

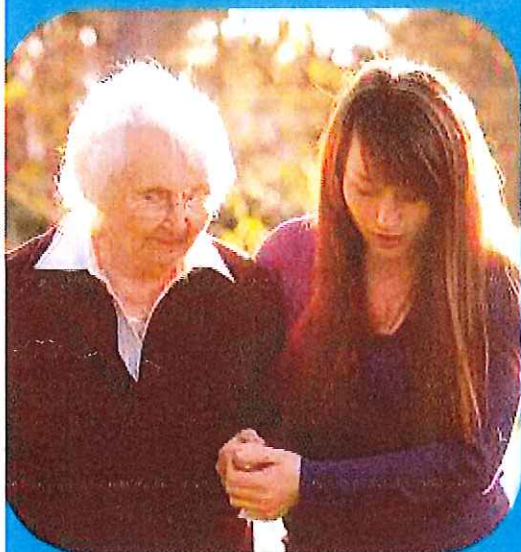
# WHO WILL CARE FOR YOU? A CRISIS IN CARE

***A community conversation***  
**FEBRUARY 26th**

**6:00-8:00 PM**

**IndependenceFirst**

**540 South First Street  
Milwaukee WI**



You probably know someone who has fragile health, needs home care, or relies on other services that require staff. What if there is no one to help them, or you? Come to this free event and learn more about the Workforce Crisis. With a new governor and the state budget session starting soon, we have a great opportunity to do something about it NOW!

**Janet Zander**  
Advocacy and Public Policy Coordinator -  
Greater Wisconsin Agency on Aging Resources (GWAAR)

**Lynn Breedlove**  
Past Executive Director - Disability Rights WI  
Co-Chair - WI Long-Term Care Coalition

**Dr. Robert Kraig**  
Executive Director - Citizen Action of WI

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Thank you to our sponsors: Disability Rights Wisconsin, IndependenceFirst, Citizen Action, WI Aging Advocacy Network, Survival Coalition, In Control WI, Save IRIS, GWAAR, League of Progressive Seniors, TMG, Milwaukee County Department on Aging, SEIU, WI LTC Workforce Alliance.



*Registration Opens February 26, 2019*

# Aging Advocacy Day!

*May 14, 2019, Madison, WI*

**10:00 a.m.\* – 3:00 p.m.**

Park Hotel, 22 S. Carroll St., Madison and the  
Wisconsin State Capitol

Join advocates from around the state to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the State Capitol.

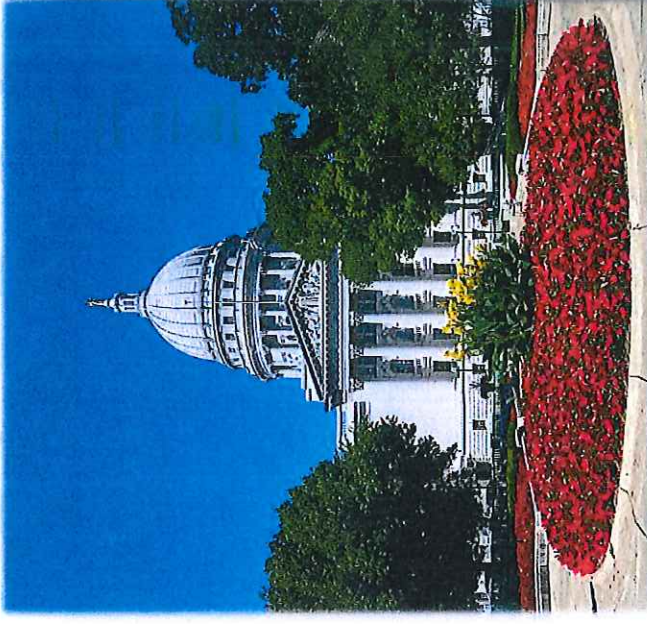
## **Make a Difference. Let Your Voice Be Heard!**

Aging Advocacy Day 2019 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.

Registration begins Feb. 26, 2019 at:

<https://gwaar.org/AgingAdvocacyDay> or contact your local aging unit or ADRC. **Registration deadline is April 30, 2019.** #WIAgingAdvocacyDay #WIAAD.

*\* Registration and check-in begin at 9:00 a.m.*



**WAAN**  
Advocacy

Wisconsin Aging  
| Advocacy | Network

# Transportation Options

*So you can get where you need to go*

## GoPass

**Who:** Financially eligible seniors (65 years or older) and persons with disabilities.

**What:** Unlimited rides on the bus for \$2/day. With a multitude of routes, the Milwaukee County Transit buses can take you throughout the county.

**How:** Contact the Aging and Disability Resource Centers at (414) 289-5800.



## MCDA Transportation

**Who:** Individuals 60 years or older who are unable to ride the bus but still able to get onto the van.

**What:** Transit vans provide rides for medical and dental appointments for a fee of \$3 each way. Free rides to Senior Dining sites and for groceries.

**How:** If you're a new rider, call the Aging Resource Center to enroll at (414) 289-6874. Once you're enrolled, call (414) 536-5800 to schedule your rides.

## Transit Plus

**Who:** Individuals with a disabling illness or condition that prevents them from using the bus or Transit Express service. Must be verified by a doctor.

**What:** Transit Plus vans have a lift feature which allows them to assist those with walkers or wheelchairs. Rides cost \$4 each way and must be scheduled in advance.

**How:** To register call (414) 343-1700.

## Other Options

**Medicaid/T-19:** Those enrolled in Medicaid may have access to rides through MTM at 1-866-907-1493.

**Veterans:** Veterans can access rides to the VA through the Disabled American Veterans shuttle service. Call (414) 384-2000 ext. 41811 for more information.

**Volunteer Drivers:** Volunteer drivers are available through Unison's Neighborhood Outreach Program. Call (414) 291-7500 to learn more.



MILWAUKEE COUNTY  
Department on Aging





The Milwaukee County Department on Aging provides a single point of access to services for people aged 60 and over. We offer a wide range of programs and services to meet the diverse needs of the older adults in our community.

### **Meeting Vital Needs**

- Long Term Care
- Dementia Care
- Meals on Wheels
- Elder Abuse
- Information & Assistance

### **Meeting Your Quality of Life Needs**

- Senior Centers
- Wellness Programs
- Senior Dining
- Transportation

For more information transportation options or any other services for adults aged 60 years and older, contact the Aging Resource Center of Milwaukee County.

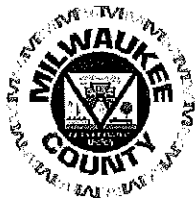
**Milwaukee County Department on Aging**  
**Aging Resource Center of Milwaukee County**

Monday – Friday 7:30am-5:00pm

1220 West Vliet Street, Suite 300 | Milwaukee, WI 53205

Phone: 414-289-6874 | Toll Free: 1-866-229-9695 | TRS: 7-1-1

Web: [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging) | Email: [agewebinfo@milwaukeecountywi.gov](mailto:agewebinfo@milwaukeecountywi.gov)



MILWAUKEE COUNTY  
**Department on Aging**

# Milwaukee County Senior Citizen Hall of Fame Nomination Information COVER PAGE

## INFORMATION ABOUT THE NOMINEE

\_\_\_\_\_  
Last name First Name Initial

\_\_\_\_\_  
Address City, State Zip code

Telephone ( ) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Length of Residency in Milwaukee County \_\_\_\_\_

Current Occupation or Former Occupation if retired \_\_\_\_\_

Was nominee advised by sponsor of nomination? Yes\_\_\_ No\_\_\_

## INFORMATION ABOUT THE SPONSOR

Name \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

Agency or Organization (if applicable) \_\_\_\_\_

\_\_\_\_\_  
Address City, State Zip code

Email \_\_\_\_\_

Contact person (if different from above) \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

**Please attach additional information to cover page**  
**Refer to Guidelines for Nominating**

Nominations due March 1, 2019

Attach cover page to additional nomination information and return to:  
**Milwaukee County Department on Aging-Area Agency on Aging**  
**Hall of Fame Selection Committee**  
**1220 West Vliet Street, Suite 302**  
**Milwaukee, WI 53205**

## Nominee Information, Guidelines and Nomination Cover Sheet

### Nominee Information:

1. Nominees must be 60 years of age or above, living, and residents of Milwaukee County.
  2. One individual will be chosen.
  3. Nominees must qualify in any one or combination of the following areas:  
(Please stress volunteer activities, including number of volunteer hours in the previous two years.
    - a. Gave voluntary service of an educational, community, or humanitarian nature.
    - b. Made exceptional contributions as a volunteer in efforts to improve the lives of people regardless of race, creed, or national origin.
    - c. Advocated as a volunteer on behalf of Wisconsin senior citizens.
  4. Prior submissions can be resubmitted. **Information must be updated.**
  5. No special award categories will be given.
  6. Nominations may be accompanied by letters of endorsements.
  7. Individuals may not nominate themselves.
  8. The cover form provided must be included with the nomination.
  9. Paid work in any category will not be considered.
  10. An individual may not nominate more than one person per year.
  11. Members of the selection committee and the Commission on Aging are not eligible for nomination in the year they serve in any of these capacities.
- 

### Guidelines for Nominating:

Fill out the cover page provided **AND USE EXTRA PAGES** to answer the following completely, and concisely:

1. Specify nominee's active participation in:
  - a. Groups and organizations:  
List name of each organization, nominee's involvement, and years of affiliation.
  - b. Specify additional activities, achievements and awards, including dates.
  - c. List specific volunteer activities.  
Include explanation of duties, accomplishments, and/or responsibilities that demonstrate exceptional volunteerism.
2. Estimate **total volunteer hours in the previous two years** preceding the date of nomination, if applicable.
3. What special characteristics of your nominee make him or her worthy of placement in the Milwaukee County Senior Citizen Hall of Fame?
4. Attach related and supporting documents such as letters of endorsement.
5. **The cover page provided must be filled out completely and included as part of the nomination.**

Return Nominations to:  
Milwaukee County Department on Aging  
Hall of Fame Selection Committee  
1220 West Vliet Street, Suite 302  
Milwaukee, WI 53205

Nominations should be post marked or hand  
delivered to the Department on Aging by

**March 1, 2019**

Additional forms available by calling (414) 289-6794 or at [www.county.milwaukee.gov/aging](http://www.county.milwaukee.gov/aging)

## How to Participate

If you are interested in becoming a Senior Statesman, contact the Program and Policy Coordinator at the Milwaukee County Department on Aging.

All participants are asked to:

- Affirm the values of the Milwaukee County Department on Aging as expressed in the Older American's Act.
- Participate in the full schedule of training activities.
- Commit to be an active Senior Statesman upon graduation.

*This program is offered free of charge and is open to all residents of Milwaukee County age 60 and over. Call for accommodations.*

### Sign up today.

Contact Dan Idzikowski at: (414) 289-6546  
Daniel.Idzikowski@milwaukeecountywi.gov  
or apply online: [county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)



## 2019 Senior Statesman Training: Wed. April 24 - Fri. April 26

- We'll begin with a tour of the Transit Center and a discussion of the future of transit in Milwaukee.
- Have lunch with the County Executive and attend a Milwaukee County Board meeting.
- Hear about advocacy from the perspective of state Senators and attend a Commission on Aging meeting.



MILWAUKEE COUNTY  
**Department on Aging**  
1220 West Vliet Street, Suite 300  
Milwaukee, WI 53205  
(414) 289-6874 | Fax: (414) 289-8568  
[county.milwaukee.gov/aging](http://county.milwaukee.gov/aging)

## SENIOR STATESMAN PROGRAM



MILWAUKEE COUNTY  
**Department on Aging**  
Committed to the Independence and Dignity of  
Older Adults Through Advocacy,  
Leadership and Service.



## Be a Senior Statesman

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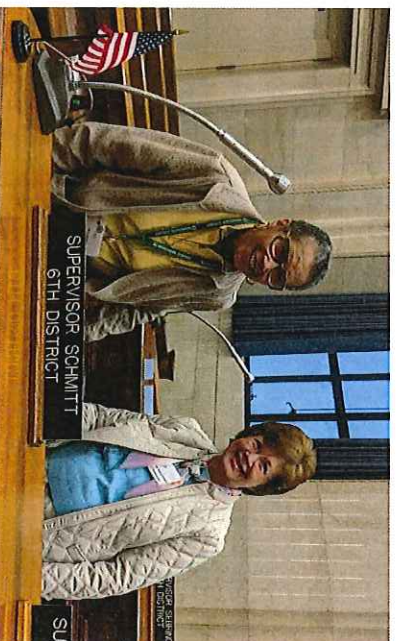
*"Sometimes it falls upon a generation to be great. You can be that great generation. Let your greatness blossom."*

- Nelson Mandela

A Senior Statesman is "an eminent senior member of a group or organization especially; a retired individual who unofficially advises current leaders." You can become a Senior Statesman for your generation through the Milwaukee County Department on Aging's Senior Statesman program.

The Senior Statesman program will:

- Provide you with an understanding of government decision-making, particularly through the legislative process
- Equip you with tools and strategies to influence these decision-makers



## The Program

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### Senior Statesman Program 2019

Wednesday, April 24 at 8 a.m.

through Friday, April 26 at 1 p.m.

Wed AM: Tour the Milwaukee County Transit Center.

Wed. PM: Lunch with the County Executive at the County Courthouse;

Meet with County Board Chair & officials.

Thurs. AM: Attend County Board meeting and have lunch with state senators.

Thurs. PM: Advocacy Training.

Fri. AM: Attend Commission on Aging meeting and have lunch with Wilson Senior Center guests.

Milwaukee County Department on Aging staff will facilitate follow-up meetings with your federal, state, or local representatives and elected officials as requested.

*MCTS bus transportation will be provided on Wednesday and Thursday between the transit center and the courthouse.*

*A continental breakfast and lunch will be provided to participants each day.*

## What's Next

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Upon becoming a Senior Statesman, you will be asked to put your training into action. Opportunities abound to advocate and advise policy-makers on issues of importance to seniors.



*Participants at the 2018 Wisconsin Aging Advocacy Day.*

Milwaukee County's Commission on Aging and its committees need your membership, support, and involvement. You may be asked to serve on one of these governmental bodies or volunteer in another capacity.

Use your voice to advocate for your generation by building a relationship with your local, state, and federal representatives.

You will be asked to attend the Wisconsin Aging Advocacy Day, receive public policy action alerts, and become a member of the Wisconsin Aging Network.



**Who?** Adults Age 50+

**What?** A fun program lead by Mount Mary dietetics students and faculty that aims to improve your eating habits and fitness! Each week covers different nutrition and exercise topics followed by exercises. A step counter, resistance band and weekly incentives are included in the \$20 fee. Part 1 is not required before Part 2!

**When?** Every Tuesday, February 26th through April 30th (except March 11th) from 9:00 PM – 10:30 AM

**How?** Pre-registration and physician consent is required for participation. Register at the Hart Park Senior Center by February 16th! Class size is limited - act fast!

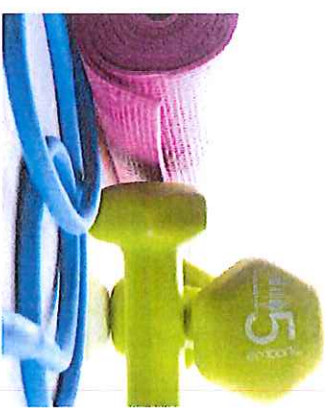


**Mount Mary**  
UNIVERSITY

Brought to you by  
Hart Park Senior Center and  
Mount Mary University  
Dietetics Department

## Eat Better, Move More

### Part 2



10-Week Nutrition  
and Physical  
Activity Program



## Nutrition Topics

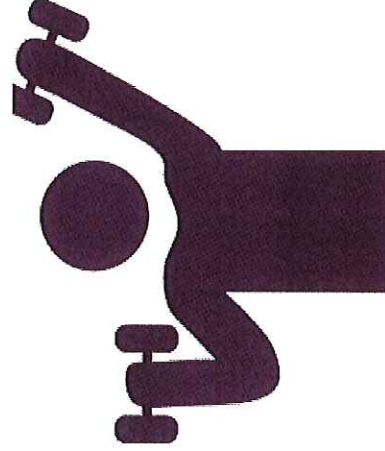
- ❖ DASH Diet to Prevent and Treat High Blood Pressure
- ❖ Meal Planning to Prevent and Manage Diabetes
- ❖ Label Reading for Healthy Meal Planning
- ❖ Fitting Your Favorite Foods into a Healthy Lifestyle
- ❖ Important Vitamins and Minerals and Their Sources
- ❖ Dietary Supplements

## Exercises

In Eat Better, Move More Part 2, we use hand weights and resistance bands. Fitness testing is conducted to measure progress!

The exercises are designed to improve:

- ❖ Balance
- ❖ Strength
- ❖ Flexibility
- ❖ Endurance



## What YOU Do



- ❖ Attend class every week
- ❖ Wear your step counter EVERY day and record your steps
- ❖ Try out the nutrition and fitness tips at home
- ❖ Have your fitness level assessed before and after the program to measure improvement
- ❖ Enter a drawing for a gift basket if you have perfect attendance!

**HAVE FUN!**