

THE ADRC CONNECTION



Business Hours:
Monday-Friday
8:00a—4:30p

262-548-7848

Toll Free: 866-677-ADRC (2372)

WaukeshaCounty.gov/ADRC

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Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health.

This March, ADRC of Waukesha County is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country.

We invite you to join us in celebrating our local program by:

- ◆ Sharing our newsletter with others
- ◆ Participating in our Senior Dining program at a congregate site
- ◆ Trying out our My Meal, My Way Tuesday dining option, where you can dine at The Kitchen Restaurant
- ◆ Visiting our website
- ◆ Sharing our social media content



Learn more about our program and services by turning to pages 10 and 11, or by visiting:

www.WaukeshaCounty.gov/SeniorDining

Senior moment that makes us smile!

"I installed all by myself a door lock on my basement door (my husband has Alzheimer's). It took me only 20 minutes and worked the first time. My cost was \$50 for the lock. It would have cost me \$400 to have someone come in and do it!"

If you want to contribute your senior moment, email ADRCnewsletter@waukeshacounty.gov



MARCH EVENTS

March 7 (Sat.) - Get Lucky Waukesha Art Crawl @ Downtown Waukesha, 2-8 pm. Hundreds of artisans at 20 different galleries and showplaces are featured at this seasonal event. Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music, and indulge in food and drink. This is a free event.

March 8 (Sun.) - Irish Family Day @ CelticMKE (Wauwatosa), 11 am – 2 pm.

Bring the whole family for an interactive, cultural journey through Ireland in celebration of the St. Patrick's Day season. Visit various Irish counties across three floors as Celtic MKE transforms into the Emerald Isle! There will be themed arts and crafts, dance performances, storytelling, live music, a petting zoo, and more! Admission is \$7 in advance or \$10 at the door. More information and tickets can be found at www.celticmke.com.

March 14 (Sat.) - St. Patrick's Day Parade @ Downtown Milwaukee, 12 pm. Join in for the fun of the 58th Annual St. Patrick's Day Parade. This parade features over 100 parade units including Irish dance groups, pipe and drum corps, local dignitaries, and more. For route information and parking restrictions, visit www.saintpatricksparade.org.

March 21 (Sat.) - Sweets Wauk Festival @ Downtown Waukesha, 10 am – 3 pm. A brand-new festival has hit Waukesha! This first-annual event celebrates local restaurants, small businesses, and the charm of historic downtown. Participants will follow an official event map to participating downtown businesses and enjoy dessert samples from local Waukesha eateries. Each host location will feature a signature sweet treat, along with special offers and opportunities to shop local along the way. Wristbands are required and must be purchased in advance at www.eventbrite.com/e/2026-sweets-wauk-tickets-1982197133987?aff=oddtcreator.

March 28 & 29 (Sat. & Sun.) - Crazy Quilters' Annual Quilt Show @ Parkview Middle School (Mukwonago), 8:30 am- 4 pm & 10 am- 3 pm. The 37th annual Crazy Quilters' Guild quilt show will feature hundreds of quilt and quilt related items on display, including a main, judged exhibit and several smaller special exhibits. This year's theme is "Celebrating America". There will also be local vendors, quilt appraisals, rummage sales of fabric, demonstrations, food, and more!

March 28 (Sat.) - Maple Syrup Family Day @ Richfield Historical Park, 9 am – 4 pm. This annual event celebrates the tradition of harvesting and processing maple sap. Activities include syrup demonstrations, pancake breakfast (9 am-12 pm), maple syrup contest, pioneer homestead, and treats. This is a free event aside from the pancake breakfast which requires a small fee.

REMINDER: Medicare Advantage Plan Open Enrollment Period ENDS MARCH 31

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.



WORD SCRAMBLE
DIRECTIONS:
Unscramble each set of letters to discover a vocabulary word relating to the fun-filled month of March.

PUZZLE ANSWERS ON PAGE 19

CNSTIE _____

TEYBUFLRT _____

TPCAIRK _____

REENG _____

RDGENA _____

REWOFL _____

IKET _____

RAMHC _____

IGNSPR _____

PAARDE _____

YDNWI _____

PCHRAUNELE _____

OLERVC _____

LOOMB _____

KULC _____

SRTAEE _____

ROWNABI _____

CICPNI _____

MHCROSKA _____

ESSOAN _____

FDOFDIAL _____

QXUNOEI _____

SBAKETBLL _____

LOUDOTOS _____



I told my doctor I can't sleep because I keep dreaming about mufflers...

She said that's exhausting.

Join Waukesha County's Volunteer Reception Center Team

Are you ready to be a hometown hero?

Volunteering with the **Volunteer Reception Center (VRC)** in Waukesha County is a meaningful, flexible way to give back—without committing to a set schedule. This is an on-call volunteer opportunity, designed for those who want to be ready to serve if and when our community needs extra support.

The VRC plays an important behind-the-scenes role during emergencies or disasters, such as search efforts for a missing child or major weather events. If activated, our team helps organize and screen spontaneous volunteers so response efforts stay safe, efficient, and coordinated.



Here's something unique: in the nine years this team has existed, we've never needed to activate it. That's good news for our community! But preparedness matters! Just like insurance, we hope we never need it—yet we're committed to having a trained, ready team in place.

As a VRC volunteer, you may assist with:

- **Volunteer registration**
- **Assigning shifts**
- **Providing wristbands**
- **Supporting phone bank operations**
- **Providing calm, friendly guidance during busy situations**

We offer online and in-person training so you feel confident and prepared. You'll gain skills in organization, communication, and teamwork—while connecting with other community-minded volunteers.

When activation occurs, we contact the team and you can respond if you're available. No pressure. No standing shifts. Just the opportunity to step up if the call ever comes.

If you value preparedness, community, and being part of something bigger than yourself, we invite you to join our ready-and-willing team. Together, we'll stand prepared—just in case.

Please contact us by emailing hsvolunteers@waukeshacounty.gov or visit our website at www.WaukeshaCounty.gov/HHSvolunteer for more information.



Free Tax Assistance – 3 options

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



LA CASA
de Esperanza, Inc.

Schedule your FREE Tax Appointment



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/>




Engaging Workshops, Presentations, and more!

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.

 <p>Date: March 11th, 2026 Time: 3:00 PM - 4:15 PM Location: Christ the King Lutheran Church - Delafield 1600 N Genesee St. Delafield, WI 53018 Cost: Free To Register: Call 262-646-2343</p>	 <p>Date: March 24th, 2026 Time: 1:30 PM - 2:45 PM Location: Elm Grove Public Library 13600 Juneau Blvd Elm Grove, WI 53122 Cost: Free To Register: www.elmgrovelibrary.org</p>
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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
 <p>March 18th, 2026</p>	<p>6:00 -7:00 PM</p>	<p>New Berlin Activity and Rec Center 15321 W National Ave New Berlin, WI 53151</p>

Register Online at www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center

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, Journaling exercises.

Better Brain Health: While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

 <p>Date: March 25th, 2026 Time: 2:00 PM - 3:15 PM Location: Brookfield Public Library 1900 N. Calhoun Rd Brookfield, WI 53005 Cost: Free For information: https://www.ci.brookfield.wi.us/1101/Library</p>	 <p>Date: March 26th, 2026 Time: 10:30 AM - 11:45 AM Location: Muskego Public Library S73W16663 Janesville Rd Muskego, WI 53150 Cost: Free To Register: Call 262-971-2100 or visit the Reference Desk</p>
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Workshops continued...

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.

Monday and Wednesdays (ongoing class)
9:15—10:30a

Monday and Wednesdays (ongoing class)
9:30—10:45a



Gethsemane Methodist Church
642 Main Street
Pewaukee, WI 53072



New Class Location!

Salem United Methodist Church
541 WI-59, Waukesha
(CONSTRUCTION NOTICE: church is located on WI-59 bypass, however, use E. Broadway / Cleveland Ave to turn into the church)

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

Stepping On: "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.

Healthy Living with Diabetes: 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.

In-person workshop
Mondays, March 23 to May 4
2 to 4 p.m.



PROHEALTH CARE

Location:
ProHealth Waukesha Memorial Hospital
725 American Way, Waukesha
Cost: Free

To Register: For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032.

In-person workshop
Fridays, March 27 to May 1
10 a.m. to 12:30 p.m.



PROHEALTH CARE

Location:
ProHealth Waukesha Memorial Hospital
725 American Way, Waukesha
Cost: Free

To Register: For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032.

YOUR COMMUNITY HISTORY: LANNON

By Megan Goodlad

Our historic highlight for today is Lannon, Wisconsin. In 1842 William Lannon, a Catholic Irishman, had created a settlement here and while that area was still a part of Menomonee Falls, the allure of the springs on the settlement called for a social name change to Lannon Springs. St. James Church was built just across from it in 1847 to accommodate the growing Catholic population. However, before it was built, many would gather in its place at what was previously the James Brogan cabin. In 1842, the first Catholic mass of Waukesha County was held there.

Within Lannon, was Hadfield. Hadfield brought forth booming quarry work which required people to build homes nearby - developing the name "Stone City." As the community expanded, a railway was built, and eventually William Lannon would operate a postal system right on his property of Lannon Springs.

While operating independently, it wasn't until 1930 when they officially became the fourteenth village of Waukesha County. This wasn't achieved without loss however, as historical lands such as Lannon Springs and St. James were excluded from this division.



Lannon founders: William Lannon and wife Ann Gallagher



Smart Driver™ refresher course

Keep saving on your auto insurance with AARP's Smart Driver™ refresher course.*

Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driver refresher course could help you extend your discount.** Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now!

March 18th, 2026 9:00 AM - 1:00 PM

Location:

Aurora Medical Center 36500 Aurora Drive, Summit, WI 53066

Class will be held in the Gifford Conference Room – 1st floor

Register Now:

Please Call: Lisa Heinz, Trauma Program Coordinator at 262-434-1950 to Register

Please arrive 15 minutes early for registration. Checks made out to AARP, Cash accepted.

CLASSROOM COURSE	FOR MORE INFORMATION
\$20 for AARP members	Call: 1-888-773-7160
\$25 for non-members	Visit: aarp.org/findacourse36

Please check with your insurance company to see if this class qualifies you for a discount on your auto insurance.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



What's in a Name?

Celebrate March 4th by finding out, as it's "**Discover What Your Name Means**" day. This annual holiday occurs on the Wednesday in the first full week of March.

Did you know?

Cornerstone and Capstone, the first and last letters, are the "bookends" of your name. These are believed by some to hold special meaning in that the **first letter represents your personality** - how you roll with the peaks and valleys of life; and the last **letter represents your ability to come to fruition** – the beginning and ending of a plan.

Find Meaning in Letters:

A: Ambitious, Freethinking, and Assertive

B: Sensitive, Introvert, Strives for Peace

C: Outgoing and Expressive with your Heart on your Sleeve

D: Determined, Sensible, and Practical

E: Enthusiastic, Observant, and Lover of Freedom

F: Nurturing and Self-Sacrificing – A "Fixer"

G: Systematic, Adaptive, and a Visionary

H: Intuited, Creative, and Instinctual

I: Compassionate, Empathetic, and wholly Creative

J: Strives for Balance, Fairness, and seeks Justice

K: Artistic, Instinctive, and Edgy

L: Deep Thinker, Kind-Hearted, and Venturous

M: Observant, Driven, a Light Sleeper, and Nester

N: Innovative, Affectionate, and Strong-Willed

O: Virtuous, Ethical, and Responsive

P: Intellectual, Edgy, and Leaves a Lasting Impression

Q: Persuasive, Mysterious, and Unbound

R: Enthusiastic in Work and Life with a Kind Nature

S: Charming, Devoted, and Deeply Feeling

T: Aspiring, Assertive, and Chasing after Life

U: Serendipitous and Creative with a sort of "Je ne sais quoi"

V: Imaginative yet Intuitive, Eccentric

W: Charismatic, Active, and Instinctive

X: Creative, Receptive, and Fanatic

Y: Naturally Independent while Reserved, Intuitive - a "Vigilante"

Z: Compassionate, Astute, and Optimistic

ADRC Senior Dining Centers in Waukesha County

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

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 <i>Monday-Thursday</i>	New Berlin Senior Dining: Our Lord's Methodist Church 5000 Sunnyslope Rd New Berlin (414) 529-8320
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Sussex Community Center
N64 W23760 Main St
Sussex
(262) 246-6747
Monday, Wednesday-Friday



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!

How Can I Eat at a Dining Center?

Senior Dining Centers (including the My Meal, My Way) 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. If you are already a Taxi or Rideline client, please contact your corresponding transportation company. If you are not a Taxi or Rideline client yet, start by calling the ADRC at **(262) 548-7848** or completing an online application at

www.WaukeshaCounty.gov/ADRCtransportation

March 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Smothered Pork Loin Sweet Potatoes Maui Vegetable Blend 9-Grain Bread Citrus Fruit Cup Chocolate Milk	Barbecue Meatballs American Potatoes Ketchup packet Three Bean Salad Fruit Cocktail Cornbread Vanilla Pudding Alt: Diet Pudding	Chicken Fajita Pasta Carrot Coins Jicama with Ranch Dressing Tropical Fruit Cup Butterscotch Brownie Alt: Diet Jello	Ham and Bean Soup Macaroni & Cheese Stewed Tomatoes Peach Half Dinner Roll Banana Pudding Alt: Diet Pudding	Creamy Turkey & Rice Casserole Buttered Corn Mixed Greens Salad with Kale & Peppercorn dressing Mandarin Oranges Strawberry Ice Cream
9	10	11	12	13
Pub Burger with Mushrooms & Provolone on a Bun Ketchup/Mustard Seasoned Wedges Buttered Corn Apple Pie Alt: Mixed Fruit	Pork Chow Mein over Brown Rice Soy Sauce Japanese Blend Veggies Pineapple Tidbits Blueberry Muffin Chocolate Milk	Italian Sausage with Marinara, Onions & Peppers on a Bun Au Gratin Potatoes Italian Blend Veggies Peach Half	Roast Turkey Mashed Potatoes with gravy Red Cabbage Green Grapes Multigrain Bread Peanut Butter Cookie Alt: Diet Cookie	Cheese Filled Lasagna Roll-up with Marinara Italian Blend Veggies Mixed Greens salad with Kale & Italian dressing packet Italian Breadstick Fruit Compote
16	17	18	19	20
Sliced Pork with Cranberry Glaze Cubed Sweet Potatoes Sicilian Grande Vegetables Pear Half 9-grain Bread Chocolate Pudding Alt: Diet Pudding	St Patrick's Day Half Corned Beef Sandwich with Swiss, Sauerkraut & Thousand Island on Marble Rye Buttered Red Potatoes Sour Cream Crinkle Cut Carrots Green Apple Shamrock Cookie	Swedish Meatballs over Noodles Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Whole Wheat Dinner Roll Mixed Fruit Cup Chocolate Milk	White Chicken Chili with beans Southwest Corn Broccoli Salad Fresh Strawberries Cornbread/butter Ice Cream Cup	Lightly Battered Pollock Tartar Sauce Hot German Potato Salad Creamy Coleslaw Rye Bread/butter Seasonal Fresh Fruit
23	24	25	26	27
Spaghetti with Meat Sauce Green Beans Mixed Greens Salad with Ranch Peaches Italian Bread Ice Cream Cup	Shredded Turkey and Gravy over Mashed Potatoes Sunshine Carrots Whole Wheat Dinner Roll Seasonal Fresh Fruit Chocolate Milk	Seasoned Pepper Steak over Rice Pilaf Buttered Parsley Potatoes 5-way Mixed Veggies Sourdough Bread Cherry Crisp	Brewers Opening Day! Jumbo Hot Dog on a Bun Ketchup/Mustard American Fried Potatoes Baked Beans Mandarin Oranges Chocolate Chip Cookie Alt: Diet Cookie	Butternut Squash Mac & Cheese California Florentine Veggies Kitchen's Choice Fruit Zucchini Bread
30	31			
Vegetable Barley Soup Crackers Hot Ham and Cheese on a Sesame Bun Au gratin Potatoes Fruit Cocktail	Salisbury Steak in gravy Baked Potato with sour cream Corn & Edamame Salad Multigrain Bread Chilled Apricots Chocolate Milk			



WHAT IS THE LIBRARY MEMORY PROJECT?

It is a partnership of Wisconsin public libraries in Jefferson and Waukesha counties, offering programs to foster meaningful connections and support individuals and their care partners affected by memory loss.

Visit our website for more information: librarymemoryproject.org

WHAT IS A MEMORY CAFÉ?

A Memory Café is a **free** gathering for individuals with memory loss and their care partners. It offers a safe and welcoming space where participants can connect, find support, and enjoy a sense of community and purpose.

See next page for 2026 Memory Project Dates and locations



Lake Country Memory Project

- Delafield Public Library
500 Genesee St.
- Hartland Public Library
110 E. Park Ave.
- Oconomowoc Public Library
200 W. South St.
- Pewaukee Public Library
210 Main St.
- Town Hall Library
N76 W31429 Hwy VV (North Lake)

Purple Springs Memory Project

- Alice Baker Memorial Library
820 E. Main St. (Eagle)
- Mukwonago Community Library
511 Division St.
- Muskego Public Library
S73 W16663 Janesville Rd.
- New Berlin Public Library
15105 Library Ln.

Waukesha Memory Project

- Waukesha Public Library
321 W. Wisconsin Ave.

Wild Plum Memory Project

- Brookfield Public Library
1900 N. Calhoun Rd.
- Menomonee Falls Public Library
W156 N8436 Pilgrim Rd.
- Pauline Haass Public Library
N64 W23820 Main St. (Sussex)

HOW TO ATTEND?

View event details and discover educational programs on our website: librarymemoryproject.org/events

Registration is preferred, but not required.



For questions, call Angela Meyers at 262-896-8245.

WAUKESHA COUNTY

Lake Country Memory Project

Meets 1st Friday of the month
10:30 am - Noon

- January 9* Hartland
* Shifted one week to accommodate the holiday.
- February 6 North Lake
- March 6 Pewaukee
- April 3 Oconomowoc
- May 1 Delafield
- June 5 Hartland
- July 10 North Lake
* Shifted one week to accommodate the holiday.
- August 7 Pewaukee
- September 4 Oconomowoc
- October 2 Delafield
- November 6 Hartland
- December 4 North Lake

Waukesha Memory Project

Meets 4th Wednesday of the month
10:30 am - Noon

- January 28 Waukesha
- February 25 Waukesha
- March 25 Waukesha
- April 22 Waukesha
- May 27 Waukesha
- June 24 Waukesha
- July 22 Waukesha
- August 26 Waukesha
- September 23 Waukesha
- October 28 Waukesha
- November 18* Waukesha
- December 16* Waukesha
* Shifted one week to accommodate the holidays.

Purple Springs Memory Project

Meets 2nd Thursday of the month
1:30 - 3:00 pm

- January 8 Mukwonago
- February 12 Eagle
- March 12 Muskego
- April 9 New Berlin
- May 14 Mukwonago
- June 11 Eagle
- July 9 Muskego
- August 13 New Berlin
- September 10 Mukwonago
- October 8 Eagle
- November 12 Muskego
- December 10 New Berlin

Wild Plum Memory Project

Meets 3rd Monday of the month
3:00 - 4:30 pm

- January 19 Brookfield
- February 16 Menomonee Falls
- March 16 Sussex
- April 20 Brookfield
- May 18 Menomonee Falls
- June 15 Sussex
- July 20 Brookfield
- August 17 Menomonee Falls
- September 21 Sussex
- October 19 Brookfield
- November 16 Menomonee Falls
- December 21 Sussex



SKILL BUILDING FOR THE DEMENTIA JOURNEY

VIRTUAL SERIES

Dementia Care Specialists from the ADRC of Waukesha County are offering **three virtual education sessions** this spring to assist family and friends of people living with dementia.

Details to know:

- You are welcome to attend one or all of the sessions.
- Presentations will be less than an hour in length.
- As these are online, you will need to register to receive the presentation link.

To register for one or more of these virtual sessions please contact:

Jennifer Harders
262-548-7560 or
jharders@waukeshacounty.gov



DEMENTIA BASICS: NAVIGATING A NEW DIAGNOSIS

WEDNESDAY, MARCH 25

1:00 PM

TIPS TO IMPROVE COMMUNICATION:

THURSDAY, APRIL 23

2:00 PM

UNDERSTANDING DEMENTIA RELATED BEHAVIORS:

THURSDAY, MAY 14

11:00 AM

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 educational series which 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
- decision making skills

May 6th—June 10th, 2026

6 Wednesdays, 10:00am—12:00 pm

For registration or more information, please contact, Kathy Glaser, Dementia Care Specialist, at the ADRC at 262-548-7354 or email kglaser@waukeshacounty.gov

Location:

ADRC of Waukesha County
514 Riverview Ave, Waukesha
Room 112

Dementia Education and Support

Community Memory Screenings:

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

- 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



Where: Waukesha Public Library

When: **Wednesday, March 18, 2026**, 9:00am - 1:00pm (30 minute time slots)

To register, call Kathy at 262-548-7354

Where: Brookfield Public Library

When: **Tuesday, April 14, 2026**, 10:00am - 3:00pm (30 minute time slots)

To register, call Jen at 262-548-7650

Short Film Screening and Conversation:

Screen the 30 min documentary *WHY – Big Answers about Early-Stage Dementia from Exceptional People* and take part in a conversation about the importance of early detection, brain health, and how we can better support people living with dementia in our community.

When: **Wednesday March 4**

10:30—11:30am

Where: Waukesha Public Library

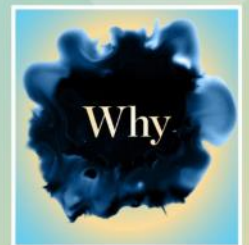
Registration is encouraged,
call **262-548-7354** or email

kglaser@waukeshacounty.gov

Early-Stage Dementia:

A Film Screening and Conversation

Featuring the documentary
WHY - Big Answers about Early-Stage Dementia from Exceptional People.



March 4 @ 10:30 AM

Registration encouraged, call
262-548-7354 or email
kglaser@waukeshacounty.gov

 ADRC
Aging & Disability Resource Center
of Waukesha County

 WAUKESHA
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Better Sleep, Better Health

Dan Michaels, Community Health Educator, Waukesha County Public Health



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Did you know March is National Sleep Awareness Month? The goal is to bring awareness to the importance of sleep for our health. In today's fast-paced world, many people consider quality sleep a luxury, often sacrificing it due to busy schedules. However, the importance of good sleep cannot be overstated. Getting enough high-quality sleep is essential for our physical and mental health. This article provides wonderful tips to help you achieve better sleep, but hopefully you won't doze off while reading it.

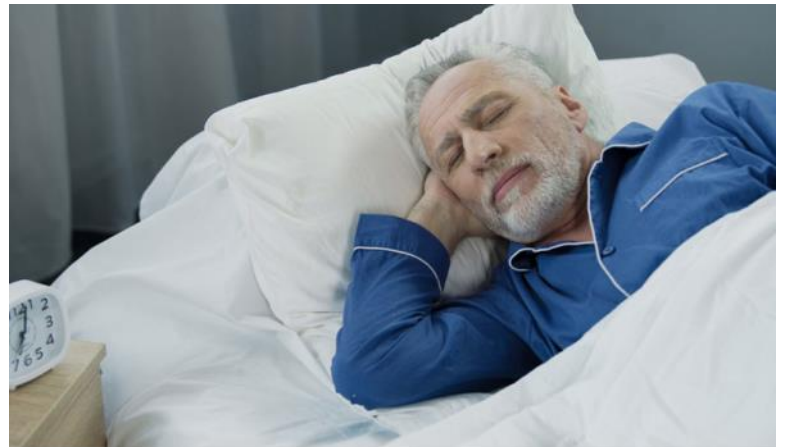
How much sleep do you need? The recommended amount of sleep for adults falls between 7 to 9 hours per night. However, individual sleep needs can vary, so it's essential to pay attention to how you feel during the day to determine if you are getting enough sleep. Consistently getting less than 7 hours, or more than 9 hours of sleep, per night may have negative effects on your health. That is why it is important to maintain good sleep practices as discussed below.

The first tip is **creating and keeping a regular sleep schedule**. Set and keep a regular bedtime, aiming to go to bed and wake up at the same time every day, even on weekends. This helps your body regulate its internal sleep clock, making it easier to fall asleep and wake up naturally. We know this may not always be possible, but try your best; your rested and healthy body will thank you.

Next, **create a relaxing bedtime routine**. Develop a calming pre-sleep routine to tell your body, "Hey, it's time for bed." This could include activities such as reading a book, taking a warm bath, or relaxation techniques like meditation, praying, or deep breathing exercises. Also, limit exposure to screens (phones, tablets, computers, TVs) at least one hour before bedtime, as the blue light emitted by screens can interfere with your body's production of melatonin, the hormone that regulates sleep.

Be mindful of what and when you eat and drink, especially in the hours leading up to bedtime. Avoid heavy meals, caffeine, and alcohol close to bedtime, as these can disrupt sleep patterns. Drink plenty of water throughout the day but try to limit fluids at night to prevent waking up from bathroom trips during the night.

Achieving better sleep is within reach with the right strategies and lifestyle adjustments. By prioritizing sleep and implementing these tips into your daily routine, you can enjoy more restful nights and wake up feeling refreshed and energized each morning. Remember, good



RECIPE: MEATBALLS

YIELDS: 3 dozen meatballs

PREP TIME: 15 MINS

TOTAL TIME: 30 MINS

Ingredients

- 1 pound ground beef
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 and 1/2 teaspoons Italian seasoning
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 large egg
- 1/2 cup freshly grated Parmesan cheese
- 1/3 cup breadcrumbs
- 1/2 cup lukewarm water

Directions

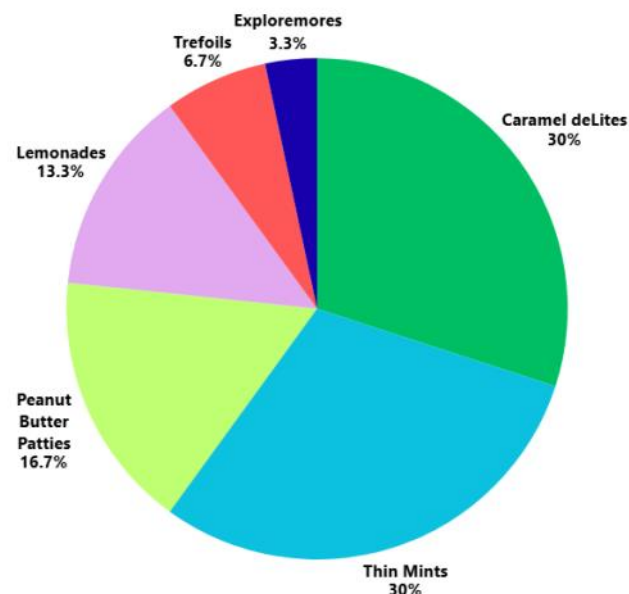
- 1) Preheat oven to 425 degrees (F). Line a large baking sheet with parchment paper and set aside.
- 2) In a large bowl combine ground meat, garlic powder, onion powder, Italian seasoning, black pepper, salt, egg, cheese, and breadcrumbs. Slowly add the water, a few tablespoons at a time, mixing with your hands until everything is just combined. Don't over mix here or it'll make the meatballs tough. The mixture should be very moist but still hold its shape when rolled into meatballs.
- 3) Using an ice cream scoop or large spoon, scoop about one tablespoon of meat into your palms and roll it into a ball. Place the ball on the prepared baking sheet. Repeat with all of the meat.
- 4) Place the baking sheet in the oven to bake for 12 to 15 minutes, or until they're cooked



It's Girl Scout cookie season! We took a poll inside our office to vote for our favorite girl scout cookie!

Here are the results:

- 1. Caramel deLites—9 votes**
- 1. Thin Mints—9 votes**
- 2. Peanut Butter Patties—5 votes**
- 3. Lemonades—4 votes**
- 4. Trefoils—2 votes**
- 5. Exploremores—1 vote**



“Welcome to Medicare” Presentations in your Area

Free 1-hour “Introduction to Medicare” presentations:

Thursday, March 5 at 11:00am

Hartland Public Library—(262) 367-3350

Wednesday, March 9 at 2:00pm

Menomonee Falls Public Library—(262) 532-8900

Monday, March 16 at 1:00pm

Pewaukee Public Library—(262) 691-5670



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, March 11 1:00-3:00pm	Wednesday, March 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.





NATIONAL K9 VETERANS DAY

March 13th

HONORING OUR FURRY HEROES



PUZZLE ANSWERS FROM PAGE 3

CNSTIE

INSECT

OLERVC

CLOVER

TEYBUFLRT

BUTTERFLY

LOOMB

BLOOM

TPCAIRK

PATRICK

KULC

LUCK

REENG

GREEN

SRTAEE

EASTER

RDGENA

GARDEN

ROWNABI

RAINBOW

REWOFL

FLOWER

CICPNI

PICNIC

IKET

KITE

MHCROSKA

SHAMROCK

RAMHC

MARCH

ESSOAN

SEASON

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PAARDE

PARADE

QXUNOEI

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YDNWI

WINDY

SBAAKETBLL

BASKETBALL

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

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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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