/2c Fruit Cocktail 1 Angel Food Cake with Seasonal Berries 8 oz 1% Milk	3 oz Beef Roast 2 oz Gravy 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1/2c Fresh Seasonal Fruit 1ea Blueberry Coffee Cake /Butter 8 oz 1% Milk	3 oz Cold Ham & Cheese Sand 2 Slices WG Bread 1/2c Italian Pasta Salad 1 oz WG Sun Chips 1 cup Seasonal Fresh Fruit 1ea Mayo/Mustard Packet 1/2c Seasonal Fresh Fruit 1 Rhub/Straw Upside Down Cake 8 oz 1% Milk	1 cup Turkey Tetrizzini 1/2c Buttered Peas 1 cup Mixed Green Salad with Cucumbers/Tomatoes 1 Dressing Packet 1ea WG Bread & Butter 1/2c Peach (fresh) 8 oz 1% Milk	3 oz Cheeseburger on 1 Whole Grain Bun 3 Tomato Slices 1 Red Onion Slice 1/2c Potato Salad 1/2c Italian Style Baked Beans 1 ea Ketchup/Mustard 1 Apple 8 oz 1% Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
1 serv Cabbage Rolls 1/2c Colcannon Irish Ms Pot 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1 ea Rye Bread/Butter 8 oz 1% Milk	3 oz/1 Beef Hot Dog on WG Bun 2TB ea Chili & Cheese 1 TB Diced Onions 1/2c Steakhouse Potato Salad 1/2c Stewed Tomatoes 1/2c/1eaBaked Beans/Ket/Must 1 Plums (fresh) 8 oz 1% Milk	1serv Chicken Chimichanga 1/2c Black Bns w/Red & Green Pepper 1/2c Spanish Rice 1 ea Sour Cream/Salsa 1/2c Fresh Seasonal Fruit Mix 1 Sugar Cookie 8 oz 1% Milk	3 oz Turkey Open Faced Sand 1 slice WG Bread 2 oz Gravy 1/2c Mashed Potatoes 1 cup Mixed Green Salad 1 Dressing 1/2c Pears 8 oz 1% Milk	3 oz Beef Tips in Pesto Cream Sauce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c Fresh Seasonal Fruit Mix 1 Beetroot Chocolate Cake 8 oz 1% Milk
<b>31</b>	<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692 <b>Please call by NOON 1 day before to reserve your meal.</b> Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</p>			
3 oz Chicken Piccata 1/2c Seasoned Rice Pilaf 1/2c Broccoli 1/2c Rainbow Chard w/Lemon Vinaigrette 1 ea WG Bread/Butter 1/2c Tropical Fruit 8 oz 1% Milk				



## The Happiness Advantage Creating Long Lasting Positive Change

There are ways that we can train our brains to be able to become more positive. In just a two-minute span of time done for 21 days in a row, we can actually rewire our brains, allowing the brain to actually work more optimistically and more successfully.

**3 GRATITUDES:** Write down three new things that you're grateful for 21 days in a row, three new things each day. At the end of that, your brain starts to retain a pattern of scanning the world, not for the negative, but for the positive first. (Emmons & McCullough, 2003)

**JOURNALING:** Journal about one positive experience you've had over the past 24 hours. This allows your brain to relive the event. (Slatcher & Pennebaker, 2006)

**EXERCISE:** Exercise teaches your brain that your behavior matters. (Babyak et.al., 2000)

**MEDITATION:** Meditation allows your brain to get over the cultural ADHD that we've been creating by trying to do multiple tasks at once and allows our brains to focus on the task at hand. (Dweck, 2007)

**RAOK:** Random Acts Of Kindness. Write one positive note or email every day praising or thanking somebody in your social support network. (Lyubomirsky, 2005)

*Research shows that when you can raise somebody's level of positivity in the present, his or her brain experiences a "happiness advantage." This means that our brains at positive perform significantly better than at negative, neutral or stressed. Our intelligence rises, our creativity increases, our energy levels rise. Our brains at positive are 31% more productive than at negative, neutral or stressed. If we can find a way of becoming positive in the present, then our brains can work even more successfully. We're able to work harder, faster and more intelligently. Dopamine floods into our system when we're positive and has two functions. Not only does it make us happier, it turns on all of the learning centers in our brains allowing us to adapt to the world in a different way.*  
- Shawn Achor: taken from TED Talk: "The Happy Secret To Better Work."

## Surge of Unrequested and Unwanted COVID-19 Test Kits

On May 11, 2023, the COVID-19 public health emergency ended, and with that, Medicare stopped paying for over-the-counter tests (though it continues to cover those provided in a clinic, doctor's office, or other health care setting and processed by a laboratory).

The end of the public health emergency, unwittingly, initiated a surge of Medicare beneficiaries receiving test kits in their homes.

A recent NPR article pointed out that fraudsters are using testing sites, telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams. Fraudsters are offering COVID-19 services in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers take advantage of COVID-19-related needs and services to benefit themselves, putting beneficiaries at risk of potential harm. The personal information collected can be used to fraudulently

bill federal health care programs and commit medical identity theft. For more on the NPR article, click here: [A COVID Test Medicare Scam May Be a Trial Run for Further Fraud : Shots - Health News : NPR](#)

According to Ingrid Kunderer, Senior Medicare Patrol Project Manager, the toll-free Helpline in Wisconsin has had a significant increase in the number of calls related to unwanted tests kits. Medicare beneficiaries are receiving test kits that they did not order and do not want. These are then billed to the beneficiary's account with Medicare often paying \$94.08 per test.

For more information, contact Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center at 608-269-8693.



**Alice Ackerman**  
Elder Benefit Specialist

## A new food pantry has opened in Norwalk!

The Community Harvest Food Pantry is located at 200 W North St, Norwalk WI and is open on Wednesdays from 12:00 p.m.-2:00 p.m. For more information Contact: Theresa Rogalla at 608.424.4187



## Grief Support Group



### GRIEF COMES IN MANY FORMS

Please consider joining us as we support one another.

Grief can be caused by a multitude of life experiences. Join us if you are going through and/or are experiencing lasting effects of grief after any of these life altering scenarios:

- Loss of a loved one
- Loss of health
- Losing a loved one to chronic illness
- Loss of personal relationships

The purpose of this group is to provide information about the grief process; to share experiences; and to alleviate the feeling of isolation.



**Emily Reitz**  
DCS

**July 11, 2023 1pm - 2pm**

315 W Oak St., Suite A,  
Sparta, WI 54656

Please register with Emily Reitz at 608-387-9250



## Summer Squash is the Harvest of the Month!

### Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose glossy, small- to medium-size squash.

**Store** – Refrigerate and use within 3-4 days.

**Prepare** – Grill, steam, boil, or saute. You can even eat the skin!

### Did you know?

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



Nutritious, Delicious, Wisconsin!  
#WlHarvestoftheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADI



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

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Lives  
Well Lived*



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[TorkelsonFuneralHome.com](http://TorkelsonFuneralHome.com)



## ZUCCHINI MINI PIZZAS

- Slice zucchini into ¼ inch rounds and brush with olive oil
- Bake at 400°F for 5 minutes
- Top with sauce and your favorite pizza toppings
- Bake until zucchini is tender and cheese is melted, about 10 minutes



**FOOD  
WISE**  
Healthy choices, healthy lives.

UW-MADISON EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

# PALS

## (Physical Activity for Lifelong Success)

The latest PALS (Physical Activity for Lifelong Success) Class recently ended after 10 weeks of coaching sessions and physical activity. The class met three times a week. It is designed to facilitate behavior change and improve physical activity! If this looks like fun to you please call Kellee Tourdot for information about the next session. Kellee can be reached at 608-269-8655.

Pictured are Janice Henry, Betty Durec, Karen Wall, and Kellee Tourdot. Not pictured is Peg Ewers, Mischell Markin, Nona Justinger and Peg Giraud.



# Disability Pride Month

According to <https://disabilityrights-wi.org>, "In the month of July, we celebrate the diversity and history of the disability community in the United States for Disability Pride Month. On July 26th, 1990, the Americans with Disabilities Act was signed into law, prohibiting discrimination on basis of disabilities.

We recognize that disability is a natural part of life that intersects with so many aspects of identity, from race to gender to socioeconomic class and that today, disability advocates and activists are still fighting for a person's right to independence, self-determination, and the greatest possible quality of life. This becomes even more important when remembering

that the disability community is one of the largest minority populations in the United States, comprising around 21% of Wisconsin's population."

**Learn more about Disability Pride Month and the experiences of people with disabilities below:**

- Wisconsin's governor, Tony Evers, has made a proclamation honoring Disability Pride Month 2022.
- Learn more about the experiences of children with disabilities by watching the documentary, Crip Camp.
- Need information or technical assistance with the Americans with Disabilities Act? Learn more via ADA.gov.
- Want to know how to improve online accessibility for people with disabilities? Learn more via Section508.gov.

If you would like to visually show your support for Disability Pride Month you can do so by wearing the color orange, or flooding your yard with orange lights.



# Soar Like an Eagle for August Vintage Vagabond Trip!

Vintage Vagabond trip on August 17 takes us to the National Eagle Center in Wabasha, MN.



The National Eagle Center is a world-class travel destination and museum situated on the banks of the Upper Mississippi River in beautiful Wabasha, MN and is the world's premier



resource for impactful eagle education and experiences. Visitors receive a unique experience that engages learners of all ages! We will meet live eagles up-close, enjoy a private live eagle program presentation, engage in one-on-one Q&A with expert naturalists, and explore two-floors of interactive exhibits.

Following our time at the Eagle Center, our lunch stop will be across the Mississippi at the Nelson Creamery in Nelson, WI.

**Cost for August Trip: \$61 includes transportation on Lamers Deluxe Motorcoach, meal including gratuity, and tour. Pick up times: Sparta- 8:30 a.m. and Tomah -8:00 a.m. at Southeast corner of Wal-mart parking lots. Deadline for registering: July 12.**

We have a new process for registering for trips this year. Please complete the form below. Then either mail, or bring in person to the ADRC office, your form and money. Cash or check must accompany your reservation. Make checks out to ADRC of Monroe County. Keep checking the ADRC website for additional details for upcoming trips. Click on the Vintage Vagabond link on the left side of the page. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>



**RESERVE YOUR SPOT TODAY! Deadline: July 12**

### Vintage Vagabond Trip: August 17 National Eagle Center

Number attending: \_\_\_\_\_ (Please print) Pick up location: Tomah \_\_\_\_ or Sparta \_\_\_\_

Name(s) 1. \_\_\_\_\_ X if age 60+ \_\_\_\_ 2. \_\_\_\_\_ X if age 60+ \_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email \_\_\_\_\_

Meal Choice: Sandwich choice: Chicken salad/Monterey Jack/Sprouts \_\_\_\_\_ or Turkey/ roast beef/ monterey jack/sprouts \_\_\_\_\_ or Ham, turkey/swiss/ monterey jack/onion \_\_\_\_\_ (All sandwiches on whole wheat bread w/ mayo, lettuce&tomato) (Meal includes chips, bottle of water, small scoop ice cream.)

Payment: Total Enclosed \$ \_\_\_\_\_ Cash \_\_\_\_\_ or Check \_\_\_\_\_

**Mail or bring in person to: ADRC, 315 W. Oak St, Suite A Sparta, WI 54656**