

## Aging and Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: **262-548-7848**  
Toll Free: 866-677-2372  
Fax: 262-896-8273  
TTY: 7-1-1

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### National Alliance on Mental Illness of Southeast Wisconsin (NAMI)

- Mental Health ▪ Education
  - Support Groups
- 262-524-8886**

### Veteran's Services

- Benefits (incl. dependents and survivors)
- 262-548-7732**

### Moraine Lakes Consortium

- BadgerCare Plus ▪ Medicaid
  - FoodShare
- 888-446-1239**

### Alzheimer's Association

- Support and Education
- 800-272-3900**  
(24/7 Helpline)  
[www.alz.org/sewi](http://www.alz.org/sewi)

### INSIDE THIS ISSUE:

- ♦ Community Events (2)
- ♦ SeniorCare for Prescriptions (3)
- ♦ Public Health: Men's Health (4)
- ♦ Recipe: Denver Omelet (5)
- ♦ Health Education (6)
- ♦ **SENIOR FARMER'S MARKET VOUCHERS** (7)
- ♦ Caregiver Corner (9)
- ♦ Menu and Dining (10-11)
- ♦ Ask Ina: Contacting SSA (12)
- ♦ Community History: Vernon (13)
- ♦ Dementia related (14-15)
- ♦ Volunteer Highlight (16)
- ♦ Medicare classes (17)
- ♦ Paper Shred Events (18)
- ♦ Craft Corner (19)

**JUNE 2025**

# The ADRC Connection



**A FREE Event:**

## Identifying Scams

**FRIDAY, JUNE 20 | 12:00-1:00PM**

**Adults 55+**

### Where:

Schuetze Recreation Center  
1120 Baxter Street Waukesha, WI 53186

### Why:

Join us for an engaging session tailored for older adults and others, focusing on common scams targeting seniors.

### What you'll learn:

- Identify red flags of a potential scam
- Implement fraud prevention strategies
- Safeguard yourself, even if you've been affected.



**Registration required**



SCAN CODE

## Register to Attend with City of Waukesha Parks, Recreation & Forestry:

- ♦ Scan QR Code and register online, **OR**
  - ♦ Complete registration form and submit via:
- ♦ Email: [prf@waukesha-wi.gov](mailto:prf@waukesha-wi.gov)
- ♦ Drop off or mail form to, 1900 Aviation Drive, Waukesha, WI 53188

**Reduce your risk of being a victim of fraud and identity theft — shred your confidential documents at a local shredding event.**

**See page 18 for details on community paper shredding events**



**June 6 & 20 - Movies in the Park @ Elm Grove Village Park**, 8:30- 10:30 pm. Movies begin at 8:30 pm! Bring lawn chairs, blankets, or sleeping bags and make yourself comfy while you enjoy an outdoor film. Popcorn and candy will be available for purchase! June 6<sup>th</sup>'s movie is *Lady and the Tramp* and June 20<sup>th</sup>'s movie is *Mary Poppins Returns*.

**June 7 & 8 - Maxwell Street Days Mukwonago @ Field Park**, 8 am- 5 pm. Come and enjoy one of the largest flea markets around with vendors selling crafts, produce, plants, tools, and more! Food and refreshments are available on the grounds.

**June 13-15 - Mukwonago Summerfeste @ Field Park**, times vary. Mukwonago Lion's Club summer festival includes carnival rides, softball tournaments, car show, live music, fireworks, and more. This favorite summer event also features the annual Father's Day Parade on the 15<sup>th</sup> at noon.

**June 21 - Lake Country Clean Water Festival @ Pewaukee Lakefront Park**, 10 am- 7 pm. This family-friendly event is dedicated to raising awareness about the importance of preserving Lake Country's beautiful waterways and raising funds to support ongoing educational efforts. The festival gives those who attend the chance to enjoy lake-based activities like learning to water ski and taking scenic pontoon boat rides. There will also be beachside Zumba, yoga, paddle sports, and more! The cost is \$5 for adults, \$3 for kids 10 and under, and free for kids 5 and under.

**June 21- Midsummer Celebration @ Old World Wisconsin**, 2-7 pm. Experience the mirthful magic of the ancient seasonal tradition of "Midsomer" or Midsummer, at Old World Wisconsin. This has been a tradition in Scandinavian countries since the Iron Age as a means of leaving cold, dark winter nights behind in favor of bright, cheerful summers of bounty and prosperity. Immerse yourself in recreations of this festive event, featuring traditional food, drink, and cultural activities. Adult and teenager admission is \$20, Senior admission is \$18, and \$13 for children ages 5-12. Children under 5 and Old World Wisconsin members get in free!

**June 22- Strawberry Festival @ St. Mary's (Dousman)**, 11 am- 3 pm. This free, family-friendly event will feature homemade strawberry treats, grilled food, bake sale, craft fair, live music, and children's activities!

**June 27-29- Hartland Hometown Celebration @ Nixon Park**, times vary. Hartland's Hometown Celebration features a fireworks show on Friday night, live music Friday and Saturday, and a parade on Sunday, as well as food, drinks, inflatables, games, and more! For a full schedule of events, visit [lakecountryfamilyfun.com](http://lakecountryfamilyfun.com)

***Check your local news station for upcoming 4<sup>th</sup> of July events!***



2025

# SENIORCARE<sup>®</sup>

Prescription Drugs for Wisconsin Seniors



## State Pharmaceutical Assistance Program

Any Wisconsin senior may be eligible for SeniorCare if:

1. Permanent resident of Wisconsin
2. Be a U.S. Citizen or Qualifying immigrant
3. Age 65 or older (apply the month of your 65 Birthday or later)



In 3-4 weeks **you get a card** to use at a Wisconsin pharmacy.

### Annual Income Levels

#### Level 1: \$0 Deductible

Max. per individual: \$25,040  
Max. per couple: \$33,840

#### Level 2A: \$500 Deductible

Individual: \$25,041—31,300  
Couple: \$33,841—42,300

#### Level 2B: \$850 Deductible

Individual: \$31,301—37,560  
Couple: \$42,301—50,760

#### Level 3: Spenddown

Individual: \$37,561 or higher  
Couple: \$50,761 or higher

#### **Income includes:**

- Gross Social Security (before any deductions)
- Gross Wages
- Interest, Dividends, and Capital Gains
- Net Self-Employment income
- Retirement Income
- Other income including:  
Unemployment, workers compensation, alimony, support and rental income

### *What you Pay*



**\$30.00 enrollment fee**

**Your Deductible**—Depending on  
Income Level

**\$5 COPAY** per month—covered **GENERIC**

**\$15 COPAY** per month—covered **BRAND**

**Free Vaccines at Pharmacy:** Chickenpox, RSV, COVID-19, Diphtheria, Hepatitis A & B, Meningitis, Shingles, Pneumococcal, Tetanus, Whooping Cough, and Influenza

**SENIORCARE<sup>®</sup>**  
Prescription Drugs for Wisconsin Seniors

1-800-657-2038

<https://www.dhs.wisconsin.gov/seniorcare>



**Elder Benefit Specialist Program**  
**ADRC of Waukesha County**  
**262-548-7848**



## Men's Health Awareness Month, A Good Reminder for all of our Health

*Dan Michaels, Community Health Educator, Waukesha County Public Health*



**Public Health**  
Prevent. Promote. Protect.

**Waukesha County Public Health**

In most cases, when it comes to health, for men, many of us would rather climb a mountain in sandals than schedule a check-up. However, June is Men's Health Awareness Month, and it's here to remind us that taking care of ourselves is smart, can be fun, and not too difficult. This month isn't about running a marathon, drinking kale smoothies, or daily journaling (though if that's what you like to do, that's great). It's about starting real conversations, breaking stigmas, and encouraging men of all ages to take their physical and mental health seriously, without taking themselves *too* seriously. Next, let's discuss some data and an easy plan for better health.

Looking at the data, men live on average, about five years less than women, and are more likely to die from heart disease, cancer, and unintentional injuries. They are also less likely to see a doctor regularly, often waiting until something is wrong, like "I can't move" wrong. Mental health is another silent crisis. Globally, men are less likely to seek help for depression, anxiety, or stress. There has been cultural pressure for men and boys to "tough it out," and could cause some unnecessary suffering.

Men's Health Month is a chance to hit the reset button and start building healthier habits, step by step. Here are some tips-

**Get screened:** Regular check-ups can catch silent issues like high blood pressure, high cholesterol, high blood sugar and prostate concerns and others before they become serious.

**Move your body:** You don't have to become an Olympic athlete, just aim for 30 minutes of activity a few times a week. Walk the dog, dance, swim, ride a bike, walk while doing errands, chase your kids/grandkids around; it all counts.

**Eat like you mean it:** More plants, fewer processed/fast foods, less salt and your heart (and waistline) will thank you.

**Mental health matters:** Remember to do stress management, do activities you like to do to relax, get the sleep you need. If you're struggling, speak up, talk to someone. Therapy isn't a weakness, it's maintenance.

**Quit the bad stuff and keep the good stuff:** Inactivity, excessive drinking, and ignoring symptoms are out. Balance, moderation, and annual physicals are in. These are great guidelines that all of us can use to improve our health.

Men's Health Awareness Month isn't about perfection, it's about progress. It's about making small, sustainable changes that add up to a longer, healthier, and more enjoyable life. Whether it's finally booking that check-up, taking a daily walk, or opening up to a friend or loved one when things feel heavy. And let's be honest, climbing a mountain in sandals sounds rather painful. Taking care of yourself doesn't have to be. So, this June, let's all commit to showing up for our health, not just for ourselves, but for the people who care about us. You have only one body and one life. Let's take care of both.

# Recipe: Denver Omelet

## Ingredients

- 3 large eggs
- 1 tablespoon butter
- ¼ cup diced smoked ham
- 2 tablespoons diced onion
- 2 tablespoons diced green bell pepper
- salt and freshly ground black pepper to taste
- 1/3 cup shredded Cheddar cheese
- 1 pinch cayenne pepper

## Directions

**Step 1:** Gather all ingredients.

**Step 2:** Beat eggs in a small bowl until just combined; do not overbeat.

**Step 3:** Melt butter in a skillet over medium-high heat. Add ham, onion, and bell pepper; season with salt and pepper. Cook and stir until onions soften and ham begins to caramelize, about 5 minutes.

**Step 4:** Reduce heat to medium-low and pour in eggs. Mix briefly with a spatula while shaking the pan to ensure ingredients are evenly distributed.

**Step 5:** Quickly run the spatula along edges of omelet.

**Step 6:** Sprinkle Cheddar cheese and cayenne pepper over omelet.

**Step 7:** Cook, shaking the pan occasionally, until top is still wet but not runny, about 5 minutes. Use a spatula to fold omelet in half and transfer it to a plate.



## Nutrition Facts:

Per serving: Calories 527, total fat 39g, saturated fat 19g, cholesterol 633mg, sodium 851mg, total carbohydrate 9, dietary fiber 1g, total sugars 3g, protein 34g, vitamin c 19mg, calcium 363mg, iron 3mg, potassium 383mg

## Why an omelet?!

**June 4th is National Cheese Day**  
**June 27th is National Onion Day**  
**June is Dairy Month**

# HEALTH EDUCATION CLASSES

## Stepping On

In-person workshop

**Wednesdays, June 25 to August 6,  
12:30 to 2:30 p.m.**

ProHealth Waukesha Memorial Hospital

"Stepping On" is a workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards.

For more information or to register, visit [ProHealthCare.org/Classes](http://ProHealthCare.org/Classes) or call **262-928-7032**.

## Healthy Living with Diabetes

Telephone-based workshop

**Mondays, June 30 to August 4  
1 to 2 p.m.**

Healthy Living with Diabetes is an evidence-based workshop for adults who have type-2 diabetes, pre-diabetes or live with someone who does.

You'll get information and advice for healthy eating, nutrition, food label reading, meal planning, relaxation techniques, partnering with your health care provider, short-term goal setting, exercise for fitness and fun, feedback and problem solving, stress and depression management, and communicating effectively with friends, family and your medical team. All to help you build confidence in your ability to manage your condition. After you register, you'll receive a toolkit in the mail and information on how to connect to the weekly phone call.

For more information or to register, visit [ProHealthCare.org/Classes](http://ProHealthCare.org/Classes) or call **262-928-7032**.

## Coping with Stress Through Journaling

Stressed out? This one-hour presentation will discuss chronic stress and its impact on physical and mental health. Participants will be introduced to and practice journaling as a coping technique to protect their well-being. This session will cover:

Normal stress vs. chronic stress, Stress-related health consequences, Personal stress assessment, Journaling as a coping technique, and Journaling exercises.

### Journaling sessions offered:

**June 13th, 2025  
10:00 AM - 11:00 AM**

New Berlin Library  
15105 Library Lane  
New Berlin, WI 53151

**Cost:** Free

**To Register:** Register Online at  
[www.newberlinlibrary.org](http://www.newberlinlibrary.org)

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**June 24th, 2025  
10:00 AM - 11:00 AM**

Menomonee Falls Senior Center  
W152 N8645 Margaret Rd  
Menomonee Falls, WI 53051

**Cost:** Free

**To Register:** Register Online at  
[www.fallsrec.org](http://www.fallsrec.org) or by stopping into the  
Rec offices. Questions about registration  
call:  
262-255-8460

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**Why didn't the nurse understand  
the joke?**

**She had an Irony deficiency.**





It's Farmers Market time! If you qualify, you can receive vouchers to purchase fresh fruits, vegetables & herbs at the markets this summer.

**Senior Farmers' Market voucher Distribution Schedule for 2025**  
(dates/locations/times subject to change without notice)

- June 2** -11:30-1pm; La Casa Village-1431 Big Bend Road, Waukesha  
**June 3** -11:30-1pm; Brookfield Community Center-2000 N Calhoun Rd, Brookfield  
**June 4** -1:30-2:30pm; High Ridge Manor-13445 W National Avenue, New Berlin  
**June 4** -1-2:30pm; Sussex Outreach Service- N64W23750 Main Street Sussex  
**June 5** -2:30-3:30pm; Muskego Food Pantry- S81W19150 Apollo Dr, Muskego  
**June 11**- 12-1:30pm; New Berlin Food Pantry-14750 W Cleveland Ave, New Berlin  
**June 11**- 11am-2:00pm; Mukwonago Food Pantry-Resource Center, 325 Eagle Lake Avenue, Mukwonago  
**June 12**-1:00- 2:00 pm; East Terrace Apt-801 N East Avenue, Waukesha  
**June 16**-10:00-11:00am; Wilkinson Manor-919 Summit Avenue, Oconomowoc  
**June 16**-12:00-2:00pm; Menomonee Falls Community Center-W152 N8645 Margaret Road, Menomonee Falls  
**June 18**- 1-2pm; Hampton Regency Apartments-12999 W Hampton Avenue, Butler  
**June 19**-1:00-2:30 pm; Waukesha Food Pantry-1301 Sentry Drive, Waukesha  
**June 23**-2:00-3:00pm; Village of Butler-12621 W. Hampton Ave, Butler  
**June 25**- 3:30-5:30pm; Hispanic Health Resource Center-Barstow Building, 210 NW Barstow Street, Suite 109, Waukesha

**Requirements for eligibility:**

Must be a Waukesha County Resident Age--Must be age 60 or older

**Monthly Income:**

- 1-person household at or below \$2,413
- 2-person household at or below \$3,261
- 3-person household at or below \$4,109

***New this season:***

Senior Farmers Market benefit is now **\$25.00** in coupons/vouchers! Vouchers will now be issued to each individual in the household if all eligibility requirements are met.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English

## 21 Things I Would Want If I Got Dementia—by Rachel Wonderlin

1. If I get dementia, I'd like my family to hang this wish list up on the wall where I live. I want them to remember these things.
2. If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
3. If I get dementia, don't argue with me about what is true for me versus what is true for you.
4. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
5. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
6. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
7. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
8. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
9. If I get dementia, ask me to tell you a story from my past.
10. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
11. If I get dementia, treat me the way that you would want to be treated.
12. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
13. If I get dementia, don't talk about me as if I'm not in the room.
14. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
15. If I get dementia, and I live in a dementia care community, please visit me often.
16. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
17. If I get dementia, make sure I always have my favorite music playing within earshot.
18. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.
19. If I get dementia, don't exclude me from parties and family gatherings.
20. If I get dementia, know that I still like receiving hugs or handshakes.
21. If I get dementia, remember that I am still the person you know and love.



# Caregiver Corner



**June is Brain Health Awareness Month** and a time to explore cognitive health and the routines that can help improve it every day. When caring for someone with dementia, the focus on their loss of brain function can be all-consuming, but it is important for caregivers to prioritize their own brains as well.

Many caregivers experience their own cognitive decline, but according to Dr. Benjamin T. Mast, Ph.D., that does not automatically mean they are also experiencing dementia. He says, "Many times, people will experience forgetfulness and mental 'fogginess' simply because they are feeling very stressed, overwhelmed and are keeping track of too many things at once. For these caregivers, the recommendation would be to find ways to lower stress and reduce multitasking. This is obviously a major challenge for family caregivers who carry both high levels of stress and a multitude of responsibilities. All caregivers need support from other people, both in terms of physical help and in terms of emotional support to help them through a very difficult time."

Other than his suggestion of staying socially engaged and relying on help from others, Dr. Mast has four more brain health tips for caregivers:

- ⇒ **Exercise:** While it may be hard to find the time, it is extremely beneficial for both the caregiver and the person they are caring for to find time to exercise. This could be as simple as some chair stretches or a short walk- don't just think that "exercise" needs to be a full body work out!
- ⇒ **Eat Nutritiously:** Don't be intimidated by "healthy eating"! Simply try to eat balanced meals and cut out processed foods. June is a great time to take advantage of your local Farmer's Markets and delicious summer produce of all kinds.
- ⇒ **Visit Your Doctor:** One of the worst mistakes a busy caregiver can make is putting aside their own health needs and concerns. Always remember- if your body breaks down, so does your ability to care!
- ⇒ **Don't Forget Self-Care:** Finding ways to manage stress in the form of self-care is essential. If you aren't looking after yourself, you may not be providing the best possible care for your loved one. Self-care can be anything you make it out to be- just remember, you deserve it.

So, this June, in honor of Brain Health Awareness Month, try one or all of the tips above. Your brain will thank you and remember, what is good for the body is good for the brain!



If you are taking care of someone living with diagnosed dementia or Alzheimer's disease, you could qualify for up to \$4,000 in reimbursable expenses through **Alzheimer's Family Caregiver Support Program (AFCSP)**. Available to individuals with a diagnosis of Alzheimer's disease or other dementia and their caregiver when the person with dementia and their spouse have a combined income of less than \$48,000/year.

For more information, visit: [www.dhs.wi.gov/aging/alzfcgsp.htm](http://www.dhs.wi.gov/aging/alzfcgsp.htm)

To apply for this funding reimbursement, contact ADRC at **262-548-7848**

# ADRC Senior Dining Centers in Waukesha County

<b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield  (262) 782-1636	<b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls  (262) 251-3406	<b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago  (262) 363-4458	<b>New Berlin Senior Dining: Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin (414) 529-8320
<b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc  (262) 567-5177	<b>Sussex Community Center</b> N64 W23760 Main St Sussex  (262) 246-6747	<b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha  (262) 547-8282	<b>ALL MEALS ARE SERVED AT 12:00/NOON</b> <b>Call the location to reserve a lunch!</b>

## 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 **for \$1.00 each way**. This fare subsidy must be authorized in advance by calling the ADRC at (262) 548-7848.

## Eras Senior Network – Mobility Matters Presentation

In-person event @ ProHealth Waukesha Memorial Hospital

**Thursday, June 26, 1 to 2 p.m. OR**

**Friday, June 27, 10 to 11 a.m.**



Learn about transportation options available for older adults and adults with disabilities in Waukesha and surrounding areas. This presentation will highlight how the program promotes independence and community connection by providing safe, reliable rides to essential destinations. Perfect for seniors, caregivers, and anyone interested in local mobility resources.

**For more information or to register, visit [ProHealthCare.org/Classes](https://ProHealthCare.org/Classes) or call 262-928-7032.**

# June 2025 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread/butter Peaches Rice Krispie Treat Alt: Diet Jello	St Louis Style Pork Loin Twice Baked Mashed Potatoes Steamed Broccoli Watermelon Wheat Roll/butter Vanilla Pudding Alt: Diet Pudding	<b>National Cheese Day</b> Cheeseburger on a Bun Ketchup/Mustard Sour Cream & Chive Wedges Three Bean Salad Grapes Chocolate Milk	Swedish Meatballs over Noodles Peas & Pearl Onions Baby Carrots with Ranch Cantaloupe	Turkey Tetrazzini Sicilian Grande Veggies Cold Beet Salad Whole Wheat Bread/butter Ambrosia Fruit Salad
9	10	11	12	13
<b>Strawberry Pie Day</b> Diced Ham & Au Gratin Potatoes Green Beans Grape Tomatoes Wheat Bread/butter Strawberry Rhubarb Pie	Crustless Chicken Pot Pie over Biscuit Sunshine Carrots Spinach Salad with Dressing Watermelon Peanut Butter Cookie Alt: Diet Cookie	Salisbury Steak in Gravy Mashed Potatoes Creamed Corn Nine Grain Bread/butter Peaches Chocolate Milk	<b>Polish Fest</b> Gołąbki (Cabbage Roll) Baked Potato with Sour Cream Cucumber Salad Mixed Fruit Cup Rye Bread/butter Lemon Bar	Chicken Stir Fry over Brown Rice Soy Sauce Japanese Blend Veggies Chilled Pineapple Banana Muffin Alt: Applesauce
16	17	18	19	20
<b>Happy Father's Day!</b> Polish Sausage on a Bun Ketchup/Mustard Hot German Potato Salad Dad's Baked Beans Fresh Fruit Salad Raspberry Mousse Cake	Baked Chicken Quarters Honey Glazed Sweet Potatoes Green Beans Nine Grain Bread/butter Seasonal Fresh Fruit	Four Cheese Lasagna Roll-up with Veggie Marinara Italian Blend Veggies Mixed Greens Salad with Tomato & Italian Dressing Breadstick/butter Seasonal Fresh Fruit	<b>Summerfest Begins</b> BBQ Pulled Pork on a Wheat Bun Au gratin Potatoes Peas & Carrots Watermelon Ice Cream Cup	Lightly Breaded Cod Tartar Sauce Buttered Red Potatoes Confetti Coleslaw Marble Rye Bread/butter Honeydew Melon
23	24	25	26	27
Roast Turkey in gravy Mashed Sweet Potatoes Garlic Green Beans Cornbread/butter Seasonal Fresh Fruit	Ring Bologna Broil (with potatoes, onion, carrots) Mixed Veggies Watermelon Rye Bread with Butter Tapioca Pudding Alt: Diet Pudding	Shredded Beef in gravy over Mashed Potatoes Marinated Broccoli & Cauliflower Salad Multigrain Bread/butter Peach Half	<b>Strawberry Festival</b> Pub Burger on an Onion Bun with Provolone & Grilled Onion BBQ Bean Salad Sweet Corn Pound Cake with Strawberries	Asian Chicken Salad ( <i>Mixed Greens, Grilled Chicken, Mandarin Oranges, Crispy Noodles, Vinaigrette</i> ) Carrots w/ Ranch Wheat Roll/ Butter Cantaloupe Chocolate Milk
30				
Stuffed Pepper Casserole Carrot Coins Chef's Choice Veggie Whole Wheat Bread/butter Pears Oatmeal Raisin Cookie Alt: Diet Cookie			<b>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE</b>	



Dear Ina,

All of this talk about contacting Social Security and I feel like I am still having issues contacting them! Any update on this?

From,  
Mora Changes



*Dear Ms. Changes,*



We are glad you reached out to us about this because we just received some updated information!

Still the most convenient way to conduct business with the Social Security Administration (SSA) is online with a personal account at [www.ssa.gov](http://www.ssa.gov). With this free account you can:

- Submit an application for most benefits
- Add or change direct deposit information
- Upload forms and documents

You are still able to call and speak with a representative, by calling the local Waukesha SSA field office from 9:00am—4:00pm at **1-866-220-7885**. If necessary, SSA can make a video, phone, or in-person appointment for you. To find out the average wait time based on the time and day of the week, check out [www.ssa.gov/agency/contact/phone.html](http://www.ssa.gov/agency/contact/phone.html)

If you need to submit forms, documents, or other information to your local Waukesha office at **267 South St, Waukesha**. This office also has a drop-off box. The local fax number is **833-597-0052**.

If you need to visit an office, call the national number at **1-800-772-1213** or the local Waukesha office **1-866-220-7885** to schedule an appointment.

# YOUR COMMUNITY HISTORY:

## VERNON

By Megan Goodlad of ADRC

Our historic highlight for today is Vernon, Wisconsin. Did you know that the name of this village is actually a homage to a north-eastern state? Could you guess which one?

If you guessed Vermont – you are correct. The very first



settlers, the Haseltines were originally Vermont natives. They were joined by the families of John Dodge and Prucius Putnam in 1836; together they built a cabin on land known today as “Dodge’s Corners.” By their efforts, on March 8<sup>th</sup> of 1839, Vernon was officially separated from Muskego under State Legislature.

Vernon was originally a bountiful land of sugar maple and white oak forests where the Potawatomi foraged. As it modernized, much had been used to build houses and plank roads. In 1837, Vernon had its first-born settler. In 1854, the

Vernon Reformed Presbyterian Church was built. Then in 1857, the Waukesha County Poor House began taking in children without caregivers and would do so for the next 40 years. Additional churches, shopping centers, post offices, and cemeteries followed as people established their roots in the village.

### ***Notable Vernon Native:***

***Maybelle Maud Park was born in Dodge’s Corners on January 7<sup>th</sup>, 1871. She attended Carroll College and graduated from the University of Wisconsin in 1891.***

***She then earned her medical degree in Pennsylvania in 1894.***

***In 1897 she became the first ever woman to serve as County Physician in the state of Wisconsin. She supported***

***“modern surgery” seeing the benefits of bacteria rather than just the dangers and advocated for woman’s suffrage (the right to vote), and mental health movements. Before her passing***

***in 1946 at the age of 75, she traveled the world sight-seeing in many wonderful places such as Paris, Switzerland, and Rome.***

### **Teddy Bear**

*Maze*

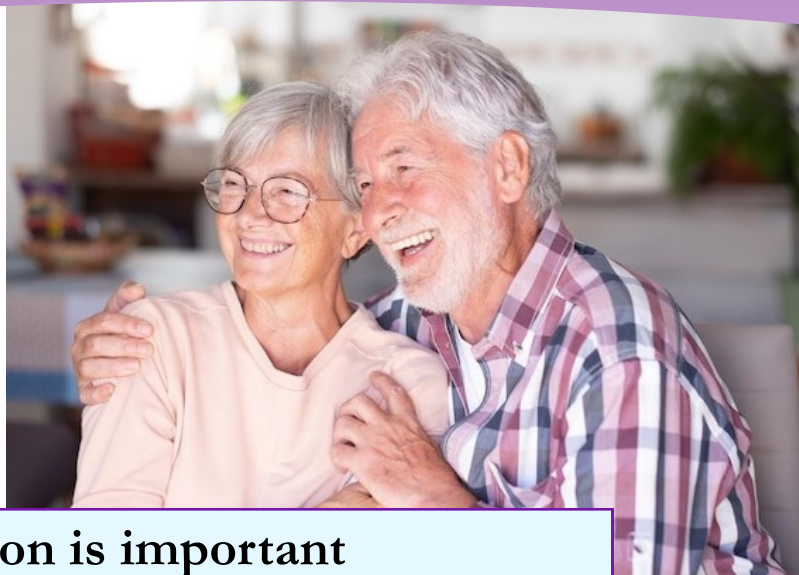


# Memory Screening

## 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 Screenings**

**Monday, June 16, 2025**

10:00am - 4:00pm  
(30 minute time slots)

New Berlin Public Library  
15105 W Library Ln  
New Berlin, WI 53151

To schedule your memory screen, for this session, please call Dementia Care Specialist, Jennifer at the Waukesha ADRC at  
**262-548-7650**

**Monday, July 14th**

1:00 pm - 5:00pm  
(30 minute time slots)

Pauline Haass Library Sussex  
N64W23820 Main St  
Sussex, WI 53089

To schedule your memory screen, for this session, please call Dementia Care Specialist, Kathy, at the Waukesha ADRC at  
**262-548-7354**



# Younger Onset Dementia Caregiver Support Group

*Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65?*  
Join us for conversations about dementia, caregiver strategies and community resources.

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

Upcoming Meetings:

June 11

July 9

August 13

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



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

**The Aging and Disability Resource Center Presents**

## Savvy Caregiver Training

*Increase Your Confidence, Knowledge, & Skills*

*Are you caring for someone with Alzheimer's disease or another form of progressive dementia?*

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities

**July 17th - August 21st , 2025**

6 Thursdays, 1:00—3:00 pm

**Please register by calling  
Jennifer Harders at the  
Aging & Disability Resource Center  
262-548-7650**



**Location:**  
**Aging and Disability  
Resource Center Of  
Waukesha County  
514 Riverview Ave,  
Waukesha  
Room 112**



## Waukesha County Department of Health and Human Services Volunteers Participate in Guided Tours of County Operations

Recently, our Health and Human Services volunteers had the opportunity to immerse themselves in various county operations through guided tours, offering them valuable insights into the heart of our county programs and staff. They chose from sessions covering the **Courts, Administration, Sheriff, District Attorney, Parks and Recycling, Communication Center, and Airport operations**. Our volunteers were actively engaged, gaining in-depth knowledge about county services and operations, such as what happens to all of the recycled matter, how many cases our District Attorneys receive annually, or how the emergency call system works.

**We extend our heartfelt thanks to the staff and volunteers from these departments for their time and expertise.** Their commitment enriched the learning experience for our volunteers, empowering them to serve as enthusiastic ambassadors for our county. By cultivating a strong connection between our volunteers and county operations, we enhance community engagement and service advocacy, ultimately benefiting all members of our county. We hope this little offer of education and insight not only showed our appreciation for all of our volunteers but also inspires them to become representatives for our county services!





# Medicare

**Turning 65?**  
**Need Medicare?**

## **“Welcome to Medicare” Presentations in your Area**

*These are free 1 hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR) and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.*

*\*Please register with the specific location you wish to attend\**

Brookfield Public Library (262-782-4140) - Thursday, June 5 at 10:00am

Waukesha Public Library (262-524-3680) - Monday, June 16 at 10:30am

Alice Baker (Eagle) Public Library (262-594-2800) - Tuesday, June 17 at 12:00pm

Menomonee Falls Public Library (262-532-8900) - Tuesday, July 8 at 2:00pm

Hartland Public Library (262-367-3350) - Thursday, August 7 at 11:00am

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*In addition, the ADRC conducts 2-hour “Welcome to Medicare” classes every 2<sup>nd</sup> Wednesday of each month:*

*June 11, July 9, August 13*

*1-3pm at the Health & Human Services Building located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.*

**To register for the ADRC ‘Welcome to Medicare’ presentations visit:**  
[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC), then click “Welcome to Medicare Class”  
or call our office at 262-548-7848







## Keep your information safe!

Shredding confidential documents is crucial to prevent identity theft, preventing unauthorized access to sensitive personal information such as Social Security numbers, bank account details, and credit card data. This practice reduces the risk of personal data exposure, ensuring privacy and safeguarding against potential financial and identity-related fraud

**Consider attending one of these FREE (unless otherwise noted) paper shredding events to bring your personal paperwork to make sure it is confidentially destroyed.**

**June 21  
8:30a—11:30a**

Ronald Reagan Elementary School  
4225 S Calhoun Rd, New Berlin, WI 53151  
<https://www.ecu.com/shred-days/>  
*Maximum limit of five boxes or 100 pounds  
of paper per car*



**August 2  
8:30a—11:30a**

American Family Field (Brewers Stadium)  
1 Brewers Way, Milwaukee, WI 53214  
<https://www.ecu.com/shred-days/>  
*Maximum limit of five boxes or 100 pounds  
of paper per car.*

**September 27  
10:00a—12:00p**

Ixonia Bank  
1223 East Summit Avenue  
Oconomowoc, WI 53066  
***Ixonia Bank customers only***



**Saturday, September 27, 2025  
9:00a—1:00p**

Waukesha Drop-Off Center  
750 Sentry Drive, Waukesha, WI 53186  
***Cost is \$7*** for up to 3 bankers boxes, with a  
limit of 12 boxes per vehicle. Cash only.  
*This event is open to residents from any  
community for personal use—no businesses,  
please!*



By Megan Goodlad

# Tie-Dye Coffee Filter Craft

## Materials:

- ◇ Coffee filters
- ◇ Washable markers
- ◇ Water in a spray bottle

## TIPS:

- 1) Larger, more abstract designs work better
- 2) Thicker lines are better than thin ones
- 3) White space on the coffee filter will get mostly filled in by any colors next to it
- 4) Bold and bright colors are better than pastels

## Instructions:

1. Decorate as many filters as desired with your washable markers.
2. Lay flat on a baking sheet (for easy clean-up).
3. Mist coffee filter lightly with spray bottle - it doesn't take much!
4. Hang up once dry. Decorate as is or try layering multiples and letting creativity flow. Happy crafting!

## Coffee Filter ART

### The Tie Dye Effect



[www.BusyKidsHappyMom.org](http://www.BusyKidsHappyMom.org)





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.

ADRC Advisory Board:

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514 Riverview Ave, Waukesha, WI 53188 ■ 262-548-7848

[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC) ■ Follow us on Facebook