



Aging and Disability Resource Center
of Waukesha County

Your Bridge to Support

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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JULY 2025

The ADRC Connection: *Disability-Focused Edition*



Americans with Disabilities Act

What is the ADA?

The **Americans with Disabilities Act (ADA)** was signed into law 35 years ago on July 26, 1990 by President George H. Bush. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools,

transportation, and many public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA is divided into five titles (or sections) that relate to different areas of public life.

These five sections are:

- ◆ **Title I** - Employment
- ◆ **Title II** - Public Services: State and Local Government
- ◆ **Title III** - Public Accommodations and Services Operated by Private Entities
- ◆ **Title IV** - Telecommunications
- ◆ **Title V** - Miscellaneous Provisions

**You can thank
the ADA for
curbs cuts at
public sidewalks
and businesses!**

PRINT CORRECTION: In May and June newsletters, we listed an event on July 17 in Okauchee as a community shredding event. This event is sponsored by a business and NOT open to the public. We apologize for any confusion this may have caused. We appreciate your understanding.

| Thursday, July 3 | Friday, July 4 | Saturday, July 5 |
|---|---|--|
| <p>Parades:</p> <ul style="list-style-type: none"> • Menomonee Falls—Downtown Menomonee Falls, 7pm | <p>Parades:</p> <ul style="list-style-type: none"> • Delafield—Downtown Delafield, 10am • Waukesha—Cutler Park, 11am • New Berlin—New Berlin City Hall, 1pm • Oconomowoc —Downtown Oconomowoc, 5pm | <p>Parades:</p> <ul style="list-style-type: none"> • Brookfield—Davidson Road, 9am |
| <p>Fireworks:</p> <ul style="list-style-type: none"> • Menomonee Falls Fireworks—Practice field between the high school and Ben Franklin School, 9:30pm • Waukesha Fireworks—Lowell Park, 9:30pm • Pewaukee Lake Fireworks—Pewaukee Lakefront Park, 9:30 pm | <p>Fireworks:</p> <ul style="list-style-type: none"> • Oconomowoc Fireworks—Fowler Park, 9pm • New Berlin Fireworks—Malone Park, 10pm  | |

REMINDER!
BE KIND AND CONSIDERATE OF VETERANS

Fireworks can be a trauma reminder for those who served in combat or went through a fire, explosion or gun violence. Whether expected or unexpected, fireworks can cause distress

Please be mindful to our community's veterans when enjoying fireworks!



July Community Events

July 3-5—New Berlin 4th of July Family Festival @ Malone Park, times vary. This 3-day event features live music, carnival rides, food, drink, a parade, fireworks, and more!

July 4-5—Independence Day Weekend @ Old World Wisconsin, 10 am- 4 pm. Celebrate the stars and stripes at Old World Wisconsin during a weekend jam-packed with food, games, music, performances, and other patriotic activities! Tickets can be purchased in advance at The Wisconsin Historical Society website: <https://wisconsinhistory.org>

July 11-13—Sussex Lions Daze @ Village Park, times vary. There will be 3 days of family fun at the annual Sussex Lions Daze festival. This event features carnival rides, live music, fireworks, softball tournaments, pony rides, food, and drink, and more! For a full schedule of events, visit <https://lakecountryfamilyfun.com/event/sussex-lions-daze>

July 12—Lake Country Art Festival @ Naga-Waukee Park, 9 am- 4 pm. Visit over 75 artists specializing in pottery, painting, glass, woodwork, fine art, jewelry, yard art, textiles, and more! There will also be a silent auction tent where items from talented artists are up for bid, as well as gift certificates from local restaurants and businesses. A variety of food trucks will also be present. Admission is \$5 per carload.

July 16-20—Waukesha County Fair @ Waukesha County Fair Grounds, times vary. The fair is back for its 183rd year! This is the oldest county fair in Wisconsin, and the biggest event in all of Waukesha County! For details and a full schedule, visit www.waukeshacountyfair.com.

July 17-19—Delafield Block Party @ Downtown Delafield, 5 pm- midnight. Enjoy three evenings of fun featuring live music and a large beverage tent with specialty drinks, local food offerings, and raffle!

July 19-20—Maxwell Street Days @ Field Park (Mukwonago), 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.

July 24-27—Dousman Derby Days @ Cory Park, times vary. This year marks the 69th annual Dousman Derby Days. The fun filled weekend will include a parade, music, carnival rides, softball tournament, and the famous Wisconsin State Frog Jump. Further details and a full schedule of events can be found at <https://lakecountryfamilyfun.com/series/dousman-derby-days>

PUBLIC HEALTH COMMUNITY EDUCATION

(more health education opportunities on page 16)

Coping with Stress through Journaling sessions offered:

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

**July 9th, 2025
3:00 PM - 4:15 PM**

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

**July 14th, 2025
2:00 PM - 3:15 PM**

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

To Register: Call 262-646-2343

To Register: <https://hartland.librarycalendar.com/event/laughter-yoga-1358>

**July 22nd, 2025
1:30 PM - 2:45 PM**

Elm Grove Public Library
13600 Juneau Blvd
Elm Grove, WI 53122

**July 24th, 2025
9:30 AM - 10:45 AM**

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150

To Register:
www.elmgrovelibrary.org

To Register: Call 262-971-2100 or visit the Reference Desk

Hey, Why Are They Parking There?

Dan Michaels, Community Health Educator, Waukesha County Public Health

Picture this. You are driving in a parking lot looking for a spot to park. You go to the front and see a middle aged or younger person parking in an accessible parking spot, legally with a disability placard. When they get out, they appear to be healthy and not seem to need any help walking. This situation may make some people go, "Hmm... Why are they parking there?" Thoughts that may pop up could be, "are they driving someone else's car?", "they can't really be disabled", or even, "I should go ask them why they are parking there". While those thoughts may occur for some people in this situation, it is important to remember not all disabilities can be seen. In this article we will discuss invisible and hidden disabilities, which are disabilities that are not immediately apparent.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health



There are many different types of disabilities, some can easily be observed, and others cannot. The list of possible causes of invisible/hidden disabilities is so large there are too many to mention in this article. I will focus on the one I am familiar with and use my personal experience. A few years ago, I was in kidney failure, and I was unable to produce my own hemoglobin, which is the part of the blood that carries oxygen throughout the body. With low oxygen levels in my body, I was weak and couldn't walk more than 100 ft, before I needed to sit and rest. In addition, I couldn't filter any toxins

from my body by myself. So internally I was extremely weak, constantly sick, and always needing to rest. However, that was invisible to anyone who only saw my outward appearance, which seemed to be an average middle-aged man who looked healthy but may be a little tired. So, a nice-looking cover of a book that was hiding chapters of sickness and disability on the inside.

With my situation, I was given an accessible parking pass and was able to park in the spots indicated by the white wheelchair symbol. I was asked a few times why I was parking there. I felt ashamed and I just explained my health situation at first. I thought to myself, "Wait, I have a disability. Why am I explaining myself?". So, I stopped and started to have fun with it when people asked. One woman asked me if she could ask what my disability was. I enthusiastically said "Yes", and then I walked away. I said she could ask, I never said I would answer, hee-hee. My disability was invisible; however, I was not and that is a challenge for those with invisible/hidden disabilities.

There are many disabilities people can have, some are seen and some are hidden. Someone with disabilities have challenges they are working with every day. Questioning someone or asking them to prove they're disabled is not helpful to anyone. It just adds another challenge for them. People with disabilities should not be made to feel ashamed to use the assistance they need, such as accessible parking. Many disabilities are invisible, but it should be seen that we all support those with disability to get the assistance they required.



Leave Dementia at the Hilltop Embrace the Magic of Memory Camp! August 18-21, 2025



**SCHOLARSHIPS
ARE
AVAILABLE.**

Contact Rachel @
rwatkins-
petersen@respitecarewi.org
for more information.



Memory Camp is a stigma-free, joy-filled retreat designed for people with mild to moderate dementia, their family caregivers, and extended families and friends. Camp highlights include singing by the fire, creating poetry, and savoring s'mores. Participants can glide across Moon Lake on a pontoon, stretch with seated yoga, hike accessible trails, and enjoy kayaking, swimming, the music garden, or peaceful lakeside relaxation.

Each family is matched with a trained respite care volunteer. Guests stay in modern cabins with private baths, enjoy delicious meals, and experience the warmth of a truly welcoming and inclusive community. Register at ucci.org

Moon Beach | 1487 Moon Beach Road St. Germain, WI 54558

Hosted and directed by:

Carrie Esselman, Fox Valley Memory Project

Rachel Watkins-Petersen, RCAW



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INCLUSIVE BOOK CLUB

A BOOK CLUB SPECIFICALLY FOR ADULTS
WITH INTELLECTUAL DISABILITIES

DATES:
JUNE 26TH
JULY 24TH
AUGUST 28TH

7:00 PM –
8:00 PM

AT
EP·I·LOGUE BOOKS,
MENOMONEE FALLS



QUESTIONS? CALL MICHELLE @ (262) 293-3421

Easterseals Southeast Wisconsin

Easterseals Southeast Wisconsin is proud to provide a range of programs that promote independence, community, and quality of life for individuals with disabilities in Waukesha County.

Our **Adult Day Services Program** offers a safe, engaging environment where adults can explore personal interests, build skills, and form meaningful relationships. Activities are tailored to individual goals and abilities, and our trained staff provide compassionate support throughout the day.

The **Adult Recreation Program**, open to individuals aged 15 and up, brings people together through inclusive social experiences. This summer, participants can enjoy Tuesday night bowling, Thursday night bingo, Friday night dances, weekend outings to local favorites like Olive Garden and Buffalo Wild Wings, and a Pool Party & Grill Out on August 23! For more details, contact Shelly at shellyr@eastersealswise.com or 414-840-9740.

Our **Corporate Guardianship Program** ensures that court-appointed individuals who lack family support have a trusted advocate to help them make critical life decisions. From healthcare to housing, Easterseals acts in their best interest with dignity and respect.

Together, these programs reflect our mission: to create 100% inclusive communities where everyone can live, learn, work, and play to their fullest potential.

Learn more at <https://www.easterseals.com/wi-se/>



201 Wisconsin Ave, Waukesha, WI 53186
(262) 953-2260





Donna Lexa Art Centers (DLAC) is a vibrant, innovative, inclusive art community for young adults and adults of all abilities. Rooted in Donna Lexa's groundbreaking vision that everyone should have access to the arts, DLAC strives to eliminate barriers to any artist who has the desire to access the benefits of participating in the creative process.

The DLAC teaching staff supports our emerging and established artists depending on their individual goals and needs. DLAC instructors with a background in fine arts or art education may help an emerging artist master the techniques they need to achieve their artistic visions or work with them to help them establish their artistic identity. DLAC trained art

therapists may work with individuals who benefit from the therapeutic aspects of art-making, for example military veterans with PTSD, caregivers and respite providers and elders with conditions such as Alzheimer's disease. In addition, all DLAC instructors are adept at inclusive, adaptive practices, with particular expertise in serving students with disabilities.

With the DLAC's focus on accessibility and inclusion, culturally sustaining practices and adaptive art methodologies a broad spectrum of DLAC students are able to benefit from participating in process-based art making. These benefits include access to a supportive community, increased independence, improved critical, creative, social-emotional and communication skills and the capacity to express themselves in new ways, while working toward their individual goals and self-development. DLAC also advocates for individuals with disabilities and other conditions by showcasing their strengths and talents via public exhibitions and providing vocational opportunities. In our studios and in our communities the DLAC promotes dignity, creativity and community for people with disabilities through art.

Address: First Baptist Church of Waukesha
247 Wisconsin Ave. Waukesha, WI 53186
Phone Number: (262) 521-2292
Website: www.donnalex.org

Groups at Donna Lexa:

Military Veteran's Open Studio (West Milwaukee near VA Hospital) Free to all vets. Offers groups for "All Vets" and "Women Vets."

Open studio sessions: Open Studio sessions, led by art therapists and art instructors, are designed for individuals who would benefit from the therapeutic and skill building aspects of participating in the creative process. Our open-studio-based approach emphasizes the goals and objectives of each artist in their individualized journey. (Can be funded by IRIS/grant-supported scholarships)

Free Open studio for Elders (65+) and their Caregivers: For individuals experiencing conditions like Alzheimer's or dementia, engaging in creative expression can help preserve a sense of identity and continuity, even when memory fades.

- Waukesha, Wed: 3:30-5:30
- Milwaukee, Thurs: 12:30-2:30pm



Caregiver Corner



Creating a Good Routine While Caring for People with Intellectual and Developmental Disabilities

If you are caring for someone with intellectual and developmental disabilities (IDD), it can be very important to your care recipient to have a routine that stays the same every day. They might get anxious or upset if the routine

changes. If this happens, they may behave in challenging ways because they don't understand what they're expected to do or what's happening, or they don't like what they're being asked to do. Routines can also help reduce stress for caregivers, as they'll better understand what to expect and how to provide support.

A predictable routine can help people with IDD in many ways, including:

- Feeling more stable, comfortable, and calm
- Boosting self-esteem
- Dealing with stress
- Staying organized
- Learning the order of steps in a task

To create a stable routine, follow these three steps:

1. Make a Schedule. Start by listing the activities your care recipient does every day. From that list, choose some activities that would be important to include in their daily schedule, especially ones that'll probably happen the same way every day, like getting dressed. It can be important to:

- **Be realistic.** Consider what activities are realistic for you and your care recipient to do every day.
- **Consider choice, control, and meaning.** Ensure their schedule balances tasks they need to do with activities they enjoy, like TV time or crafts, that give them purpose and meaning in their lives.
- **Stay flexible.** Schedules can change depending on your care recipient's needs and interests (and yours, too!).

2. Share the Routine. Every person who spends time with your loved one should follow the routine as much as possible, especially in a new place or around new people. A stable routine can make it easier to adjust to new situations. Visual schedules are a great way to involve them in following the routine and could be created on paper, a whiteboard, or electronic device.

3. Follow the Routine. Sticking to the routine as much as possible makes it more effective. Your care recipient may need your support, or they may prefer to do it on their own. Remember: if your care recipient is having difficulty keeping a routine and it's affecting their (or your) ability to do important activities, talk to a doctor or a member of their healthcare team.

Dear Ina,

I heard animals, especially horses, can provide amazing and calming therapy for those living with physical, emotional, and cognitive special needs. Are there any organizations within Waukesha County that offer those kinds of services, or other kinds of animal therapy?

-NayNay Equis



Dear NayNay,

Yes, you are correct—people with special needs can benefit greatly from the kind of nature-based, integrative therapy you described, and Waukesha County does have an organization that offers equine therapy. Equine therapy involves the use of horses in therapeutic settings to help individuals dealing with a variety of challenges. The therapy assists in building relationships between the individual and the horses involved to develop communication, self-esteem, and relationship building skills.



LifeStriders in Waukesha is a non-profit organization that provides innovative and integrated cognitive and physical therapies on their farm, and sometimes on the backs of their horses, to individuals and families with special needs at low to no cost. They also offer specific integrated programs for those with Alzheimer's, disabled individuals, and veterans. To learn more, visit www.lifestriders.org or call **262-565-6124**.

LifeStriders
NATURE BASED • INTEGRATIVE • THERAPIES

The Humane Animal Welfare Society of Waukesha (HAWs) also offers equine therapy at the **HAWs Schallock Center for Animals** in Delafield. The horses are permanent residents of the farm and not available for adoption and are there to offer therapy to both children and adults. The center also offers dog parks, kids programs, and pet-training classes. To learn more about HAWs Schallock Center, visit: hawspets.org/schallockcenter. HAWs (along with the Elmbrook Humane Society in Brookfield) is always looking for volunteers and an application can be filled out online to volunteer to help socialize adoptable pets or find another good fit where help is needed.

HAWs 
SCHALLOCK CENTER FOR ANIMALS

Sincerely,

Ina



ACAP

People with disabilities leaving their print on the community.

Adaptive Community Approach Program, or otherwise known as, ACAP, is a partnership of people who have disabilities and a passion to demonstrate their abilities in the community around them. ACAP is not merely an assemblage of staff and members, but people coming together to work, learn, adapt, and serve the community. ACAP

builds up the larger community and in so doing, discover our valued place within it. ACAP programs include adaptive recreation, artistic expression, community advocacy, community service, education, and enrichment.

To learn more, call **(262) 521-1120** or email **info@acap-waukesha.org**



independence first

Independence First offers more than 40 programs and workshops and services of all kinds, and for various age groups. They provide programs on disability awareness, independent living skills, and recreation.

They work with individuals and families for whatever someone needs to successfully live in the community, helping with resources from assistive technology to home modification to personal care or supportive home care services.

Independence First also provides programming, whether it's art classes or cooking classes, peer support, and even adaptive video gaming. More than 50% of their staff, managers, and Board have disabilities themselves and this peer-approach leads to excellent outcomes. Their services also include benefits counseling and Personal Care Support. Independence First helps people who want to stay or move into an independent living situation in their own home instead of institutions.



Do you use a wheelchair in Waukesha County? Looking for a ride? The **RideLine Program** is available to Waukesha County residents who are non-ambulatory individuals 60 years of age or older, OR ages 18-59 with a disability designation and using a wheelchair or scooter. Individuals must complete an application which includes a *Fare Determination Form* and a *Disability Designation Form*, and be certified by the ADRC before using the program. Call us

at the ADRC for more information and the application, 262-548-7848.

A sliding scale is used to determine an individual's fare and is based on the ability to pay.

One-way fare sliding scale:

\$4.75 - \$10.55 one-way trip within same community.

\$6.00 - \$13.75 one-way trip between communities.

\$9.20 - \$22.00 one-way trip to adjoining county for medical services ONLY.

Katy's Kloset: Connecting Our Community to Essential Medical Equipment

Did you know that Katy's Kloset, a service of Team Up With Families, loans out over **650 different types of medical equipment and supplies**—completely free of charge? From wheelchairs and walkers, to shower chairs, commodes, and pediatric items, we help people of all ages regain independence, safety, and mobility. Whether it's for short-term recovery or long-term use, our goal is to make sure everyone has access to the equipment they need, when they need it most.

To make the process as easy and efficient as possible, **please visit our website regularly**. There, you'll find the **most up-to-date information on our procedures**, appointment availability, and how to request items. You can also explore our **online catalog**, where all available equipment is listed—giving you a clear view of what we offer before you place a request.

Please note that all services at Katy's Kloset are **by appointment only**. There are two easy ways to schedule:

- 1) **Call our main number** and leave a message—one of our dedicated volunteers will return your call.
- 2) **Submit a request directly through our website** using our simple online form.

While **our services are always free**, we do **gratefully accept donations** to help cover our operating costs and keep this vital resource available to the community.

Whether you're borrowing or returning equipment, donating gently used items, or looking to get involved as a volunteer, Katy's Kloset is here to serve. Together, we're building a stronger, healthier, and more connected community—one piece of equipment at a time.

Phone number: 262-746-9034
Website: TeamUpWithFamilies.org



Accessible parks in Waukesha County are designed to accommodate the needs of individuals with disabilities, ensuring that everyone can enjoy the natural beauty and recreational opportunities of the area.



**Waukesha County
Park System**

Fox Brook Park (2925 N Barker Road, Brookfield)

- Features: Accessible picnic area, restrooms, and paved walking trail.
- Accessibility: Accessible fishing pier, overlook, and kayak launch.

Fox River Park (W264 S4500 River Road, Waukesha)

- Features: Accessible picnic areas, restrooms, and paved walking trail.
- Accessibility: Accessible fishing pier, overlook, and kayak launch.

Menomonee Park (W220N7884 Town Line Rd, Menomonee Falls)

- Features: Accessible picnic areas and restrooms.
- Accessibility: Accessible campsites.

Minooka Park (1927 E Sunset Dr, Waukesha)

- Features: Accessible picnic areas and restrooms.
- Accessibility: Accessible beer garden.

Mukwonago Park (S100W31900 County Hwy LO, Mukwonago)

- Features: Accessible picnic areas and restrooms.

Muskego Park (S83 W20370 Janesville Road, Muskego)

- Features: Accessible picnic areas and restrooms.
- Accessibility: Accessible fishing pier and campsites.

Naga-Waukee Park (651 Hwy 83, Hartland)

- Features: Accessible restrooms and picnic areas.

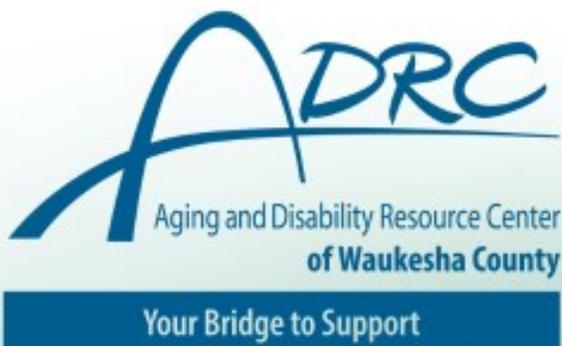
Nashotah Park (W330 N5113 County Rd C, Nashotah)

- Features: Accessible picnic areas and restrooms.



Retzer Nature Center (S14W28167 Madison St, Waukesha)

- Features: Accessible trails and exhibits.
- Accessibility: Facilities and programs designed to accommodate all individuals.



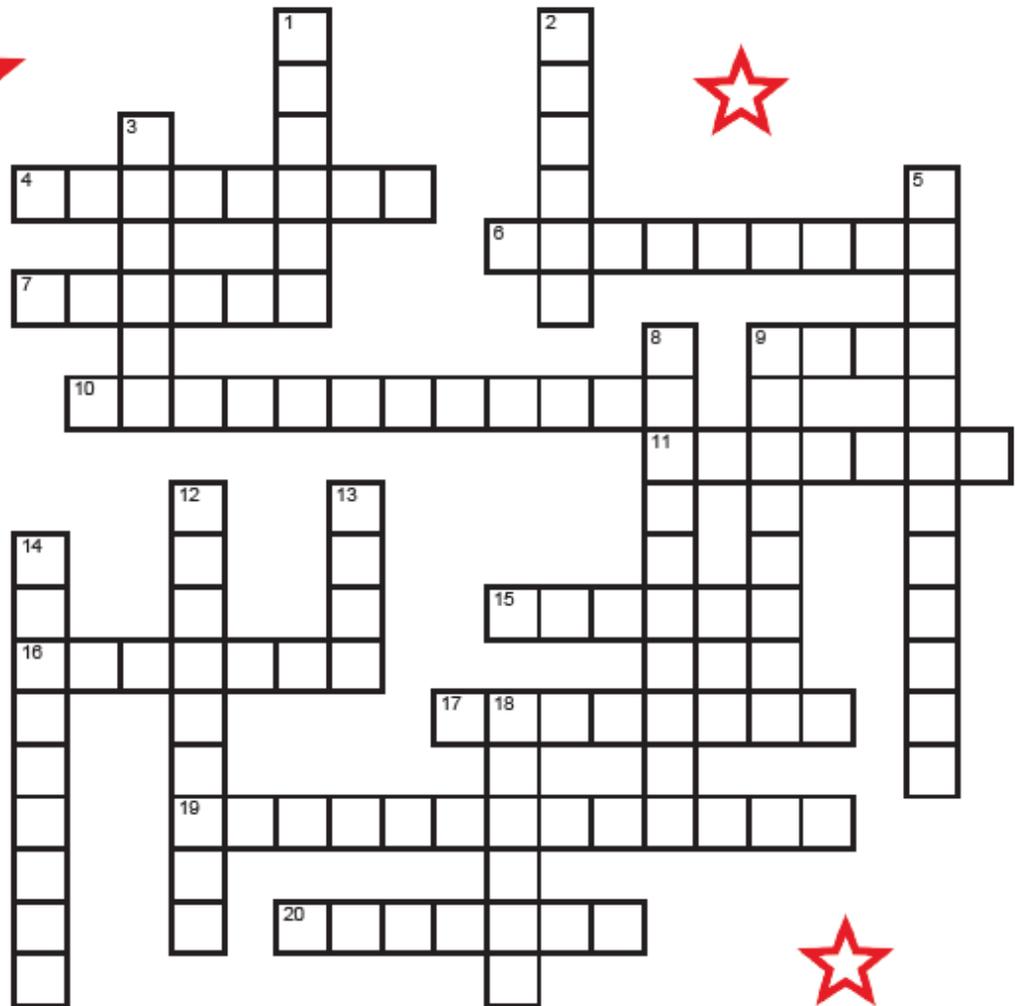
Find us on Facebook



www.facebook.com/ADRCWC



Crossword Challenge



ACROSS

4. American President who was born on July 4th, Calvin ____.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and ____.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and ____.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of ____.
17. Number of original colonies that declared independence.
19. Fight for American independence: The ____ War.
20. Famous signer of the Declaration of Independence: John ____.

DOWN

1. Patriotic song often sung on Independence Day: Yankee ____.
2. National anthem of the United States: The Star-Spangled ____.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of ____.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed.

14. National bird of the United States.
18. Commonly consumed food on July 4th.

ANSWERS ON PAGE 16

Make it Red, White, and Blue!



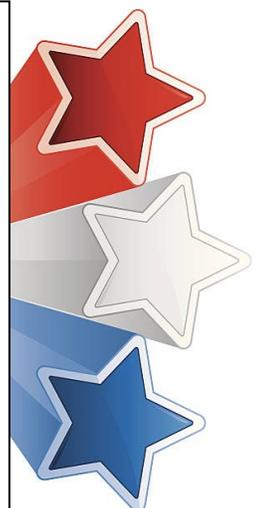
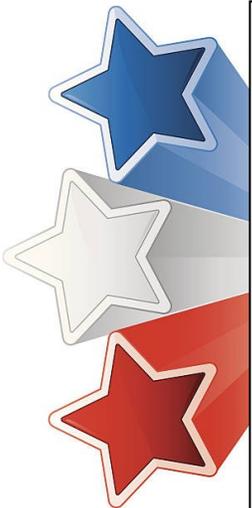
Make Your Own!

RED: Strawberries, tomatoes, raspberries, cherries, beets, peppers, apples, watermelon, Twizzlers

White: Marshmallows, cool whip, popcorn, bananas, cauliflower, cucumbers, cheese, ranch dip, white chocolate covered pretzels, mushroom, cottage cheese

Blue/Dark: Blueberries, grapes, blue tortilla chips, olives, chocolate bars, blackberries, chocolate covered pretzels

Something for everyone!



Community Memory Screening: Monday, **July 14, 1:00—5:00pm**, at Pauline Haass Public Library in Sussex. Schedule your 30 min time slot of memory screen with Kathy, ADRC Dementia Care Specialist at 262-548-7354.



Savvy Caregiver Training: Thursdays, **July 17—August 21 (6 sessions), 1:00—3:00 pm**. Register by calling Jen, a ADRC Dementia Care Specialist at 262-548-7650

Community Memory Screening: Tuesday, **August 19, 10:00am—3:00pm**, at Delafield Public Library. Register by calling Jen, ADRC Dementia Care Specialist at 262-548-7650

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

SUMMER HEALTH EDUCATION CLASSES



PROHEALTH CARE

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

For more information, or to register, for any of these classes, visit ProHealthCare.org/Classes or call 262-928-7032

Healthy Living with Diabetes

Telephone-based workshop
Mondays, June 30-August 4, 1-2pm

Powerful Tools for Caregivers

In-Person workshop
Thursdays, July 31 to September 4, 10-11:30am

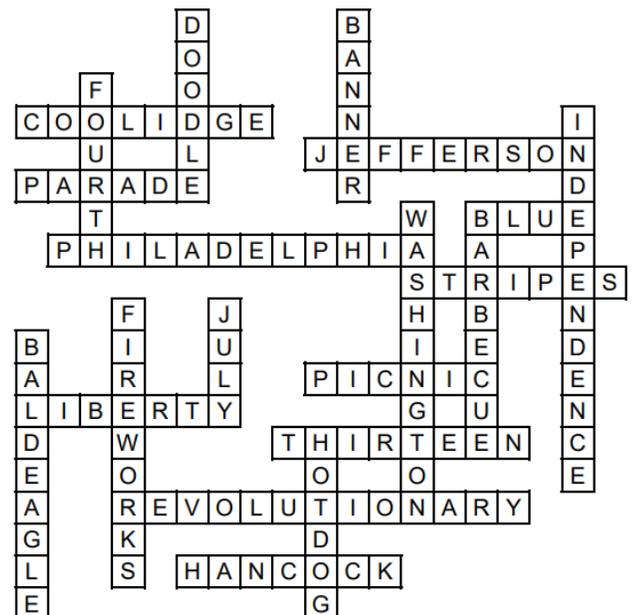
Living Well with Chronic Conditions

Online workshop
Mondays, August 11 to September 22, 10am-12:30pm

Healthy Living with Chronic Pain

In-Person Workshop
Wednesdays, August 13 to September 17 1:00-3:30pm

CROSSWORD ANSWERS FROM PAGE 14



Turning 65?
Need Medicare?



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*

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**

In addition, the ADRC conducts 2-hour “Welcome to Medicare” classes every 2nd Wednesday of each month: **July 9, August 13, September 10**
1:00—3:00pm 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, then click “Welcome to Medicare Class”
or call our office at 262-548-7848



FARMERS MARKET

Voucher distribution

Vouchers are available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm. Please call the ADRC at (262) 548-7848 for additional information or if you are not able to come into the office.

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.

ADRC Senior Dining Centers in Waukesha County

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



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

What do you call a frog who illegally parks in an accessible parking spot?

Toad.

Like our jokes? Like to Laugh? Join Laughter Yoga at Brookfield Public Library on July 7th, 2025 from 2:00 PM - 3:15 PM.

July 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | 1 | 2 | 3 | 4 |
| PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE | Pork Cutlet in light gravy Wild Rice and Quinoa Blend Harvard Beets Broccoli Salad Multgr. Bread/butter Honeydew Melon | Chicken Noodle Casserole Steamed Spinach Creamy Dill Cucumber Salad Mandarin Oranges Danish Alt: Applesauce | Brat on a Bun with Sauerkraut Ketchup/Mustard American Fried Potatoes Carrot sticks with Hummus Watermelon Ice Cream Cup | July 4th Holiday No Meals Served |
| 7 | 8 | 9 | 10 | 11 |
| Mexican Tater Tot Casserole Green Beans Tropical Fruit Salad Multigrain Bread/ butter Coconut Cake Alt: Diet Cookie | Shredded Turkey and Gravy over Mashed Potatoes Honey Glazed Carrots Mixed Greens Salad w/French Dressing Buttermilk Biscuit/ butter Chocolate Pudding Alt: Diet Pudding | Smothered Meatballs Sour Cream & Chive Mashed Potatoes Prince William Blend Veggies Multigrain Bread/ butter Chef's Choice Fruit | Chicken Salad with Grapes Parmesan Zucchini & Corn Salad Cucumber Slices with Ranch Dinner Roll/butter Cantaloupe | Sloppy Joe on a Wheat Bun Hashbrown Casserole Hot Calico Beans Blueberries Ice Cream Cup |
| 14 | 15 | 16 | 17 | 18 |
| Chicken Chow Mein over Brown Rice Soy Sauce Key West Blend Veggies Fresh Red Peppers with Ranch Waldorf Salad | Italian Meatloaf Patty Buttered Red Potatoes Sunshine Carrots Fresh Fruit Whole Wheat Bread/ butter Brownie Alt: Diet Jello | Turkey ala King over a Biscuit California Florentine Blend Veggies Pea & Cheese Salad Peach Half Snickerdoodle Cookie Alt: Diet Cookie | Bastille Days Beef Burgundy over Noodles French Cut Green Beans Romaine Lettuce Salad with French Dressing Grapes Chocolate Milk | BBQ Riblet Au Gratin Potatoes Garbanzo Bean Salad Nine Grain Bread/ butter Watermelon |
| 21 | 22 | 23 | 24 | 25 |
| Salisbury Steak in gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Multigrain Bread/ butter Ice Cream Cup | Bacon Cheeseburger Casserole Creamed Corn Sliced Tomato Salad Whole Wheat Bread/ butter Seasonal Fresh Fruit | BBQ Chicken Quarters Cubed Sweet Potatoes Baked Beans Oat Bran Bread/ butter Honeydew Melon | German Fest Roast Pork in Thyme Gravy Spaetzle with gravy Sweet & Sour Cabbage Creamy Cucumber Salad Applesauce German Chocolate Cake | Christmas in July Roast Turkey in gravy Herbed Stuffing Dilled Carrot Coins Broccoli Salad Whole Wheat Dinner Roll/butter Cherry Pie Alt: Canned Cherries |
| 28 | 29 | 30 | 31 | |
| Cranberry Meatballs Au Gratin Potatoes Creamed Spinach 7-Grain Bread w/ butter Mandarin Orange Chocolate Milk | Garlic Chicken Double Baked Potato Casserole Country Mix Veggies Multgr. Bread/butter Pound Cake with Strawberries | Italian Sausage with Peppers, Onion & Marinara on a Bun Marinated Veggie Pasta Salad Green Beans Fruit Cocktail Banana Pudding Alt: Pears | Seafood Pasta Salad Tomato & Cucumber Salad Baby Carrots with Ranch Fresh Fruit Bran Muffin/butter |  |

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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