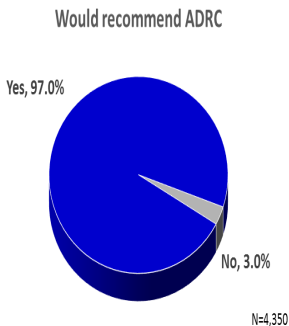


Most Excellent!

The State of Wisconsin recently released results of a 2015 statewide survey about customer satisfaction with Aging & Disability Resource Centers. And the survey said...ADRC's are excellent! ADRC's are excellent at making it easy to get information. Excellent at providing useful information. Excellent at helping customers navigate the "system". Excellent at understanding your needs and preferences.

But if you need more proof to give us a try:



That's right! 97% of over 4000 ADRC customers stated they would recommend their ADRC!

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Good Old Summertime! When Fresh Eatin' is Easy!

Summer produce is simply the best. Red ripe strawberries, juicy sweet watermelon, big fat tomatoes, crisp green beans!

And summer in Wisconsin wouldn't be the same without hot, buttery corn on the cob. Yum! We are lucky to live in an area where we have access to such an abundance and variety of locally grown fruits and vegetables. There are Farmer's Markets operating in most communities from Black Earth to Waunakee, and of course, the biggest market in the Nation - the Dane County Farmer's Market, every Saturday on the Square!

You don't have to break the bank to shop the Farmer's Markets either. There are a few programs designed to help:

Use your QUEST Card Many Farmers' Markets in the area happily accept Quest/FoodShare/SNAP benefit cards. Each market operates a little differently, so go to the Information Booth or other designated area at the market and present your Quest/EBT card. You authorize how much you would like to withdraw from your account, and the market will give you tokens in that amount to use throughout the market.

Madison Double Dollars for Quest Card users. Receive up to \$25 in matching funds when you use your Quest Card at the Northside, Eastside, Westside or Monona Community Markets or the El Mercadito de Centro. The Dane County Farmers Market also offers this incentive.

Senior Farmer's Market Vouchers If you're over age 60 and earn less than \$21,978/year (or \$29,6370 as a couple) you may qualify for \$25 worth of vouchers to use throughout the season. Check with your local senior center/coalition or call Mary Browning at 608-261-5678, with the Senior Nutrition Program at the Dane County Area Agency on Aging.

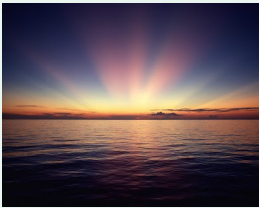
Please contact the ADRC if you need more information about any of these programs, market locations or the FoodShare program.



Recently, the ADRC of Dane County had an open house to celebrate "ADRC Month".



Thanks to all the community members and professionals who came out to see what we do!



There are a lot of National Awareness Days, Weeks and Months – we have included several in this edition. Some are important, some are goofy, some are delicious (Ice Cream month anyone?!) But did you know that August is “**What Will Be Your Legacy?**” month? That’s something to ponder!

Maybe the first thing to come to mind when thinking about legacy is how much money you will leave behind. Some people worry about that. But legacy means so much more than dollars and cents. Legacy is how you live your life, deciding the kind of person you are and what you want the world to be like now and in the future. We all have so many gifts to pass along to one another. A legacy may simply be living an example as a good person, parent, grandparent, friend, citizen. You never know the impact of kindness, creativity, love, humor, courage, perseverance – all things without a price tag. So this August, give some thought to your legacy!

June is Men’s Health Month!



That’s no fish tale!

Make sure to schedule your annual checkup this June!
www.menshealthmonth.org

Caregiver Village:

Dementia Friendly Cards

Dementia cards offer a way for people to quietly relay a message to others about their or their family member’s situation in a public setting. Call or stop in to the ADRC to get yours today.

The person I am with has dementia. Patience & understanding is greatly appreciated.



Please be aware that I have dementia. Patience & understanding is greatly appreciated.



ADRC
 Aging & Disability Resource Center of Dane County
 Connecting people with the assistance they need
 (608)-240-7400
www.daneadrc.org

For more information contact Joy Schmidt - Dementia Care Specialist
 E-mail: schmidt.joy@countyofdane.com
 Toll Free: (855) 417 - 6892



Promoting dementia friendly communities

Wisconsin Voter Photo ID

What you need to know.



With limited exceptions, Wisconsin citizens must present a photo ID to have their ballot counted.

You must show one of these IDs

Address on your ID does not have to be current!

WISCONSIN DRIVER LICENSE
 EXPIRES AFTER 11/4/2014

WISCONSIN IDENTIFICATION CARD
 EXPIRES AFTER 11/4/2014
 NOT A DRIVER LICENSE

UNEXPIRED RECEIPT FOR A WISCONSIN DRIVER LICENSE OR A WISCONSIN STATE ID
 VALID FOR 45 DAYS

PASSPORT
 U.S. PASSPORT
 EXPIRES AFTER 11/03/2014

VETERANS ID CARD
 UNEXPIRED OR NO EXPIRATION DATE

TRIBAL ID CARD
 FORMALLY RECOGNIZED WISCONSIN TRIBES
 STILL VALID FOR VOTING IF CARRIED

U.S. MILITARY PHOTO ID CARD
 EXPIRES AFTER 11/4/2014

CERTIFICATE OF NATURALIZATION
 ISSUED WITHIN THE LAST 2 YEARS

COLLEGE ID CARD
 WISCONSIN ACCREDITED COLLEGE
 ISSUANCE DATE: NOT EXPIRED

PROOF OF ENROLLMENT
 Proof of Enrollment forms for each college. It is a separate document (may be electronic) such as a class schedule or enrollment verification form. If you are not sure about your proof of enrollment, please ask your college.

* Cannot be more than 2 years after card's date of issue

Frequently Asked Questions

What if I don't have an acceptable photo ID?

Voting is a right you can't afford to lose. Get an ID.

See the reverse to find out how to get a [Free Voter Photo ID](#)

Do I need a photo ID if I vote absentee?

You must include a copy of your acceptable voter photo ID when you send in your signed absentee ballot request. The only exceptions are: if you are indefinitely confined due to age or disability; live in a nursing home or senior residential community; or are a permanent overseas or military voter.

Important things to remember:

- ★ The address on your ID does NOT have to be current.
- ★ There is not a separate "Voter Photo ID card." You can use any of the examples pictured on this page as a Voter Photo ID.
- ★ Note the expiration and issuance date requirements for acceptable IDs.
- ★ The name on your photo ID does NOT have to exactly match the name you use to vote. Nicknames (e.g., "Susan" with ID for "Sue") are OK! However, if you've legally changed your name, your new name must be on the ID you use to vote.
- ★ If you forget to bring your photo ID on Election Day, you can ask the election worker for a provisional ballot. In order for your ballot to be counted, you must either return to the polling place before it closes at 8 p.m. with your ID, or bring your ID to your municipal clerk's office by 4 p.m. the Friday after the election.

Need more information?

Visit the Wisconsin Government Accountability Board (GAB) website at: <http://BringIt.wi.gov/> Or call the GAB at 1-866-VOTE-WIS (1-866-868-3947)

FYI: World Elder Abuse Awareness Day June 15th 2016

Every year an estimated 5 million, or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation, and experts believe that for every reported case of elder abuse or neglect, as many as 23 cases go unreported.

Everyone can act to protect seniors – no act is too small. World Elder Abuse Awareness Day (WEAAD) is an opportunity for you or your organization to take action to protect seniors by raising awareness about elder abuse. It starts with **one person** and **one action**.

Elder abuse can happen to anyone – a loved one, a neighbor, and when we are old enough, it can even happen to us. Elder abuse affects seniors across all income groups, cultures and races. Mistreatment is most often committed by the victim's own family members.

Elder abuse can occur anywhere:

- In the community – for instance, in a person's home or in a public place
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

Common risk factors:

- The victim has dementia
- The perpetrator and/or the victim has mental health or substance abuse issues
- Social isolation
- Poor physical health, which increases vulnerability and thereby may increase risk

What can you do?

Keep in contact and talk with your older friends, neighbors, and relatives frequently. Be aware and alert for the possibility of abuse. Look around and take note of what may be happening with your older neighbors and acquaintances. Ask questions and listen.

Report suspected mistreatment to your local adult protective services agency or law enforcement.

Dane County Elder Abuse/Adults at Risk Helpline: 608-261-9933

Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out. *If you believe that an elder is in a life-threatening situation, contact 911 or local police or sheriff's department.*

Locally, for World Elder Abuse Awareness Day on Wednesday, June 15, 2016 from 1-2 pm there will be a **FREE Shredfest** in the parking lot of St. Bernard's Church (2450 Atwood Avenue, Madison, WI 53704). The event's goal is to prevent financial exploitation and identity theft by enabling the safe disposal of personal documents.

Financial exploitation occurs when a person misuses or takes the assets of a vulnerable adult for his/her own personal benefit. This frequently occurs without the vulnerable adult's explicit knowledge or consent, depriving the individual of vital financial resources for his/her personal needs.

The rate of financial exploitation is extremely high, with **1 in 20** older adults indicating some form of perceived financial mistreatment in the recent past. 90% of abusers are family members or trusted others. Almost **1 in 10** financial abuse victims will turn to Medicaid as a direct result of financial exploitation and theft.

The Dane County Community Elders Abuse Community Coordinated Community Response (EACCR) thanks Pelitteri Waste Systems for their partnership in this event.



DANE COUNTY AREA AGENCY ON AGING

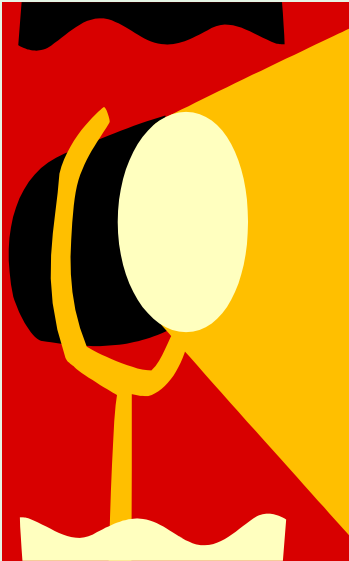
When you think of “AAA” do you automatically assume it’s who you’d call for a flat tire or to get a tow? If so, then we’d like to introduce you to a different AAA, our own **Area Agency on Aging (AAA)** office, located right here at the ADRC!

Technically, the AAA is our designated County Aging Unit. The Aging Unit is appointed to do planning and policy development for programs that are funded by the Federal Older Americans Act and state supplemental funding. What that really means is that your Dane County AAA office makes possible a wide variety of local services for residents over age 60, including: caregiver support, home delivered meals, senior dining sites, transportation, volunteer programs, alcohol & drug programs, falls prevention, cultural diversity, case management and help with public benefits questions, among others.

Some of these services are provided directly by the AAA and some are contracted with other providers. Currently the AAA manages the popular Elder Benefit Specialist Program, designed to address questions or problems for adults aged 60+ who are facing benefit disputes, reductions, appeals or denials; as well as issues such as housing eviction, debt collection, guardianship, or even same-sex marriage benefits. The AAA offers family caregivers a resource library, classes, support groups, and even respite grants related to the Wisconsin National Family Caregiver Support Program (NFSCP).

The AAA has oversight for the Senior Nutrition Program’s 27 group meal sites, and the 15 Focal Points (senior centers) offering case management throughout the County. In 2015, the hardworking Dane County AAA office provided services to 159 families through the NFSCP grant; opened two new innovative Senior Dining sites at local restaurants; increased funding for their Case Management program; reversed a steady decline in congregate meal services; and offered two “Welcome to Medicare” classes.

As our population ages, the AAA will continue to advocate for older adults and enable them to maintain their full potential and enhance their quality of life in Dane County. The AAA office can be reached by calling 608-261-9930, Monday-Friday, 7:45 am to 4:30 pm.



COMMUNITY SPOTLIGHT

The Dane County AAA also publishes a monthly newsletter, the “Caregiver Chronicles”. You can read the most recent edition on AAA’s website at: <https://aaa.dcdhs.com/> or pick up a copy at the ADRC.



Disability Pride Festival! “Forward to Possibility”

On Saturday, July 30 we will come together at Madison’s 4th annual Disability Pride Festival to share our talents, skills, arts, energy, and pride in being who we are. Disability Pride Madison builds on a long tradition of disability pride celebrations around the world.

When: Saturday, July 30 from Noon to 5pm

Where: Brittingham Park

401 South Brittingham Place, Madison



July is National Grilling Month!



Nobody wants food poisoning, so keep it safe this summer:

- Wash your hands.
- Keep it cool – don’t let refrigerated foods sit around!
- Raw and cooked foods don’t mix. Use separate containers & utensils!
- Keep temperatures in check. Cold foods should be below 40 degrees. Hot foods above 140 degrees.

www.AssistWI.org

Visiting the Wisconsin Dells is a summer tradition for many! AssistWI can help individuals with disabilities and their families to enjoy and experience the Dells area by creating adaptive solutions to accessibility issues. The non-profit organization helps you plan your Dells activities, and provides volunteers to accompany families and offer an extra set of hands. Their mission is to turn obstacles into opportunities – so adventures such as hiking the bluffs and trails, waterparks, amusement parks and zipline tours are accessible to all. (No age limits.) For more information, call 608-253-2939.



Check it Out!

If you can't stand the heat, get into the air-conditioned movie theater!

Many local movie theaters offer various amenities to ensure all guest have a fun movie-going experience.

Accessible movie-going may include:

- wheelchair accessible auditoriums, with companion seating
- assisted-listening headsets to amplify the film's audio
- closed-captioning devices that show a written display of the film's dialogue
- audio-description headsets that deliver personal narration about what's happening on screen throughout the film
- sensory-friendly movie showings/times for persons with special needs such as Autism spectrum. At these showings, the lights are turned up, the sound is turned down, and you can get up, dance, walk, shout or sing!



July is UV (ultraviolet) Safety Month. A reminder to be smart in the sun! Protect your skin & eyes!

- * Cover up – hats, sunglasses, protective clothing.
- * Stay in the Shade! Especially at midday.
- * Don't forget your sunscreen! SPF of at least 15, with protection against UV-A and UV-B rays. Apply 1 ounce (a palmful) every 2 hours –more if you're sweating or swimming!
- * From babies to grandparents, everyone's skin is vulnerable. In fact, older skin is less able to protect itself from skin cancer.



Did you know?

Madison Golf Courses have a specialized ADA mobility cart available for rent.

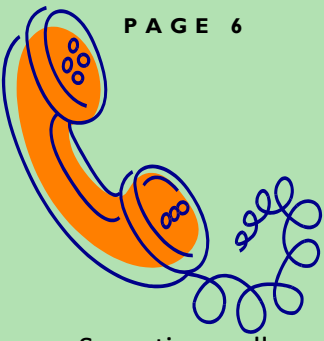


Graber Pond, Middleton has an ADA accessible kayak/canoe port and fishing pier.

Access Ability Wisconsin has an all-terrain wheelchair available! See their website to reserve one today!

www.accessAbilityWI.org
or call 608 886 9388.





I Called the ADRC!

Sometimes all a person needs is someone to listen and provide a little support. That was all Kathy needed the day she called the ADRC.

Information & Assistance Specialist Erin answered the phone one Wednesday afternoon and heard a very distraught voice on the other end of the line. Kathy told Erin that she was calling the ADRC because she had been having problems with her Medicare Supplemental Plan and was very concerned about losing health insurance coverage. Kathy didn't know what to do! She was in the middle of receiving radiation treatments for cancer and needed her insurance coverage now more than ever. She was even thinking about cancelling her next radiation appointment because she could not afford to pay without insurance.

Erin asked Kathy to tell her more about the problem she was having with her Supplemental Plan. Kathy explained that she had been trying to provide the insurance company with her bank account information so that her insurance premiums could be automatically withdrawn from her account. After several attempts to set up automatic premium withdrawals, she received a notice in the mail that her policy had lapsed.

Erin suggested that together they call Kathy's insurance provider to see if they could get this problem straightened out. The ADRC's phone system allows for three-way calling.

After connecting with a customer service agent, they were told that the first time the company received Kathy's information to set up the auto

withdrawal for premium payments, the bank account number was wrong. The insurance company then requested she mail in the corrected information, which Kathy did. However, the insurance company did not receive the information in the timeframe they had requested, and her policy was cancelled as a result.

Erin and Kathy explained to the insurance agent all of Kathy's efforts to provide the information they needed and asked if there was anything that he could do. The insurance agent agreed to make a request to reinstate Kathy's policy. He explained that if they were able to successfully process her premium payments (which would take 3-4 business days), then her policy would be reinstated. However, if they could not process the payment, Kathy would be sent a letter by mail to notify her.

Given the difficulties Kathy had with the insurance company up to this point, she was very worried that there would be another problem and she did not feel comfortable waiting for a letter to arrive. So I&A Specialist Erin and Kathy decided to call the insurance company back the following week to confirm whether her payment had been processed successfully. The next week Erin and Kathy followed up and received the good news that her payment had been processed and her policy was reinstated with no gap in coverage.

Kathy was beyond relieved and thankful she could return to the doctor for her much needed radiation treatments, without fear of huge medical bills that she could not afford.



“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.” —Langston Hughes

Bienvenidos al Centro de Recursos para el Adulto Mayor y Discapacitados del Condado Dane.

Será un placer atenderlos, gracias.

Name: Marcos Rios

Position/Title: Information and Assistance Specialist

Where did you work before the ADRC and what brought you here? My long road to the ADRC started at the Defense Language Institute in Texas where I received intensive training on the English language. From there I enlisted in the United States Army and was stationed in Europe. When I returned to the States, I enrolled at UMASS in Boston where I attended one semester before transferring to UW Madison. After graduating from UW Madison, I worked at the Wisconsin Department of Employee Trust Funds (ETF). I left ETF to work for Dane County Human Services in the area of Economic Assistance and Work Services where I was for over eleven years. Now I’m here at the ADRC, and have been since it opened in 2012.

What do you do at the ADRC? Bilingual (Spanish speaking) Information & Assistance Specialist. I’m also part of the High School Transition team, which meets with students with Intellectual/ Developmental Disabilities as they get ready to finish schooling.

What do you think people may not know about the ADRC? In addition to having staff bi-lingual in Hmong and Spanish, the ADRC has access to other interpreters of many different dialects through a Language Line service, and can also arrange for translators to conduct in-person visits.

Outside of work, what are your hobbies or interests?

Running, cycling, camping, grilling out, and eating exotic foods (hint: ghost peppers!)



*Who's Who
at the ADRC?*



Everything you wanted to know about a Power of Attorney for Finance and Property!

What is a POA? A Power of Attorney for Finance and Property, also frequently called a Durable Power of Attorney, is a legal document that allows you to grant another person (the “agent”) the power to manage and make decisions about your finances.

Why do I need a Financial POA? Did you know that in Wisconsin, family members are NOT automatically authorized to make decisions for adult family members? If you become incapacitated and have not created a Power of Attorney for Finance document, your family will not automatically be granted decision making power. In these instances, family often needs to petition the court for guardianship of estate, which takes additional time and can be costly.

It is important to plan ahead for your financial future *before* an emergency happens. Drafting a Power of Attorney for Finance and Property allows you to choose who you’d like to be your agent. Planning ahead gives you the time to discuss with your agent how you would like your finances handled. For example, having the Financial POA may allow your agent to pay your bills, file your taxes, manage your retirement accounts, handle transactions with your bank.

How do I draft a POA document? You can do it yourself using the free state form (“Wisconsin Statutory Power of Attorney for Finances and Property”), or you may use the services of an attorney to draft a Power of Attorney document. The form should be notarized when you are ready to sign it. There are a number of things to consider when creating a POA. Some questions to ask yourself are...

- ⇒ Is the person I’m choosing to be my selected agent trustworthy?
- ⇒ Do I want them to have decision making power now, or only if I become incapacitated?
- ⇒ Would I like my agent to have power over all financial matters, or just some?

What should I do once my POA document has been drafted?

- ⇒ Do you and your agent have copies of the POA document? Have you put a copy in a safe place? (fire proof safe, safety deposit box, etc.)
- ⇒ Have you provided a copy of this document to your financial institutions, such as your bank or insurance provider? This is important! Some institutions will have their own paperwork/steps that need to be completed in addition to the POA document.
- ⇒ Have you provided your agent with information about your financial holdings and discussed with them how you’d like your financial matters handled?

The Power of Attorney for Finance and Property is a legal document. It is important that you understand fully the process and powers you are granting another individual. Please see the GWAAR website for additional and more in depth information on the Power of Attorney for Finance and Property document.

<http://www.gwaar.org/wi-guardianship-support-center.html>

Living with a Chronic Condition

by Rich Zietko, Information & Assistance Specialist

I began work at the ADRC in 2013. With the excitement of starting a new job, also came the responsibility to take care of myself after having a gap in my health coverage. Getting my ducks in a row involved a visit to my doctor. After my prescriptions were renewed and lab tests were done, I received the news that I had Type 2 Diabetes. All of a sudden my joy met head on with fear and uncertainty.

My doctor immediately prescribed medication as a way to control this disease that had been causing me troubles which were beyond my awareness. The diagnosis explained

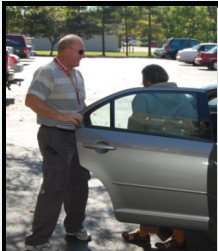
my nerve pain and afternoon tiredness. However, after reading about possible side effects that the medication could cause, I was hesitant; I wanted to explore alternative treatment options.

Researching how to control diabetes led me to a diabetic educator and a dietician. I learned from them that lifestyle changes have a big impact on the disease. Though I considered myself active, I had not been consistent in my activities. While I thought I was eating right (albeit a little too generously), the choices were not as nutritious as I assumed.

Something had to give. Reflecting upon the wisdom of Lao Tzu who stated, "If you do not change direction, you may end up where you are heading", I realized I had to make better decisions. These took the form of REGULAR exercising,

reading food labels, and eating smaller portions. Furthermore, I became a mad scientist – monitoring my blood sugar levels after every item I ate – to help me understand how food choices impacted my body and made me feel physically.

The result was that I brought my blood glucose level down from an off the chart 13.1 to a respectable 6.1! Diabetes forces me to think about my health, now and for the future. By adopting a modest exercise routine, checking labels for carbohydrates, eating in moderation, finding substitutes for old favorite foods, and keeping regular check-ups with my doctor, I have been able to be medication free since that fateful day three years ago. Now that's Healthy Livin'!



I Need a Ride to my Doctor's Office!

If you've ever found yourself needing a ride to a medical appointment, you may have options you didn't know existed. Non-emergency medical transportation (NEMT) is available to help you get to your appointments! All it takes is a little advanced planning and you can come and go as you need.



Are you...

On Medical Assistance (Medicaid, Badger Care, MAPP, etc)? MTM is an agency that can provide free transportation to your appointment. Call 1-866-907-1493

Someone with a disability or health condition that keeps you from using the bus system? Madison Metro Paratransit may work for you. There are also private-pay options for accessible vehicles that can accommodate wheelchairs or power chairs. 608-266-4466

An older adult? The Retired Senior Volunteer Program (RSVP) helps with rides for those over age 60. For those 55 years+, Supporting Active Independent Lives (SAIL) may be of assistance.

A Veteran? Dry Hootch works with vets of all ages, while Vets Helping Vets is a volunteer ride program for veterans of any age or a family member of a vet.

Even if you don't fit into any of these programs, you may be able to access rides through agencies who assist people with specific health conditions, such as the AIDS Resource Center or the American Cancer Society.

Don't fret if you live outside the city limits! Other programs exist throughout Dane County and may be accessed through the Dane County One-Call Transportation Center, 608-242-6489

Remember to plan ahead and schedule your ride at least three days in advance. This helps to ensure you- and others using these programs-have the transportation you need.

Please contact the ADRC for more information! If you're having a medical EMERGENCY, CALL 911!



The Sampler! Interesting Events going on in our Community:



SUMMER EDITION!



Is there any better place to be in the summertime than Dane County, Wisconsin?
We don't think so! Get out and enjoy the day!

June

4th & 5th Wisconsin State Parks Open House Weekend FREE admission to all Wisconsin parks, forests, recreation areas and trails. Also, free fishing (no license required) on all State lakes and streams. More than 650 miles of trails are accessible to wheelchair users and others with mobility impairments. Every Department of Natural Resources fishing pier is built to be accessible to people with disabilities. The accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around and have lower railings and rod holders so that anglers can cast out and fish. Some park sites have beach wheelchairs and adaptive kayaks.

18th Mad City Vegan Fest FREE admission & parking. Alliant Energy Center 10am-5pm. Enjoy delicious vegan food and find helpful information on protecting animals, the environment and your health. Inspiring speakers, awesome prizes, and vegan-minded exhibitors. Plus, lots of free samples! The 3pm speaker is Dr. Michael Greger on "Diet's Role in Death and Disability".

21st Make Music Madison FREE annual citywide outdoor day of music. 'Performed by Anyone, Enjoyed by Everyone!' 400 concerts at over 100 venues— many of Madison's parks, libraries, churches, the Airport, the Union, the Square, businesses, even sidewalks around town! Make Music Madison is open to music makers of all ages, skill levels, and musical persuasions. To get involved, email info@makemusicmadison.org

25th Shake the Lake FREE 4pm-11pm. Show-stopping Fireworks begin at 9:30pm. Shake the Lake event site is handicapped accessible. All of the downtown ramps will be open to the public including the Monona Terrace ramp. Event zone will be between Broom and Blair Streets with the live music stage.

July


3rd & 4th DeForest-Windsor Area 4th of July Celebration FREE DeForest Fireman's Park- Parade, car show, family activities, pony rides, arts & crafts show, terrific food & drink, live music and FIREWORKS! Parade 7/4 at 10:30am
Fireworks 7/4 at 8:30pm.

3rd & 4th Monona Community Festival FREE Winnequah Park- Music, arts & crafts, WI Wife Carrying Championship. Handicapped parking right outside the Monona Community Center, which is just across the street from the park. There are plenty of chairs in the music and food tents, but if you're planning on viewing the fireworks or Wife Carrying Competition, bring your own chairs. Fireworks 7/4 at 9:20pm

9th & 10th Fishing Has No Boundaries FREE Governor Nelson State Park- On the water fishing experience for anglers with disabilities. Fishing equipment provided. Limited to 100 participants, so register early! fhnbmadison@gmail.com

16th - 22nd Adaptive Sports USA Junior Nationals FREE Middleton High School. The oldest and largest continuously held competitive sports event for athletes with physical disabilities ages 6 to 22 in North America. Events include wheelchair or ambulatory Track & Field; Swimming; Archery; Powerlifting; Table Tennis; Para Triathlon; Air Guns and Pentathlon. Come out and help cheer the participants on to victory!

23rd Opera in the Park FREE Garner Park, Madison - 8pm but park opens at 7am. Madison Opera's gift to the community is a night like no other. In beautiful Garner Park, the stars come out in the sky, the light sticks glow in the audience, and singers from their mainstage season share their favorite opera and Broadway numbers. Blankets, chairs, food and beverages are allowed. Handicapped drop-off available at 333 S. Rosa Rd. with golf cart transport to seating.

28th-31st WaunaFest FREE Centennial Park, Waunakee – ADA Accessible  Parade, food, arts & crafts show, Classic Car Show and lots of free entertainment! Shuttle vans/buses available.

August

7th Friendship Day FREE First established in 1935! Celebrate the importance of your friends. Plan to get together.
Let your friends know how much they are needed and loved!

26th-28st Middleton Good Neighbor Fest FREE Craft Fair, rides, food, games, parade, live entertainment. Fireman's Park 7400 Lee St.

Aug 3, 10, 17, 24, 31 Scrabble at the Library! FREE 10am-12pm LakeView Library- Exercise your brain by playing Scrabble with

other adults! 2845 N. Sherman Ave. Madison





FUN ALL SUMMER LONG!

Pontoon Boat Trips Celebrate MSCR'S 90th Anniversary! Open House every 3rd Saturday to explore the lakes that make Dane County great! Boats are wheelchair accessible. Fee: FREE! (\$1 donation at the site recommended)

Time: 1-2:30 and 3-4:30 pm at Tenney Park Boat Pier, 1615 Sherman Ave in Madison.

Registration: Arrive 45 minutes prior to register for a spot(s). *Other trips are offered throughout the summer for a fee, including fishing trips.

MSCR Summer Activities (Madison School & Community Recreation) FEES apply. For information and registration call 608-204-3025 or 608-204-4581 Examples of this year's offerings:

- ◆ **Adaptive Recreation** for individuals with disabilities include such activities as: BeepBall for those with vision impairments; Golf League – Adaptive golf cart available; Water Walking Fitness – designed for individuals with cognitive or physical disabilities, including those who use wheelchairs. A Hoyer lift is available at most pools to help participants in/out of the water. One Water Walking Fitness class is reserved for those with Autism.
- ◆ **50+ Fitness Program**: To encourage adults 50 and over who live in the Madison Metropolitan School District to live “healthier, happier, and more productive lives” by participating in affordable, conveniently located, professionally-taught fitness and nutrition programs. The program now serves more than 5,000 older adults in 224 classes including aqua exercise, strength training, low-impact fitness, yoga, Tai Chi, golf, walking clubs and many more at affordable prices.

Concerts at McKee Farms Park FREE! Fitchburg- It's a party at the park! Fun for the whole family! Food carts, drinks & bands. Bring your own chair or blanket. 7pm 6/20, 7/18, 8/15 2930 Chapel Valley Rd. Disabled Access

Olbrich Botanical Gardens Open Daily 8am-8pm. Olbrich Gardens' breathtaking gardens are wheelchair and stroller accessible. House wheelchairs and electric scooters are available in Olbrich's lobby. All entrances are equipped with power doors and all restrooms are handicapped accessible. Service animals are allowed. **Outdoor Gardens – FREE!** Olbrich's colorful outdoor gardens have no stairs, wide brick and stone paths, and frequent benches for resting throughout the Gardens. **Olbrich Tram** — 12 passenger tram provides **FREE** rides around the 16-acre outdoor gardens, primarily for visitors needing assistance. The eco-friendly electric tram meets standards set by the Americans with Disabilities Act and has been modified to accommodate a person in a wheelchair. **Bolz Conservatory** admission is \$2. 3330 Atwood Ave. Madison

Henry Vilas Zoo FREE! Exploring the Zoo is family-friendly fun for all ages! The Zoo is wheelchair accessible. However, be aware that areas of the zoo contain narrow walkways, branches, doorways and/or uneven terrain, and visitors using wheelchairs are advised to avoid the steeper paths in the zoo (marked with signs). The Conservation Carousel in the Children's Zoo is wheelchair-accessible. Wheelchairs are available to rent at the Zoo's gift shop. The Zoo is open to guests with ADA-defined Service Animals, but for the safety of the animal collection, the zoo doesn't allow therapy animals or pets. Open Daily 9:30-5pm. 702 South Randall Ave. Madison



2865 North Sherman Avenue
Madison, WI 53704

The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

STOP IN – CALL– EMAIL– REQUEST A HOME VISIT

OFFICE HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@countyofdane.com

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

- ◆ Assisted Living & Nursing Home Options
- ◆ Caregiver Supports
- ◆ Housing Options
- ◆ In-Home Personal Care
- ◆ Meals & Nutrition Programs
- ◆ Rental & Energy Assistance
- ◆ Respite Care
- ◆ Social Security, Medicare, Medicaid
- ◆ Support Groups
- ◆ And Much More...

Our Services are Confidential!

If you would like to receive our newsletter by email, please contact us at adrc@countyofdane.com