

Continuing Education

PAGE 2



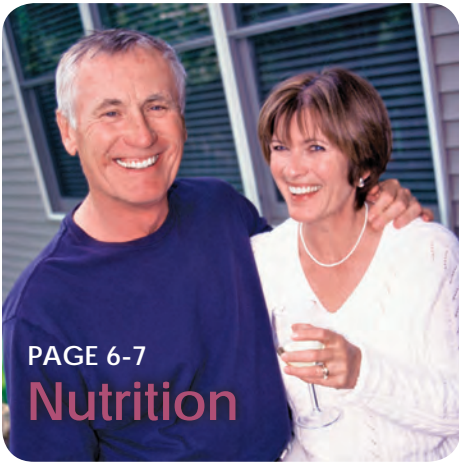
Cultural & Sports Attractions

PAGE 3



PAGE 4-5

Fun & Fitness



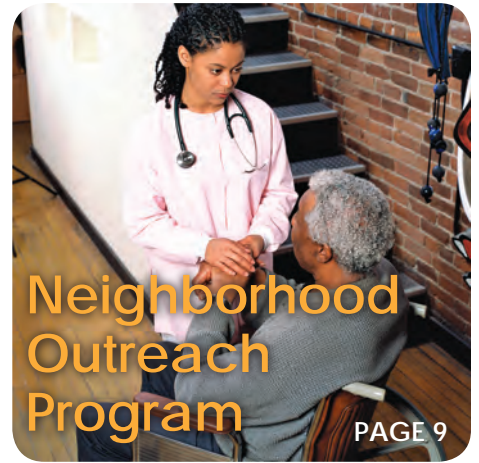
PAGE 6-7

Nutrition



PAGE 8

Volunteer Opportunities



Neighborhood Outreach Program

PAGE 9



PAGE 10-11

Employment Opportunities



PAGE 12

Transportation Assistance



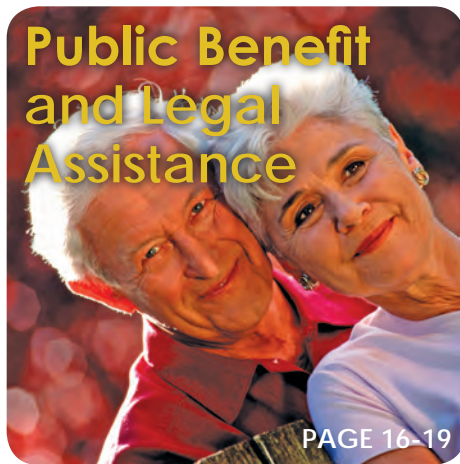
Dining & Home-Delivered Meals

PAGE 13



PAGE 14-15

Home Care/Repair/Moving



Public Benefit and Legal Assistance

PAGE 16-19

The 5th District Active Senior Guide



Continuing Education

Milwaukee's continuing education programs are very popular among active seniors.

MOUNT MARY COLLEGE

- Mount Mary College is located in the 5th district at 2900 N. Menomonee River Parkway
- Offers a variety of non-credit continuing education options for women and men to continue exploring all the possibilities of their personal and professional lives.
- Many seniors attend regularly offered classes in courses in spirituality, fitness, wellness, aquatics, and cultural enrichment
- Contact the Center For Educational and Professional Advancement, 256-1252

UNIVERSITY OF WISCONSIN-MILWAUKEE – SENIOR AUDITING

- “Auditing” a class means taking a class for personal enrichment, not for credit
- Wisconsin residents 60 years and older may qualify to audit classes for free
- Enrollment is permitted on a space available basis
- Certain courses are closed to auditors
- U.W.M. is located on the east side of Milwaukee at 2200 E. Kenwood Blvd.
- Call the U.W.M. Office of Adult and Returning Student Services, 229-6732

MILWAUKEE INSTITUTE OF ART AND DESIGN (MIAD) CONTINUING EDUCATION

- The program offers a variety of opportunities for personal enrichment for over 2000 students each year
- Courses are developed to meet the needs of broad audiences
- MIAD is located in Milwaukee's Third Ward at 273 E. Erie St.
- Call for more information at 291-3273

MILWAUKEE INSTITUTE OF ART AND DESIGN (MIAD) FREE LECTURES

- If you're looking for a stimulating lunch hour, bring a bag lunch and join a MIAD faculty member in a free lecture series that will explore many facets of the creative world.
- All lectures are in MIAD's TBM Screening Room, 273 E. Erie St., 4th Floor, 11:00am-12:00pm
- Call for information about upcoming free lectures and to reserve your place, 847-3333

CONCORDIA UNIVERSITY WISCONSIN ADULT ACCELERATED UNDERGRADUATE DEGREES

- Offers a School of Adult Education for non-traditional adult students with the goal of personal development.
- Classes meet once per week for four hours
- To register, speak to Heidi Tupper, Continuing Education Coordinator, at (262) 243-4400

MILWAUKEE ART MUSEUM

Enjoy the fresh Lake Michigan breeze at the Milwaukee Art Museum with its striking ship-like design, lakefront fountains, and gardens (\$6 seniors; wheelchairs provided, 414-224-3200 or www.mam.org).

MILWAUKEE PUBLIC MUSEUM

Enjoy the Milwaukee Public Museum's all-season butterfly wing, life-like natural history exhibits, and the Streets of Old Milwaukee ethnic exhibits (\$8 seniors, wheelchair rental available, 414-278-2702 or www.mpm.edu).

MILLER PARK

Tour Miller Park, home of the Milwaukee Brewers baseball team, or take in a game. Handicap parking is accessible from all gates. Each gate has a power assist entrance. Wheelchair accessible seating, located on all levels of Miller Park, is equipped with one power outlet per seating section. Assistive Listening Devices are available at no charge at the Guest Relations Center located behind home plate. Following all Thursday afternoon home games, senior citizens are invited to stroll around the warning track weather permitting. (414-902-4005 or www.milwaukeebrewers.com).

POTAWATOMI BINGO CASINO

For information call (414) 847-7883 or www.paysbig.com

VISIT MILWAUKEE (Formerly: Greater Milwaukee Convention & Visitors Bureau)

More Milwaukee information call (800) 554-1448 or go to www.milwaukee.org

GOLF

Golf at the discounted rate the moment you purchase your card.

Milwaukee County Parks Golf Office

9480 Watertown Plank Road, Wauwatosa, WI 53226

Monday–Friday, 8am–4pm (414) 257-8024

Make reservations up to seven days in advance.

(Golfers without Discount Cards must wait until five days in advance to make reservations.)

- **Brown Deer Golf Club** - Milwaukee (Milw. County Resident Discount Golf Card)
- **Currie Golf Course** - Wauwatosa (Milw. County Resident Discount Golf Card)
- **Dineen Park Golf Course** - Milwaukee (Milw. County Resident Discount Golf Card)
- **Doyne Park Golf Course** - Milwaukee (Milw. County Resident Discount Golf Card)
- **Dretzka Golf Course** - Milwaukee (Milw. County Resident Discount Golf Card)
- **Grant Park Golf Course** - South Milw. (Milw. County Resident Discount Golf Card)
- **Greenfield Golf Course** - Milwaukee (Milw. County Resident Discount Golf Card)

Where to Purchase Your New Card

You will need to obtain your photo ID within 14 days of purchase.

Your receipt will serve as your card until then.

- **Golf Office**, Year Round, M-F 8 a.m.-4 p.m. (Photo ID Taken Here)
- **Currie**, Golf Season, regular clubhouse hours (Photo ID Taken Here)
- **Grant**, Golf Season, regular clubhouse hours (Photo ID Taken Here)
- **Other Bronze Thru Premium Courses**, Golf Season, regular clubhouse hours
Go to Golf Office, Currie, or Grant

www.county.milwaukee.gov/DiscountCard10293.htm



Cultural & Sports Attractions



Fun & Fitness

FIFTY-FIVE PLUS TRAVEL CLUB

For seniors 55 years and over, with or without a companion. Attend a meeting to learn about available trips and share valuable information. Many one day trips are offered year round; some on weekends.

NORTHSIDE TRAVEL CLUB MEETINGS

Northwest Senior Center
7717 West Good Hope Road
Second Wednesday of every month at 1:00 PM
(414) 647-6070

SENIOR CENTERS

Activities include: craft lessons, discussion groups, physical fitness activities, entertainment (movies, musical presentations), cultural events, field trips, dance classes, art classes, computers, English classes for non-English speaking elderly and more!

SITES NEAR THE 5TH ALDERMANIC DISTRICT:

- McGovern Park Senior Center
4500 W. Custer Ave.
(414) 527-0990
- Northwest Senior Center
7717 N. Good Hope Rd.
(414) 353-0731
- Washington Park Senior Center (Fitness center site)
4420 W. Vliet St., Milwaukee, WI 53208
(414) 933-2332
- Wauwatosa Senior Center
7300 W. Chestnut (Wauwatosa)
(414) 471-8495

SENIOR FITNESS CENTERS

Seniors can participate in health and fitness programs at five fitness centers staffed by professional and paraprofessionals who have expertise in working with older adults in a fitness setting. The centers are equipped with state of the art, senior friendly equipment designed to help older adults improve strength and flexibility despite any associated conditions.

FITNESS CENTERS LOCATIONS:

- Washington Park Senior Center
4420 W. Vliet Street
- Clinton and Bernice Rose Senior Center
3045 N. Martin Luther King Drive
- Chester W Grobschmidt Senior Center
2424 15th Ave. - South Milwaukee
- Wilson Park Senior Center
2601 W. Howard Ave.
- 55+ Senior Center
2414 W. Mitchell St.

GET STARTED:

Call Jennifer Muchowski, Fitness Program Coordinator at 289-6352

SENIORFEST

Award-winning festival for Senior Adults 55 years and over. Experience the annual extravaganza featuring Potawatomi Bingo, many exhibits, musical entertainment, dancing, polka lessons, Make and Take crafts, carnival games, free popcorn, door prizes and more. Held in the summertime, call Milwaukee Recreation at (414) 475-8938 for more details.

SENIOR DISCOUNT: MILWAUKEE SYMPHONY ORCHESTRA

Seniors 65 or older can purchase MSO tickets at 50% off regular prices on the day of the concert. Tickets must be purchased in person at the Marcus Center Box Office. Discount not valid for Friday Prelude concerts and Thursday night Classical Connections. Please present valid ID.

700 North Water Street, Suite 700, Milwaukee, WI 53202
Website: www.milwaukeeesymphony.org Email: info@milwaukeeesymphony.org
Box Office: 414-291-7605 Main Office: 414-291-6010

MIDWEST AIRLINES

(Formerly Midwest Express) Passengers 55+, but not their companions, get 10% off some published fares. No senior coupon program. Midwest flies out of Milwaukee to East and West coast points. Website may not offer senior discount so, if reserving a seat online, call an agent to confirm your booking to request the discount.

Note, the website www.midwestairlines.com may post some fares lower than those available in the Midwest agent's computer. (800) 452-2022. Check the website for more news.

HOTEL DEALS

Be sure to ask for the lowest available rate, which may not be the senior rate. Discounts may not be available when the hotel is heavily booked, such as Christmas week.

A sampling of some of the chain-hotel deals available to seniors:

- **Days Inn:** You can better its usual discount of 10% (for seniors 60 or older or for members of "any senior citizen organization") by joining the free September Days Club, which offers 15% to 50% off standard rates for those 50 and older. (800) 241-5050, www.daysinn.com
- **Marriott:** AARP members save 10% off the regular room rate or the Marriott corporate rate, whichever is less. But members can save more, at least half off regular rates, subject to availability, if they book 21 days in advance. An important note: The 21-day rate is non-refundable. An added bonus for AARP members is 20% off food and non-alcoholic beverages for up to eight people at hotel restaurants. www.marriott.com
- **Radisson Hotels & Resorts:** The "Senior Breaks" program offers 25% to 40% off standard rates. You must be 50 or older in the U.S. and Canada to qualify; 65 or older in Europe and Australia. Many hotel restaurants also give discounts in off-peak dining hours. www.radisson.com

When traveling, don't forget to ask about senior or AARP rates for movie tickets, car rentals, ski-lift tickets, park entrances and even retail stores. The list is nearly endless.



Fun & Fitness



Nutrition

Recently, researchers from Tufts University developed a Food Guide Pyramid to more accurately represent the calorie and special nutrient needs for healthy persons over the age of 70. The new Modified Food Guide Pyramid for 70+ Adults includes the following changes:

EAT A FIBER-RICH DIET

Fiber (F) or roughage is important to have a healthy digestive system and proper bowel function. Constipation is a problem for many aging adults. Choose a variety of high-fiber foods - vegetables, fruits, beans, nuts, and whole-grain products - drink plenty of water and be physically active to stay regular. Eat at least one high fiber food (pears, dried beans and peas, corn, dates, 100% bran cereals, or potatoes with skins) every day to help you get 20-35 grams of fiber each day.

DRINK ENOUGH FLUIDS

Water or other liquids are needed to avoid and prevent constipation and dehydration. Drink six to eight (8-ounce) glasses of fluid every day - water or other liquids (100% juices, milk, beverages, or soup). Limit the amount of caffeinated drinks (coffee, tea, and soda) and be sure to drink at least 2 glasses of water per day. If you are taking medications, you need more water. Throughout the day take water breaks, or in the morning, fill up a glass to remind you to drink water.

EAT CALCIUM-RICH FOODS

Calcium and Vitamin D are essential to maintain strong bones and teeth. After age 50, more calcium or 1,200 milligrams are needed to prevent a disease called osteoporosis. As you age, minerals in your bones are lost and bones may get thinner. Protect your bones by choosing calcium-rich foods, such as milk, cheese, yogurt, greens, broccoli, sardines, canned salmon with bones, dried beans and peas, tofu, and calcium-fortified foods.

If you have problems digesting milk:

- Drink lactose reduced milk.
- Eat yogurt or cheese, where the lactose has been broken down,
- Drink a smaller amount of milk or buttermilk at a time,
- Eat other calcium-rich foods that are not milk-based.

Vitamin D helps the absorption of calcium. It is found in fluid milk, dried milk products, and fortified cereals. Your body can make its own Vitamin D when your skin is exposed to the sunshine. Several times a week try to take a walk or sit in the sun for 20-30 minutes. This is especially important in the winter when there is less sunlight. Remember to use sunscreen.

EAT PROTEIN-RICH FOODS

Body proteins are constantly being made and used during your lifetime to maintain cell and organ functions. Adequate protein intake and protein reserves are important for older adults, especially during periods of emotional and physical stresses. Protein helps to prevent muscle loss. Eat protein-rich foods such as meats, fish, dried beans and peas, or tofu. Also, these foods are good sources of iron and zinc.

As you age, blood levels of vitamin B-12 usually decrease. Vitamin B-12 is needed to make red blood cells and maintain the central nervous system. Animal foods are good sources of vitamin B-12.

EAT A PLANT-BASED DIET

Research reveals that a variety of nutrient-dense fruits, vegetables, and whole-grain foods may protect cells against free radicals (unstable compounds). They also may help protect you against the adverse effects of everyday cancer causing agents such as pollution, dietary factors, tobacco smoke, and viruses.

ANTIOXIDANTS

Antioxidants are compounds, such as vitamins A, C, and E, which are found in foods. They protect us from cell damage and may reduce the risk of cancer and heart disease, and may slow down the aging process.

PHYTOCHEMICALS

Phytochemicals are chemicals or ingredients naturally found in all plant foods. Some phytochemicals help to protect a healthy, normal cell from turning into a cancerous cell. Also, phytochemicals may slow down the growth of tumor cells.

Eat colorful meals and snacks by choosing lots of fruits, vegetables, dried beans, nuts and whole-grain foods. It is the easiest way to get all of these important nutrients.

- Vitamins - A, C, E, D, & niacin, riboflavin, thiamin, folate, B-6 & B-12
- Minerals - calcium, iron, & zinc
- Fiber - soluble & insoluble
- Proteins, Carbohydrates, & Fats
- Antioxidants & Phytochemicals

This information is taken from "As we Age: Nutrition for Senior Adults" by authors Kathleen M. Stadler, Assistant Professor & Extension Specialist, Nutrition, Dept. of Human Nutrition, Foods and Exercise, Virginia Tech and Pamela B. Teaster, Assistant Professor & Extension Specialist, Gerontology, Dept. of Human Development, Virginia Tech.



Nutrition



Volunteer Opportunities

RETIRED SENIOR VOLUNTEER CORPS (RSVP)

RSVP Senior Corps is a national network of active older Americans, 55 years and older, who meet a variety of needs throughout the United States. RSVP Senior Corps members have been sharing their life experiences and serving Milwaukee County non-profit organizations, health care facilities for 25 years. Located at: 600 W. Virginia St, Suite 300 or call: 291-7501 ext. 230

Who RSVP serves:

- In 2009, RSVP had volunteers at over 100 different Milwaukee County organizations
- RSVP volunteers make a significant contribution to the quality of life in Milwaukee County

SENIOR AIDES PROGRAM

In the Senior AIDES program, seniors age 55 and older, gain work experience through community service assignments in a variety of careers such as clerical, food service, child care and janitorial services. Located at: 835 N. 23rd St. or call: 342-2410

FAMILY FRIENDS

“Family friends” are volunteers, 50 years and older, who are trained to provide life skills and parenting assistance to families living in transitional housing and emergency shelters. Located at: 3025 W. Mitchell St. or call: 385-0854

NORTHWEST INTERFAITH EMPLOYMENT SERVICES

Interfaith sponsors several programs that help mature workers and displaced homemakers find employment. Call the Mature Workers Resource Center at 931-0253.

Programs:

- Mature Workers Resource Center
- Displaced Homemaker Program
- Title V Senior Community Service Employment Program
- United Way Employment Program

FOSTER GRANDPARENT PROGRAM

Foster Grandparents help children develop the skills, confidence and strength to succeed in life. They provide one-on-one attention to children with special needs, helping them to achieve their goals by tutoring, mentoring, nurturing, counseling, and giving consistent love. **For more information contact:** Veronica Azi – Foster Grandparent Coordinator, 291-7500 ext. 236

Who can be a Foster Grandparent:

- Any person age 60 and over, retired from regular work force
- Must have a current physical exam
- Must be able to volunteer an average of 20 hours a week
- Must meet low income/program eligibility standards
- Must love children!

What you get:

- Pre-service orientation and monthly training
- An annual physical exam
- Supplemental insurance
- Small tax-free stipend of \$2.65/hr.
- Reimbursement for transportation and meals
- Annual Recognition Event
- Joy of knowing you’re making a difference for children

MILWAUKEE COUNTY SENIOR CITIZEN HALL OF FAME

The Senior Hall of Fame annually honors five outstanding seniors in Milwaukee County who have served the community as volunteers and as advocates on behalf of the elderly. Nominees must be 60 years of age or above, living in and residents of Milwaukee County. Nominees must show distinguished volunteer service in: voluntary service of an educational, community or humanitarian nature and exceptional contributions as a volunteer in efforts to improve the lives of people regardless of race, creed or national origin. To apply call ElderLink at 289-6874.

WHO WE ARE & WHAT WE DO

The Interfaith Neighborhood Outreach Program helps older adults (60+) remain independent in their own homes. We provide the following services to older adults living in Milwaukee County:

Direct Services

- Transportation to/from doctor appointments, grocery stores, pharmacy; etc.
- Shopping services for older adults
- In-home friendly visiting to older adults who might be isolated and lonely
- Telephone visiting
- **Minor** home chores
- Help with paperwork and applications Information & Referral
- Help older adults identify the resources they need.
- Provide information about other community resources for older adults

Advocacy

- Act as an advocate when needed for older adults.

Our Neighborhood Outreach professionals keep abreast of all services available in Milwaukee County for older adults and provide expert advice and information. Our staff will initially do an in-home assessment to identify the needs of the older adult. Volunteers who are matched with older adults living in their neighborhoods provide most of the direct services. Currently we have 186 sponsoring congregations throughout Milwaukee County.

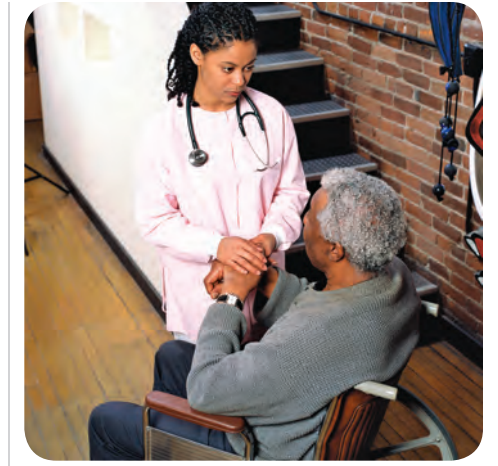
Who We Help

Any older adult (60+) in Milwaukee County who needs help remaining in their own homes with safety, dignity and connections with others. There are no income guidelines. Although 186 congregations sponsor our program, we serve ALL older adults and show no preference for people of any particular faith. We do not promote religion to anyone we serve.

What We Accomplish

Older adults are able to remain connected with other people and with the help they need to remain independent in their own homes. Without these services many would suffer from complications of being isolated without sufficient access to food, medical care and friendship – the most obvious of which is premature placement in a nursing home.

To find the location nearest to you please contact the Neighborhood Outreach staff at the Interfaith Central Office, (414) 291-7500.



Neighborhood Outreach Program



Employment Opportunities

Interfaith sponsors several programs that help mature workers and displaced homemakers find employment. Read through the program descriptions below to identify which programs might be able to help.

UNITED WAY EMPLOYMENT PROGRAM

This program is open to men or women age 50 to 54 without regard to income. Individual counseling, assessment, resume construction, interviewing and help with job search and placement are services provided under this program. Please call an Over 50 Employment Counselor at (414) 931-0253 to register for this program.

What We Accomplish

Older Workers and displaced homemakers are helped to secure jobs that provide long term self-sufficiency in positions that meet the person's interests, aptitudes, values and stated economic needs.

How To Request Help

The employment services program is located at 600 W. Virginia Street, on the near South Side of Milwaukee. To schedule an appointment with an Employment Counselor, please call (414)-291-7500 and ask for the Employment Services Intake Assistant. The Mature Workers Resource Center is located at the Washington Park Senior Center at 4420 W. Vliet Street and can be reached by calling (414) 931-0253.

What Does The Service Cost

Interfaith Employment Services program receives financial support from the Milwaukee County Department on Aging, the United Way of Greater Milwaukee, the State of Wisconsin Vocational Bureau on Aging and Long Term Care Resources, the Wisconsin Vocational Technical School System Board and the Private Industry Council. Program participants are not assessed fees, and there are no costs to employers using our program services.

MATURE WORKERS RESOURCE CENTER

The Mature Workers Resource Center opened in April 2000 at the Washington Park Senior Center. It offers mature workers age 50 and over a user-friendly environment where they can obtain resource materials and employment applications, and get their resumes critiqued. They also have access to training, educational programs, the Internet and a link to resource partners and potential employers. Current resource partners include: Interfaith Older Adult Programs, Milwaukee County Department on Aging, Private Industry Council, Hatch Staffing Services, Milwaukee Job Center South, HIRE Center for Dislocated Workers, Milwaukee County Veterans Service, Quality Health Care Options, and Lauber & Associates. Individuals have easy access to resources for work through these partner agencies. The Mature Workers Resource Center is currently open from 8:30 AM to 4:30 PM Monday through Friday, and can be reached by calling (414) 931-0253.

DISPLACED HOMEMAKER PROGRAM

The **Women's Employment Resource Center (WERC)** provides job search skills and short-term occupational training to displaced homemakers of all ages. Displaced homemakers are usually women who have worked in the home in an unpaid capacity and then lost their source of income because of divorce, death, separation or permanent disability of the family member. Single women with dependent children who are receiving or have lost W-2 benefits are also eligible. Within an atmosphere of encouragement and support, these women in transition are helped to develop the readiness skills necessary to enter or return to the workforce. The WERC approach includes assessment, goal setting and career counseling. Services are customized to each individual's needs and background. Ongoing support services include: resume writing, interviewing, job search and job referrals. Clients are also provided with free training opportunities through the vocational/technical institutes, community-training forums or at the Washington Park Senior Center's computer lab. For information, contact the Women's Employment Resource Center at (414) 291-7500 and ask for the Employment Services Intake Assistant.

TITLE V SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

This program is funded through Title V of the Older Americans Act and is available to men and women age 55 and over who meet low-income guidelines (125% of poverty). Eligible individuals are helped to retool, retrain and re-enter the workforce. Subsidized working opportunities are available working at community non-profits to help participants develop work history and job skills.

Participants are also eligible to be paid minimum wage and transportation expenses while learning new occupational skills in a classroom setting. Computer training is available through a partnership with Milwaukee Area Technical College with classes being offered at Washington Park Senior Center. Intensive work readiness training in a supportive group environment is available to participants facing employment barriers. Individual counseling, assessment, resume construction, interviewing and help with job search and job placement are some of the additional services provided. To determine your eligibility and to register for program orientation, please call Interfaith Employment Services at (414) 291-7500 and ask for the Employment Services Intake Assistant.



Employment Opportunities



Transportation Assistance

THE MILWAUKEE COUNTY DEPARTMENT ON AGING SPECIALIZED TRANSPORTATION PROGRAM

- Call (414) 289-6874 to apply for a Transportation ID
- Schedule a ride. Call Transit Express, Inc. at (414) 264-7433

What is the Transportation Program?

- Advanced-scheduled, door-to-door transportation to eligible older adults
- Drivers assist passengers in boarding and leaving vehicles, aid in fastening seatbelts, escort passengers door-to-door and carry shopping bags
- Rides provided within Milwaukee County, Monday through Friday from 8 a.m. to 5 p.m., excluding major holidays
- Individual rides must be reserved 3 to 5 days in advance
- Group rides are defined as persons picked up from the same location or general area and transported to a common site; group rides must be reserved 1 to 3 days in advance

What do older adults use the program for?

- Medical Appointments
- Grocery store shopping or general shopping
- To the Senior Meal Program/Senior Centers
- To nursing homes to visit loved ones.

Who is eligible?

- Age 60 or older
- Able to walk but unable to drive
- Difficulty in using public transit
- Not currently eligible for Transit Plus, Milwaukee County's para transit service for persons with disabilities

What is the cost?

- A payment of \$2.00 is required each way for rides to medical appointments.
- Contributions are accepted for other rides. Tipping is unnecessary
- If you have a Medical Assistance (Title 19) card and your physician approves the ride, Medical Assistance (Title 19) may cover all but \$1 of the cost of your medical trips. Contact a transportation provider that accepts Medical Assistance (Title 19) to arrange for this type of ride.

Also: To schedule a ride to United Community Center's Adult Day Center, Senior Meal Program, or Senior Center, call United Community Center: (414) 384-2301

NORTHWEST INTERFAITH NEIGHBORHOOD OUTREACH

- Transportation to and from doctor appointments, grocery stores, pharmacy, etc.
- No cost for services

Call Interfaith Central Office at 291-7500.

THE AMERICAN CANCER SOCIETY ROAD TO RECOVERY PROGRAM

The American Cancer Society Road to Recovery program provides free rides to and from treatment for cancer patients who have no other way to get to their appointments. Patients must be ambulatory, and have a 4-day notice for rides. Rides depend on the availability of a volunteer.

For more information about Road to Recovery driver, contact the American Cancer Society at 1-800-227-2345 or visit cancer.org/drive.

SENIOR MEAL PROGRAM

Milwaukee's Senior Meal Program offers over 25 dining sites, including two just outside of your 5th district! The Senior Meal Program serves hot, healthy meals and gives seniors opportunities to socialize and take part in activities like cards, bingo, and exercise classes. Weekly Menus are published every Wednesday morning in the Milwaukee Journal Sentinel (Food section) and in many community newspapers.

Nearby Sites:

- **Fernwood Court**
6700 W. Appleton Ave.
(414) 449-9900
- **Northwest Senior Center**
7717 N. Good Hope Rd.
(414) 353-0731

All meals are served Monday through Friday at 11:30 a.m.

Who can participate?

Any person age 60 or older, regardless of income, and a spouse of any age can participate.

What does it cost?

The suggested contribution is \$2.00 per meal.

How do I sign up?

Call or visit the dining site of your choice to see how you can register. A picture ID (a driver's license or senior citizen ID card) will be needed for identification at the time of registration.

For more information on the Senior Meal Program call 289-6995.

HOME DELIVERED MEALS

Home delivered meals are funded by the Milwaukee County Department on Aging and managed through Goodwill Senior Services. The program provides nutritious noon meals Monday through Friday, delivered straight to the home. Frozen weekend meals are available when an assessment shows a need for additional help.

To be eligible, a person must be:

- 60 years of age or older
- Homebound
- Physically or mentally impaired and unable to prepare adequate nutritious meals
- Unable to attend a meal program site
- Living alone or with no other adult living in the same house, building, or area who is able or willing to prepare meals
- Able to feed themselves or have some one able and willing to help feed them
- Home at the time of delivery
- An applicant's physician must verify need for meals and type of diet or the Senior Meal Program Director may approve general diets when no physician's diet order is available.

For information on applying call Elderlink at 289-6874.



Dining & Home-Delivered Meals



Home Care/ Repair/Moving

CLEANING

America's Maid Service - The Maids
148 Wisconsin Ave.
Waukesha, WI 53186
(262) 549-7799

Clean Team Cleaning Service
Milwaukee, WI 53209
(414) 228-8263

Heaven Scent Inc.
12207 W. Blue Mound Rd.
Milwaukee, WI 53226
(414) 771-1126

Kelley's Cleaning Services
6027 W. Wisconsin Ave.
Milwaukee, WI 53213
(414) 476-5841

*[www.independencefirst.org/resources/
HomeMaintenance/cleaning.asp](http://www.independencefirst.org/resources/HomeMaintenance/cleaning.asp)*

HOME CARE/CHORES

Good Neighbor Project

Helps to match volunteers with older adults that need help with seasonal outdoor chores such as grass cutting, shoveling snow and raking leaves. Call the Good Neighbor Hotline at 220-8650.

A Gift of Time Inc.

Provides help with time-consuming chores and organizing. Call Jody Wallace at 510-9695.

Northwest Interfaith Neighborhood Outreach Program

Older adults (60+) assistance with minor chores. No cost for services. Call the Interfaith Central Office at 291-7500.

Personal Care Plus+

Most services are about \$15.00, call for specific rates. Call Personal Care Plus+ at 291-7500 and ask for the Intake Coordinator.

HOME MAINTENANCE

Petroffs Handyman Services
10944 W. Capitol Drive
Milwaukee, WI 53222
(414) 461-6111

John Remodeling & Handyman Services
2930 S. 95th Street
Milwaukee, WI 53227
(414) 546-2533

*[www.independencefirst.org/resources/
HomeMaintenance/handyman.asp](http://www.independencefirst.org/resources/HomeMaintenance/handyman.asp)*

LAWN CARE

Basic Landscaping
3812 N. 60th St.
444-3113
www.basiclandscaping.biz

Echo Lawns
8522 W. Silver Spring Dr.
462-6670

Fields Lawn Care and Snow Removal Service
3046 N. 58th St.
243-3238

George's Landscaping Company
2544 N. 63rd St.
454-0454

Ken Swan Lawn Maintenance Service
5030 N. 91st St.
Milwaukee, WI 53225
(414) 527-1960

Loyo's Arbortek LLC
219 N. 79th Street
Milwaukee, WI 53213
(414) 491-9418

MudPie Lawn Care and Landscaping
8841 W. Schlinger Ave Ste. A
750-2812

Plush Lawns

7117 N. 89th St.
771-6068

Ray's Affordable Lawn Service
5147 N. 69th St.
438-6481 or 322-6481

*[www.independencefirst.org/resources/
HomeMaintenance/lawn.asp](http://www.independencefirst.org/resources/HomeMaintenance/lawn.asp)*

MOVING

A Gift of Time Inc.

Certified Senior Move Manager dedicated to save your time and energy. Call Jody Wallace at 510-9695.

"How Can We Help Make Your Move Easier"

Organizing, Decluttering, Packing, Unpacking, Home Setup, Finishing Touches, Errands. Call (414) 354-4357.

SNOW REMOVAL

Ernie's Super Service
4870 W. Fond du Lac Ave.
445-8695

Jeremy's Shoveling
4141N. 104th St.
445-8966

Shawn's Shoveling
793-6871

Stano Landscaping and Snow Removal

6565 N. Industrial Rd.
358-1800

Tommy J's Snowblowing and Shoveling Services

Call for good rates and service. Call Tom Jacques at (414) 232-9402.

UTILITIES HELP

- WE Energies Customer Service: (800) 242-9137

- Electric Power Outage Hotline: (800) 662-4797

- Gas Leak or Emergency: (800) 261-5325

- Diggers Hotline: (800) 242-8511

VISITING

- In-home friendly visits to older adults who might be lonely or isolated.
- Telephone Visiting.
- Help with paperwork/applications.
- Call the Central Office at 291-7500.

Northwest Interfaith Neighborhood Outreach Program

3970 N. 92nd St.
Milwaukee, WI 53222
466-8858

Greater Tosa Interfaith

1529 N. Wauwatosa Ave.
Milwaukee, WI 53213
(414) 453-5750

Granville Interfaith

7717 W. Good Hope Rd.
Milwaukee, WI 53223
353-0731



Home Care/ Repair/Moving



Public Benefit and Legal Assistance

AGING RESOURCE CENTER OF MILWAUKEE COUNTY

The Aging Resource Center of Milwaukee County is your link to support and service for Milwaukee County residents aged 60 and older.

The Resource Center provides information on programs that can help people 60 years of age and older remain active and independent. When you call the Resource Center your questions and concerns will be addressed by social workers who can link you with up-to-date information about the wide array of resources available to meet long-term care needs.

Resource Center staff can also make referrals for services such as options counseling for long term support, caregiver respite, transportation, home delivered meals and other community based services. The Resource Center also serves as the lead agency in Milwaukee County for elder abuse investigations and crisis intervention.

ELDER ABUSE

To report elder abuse call 289-6874.

The Milwaukee County Department on Aging Investigates allegations of Physical Abuse, Mental Abuse, Neglect, Self-Neglect, and Emotional Abuse of adults age 60 or over, residing in Milwaukee County. All referrals are kept anonymous.

What is elder abuse?

- Physical Abuse: The willful infliction on an elder person of physical pain or injury or unreasonable confinement.
- Material Abuse: The misuse of an elder person's property or financial resources.
- Neglect: The person who takes care of the elder person is unable or fails to provide adequate food, shelter, clothing, or medical or dental care.

- Emotional Abuse: The use of demeaning statements toward an elder person as well as harassment, isolation, and threats.

Signs that a family member or caregiver may be an abuser:

- Obvious absence of assistance
- The elder person may not be allowed to speak for him or herself without the presence of the caretaker
- Aggressive behavior (threats, insults, harassment)
- Problems with drugs or alcohol
- Previous history of abuse to others

Signs of material abuse:

- Unusual activity in bank accounts or sudden increases in debt
- A recent will or change in will when person is clearly incapable to do so
- Personal belongings are missing
- Withdrawals from automatic teller machines when the person cannot walk or get to bank on their own
- Checks bouncing or checks being written for "cash" for large amounts of money

Physical signs of abuse or neglect:

- Frequent use of the emergency room or changing health care providers often
- Evidence of inadequate or inappropriate administration of medication
- Lack of necessary equipment such as walkers, canes, bedside commode
- Lack of necessities such as heat, food, water
- Bruises, welts, discolorations; cuts, lacerations, puncture wounds, burns
- Poor skin hygiene; dehydration or malnourishment not caused by illness

Elderlink has a 24-hour hotline at 289-6874 with on call social workers who can assist older adults who may be experiencing a non-medical crisis after normal business hours and on weekends.

The Resource Center also provides information on the full range of long term care options available to you or those for whom you care.

These options may include, but are not limited to:

- Home care
- Community services
- Care management through the CMO (Family Care)
- PACE (Program of All Inclusive Care for the Elderly)
- Wisconsin Partnership programs
- Residential care
- Nursing home care

Please call the Resource Center at 289-6874 or E-mail your question or comment to this address: aging-webinfo@milwaukeecounty.com

FAMILY CARE

- Family Care is a new way of organizing Medicaid funding and service. The Family Care program's Care Management Organization in Milwaukee County is called the CMO
- With Family Care you receive services where you live, tailored to your needs.

Some of the services available:

- Personal Care
- Home Health Services
- Durable Medical Equipment
- Chore Sessions
- Transportation
- Assistive Devices
- Prevention and Wellness Education

Coordination of services by a team consisting of:

- A registered nurse
- A social worker who serves as a care manager
- Professionals from other disciplines as needed

ELIGIBLE older adults are entitled to these services:

- Most participants who have Medicaid pay nothing for services covered by Family Care
- Participants much have Medicaid Waiver eligibility, are at least 60 years of age, have long-term health needs, live in Milwaukee County.
- Enrollment to Family Care starts with a phone call to Elderlink, 289-6874

SeniorLAW

A service that can give you FREE help with:

- Medicare
- Medical Assistance
- Long Term Care
- Society Security
- SSI
- Food Stamps
- Subsidized Housing
- Homestead Credits

Call SeniorLAW: (414) 278-1222
Hours: Monday 9-11 a.m., 1-3 p.m.
Tuesday 1-3 p.m. Thursday 9-11 a.m.
Friday 9-11 a.m.

More info. at: www.seniorlaw.org

Walk-ins: 230 W. Wells St. Room 800
Hours: Tuesday 9 a.m.-Noon, Friday 1-4 p.m.)

Who should ask for help from SeniorLAW?

Milwaukee County residents over 60 who...

- Want to know more about public benefits
- Have been denied a benefit that they think they are entitled to receive
- Have benefits which have been lowered or stopped
- Have legal issues involving elder rights, consumer scams, or housing



Public Benefit and Legal Assistance



Public Benefit and Legal Assistance

CONTINUED...

When can SeniorLAW help you in court?

- SeniorLAW may be able to represent you in court in cases involving guardianship, elder rights, housing, and consumer scams
- There are some cases that SeniorLAW cannot handle, such as criminal, traffic, wills, probate, estate planning, malpractice, personal injury, and cases where attorneys could collect a fee from the opposing party

What are the costs for SeniorLAW?

- SeniorLAW's services are FREE of charge
- People who are helped may make donations toward the costs of their services
- All donated funds will be used to help the program grow
- No one will be turned away or given less help because he or she cannot make a donation

SCAMS AGAINST THE ELDERLY

Simple guidelines to keep you safe from scams. Adapted from the article "Protecting Your Elderly Loved Ones: Safeguarding Against Scams."

Be wary if you get a phone call or a letter saying that you have won a fabulous prize. If the prize notification says that you need to pay a small shipping or handling fee and then you will receive the prize, do not send any money. You never have to pay anything to win a prize; it is illegal for someone to make you pay for a prize in any way.

Be careful about companies saying they can erase your bad credit history for a fee. The only way to clear up a bad credit report is through time and regular payment of bills. A company that claims they can erase things on your credit report is fraudulent.

Never give your social security number, credit card information or bank account numbers to telemarketers over the phone. Ask for more information to be sent to you if you are really interested in the product or service. After receiving the information in the mail, then you can make your determination if it is a legitimate company.

Be careful when sales people come to your door saying they are offering a special in the neighborhood for a particular service. Scam artists pose as contractors doing inspections and then charge exorbitant fees to fix things that may not need to be fixed in the first place.

One of the newest rip-off schemes is scammers saying that they can help you recover your money if you have been already been scammed. Posing as a representative of a government agency they will call you and ask for a fee to help you recover your lost money. What makes it seem real is the fact that they called you. But the reason they knew you were scammed in the first place, is that they were the ones that scammed you and had your personal information.

Before doing business with any company, especially if you are unsure of them, call the Better Business Bureau to see if that company has ever been reported in the past for fraudulent activity. This way you won't get taken in by known con artists. If you find yourself in a situation where you have been scammed, there are places to go for help. The U.S. government has many services and branches that deal with fraud; you can check the U.S. government web site for Consumer Information for help. The Better Business Bureau has a web site too which can answer questions and help you file complaint forms.

For more information about your rights and what you can do to protect yourself against scams go to the following websites for articles and tips on how not to get swindled:

www.fraud.org/elderfraud

Sign up for the national "Do Not Call" registry. It's easy and it's free! Call (888) 382-1222, TTY (866) 290-4326 from the phone number you want to register. Unfortunately, registering by phone may not work if you live in a residential complex that uses a PBX phone system.

But you can also register online at www.donotcall.gov. If you don't have a computer, use someone else's. You'll need Internet access and a working email address. The "do not call" system will send a response to that address with a link that must be clicked on within 72 hours to complete the registration.

If you don't sign up for the national "Do Not Call" registry, you still have rights. You can tell companies not to call you again on a case-by-case basis. Keep a record of their names and the dates of your requests.



Public Benefit and Legal Assistance

Thank you for reading The 5th District Active Senior Pages

To suggest ideas for a future version contact Alderman Jim Bohl at:

City Hall, Rm 205
200 E. Wells St.
Milwaukee, WI 53202

Phone: 286-3870
E-mail: jbohl@milwaukee.gov

For any other needs call:
ElderLink 289-6874
Monday through Friday
7:00 a.m. - 6:00 p.m.

CONTACT NUMBERS

Emergency:

Police/Fire/Ambulance 911

Non-Emergency:

Police 933-4444

Fire 286-8948

Night Parking 286-8350

Graffiti Hotline 286-8715

City of Milwaukee 286-2489

Alderman Jim Bohl:

Phone 286-3870

Fax 286-3456

For more information on your district, check out our website at: www.milwaukee.gov/district5



Alderman Jim Bohl
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200 E. Wells St
Milwaukee, WI 53202
286-3870
jbohl@milwaukee.gov