

THE ADRC CONNECTION

Celebrating Senior Moments

FEBRUARY 2026

When someone says, "I'm having a 'senior moment'", what comes to mind? Something positive, inspiring, or fun? Or something negative, embarrassing, or a mistake? A "senior moment" should make us smile - not cringe. Too often, aging is framed as something to resist or reverse. We're told to look younger, not live fuller. Cards joke about decline rather than applaud another year of growth. These are everyday signs of ageism, which is defined as discrimination against older people due to negative and inaccurate stereotypes. We can change the story with your help.

At the ADRC, we're celebrating the skills, wisdom, and milestones that come with age. We want to highlight positive "senior moments" from right here in Waukesha County—big or small, firsts or finishes:



- Did you finally tackle a lifelong "to-do" and nail it?
- Can you do something now that you couldn't at 40?
- Have you discovered new strengths, perspectives, or knowledge with each passing year?

Need some inspiration? Remarkable achievements don't have an expiration date. **Nola Ochs** became the world's oldest college graduate at 95. **Betty Kellenberger** completed the Appalachian Trail at 80. Colonel **Harland Sanders** launched KFC at 65. **Grandma Moses** began painting at 76. **Natalie Grabow** at 80 becomes the oldest woman to finish the Ironman World Championship in 2025.

INSIDE THIS ISSUE:

- ♦ Community Events (p. 2)
- ♦ Caregiver Corner (p. 3)
- ♦ Free Tax Assistance (p. 5)
- ♦ Health Education (p. 6)
 - ♦ En Español (p. 7)
- ♦ **TAXI PROGRAM UPDATE** (p.8)
- ♦ HHS Volunteer Spotlight (p. 9)
- ♦ Dining & Menu (p. 10-11)
- ♦ Puzzle (p. 12)
- ♦ Women's Center Support Group (p. 13)
- ♦ Memory Screening (p. 14)
- ♦ Younger Onset Dementia Caregiver Support Group (p.15)
- ♦ Public Health Article (p. 16)
- ♦ Recipe: Corn Chowder (p. 19)
- ♦ Medicare (p.18)

Your "senior moment" might be:

- Enrolling in a language class—or teaching one.
- Volunteering where your experience makes a difference.
- Growing a new vegetable and cooking a new recipe.
- Picking up an art form—or finally finishing a project you love.

Share your senior moment with us!

We'd love to feature your story in future editions. **Email us a sentence or two describing your positive "senior moment" directly to ADRCnewsletter@waukeshacounty.gov** Share your name if you wish, or remain anonymous. Together, we'll celebrate accomplishments across Waukesha County and join the broader effort to Reframe Aging.

Learn more about thinking differently about aging at reframingaging.org

Aging and Disability Resource Center (ADRC) of Waukesha County
Human Services Center
514 Riverview Ave
Waukesha, WI 53188



Business Hours: Mon-Fri,
(excluding holidays)
8:00a—4:30p

262-548-7848

Toll Free: 866-677-ADRC (2372)
www.waukeshacounty.gov/ADRC

February COMMUNITY EVENTS

February 6 & 7 (Fri. & Sat.) - 52nd Winter Wisconsin Antiques Dealers Association Show & Sale @ Waukesha County Expo Center, 10 am - 6 pm & 10 am-4 pm. Hosting 58 quality antique dealers from across the country, this show features affordable and time-tested antiques, with a special exhibit: "Happy 250th America!". Admission is \$8 and is good both days.

February 7 (Sat.) - 2026 Hardwater Freaks Annual Ice Event @ Okauchee Lions Park, 2-9:30 pm. You don't need to be an ice fisher to come down and

enjoy this great event featuring live music, food, fishing tournament, raffles, and more to help raise money for kids fishing adventures, veteran owned small businesses, and Goldstar families. This event is open to all, and tickets are \$25. Ticket purchase includes dinner and access to raffles. Ticket purchases can be made at www.eventbrite.com.

February 13 (Fri.) - Wild Night Winter Candlelight Hike @ Retzer Nature Center, 6-8:30 pm. Come explore the winding trails and quiet woods of Retzer Nature Center by candlelight on a self-guided hike. Snowshoes will be available if conditions allow.

February 14 (Sat.) - Have-A-Heart Bake Sale @ HAWS, 10 am-3 pm. This event will have home-baked goodies for pets and their people, plus raffle prizes and lunch! Bring the family to visit HAWS and get a sweet treat and check out adoptable pets, too!

February 21 & 22 (Sat. & Sun.) - Handmade Market - Art A La Carts @ Waukesha County Expo Center, 10 am-4 pm. Celebrate the art of crafting! This event will feature over 100 booths of handmade crafts including thoughtful gifts, festive décor, florals, bath and body, kids' items, jewelry, and more! Admission is \$6 and parking is free.

REMINDER: Medicare Advantage Plan Open Enrollment Period

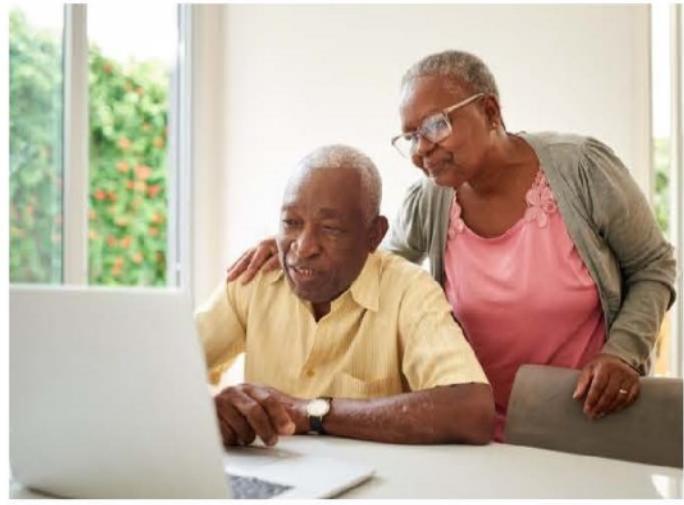
Medicare Advantage Plan Open Enrollment Period (MA OEP) occurs each year from January 1 through March 31. During this period, you can switch from your current Medicare Advantage plan to another plan or return to Original Medicare. If you switch during the MA OEP, your new coverage will begin on the first day of the month following the month you enroll. For example, if you switch in February, your new coverage will start in March.



SHARED-FARE TAXI PROGRAM CHANGES, AS OF JANUARY 1, 2026, ON PAGE 8.

Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to FREE online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance

The Importance of Annual Pet Health Care

Annual pet health care is essential to keeping pets happy, active, and living longer lives. Just like people, pets benefit from regular checkups that help detect potential health issues early, often before symptoms become serious or costly to treat.

An annual veterinary visit typically includes a physical exam, weight check, dental assessment, and recommended vaccinations. These visits also allow veterinarians to screen for common problems such as parasites, joint issues, heart conditions, and age-related diseases. Early detection can make treatment simpler and more effective.

Routine care goes beyond the vet's office. Maintaining a balanced diet, regular exercise, dental hygiene, and parasite prevention all play a role in overall health. Annual checkups are also a great time for pet owners to ask questions about behavior, nutrition, or changes they've noticed at home.

By prioritizing annual health care, pet owners invest in their pets' well-being, comfort, and quality of life, year after year.

Discounted Dental Services through HAWS (Humane Animal Welfare Society): HAWS offers public dentals for cats and dogs for individuals receiving any form of public assistance. \$350-\$550. Includes: consultation, examination and dental cleaning, any needed extractions. To schedule, call 262-542-8852.

Emergency Vet Clinics (24/7 or After-Hours)

For true emergencies — serious injuries, life-threatening conditions, or after your regular vet closes:

- **Veterinary Emergency Group (262-267-8240)** – 24/7 emergency pet hospital in Brookfield, great for critical cases.
15455 W. Bluemound Rd, Suite 300 Brookfield, WI 53005
- **WVRC - Waukesha (Wisconsin Veterinary Referral Center) (262-542-3241)** – Emergency and specialty care, open 24/7 in Waukesha.
W239N1046 Pewaukee Rd. Waukesha, WI 53188
- **Waukesha Walk-in Vet Clinic (262-549-2000)** – Walk-in and urgent care veterinary clinic in Waukesha for non-life-threatening illnesses and injuries.
1710 Paramount Dr. Waukesha, WI 53186 (will be moving to a new location soon)



Every morning, I tell my family I'm going jogging, then I don't...

It's a running joke.

Free Tax Assistance – 3 options

The due date for your 2025 tax return this year is Wednesday, April 15th, 2026.



Schedule your FREE Tax Appointment



SCAN ME

La Casa de Esperanza's Volunteer Income Tax Assistance (VITA) program provides free federal and state income tax return preparation and filing for low- to moderate-income families and individuals. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

To set up your VITA Tax Appointment, please click <https://lacasavita.as.me/schedule.php>, call 262-832-1534, or hover over the "scan me" QR code to the left with your smartphone's camera!



AARP Foundation Tax-Aide provides free tax preparation! Waukesha County residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, provides taxpayer assistance in person, usually with just one appointment. [AARP Membership](#) is NOT required.

Visit aarpfoundation.org/taxaide for additional information.

Program Location	Days of Week	Number to Call for Appointment
Brookfield Public Library	Tues	(262) 782-4140
Menomonee Falls Public Library	Fri	(262) 255-8460
Mukwonago Public Library	Mon	(262) 363-6411
Muskego Library	Tues	(262) 971-2100
New Berlin Library	Wed	(262) 754-1830
Oconomowoc Area Senior Center	Tues & Fri	(262) 567-4288
Sussex Civic Center	Mon	(262) 314-8116
Waukesha Public Library	Thur	(262) 290-3021

MyFreeTaxes helps people file their taxes for free while getting the assistance they need. United Way provides MyFreeTaxes in partnership with the IRS's Volunteer Income Tax Assistance (VITA) program to help filers prepare their own taxes or filers who earn less than \$69,000/year can have their return prepared for them for free. To file, visit <https://myfreetaxes.com/>



HEALTH EDUCATION AND FITNESS

StrongBodies

	Date	Time	Location
 Aging and Disability Resource Center of Waukesha County	Monday and Wednesdays (ongoing class)	9:30—10:45a	Gethsemane Methodist Church 642 Main Street Pewaukee, WI 53072
 Aging and Disability Resource Center of Waukesha County	Monday and Wednesdays (ongoing class, you can still register if class has started)	9:15—10:30a	New Class Location starting February 2 Salem United Methodist Church 642 Main Street Pewaukee, WI 53072

Register with Courtney, call 262-548-7835 or email cklepp@waukeshacounty.gov

Heart Disease & Stroke

	Date	Time	Location
 Waukesha County Public Health	February 13th, 2026	10:00 -11:15 AM	New Berlin Public Library 15105 Library Lane New Berlin, WI 53151
Register Online at www.newberlinlibrary.org			
 Waukesha County Public Health	February 17th, 2026	6:00—7:15 PM	Hartland Public Library 110 E. Park Ave. Hartland, WI 53209
Register Online at hartland.librarycalendar.com/event/heart-disease-and-stroke-3764 or call 262-367-3350.			
 Waukesha County Public Health	February 24th, 2026	10:00-11:15 AM	Menomonee Falls Senior Center W152 N8645 Margaret Rd Menomonee Falls, WI 53051
Register Online at www.fallsrec.org or by stopping into the Rec offices. Questions about registration call: 262-255-8460.			

The Importance of Laughter and Health

It has been said that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Come learn how laughter reduces stress, boosts our immune system, aids in protecting our heart, and even burns calories. Also learn fun simple ways to add more laughter into your life.

	Date	Time	Location
 Waukesha County Public Health	March 18th, 2026	6:00 -7:00 PM	New Berlin Activity and Rec Center 15321 W National Ave New Berlin, WI 53151
Register Online at www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center			

CLASS DESCRIPTIONS

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

StrongBodies: Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained instructors. Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weight used. Participants gain strength, improve mobility, and reduce the risk of conditions like osteoporosis, heart disease, and diabetes.

Heart Disease & Stroke: Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.



EN ESPAÑOL:

ProHealth Care's Hispanic Health Resource Center

210 NW Barstow St, Suite 109, Waukesha
Nuestros talleres son en español.

Registración y preguntas: 262-928-4181

Grupo de Apoyo

¿Eres cuidador y te gustaría aprender más sobre como mejorar la comunicación con tu ser querido o quizás buscas la oportunidad de compartir experiencias con otros cuidadores? ¡Acompáñanos cada mes para compartir y aprender con nuestra especialista en demencia, nuestra enfermera bilingüe, y otros cuidadores como tú!

18 de febrero y cada segundo miércoles de cada mes por la aplicación "Zoom"
5:00 p.m. – 6:00 p.m.



PROHEALTH CARE

Tomando Control de su Salud

Tomando Control es un curso gratuito para el manejo de enfermedades del corazón, diabetes, cáncer, artritis y otros problemas crónicos. El programa lo motivará a llevar una vida más saludable. Recibirá apoyo que necesita para hacer cambios positivos, encontrará maneras prácticas para tratar con el dolor y fatiga y descubrirá cómo tener una buena nutrición y ejercicios.

Los viernes, desde el 6 de febrero al 13 de marzo
10:00 a.m. – 12:30 p.m.

Important Updates: ADRC Shared-Fare Taxi Program

To align with grant requirements while ensuring consistent service delivery, Waukesha County has updated the ADRC Shared-Fare Taxi Program. We've contracted with new local transportation providers to improve coverage, reliability, and ride availability throughout Waukesha County. Here's what has changed since **January 1, 2026**.

New Service Structure

- Service Quadrants: The County is now divided into four quadrants. Multiple providers are assigned to each, ensuring consistent service and more ride options. View providers by quadrant below, and a quadrant map is available online at www.waukeshacounty.gov/ADRCtransportation

Key Program Updates

- Increased Rider Discount: **\$9.00 off per one-way trip.**
- Low-Cost Rides to ADRC Dining Sites: **\$2.00 per one-way trip.**



Need More Information?

Contact Us: Unsure about your service area? Call ADRC at 262-548-7848

Northwest (NW)	Northeast (NE)
<p>If you live: Chenequa, Delafield, Hartland, Lac La Belle, Merton, Nashotah, Oconomowoc, Summit</p> <p>Your choice of providers:</p> <ul style="list-style-type: none">Oconomowoc Silver Streak, IncSeniors on the GoWI TransportationzTrip	<p>If you live: Brookfield, Butler, Elm Grove, Lannon, Lisbon, Menomonee Falls, Pewaukee, Sussex</p> <p>Your choice of providers:</p> <ul style="list-style-type: none">Elmbrook New Berlin Senior TaxiWI TransportationzTrip
Southwest (SW)	Southeast (SE)
<p>If you live: Dousman, Eagle, Genesee, Mukwonago, North Prairie, Ottawa, Wales</p> <p>Your choice of providers:</p> <ul style="list-style-type: none">Seniors on the GoWI TransportationzTrip	<p>If you live: Big Bend, Muskego, New Berlin, Vernon, Waukesha</p> <p>Your choice of providers:</p> <ul style="list-style-type: none">Elmbrook New Berlin Senior TaxiSeniors on the GoWI TransportationzTrip

Provider	Phone	Hours of Service
Elmbrook New Berlin Senior Taxi	Brookfield 262-785-1200 New Berlin 262-814-1611	Monday thru Friday 7:00 AM to 5:30 PM Saturday 9:00 AM to 4:00 PM
Oconomowoc Silver Streak, Inc	262-567-6404	Monday thru Friday 7:00 AM to 4:30 PM
Seniors on the Go	262-363-5700	Monday thru Friday 6:00 AM to 7:00 PM Saturday & Sunday, by appointment
WI Transportation	262-333-3302	Monday thru Friday 5:00 AM to 6:00 PM
zTrip	262-230-2843	7days / week 6:00 AM to 6:00 PM

Waukesha County AODA Volunteer Program Expands with New Group Locations:

RECOVERY VOLUNTEERS NEEDED!

For more than 40 years, Waukesha County's Alcohol and Other Drug Abuse (AODA) Volunteer Program has been a trusted source of hope, connection, and recovery support in our community. Our dedicated volunteers are individuals in recovery and bring lived experience. They play a vital role by leading weekly recovery groups and offering encouragement, stability, and inspiration to those navigating substance use challenges.



We are excited to announce the opening of two new sites to volunteer at, allowing us to serve even more individuals in need:

Oconomowoc Women's Group

This new site at LSS Recovery Center Oconomowoc is a residential treatment center designed exclusively for women, fostering a safe and supportive space where female leaders can empower and uplift one another. **We are currently seeking female volunteers to facilitate this group on Tuesday afternoons or Saturday mornings.**

Waukesha Crisis Resource Center (CRC) Group

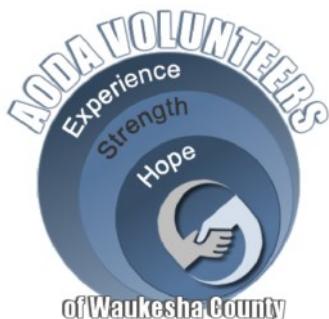
Located within a residential crisis stabilization center in Waukesha, the CRC group provides a meaningful opportunity for volunteers with lived experience in mental health recovery. Volunteers' insight and compassion can make a profound difference for individuals during a critical time.

Volunteers are needed for Wednesday evening sessions.

In addition to these new locations, we are always seeking passionate AODA group leaders to support our existing sites including at Health and Human Services, the County jail, and a men's residential treatment center. Volunteers must meet the following criteria:

- A minimum of **one year of sobriety**
- **Active participation** in a recovery program
- Willingness to facilitate **at least one group per month**

If you are interested in giving back and making a lasting impact in our community, we invite you to contact us at hsvolunteers@waukeshacounty.gov or visit www.aodavolunteers.com.



Together, we can support recovery, promote mental wellness, and continue building a resilient, compassionate community.

ADRC Senior Dining Centers in Waukesha County

Brookfield Community Center

2000 N Calhoun Rd
Brookfield
(262) 782-1636

Sussex Community Center

N64 W23760 Main St
Sussex
(262) 246-6747
Monday, Wednesday-
Friday



In honor of the upcoming No One Eats Alone Day on February 13th, we'd like to highlight two exciting and innovative

dining options for our older adults living in Waukesha County so no one has to eat alone.

We have **recently added a new dining option every Tuesday** (from 10a-1p) at a local Sussex restaurant called *The Kitchen*. This model allows diners that are 60+ to choose items off a special "My Meal, My Way" menu and enjoy a delicious meal while socializing in a restaurant setting. Unlike our other dining sites, there is no need to call ahead or tell them on a weekly basis if you'll be joining each Tuesday, simply show up between

Menomonee Falls Community Center

W152 N8645 Margaret Rd
Menomonee Falls

(262) 251-3406

Birchrock Apartments

280 Birchrock Way
Mukwonago

(262) 363-4458

Monday-Thursday

New Berlin Senior Dining:

Our Lord's Methodist Church

5000 Sunnyslope Rd
New Berlin
(414) 529-8320

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse, regardless of age) with NO INCOME REQUIREMENT! Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.

Suggested Contribution:
\$5.00/meal

What if I Need Transportation to attend?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs by calling the ADRC at

(262) 548-7848.

ALL MEALS ARE SERVED Monday-Friday at 12:00/Noon unless otherwise stated.
Call the location to reserve a lunch!

In honor of the upcoming No One Eats Alone Day on February 13th, we'd like to highlight two exciting and innovative

10am-1pm to participate. Adults 60+ are welcome to eat off the "My Meal, My Way" menu; guests that are under 60 are welcome to join, we just ask that they order off the regular menu and pay separately. Like our other community dining sites, there is a suggested contribution of \$5.00, but no one will be turned away due to their inability to contribute.

In addition to this exciting new community dining option, we would also like to invite community members that are **participants of our Home Delivered Meals program** to take part in our **Virtual Dining Club**. The Virtual Dining Club offers an opportunity for connection for those that are not able to leave their homes very often. **Each Wednesday from 11:45am-12:45pm**, interested consumers can join a virtual dining

club on any device (phone, tablet, computer). So even if you eat our meal at home alone, each week you can connect virtually and chat with others during your lunch meal. And don't worry, we will patiently wait for you while you leave your device to open the door to your friendly volunteer driver. For more information about the Virtual Dining Club, please call Courtney at 262-548-7835 or email at cklepp@waukeshacounty.gov.

My Meal, My Way

Anyone 60+, eat at The Kitchen Restaurant, N64W23316 Main Street, in Sussex on **Tuesdays, anytime 10:00a-1:00p**. Choose your meal off the My Meal, My Way Menu, suggested contribution still \$5.00.

No reservations required!



February 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Steamed Broccoli Peach Half Wheat Roll Chocolate Mousse Alt: Diet Pudding	Scalloped Potatoes with Diced Ham Mixed Veggies Clementine/Cutie Whole Wheat Bread Frosted Banana Cake Alt: Diet Jello	Roast Turkey in gravy Diced Butternut Squash Red Cabbage Multigrain Bread Fruit Compote	Cowboy Casserole Sour Cream Zucchini Blend Veggies Mexican Coleslaw Dinner Roll Strawberry Applesauce Chocolate Milk	Chicken & Broccoli Alfredo Bake Glazed Carrots Mixed Greens Salad with tomatoes & dressing Fruit Cocktail Vanilla Pudding Alt: Diet Pudding
9	10	11	12	13
Lasagna Rollup with Meat sauce Italian Beans Strawberry Spinach Salad with Vinegarette dressing Breadstick Pineapple	Chicken Breast in wine sauce with mushrooms Sour Cream & Chive Mashed Potatoes Harvard Beets Multigrain Bread Fresh Pear	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Seasonal Fresh Fruit Sourdough Bread Peanut Butter Cookie Alt: Diet Cookie	Ham Macaroni Salad Broccoli Salad Grape Tomatoes Peach Half Lemon bar Alt: Diet Jello	Happy Valentines Day Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes Dilled Carrots Tropical Fruit Cup Mini French Roll Frosted Valentine Cake
16	17	18	19	20
Vegetable Barley Soup Shredded BBQ Chicken on a Whole Wheat Bun Dilled Potato Salad Hot Cinnamon Apples Chocolate Milk	Fat Tuesday Chicken & Sausage Jambalaya Honey Glazed Carrots Black Eyed Pea Salad Pear Half Biscuit Paczki	Hot Tuna Noodle Casserole Seasoned Green Beans Marinated Veggie Salad Applesauce Marble Rye Bread Snickerdoodle Cookie Alt: Diet Cookie	Meatballs in Mushroom & Onion Gravy Yukon Gold Mashed Potatoes Buttered Corn Whole Wheat Bread Mandarin Oranges	Cabbage Roll Hashbrown Casserole Tomato & Onion Salad Multigrain Bread Peaches
23	24	25	26	27
Chicken and Dumplings Seasoned Spinach Mixed Vegetables Mixed Fruit Cup Whole Wheat Bread Boston Cream Pie Alt: Diet Pudding	Sweet Potato Chili Oyster Crackers Sloppy Joe on a Bun Green Beans Seasonal Fresh Fruit Blueberry Muffin	Beef Stroganoff over Noodles Peas & Carrots Creamy Cucumber Salad Peach Half	Lemon Rosemary Chicken Quarters Buttered Red Potatoes Sour Cream Corn & Zucchini Salad Apple Raisin Salad Multigrain Bread Butterscotch Pudding Alt: Diet Pudding	Vegetable Alfredo with Pasta Yellow Beans Romaine Lettuce Salad with Italian Dressing Seasonal Fresh Fruit Wheat Roll Chocolate Ice Cream Cup

February

AQUARIUS
 CANDLELIGHT
 CARNATION
 CHOCOLATE
 COZY
 CUPID
 FEBRUARY
 FIREPLACE
 FRIENDSHIP
 GROUNDHOG DAY
 HEART
 HUG
 KISS
 LEAP YEAR
 LOVE
 MARDI GRAS
 PINK
 PISCES
 PRESIDENTS DAY
 RED
 ROMANCE
 ROSES
 SKIING
 SNOW
 SWEETHEART
 VALENTINE
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

O	D	Z	C	J	Y	A	D	G	O	H	D	N	U	O	R	G	A	B
K	N	I	P	P	W	I	N	T	E	R	I	A	S	G	C	N	G	N
D	B	K	P	S	U	I	R	A	U	Q	A	Y	V	A	S	N	O	W
F	Y	R	A	U	R	B	E	F	N	R	Z	F	N	K	I	P	F	E
I	I	D	F	B	C	Q	P	J	C	O	B	D	S	S	R	M	R	I
R	C	B	F	O	E	A	Q	B	C	J	L	Q	A	E	L	O	V	E
E	H	S	P	T	R	A	E	H	T	E	E	W	S	K	J	R	Y	L
P	O	A	T	L	V	A	Z	U	L	L	K	I	Y	N	L	R	P	F
L	C	R	A	L	Y	F	R	I	E	N	D	S	H	I	P	M	B	K
A	O	G	H	Y	X	A	G	U	N	E	W	J	V	H	M	W	I	L
C	L	I	J	D	M	H	P	X	N	K	A	J	Y	A	V	S	V	E
E	A	D	V	K	T	I	D	T	L	J	V	Y	L	Z	S	Z	A	A
K	T	R	S	Z	S	J	S	C	A	N	T	I	O	N	L	P		
Q	E	A	K	C	C	D	S	E	S	O	R	I	W	R	R	D	E	Y
R	K	M	E	U	A	L	J	Q	W	R	O	M	A	N	C	E	N	E
O	T	S	I	Y	E	D	M	X	E	H	E	A	R	T	T	X	T	A
G	N	I	I	K	S	K	E	H	M	O	Z	F	T	E	R	C	I	R
Y	E	B	Y	H	X	I	U	R	S	U	X	C	H	Z	G	R	N	Z
Y	W	O	F	Z	T	G	D	C	H	I	V	R	S	G	F	Q	E	M



SUPPORT GROUP VOICES OF EMPOWERMENT

Wherever you are on your path to healing, our Voices of Empowerment group provides a **compassionate space to process trauma and explore growth.**

Guided by trained facilitators, participants will be led through thoughtful discussions and engaging activities to gain insights into their experiences and emotions.

Join us for the following sessions!

February: Emotional Awareness

Learning to identify and understand our emotions

March: Looking Back, Moving Forward

Discussing resilience and moving forward through artistic expression

April: Rediscovering Yourself

Exploring how to reconnect with yourself following abuse

May: Self-Empowerment

Working on skills to grow confidence in decision-making, yourself, and your healing journey

505 N. East Avenue
Waukesha, WI 53186

All survivors welcome.

2nd & 4th
MONDAYS
of the month at
5:00 - 6:15 PM

**Open to All
Adult Survivors
of Sexual Trauma**

**Registration
Required:**
Call 262.542.3828

Location:
505 N. East Ave.
Waukesha, WI 53186

There is no cost for this group. **Free childcare by appointment.**



These services have been provided, totally or in part, through funding from the Waukesha County Health and Human Services.



Greater Milwaukee & Waukesha County

These services have been provided, totally or in part, through funding from the Waukesha County Health and Human Services.

The Women's Center reserves the right to cancel any workshop or support group. All possible effort will be made to notify registered attendees of a cancellation or change at least 24 hours in advance of the scheduled start time.

Visit us online:
www.twcwaukesha.org

Memory Screening

A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



Early detection is important

Treatment is possible. Stay in control of your life.

- Get immediate results
- Receive information about Dementia and Alzheimer's disease
- Talk with a Dementia Care Specialist about available resources
- Learn about brain health and ways to stimulate your brain

Community Memory Screening:

Where: Brookfield Public Library

When: Tuesday, April 14, 2026

Time: 10:00am - 3:00pm (30 minute time slots)

Call Jennifer Harders at the Waukesha ADRC to
schedule your memory screen.

262-548-7650



Your Bridge to Support

514 Riverview Avenue

Waukesha, WI 53188

Younger Onset Dementia Caregiver Support Group

WHEN: 2nd Wednesday of each month 3:00-4:30 pm

Upcoming Meetings:
February 11
March 11
April 8

WHERE: Human Services Center
Room 113
514 Riverview Avenue
Waukesha, WI 53188

Although younger people with dementia experience similar symptoms to older people, the impact on their lives is significantly different



For more information contact
Jennifer Harders at
262-548-7650

Random Acts of Kindness Day – February 17, 2026



Random Acts of Kindness Day is dedicated to promoting kindness and goodwill through small, thoughtful actions. It encourages individuals to perform simple acts of kindness, which can create a ripple effect of positivity in communities. The day serves as a reminder of the power of kindness to uplift others and foster a sense of connection among people.

How to Celebrate

- 1) **Pay It Forward:** Cover the cost of someone's coffee or meal.
- 2) **Compliment Others:** Share genuine compliments with friends, family, or even strangers.
- 3) **Volunteer:** Dedicate some time to help at a local charity or community event.
- 4) **Send Thank You Notes:** Write notes of appreciation to those who have made a difference in your life.
- 5) **Help a Neighbor:** Offer assistance with chores or errands for someone in your community.
- 6) **Charitable Donations:** Make a donation in someone's name to a charity, which can be a powerful way to spread kindness and make a positive impact.

Mark your calendars for February 17th and consider how you can contribute to spreading kindness on this special day!

An Attitude of Gratitude is Great for Heart Health

Dan Michaels, Community Health Educator, Waukesha County Public Health



Public Health

Prevent. Promote. Protect.

In February, red hearts are happily floating around with Valentine's Day celebrated on the 14th. Seeing all the red paper and candy hearts should remind us of the importance of our hearts, specifically our heart health. Many of us know the importance of regular exercise, a healthy well-balanced diet, and avoiding smoking for heart health, but are you aware of the benefits of gratitude for heart health?

Waukesha County Public Health Studies show that having an attitude of gratitude can have great effects on both your mental and physical health, including your heart. Let's take a *beat* and discuss why gratitude is more than a nice warm fun feeling; it also keeps your heart happy and healthy. A main reason why being thankful helps with heart health is by helping to reduce stress. Chronic stress is a risk factor for heart disease, and practicing thankfulness has been connected to lowering stress levels. Acknowledging and appreciating the good things in life, including the people and kind acts they do, can fight the negative effects of stress on the heart. In addition, gratitude is a fantastic way to lift spirits, which can improve our mental health. Gratitude promotes positive thoughts and emotions, which can protect us from stressors that may compromise heart health.

It is common knowledge that high blood pressure is a major risk factor for heart disease. Some studies suggest that gratitude may relate to lowering blood pressure. By promoting relaxation and reducing the physical effects of stress, gratitude may help us keep our blood pressure at a healthy level. Another fun fact you may be thankful to hear is that people who are grateful tend to live a more healthy lifestyle. Whether it's eating a balanced diet, exercising regularly, or avoiding activities such as smoking or excessive alcohol, gratitude seems to be a spark for healthier choices that benefit the heart.

Having an attitude of gratitude and being thankful have been linked to better sleep. Stress is a contributing factor to poor sleep. As we mentioned earlier, practicing gratefulness can reduce stress. A lack of sleep can increase the risk of cardiovascular (heart) disease. Quality sleep is essential for all aspects of our health, including our heart. A well-rested body and mind are better equipped to manage stress, regulate hormones, and support cardiovascular health.

Using gratitude every day may not only bring joy and warmth to your metaphorical heart and soul but also contribute to the health and vitality of your physical heart. Expressing thankfulness with an attitude of gratitude can contribute to better health and resilience for our hearts. While there is evidence and studies suggesting potential health benefits of being thankful, gratitude alone is not a substitute for other heart-healthy habits; for example, keep that healthy diet, exercise, and stay on track with medical appointments. However, adding gratitude can contribute to your overall well-being. If you have specific health concerns, consult your healthcare provider. I am very grateful you took the time to read about gratitude. Thank you, be thankful, and keep your heart healthy. ♥



RECIPE: CORN CHOWDER

YIELDS: 6 SERVING(S)

PREP TIME: 20 MINS

TOTAL TIME: 30 MINS

CAL/SERV: 438

Ingredients

- **6** slices bacon, cut into small strips
- **1** large yellow onion, chopped
- **1 lb.** russet potatoes, peeled, cut into small cubes
- **4 cups** low-sodium chicken broth
- **1/2 cup** whole milk
- **2 Tbsp.** all-purpose flour
- **3 cups** fresh or frozen corn, defrosted and drained if frozen
- **4 oz.** shredded white cheddar (about 1c.)
- **1/2 cup** heavy cream
- Kosher salt
- Freshly ground black pepper
- **1 Tbsp.** chopped chives



Directions

Step 1—In a large pot over medium heat, cook bacon, stirring occasionally, until crisp, 8 to 10 minutes. Transfer to a paper-towel lined plate. Drain all but 1 tablespoon fat.

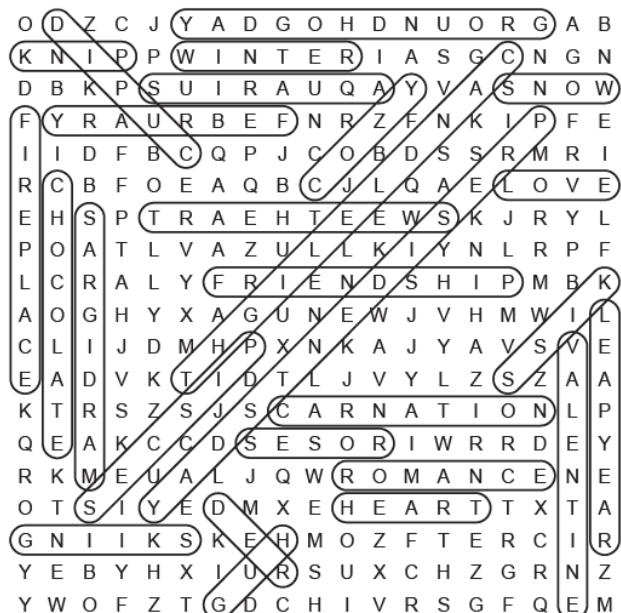
Step 2—In same pot over medium-high heat, cook onion, stirring occasionally, until translucent, 5 to 7 minutes. Add potatoes and broth and bring to a boil. Reduce heat, cover, and simmer until potatoes are tender, about 10 minutes.

Step 3—In a small bowl, whisk milk and flour. Stir milk mixture into potato mixture. Add corn, cheese, cream, and bacon (reserving some for topping, if desired). Bring to a boil and cook until cheese is melted, 2 to 3 minutes more; season with salt and pepper.

Step 4—Divide soup among bowls. Top with chives and reserved bacon, if using.

WHY THIS RECIPE?

National Homemade Soup Day is on February 4!



"Welcome to Medicare" Presentations in your Area

Free 1-hour "Introduction to Medicare" presentations:

Thursday, February 5 at 2:00pm
Mukwonago Community Library 262.363.6411

Thursday, February 12 at 1:00pm
Delafield Public Library 262.646.6230

Thursday, February 19 at 2:00pm
Brookfield Public Library 262.782.4140

Monday, February 23 at 10:30am
Waukesha Public Library 262.524.3680

Tuesday, February 24 at 12:45pm
Brookfield Parks & Recreation 262.796.6675



Medicare is a federal health insurance program for people age 65 or older. People younger than age 65 with certain disabilities may also be eligible for Medicare.

**Free 2-Hour "Welcome to Medicare" presentations
2nd Wednesday of Every month::**

Health & Human Services Building (located at: 514 Riverview Ave, Waukesha), Room 114	
In-Person	Virtual Presentation
Wednesday, February 11 1:00-3:00pm	Wednesday, February 11 5:30-7:30pm
Wednesday, March 11 1:00-3:00pm	Wednesday, March 11 5:30-7:30pm

To Register: Go to www.waukeshacounty.gov/ADRC, then click "Welcome to Medicare Class" or call our office at 262-548-7848.



Navigating Medicare



ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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