

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

**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

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MAY 2025

The ADRC Connection

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

This May, as part of Older Americans Month, the theme is "Flipping the Script on Aging." This means we're looking at aging in a new, positive way and celebrating all that older adults bring to our lives. With help from the National Center to Reframe Aging, we're learning how to talk about aging with more respect and understanding. We are all aging!

Here's how we are changing the conversation moving forward:

- ♦ **Positive Language:** Instead of seeing aging as a decline, we focus on the many strengths and contributions older people offer. Older people have a lot of experience and wisdom to share and participate in so many activities.
- ♦ **Talking About Health Differently:** We discuss health in terms of what people can do, rather than what they can't. The National Center to Reframing Aging guides us to use encouraging words about health.
- ♦ **Breaking Stereotypes:** We're working to get rid of old-fashioned ideas about aging. We share real stories of older people doing great things, like mentoring, working, volunteering, and learning new things.

How You Can Help:

Let's use these new ideas to support everyone and break stereotypes. By changing how we talk and think, we can create communities that respect people of all ages.

For more information, visit
reframingaging.org.



LED BY THE GERONTOLOGICAL SOCIETY OF AMERICA

ReframingAging.org



May 3 - "Mother of All Crawls" Art Crawl @ Downtown Waukesha, 2-8 pm. In honor of all the Moms out there, hundreds of artisans at 20 galleries and showplaces will be featured in Downtown Waukesha. Walk the downtown streets to discover your next artistic treasure, shop, listen to live music, and indulge in food and drink. Buy mom some art and be entered to win a drawing for a gift card from a Downtown restaurant!

May 10 - Cyber Security Do's and Don'ts Training @ Waukesha County Law Enforcement Center Door 8 @ 9-11 am. Members from the Waukesha County Sheriff's Department and Waukesha County IT Department will be discussing topics like passwords, software updates, phishing, safe browsing habits, QR codes, and more! Registration is required and can be done so by finding Waukesha County Sheriffs Department on Facebook [Waukesha County Sheriffs Department Cybersecurity Training](#) or by calling 262-548-7122.

May 11 - Mother's Day Celebration @ Old World Wisconsin, 10 am-4 pm. Help plant and plan gardens and get inspired by architecture, spring forests, and the mothers who helped immigrant families make Wisconsin home at this unique event! Admission is free for all mothers. Tickets for adults and teens are \$20, and \$18 for seniors 65+.

May 17 - DelaSpring @ Downtown Delafield, 10 am-3 pm. Formerly known as the Delafield Art Walk, DelaSpring will host dozens of artisans spread out at a downtown market. There will be live music, delicious food and drink from participating restaurants, and a kid zone.

May 17 - Mental Health Resource Fair @ Birch & Banyan Coffee (Hartland), 12-2 pm. Join for the 2nd annual Mental Health Resource Fair featuring a long list of incredible organizations from our community that will have resources to help yourself, your children, and any loved ones! This year's theme is "Mindful Me". Many of us could use a little help in the day, whether it is an intensive treatment program, just taking more time for yourself, or anything in between! The organization list includes specialties in therapy, psychiatry, nutrition, women's health, youth and adolescent behavior, yoga, sleep hygiene, art therapy, and more!

May 17 & 18 - Wisconsin Geological Society Rock & Gem Show @ The Waukesha Expo Center, 10 am- 4:30 pm. This event will feature over 20 dealers of rocks, mineral specimens, jewelry, fossils, and more! There will also be door prizes, club sales, baked goods, and kid's area.



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 with City of Waukesha Parks, Recreation & Forestry:

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

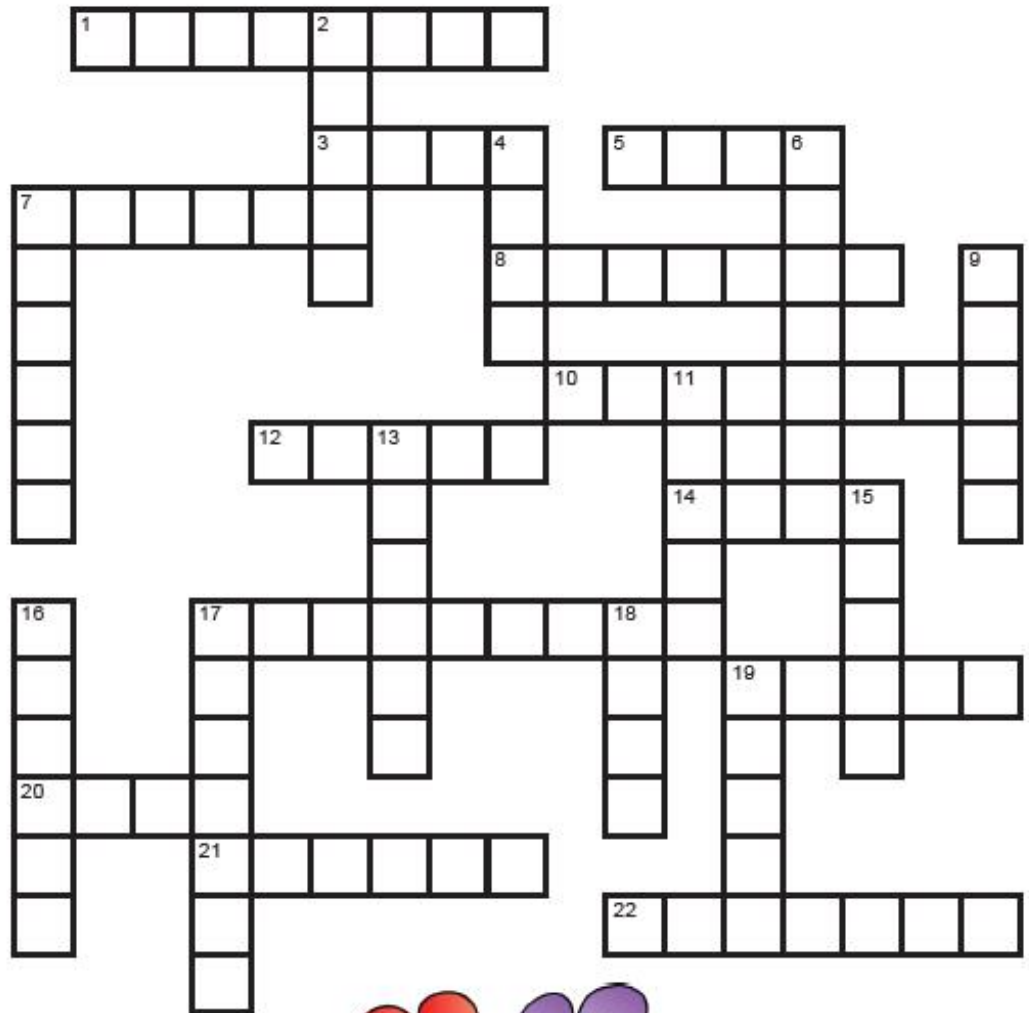
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



ANSWERS ON PAGE 19

Recipe: Bright Spring Salad

Ingredients

- 1 bunch asparagus, tender parts, chopped into 1-inch pieces
- ½ cup frozen peas, thawed
- A few handfuls salad greens
- 2 radishes, thinly sliced
- ½ cup crumbled feta cheese
- ½ avocado, pitted and diced
- ¼ cup chopped toasted pistachios
- ½ cup roasted chickpeas
- Fresh herbs, for garnish (basil, mint and/or chives)
- Sea salt and freshly ground pepper

Dressing

- ¼ cup fresh basil leaves, or a mix of basil and mint leaves
- 1 small garlic clove
- 1 tablespoon fresh lemon juice
- ½ teaspoon lemon zest
- 1 tablespoon white wine vinegar
- 2 tablespoons extra-virgin olive oil, plus more as desired
- ¼ teaspoon sea salt



Directions

- 1) Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute, or until tender but still bright green. Transfer to the ice water for 1 minute, then drain. Allow the asparagus to dry and transfer it back to the bowl and add the peas.
- 2) Make the dressing: In a food processor, pulse together the basil, garlic, lemon juice and zest, vinegar, olive oil, and salt. Season to taste, adding more oil as desired.
- 3) Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.
- 4) Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs on top. Drizzle with the remaining dressing, season to taste with more salt and pepper, and serve.

Don't have all of these ingredients?

- Use what you have
- Try something new
- Make your own version of "Bright Spring Salad"

HEALTH EDUCATION CLASSES

StrongBodies

Ongoing workshop

Mondays and Wednesdays

9:30—10:45am

Gethsemane United Methodist Church
642 Main St. Pewaukee

StrongBodies is a progressive strength training class. The benefits of strength training include increased strength, muscle mass, bone density, and the ability to do activities of daily living. Strength training can reduce the risk for chronic diseases.

To register email cklepp@waukeshacounty.gov or call Courtney at 262-444-9102



Walk with Ease

Ongoing workshop

Mondays, Thursdays, and Fridays

1:00—2:00pm

ProHealth West Wood Health & Fitness Center
2900 Golf Rd #3, Pewaukee

The Arthritis Foundation's Walk with Ease program is proven to make a big difference in your health – and your life. In just six weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take care of your health and get back to doing the things that matter to you. Sessions consist of group discussion and walking. Class meets three times each week for six weeks (18 sessions).

For more information or to register call 262-928-4059.



Laughter Yoga

You may have heard about the health benefits of laughter including stress reduction, improved oxygen intake, boosted immune system and others. However, is there enough humor around us to get enough laughter throughout the day? Laughter yoga teaches anyone can laugh without relying on humor, jokes, or comedy. Laughter Yoga is a unique laughing exercise routine which combines unconditional laughter with breathing exercises. Come learn laughing exercises that can get you to laugh anywhere anytime to gain the health benefits of laughing....And have fun!

Laughter Yoga sessions offered:

May 12, 2025

2:00 PM - 3:15 PM

Hartland Public Library
110 E. Park Ave.
Hartland, WI 53209

For more information or to register online:
hartland.librarycalendar.com/event/laughter-yoga-1358

May 14, 2025

3:00 PM - 4:15 PM

Christ the King Lutheran Church
1600 N Genesee St.
Delafield, WI 53018

To register, call 262-646-2343

May 22, 2025

9:30 AM - 10:45 AM

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150

To register, call 262-971-2100 or visit the Reference Desk

May 27, 2025

1:30 PM - 2:45 PM

Elm Grove Library
13600 Juneau Blvd
Elm Grove, WI 53122
Register Online at www.elmgrovelibrary.org



PROHEALTH CARE

**ProHealth Care's Hispanic Health
Resource Center**

210 NW Barstow St

Waukesha, WI 53188

Nuestros talleres son en español.

Registración y preguntas:

262-928-4181

Cancer - Claro y Sencillo

Este taller tratará tres áreas educativas sobre el cáncer: información básica del cáncer, prevención y pruebas para detectar el cáncer. También aprenderás sobre los tipos de cáncer, síntomas, etapas y terminología médica.

Los jueves, 15, 22, y 29 de mayo (taller presencial)

4:00 p.m.-6:30 p.m.

Conferencia Ayudando con cariño

El Centro de Recursos de Salud se complace en anunciar la fecha de la tercera conferencia para cuidadores en español. Esta conferencia se dedica a cuidadores como tú en donde participarás de actividades divertidas y educativas que servirán para que te cuides mientras apoyas a un ser querido. ¡Regístrate y llámanos! Hay espacio limitado.

Sábado, 31 de mayo del 2025

Brookfield Conference Center

8:00 a.m. – 2:00 p.m.

El Centro de Recursos de Salud para la Comunidad Hispana (HHRC) es un departamento de Waukesha Memorial Hospital, ProHealth Care. Nuestra misión es reducir las barreras de acceso a la atención médica, proporcionar educación para la prevención, brindar apoyo y desarrollar la capacidad de la comunidad. El equipo del HHRC incluye enfermeras bilingües, promotoras de salud y la coordinadora del Programa del Bienestar de la mujer para los condados de Waukesha y Jefferson.

Los recursos de salud que se ofrecen incluyen:

- Asistencia con solicitudes de Medicaid y asistencia financiera
- Información de Recursos Comunitarios
- Asientos de seguridad, educación e instalación (bajo costo)
- Programas de ejercicio
- Programa de educación de prevención de Diabetes
- Programa de manejo de enfermedades crónicas (diabetes y cáncer)
- Programa del Bienestar de la mujer: educación y apoyo sobre la salud de los senos y el cuello uterino
- Clases prenatales y de lactancia materna
- Programas de educación y apoyo sobre demencia para cuidadores
- Clínica anual contra la gripe, programas de jardinería para niños y personas mayores, y mucho más.

Ayudando con cariño-Taller virtual

Cuidar a un ser querido con algún tipo de demencia puede ser agotador tanto física como mentalmente. Las personas que cuidan a alguien con demencia aprenderán sobre el desarrollo y tratamiento de la enfermedad, como entender las necesidades de su ser querido, como cuidarse a sí mismo. También tendrá la oportunidad de compartir experiencias con otros cuidadores.

Los viernes, desde el 6 de junio a 11 de julio por la aplicación "Zoom"

10:00 a.m. – 12:00 p.m.

High Blood Pressure, The Sneak that Should be Managed

Dan Michaels, Community Health Educator, Waukesha County Public Health

May is National High Blood Pressure Education

Month, a wonderful time to raise awareness of the terrible sneak, high blood pressure (also called hypertension). High blood pressure is often called the "silent killer", because it is the number one cause of heart disease and stroke, however it usually has no symptoms and many that have it, are unaware. **Nearly 50% of U.S. adults have high blood pressure and only about 25% have it under control.** The good news is it is both preventable and manageable. Let's talk about high blood pressure, why it is important, and ways to help manage and or lower it. This topic makes this article important! Hopefully you will feel some *pressure* to read it.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

We hear the term high blood pressure frequently, what exactly is it? High blood pressure is when the force of blood pushing against the walls of your arteries is constantly too high. Over time, this increased pressure can damage blood vessels and lead to serious health problems, such as heart disease, stroke, kidney damage/failure, and vision loss. In addition, high blood pressure is responsible for more deaths than all cancers combined. Normal blood pressure is usually around 120/80 (for most people, check with your health care provider to confirm what is normal for you and what is consider high). Anything consistently high which for most people is over 130/80, discuss with your health care provider if you are not working with them already. I mentioned earlier, there is good news, high blood pressure is preventable and manageable, tips are just a *heartbeat* away, I hope you are *pumped* to read the next paragraph.

Reducing your risk can be starting with small fun steps and keep at it, consistently.

Get active: on most days aim for 30 minutes of moderate exercise, walking, dancing, stretching, chasing a child or grandchild, it all counts!

Eat healthy-ish: Choose fruits, veggies, whole grains, and reduce sodium. Limit alcohol and avoid tobacco.

Manage stress: even a few minutes of daily relaxation can help including laughing more. Seriously, laughter reduces stress, which helps your heart relax. So yes, that funny video counts as self-care. Take medications if prescribed and take them consistently.

Monitor your blood pressure regularly: at home, with your healthcare provider, many pharmacies have blood pressure self-service machines, and your local health department could check your blood pressure.

High blood pressure doesn't have to be scary or boring. With a little knowledge and awareness, stress management, healthy habits, and working with your health care provider - you can keep your heart happy and your blood pressure right where it belongs. We all know life is full of pressure. Don't let it get to your heart.

Caregiver Corner



Have you noticed your neighbor struggling to complete daily tasks due to caring for a loved one full time? Has their yard work gone untouched, mail piled up, or housework gotten away from them? What better time to lend a helping hand than National Do Something Good for Your Neighbor Day!

Below is a list of ways you could offer some help or respite to a stressed-out caregiver:

- ♦ Offer to cut the grass, pull weeds, or any other kind of yardwork that has been neglected
- ♦ Invite your neighbors over for a meal, sweet treat, or coffee/tea OR drop off any of those things to their home
- ♦ Offer to walk their pet
- ♦ Offer to bring in their mail
- ♦ Take out their trash
- ♦ Offer to run any errands they may need help with (a trip to the grocery store, the post office, the pharmacy, etc.)
- ♦ Offer to watch their loved one for a period of time so that they can catch up on sleep
- ♦ Offer to tidy up their home, do the dishes, or handle any laundry they need done

Many people want to help but don't know what kind of help to offer or what the caregiver's needs are. So, if you are currently a caregiver and experiencing stress, don't be afraid to ask for help on anything from the list above or on anything else you may need. Whether it is help from a neighbor, family member, or friend, seeking help in times of caregiver burnout is imperative for your own health, as well as the well-being of the person you are caring for.



Our evidence-based health-focused workshops for older adult's program topics include brain and memory health, strength training, falls prevention, women's incontinence, diabetes management, and chronic pain management. These workshops are led by trained volunteer instructors.

One of our workshops, **StrongBodies**, participants engage in exercises targeting all major muscle groups, gradually increasing resistance to build strength and improve bone density. The program also supports healthy aging by reducing the risk of chronic diseases and promoting better mobility, confidence, and social connection in a supportive community environment. Participants are finding this workshop helpful.

STRONG BODIES WORKOUT program has helped me to increase my strength, flexibility and balance.
-JUDY

I FEEL STRONGER AND BETTER ON MY FEET. AFTER CLASS, MY BODY DOESN'T HURT AS MUCH.
-ANONYMOUS

I have only been doing Strong Bodies for three months and have already seen great improvement in my strength and balance abilities. It is a very good program especially for older people like me.
-Donna

If you would like to volunteer to facilitate health-focused workshops for older adults email HHSVolunteers@waukeshacounty.gov. Under the guidance of the Health Promotion Coordinator, you will be trained to lead one of our health promotion programs that best suits you.

ADRC Senior Dining Centers in Waukesha County

Brookfield Community Center

2000 N Calhoun Rd
Brookfield

(262) 782-1636

Menomonee Falls Community Center

W152 N8645 Margaret Rd
Menomonee Falls

(262) 251-3406

Birchrock Apartments

280 Birchrock Way
Mukwonago

(262) 363-4458

New Berlin Senior Dining:

Our Lord's Methodist Church
5000 Sunnyslope Rd
New Berlin
(414) 529-8320

Oconomowoc Community Center

220 W Wisconsin Ave
Oconomowoc

(262) 567-5177

Sussex Community Center

N64 W23760 Main St
Sussex

(262) 246-6747

La Casa Village Apartments

1431 Big Bend Rd
Waukesha

(262) 547-8282

ALL MEALS ARE SERVED AT 12:00/NOON

Call the location to reserve a lunch!

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.



JOKE
of the month

My doctor said I should reduce the sodium in my diet to lower my blood pressure...

Unfortunately, I always take what she says with a grain of salt.

May 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <div> PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE </div> | |  | 1 | 2 |
| | | | Pork Chop Suey with Veggies over Brown Rice/Soy Sauce Sugar Snap Veggie Blend Chilled Pineapple Peanut Butter Cookie Alt: Diet Cookie | KENTUCKY DERBY Open-faced Hot Turkey Sandwich with gravy on Wheat Hashbrown Casserole Peas & Pearl Onions Watermelon Banana Pudding Alt: Diet Pudding |
| 5 | 6 | 7 | 8 | 9 |
| Cinco De Mayo Mexican Ground Beef Casserole with Brown Rice/sour cream Green Beans Sliced Jicama with Ranch Pineapple Cinnamon Sugar Donut Holes | Creamy Tuscan Sausage and Pasta Sicilian Grande Veggies Mixed Greens Salad with French Dressing Garlic Breadstick Grapes | Roast Turkey in gravy Herbed Stuffing Harvard Beets Dilled Cucumber Salad Peaches | Pub Burger with Provolone on a Wheat Bun Ketchup/Mustard Ranch Wedges Pea & Cheese Salad Cantaloupe Strawberry Ice Cream Cup | Apple Cranberry Chicken Salad On Pita Bread Broccoli Salad Carrot Raisin Salad Mixed Fruit Chocolate Cake Alt: Diet Jello |
| 12 | 13 | 14 | 15 | 16 |
| Happy Mother's Day! Chicken Cordon Bleu Candied Sweet Potatoes Broccoli Salad Seasonal Fresh Fruit Nine Grain Bread Frosted Cake Alt: Pears | Roast Pork in gravy Garlic Mashed Potatoes Harvard Beets Multigrain Bread Honeydew Chocolate Milk | Ham Macaroni Salad Tomato & Onion Salad Baby Carrots w/ Ranch Mandarin Oranges Whole Wheat Roll Chocolate Pudding Alt: Diet Pudding | Chicken Philly Sandwich w/ Swiss/Peppers/ Onions Rosemary Roasted Potatoes Peas & Carrots Seasonal Fresh Fruit | Bacon Cheeseburger Casserole Seasoned Green Beans Garbanzo Bean Salad Watermelon Vanilla Ice Cream |
| 19 | 20 | 21 | 22 | 23 |
| Turkey ala King over Brown Rice Caribbean Blend Veggies Tomato & Cucumber Salad Fruit Cocktail Peanut Butter Cookie Alt: Diet Cookie | Egg Bake with peppers & onion Sausage Patty Tri-Tater/ketchup Mini Bagel with Cream Cheese Banana | Beef Tips with Mushrooms and Onions Mashed Potatoes Maple Glazed Carrots Whole Wheat Bread Pear Half Chocolate Milk | BBQ Chicken Breast Cheddar Chive Mashed Potatoes Baked Beans Baking Powder Biscuit Apple Pie Alt: Applesauce | Breaded Fish Tartar Sauce Au Gratin Potatoes Creamy Coleslaw Light Rye Bread Peach Half |
| 26 | 27 | 28 | 29 | 30 |
| Memorial Day No Meals Served | Jumbo Hot Dog on Bun with Diced Onion Ketchup/Mustard American Potato Salad Mixed Veggies Mandarin Oranges Chocolate Ice Cream Cup | Baked Chicken Quarter Cheesy Diced Potato Casserole Mixed Greens with Kale and Italian Dressing Whole Wheat Bread Citrus Fruit Salad | Festa Italiana Spaghetti Marinara w/Ground Italian Sausage Italian Beans Italian Tomato & Onion Salad Pound Cake with Cherries | Tex-Mex Chicken and Rice Bake Carrot Coins Texas Caviar Honeydew Melon Snickerdoodle Cookie Alt: Diet Cookie |

Dear Ina,

I recently heard that May is Celiac Awareness Month. I don't know anyone who has Celiac's, or even what it is. Can you help me understand Celiac disease?

Thanks,

Cecilia



Dear Cecilia,

According to Celiac Disease Foundation, Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide, but only about 30% are properly diagnosed.

When people with celiac disease eat gluten (a protein found in wheat, rye, and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

Celiac disease is hereditary, meaning that it runs in families. **People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease.**

Celiac disease can develop at any age after people start consuming gluten. Left untreated, celiac disease can lead to additional serious health problems.

The most common symptoms in adults include:

- ⇒ Abdominal pain
- ⇒ Bloating and gas
- ⇒ Cognitive impairment
- ⇒ Constipation
- ⇒ Diarrhea
- ⇒ Depression and anxiety
- ⇒ Fatigue
- ⇒ Headaches or migraines
- ⇒ Iron-deficiency anemia
- ⇒ Itchy, blistering skin rash (dermatitis herpetiformis)
- ⇒ Joint pain
- ⇒ Missed periods
- ⇒ Mouth ulcers and canker sores
- ⇒ Nausea and vomiting
- ⇒ Osteoporosis and osteomalacia
- ⇒ Peripheral neuropathy
- ⇒ Reduced functioning of the spleen (hyposplenism)
- ⇒ Weight loss

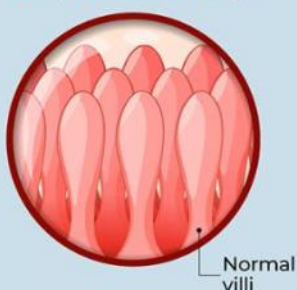
Hope this helps you under Celiac Disease better!

Sincerely,
Ina

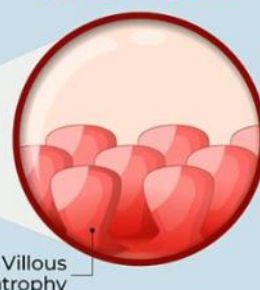
WHAT IS CELIAC DISEASE?

Celiac disease is a digestive disorder that damages the small intestine, triggered by eating foods containing gluten.

HEALTHY INTESTINE



CELIAC DISEASE



HHS.gov

Managing Your Medical Costs

By the GWAAR Legal Services Team (for reprint)

As you age, your medical needs increase, leading to higher medical costs and greater difficulty in managing them. You may require more medical care than you did when you were younger, but that doesn't mean you should pay more for it. There are several things you can do to help keep your medical care costs under control. Listed below are tips to help you manage your healthcare costs.

- ♦ **Understand your out-of-pocket costs.** When you know what to expect, you can plan for monthly costs, such as doctor visits and medications. If you know your out-of-pocket cost for out-of-network providers, you can make more informed decisions about your care and potentially save money. You can also coordinate your care to take advantage of savings when deductibles are met.
- ♦ **Check eligibility for cost-saving programs.** You can save money on your monthly Medicare premiums if you are low-income by applying for a Medicare Savings Plan. You can also save money on prescription drugs with a program called Extra Help that could lower your Part D premiums, deductibles, and co-pays.
- ♦ **Familiarize yourself with your medical plan's formulary.** Most plans have formularies, or lists of medications that they cover. Some plans limit the number of pills you can obtain at a time and specify whether they will cover generic or brand-name medications. Switching to generic medications can save you money because these drugs are usually less expensive than name-brand medications. You may also be able to request to have a drug added to a formulary or placed at a lower tier to reduce your out-of-pocket costs.
- ♦ **Ensure that your providers and pharmacies are in network.** You will most likely not be covered or incur higher costs if you visit providers or pharmacies that are out of network. Contact your plan to ensure you stay in network to avoid higher costs.
- ♦ **Understand coverage criteria.** Research the services covered by your plan and the requirements for coverage. You can use your plan's website to look up the coverage criteria or contact your plan for more information. Take this information to your provider to ensure they know the coverage requirements to avoid unexpected costs.
- ♦ **Don't be afraid to ask questions.** You should be in the habit of asking your healthcare providers questions about your treatment plan and whether there might be less expensive alternatives available. Don't be afraid to ask your insurance provider to look into coverage of items or services before you receive them to help avoid unexpected costs.
- ♦ **Know your right to appeal.** You may have a right to appeal a denied service or medication. Keep an eye out for notices or letters that outline your right to appeal. If you have been denied coverage you believe should have been covered, you may have the right to appeal. Usually, instructions on how and where to appeal are included on the notice that outlines the denial or service charge. If you have questions, you can find help with Benefits Specialists at ADRC of Waukesha County if you live in the county.

It's important to understand your appeal rights, the cost-saving programs available to you, and your healthcare insurance plan to effectively manage medical costs. Saving money on your medical care can help ensure that your budget stretches further. Don't be surprised by medical costs; plan ahead and find answers before they become a problem.

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, May 12, 2025

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

Menomonee Falls Public Library
W156N8436 Pilgrim Rd
Menomonee Falls, WI 53051

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

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 262-548-7650.

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:

May 14

June 11

July 9

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



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

Navigating Dementia: Understanding Behaviors and Medications

Family Caregivers Educational Workshop
Hosted by Dementia Friendly Pewaukee

Saturday, May 10, 2025 1:00 – 3:00 p.m.

Pewaukee Public Library - 210 Main Street, Pewaukee, WI 53072

Join us as professional dementia specialists and pharmacists share insights on managing dementia behaviors and discuss the new medications used to treat Alzheimer's and other dementias that are in trials right now. This free informative workshop is a valuable opportunity for family caregivers to gain practical knowledge and support in their caregiving journey.

- Enjoy complimentary refreshments provided by Azura
- Door prizes and caregiver gift bags provided by GFWC Woman's Club of Pewaukee
- Relax with a complimentary chair massage provided by Kneaded Time Massage
- Enjoy a fun sing-along to lift spirits and bring joy to all!

Registration is Required for this Free In-Person Event.

Please email AbbyLorenz@wi.rr.com or text 414-350-8713 with name and number of guests.

More information at www.dfPewaukee.org.



DEMENTIA
FRIENDLY
PEWAUKEE



CRAFT CORNER: Cut out each horizontally and fold it over and tape the edges to make a note or tag to give to a neighbor. Hope this brings you joy!

A neighbor's friendship is a daily reminder
that happiness is just a door away.

Happy National "Do Something Good for
your Neighbor Day!"

May 16th, 2025



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May 16th, 2025





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

Mukwonago Community Library (262-363-6411) - Thursday, May 15 at 2:00pm

North Lake Public Library (262-966-2933) - Wednesday, May 21 at 11:00am

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

In addition, the ADRC conducts 2-hour classes every 2nd Wed of each month 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 2-Hour ‘Welcome to Medicare’ presentations visit:

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.

Saturday, May 17
9:00a—11:00a

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!



Saturday, May 31
9:00a—12:00p

W234 N2000 Ridgeview Parkway Court
Waukesha, WI 53188

*Paper shredding and Electronics recycling
American Transmission Company Parking Lot
(limit 3 file boxes of paper per vehicle).*



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!



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

Online Buying and Selling Safety

By the GWAAR Legal Services Team (for reprint)

Selling unwanted items online on sites like Facebook, Craigslist, or eBay can be a great way to make some extra money. Similarly, buying gently used or second-hand items on these sites is a great way to save money and reduce the amount of stuff that ends up in landfills. While sites like these can be great for those reasons mentioned above, they can also attract scammers trying to steal your identity, your money, or both.

Below are some tips to stay safe when buying or selling online:

- When listing an item for sale, **do not include any personally identifiable information** such as your phone number or home address in the listing. Similarly, when buying an item, do not respond to any suspicious request for personal information.
- Never respond to any requests for your phone number and **never give out your phone number to anyone when attempting to buy or sell an item.** Scammers can use your phone number to try to steal your identity. They may try to link your number with a Google voice account, so never respond to any requests for a Google voice code.

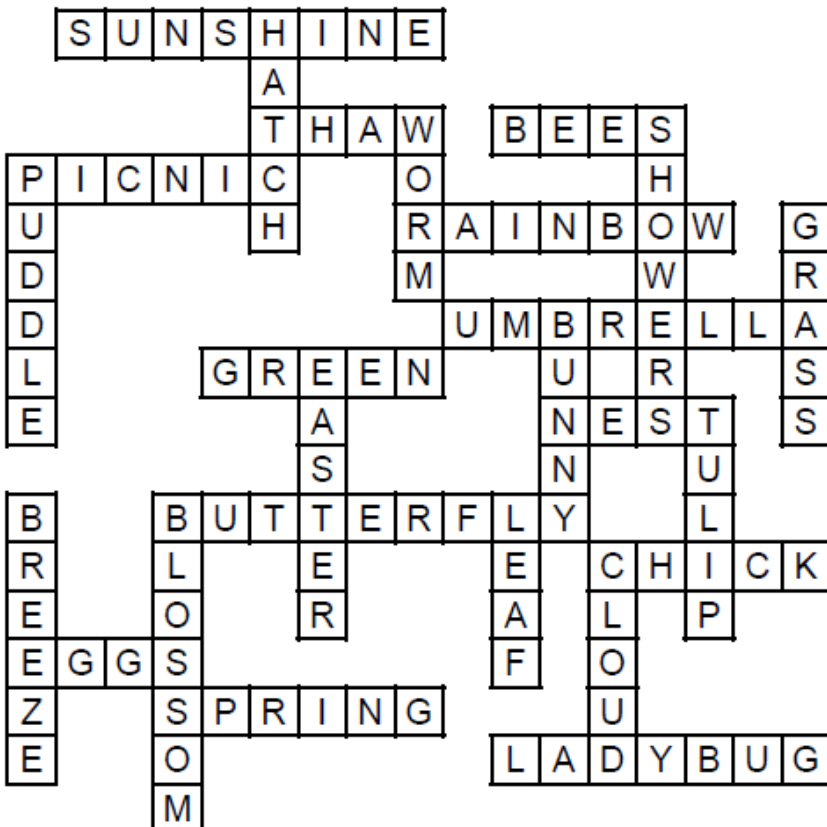
• Whether buying or selling, **it is always best practice to meet up at a neutral location to make the exchange of the item**, and if possible, bring another person with you to the meetup. Many police stations have parking lot areas specifically designated for this purpose.

• **Check buyer/seller profiles.** With Facebook marketplace, you can check a buyer or seller's profile and rating. You can also check the individual's Facebook profile. Some red flags would be if their profile was just recently created or if it lacked relevant information. If you check all this information and the person checks out, for example if you have mutual friends in common and they have a good buyer/seller rating, it is probably okay to do a "porch pickup" for smaller, low-cost items. Although, it is still best practice to always meet up at a neutral location. Do not do business with someone who has zero or significant negative feedback.

• **Some red flags** to look for as a buyer on these sites would be deals that look too good to be true or ads posted in multiple locations of the country.

Also, if the person posting the item lives far away from the item location, that could be another red flag. When selling, be wary of any offers that are far more than the item is worth. And whether buying or selling, beware of anyone who asks to wire money. Only use legitimate payment sites such as Venmo, PayPal, or Zelle, and only engage in these transactions when you are sure that the transaction is legitimate.

• No matter how vigilant you are, it is still possible to be scammed or have your identity stolen. If this happens, you should first **report the user** to the commerce site such as eBay or Facebook. Then, you will want to report the scam to your local police department. Finally, **you can report the scam or fraud** to the Federal Trade Commission here: reportfraud.ftc.gov or to the FBI's Internet Crime Complaint Center here: www.ic3.gov/



ANSWERS FROM PAGE 4 CROSSWORD

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

www.waukeshacounty.gov/ADRC ■ Follow us on Facebook