



# Aging & Disability Resource Center of Waukesha County

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Waukesha, WI 53188

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Toll Free: 866-677-2372  
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TTY: 7-1-1

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

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

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

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

## Veteran's Services

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

## Moraine Lakes Consortium

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

## Alzheimer's Association

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

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Be kind to your mind; your Mental Health is important. Want to know an easy way to take care of your mental health? **Get a FREE online screening for depression** or other mental health concerns such as anxiety, ADHD, PTSD, bipolar disorder, or addiction! October 10th is National Depression Screening day so it is the perfect excuse to do it.

How do you access the free screening:

### 1) Visit

[www.screening.mhanational.org](http://www.screening.mhanational.org)

OR

2) **Scan the QR code below with your smartphone**

SCAN THIS



The screening is provided by Mental Health America.



You might consider October being the month of mental health because not only does October have **National Depression Screening Day**, but it also has **World Mental Health Day** on October 10th, and **Mental Illness Awareness Week** on October 1-7. As the seasons start to change, keep in mind the days will start to seem getting shorter, because the sun is setting earlier and earlier each day. Watch your mood and energy levels during the fall and winter months as less sun light means absorbing less Vitamin D from the sun and additionally effects your body's natural melatonin.

In recognition of World Mental Health Day the World Health Organization says:

*Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and*

good quality care, and the right to liberty, independence and inclusion in the community.

Good mental health is vital to our overall health and well-being. Yet one in eight people globally are

living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights.

Take some time this month to check in on your mental health because your mental health is important. Remember, mental health IS health.



**\*\*NEW Accessible Van Service PROVIDER ANNOUNCEMENT\*\***

Waukesha County has contracted with a new provider for RideLine Accessible Van Service, **effective 11/01/2023**. On that date, Transit Express (MedaCare Vans) will no longer provide ADRC funded rides. As a result, current RideLine customers will need to apply and be authorized for the new provider. Consumers who wish to continue to use RideLine Accessible Van Service on 11/01/2023 or later, need to:

- ✓ **Complete a new transportation application by calling us or stopping in**
- ✓ **Return the application to the Aging & Disability Resource Center (ADRC)**

The new provider for RideLine Accessible Van Service starting November 1st is:

WI Transportation LLC

14665 W Lisbon Rd  
Brookfield, WI 53005

262-884-8807



Email: [WI.TRANSPORTATIONLLC@GMAIL.COM](mailto:WI.TRANSPORTATIONLLC@GMAIL.COM)

Website: [WWW.FACEBOOK.COM/WITRANSPORTATIONLLC](http://WWW.FACEBOOK.COM/WITRANSPORTATIONLLC)



**Saturdays & Sundays through October 22- Elegant Farmer Autumn Harvest Festival @ Elegant Farmer, 10 am- 5pm.** Admission and parking are free. Enjoy a pumpkin patch, apple picking, corn maze, hayrides, train rides, cider donuts, caramel apples, shopping, and more!

**October 6-7, 13-14, & 20-21- Halloween**

**Legends and Lore @ Old World Wisconsin, 5:30-9:30 pm.** Troves of supernatural tales brought to Wisconsin over the generations come to life at this always spooky, sometimes scary, Halloween event. Tickets can be purchased online at <https://oldworldwisconsin.wisconsinhistory.org>

**October 7- Great Pumpkin Lighting @ Valley View Park New Berlin, 4:30-7 pm.** Carve a pumpkin and put it on display, listen to music, and walk around to enjoy all of the jack-o-lanterns. Pumpkins will be on display through Halloween! Costumes are encouraged. Finish the night with a showing of Hocus Pocus on a large inflatable screen.

**October 8- Applefest @ New Berlin Historical Park, 1-4 pm.** See New Berlin history before your eyes as you see pioneer homes and music demonstrations. There will be a beer garden, grind and press for apple cider, barrel train, ponies, and more! Local products will also be for sale including apples, pumpkins, honey, and more.

**October 13-14, 20-21, & 27-28- The Hollows @ Phantom Lake YMCA, 6-10 pm.** Journey through magical fairy lands, Viking ships, mermaids, witches, and wizards inhabiting the wooded trails and glistening shores of Phantom Lake YMCA camp. The Hollows is an awe-inspiring experience of 3,000 hand carved jack-o-lanterns that will pique your imagination and create magic. This event is held rain or shine. Ticket information can be found online at [thehollowsphantomlake.org](http://thehollowsphantomlake.org)

**October 18- Sunset Meditation & Night Hike @ Retzer Nature Center, 6:30-7:45 pm.** Come unwind under the dome of the Horwitz-DeRemer Planetarium and meditate for your mental health! View a planetarium show of an amazing sunset as your travel from the Grand Canyon to the North Pole ending with glimpses of the Northern Lights. After the show, take a quiet hike outside with a naturalist (weather permitting). Admission is \$10 per person, and this is recommended for ages 10+.

**October 21- Halloween in Delafield @ Downtown Delafield, 5-8 pm.** See pumpkins come to life- enjoy the light and music show leading to hundreds of pumpkins being lit in a grand style done by our area schools! There will also be a business Trick or Treat throughout downtown.

**October 27- Halloween Skate Night @ Mullet Ice Center (Hartland), 7-9 pm.** This open skate session will host a DJ and a light show with games and prizes available. Skaters are encouraged to come in costume. Admission is \$7 for students, \$8 for adults, and rentals are \$5.

# YOUR COMMUNITY HISTORY: EAGLE, WI

**Eagle Wisconsin** is roughly 35 miles West of Milwaukee and is located in the beautiful Kettle Moraine Forest. The community of Eagle consists of the Village of Eagle and the Town of Eagle. While both are legally separate,

they remain closely linked today as they did in 1836 when Eagle was settled by Irish, German and English immigrants. The town's name comes from an 1836 incident when pioneer Thomas Sugden and two companions, John Coats and William Garton, were exploring the area, spotted what was described as "a monster bald-headed eagle... hovering and curving over a large mound" in the midst of the prairie. A.R Hinkley made the first claim of spotting the eagle but neither Hinkley, Sugden, Coats or Garton would be credited as being Eagle's first settler. Ebenezer Thomas and his wife are said to have built the first home in what was then known as Eagleville.



In 1851, the Milwaukee and St. Paul Railway laid railroad tracks and the town began to grow exponentially. Around this time the name was changed to Eagle Center and over time the name was shortened to Eagle. The town was nearly named Diamond City after a local farmer who was digging a well found one of the nation's largest glacial diamonds. Diamond Hill did not stick for the town's name, but there is a hill named after the famous diamond. The diamond itself was housed at the Museum of Science in New York but was consequently stolen in 1964, never to be seen again. One of the biggest companies to call Eagle home was the Eagle Telephone Company which began running advertisements in the local newspaper the Eagle Quill enticing local farmers to have a phone line placed near their homes.

While the railroad helped Eagle grow during its inception, farming and dairy farming played a large part in building this community as well.

# Farmers - Attention!

## A GRAND OPPORTUNITY

Order a Telephone to be placed in your home and make your wife and children happy. Convenient in many ways. Surroundings not complete without one. It's up to you. Address

# Eagle Telephone Co.

EAGLE, WIS.

Farming continues to be a large part of the community as well as other business growth. Tourism also continues to grow in Eagle for several reasons. Around 1900, resorts were built around natural springs in the area and was a big draw for vacationers. Today vacationers can visit Old World Wisconsin which is located in the

Town of Eagle and offers a look at life in the 1800's with live actor/actress portrayals on over 600 open acres. The location of Eagle in the Kettle Moraine Forest also offers visitors miles of hiking, biking and skiing trails; the opportunity for outdoor activities seems endless!

Eagle will always bring you a smile. The water tower in the village of Eagle has had a huge smiley face painted on it for several decades and is said to standing proudly on the site where the famous diamond was found.

**We were not able to unearth an exact date for the first smile so if any of our readers have any information find us on Facebook and let us know!**

*Sources: Villageofeagle.gov, Eagle Historical Society, Wikipedia*



# Find us on



Aging & Disability Resource Center  
of Waukesha County

**FOLLOW US**



[www.facebook.com/ADRCWC](http://www.facebook.com/ADRCWC)

***Dear Ina,***

My mother was recently diagnosed with terminal pancreatic cancer. Our initial Oncologist suggested we start hospice soon and offered to make a referral. Though we recognize that this is a terminal condition and do not question the validity of the diagnosis, we were not quite ready to accept that

hospice was the answer, so we sought out a second opinion. The second Oncologist recommended palliative care instead. Honestly, I always thought they were one in the same. Can you help me better understand the difference between palliative care and hospice?

Many thanks,

***Hope Formom***

*Dear Hope,*

**Palliative care** is specialized medical care for people living with a serious illness, such as cancer or heart failure. Patients in palliative care may continue to receive medical care for their symptoms, along with treatment intended to cure their serious illness. Palliative care is meant to enhance a person's current care by focusing on quality of life for them and their family.

**Hospice care** focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life. At some point, it may not be possible to cure a serious illness, or a patient may choose not to undergo certain treatments. Hospice is designed for this situation. The patient beginning hospice care understands that his or her illness is not responding to medical attempts to cure it or to slow the disease's progress.

Like palliative care, hospice provides comprehensive comfort care as well as support for the family, but, in hospice, attempts to cure the person's illness are stopped. Hospice is provided for a person with a terminal illness whose doctor believes he or she has six months or less to live if the illness runs its natural course. It's important for a patient to discuss hospice care options with their doctor.

Medicare, Medicaid, and most private insurances will pay for some charges related to hospice care. Palliative care is not as well-covered; you may want to check your policy or call your insurance company to find out.

There is no easy way to make this decision. Your family will have to decide what is right for your loved one given all of the options that are available. Our thoughts are with you and your family at this difficult time.

*Sincerely, Ina*



**Ageism Awareness Day on Saturday, October 7, 2023**, is an opportunity to draw attention to the existence and impact of ageism in our society and how we can reframe aging in our communities.



“We live in an aging society, which is a wonderful, remarkable thing,” says American Society on Aging’s Interim President & CEO Leanne Clark-Shirley, PhD. “But too many of us view aging with fear, denial and even hostility. We are all growing older. We can’t afford to limit ourselves and other people with such negative and harmful views, and why would we want to? **Let’s lean into the opportunities, diversity and full range of experiences that come with aging.**”

The most widespread and socially accepted form of prejudice, ageism is defined by the World Health Organization as “the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age.” Evidence shows ageism is widespread in society and can be found everywhere, from our workplaces and health systems to stereotypes we see on TV, advertising and in the media.

A few facts about ageism, which affects people of any age and harms all:

- ◆ There are many forms of ageism, including internalized, cultural, implicit and benevolent.
- ◆ Ageism decreases quality of life and can shorten lifespan by 7.5 years.
- ◆ Although it is universal, people do not always take ageism as seriously as they do other forms of inequity.
- ◆ Ageism intersects with, and exacerbates, all other discriminatory “isms.”
- ◆ In the media, underrepresented older adults most often reflect negative stereotypes.
- ◆ According to the United Nations, on a global scale, one in two people are ageist.

## November is Family Caregiver Month!

**SAVE THE DATE**  
for these upcoming Caregiver Drop-in Events!

**\*Free gifts, refreshments, and support\***

Contact our Caregiver Support Specialist, Jenny Wendelborn, for more information and **RSVP** to attend one of the drop-in events at [jwendelborn@waukeshacounty.gov](mailto:jwendelborn@waukeshacounty.gov), **262-896-8209**, or stay tuned for the next issue to know more!

**November 14th 9:30am – 11:30am**  
**Muskego Library (Meeting Room #3)**

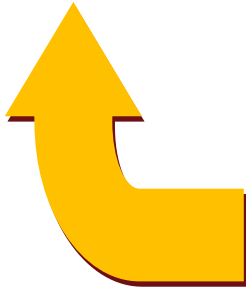
**November 14th 1:30pm – 3:30pm**  
**Waukesha Library**

**November 16th 9:30am - 11:30am**  
**Oconomowoc Library (Lyke Meeting Room)**

**November 16th 1:30pm – 3:30pm**  
**Brookfield Senior Center (Multipurpose Room)**



Located at the  
Pewaukee Public  
Library  
210 Main St  
Pewaukee



# Normal Aging Brain Changes vs. Dementia Signs

Thursday, October 5  
1:00 pm  
Community Room

Join us to discuss normal aging changes, what might be more concerning, next steps to take to be healthier, and how Waukesha County can provide support and resources.

Registration is recommended -  
visit [pewaukeelibrary.org](http://pewaukeelibrary.org) or  
call 262-691-5670



## “How Do I Get a Break and How Do I Pay For It?”

Family Caregivers Educational Workshop  
*Hosted by Dementia Friendly Pewaukee*

Wednesday, October 11, 2023  
10 a.m. – 12 noon

Waukesha County Airport Community Room  
2525 Aviation Road, Waukesha, WI 53188

Family Caregivers are invited to learn real-life strategies to maintain their own well-being while caring for their loved one with dementia. Receive helpful tips and valuable resources including:

- Meditation and Mindfulness
- Relief from Caregiving
- Live Entertainment by the Civic Broadway Singers
- Complimentary Refreshments provided by Azura
- Door Prizes and Caregiver Gift Bags

**Registration is Required for this Free In-Person Event.**

Please email [AbbyLorenz@wi.rr.com](mailto:AbbyLorenz@wi.rr.com) or text 414-350-8713  
with name and number of guests.

More information at [www.dfPewaukee.org](http://www.dfPewaukee.org).



DEMENTIA  
FRIENDLY  
PEWAUKEE





**New Support Group!**

# Monday Coffee Connect

*Virtual Support to Fill Your Caregiving Cup*

## Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support, and brainstorm strategies to get through this time together with three Aging & Disability Resource Center (ADRC) Dementia Care Specialists.

Come with a cup of coffee or tea to interact via Zoom. Video or by phone.

*Fill your cup and start your week off right!*

## Mondays\*

### 10:00 – 11:00 am

*\*Group does not meet on holidays*

Register by calling 262-548-7354 or email [kglaser@waukeshacounty.gov](mailto:kglaser@waukeshacounty.gov)

*After registering you will receive connection info. Please don't hesitate to call for help with Zoom!*

*Offered on a rotating basis by Dementia Care Specialists from ADRC of Waukesha County, ADRC of La Crosse County, ADRC Eagle Country and ADRC of the Southwest*

## Younger Onset Dementia Caregiver Support Group

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

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

Upcoming Meetings:

October 11

November 8

December 13

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



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

# October is Global Diversity Month



## What is Global Diversity Month?

Global Diversity Awareness Month every October is a reminder of the positive impact a diverse culture of people can have on society as a whole.

## What is Global Diversity?

‘Global diversity’ refers to the range of differences that describe the composition of a group of two or more people, in a cross-cultural and multi-national context. Many organizations and people believe that positively viewing and appreciating global diversity will allow us to adopt more inclusive practices around the world.

## History of Global Diversity Awareness Month

After the Second World War, The Universal Declaration of Human Rights was adopted by the United Nations General Assembly at the Palais de Chaillot, in Paris. The Declaration represents the first global expression of rights to which all human beings are inherently entitled. It is essentially an acknowledgment that we should remember and understand the value of each human being, regardless of their nationality, color, race, sex, gender, country of origin, language, or otherwise.

## How do we celebrate Global Diversity Month?

There are many ways to celebrate diversity. Here are just a few:

**Connect with people** - Make a friend on the other side of the world. Modern technology allows us to learn almost anything we want to learn about people’s lives through social media, and other online channels.

**Learn about another culture** - If you can’t experience the ‘real thing’ through travel or another person, indulge in listening to international music, or watching international movies.

**Make an effort to stay informed** - Keeping up with global happenings and events may be emotionally tragic at times, but it can also be extremely informative in daily life, as we are all connected in one form or another.

No matter how you choose to celebrate, the most important thing is to respect people of all origins and ethnicities and remember how diversity positively enhances our lives. Global Diversity Awareness Month represents the perfect opportunity for you to learn more about new cultures and explore some of the diversity that makes the world such a wonderful place.

# Celebrating National Disability Employment Awareness Month and 50 Years of The Rehabilitation Act of 1973

## Rehabilitation Act 50

The story of National Disability Employment Awareness Month begins in 1945, at the end of World War II. As the war came to an end, soldiers returning home with physical disabilities faced a new enemy: unemployment. Recognizing the need to help these veterans find jobs, President Truman declared the first week of October each

year as National Employ the Physically Handicapped Week.

Over time, the event evolved, and the word “physically” was removed in 1962. This change reflected a broader definition of disability and, specifically, a growing public awareness of intellectual and developmental disabilities (IDD).

Then in 1973, the Rehabilitation Act was passed to prohibit discrimination based on disability in employment by federal agencies, federal contractors, and recipients of federal funds, and in the delivery of federally funded programs and activities.

There have been a number of significant milestones in employment accessibility and inclusion since then:

**1988:** The first National Disability Employment Awareness Month

**1990:** Americans with Disabilities Act (ADA) signed into law, prohibiting discrimination against people with disabilities in employment, transportation, and other areas of public life

**1996:** Work Opportunity Tax Credit program created, providing a federal tax credit to companies that hire workers with certain disabilities

**2000:** Executive Order 13163 issued, directing the federal government to hire 100,000 people with disabilities over the next five years

**2001:** Office of Disability Employment Policy (ODEP) created within the Department of Labor

**2014:** Workforce Innovation and Opportunity Act (WIOA) signed into law, helping job seekers — including those with disabilities — gain access to employment, training, and support services

# Halloween Word Search

(words hidden horizontally, vertically and diagonally)

Words to find:

- HALLOWEEN
- SPOOKY
- WITCH
- TRICK
- PUMPKIN
- GHOSTS
- CANDY
- MUMMY
- SKELETON
- TREAT
- JACK-O-LANTERN
- CAULDRON
- CAT
- MONSTER
- SPIDER
- PRANK
- OCTOBER
- COSTUME
- BROOMSTICK
- DEVIL
- SCARECROW
- ZOMBIE

O	E	D	U	W	P	P	D	Z	M	V	G	G	X	A	Z	O	M	B	I	E	S	O	J	F
V	P	T	R	E	A	T	U	F	U	W	B	Y	H	D	H	A	L	D	A	Ç	M	C	F	W
F	N	P	T	Ç	L	F	D	M	Y	U	B	X	Y	O	X	D	U	S	K	R	A	T	W	N
F	Ç	P	O	T	H	D	X	M	P	O	W	D	P	C	S	T	O	P	F	T	C	O	U	U
T	L	X	R	C	E	X	M	P	G	K	N	M	E	K	I	T	B	O	G	B	N	B	Q	A
R	B	R	L	T	A	U	H	I	F	A	I	B	L	U	S	Q	S	O	M	B	Z	E	N	O
R	B	C	T	T	M	U	P	T	C	M	V	N	M	I	U	Z	R	K	Ç	Q	F	R	F	U
R	R	A	Ç	V	M	N	L	R	B	K	C	O	S	T	U	M	E	Y	D	J	E	A	N	W
O	I	T	A	I	M	V	E	D	M	P	Ç	M	W	F	G	F	U	G	C	T	S	Ç	J	I
C	G	B	C	M	D	T	Z	S	R	P	F	N	S	X	C	S	V	G	N	B	C	P	Q	T
M	Ç	B	S	I	S	T	R	W	L	O	H	B	A	K	A	Q	P	A	J	W	A	S	S	C
J	Y	I	Y	N	N	R	H	A	P	M	N	A	N	I	P	F	L	I	R	R	R	Ç	K	H
J	R	V	O	J	E	I	X	G	S	Q	C	A	L	P	W	O	C	J	D	A	E	L	E	F
O	C	M	R	A	L	C	R	L	Q	G	R	C	Q	L	K	T	T	S	J	E	C	Z	L	R
X	G	A	H	D	J	K	B	I	X	P	E	H	I	C	O	Y	D	R	O	I	R	H	E	Z
Z	O	Z	S	A	S	P	Ç	U	D	W	X	A	L	J	W	O	T	U	D	O	J	T	J	
H	O	U	J	V	L	N	B	Y	R	Z	J	U	T	U	Ç	E	I	R	E	W	F	O	X	
O	R	B	R	O	O	M	S	T	I	C	K	H	E	E	D	K	K	E	U	V	Y	Y	N	M
T	U	V	H	K	C	R	U	Q	K	J	N	M	M	P	C	Z	B	U	N	I	X	V	N	D
D	Q	B	F	E	B	Y	L	F	W	M	A	U	M	Y	Q	C	C	K	B	L	U	W	O	N



## JOKE OF THE MONTH

**I was reading a confusing book on human anatomy...**

**Somebody removed the appendix.**



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

Waukesha County Public Health

# Hobbies and Your Health

Dan Michaels, Community Health Educator, Waukesha County Public Health

*Are hobbies good for your health?* Well, some hobbies like swimming, walking, dancing, tai chi, yoga and other physical activities are great for your health to keep your heart and body active, strengthen your muscles and improve balance. But what about hobbies where we sit down most of the time like playing chess, cards, board games or taking a class or joining a knitting club? Surprisingly, almost any hobbies that you enjoy doing will benefit your health.

**Research has shown that hobbies can in fact reduce stress and improve your well-being.** Participating in activities you love can lower you blood pressure and cortisol levels (a stress hormone). Engaging in enjoyable activities can bring you joy, a sense of accomplishment and purpose. Hobbies can also give you something to do and to look forward to which is a great way to relieve boredom. Another benefit of hobbies, especially those that you do with others, is improving social connectedness. Social connectedness is the degree in which people have quality relationships that create a sense of belonging. Studies have discovered that social connectedness can lead to a longer life, better health and improve well-being. Benefits of being socially connected to others include improved ability to recover from stress, anxiety and depression. In addition, being socially connected promotes improved sleep, healthy eating patterns, and helps us to be more physically active.

So how do you get into more hobbies or become more socially connected? One great place to look is in this newsletter every month. There are multiple classes and opportunities to do fun activities. You can also look at your local park and recreation department, which will have plenty of things to do and ways to connect with others. In addition, you can just set up a card night or game night, knitting, car or any club at your home (or

anywhere else) to have fun with your hobby. Go out there and have fun and get connected to others! Any hobby is good for your health, but I would avoid juggling chainsaws even if it is all the buzz right now, I would cut that hobby out. Kidding aside, have fun and be healthy.

 Cycling	 rollerblading	 Bungee jumping	 Bird watching
 Having a picnic	 Horse riding	 hiking	 swimming
 Building sandcastles	 fishing	 bowling	 surfing
 Sunbathing	 Surfing the internet	 Playing video games	 Go canoeing
 Playing chess	 traveling	 Go camping	 Playing the guitar

# Senior Dining and Meals on Wheels Menu – October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Creamy Mushroom Chicken Breast Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Cantaloupe Chocolate Mousse Alt. Sugar Free Pudding	<b>3</b> Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Corn, Black Bean and Pepper Salad Dinner Roll w/ butter Grapes	<b>4</b> Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Sugar Free Cookie	<b>5</b> Grn Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Pear Half	<b>6</b> Pork Roast & Gravy Mashed Pot & Gravy Swt & Sour Red Cabbage Apple Juice Rye Bread w/Butter Black Forest Torte Alt. Fruited Yogurt
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes 5-Way Mixed Veg Diced Peaches	Chicken Stroganoff Buttered Noodles Steamed Broccoli Tomato Juice Whole Grain Bread w/ butter Mandarin Oranges	Tuna Salad on Pita w/ lettuce & tomato Pickled Beet Salad Fruit Salad Lemon Sunshine Cake Alt. Sugar Free Cookie	Beef Lasagna Sweet Green Peas Italian Blend Veg Italian Bread/Butter Tropical Fruit	Turkey Burger w/ Provolone on Whole Wheat Bun Ketchup / mustard Cottage Fries ketchup Buttered Sweet Corn Pineapple
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Porcupine Meatballs Green Beans Mashed sweet potatoes Cranberry Compote Apple Pie Alt. Fruited Yogurt	Pork Cutlet w/ gravy Mashed Potatoes And Gravy Harvard Beets Peaches Marble Rye w/ Butter	Roasted Chicken on the Bone Twice Baked Potato Casserole Capri Blend Vegetable Dinner Roll butter Fresh Pear	<b>MANDATORY STAFF TRAINING  PROGRAM CLOSED</b>	Scalloped Potatoes with Diced Ham Peas & Carrots Grapes Dinner Roll w/Butter Baker's Choice Cookie Alt. Sugar Free Cookie
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Beef Macaroni Casserole Creamed Spinach Wax Beans Wheat Roll w/Butter Fresh Apple Peanut Butter Bar Alt. Sugar Free Cookie	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Diced Peaches Wheat Bread w/ butter Cook's Choice Cookie Alt. Sugar Free Cookie	Whole Wheat Spaghetti With Meat Sauce 5-Way Mixed Veg Side Caesar Salad Italian Bread w/ butter Pear Half Rice Krispies Treat Alt: Fresh Fruit	Chicken Stew with Stew Vegetables Sweet Peas Cornbread w/ Butter Fresh Plum	Breaded Fish Potato Pancake Stewed Tomatoes Tartar Sauce / Ketchup pkt Spiced Apple Slices
<b>30</b>	<b>31</b>			
Pork Chop Suey Seasoned Brown Rice Capri Vegetable Blend Dinner Roll w/ butter Fortune Cookies Ambrosia Fruit Cup Alt. Pears	<b>HALLOWEEN</b>  Goulish Beef Tips Smashed Potatoes with gravy Creepy Carrot Coins Goblin Grapes Dinner Roll w/ Butter Pumpkin Bars Alt. Frightened Yogurt			

**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;  
ALT= LOW SUGAR ALTERNATIVE**

# Senior Dining Centers in Waukesha County



<p><b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield</p> <p>(262) 782-1636</p>	<p><b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls</p> <p>(262) 251-3406</p>	<p><b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago</p> <p>(262) 363-4458</p>
<p><b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc</p> <p>(262) 567-5177</p>	<p><b>Sussex Community Center</b> N64 W23760 Main St Sussex</p> <p>(262) 246-6747</p>	<p><b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha</p> <p>(262) 547-8282</p>

## How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse) WITH NO INCOME REQUIREMENT!

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm.

If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826

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 directly.

## Cup of Health Series: Bone Health



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

Waukesha County Public Health

This one-hour session will teach participants about the importance of good bone health for overall wellness and longevity.

Special emphasis is on osteoporosis and steps families can take to reduce their risk and stay healthy. The session will cover: why bones are important to our overall health, what is osteoporosis and osteopenia, risk factors, warning signs/fractures, reducing risk of disease and injury, screenings, where to find more information and resources. Each session includes a gift for attendees. Registration is required.

**Location:**  
Menomonee Falls Senior Center

**Date:**  
October 24th, 2023

**Time:**  
10:00 AM - 11:00 AM

**Address:**  
W152 N8645 Margaret Rd  
Menomonee Falls, WI 53051

**Cost:** Free

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



## **Stepping On**

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. *Stepping On* is for people who are age 60 or older, do not have dementia, and who live independently.

**Class details:** This workshop will be held virtually on **Wednesdays, November 1 to December 15, noon to 2pm**

**Contact:** Visit [ProHealthCare.org/Classes](http://ProHealthCare.org/Classes) or call 262-928-4059 for more information or to register

## **Powerful Tools for Caregivers**

Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

**Class details:** This workshop will be held in person at ProHealth Waukesha Memorial Hospital on **Wednesdays, October 4-November 8, 2:30-4:00 p.m.**

**Contact:** Visit [ProHealthCare.org/Classes](http://ProHealthCare.org/Classes) or call 262-928-4059 for more information or to register



## **Mind Over Matter**

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms.

Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home.

**Contact:** Courtney at [cklepp@waukeshacounty.gov](mailto:cklepp@waukeshacounty.gov) or 262-548-7835 to be placed on a waiting list for future workshops!



## **Medicare Presentations in your Area**

*These are free 1 hour "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2<sup>nd</sup> Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm*



### **Introduction to Medicare classes:**

- Waukesha Public Library - Tuesday, September 26 at 10:30am
- Sussex Public Library - Wednesday, September 27 at 1:00pm
- Mukwonago Parks & Recreation - Tuesday, October 3 at 10:00am
- New Berlin Public Library - Monday, October 16 at 4:30pm
- Alice Baker Public Library - Tuesday, October 17 at 12:00pm
- North Lake Public Library - Wednesday, October 18 at 2:00pm
- Waukesha Parks & Recreation - Friday, October 20 at 11:00am
- Menomonee Falls Public Library - Monday, October 23 at 2:30pm
- Brookfield Parks & Recreation - Tuesday, October 24 at 1:00pm
- Elm Grove Public Library - Wednesday, October 25 at 1:00pm
- Oconomowoc Public Library - Monday, October 30 at 6:00pm
- Pewaukee Public Library - Tuesday, October 31 at 1:00pm
- Mukwonago Community Library - Wednesday, November 1 at 2:00pm
- Hartland Public Library - Thursday, November 2 at 11:00am
- Butler Public Library - Monday, November 6 at 1:00pm
- Delafield Public Library - Tuesday, November 7 at 5:30pm
- Brookfield Public Library - Monday, November 13 at 2:00pm
- Muskego Public Library - Tuesday, November 14 at 10:00am
- Big Bend Public Library - Wednesday, November 15 at 2:30pm
- Oconomowoc Public Library - Thursday, November 16 at 1:00pm

### **2024 Medicare Updates Only Sessions:**

- Brandybrook Community Center - Friday, October 13 at 12:00pm
- 3 Pillars Senior Community - Thursday, October 26 at 3:00pm
- St. Joes Parish: Big Bend - Thursday, November 9 at 9:30am

# Save money and get the best coverage!

## It's worth taking the time to compare!

### MEDICARE OPEN ENROLLMENT:

### *OCTOBER 15 - DECEMBER 7*

Elder Benefit Specialists at ADRC are certified Medicare counselors who can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you find your best option
- Help you avoid high-pressure sales tactics

### To request assistance, call:

Aging & Disability Resource Center of  
Waukesha County at: 262-548-7848



[Facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)



[Navigating Medicare](#)

### Check out our updated website:

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

# Waukesha County Residents: Need help comparing 2024 Medicare plans?

## Medicare Open Enrollment Oct 15–Dec 7, 2023

Please complete the form below or online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>



Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you **or** attend a workshop to receive your plan comparisons.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Please check if you have a current drug plan \_\_\_\_\_ or advantage plan \_\_\_\_\_

Name of current drug or advantage plan \_\_\_\_\_

Medicare Part A start date \_\_\_\_\_

Medicare Part B start date \_\_\_\_\_

Pharmacy Preferences \_\_\_\_\_



How do you want to receive your plan comparisons?

**(Please check one)**

- Mailed
- Workshop

**Attend Workshop at ADRC:**

- Wed, Oct 25, 10a-11a
- Wed, Nov 1, 9a-10a
- Wed, Nov 8, 11a-12p
- Wed, Nov 29, 1p-2p
- Wed, Dec 6, 10a-11a

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

I have requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2023.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.



Beneficiary signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return form: ADRC, 514 Riverview Ave, Waukesha 53188**  
[adrc@waukeshacounty.gov](mailto:adrc@waukeshacounty.gov) fax: (262) 896-8273  
 Call (262) 548-7848 with questions

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

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

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

**ADRC Advisory Board**

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