

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

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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September is Falls Prevention Month!

ADRC of Waukesha County, Waukesha County Falls Prevention Coalition, and the Falls Free® Wisconsin Coalition, are committed to reducing falls as we age, and highlighting the importance of balance to help us prevent falls as we age, build confidence, and age independently.

Improving your balance and strength can have a noticeable impact on reducing your risk of falls! Balance and strength are important for everyday activities.

Consider joining an exercise class or falls prevention program (in-person or online!) to stay accountable, meet new people, and have fun while improving your physical health, including balance and strength.

Visit eras.org/community to find activities in your area, and select "Falls Prevention" under the search category.

Plan to attend any of these Falls Prevention Fair or resource fairs to learn more:

- **Senior Fair:** September 11, 11am-1pm, Christ Lutheran Church, Pewaukee
- **Falls Prevention Fair:** September 26, 1-4pm, Brookfield Library - Community Room
- **Senior Source:** October 17, 10am-12pm, Oconomowoc Community Center
- **Senior Enrichment Fair:** October 17, 9am-10:30am, Menomonee Falls Community and Recreation Center

There may also be other reasons why your balance is affected including medications or alcohol, inner ear problems, medical conditions, or vision problems. If you feel any of these things may be affecting your balance, talk to your healthcare provider for further assessment.

We are all aging. From older adults to their families or caregivers, and everyone in between. Take action to stay safe and independent!





September 6 - Wagfest @ Mitchell Park (Brookfield), 11 am- 5 pm. Join in for the 16th annual Wagfest, an event that raises money for Elmbrook Humane Society! This is an opportunity for animals and their people to come together as a community to celebrate the bond between them. This event includes food, music, shopping, raffles, and activities for dogs! No dog? No problem! Many attendees participate without a furry friend!

September 13 & 14 - Maxwell Street Days @ Field Park (Mukwonago), 8 am - 5 pm. Mukwonago American Legion Post 375 presents the 68th annual Maxwell Street Days Flea Market with free admission. Sellers offer a variety of goods such as crafts, produce, plants, tools, and more. Food and refreshments are available on the grounds. Parking available throughout the area. This will be the last Maxwell Street Days of the year!

September 13 - Wine Walk and Brew Fest @ Downtown Delafield, 4-7 pm. This is the 6th annual Wine Walk and Brew Fest that makes for a fun and unique night out! This event boasts the ability to shop, dine, and wine (or brew) your way through the streets of Downtown Delafield.

September 19 & 20 - 9th Annual Waukesha Oktoberfest @ Frame Park, 2 - 10 pm. Waukesha's Oktoberfest includes live music, food, beer, and contests of hammerschlagen, masskrugstemmen, and cornhole.

September 20 - North Lake Harvest Fest and Parade @ North Lake Fireman's Park, 10 am-10 pm. Come join in on the fun for the 32nd Annual North Lake Harvest Festival! This free event features a craft fair, parade, food trucks, wiffleball tournament, recipe contest, rock wall, face painting, live music, inflatables, meat raffles, and more!

September 20 - Apple Harvest Festival @ Retzer Nature Center, 9 am-4 pm. Come enjoy this family-friendly autumn celebration featuring an apple market, Delafield Brewhaus beer garden, craft vendors, sweet treats, scavenger hunt, children's activities, live music, and much more!

September 20 - October 31- Scarecrow Lane @ Retzer Nature Center, sunrise until 10 pm. This is a free event for all ages that features a family-friendly scarecrow display along the trails of Retzer Nature Center!

September 26 - Falls Prevention Fair (see page 6 for details).

September 27 & 28 - Pila's Nursery Fall Fest @ Pila's Nursery (Waukesha), 9 am-3 pm. This is the 15th annual Fall Fest with a fun-filled weekend of live music, craft fair, food, sales, animals, and more!

October 4 - Art Crawl 137 @ Downtown Waukesha, 2-8 pm. Hundreds of artisans at 20 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 Waukesha's food and drink!

Did you know September 25th is One Hit Wonder Day?

Established in 1990 by music journalist Steve Rosen, the day serves as a tribute to artists who achieved significant success with one song but did not replicate that success with subsequent releases.

There have been many notable One Hit Wonders over the decades- On the 25th, celebrate by listening to one of or all of the examples below!



1950s

- ⇒ "Purple People Eater" by Sheb Wooley
- ⇒ "In the Still of the Night" by The Five Satins
- ⇒ "Come Go with Me" by The Del-Vikings

1960s

- ⇒ "Wipe Out" by the Surfaris
- ⇒ "The Monster Mash" by Bobby Pickett
- ⇒ "I Want Candy" by The Strangeloves

1970s

- ⇒ "My Sharona" by The Knack
- ⇒ "American Pie" by Don McLean
- ⇒ "Play That Funky Music" by Wild Cherry

1980s

- ⇒ "Come on Eileen" by Dexy's Midnight Runners
- ⇒ "I Ran (So Far Away)" by A Flock of Seagulls
- ⇒ "Mickey" by Toni Basil

1990s

- ⇒ "Barbie Girl" by Aqua
- ⇒ "Ice Ice Baby" by Vanilla Ice
- ⇒ "Closing Time" by Semisonic

2000s

- ⇒ "Blue (Da Ba Dee)" by Eiffel 65
- ⇒ "Bad Day" by Daniel Powter
- ⇒ "Somebody I Used to Know" by Gotye

Be Prepared and Have Fun

Dan Michaels, Community Health Educator, Waukesha County Public Health

September is National Emergency Preparedness Month, a perfect reminder to plan and be ready for the unexpected. Whether it's a power outage, tornado, fire, flood, or more; preparedness is your best defense. After all, no one cares more about you and your family's safety than you. Think of preparedness as "survival in advance". Emergency prep may seem daunting or scary, however we hope to change your perspective in seeing that preparedness can be important and FUN! For emergency preparedness, there are three basic steps you should take: Build a Kit, Make a Plan, Be Informed.

The first step, **Building a Kit**, involves gathering supplies you need when without power or water for a few days. That sounds like camping! When putting your kit together, think of it as planning a camping trip, it's almost the same supplies and it could put more fun building your kit.

Items in your kit, at minimum, should include –

- Water: a gallon per person, per day (3-day supply)
- Non-perishable food
- Flashlight
- Battery radio
- Extra batteries
- First aid kit
- Medications (7-day supply)
- Can opener/Multi- tool purpose
- Personal hygiene items
- Cell phone/chargers
- Family/emergency contact information
- Extra cash
- Pet supplies
- Durable container for these items (preferably waterproof)

Build A Kit

Have enough food, water and other supplies to support your needs for several days.



Ready. ✓

This is your starter list, customize for your family's needs. Once a year, check your kit for expired food, dead batteries, or missing items.

The next step is **Making a Plan**. Emergencies are less stressful when everyone knows what to do. Just like party planning, people need to know where to go, and what to do. For Making a Plan, think about the safest spot in/out of your home for all situations. Best exits and meeting places. How to reach loved ones if phones are down. What happens with your pets or service animals. Do you have a plan if a caregiver can't get to you. Also consider any physical limitation you might have, or medications/devices you require. Once your plan is set, practice it so everyone understands. Review and update your plan regularly so all are prepared.

The third, and final, step is **Be Informed**. The more you know, the better you can react. Stay connected to local alerts, weather warnings, news updates, weather websites or apps. It's also smart to connect with neighbors before trouble strikes—they can be a valuable resource, and you can be one for them. You could also sign up for an alert system such as Waukesha County AlertSense which you can find online. Being informed will help you to be ready for whatever comes your way.

National Preparedness Month is a great reminder of being prepared, but staying ready year-round is key. So update your kit, check your plans, and be aware. Think of it like wearing a seatbelt, you might not need it every day, but when you do, you'll be glad you did. Have fun with it! Stay safe, stay ready, and remember preparedness isn't about expecting the worst; it's about making sure you can handle it whether it be a power outage, a camping trip, or a tornado.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Did you miss the Wisconsin State Fair?! Bring some of the food to your kitchen!

Recipe: Chocolate Covered Bacon Twists

Cook time: 35min—**Prep time:** 5min—**Total time:** 40min—**Servings:** 24 Bacon Twists

Ingredients

For the Chocolate Covered Bacon:

- 2 lbs. thick cut bacon
- 8 oz. semi-sweet chocolate chips
- 1 Tbsp. coconut oil

For the Salted Caramel:

- 1 cup granulated sugar
- 6 Tbsp. salted butter
- 1/2 cup heavy cream
- 2 tsp. flaky sea salt, Maldon is recommend*



Directions

1. Preheat the oven to 350°F.
2. Remove the bacon from the packaging and prepare to twist! Hold one end of the bacon and twist the other end with your opposite hand. Place each twist on parchment-lined baking sheet. Avoid using thin bacon as it will not hold its shape.
3. Bake for 35 minutes, then check on in the bacon twists. If they need more time, cook in 5-minute intervals until done. When done, place the twists on a cooling rack and pat dry with a paper towel. Allow the bacon to cool, then place in an airtight container in the refrigerator.
4. Warm a saucepan over medium heat. Add the sugar and whisk continuously until it starts to clump. After about 8 minutes, the sugar will start to melt, keep whisking! Whisk until the sugar becomes amber in color, being careful not to burn it.
5. Add the butter and whisk until combined. Let this mixture cook for 1 minute, being careful to not let it burn.
6. Slowly whisk in the heavy cream. It will start to bubble up and that's normal. Whisk until all of the cream is mixed in, then let it boil for 1 minute. Remove from the heat, add the salt and mix. Keep refrigerated for up to 3 weeks and warm before mix.
7. Melt the chocolate using a double boiler, microwave or a glass/metal bowl placed in a pot that is filled 1/4 of the way with water. Regardless of the method, simply be sure not to with to burn the chocolate. Mix the chocolate and coconut oil until burn until melted, if you like melted chocolate on the thicker side, omit melted coconut oil.
8. Remove the bacon from the fridge and dip 1/3 of each twist into the chocolate, making sure it's coated evenly. Place back on the cooling rack and allow the chocolate to harden. Once the chocolate has hardened, drizzle the salted caramel over the bacon and sprinkle with sea salt.
9. Store in the refrigerator until ready to serve. These can be used as a Bloody Mary garnish, enjoyed with ice cream or eaten as is.

Why Chocolate Covered Bacon Twists?!

International Bacon and Chocolate Day are celebrated in September. Who knew?!



Ascension Healthcare Presents

Falls Prevention Fair

Friday September 26th, 2025

Join us between 1 to 4 pm

All community members are welcome!

September is “National Falls Awareness Month” and to honor this, **we are inviting you to learn more about preventing falls while staying active!**

Experts will address:

- Benefits of strength and balance training
- Home safety tips and tools for daily living
- Vision changes and balance
- Falls Risk Assessment
- Community safety
- Community resources available to you
- And much more!

**FREE
ADMISSION**

GIVEAWAYS

**Location: Brookfield Public
Library-Community Room
1900 N Calhoun Rd, Brookfield, WI 53005**

For questions, please contact (262) 785-2293

YOUR COMMUNITY HISTORY:

MERTON

Our historic highlight for this month is Merton, Wisconsin. Did you know this Township was originally named Warren? The locals requested an official post office and because Wisconsin already had an official "Warren Post Office", they made the change to "Merton" instead.

In 1840, William Odell became the first settler and there he decided to build his home. He built the first log cabin, placing it right at the intersection of Immigrant and Indian Trail. It is said that in the early 1800's, the area was mostly populated by those of Potawatomi and Chippewa lineage. The land passed through family and parts were sold to others such as Huntington and Kent, who in 1844, built a sawmill. In 1847, newcomers Henry Shears and George Trowbridge decided it was ideal to build a gristmill there as well. Around 1868, the first official

schoolhouse of Merton was built. About 10 years later, there was a fire, and the present Merton School house was made in its likeness and still stands today as a registered historic building. In addition, part of Merton's registered historic properties includes the Bark-River Hotel, Brown House, and the First Baptist Church.



Merton School



William Odell 1793-1879
Photos courtesy of Cheryl Janke.

Notable Merton Native:

William Odell (1793-1879) and his wife Harriet had travelled quite a bit before settling in Merton – and mind you, this was mainly by foot. Originally from Vermont, then to New York, William had stopped to serve in the War of 1812. Afterward, they moved to Milwaukee. This would be their last stop before establishing roots in Merton. Along this journey, they also had 8 children in tow. Odell found enjoyment in serving on the Waukesha County Board in 1846. He passed away at the age of 88 as one of the oldest Wisconsin settlers to date.

***National Voter Registration
Day is September 16, 2025!***

National Voter Registration Day is a nonpartisan civic holiday dedicated to celebrating our democracy. Since its kickoff in 2012, the holiday and **its team of thousands of Partners** have worked to get **over 6 million Americans** registered to vote in time for their next trip to the ballot box.

Celebrated each September, National Voter Registration Day involves dedicated Partners of every stripe from all over the country hitting the streets for a single star-spangled awesome day of coordinated field, digital, and media action focused squarely on growing our shared democracy.

In Wisconsin, visit <https://myvote.wi.gov> to do the following:

- ◆ Register yourself to vote
- ◆ See where your polling place is (it might have changed!)
- ◆ See a preview of what will be on your ballot
- ◆ Update your name or address
- ◆ Vote absentee by mail
- ◆ Track your absentee ballot



The next state election is Tuesday, April 7, 2026

Caregiver check! Do you help an older adult in your life with any of the following?:

- ❑ Go to the doctor
- ❑ Run simple errands
- ❑ Manage their finances
- ❑ Clean their house
- ❑ Make appointments
- ❑ Manage their medications (fill med boxes or pick up prescriptions)
- ❑ Wash, bathe, or help them eat

Have you had to any of the following because of your caregiving role:

- ☐ Stop participating in activities you enjoy
- ☐ Take time off work or reduce hours
- ☐ Change or cancel vacation plans
- ☐ Postpone your own appointments
- ☐ Take time away from family or friends

If you answered yes to any of the previous, **YOU** are a **CAREGIVER**, and you are invited to our FREE Family Caregiver Event. See details below:

Waukesha County Family Caregiver Event

Wednesday, November 5, 2025

10:00a-3:30p

WCTC Pewaukee Campus

(no cost to you)

Lunch Included—Breakout Sessions
Resources—Support—Self Care

Pre-register by October 21st:

<https://forms.office.com/g/DsQb7rpmtg>

Grandparents Raising Grandchildren

Caregiver
Corner



September 7th is National Grandparents Day!

Here at the ADRC, we know that the role of grandparents varies, and that sometimes, grandparents need to step in as the parental role for their grandchildren. As of September 2024, more than 2.4 million children are living in these "grandfamilies". Roughly 33% of that 2.4 million are

children under the age of 6, 35% are between 6 and 11 years old, and 32% are between 12 and 17. The reasons for grandparents raising grandchildren vary widely, and with limited resources or sometimes little time to prepare to take this on, grandparents can be left in a position where they are forced to navigate new territory that can be overwhelming, isolating, and emotionally draining.

If you are a grandparent raising a grandchild, remember:

- You are not alone! Get connected through community organizations, national organizations, and on social media. Connection, community, and awareness are crucial.
 - *Reach out to ADRC of Waukesha County and ask about **National Family Caregiver Support Program (NFCSP)**, see below for more information.*
- Love, not age, makes a family.
- Advocate for yourself and your family.

For more resources, visit:

www.wisconsincaregiver.org/grandparent-relative-caregiver-resources

Who may be eligible to receive NFCSP funding

- ♦ Any **caregiver who provides unpaid care to a person age 60 or older.**
 - ♦ **Note: The older adult receiving care must need assistance with daily living.**
- ♦ Grandparents or relatives aged 55 and older who are the primary caregivers for a child under age 18 or older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities.

What services and items can NFCSP provide?

- ♦ **Respite** (in-home, facility, or adult day centers)
- ♦ **Chore services** such as yard work, snow shoveling, or heavy housework
- ♦ **Personal care** such as dressing, bathing, or toileting
- ♦ **Daily homemaking tasks** such as meal preparation, shopping, or light housework
- ♦ **Companionship** and general supervision for safety purposes
- ♦ **Transportation** and assisted transportation
- ♦ **Assistive devices**
- ♦ **Minor home modifications** (wheelchair ramps, grab bars, etc.)
- ♦ **Supplies** (incontinent supplies, etc.)
- ♦ **Safety equipment** (emergency response system)

Contact us to see what we can offer based on your situation.

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 (262) 567-5177 *See announcement below	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**.



SENIOR DINING PROGRAM ANNOUNCEMENT!



There are some changes coming to the senior dining program. Our last day of operations at the Oconomowoc Community Center **will be Friday, September 12, 2025**. At this time, we will no longer have a congregate dining site located in Oconomowoc. Home-delivered meals will still be available to those who qualify.

This difficult decision was based on several factors related to personnel changes, utilization, accessibility of the site, and budget. Waukesha County continues to have other congregate dining locations throughout the county (see above) where those 60+ can come for a hot meal and meet new friends. ADRC offers reduced cost rides to all dining centers in Waukesha County. If interested in a reduced cost-ride, please contact us.

We are embracing these changes as opportunities to innovate our nutrition program. Stay tuned! If you have questions or comments, please contact us via phone (262) 548-7848 or email at ADRC@waukeshacounty.gov

September 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
LABOR DAY— NO MEALS SERVED	Chicken Zucchini Casserole Buttered Red Potatoes Green & Yellow Beans Whole Wheat Bread Peach Half	Chili with Beans Sour Cream 5-Way Mixed Veggies Chilled Peaches Cornbread Muffin Ice Cream Cup	Glazed Ham Scalloped Potatoes Honey Glazed Carrots Chilled Pineapple Multigrain Bread Butterscotch Brownie Alt: Sugar Free Jello	Chicken Caesar Salad (Romaine with Parmesan Cheese, Croutons and Caesar Dressing) Tomato & Cucumber Salad Whole Wheat Roll Fresh Fruit
8	9	10	11	12
Meatball Marinara Sandwich Parmesan Cheese Potatoes Italiano Baby Carrots with Ranch Mixed Fruit Oatmeal Raisin Cookie Alt: Diet Cookie	Turkey Tetrazzini Pacific Blend Veggies Spinach Salad with French Dressing Wheat Dinner Roll Cantaloupe Chocolate Milk	Roast Pork Mashed Potatoes with Gravy Creamed Corn 7-Grain Bread Angel Food Cake with Strawberries	Packer Tailgate Polish Sausage on Bun Ketchup/Mustard Am. Potato Salad Ancho BBQ Pinto Beans Mandarin Oranges Ice Cream Cup	Ground Chicken Stir Fry over Brown Rice Soy Sauce Oriental Blend Veggies Carrot Raisin Salad Chilled Pineapple
15	16	17	18	19
Mushroom Swiss Burger on a Bun Ketchup/Mustard Ranch Potato Wedges Calico Beans Fruit Cocktail Strawberry Ice Cream	BBQ Chicken Quarters Butternut Squash Greek Zucchini Salad Watermelon Wheat Dinner Roll Peanut Butter Cookie Alt: Diet Cookie	Vegetable Lasagna Sunshine Carrots Mixed Greens and Kale Salad with Ranch dressing Peach Half Chocolate Milk	Fish Sandwich on Sesame bun Tartar Sauce Hot German Potato Salad Creamy Coleslaw Mandarin Oranges	Split Pea Soup Sloppy Joe on a Wheat Bun Sun Chips Honeydew Melon Frosted Carrot Cake Alt: Diet Pudding
22	23	24	25	26
Indian Butter Chicken Basmati Rice with Peas California Blend Veggies Chickpea Salad Watermelon Lemon Bar Alt: Diet Jello	Denver Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes Zucchini Bread Fresh Orange Fruited Yogurt Alt: Diet Cookie	Chicken Cordon Bleu Casserole Buttered Red Potatoes Green Beans Cantaloupe Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Beef Tips with Mushrooms & Onions Mashed Potatoes Buttered Beets Dinner Roll Fruit Compote Chocolate Milk	Brewers vs Reds Cincinnati Chili over Spaghetti (topped with cheddar cheese) Sour Cream 5-way Mixed Veggies Mixed Greens Salad with Italian Dressing Grapes Oatmeal Raisin Cookie Alt: Diet Cookie
29	30			
Taco Stuffed Pepper Casserole Green & Yellow Beans Texas Caviar Tropical Fruit Cup Vanilla Pudding Alt: Diet Pudding	Diced Ham with Au Gratin Potatoes Brussel Sprouts Tomato & Onion Salad Nine Grain Bread Cherry Pie Alt: Diet Jello			

Health Education Programs



Waukesha County
University of Wisconsin-Extension

Strong Bodies classes offered through UW-Extension. Suggested contribution is \$35 (funds go toward program costs), but can still attend if you cannot provide a contribution.

Dates: September 8 – December 17, Mondays & Wednesdays, 1:00–2:15 PM

Register here: <https://forms.gle/Hjard98h5EkrLBXF8>

Location: Holy Cross Lutheran Church, W156N8131 Pilgrim Road, Menomonee Falls, WI 53051

Dates: September 8 – December 10, Mondays & Wednesdays, 4:30–5:45 PM

Register here: <https://forms.gle/9qxoJMYszejFGmgx5>

Location: St. Marks Lutheran Church, 424 Hyde Park Avenue, Waukesha, WI

Days: Tuesdays & Thursdays, 1:30–2:45 PM

Interested? Complete this survey: <https://forms.gle/oUkBj2dtFDtFcPxcA>

Final location details and dates will be sent once finalized

Health Education presentations offered through Waukesha County Public Health

Date	Time	Topic	Location
September 8	2:00-3:15 PM	Mental Health	Hartland Public Library
September 9	6:00- 7:00 PM	Laughter Yoga	New Berlin Activity & Recreation Center
September 10	3:00-4:15 PM	Mental Health	Christ the King Lutheran Church
September 16	6:00-8:00 PM	Suicide Prevention	New Berlin Activity & Recreation Center
September 23	1:30-2:45 PM	Mental Health	Elm Grove Library
September 25	9:30-10:30 AM	Mental Health	Muskego Public Library



Public Health
Prevent. Promote. Protect.

Mental Health: What if we talked about it? Mental health is an important part of overall wellness. By having an open conversation about mental health, we hope to remove stigma and encourage important action.

Laughter Yoga: Laughter yoga teaches anyone can laugh without relying on humor, jokes or comedy. It is a unique laughing exercise routine which combines unconditional laughter with breathing exercises. Come learn laughing exercise that can get you to laugh anywhere anytime to gain the health benefits of laughing....And have fun!

Suicide Prevention, QPR: Question, Persuade, Refer: Quality suicide prevention education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world.

Cryptogram on Kindness



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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
8	3	10	14	9	22	19	2	23	13	24	20	4	25	15	1	26	11	18	6	21	17	5	16	12	7

National POW/MIA Recognition Day

The Defense Department remembers and honors those Americans who were prisoners of war and those who served and never returned home.



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:

Tuesday, October 14, 2025
10:00am - 3:00pm
(30 minute time slots)
Brookfield Public Library

Thursday, September 18th
12:00 pm - 4:00pm
(30 minute time slots)
Mukwonago Community Library

Call Jennifer Harders to schedule the above memory screen.
262-548-7650

Call Kathy Glaser to schedule the above memory screen.
262-548-7354



Your Bridge to Support

**514 Riverview Avenue
Waukesha, WI 53188**



Family Caregivers Coffee

Hosted by Dementia Friendly Pewaukee



Last Thursday of the Month

Fox River Congregational Church

N34 W23575 Capitol Drive, Pewaukee, WI 53072

10:00—11:00am

Upcoming Dates:

- September 25th
- October 30th

Caregivers and their loved ones with dementia are invited to attend this ongoing group. Caregivers can enjoy a coffee break to relax and regroup with caring, compassionate people on a similar journey. During the Caregivers Coffee, loved ones who are experiencing early stage dementia, mild memory loss or mild cognitive impairment (MCI) are invited to enjoy an art project and join in Dementia Friendly singalong songs. This informal event is made possible by the Pewaukee Area Arts Council and the GFWC Woman's Club of Pewaukee.

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.

*All Are Welcome
at this FREE event*

Savvy Caregiver Training

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

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

The course will cover:

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

October 9th - November 13th, 2025

6 Thursdays, 1:00—3:00 pm

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



Location:
Human Services Center
514 Riverview Ave,
Waukesha
Room 112

Time to Review Your Medicare Plan - *Prepare Early This Year!*

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan.

Medicare Supplements/Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County via phone or mail. In-person workshops will also be available during open enrollment.

Start preparing early this year. Don't let this opportunity pass you by!

Starting October 1, go to Medicare.gov to compare plans online or for local assistance call the ADRC at 262-548-7848.

Mark your calendar for the important dates below:

September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

October 15th—December 7th

For most people, this is the only time of year you can change your coverage. *The only way to find out if you can save money is to review and compare plan options!* See options below on how to compare plans.

Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
- www.waukeshacounty.gov/benefitscounseling
- Call **1-800-MEDICARE** between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at **262-548-7848** to request assistance.

If you decide to change plans for the following year, you need to enroll by December 7th.

If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

January 1st

If you enrolled in a new plan during Open Enrollment, the change will be effective January 1st

“Welcome to Medicare” Presentations in your Area

This is a free 1-hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR).

Sussex Public Library (262-246-5180) - Monday, October 20 at 1:00pm

Elm Grove Public Library (262-782-6717) - Tuesday, October 21 at 1:00pm

Big Bend Public Library (262-662-3571) - Wednesday, October 22 at 2:00pm

Mukwonago Parks & Recreation (262-363-7077) - Thursday, October 23 at 10:00am

Mukwonago Community Library (262-363-6411) - Monday, October 27 at 2:00pm

Brookfield Public Library (262-782-4140) - Tuesday, October 28 at 2:00pm

Menomonee Falls Public Library (262-532-8900) - Wednesday, October 29 at 10:00am

Waukesha Parks & Recreation- Friday, October 31 at 1:00pm

To register for the ADRC’s ‘Welcome to Medicare’ presentations (below), either in-person, or virtual, visit:

www.waukeshacounty.gov/ADRC, then click “Welcome to Medicare Class”
or call our office at 262-548-7848

Health & Human Services Building (located at: 514 Riverview Ave, Waukesha), Room 114	
In-Person	Virtual Presentation
Wednesday, September 10	Wednesday, September 10
1:00-3:00pm	5:30-7:30pm
Wednesday, October 8	Wednesday, October 8,
1:00-3:00pm	5:30-7:30pm



LEAF PRINTING



By Megan Goodlad

***Celebrate the beauty of fall
by collecting leaves***

- 1) Simply gather some paints and leaves**
- 2) Paint the underside of each leaf**
- 3) Gently lay down the leaf (paint-side down) on a blank piece of paper (It will only need to set for a few second)**
- 4) Then you can lightly peel it off and enjoy your natural piece of art!**



Join us for a documentary screening of

WHY:

BIG ANSWERS ABOUT EARLY-STAGE DEMENTIA FROM EXCEPTIONAL PEOPLE

**THURSDAY, SEPTEMBER 4
2-3:30 PM**

The ADRC of Waukesha County will host a free screening of the short documentary “Why”.

The documentary discusses:

- The memory changes people experience
- The importance of early detection, and new treatments and studies.
- Reducing stigma for people living with dementia.
- Insightful perspectives from researchers and people living with cognitive changes.

The showing will be followed by a conversation facilitated by Specialists from the ADRC of Waukesha County.

Whether you or someone you know is directly affected or you just want to learn more, please join us.



To register, or for more information, please contact Kathy Glaser at the ADRC at (262) 548-7354

Presented by



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COMMUNITY LIBRARY

511 Division Street • (262) 363-6411
www.mukwonagolibrary.org

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

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

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

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