

Handy-NEWS & NOTES

March 2015

25TH ANNIVERSARY OF THE ADA!!! July 26, 2015

Milwaukee County government is celebrating the 25th Anniversary of the Americans with Disabilities Act (ADA) through the end of July 2015.

Attached to this issue you'll find the third of seven flyers that are being included in Handy-NEWS & NOTES (one each month). Feel free to post these flyers and/or share them with others. If you'd like a pdf or a jpg of these flyers for your use (newsletters, social media, etc) please contact Tim by email at: Timothy.Ochnikowski@MilwaukeeCountyWI.gov.



MUSIC UNDER GLASS

Mitchell Park Horticultural Conservatory (The Domes)
524 S. Layton Blvd, Milwaukee
414-257-5611



6:30pm – 9:00pm

Mar 5, Groove Therapy, *Rock and Horn Band*
Mar 12, Tallymoore, *Irish, Folk, Celtic*
Mar 19, Michael Drake & the No Tan Lines Band

<http://county.milwaukee.gov/ImageLibrary/Groups/cntyParks/gardensnature/domes/events/2015MUGScheduleWeb.pdf>

SPECIAL NEEDS DAY

Thursday, March 5, 2015 between 12PM–5PM
WI State Fair Exposition Center

[Milwaukee Journal Sentinal Sports Show](#). **FREE admission** for persons with disabilities ***



No pre-registration needed.

*** *Wheelchairs are not available for use or rent at the Wisconsin Exposition Center*

33RD ANNUAL TASTE OF MILWAUKEE®

Thursday, March 19, 2015
5:30pm – 8:30pm
Potawatomi Hotel & Casino Event Center

Broadscope Disability Services would like to extend an invitation to the 33rd Annual *Taste of Milwaukee*! This is the Milwaukee metro areas' premier culinary extravaganza. Over 20 of the newest and best local restaurants are all under one roof and serving their signature entrées, dishes, and desserts. Live music entertainment by Tweed Funk, \$1000 prize raffle, photo booth, your chance to win a DIAMOND, and a fantastic mobile bidding silent auction. Please mark your calendar for **Thursday, March 19, 2015** for the *Taste of Milwaukee*!



NEW FOR 2015: Mobile auction bidding! Bring a fully charged cell phone and compete to win your favorite prize packages! Proceeds from *Taste of Milwaukee* benefit the growing need for Broadscope's Independent Living, Employment Services, and Respite Care programs. Broadscope has been a recognized leader in serving this need and advancing opportunities for people with disabilities for over 45 years.

Tickets are on sale now! www.broadscope.org!

If you have questions or need more information, please feel free to contact Mary Fuller, Director of Development and Marketing at 414-329-4506 or mfuller@broadscope.org. Thank you for your support and see you there!

DO YOU SUSPECT FRAUD WITHIN MILW COUNTY GOVERNMENT?

You can report incidents of fraud, waste, abuse and/or concerns over inefficient Milwaukee County government operations.

HOTLINE: 414.93-FRAUD (414.933.7283)

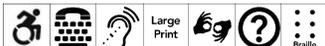
Please see the flyer attached to this issue for more detailed information regarding reporting fraud.

OFFICE FOR PERSONS WITH DISABILITIES (OPD)

414-278-3932 (V); 711 (TRS); 414-278-3939 (FAX)

901 N. 9TH STREET, ROOM 307-B • MILWAUKEE, WI 53233

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STUFF THE TRUCK FOR INDEPENDENCE!

eRecycling Drive Benefiting People with Disabilities

IndependenceFirst will host an e-cycle drive on **Saturday, April 18, 10am-2pm** in the Pettit National Ice Center parking lot, 500 S. 84th St., Milwaukee.



Computer donations will benefit IndependenceFirst (www.independencefirst.org) a non-profit agency



IndependenceFirst
The Resource For People With Disabilities

directed by, and for the benefit of people with disabilities, primarily serving the four-county metropolitan Milwaukee area.

For more information call (414) 291-7520 V/TTY

MILWAUKEE COUNTY EMPLOYMENT ON YOUR SMARTPHONE!

Did you know that you get more than just the Office for Persons with Disabilities (OPD) when you get the OPD mobile site on your smartphone? That's right, you get access to Milwaukee County employment on your smartphone.



If you're a person with a disability looking to work for Milwaukee County you can contact the DECA program, everyone can check on the current job opportunities, and if you're a county employee needing accommodations you can make that contact here too. All of this is available to you by getting the OPD mobile site.



To access employment opportunities and services on **your smartphone**, download the OPD mobile site (on your smartphone visit <http://county.milwaukee.gov/OPD>, save it to your home screen) and go to "Employment" on the drop-down list.

COUNTY EXECUTIVE INTERNSHIP PROGRAM



The Milwaukee County Executive Internship Program for the summer of 2015 is accepting applications. Applications are being accepted until **March 15**. To get the program description and details, click here: <http://county.milwaukee.gov/CountyExecutive/Internship-Program.htm>

MILW COUNTY ON TWITTER



Follow your Milwaukee County government on Twitter.

County Executive Abele @ChrisAbeleMKE
County Executive Press Office @MkeCoExecPress
County Board @MKECountyBoard
County Board Chair Dimitrijevic @BoardChairwoman
County Supervisor Alexander @CntySupDeanna
County Supervisor Dimitrijevic @supervisormd
County Supervisor Haas @TheFighting14th
County Supervisor Lipscomb @SupLipscomb
County Supervisor Rainey @Khalif_Rainey
County Supervisor Romo West @sup_dist12
County Supervisor Taylor @SteveFTaylor
County Supervisor Weddle @MartinWeddle
County Supervisor Weishan @johnweishan
Airport @mitchellairport
Bradford Beach @BradfordBeach
Domes Gift Shop @DomesGiftShop
Economic Development @MilwcntyED
Emergency Medical Services (EMS) @MilwCntyEMS
Fiscal Affairs, Perfor., Strat. & Budget @MilCoPSB
Government Affairs @MKE_GovAffairs
Health & Human Services @MkeCoDHHS
Human Resources @MilwCo_HRDept
Milwaukee County Sustainability @MKECoSustain
OPD - Handy-NEWS & NOTES @HandyNewsNotes
Parks Department @CountyParks
Public Museum @MKEPublicMuseum
Sheriff @MCSOSheriff
Transit System @RideMCTS
War Memorial Center @WarMemorialCntr
Wehr Nature Center @WehrNature
Zoo @MilwaukeeCoZoo

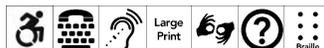
Please let us know if we missed anyone. Contact Tim at timothy.ochnikowski@milwaukeecountywi.gov

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SAIL AWAY 2015!

Sign Up Starts Soon- Space is Limited

Getting tired of gloves and bulky coats? Picture yourself with the sun on your face and wind in your hair on beautiful Lake Michigan!



The Milwaukee Community Sailing Center and Office for Persons with Disabilities is coordinating the popular Sail Away program again this summer. Individuals with disabilities, their families and friends can sail in a 22 foot Ensign sailboat around the Milwaukee Harbor. The Center's Hoyer lift makes it possible for people in wheelchairs or who may have trouble transferring to board the boat.

The popularity of the program has made it necessary to develop guidelines so that the community's many groups and individuals will have an opportunity to sail. Groups will be limited to reserving 8 spaces. If they wish additional space, they will be placed on a waiting list. Individuals are limited to reserving 4 spaces. Additional spaces can be requested and will be placed on a waiting list.

Sail Away 2015 will be here before you know it. It is anticipated that reservations will be taken beginning with the distribution of the reservation form in the April issue of Handy-NEWS & NOTES. Watch the newsletter and get your calendar ready. Sailing dates fill up VERY quickly.

For questions please call Tim at 414-278-3930 or email timothy.ochnikowski@milwaukeecountywi.gov

A NETWORK OF EYES

"Be My Eyes" is an app that connects persons who are blind with volunteer helpers from around the world via live video chat. Download now and start helping persons who are blind see. <http://www.bemyeyes.org>



REC ON DECK NEWSLETTER!!!

Get access to the latest Rec on Deck newsletter and much more recreation information by clicking on the link: <http://county.milwaukee.gov/RecRoom>

BREWERS TICKETS

"Wil-O-Way Key Card!"



The Milwaukee Brewers are again participating with the Wil-O-Way Key Card Program to distribute discounted tickets to select home games to people with disabilities for the upcoming 2015 season. Membership in the Wil-O-Way Key Card program is required to gain access to these tickets.

Ticket reservations can be made by completing the ticket request form (only sent to Wil-O-Way Key Card members) and mailing it directly to the Milwaukee Brewers.

If you are interested in Milwaukee Brewers tickets through the Wil-O-Way Key Card program but are not a member of the program, simply complete the application within this issue.

Membership in the Wil-O-Way Key Card program does not guarantee that you will receive all or any tickets requested each month. All tickets are subject to availability.

"LAUGH WITH DIANE"

Laughter Yoga

What is Laughter Yoga? Laughter exercises help to SIMULATE true rhythmic laughter, which often STIMULATES genuine laughter. The acts of smiling and laughing lead to a more positive mental attitude, more optimism reduced pain, lower blood pressure, and increased joy. Each session also includes arm raising and neck and shoulder stretching. Done together, all of these help to increase muscle relaxation and reduce stress.

March 17 (11am-1pm)

Wil-O-Way Grant (South Milwaukee)
\$3.00 per person

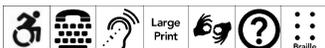
For more information and to register for the event, please see the flyer attached to this issue.

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LIFE NAVIGATORS Disability Advocacy Day

Disability Advocacy Day connects you with your legislatures so you can share your story and tell them what issues are important to you.



Date and Time: Tuesday, March 17, 2015

8:15am Bus departs from Park & Ride at The Mayfair Collection

3:30pm Bus departs from Madison for trip back to Milw

5:30pm Estimated return to Milwaukee

Pick Up Location: Mayfair Collection Park & Ride, 11500 W Burleigh St, Wauwatosa, WI 53222

Disability Advocacy Day: Monona Terrace Center, 1 John Nolen Dr, Madison, WI 53703

RSVP: Bus seating is free but limited. RSVP to Amanda or Megan by March 6 at 414-774-6255 to reserve your seat.

Game Night

Join us for an evening filled with board games, friendship and food.

Date & Time: Thursday, March 26, 2015 from 4-6pm

Location: Life Navigators, 7203 West Center Street Wauwatosa, WI 53210

Event: Have fun and play games!

RSVP: RSVP by March 23 and you will be entered into a drawing to win fun prizes! Contact Amanda at 414-774-6255 or [amanda@lifnavigators.org](mailto:amanda@lif navigators.org).

More Information: Visit www.lifnavigators.org

OPD IS ON FACEBOOK!

Office for Persons with Disabilities (OPD)



The OPD Facebook account is dedicated to persons with disabilities as well as those without disabilities who are looking for the latest news that may be impacting their lives. **"Like" us & check in daily!**

<http://facebook.com/MilwaukeeCountyOPD>

DISC GOLF IN MILWAUKEE COUNTY PARKS

Starting in the spring of 2015, a new **Disc Golf permit fee** will be implemented. Our disc golf courses have seen increased use over the years, and in order to maintain and improve the quality of the course amenities, a pay-to-play permit fee will be collected.



2015 Disc Golf Permit Fees

Annual Permit: \$40/calendar year

Daily Permit: \$5/day

Annual permits available for purchase online or at Parks Administration Public Services Office, 9480 Watertown Plank Rd., Wauwatosa, WI 53226

Review the revised **Frequently Asked Questions** (pdf) for more information about the change.

PLEASE NOTE: NO FEE is required to play the following courses: Sports Complex, Kops Park, Wil-O-Way Grant and Wil-O-Way Underwood.

Please see the link for more information.

<http://county.milwaukee.gov/DiscFrisbeeGolf9008.htm>

4th ANNUAL "SPRING FLING" Wil-O-Way Disc Golf!!!



SAVE THE DATE! June 7, 2015

Wil-O-Way Disc Golf, Underwood Course

Enjoy, food, games, disc golf, bingo & more! **FREE** for **Wil-O-Way Key Card** members!

<http://county.milwaukee.gov/WilOWayDiscGolf>

MILWAUKEE COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

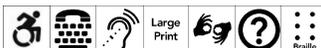
<http://county.milwaukee.gov/HealthampHumanServic7753.htm>

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SOCIAL SECURITY UPDATE

By Bob Trotter
Social Security Public Affairs Specialist in Milw



YOUR FINAL FOUR FROM SOCIAL SECURITY

Since 1939, March has meant one thing in the world of sports: March Madness. In this tournament, 68 college basketball teams compete through the month until only the final four teams remain. Coaches gather their teams to drive home the gravity of the moment, reminding them that they've worked hard and that how they respond to the pressure directly determines the outcome.

When it comes to retirement, you can secure your own winning outcome by teaming up with Social Security and taking advantage of services offered online. Start by opening a *my Social Security* account at www.socialsecurity.gov/myaccount.

What can you do with a *my Social Security* account? Allow us to introduce you to *my Social Security's* own final four.

- Use your account to view your *Social Security Statement* and verify your earnings history each year. Your future benefits are based on your recorded earnings.
- Stay focused on your financial future by getting estimates of your retirement, disability, and survivor benefits, if you are still working.
- Keep up the full-court press by managing your benefits, if you already receive them.
- Get immediate proof of your current Social Security benefits or a replacement SSA-1099 or SSA-1042S for tax purposes.

While everyone focuses on college basketball, create your own March Madness with Social Security. You can open your online *my Social Security* account during one of the commercial breaks.

Don't wait until crunch time. Your moment is now. Take advantage of your own personal *my Social Security* account to stay on top of your annual earnings history and future benefit estimates. Staying ahead of the game is key to having a winning future in retirement. Social Security is a dependable team player, assisting you to your retirement championship, and *my Social Security* is the Most Valuable Player on the court. Check out your final four at www.socialsecurity.gov/myaccount.

BATTING A THOUSAND DURING TAX SEASON

Spring training for major league baseball teams begins in March. As you prepare to meet the April 15 deadline to file

your taxes, here are some Social Security tax tips to help you knock the ball out of the park! Batter up!

FIRST BASE

If you changed your name due to marriage or divorce, or made another legal name change, make sure you change your name on your Social Security records and with your employer. Changing your name on all of your records will avoid a "mismatch" with our records (which could delay your tax return) and improper recording of your earnings. To learn more about your Social Security number and changing your name, go to www.socialsecurity.gov/ssnumber.

SECOND BASE

You will need Social Security numbers for your children if you want to claim them as dependents on your tax return. In most cases, parents request a Social Security number for their newborn child at the hospital when applying for a birth certificate. If you didn't apply for a number for your child then, you can apply at your local Social Security office or by mail. Claiming your dependents will maximize your tax refund or minimize any amount you owe. To learn more, read our online publication, *Social Security Numbers For Children*, available at www.socialsecurity.gov/pubs.

THIRD BASE (Bases loaded)

If you receive Social Security benefits, you need to pay federal taxes on some of your benefits if your total income, including Social Security and all of your other taxable income, is \$25,000 or more, and you file federal taxes as an individual. Married couples filing joint returns need to pay federal taxes on income of \$32,000 or more. To learn more about taxes and your Social Security benefits, go to www.socialsecurity.gov/planners/taxes.htm.

CLEANUP HITTER:

Now that you're working hard and earning Social Security credits, you can check your *Social Security Statement* online. Doing so will ensure that you have all your bases covered for the years you've worked. You can open or access your personal *my Social Security* account at www.socialsecurity.gov/myaccount.

A GRAND SLAM:

If you own a small business, Social Security has a free electronic filing option that allows you to prepare and submit W-2s for your employees at www.socialsecurity.gov/employer. Registering online gives you freedom from paper forms and it's free, fast, and secure.

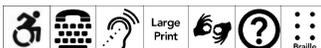
Follow these tips, and cover all your bases. To learn more about Social Security, visit www.socialsecurity.gov.

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ALZHEIMER'S ASSOCIATION TO OFFER:

PROGRAM FOR INDIVIDUALS WITH EARLY STAGE ALZHEIMER'S DISEASE AND THEIR CARE PARTNERS

The Alzheimer's Association will present a three-part program called "Living with Alzheimer's Disease – Early Stage," tailored for individuals with early stage dementia and their care partners. The diagnosis of Alzheimer's disease is life-changing and leads to many questions. The discussion will focus around what you need to know, and how you need to plan so that you can effectively navigate this chapter of your life. There will also be time for questions and answers.



The series will be offered on three consecutive Mondays beginning on March 2 from 2:30 to 4:30pm at the Alzheimer's Association, 620 S. 76th Street, Suite 160, in Milwaukee. There is no charge to attend and the program is available to individuals with early-stage Alzheimer's disease and family caregivers. Registration is required. To register, please contact Wendy Betley at 800.272.3900 or wbetley@alz.org

PROGRAM FOR FAMILY CAREGIVERS

-Program to offer tools and insight on Alzheimer's and related dementia-

The Alzheimer's Association will offer a three-part workshop called "Understanding Dementia: An Education Program for Family Caregivers" on consecutive Wednesdays starting Wednesday, March 4 from 6:00 to 8:00pm at Aurora West Allis Medical Center, 8901 W. Lincoln Ave., in West Allis.

This three-session workshop is designed for those with a family member or friend recently diagnosed with Alzheimer's disease or a related dementia. The program will include an overview of dementia, communication strategies, behavior changes, safety issues, community resources and personal care for the caregiver. There will also be an opportunity to exchange ideas and experiences with others who are coping with similar situations.

This program is being provided by the Alzheimer's Association at no charge, and is open to family caregivers. Registration is required; to register, please contact Aurora West Allis Medical Center at 888.863.5502 or register online at www.aurora.org/events

BRAIN WELLNESS PROGRAM

Learn How to Stay Fit from the Neck Up!

The Alzheimer's Association will present a community program called "Nourish Your Noggin" on Thursday, March 5 from 10:00 – 11:15am at the O.A.S.I.S. Senior Ctr, 2414 West Mitchell Street, in Milwaukee.

This fun and interactive program is for anyone interested in brain health. Topics will include how memory works, age-related memory changes – what is normal, what is not – and how to live a brain-healthy lifestyle.

The program is being presented at no charge by the Alzheimer's Association and is open to everyone. Registration is required and can be made by calling 414.647.6053.

TIPS ON HOW TO HAVE FAMILY CONVERSATIONS ABOUT DEMENTIA

The Alzheimer's Association will present "Conversations about Dementia", a program offering concrete suggestions for having successful family discussions around the topic of dementia. This program is planned for Tuesday, March 10 from 1:00 to 2:30pm at the Alzheimer's Association, 620 S. 76th Street, Suite 160, in Milwaukee.

The fear or lack of awareness that often accompanies these difficult conversations can result in delays that often have serious consequences for the entire family. This program will discuss difficult topics like convincing a family member to go to the doctor for cognitive screening or medical care, deciding when the family member can no longer drive, making legal and financial plans for future care needs and how to create well-functioning care teams.

There is no charge to attend this program and it is open to all members of the community. Registration is required. To register please contact Deborah Klement at 800.272.3900 or dklement@alz.org

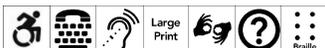
The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information about Alzheimer's disease and local services visit www.alz.org/sewi or call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

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BARRIER BUSTER REPORT

Your New Freedom team is very pleased to announce that the Barrier Buster returns! On February 18, Kayla Reithmeyer will be joining our merry little band with the express purpose of "greasing the wheels," of improved accessibility for bus riders with disabilities.

Kayla is currently enrolled as a Master's Degree student at the University of Wisconsin- Milwaukee. We're confident that her passion for sustainable and accessible transportation will further the progress already made to make our bus stops welcoming to riders with disabilities.



In 2014, Milwaukee County buses provided 89,291 rides to people using wheelchairs and scooters. though a slight drop from 2013 marks, this number demonstrates that the bus is a preferred means of independent travel to many riders with disabilities. We are eager to anticipate data from our new fareboxes which will soon provide information regarding ridership by all people with disabilities using Milwaukee County's New Freedom Card. We're confident that it will show that people with disabilities are "on the move." We hope that you'll join the wave of people using our fleet of **accessible** modern buses.

With the recent onset of snowy winter weather we urge home and business owners to do the neighborly thing and "move it," the snow we mean. For some people, snow provides a good workout. For others of us, unshoveled snow robs us of our freedom to get around. So, we ask our friends and neighbors to please shovel for the health of it.

ADAPTIVE SPORTS & REC EXPO!!!

2015 Adaptive Sports and Recreation Expo, **July 25, 2015**, Nathan Hale High School (West Allis, WI), Celebrating 25 years of the Americans with Disabilities Act. Contact: Sue Abrahms, sabrahms@mcw.edu .
www.twitter.com/EverybodyPlays
www.facebook.com/EverybodyPlays01



EASTER SEALS SOUTHEAST WI - "BATTLE OF THE BADGES" and THE MILWAUKEE ADMIRALS

Please join us on **Sunday, March 8th** at the BMO Harris Bradley Center, for a day of hockey fun and support a great cause! During the Battle of the Badges, local police officers and firefighters battle it out on the ice to support autism awareness and services for local veterans. Tickets also include entrance to the Milwaukee Admirals vs. Oklahoma City Barons later that afternoon. All proceeds support Easter Seals Southeast Wisconsin.



The Battle of the Badges game begins at 11:30am (doors open at 11am) and the Milwaukee Admirals game starts at 4pm. Tickets are \$20 for adults and \$14 for children (ages 14 and under) and includes admission to both games. Please visit <http://es.easterseals.com/site/Calendar?id=44965&view=Detail> or call 414-227-0550 for tickets. Please make sure to mention the promotion code: BATTLE OF THE BADGES.

EASTER SEALS SOUTHEAST WISCONSIN – WALK WITH ME – WEDNESDAY EVENING, JUNE 24th

We're going to have more fun than a barrel of monkeys as we take great "strides" in helping individuals with disabilities at our 9th Annual Walk With Me on **Wednesday, June 24th** at the Milwaukee County Zoo. Please join us! Proceeds from this signature walk event help us provide children and adults with autism and other disabilities the opportunities to live, learn, work and play in our communities.



Check-in and pre-walk entertainment by the amazing All-Star SUPERband begins at 5 pm at the Big Backyard at Zoo Terrace. Walk, roll or stroll alongside the animals on the family fun route beginning at 6:30pm! After the Walk, continue to enjoy the Zoo or return to the Zoo Terrace for more entertainment. Please visit <http://www.easterseals.com/wi-se/get-involved/walk-with-me/> for more information or to register for our walk.

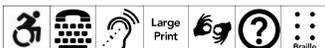


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CONVERSATIONS THAT MATTER, TALKING ABOUT END-OF-LIFE WISHES WITH YOUR LOVED ONES

According to a national study, family caregivers make medical decisions for 70% of community-dwelling older adults who die each year. Examples of tough decisions family caregivers make include but not limited to whether to enroll in a hospice program, and whether to initiate or withdraw feeding tubes, ventilator or cardiopulmonary resuscitation. But recent studies show that many families are unprepared about their roles and responsibilities, and experience stress, anxiety, and even symptoms of depression and post-traumatic stress disorder in some cases.

Research shows that older adults and their families can prevent such stress, conflicts and negative experiences by engaging in meaningful advance care planning discussions. During the advance care planning process, individuals discuss and document preferences for different life support treatments (living will), and/or designate a healthcare proxy to make medical decisions on their behalf (durable power of attorney for healthcare). Here are some tips and resources that may help persons with dementia and their families in end-of-life discussions, which are also applicable to non-dementia family caregivers and their loved ones.

First, start the conversation early when the person with dementia can still communicate his/her wishes and preferences. As dementia progresses, the person loses the ability to remember, communicate and make decisions. Without talking with the loved ones about their wishes when they are able to, families will never be sure what the person would have wanted.

Second, talk with healthcare providers such as doctors to learn about what to expect as the disease progresses near end of life, and benefits and risks of treatment options. Talking with healthcare professionals will help families develop more realistic understanding of the disease and treatment options at the EOL.

Third, explore not only the loved one's preferences for treatments but also how decisions should be made in actual decision making. Studies show that older adults prefer to share broad guidelines with their loved ones instead of 'micromanaging' end-of-life care. It is also impossible to provide treatment instructions in advance to address all possible future medical events. Families

should discuss how closely the proxy should follow the instructions in the living will, who else should be involved in discussion (e.g., other family members, doctors, clergy), and who should make the final decision.

Lastly, take advantage of free, useful resources available to guide families in advance care planning discussion. One resource is the Conversation Project's *Conversation Starter Kit*, an easy to read and follow workbook that provides useful tips on how to start the conversation and what to discuss with loved ones (<http://theconversationproject.org/starter-kit/intro/>). *Honoring Choices in Wisconsin* website provides resources and forms on advance care planning (<http://www.wisconsinmedicalsociety.org/ACP>). Doctor's offices, hospitals, and other long-term or healthcare institutions are also good places that offer forms and resources on advance care planning.

Initiating end-of-life planning conversation can feel awkward, uncomfortable, and even scary. But, talking about end-of-life wishes with loved one is one of the most important and meaningful conversations that can help loved ones make difficult decisions with less pain, doubt and anxiety, and bring family closer together.

Jung Kwak, PhD, MSW
Associate Professor, Department of Social Work
University of Wisconsin - Milwaukee

IDEA
Innovator of Disability
Equipment & Adaptations



To find some unique and valuable equipment for people with disabilities, visit: www.ideamobility.com or call 262-691-4248, fax 262-923-4700.

HNN IS ON TWITTER
Handy-NEWS & NOTES (HNN)



The HNN [Twitter](#) account is dedicated to persons with disabilities as well as those without disabilities who are looking for the latest news that may be impacting their lives. **"Follow" us & check in daily!**

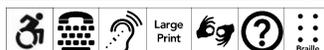
Please use the link below and "follow" us on Twitter.
<https://twitter.com/HandyNewsNotes>

OFFICE FOR PERSONS WITH DISABILITIES (OPD)

414-278-3932 (V); 711 (TRS); 414-278-3939 (FAX)

901 N. 9TH STREET, ROOM 307-B • MILWAUKEE, WI 53233

@HandyNewsNotes timothy.ochnikowski@milwaukeecountywi.gov <http://county.milwaukee.gov>



Handy-NEWS & NOTES

March 2015

112 WALGREENS DRUGSTORES SPEARHEAD EFFORT TO EDUCATE FAMILY CAREGIVERS ABOUT ALZHEIMER'S DISEASE

More than 15 million people in this country provide unpaid care to a person with Alzheimer's disease or other dementias. Nearly 60 percent of those caregivers rate the emotional stress of caregiving as high or very high; more than one-third report symptoms of depression. That's why Walgreens and the Milwaukee Common Council have teamed up with the Alzheimer's Association to reach people with important information about no-charge services available to Alzheimer's family caregivers that can positively impact their lives and health. Walgreens is supporting the effort by distributing education materials at 112 Walgreens drugstores in 9 Southeastern Wisconsin counties, including Milwaukee, Waukesha, Ozaukee and Washington.

Walgreens customers picking up prescriptions to treat Alzheimer's disease will receive a *Prescription for Care* card from their pharmacist outlining the specific education, care and support services, including a 24/7 Helpline, that are available free-of-charge through the Alzheimer's Association. Additional education materials for individuals with Alzheimer's and their caregivers will be located in the Walgreens Caregiver Center. "This is a wonderful example of a private business, a not-for-profit organization, and government coming together to improve public health and help people access the health care and support services they need," said Rocky Ladien, RPh, Walgreens District Pharmacy Supervisor in Southeastern Wisconsin. Ladien oversees all 112 Walgreens drugstores participating in this awareness initiative.

In November, Milwaukee Common Council President, Alderman Michael J. Murphy led the charge on behalf of the city of Milwaukee by authoring a formal resolution that was approved and issued by the Milwaukee Common Council indicating the city's intent to bring greater awareness of Alzheimer's disease to the community. Murphy said, "The Common Council urges all residents of Milwaukee to become more informed about the signs and symptoms of Alzheimer's disease as

well as the various medical and support resources that are available in the city of Milwaukee."

Last year the Alzheimer's Association of Southeastern Wisconsin provided nearly 35,000 points of service to individuals living with Alzheimer's and their families in Southeastern Wisconsin. As awareness and concern for the nation's 6th leading cause of death continues to grow, the demand for services will increase. "Family caregivers are often so focused on providing care to a loved one with dementia that they neglect their own healthcare needs," said Tim Harrington, community outreach coordinator for the Alzheimer's Association. "Our hope is that by reaching out to family caregivers where they shop, at Walgreens drugstores, we can connect them to help before they experience severe physical or emotional health consequences."

About the Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For more information about Alzheimer's disease and local services visit www.alz.org/sewi or call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

EMPLOYMENT STATISTICS!

In the January Bureau of Labor Statistics report, persons with disabilities working was 17.3% and persons with no disabilities working was 64.2%. See the current report here: <http://www.bls.gov/news.release/empsit.t06.htm>

2015 WIL-O-WAY KEY CARD!!!

Don't forget to renew your Wil-O-Way Key Card membership. The 2015 application is attached.

MILW COUNTY UNCLAIMED FUNDS

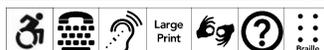
<http://county.milwaukee.gov/CountyTreasurer7712/UnclaimedFunds.htm>

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Handy-NEWS & NOTES

March 2015

LOOKING FOR A HALL?

Are you looking for a hall for your next function? Would you like to rent a beautiful hall in a woody setting near you? If you answered yes, please use the link below (or call the Office for Persons with Disabilities @ 414-278-3932) to check out the [Wil-O-Way Grant](#) and [Wil-O-Way Underwood](#) facilities. They may be just what you're looking for. **You can check the Rental Calendar, get directions to the facilities and more on your smartphone by downloading our mobile website at county.milwaukee.gov/OPD.**



[Wil-O-Way Grant](#) (South Milwaukee)



[Wil-O-Way Underwood](#) (Wauwatosa)



FYI – Optional **Catering Services** are available! Contact [LilyWorks Catering](#).



<http://www.county.milwaukee.gov/FacilityRentals>

OTHER RENTAL FACILITIES – COUNTY PARKS

For your special family gathering, community-group event, or business function, you'll find a Milwaukee County Parks site to complement your event.

<http://county.milwaukee.gov/Rentals9013.htm>

OPD (& MORE) ON THE GO!!! New & Improved!

Get the Office for Persons with Disabilities (OPD), Milwaukee County government & more on your smartphone TODAY!



Get access to: **Accessibility** (Building Accessibility Guides, Sign Language Interpreting, ADA Standards & Guidelines), **Employment** (DECA Program, Job Accommodation, Job Opportunities), **Facility Rentals** (Wil-O-Way's), **Handy-NEWS & NOTES**, **Recreation** (Festivals & Events, Rec Room, Rec Room Calendar, Rec on Deck Newsletter, Tap the Potential, WOW Disc Golf, WOW Recreation Programs, WOW Summer Camp), **Transportation** (Milw County Transit System, Transit Plus, WI DOT, Airport, Dept. on Aging), and **Other Milwaukee County Departments** (Aging, County Board, County Executive, Family Care, Human Resources, Human Services, Parks, Etc.)

Share all this information via Email, Facebook, Google+, LinkedIn and Twitter.

In order to get OPD & Milwaukee County on the go, simply visit county.milwaukee.gov/OPD on your mobile device or scan the QR code.



TEXT ALERTS!!! Recreation!!!

To get the latest recreation news, opportunities and reminders right on your phone by signing up to receive Text Alerts from the Milwaukee County Office for Persons with Disabilities (OPD). Please visit: bit.ly/OPDTextAlerts OR:



Text **RECONDECK** to 84483

MAPLE TAPPING WORKSHOP

Wehr Nature Center
9701 W. College Ave, Franklin

Sunday, March 1, 12-2pm

Get details: <http://www.friendsofwehr.org/diy-workshops>

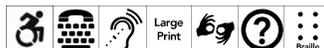


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Handy-NEWS & NOTES

March 2015

NATIVE AMERICAN STORIES FOR ALL AGES!

Local and National Artists Create Touring Production

Milwaukee Public Theatre (MPT) will present **Stories from the Medicine Wheel**, an original show with charming, hand-crafted puppets and original music, at **6:30 pm, March 20** at the Cousins Center Auditorium, 3501 S. Lake Drive in St. Francis.



Stories from the Medicine Wheel tells traditional seasonal tales from the Potawatomi, Oneida, Ojibwa, Menominee, and Ho-Chunk Nations. The stories often feature animal characters who teach cultural values. The entirely local cast of Jasmin Bravo, Julio Bravo, Jahmes Finlayson, and Oneida tribal elder Charlene Smith will play multiple roles as well as handle puppets. The production is directed by MPT Associate Artistic Director Ron Scot Fry.

Puppet design was coordinated by **Heather Henson, Artistic Director of Ibex Puppetry (and Jim Henson's daughter) and Mark Ruffin, Emmy-award designer for Sesame Street and other Muppet projects. Story content, music and movement was overseen by Ty Defoe, nationally-renowned Ojibwe/Oneida hoop dancer and performing artist. Puppet builders include Adam McAleavey of Ibex Puppetry, Jill Smethells Frederickson, Larry LaFontsee, Michael Pettit, Char Paulbicke and other volunteer artists.**

Tickets for the 6:30 pm public show on Friday, March 20 at the Cousins Center, 3501 S. Lake Drive, are \$5 general admission; \$3 children 12 and under, seniors 65+ and those with disabilities; children under age 5 are free. Group rates are \$3 per person in a group of 10 or more.

Stories from the Medicine Wheel is supported in part by an award from the [National Endowment for the Arts Challenge America Fast-Track](#) grant. This performance at the Cousins Center is also supported by the Church of the Great Spirit and the Native American Awareness Project.

The production, accompanied by a mural created by participants in an MPT workshop, will also tour to Oneida

and Menominee tribal schools in the spring. Those performance times are not yet confirmed. For updates, details and to purchase tickets, visit www.milwaukeepublictheatre.org or call 414-347-1685.

EveryBODY PLAYS!

2015 Adaptive Sports and Recreation Expo is just around the corner.



The Department of Physical Medicine and Rehabilitation at the Medical College of Wisconsin, along with the Froedtert and Medical College of Wisconsin, Zablocki Veterans Affairs Medical Center, Paralyzed Veterans of America, Wisconsin Chapter, Curative Care Network, Nathan Hale High School, West Allis/ West Milwaukee School District, Children's Hospital of Wisconsin, Badgerland Veterans Adaptive Sports Club and The Abilities Center will be hosting its 2nd Adaptive Sports and Recreation Expo on **July 25, 2015** at Nathan Hale High School. This year we are celebrating the 25th anniversary of the signing of the Americans with Disabilities Act (ADA). In collaboration with community partners, such as Independence First, the Expo will be a participant in the county wide 25th year celebration of the ADA, commemorating this important disability rights milestone through a special ceremony at the Expo.

The Expo provides an exciting opportunity for individuals with a physical impairment and their family, friends, and caregivers to experience and learn about adaptive sports and recreation opportunities available in Wisconsin. Last year's event was a huge success and was attended by over 300 people and featured 38 organizations offering adaptive sports and recreation opportunities. We expect to increase the number and diversity of participants at this year's Expo, feature more community organizations offering adaptive sports and recreational resources, and partner with community organizations to raise awareness of the Expo. Expo attendees will have a chance to participate in many adaptive activities including wheelchair basketball, adaptive cycling, wheelchair rugby, adaptive water activities, and much more!

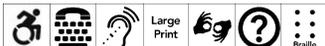
For more information & to pre-register for the event go to <http://www1.mcw.edu/physicalmedicine/everybodyplays.htm> or contact us at everybodyplays@mcw.edu

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Handy-NEWS & NOTES

March 2015

Milwaukee County, the Commission for Persons with Disabilities and Handy-NEWS & NOTES neither endorses nor supports these businesses or products or services offered

2015

2015 BREWERS ALL-FAN GIVEAWAYS

April Giveaways	
12 - Rob Deer Bobblehead	Sunday 1:10 - Pittsburgh Pirates
26 - Wily Peralta Bobblehead	Sunday, 1:10 - St. Louis Cardinals
May Giveaways	
10 - Mother's Day BobbleHank	Sunday, 1:10 - Chicago Cubs
31 - Bud Selig Bobblehead	Sunday, 1:10 - Arizona Diamondbacks
June Giveaways	
12 - Ball & Glove Logo T-Shirt	Friday, 7:10 - Washington Nationals
14 - Carlos Gomez 2014 All-Star Bobble	Friday, 7:10 - Washington Nationals
26 - Luuuuuc (Lucroy) T-Shirt	Friday, 7:10 - Minnesota Twins
28 - Paul Molitor Bobblehead	Sunday, 1:10 - Minnesota Twins
July Giveaways	
17 - Roll Out the Barrel T-Shirt	Friday, 7:10 - Pittsburgh Pirates
19 - Khris Davis Bobblehead	Sunday, 1:10 - Pittsburgh Pirates
31 - Brewers Baseball T-Shirt	Friday, 7:10 - Chicago Cubs
August Giveaways	
2 - Matt Garza Gnome	Sunday, 1:10 - Chicago Cubs
7 - 1970's M Logo T-Shirt	Friday, 7:10 - St. Louis Cardinals
9 - Bob Uecker Last Row Statue Bobble	Sunday, 1:10 - St. Louis Cardinals
14 - Ball & Glove Logo T-Shirt	Friday, 7:10 - Philadelphia Phillies
16 - Jonathan Lucroy Doubles Bobble	Sunday, 1:10 - Philadelphia Phillies
28 - Milwaukee Brewers Retro T-Shirt	Friday, 7:10 - Cincinnati Reds
30 - Vintage Brewer Bobblehead	Sunday, 1:10 - Cincinnati Reds
September Giveaways	
20 - Scooter Gennett Gnome	Sunday, 1:10 - Cincinnati Reds
October Giveaways	
4 - Fan Vote Item	Sunday, 1:10 - Chicago Cubs

For 2015 ticket information, contact the BrewersTicket Office at (414) 902-4000.

Milwaukee County Transit System

New Schedule Changes Starting Sunday, March 22, 2015

Routes: 14, 21, 23, 44, 49, 67, 76, 79, 80, 223, 276 (NEW), and BlueLine.

See website and February/March Bus Lines for information.

414-344-6711

RideMCTS.com

NEW & IMPROVED!!!

MILWAUKEE COUNTY ON THE GO!

Get Milwaukee County government on your smartphone by downloading the OPD mobile website and saving it to your home screen! <http://county.milwaukee.gov/OPD>

Accessibility

Facility Rentals

General OPD Information

Recreation Programs

Transportation

Employment

Festivals & Events

Handy-NEWS & NOTES

Recreation Calendar

Other County Departments

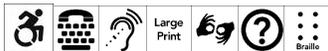


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disABILITY IS ONLY A WORD!

25TH

ANNIVERSARY

AMERICANS WITH DISABILITIES ACT - JULY 26, 1990

Woodrow Wilson, 2 Term President of the United States (Learning Disability)

Jane Pauley, T.V. Journalist (Bipolar Disorder)

Vincent Van Gogh, Artist (Meniere's Disease)

Louis Braille, Inventor (Blind)

Tiger Woods, Pro Golfer (Speech Differences)

John F. Kennedy, 35th President of the United States (Asthma)

Donald Sutherland, Award Winning Producer, Actor (Polio)

Michael Jackson, Musician (Obsessive Compulsive Disorder)

Jim Abbott, Pro Baseball Player (Born with one hand)

Claude Monet, Painter (Visual Impairment)



#DISABLETHELABEL

#ADA25





MILWAUKEE COUNTY GOVERNMENT

H O T L I N E

**Ph: (414) 93-FRAUD – Fax: (414) 223-1895
(933-7283)**

**Write: Audit Hotline- 633 W. Wisconsin Avenue, Suite 904, Milwaukee, WI 53203
Website: my.execpc.com/~milcoaud**

A service of the Milwaukee County Comptroller's Office

For Reporting:

- **Incidents of fraud or waste in County government**
- **Concerns over inefficient Milwaukee County government operations**

CALLERS NOT REQUIRED TO IDENTIFY THEMSELVES

----- Other Numbers -----

Milwaukee County:

Aging - Elder Abuse Helpline	414-289-6874
Child Support - TIPS Hotline (Turn in Parents for Support)	414-278-5222
District Attorney – Consumer Fraud Unit	414-278-4585
Public Integrity Unit	414-278-4645
Mental Health Crisis Hotline	414-257-7222
Crisis Hotline (TTY/TDD)	414-257-6300
Minimum Wage Ordinance	414-278-4206

Sheriff's Department –

Community Against Pushers (Anonymous Drug Reporting)	414-273-2020
Guns Hotline	414-278-4867

State of Wisconsin:

Child Abuse or Neglect Referrals	414-220-7233
DOJ Consumer Protection Unit	1-800-998-0700
Wisconsin W-2 Fraud Hotline	1-877-865-3432
Wisconsin Child Care Fraud	1-877-302-3728
Legislative Audit Bureau Hotline	1-877-372-8317

Federal:

Medicare Fraud	1-800-447-8477
Social Security Fraud	1-800-269-0271
Federal Funds Fraud (FraudNet)	1-800-424-5454

City of Milwaukee:

Fraud Hotline	414-286-3440
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2015

MILWAUKEE BREWERS

APRIL

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	COL 1:10	COL 7:10	COL 7:10	9	PIT 7:10	PIT 6:10
PIT 1:10	@stl 3:15		@stl 7:15	@stl 12:45	@pit 6:05	@pit 6:05
@pit 12:35	CIN 6:20	CIN 7:10	CIN 7:10	CIN 12:40	STL 7:10	STL 6:10
26 STL 1:10	@cin 6:10	@cin 6:10	@cin 11:35	30		

MAY

sun	mon	tue	wed	thu	fri	sat
					1 @chc 1:20	2 @chc 1:20
3 @chc 1:20	LAD 6:20	LAD 7:10	LAD 7:10	LAD 12:40	CHC 7:10	CHC 6:10
10 CHC 1:10	CWS(i) 6:20	CWS(i) 7:10	CWS(i) 7:10	14	@nym 6:10	@nym 6:10
17 @nym 12:10	@det(i) 6:08	@det(i) 6:08	@det(i) 6:08	@atl 6:10	@atl 6:35	@atl 3:10
@atl 24 12:35 ARI 31 1:10	SF 1:10	SF 7:10	SF 12:40	28	29 ARI 7:10	30 ARI 3:10

JUNE

sun	mon	tue	wed	thu	fri	sat
	1 @stl 7:10	2 @stl 7:15	3 @stl 12:45	4	5 @min(i) 7:10	6 @min(i) 1:10
7 @min(i) 1:10	@pit 6:05	@pit 6:05	@pit 6:05	WSH 7:10	WSH 7:10	WSH 3:10
WSH 1:10	KC(i) 7:10	KC(i) 7:10	@kc(i) 7:10	@kc(i) 7:10	@col 7:40	@col 3:10
21 @col 3:10	22	NYM 7:10	NYM 7:10	NYM 1:10	MIN(i) 7:10	MIN(i) 1:10
28 MIN(i) 1:10	29 @phi 6:05	30 @phi 6:05				

JULY

sun	mon	tue	wed	thu	fri	sat
			1 @phi 6:05	2 @phi 5:35	3 @cin 6:10	4 @cin 6:15
5 @cin 12:10	6 ATL 7:10	7 ATL 7:10	8 ATL 1:10	9	10 @lad 9:10	11 @lad 9:10
12 @lad 3:10	13-15 ALL-STAR BREAK CINCINNATI			16	17 PIT 7:10	18 PIT 6:10
19 PIT 1:10	20	21 CLE(i) 7:10	22 CLE(i) 1:10	23 @ari 8:40	24 @ari 8:40	25 @ari 7:10
26 @ari 3:10	27 @sf 9:15	28 @sf 9:15	29 @sf 2:45	30 CHC 7:10	31 CHC 7:10	

AUGUST

sun	mon	tue	wed	thu	fri	sat
						1 CHC 6:10
2 CHC 1:10	3 SD 7:10	4 SD 7:10	5 SD 7:10	6 SD 1:10	7 STL 7:10	8 STL 6:10
9 STL 1:10	10	@chc 7:05	@chc 7:05	@chc 1:20	PHI 7:10	PHI 6:10
16 PHI 1:10	17 MIA 7:10	18 MIA 7:10	19 MIA 1:10	20	@wsh 6:05	@wsh 6:05
@wsh 23 12:35 CIN 30 1:10	24 31	@cle(i) 6:05	@cle(i) 6:05	27	28 CIN 7:10	29 CIN 6:10

SEPTEMBER/OCTOBER

sun	mon	tue	wed	thu	fri	sat
		1 PIT 7:10	2 PIT 7:10	3 PIT 6:20	4 @cin 6:10	5 @cin 12:10
6 @cin 12:10	7 @mia 12:10	8 @mia 6:10	9 @mia 6:10	10 @pit 6:05	11 @pit 6:05	12 @pit 6:05
13 @pit 12:35	14	15 STL 7:10	16 STL 7:10	17 STL 7:10	18 CIN 7:10	19 CIN 6:10
20 CIN 1:10	21 @chc 7:05	22 @chc 7:05	23 @chc 7:05	24 @stl 6:15	25 @stl 7:15	26 @stl 6:15
@stl 27 1:15 CHC 4 2:10	28	29 @sd 9:10	30 @sd 9:10	Oct. 1 @sd TBD	2 CHC 7:10	3 CHC 6:10

HOME away

(i) interleague game

All games CST. Times subject to change.

2004 E250 Conversion Van



86,769 miles

Vangater II lift from Braun

A/C, Power seats, Rear heat, removable front seats,
wheelchair tie downs, XM radio with CD player

Runs Great!!!!

Price \$10,500

Call or text Jeff 414-349-0182 or email jsteier2700@gmail.com

2013 Braun Ability EnterVan XT Chrysler Town & Country



This minivan is fully accessible and fully adapted for wheelchair access, with side entry access. Its exterior color is "True Blue Pearl", and it has a power sliding door, power fold out ramp, 14" lowered floor, step and roll driver and passenger seats, manual tie-downs, power tie-downs, step flare running boards, environmental control system... – too much to list here, so call for more details!

This van was purchased brand new and currently has less than 6,000 miles.
The original sticker with all of the adaptive equipment was \$60,713.

Asking \$44,900

Great opportunity to own a like new adapted van at a fraction of the price of new!

Contact Linda at 231-313-7505

Equipment Connection

March 2015

Milwaukee Area

414.988.5333

3720 North 124th
Street, Unit F
Wauwatosa, WI 53222

Madison

608.243.1785

2554 Advance Road
Madison, WI 53718



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Madison office



Stamina Back Bench

Manu. Model No. Inline. Non-invasive traction that stretches and strengthens not only your back, but also your weight-bearing joints.

[Click here](#) for details!
Item #: 16624

Our Price: \$50
Retail Price: \$170



Natural Access All Terrain Wheelchair

Manu. Model No. Landeez All Terrain. Large shock absorbing wheels, ultimate in comfort when rolling over sand, snow, and gravel.

[Click here](#) for details!
Item #: 17155

Our Price: \$999
Retail Price: \$3600

New Comcast Offering Provides Additional Access

The cable-television provider is taking a huge step to remedy this with the "X1 Talking Guide," which it describes as "the industry's first voice-enabled television user interface," which has a female voice that reads aloud crucial viewing information. [Click here](#) for more information about this advancement.

Contribute Now

Click here to see the full version of our most recent Equipment Connection!




\$10 Off* (\$50 or more purchase)

* \$5 savings for past customers and \$10 savings for new customers. Please present coupon with purchase. Limit one per customer. Coupon is transferable. Can be used only on refurbished equipment purchase. Discount good only on sales paid in full at time of sale. For catalog of equipment, visit www.ifmobility.org. Expires 3/31/15 Code: SOCME9



Please Join us for a Special



eRecycling Drive Benefiting People with Disabilities

“Stuff the Truck for Independence”

Saturday, April 18, 2015

10:00 a.m. to 2:00 p.m.

**Pettit National Ice Center
500 S. 84th Street
Milwaukee**

Computer donations will benefit [IndependenceFirst](http://independencefirst.org) (independencefirst.org) a non-profit agency directed by, and for the benefit of people with disabilities, primarily serving the four-county metropolitan Milwaukee area.



IndependenceFirst

The Resource For People With Disabilities

Recycled by:

Digital Recycling

**The Data destruction process for all donated laptops & PC's will follow strict data theft prevention standards.*

Donate Your Old Electronics*:

Anything with a plug or a battery such as computers, laptops, cell phones, tablets, appliances, TV's, and computer accessories such as mice, keyboards, etc.

**Small fee for tube TVs or screens may apply*

Benefits of Donating e-Waste:

Computer donations provide opportunity for people with disabilities to:

- Obtain a computer they otherwise couldn't afford.
- Develop crucial job pre-skills.
- Gain information, seek jobs or housing, and get peer support.



Donating e-Waste is environmentally responsible.

Please take the opportunity this Earth Day to recycle your old electronics and benefit a great cause!

**CALL FOR
FREE BATHROOM
ASSESSMENT**



HOME MEDICAL

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www.HMESTore.net

Please Check out Our Affiliate



**SNORE NO MORE
CPAP STORE**

www.snorenomorecpap.com



**IT'S ALL
ABOUT
ACCESS**

CREATING INDEPENDENCE & SUCCESS

Home Medical Equipment is more than just a necessity item. It provides access to self-sufficient independence, personal confidence and quality of life.

At AccessAbility Home Medical & Rehab, we are proud to have the opportunity to help hundreds of people every day. We bring compassion, industry expertise and dedication to the provision of our products and services with every order.

We work tirelessly with individuals, families, as well as medical & referral sources to provide the finest and most cost-effective products and services.

Our number one goal is to make sure our customers are comfortable and confident with the products and services provided and we will not rest until these goals have been achieved.



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- POWER & MANUAL HOSPITAL BEDS • ROLLATOR WALKERS
- HOME & PORTABLE OXYGEN CONCENTRATORS • CONSUMER POWER WHEELCHAIRS
- MANUAL & POWER PATIENT LIFTS • POWER LIFT CHAIRS • ASSISTIVE BATHROOM EQUIPMENT • CPAP/ BiPAP EQUIPMENT & SUPPLIES

ACCESSABILITY HOME MEDICAL

CORPORATE: 1995 E. Norse Avenue, Cudahy, WI 53110
Toll-free: (800) 454-3828 **Local:** (414) 486-6249

MILWAUKEE: 4404 W Oklahoma Ave., Milwaukee, WI 53219
Phone: (414) 543-1114 **Fax:** (414) 543-8389

Glendale: 6260 N. Port Washington Rd. Glendale, WI 53217
Phone: (414) 906-0000 **Fax:** (414) 906-1650

Adult Day Services

OF SOUTHEAST WISCONSIN, LLC

PRESENTS...



“Laugh With Diane!”



Please join us in welcoming
Diane Kane, certified
Laughter Leader, in conducting a
Laughter Yoga session at our
Wil-O-Way Grant Park location.

What is Laughter Yoga? Laughter exercises help to SIMULATE true rhythmic laughter, which often STIMULATES genuine laughter. The acts of smiling and laughing lead to a more positive mental attitude, more optimism reduced pain, lower blood pressure, and increased joy. Each session also includes arm raising and neck and shoulder stretching. Done together, all of these help to increase muscle relaxation and reduce stress.

*Come laugh with us on Tuesday, March 17th at 11:00 a.m. - 1:00 p.m.
Wil-O-Way Grant Park. 207 Lake Drive, South Milwaukee 53172*

Cost of admission is \$3 per person.

*Feel free to bring a bag lunch to enjoy after the program.
Refreshments will be served at the conclusion of the Laughter Session.*

Please register for event with Debbie Tesch by calling 414-727-4412

prescription for care

For People with Memory Loss and
Their Families

alzheimer's  association®
Southeastern Wisconsin

24/7 Helpline 800.272.3900

One call. Thousands of answers. Any time, day or night.

24/7 Helpline 800.272.3900

Services and Support For You and Your Family

- Information, Resources and Disease Education
- Early-Stage Programs
- MedicAlert® + Alzheimer's Association Safe Return® Program
- Support Groups
- Care Planning and Consultations
- Education Programs
- Help with Financial, Legal, Housing and Care Decisions

**In partnership with your pharmacist and the
Alzheimer's Association, Southeastern Wisconsin Chapter**

Since 1983, helping people with memory loss, their families and
caregivers look after their physical and emotional health.

All services are offered free of charge.

www.alz.org/sewi

 facebook.com/AlzheimersSEWI

 twitter.com/AlzheimersSEWI

**Save on tickets with this Priority
Purchase Opportunity for
Employees, Families, and Friends!**

March 13-15, 2015

Marcus Center - Wilson Theatre at Vogel Hall

Troupe America
presents

**Love, Loss,
and
What I Wore**

an intimate collection of stories by

Nora and Delia
Ephron Ephron

based on the book by Ilene Beckerman



Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytx
- 3) Order your tickets!



Please contact Keri Hough at:
414-273-7121 ext. 213 or
khough@marcuscenter.org
for more information.

*Ticket locations may be substituted due to high demand.
Specific seat locations are not given, it is not a live sale.
Tickets are assigned on a best available basis.
Not valid on previously purchased tickets.
No exchanges or refunds.
Please specify any special needs or requests in the additional
comments box at the bottom of the order page.

Save on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

March 17 - 22, 2015

Marcus Center - Uihlein Hall



Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytx
- 3) Order your tickets!



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comments box at the bottom of the order page.

Save on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

April 17 - 19, 2015
Marcus Center - Uihlein Hall



Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytx
- 3) Order your tickets!

Please contact Keri Hough at:
414-273-7121 ext. 213 or
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**Save on tickets with this Priority
Purchase Opportunity for
Employees, Families, and Friends!**

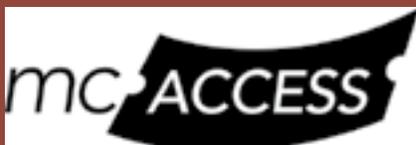
Hal Holbrook in Mark Twain Tonight

April 20, 2015
Marcus Center - Uihlein Hall



Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytx
- 3) Order your tickets!

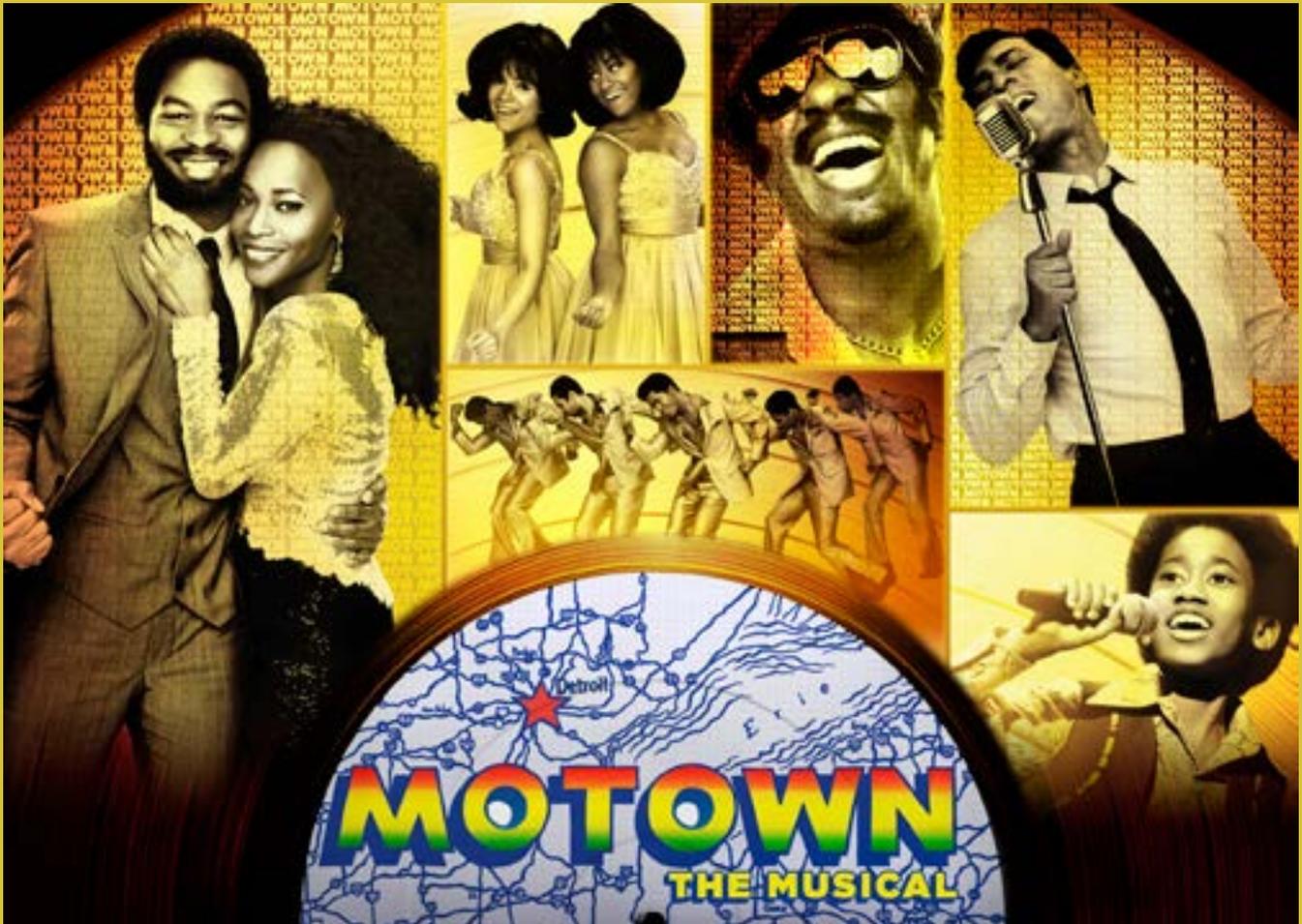


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comments box at the bottom of the order page.

Save on tickets with this Priority Purchase Opportunity for Employees, Families, and Friends!

July 7 - 12, 2015
Marcus Center - Uihlein Hall



Instructions for ordering:

- 1) Go to www.marcuscenter.org/mcaccess
- 2) Create your Login using your Group Code:
countytix
- 3) Order your tickets!



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khough@marcuscenter.org
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Tickets are assigned on a best available basis.
Not valid on previously purchased tickets.
No exchanges or refunds.
Please specify any special needs or requests in the additional comments box at the bottom of the order page.

Save the Date

2015 Adaptive Sports and Recreation Expo

July 25, 2015

Nathan Hale High School

Celebrating 25 years of the
Americans with Disabilities Act



**MEDICAL
COLLEGE
OF WISCONSIN**

**PHYSICAL MEDICINE
AND REHABILITATION**



**Paralyzed Veterans
of America**

Wisconsin Chapter



Nathan Hale High School



for more information contact:

Sue Abrahms

sabrahms@mcw.edu



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www.facebook.com/EveryBODYPlays01

Don't Lose Yourself While Caring for Someone Else

Powerful Tools FOR Caregivers

A six week educational support program for caregivers

Powerful Tools for Caregivers is designed to aid those who care for loved ones impacted by a variety of chronic conditions such as stroke, Alzheimer's disease, Parkinson's, mental illness, heart disease, or similar long-term conditions.

Participants range in age and may include:

- Spouses/partners caring for spouses/partners
- Adult children caring for parents
- Friends who help care for neighbors

*This class is not intended for professional caregivers

"The class helped me put myself back together"



"I hate not knowing if what I am doing is right. The class has shown paths for me to get around and through these roadblocks"



"The class helped me get back to the place where I can say, Hey, I love this guy!"

The goals of the course include:

- Identifying and reducing personal stress
- Communicating feelings, needs, and concerns
- Managing challenging situations
- Learning from emotions
- Mastering tough caregiving decisions
- Communicating effectively with health care providers

Join the next class!

When: Mondays, March 9th - April 13th

From 1:00-3:30pm

Where: The Lutheran Home

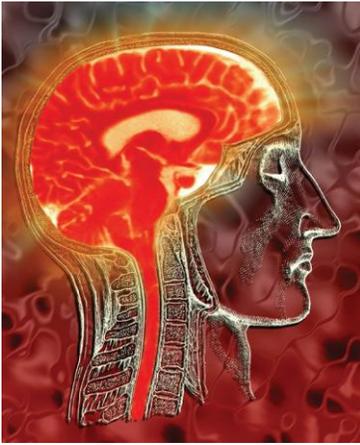
7500 W. North Ave. Milwaukee, WI 53213

How: Call Interfaith's Family Caregiver Support Network at **414-220-8600** to register by March 2nd

Cost: \$25 covers all materials

*Scholarships and respite may be available

Parking: Free off street parking available in the lot



Introductory education program

For individuals concerned about or caring for persons with memory loss.

Memory Loss, Dementia, and Alzheimer's Disease – The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

Location:

Interfaith Older Adult Programs
Central Office
600 West Virginia Street
Suite 300
Milwaukee, WI 53204

Presented by:

Virginia Zerpa
Community Outreach Coordinator
Alzheimer's Association
Southeastern Wisconsin Chapter

Free Parking: lot, street or lot across the street behind restaurant

Date/Time:

Wednesday, March 11, 2015
2:00-3:00 p.m.

To Register:

Call Deborah Klement
414.479.8800 or 800.272.3900
Email: dklement@alz.org

alzheimer's  association®

Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811



Introductory education program

For individuals concerned about
brain health and brain wellness

Nourish Your Noggin: Necessities for brain wellness

Participants will be able to:

- Understand how memory works and age-related memory changes – what is normal and what is not?
- Identify ways to tailor your lifestyle to maximize brain wellness and ways to reduce your risk of developing dementia or Alzheimer's disease.

If you are unable to attend and would like more information on this topic, please contact the Alzheimer's Association 24/7 Helpline at **800.272.3900** or visit www.alz.org/sewi.

Location:

Interfaith Older Adult Programs
Central Office, Suite 300
600 West Virginia Street
Milwaukee, WI 53204

Free Parking: lot, street or lot across the street behind restaurant

Date and Time:

Thursday, April 30th, 2015
2:00 – 3:00 p.m.

Presented by:

Virginia Zerpa
Community Outreach Coordinator
Alzheimer's Association
Southeastern Wisconsin Chapter

To Register:

Call Deborah Klement at 414.479.8800
or 800.272.3900 or email
dklement@alz.org

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Milwaukee, WI 53214

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Hablamos Español, 414.431.8811

Less time managing bowels. More time enjoying the little things.

Having a bowel accident in public where you unintentionally leak stool can be embarrassing. Many times children may feel ashamed and try to hide the problem, or they simply stop going out into public places. It is time consuming for the caregiver and the child to be changing diapers frequently, which can also be very costly. Millions of people, both adults and children, experience this everyday - it is called fecal incontinence and the good news is - it is treatable.

Children with spina bifida suffer from neurogenic bowel resulting in chronic constipation and/or fecal incontinence or they may experience time consuming bowel management procedures. Peristeen® may be an option to help you/your child manage their bowels more effectively. Using Peristeen® may reduce the time spent on bowel management compared to conservative bowel management.¹

Peristeen® is a procedure that is performed by introducing tap water into the rectum using a system that includes a rectal catheter, a water bag and a manual control pump. This procedure is completed while sitting on the toilet and takes an average of 15-30 minutes. The rectal catheter has a balloon that inflates to hold the water in the rectum and then is deflated allowing water and stool to be flushed out of the rectum. It is easy to use and may be performed by the child or the caregiver. You control the time and place to have a bowel movement. This procedure is usually done every day for thirty days and then every other day to achieve cleaning. There should be no stool leakage or constipation between flushings.

This treatment is prescribed by your physician and the procedure should always be carried out with care. It does require some initial training on how to use the system and how to minimize potential complications. For additional information, you can visit Coloplast's website www.peristeen.us or you can contact Coloplast Consumer Care at 1-855-605-7594.

Important Safety Information Peristeen® empties the bowel by introducing water into the bowel using a rectal catheter. The anal irrigation procedure should always be carried out with care. Bowel perforation is an extremely rare, but serious and potentially lethal complication to anal irrigation and will require immediate admission to hospital, often requiring surgery. This treatment is prescribed by your physician. Although many patients benefit from the use of this device, results may vary. Discuss the treatment options with your physician to understand the risks and benefits to determine if Peristeen is right for you. For further questions, call Coloplast Corp. at 1-855-605-7594 and/or consult the company website at www.coloplast.us.



Disclosure: Sophia is a Peristeen® user who has received compensation from Coloplast

1. Christensen, P, et al, A randomized, controlled trial of transanal irrigation versus conservative bowel management in spinal cord injured patients. *Gastroenterology*, 2006, 131:738-747.



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ABOUT ACCESS ELEVATOR

We are an organization recognized throughout the state of Wisconsin, Illinois and Indiana for quality and reliability in our product line and services.

Our primary focus is to adapt homes, businesses and automobiles making accessibility easier for the elderly and physically challenged through construction and installation of our excellent product line.

Our knowledge of working with the individual, family, medical management personnel and various funding sources has earned us our high ratings in providing home and specialty modifications.



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Our Team Of Experts

If you have an accessibility situation and aren't sure what to do, give us a call. We have years of experience and a strong reputation for quality service to provide you with the best home elevator, wheelchair lift or stairlift to meet your needs. Speak to one of our accessibility experts to create the best overall plan to make your home an easier place to live today.

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Toll-free: (800) 454-3828 Local: (414) 727-2524

ILLINOIS: 1000 Industrial Drive, Suite 2C, Bensenville, IL 60106
Toll-free: (800) 454-3828 Local: (630) 616-6249

Let's Do

**MILWAUKEE COUNTY SENIOR DINING
CONGREGATE
MARCH 2015**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>Polish Sausage on Whole Grain Bun Ketchup & Mustard Calico Baked Beans Parsley Boiled Potatoes Chocolate Pudding ♥Lo-Cal Pudding</p>	<p>3</p> <p>Salisbury Steak AuGratin Potatoes Baby Peas & Onions Whole Grain Dinner Roll Sugar Cookie ♥Fresh Fruit</p>	<p>4</p> <p>Baked Chicken A. Leg/Thigh B. Breast/Wing Red Potatoes (Mashed, with Skins) Wisc. Vegetable Blend Blueberry Muffin Tropical Fruit Cup</p>	<p>5</p> <p>Baked Ham Scalloped Potatoes Green Beans Multi-Grain Bread Cherry Crisp ♥Red Delicious Apple</p>	<p>6</p> <p>Vegetarian Vegetable Soup Macaroni & Cheese Broccoli/Cauliflower Vegetable Blend Rye Dinner Roll Mandarin Oranges</p>	
<p>9</p> <p>Pineapple Juice Swedish Meatballs in Gravy Buttered Egg Noodles Brussels Sprouts Seven-Grain Bread Butterscotch Pudding ♥Lo-Cal Pudding</p>	<p>10</p> <p>Roast Turkey w/Gravy Dressing w/Gravy Candied Sweet Potato Whole Kernel Corn Baking Powder Biscuit Oatmeal Raisin Cookie ♥Raisins</p>	<p>11</p> <p>Pizza Casserole Italian Vegetables Romaine Salad w/Ranch Dressing Garlic Breadstick Fruit Fluff ♥Banana</p>	<p>12</p> <p>Lemon Pepper Chicken Breast Garlic Mashed Potatoes California Vegetables Grain Dinner Roll Red-Fruited Gelatin ♥Lo-Cal Red Gelatin</p>	<p>13</p> <p>Cream of Broccoli Soup with Crackers Crab Pasta Salad Croissant Stewed Tomatoes Sliced Peaches Frosted Yellow Cake ♥Fresh Orange</p>	
<p>16</p> <p>Philly Chicken Sandwich Baby Bakers Country-Style Veggies Wh.Wheat Hamb. Bun Ketchup Fruited Yogurt ♥Apple</p>	<p>St. Patrick's Day 17</p> <p>Stuffed Cabbage Roll with Tomato Sauce 1/4'd Red Dill Potatoes Crinkle Cut Carrots Blarney Stone Rye Roll Chocolate Cake w/Mint Icing ♥Green Grapes</p>	<p>18</p> <p>Meatloaf w/Gravy Baked Potato Sour Cream Wax Beans Spinach Salad w/Raspberry Dressing Marble Rye Bread Winter Fresh Fruit</p>	<p>19</p> <p>BBQ Boneless Country Style Pork Double Baked Potato Casserole Southwestern-Style Corn Potato Dinner Roll Peanut Butter Cookie ♥Sliced Pears</p>	<p>20</p> <p>Clam Chowder w/Crackers Mediterranean Baked Fish Rice Pilaf Garden Vegetables Coleslaw Rye Bread Lemon Bar ♥Pineapple</p>	
<p>23</p> <p>Mushroom-Swiss Beef Burger on Whole Wheat Hamburger Bun Ketchup & Mustard American Fried Potatoes Peas & Diced Carrots Rice Krispie Treat ♥Fruit Cocktail</p>	<p>24</p> <p>Beef Barley Soup Grilled Chicken Caesar Salad w/Parmesan Cheese Croutons Caesar Dressing Split-Top Roll Pineapple Tidbits Baker's Choice Cookie ♥Fresh Pear</p>	<p>25</p> <p>Sliced Pork w/Cranberry Glaze Yukon Mashed Potatoes Broccoli w/Cheese Sauce Seven-Grain Bread Cinnamon Applesauce</p>	<p>26</p> <p>Beef Stroganoff Wide Noodles Glazed Beets Sourdough Bread Romaine Salad with Russian Dressing Sliced Peaches</p>	<p>27</p> <p>2-Cheese Lasagna Roll-Ups w/Alfredo Sauce Italian Beans Italian Bread Carrot Raisin Salad Raspberry Sherbet ♥Fresh Fruit</p>	
<p>30</p> <p>Chili w/Crackers Shredded Cheese Mixed Green Salad w/Dressing Mandarin Oranges Cornbread Muffin Coconut Cream Pie ♥Lo-Cal Pudding</p>	<p>31</p> <p>Apple Juice Tahitian Chicken (Leg/Thigh) Wild Rice Blend Pacific Island Vegt. Vienna Dinner Roll Snickerdoodle Cookie ♥Fresh Orange</p>				<p>Suggested Contribution</p> <p>\$2.50</p>

2015 Wil-O-Way Key Card

The Wil-O-Way Key Card is a product of the Milwaukee County Office for Persons with Disabilities and the Wil-O-Way Recreation Program. Membership in the Wil-O-Way Key Card program expands recreational opportunities for persons with disabilities at a reduced or no cost. *Benefits:* * Access to the Milwaukee County ticket distribution program. * Invitation to Milwaukee County recreation and culture special events. * Information about other low or no cost community recreation events. * Access to Wil-O-Way programming (Individual members only!). **ALL communication by EMAIL ONLY!!!**

MILWAUKEE COUNTY RESIDENTS

_____ Individual (\$25) _____ Organization (\$125) – Up to 5 Cards - _____ Number Requested

***** AFTER August 1, 2015 *****

_____ Individual (\$12) _____ Organization (\$62) – Up to 5 Cards - _____ Number Requested

NON-MILWAUKEE COUNTY RESIDENTS

_____ Individual (\$35) _____ Organization (\$175) – Up to 5 Cards - _____ Number Requested

***** AFTER August 1, 2015 *****

_____ Individual (\$17) _____ Organization (\$87) – Up to 5 Cards - _____ Number Requested

Please Type or Print

EMAIL ADDRESS NEEDED!!!

NAME: _____ **E-MAIL:** _____

ORGANIZATION: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE: _____ EVENING PHONE: _____

DISABILITY: _____

FUNCTIONAL LIMITATIONS (i.e., limited walking, scared of heights, etc.): _____

MOBILITY DEVICES USED: _____ Wheelchair _____ Scooter _____ Walker _____ Cane

_____ Crutches _____ Long Leg Braces _____ Other _____

DOCTOR'S NAME: _____ PHONE: _____

DOCTOR'S ADDRESS: _____

Payment

Checks: Should be made payable to: **Milwaukee County Treasurer**

Credit Cards: (Please circle appropriate card)

MasterCard **VISA**

Name on Card: _____

Acct. #: _____

Charge Authorized: \$ _____

Exp. Date: _____

Signature: _____

Sec. Code (3 digits): _____

Mail: Office for Persons with Disabilities, Wil-O-Way Key Card, 901 N. 9th Street, Room 307-B, Milwaukee, WI 53233

Fax: 414-278-3939

Email: timothy.ochnikowski@milwaukeecountywi.gov

Questions: Call 414-278-3930





Milwaukee County



DAS - Office for Persons with Disabilities (OPD)



OPD Facebook

Get Access To The Following:

- * County Government News
- * Health / Wellness News
- * Upcoming Activities / Events
- * Rec Room Calendar
- * Community News
- * Photos
- * And Much More!!!



www.facebook.com/MilwaukeeCountyOPD



OPD Mobile Website

- * Accessibility
- * Employment
- * Facility Rentals
- * Festivals & Events
- * Recreation
- * Rec Room Calendar
- * Transportation
- * Other County Departments
- * And Much More!!!



<http://county.milwaukee.gov/OPD>



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Stay Connected With The Latest:

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- * Health / Wellness News
- * Recreation Opportunities
- * Research
- * Equipment Sales
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