

**Aging & 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](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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**The ADRC Connection**

**CELEBRATE FAMILY CAREGIVERS!**



November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

We all know a caregiver – the gentleman who patiently walks with his wife whose mobility is failing; the woman who gently nudges her forgetful husband to follow her back to the car after purchasing groceries; the woman who brings her aging mother to her doctor appointments; the man who brings his kids along to do some repairs on his parent's

house. They are everywhere – family, friends and neighbors who help their loved ones with the daily tasks of life, allowing them to maintain their independence, dignity and quality of life. The role of the unpaid caregiver is invaluable and yet they often don't recognize their own worth.

Let's Celebrate Caregivers this month! Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

**ADRC wants to do just that and invite all older adult family caregivers out to one of our Caregiver Appreciation events happening on November 14th and 16th at four different locations! At these events, enjoy caregiver resources and support, build your own flower bouquet, enjoy refreshments and a photo opportunity with a fall themed backdrop. Check out the event flyer on the next page to learn more!**



**November is Family Caregivers Month**  
and ADRC wants caregivers to connect and feel appreciated!  
Join us for one of these FREE events!



Join ADRC's

# Caregiver APPRECIATION EVENTS

**NOVEMBER 14: 9:30A-11:30A**  
MUSKEGO LIBRARY  
S73W16663 JANESVILLE RD.

**NOVEMBER 14: 1:30P-3:30P**  
WAUKESHA LIBRARY  
321 W. WISCONSIN RD.

**NOVEMBER 16: 9:30A-11:30A**  
OCONOMOWOC LIBRARY  
200 W. SOUTH ST.

**NOVEMBER 16: 1:30P-3:30P**  
BROOKFIELD SENIOR CENTER  
2000 N. CALHOUN RD.

- Refreshments
  - Build Your Own Flower Bouquet
  - Caregiver Resources
  - Photo Opportunity with Autumn Backdrop
- Bring your own phone or camera to capture the moment!*

**ENJOY THIS FREE CAREGIVER EVENT!**



RSVP to Jenny Wendelborn at  
262-896-8209 or email  
[jwendelborn@waukeshacounty.gov](mailto:jwendelborn@waukeshacounty.gov)





Simple things you can do to really help a caregiver and let them know that they are important and appreciated.

**Stop by their house and say hello.** You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.

**Call the caregiver and check in on how**

**THEY are doing.** Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.

**Offer to help.** Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.

**Invite them to do something** – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.

**Remind them of the importance of self-care,** then help them seek out ways to get a break. Go with them to visit the ADRC of Waukesha County to find out the various types of support that are available.

**Attend a support group meeting with them.** Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.

**Check in regularly.** A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

NATIONAL FAMILY CAREGIVER MONTH

**DOES YOUR SPOUSE NEED  
EXTRA SUPPORT BECAUSE OF  
MEMORY ISSUES?**

**YOU ARE A  
CAREGIVER!!**



**#CAREGIVERSCONNECT**





## **\*\*NEW RIDELINE 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  
262-333-3302



Email: [WI.TRANSPORTATIONLLC@GMAIL.COM](mailto:WI.TRANSPORTATIONLLC@GMAIL.COM)  
Website: [WWW.FACEBOOK.COM/WITRANSPORTATIONLLC](http://WWW.FACEBOOK.COM/WITRANSPORTATIONLLC)

### *LEFTOVER THANKSGIVING TURKEY SANDWICH WITH CRANBERRY SAUCE*



#### **INGREDIENTS**

- 2 SLICES OF YOUR CHOICE OF BREAD
- 1 TABLESPOON MAYONNAISE
- 1 SLICE OF CHEESE (TRY SWISS CHEESE OR PROVOLONE CHEESE)
- ½ CUP LEFTOVER ROASTED TURKEY, SLICED OR SHREDDED
- 2 TABLESPOONS LEFTOVER CRANBERRY SAUCE
- ¼ CUP SALAD GREENS OR LETTUCE
- 2 TABLESPOONS BUTTER, UNSALTED

#### **INSTRUCTIONS**

1. SPREAD MAYONNAISE ON ONE SLICE OF BREAD AND TOP WITH CHEESE.
2. TOP UP WITH TURKEY, CRANBERRY SAUCE, AND GREENS.
3. ADD THE REMAINING SLICE OF BREAD.
4. HEAT BUTTER IN A SKILLET OVER MEDIUM-LOW HEAT UNTIL MELTED. PLACE THE SANDWICH IN SKILLET AND GRILL EACH SIDE FOR 2-3 MINUTES UNTIL BREAD IS LIGHTLY BROWNED AND CHEESE HAS MELTED.
5. REMOVE FROM HEAT, CUT IN HALF AND SERVE!





**November 4- Operation Honor: A Salute to Veterans @ Schuetze Recreation Center, 2-6:30 pm.** An event to honor deployed and formerly serving veteran men and women where participants can drop off items that Operation Homefront will pack and send to those deployed. Items requested include toiletries (toothbrushes, floss, shampoo/conditioner, lotion, feminine products, etc.), food (beef jerky, granola bars, hard candies, crackers, chip cups, canned meals, pudding cups, etc.), and miscellaneous items (new clothing, baby wipes, puzzle books, tabletop mirrors, pens, socks, etc.). At 4:30, Timothy La Sage, 1<sup>st</sup> Sgt, Ret. USMC, will be a keynote speaker.

Following that, there will be a band performance and free dinner.

**November 11- Habitat Restoration Workday @ Mukwonago Park, 9 am- noon.** Work with staff and volunteers to remove invasive species from our natural areas. Habitat restoration workdays have a particular focus on the globally imperiled oak ecosystems that occur within Waukesha County. Dress for the weather and in clothes that are OK to get beat up. To register, visit <https://anc.apm.activecommunities.com/waukeshacountyplu/activity/search/detail/1184>

**November 11-12- Craft and Relic Market @ Milwaukee County Sports Complex, 10 am-4 pm.** This is a 2 day, indoor, ticketed, market held in Franklin featuring 160+ artists, makers, creators, designers, vintage curators and pop up boutiques from around the Midwest. There will also be featured food trucks and live music! For tickets and more information, visit [www.recraftandrelic.com](http://www.recraftandrelic.com)

**November 17-19- Illuminated Walk Through @ Country Christmas (Ingleside Hotel), 5-9 pm.** For one weekend only, enjoy a favorite event of Waukesha County by walking through the attraction. Admission is \$8 per person. Dress for the weather. Hot chocolate and other concessions will be available in the Christmas Village.

**November 19- Annual Craft Fair and Pancake Breakfast @ New Berlin Eisenhower High School, 9 am- 1 pm.** Pancakes, bacon, scrambled eggs, fruit, milk, juice, and coffee will be served from the Eisenhower Band Boosters to benefit the bands. There will also be a craft fair with 75+ vendors, raffles, and a bake sale. Entrance fee is \$2 for adults and free for children.

Find us on 

**FOLLOW US**

**ADRC**  
Aging & Disability Resource Center  
of Waukesha County

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



Dear Ina,

I am concerned about how my sidewalk and driveway are going to be cleared of snow and ice this winter. In previous years, my son handled this job, but he moved out of state over the summer. My husband and I are no longer able to tackle this task, due to our current age and health problems. Do you have any ideas or suggestions on how I can get this accomplished? I would appreciate it!

Regards,  
Ayma Snowdin

Here at the ADRC we receive many phone calls throughout the winter from individuals looking for assistance with snow removal. It's great that you are thinking of this now because the snow will be flying before we know it.


The ADRC doesn't employ any persons or agencies to remove snow, and the number of resources available throughout Waukesha County for low cost or no cost is extremely limited. With this gap between paid and unpaid snow removal options, we encourage those in need to get creative and plan ahead for the winter months.

If you are willing and able to pay for snow removal, we suggest that you contact lawn services now to inquire if they will do snow removal. If you wait until the first snowfall, it will likely be too late for these companies to get you into their schedule. You should also inquire about what priority you will be given, as many companies will have several clients and you may or may not be first on the list to service. If you have any special needs that may give you priority, such as a health condition that could require treatment at a facility, you should let the company know.


Another possible solution is to start looking for options within your own neighborhood. Are there any youth in the neighborhood that would like to earn a few dollars? You could go door-to-door and ask your neighbors if they know of anyone they could refer to you.

You could also try asking around to members of your church, or check the bulletin boards at your local supermarket, laundromat, community center, or check the NextDoor app! When neighbors reach out and help one another, a sense of community can bring positivity!

Sincerely,  
Ina



GRAB YOUR NEW  
**ANNUAL MEMBERSHIP** **2024**




Seniors Age 60+  
365 Days of Parks  
Easier visits  
"Invisible" Sticker **\$17**

**COUNTY PARKS** →

Annual Memberships include access to 9 fee-based parks

- Fox Brook Park
- Fox River Park
- Menomonee Park
- Minooka Park
- Mukwonago Park
- Muskego Park
- Naga-waukee Park
- Nashotah Park
- Ryan Park

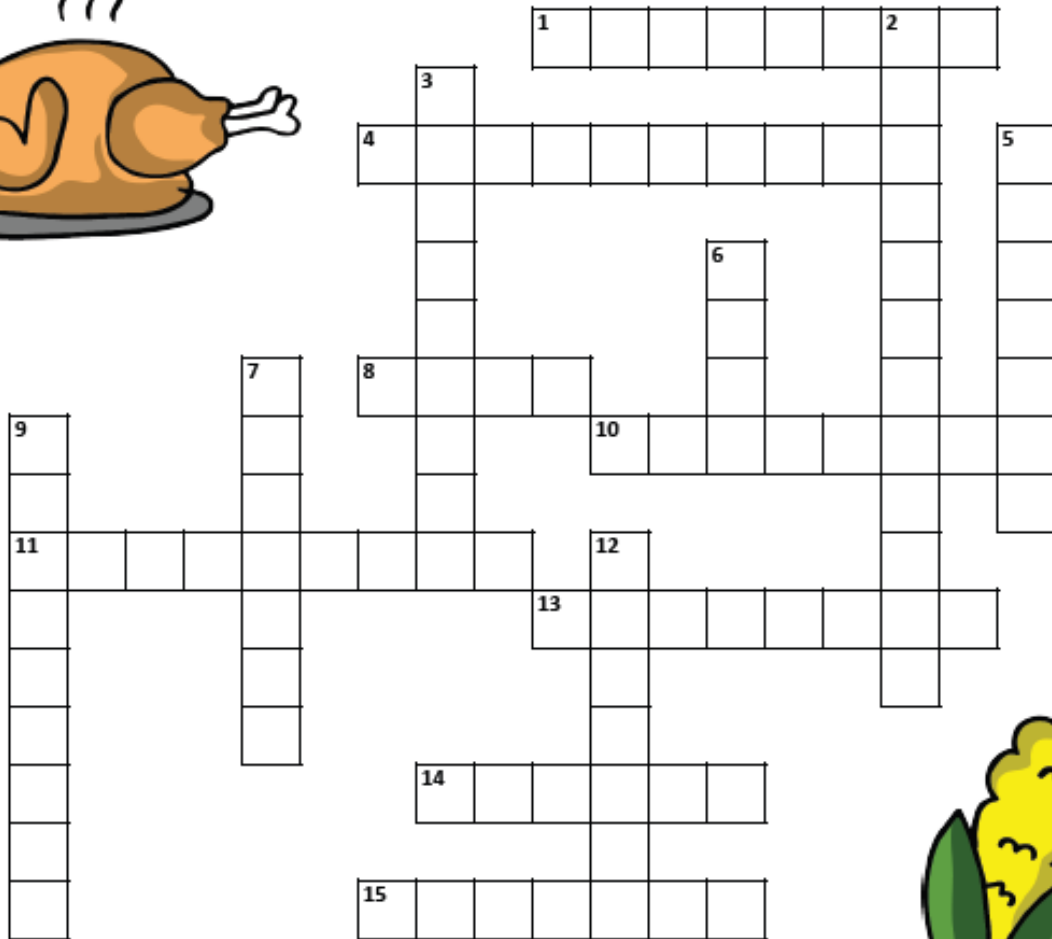


BUY ONLINE OR IN PERSON  
MORE INFO: [WAUK.CO/PARKENTRY](http://WAUK.CO/PARKENTRY)



# THANKSGIVING

Crossword **Answers are listed on page 13!**



## ACROSS

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. American Indian who taught the Pilgrims many things

## DOWN

2. 4th Thursday of November
3. A traditional American Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indigenous people who were present at the first Thanksgiving
12. Bright orange squash used to make pie

**JOKE  
OF THE  
MONTH**

**Did you know Pumpkin Pie is fat free?**

**You pay for the pie, the fat is included.**

# 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**

Where: **Brookfield Public Library**

When: **Tuesday, November 14, 2023**

Time: **10:00am - 3:00pm** (30 minute time slots)

Call **Jennifer Harders** at the **Waukesha ADRC** to schedule your memory screen.

**262-548-7650**



**514 Riverview Avenue**  
**Waukesha, WI 53188**



# 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:

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

## WORLD KINDNESS DAY



World Kindness Day is celebrated on November 13 every year. It's an international holiday that is observed in many countries including but not limited to the U.S., Canada, Australia, Italy, and India. The purpose of World Kindness Day is to spread kindness with small gestures. Whether it's helping someone with chores, taking the time out to ask how someone is doing, or complimenting someone, the name of the game is kindness, and we all have it in us.

### Activities you can do to Celebrate National Kindness Day 2023:

- Leave happy notes around your home or at a restaurant.
- Give compliments. Smile at strangers. Hold the door open.
- Mail or give someone a card with an uplifting message.
- Donate winter clothes or blankets to a shelter.
- Take a few minutes to hug someone.
- Be kind to yourself. Write about the things you appreciate about yourself and read it out loud.
- Consider helping a neighbor rake leaves or shovel snow!

***All of these are little things that can bring a feeling of worth and a reminder we are not alone.  
We do live in a world where goodness is visible.***

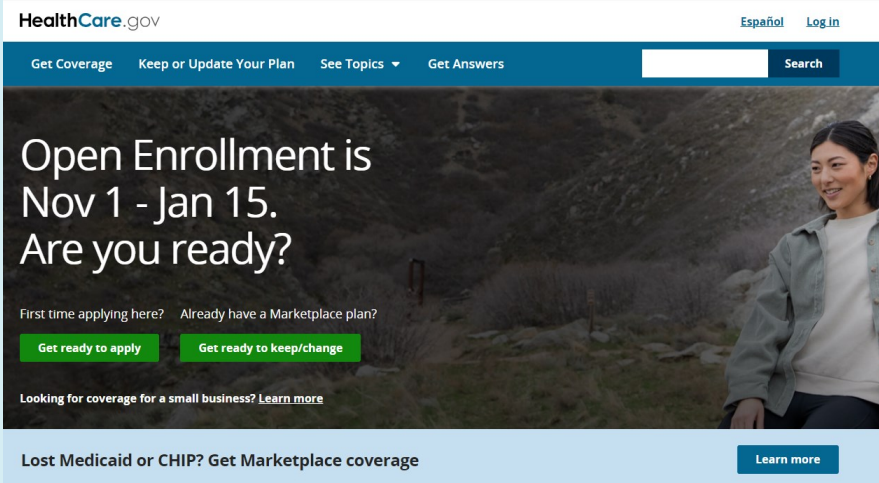
# Marketplace Open Enrollment Starts November 1

By the GWAAR Legal Services Team (for reprint)

Open enrollment for 2024 health insurance coverage through the Marketplace started November 1 and ends January 15, 2024. If you enroll in a health insurance plan before December 15, 2023, your coverage will start January 1, 2024.

If you don't have health insurance through your job, Medicare, Medicaid, the Veterans Administration (VA), or another source, the Marketplace can help you get coverage. Marketplace health insurance plans provide coverage for benefits like doctor visits, inpatient and outpatient

hospital care, prescriptions, mental health services, and laboratory tests. Marketplace plans are also required to provide coverage for pre-existing medical conditions. That means that a plan cannot reject you, charge you more, or refuse to pay for care for any condition you had before your coverage started.



What you pay for Marketplace insurance depends on your expected income for the year. You may qualify for a premium tax credit that lowers your monthly insurance bill. In addition, some people

are eligible for extra savings on out-of-pocket costs like deductibles and copayments.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will most likely not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs.

**There are several ways to apply for Marketplace coverage. Starting November 1, you can apply:**

- ◆ Online at [www.healthcare.gov](http://www.healthcare.gov)
- ◆ By phone at 1-800-318-2596
- ◆ With in-person help from local enrollment assisters or insurance agents or brokers (you can search for local help here: <https://localhelp.healthcare.gov/#/>)
- ◆ With a paper application, available at: <https://marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf>



In preparation for the upcoming holiday travel season, The Air Carrier Access Act (ACAA) is raising awareness about the right of air travelers with disabilities to safe, dignified, and accessible air travel. Many people with disabilities are unable to travel or are limited with travel options, requiring more planning and work. US. airlines are committed to providing a positive and safe flight experience for all passengers, most especially passengers with disabilities in need of additional assistance or traveling with mobility aids. (contd on page 12)



# LONELINESS AND SOCIAL ISOLATION



## A DAY

Loneliness is as damaging to your health as smoking 15 cigarettes a day according to Dr. Vivek Murthy, US Surgeon General

## **November 12- 18, 2023 is SOCIAL ISOLATION AND LONELINESS WEEK**

U.S. Surgeon General has classified social isolation and loneliness a public health crisis, with over half of all Americans experiencing measurable levels of loneliness. While people of all ages, backgrounds, and abilities can experience social isolation and loneliness, **research shows that older adults and people with disabilities are more likely to experience high levels of loneliness.**

According to the U.S. Department of Health and Human Services, social isolation and loneliness can increase the risk for physical, emotional, and psychological health impacts, including increased depressive symptoms,

cognitive decline, risk for heart disease, premature death, stroke, and dementia. Wisconsinites have expressed a desire for their communities to be more socially connected, including individuals and

groups, virtual and face-to-face, community events, civic engagement, and establishing communities that are more inclusive of and welcoming to people of all personal characteristics and abilities. The state of Wisconsin affirms its commitment to supporting all Wisconsinites who are experiencing social isolation and loneliness, and older adults and people with disabilities, in particular, and joins advocates and organizations across the public and private sectors in raising awareness of and engaging in interventions to reduce social isolation and loneliness in the state.



University of Wisconsin  
**Whitewater**

Intergenerational Technology  
Services (IGeTS)

## Now Offering **FREE** Technology Services for Eligible Individuals

Intergenerational Technology Services (IGeTS) at the University of Wisconsin-Whitewater is now offering **FREE** technology services to Individuals enrolled in IRIS, Family Care, Family Care Partnership, or PACE aged 50+ and living in Walworth, Jefferson, Rock, or Waukesha county **OR** individuals aged 60+ living in Walworth, Jefferson, Rock, or Waukesha county.

### Services include:

- **Group Technology Training Classes** - Including using Zoom, Messenger, Facebook, etc.
- **One-on-One Technology Support** - How to use your cell phone or tablet
- **Telehealth Visit Support** - Logging in to meet with your doctor or mental health provider

*Services are offered in English & Spanish and delivered by university students and staff, and community volunteers*

### Hours of Operation: Monday – Thursday from 8:30am – 1:30pm

Walk-ins are welcome for one-on-one support, pre-registration is required for technology training classes

### Location:

IGeTS  
UW-Whitewater's Community Engagement Center  
1206 W. Main Street, Room 124  
Whitewater, WI 53190

**FREE PARKING is available**

# GRAND OPENING

You're Invited  
**Wednesday, November 1, 2023**  
from 10:30a - 12:30p

# Celebrating National Native American Heritage Month

By: Jared T. Stokes, Ed.D., M.A., M.P.H., CHES, Public Health Advisor Office of Tribal Affairs and Policy

**November is federally recognized as National Native American Heritage Month (NNAHM).** During this month, American Indian and Alaska Natives (AI/AN) are honored and celebrated for their rich and varied cultures, traditions, history, and societal contributions. NNAHM gives us an opportunity to become more educated about Native Americans, increase our knowledge of unique challenges faced by this population, and better understand how historical trauma—such as colonization and genocide—has impacted Native peoples.



In October of this year, the Biden Administration **officially declared November NNAHM.** As of 2021, there are 574 federally recognized Tribes in the United States. Although many Native Americans still reside on reservations, approximately 71 percent live in metropolitan areas. To date, **Tribal citizens constitute about 2.5 percent of the total U.S. population.** As American Indians/Alaska Natives (AI/ANs) live among the larger society, much of their history has been forgotten and overlooked.

**There are several ways to celebrate, honor, or observe NNAHM.** You may consider learning more about Native American cultures, including rich and diverse stories of tradition and resiliency. This population often faces unique problems regarding stereotyping and cultural disrespect. To better understand the importance of certain cultural dress, traditions, and customs, spend time attending Native American-centered events, such as Powwows or reading books written by Native American authors. You could also support Native American-owned businesses.

NNAHM provides all Americans with an opportunity to experience and honor the richness of the Native American cultural heritage.

*(contd from page 10)* Airlines for America (A4A)'s member airlines have long been engaged in a variety of initiatives to increase air travel accessibility and meet or exceed all Department of Transportation (DOT) accommodation standards. They are committed to continuing to work with individuals with disabilities, aircraft and mobility aid manufacturers and safety regulators to explore safe and feasible solutions that reduce barriers to air travel.

How they are helping: Improving passenger transfers between mobility aids and/or seats and handling mobility aids, enhancing training for front line employees and implement company-wide passengers with disabilities inclusion education (ex: training and guided access, assistive devices, seating accommodations), establish passenger accessibility advisory groups within their airlines to work directly with the community to improve policies and operations, collaborating with industry partners for accessible features including roll-on/roll-off capabilities for passengers traveling with personal mobility aids.

Learn about how major U.S. airlines like American Airlines, Southwest, Delta, United, jetBlue, Alaska Airlines, and Hawaiian Airlines are taking action by checking out their websites or requesting assistance by phone.



# November is a Sweet Month

Dan Michaels, Community Health Educator, Waukesha County Public Health



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

Waukesha County Public Health

November has a lot of exciting things to enjoy and remember. Thanksgiving with turkey, pies, and other fantastic food. The beautiful leaves falling from the trees to the ground to let us know winter is just around the corner. Sales for holiday shopping popping up everywhere. November has many things to make it a sweet month. However, did you know that November is also

National Diabetes Month? National Diabetes Month is when communities across the country bring attention to diabetes. The focus this year is to bring attention to preventing diabetes health problems.

Many of you are familiar with diabetes, but let's review what exactly is diabetes? Diabetes is a condition when your body does not produce enough or any of a hormone called insulin or doesn't use it properly. Insulin converts glucose (sugar) into energy your body can use. Without insulin or if your body is not using it properly, glucose builds up in your bloodstream, causing high blood sugar. Overtime high blood sugar can cause damage to your eyes, blood vessels, heart, kidneys, and nerves. Taking action to prevent or manage diabetes may lower your risk of developing these health problems.

What are some ways to prevent or lower your risk of developing diabetes? First, control your weight, this may be a heavy topic, but excess weight is the single most important cause of type 2 diabetes. Being overweight increases your chances of developing type 2 diabetes by 7 times. Obesity increases the odds of becoming a diabetic by 20 to 40 times in comparison with someone with a healthy weight. Other tips include being active and exercising. Working your muscles and having them work hard improves their ability to use insulin and absorb glucose. Eating healthy is always a good tip, try to avoid sugary drinks, chose whole grains instead of process carbohydrates. One last tip to help prevent diabetes is avoid smoking, research shows smokers are 50% more likely to develop diabetes than nonsmokers.

If you have diabetes, what are some tips for managing diabetes? Make and eat healthy food, this will help with blood sugar control. Be active most days, exercise for the most part is free and great for your overall health. Test your blood sugar often, so you are aware if it is too high or low. Take medication as prescribe, if you skip, this can affect your blood sugar and your health. Living with diabetes can be stressful, find ways for stress management and self-care such as meditation, breathing exercises or just do something relaxing you enjoy doing. Also remember to go to your schedule checkups, that is one of the best ways to ensure you are managing your diabetes and health the best you can. So now that you are more aware about diabetes, you can now go back and enjoy all the other things in November that make it a sweet month.

**Borrow ebooks, audiobooks, magazines & more... FOR FREE!**

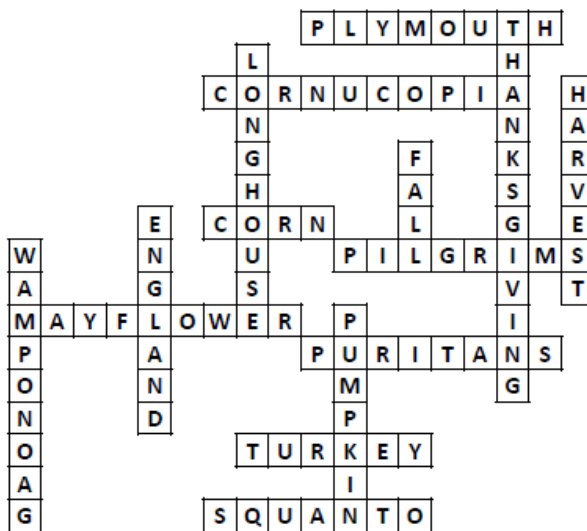


**Libby.**

The library reading app

Borrow with your library card from your public library for free!


Download Libby today [www.overdrive.com/apps/libby](http://www.overdrive.com/apps/libby)



**CROSSWORD ANSWERS**



# November 2023 Menu—Senior Dining and Meals on Wheels

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		Open-Faced Turkey Sandwich on Whole Wheat Bread w/ Gravy Mashed Pot /gravy Peas and Carrots Fresh Banana Oatmeal Raisin Cookie Alt. Pineapple	Swedish Meatballs Buttered Noodles Kitchen's Choice Veg Creamy Cucumber Salad Rye Bread w/butter Fresh Apple Tapioca Pudding Alt. Sugar Free Pudding	Bratwurst on a Bun With Sauerkraut Ketchup / Mustard packets German Potato Salad Steamed Spinach Applesauce
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken Marsala with Mushrooms Buttered Rotini Noodles 5-Way Mixed Veg Wax Beans Dinner Roll w/ butter Diced Pears	BBQ Pork on Bun Baked Baby Red Potatoes Creamy Coleslaw Cantaloupe Baker's Choice Cookie Alt. Sugar Free Pudding	Chili w/ cheese, onions, crackers Orange Coleslaw Cornbread w/ butter Fresh Banana	Chicken Provencal Wild Rice Pilaf Two Tone Beans Spinach Salad w/ Shredded Carrots and French Dressing Waldorf Salad	Cheeseburger on Whole Wheat Bun With lettuce leaf and tomato slice Ketchup / Mustard Broccoli Salad American Fried Potatoes w/Ketchup Fruited Yogurt
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b><i>Veterans Memorial meal</i></b> Roast Beef w/ Gravy Mashed Red Potatoes and Gravy Peas, Pearl Onions Dinner Roll w/ butter Fresh Fruit Apple Pie	Pork Cutlet w/ Gravy Baked Potato w/sour cream and butter Green Beans Tomato and Onion Salad Watermelon Wedge	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Steamed Broccoli Fresh Orange Almond Cookie Alt. Pineapple	Sloppy Joe Whole Wheat Bun Potato Pancakes w/ ketchup packet Buttered Sweet Corn Kitchen's Choice Fruit Pudding Alt. Pears	Chicken Gumbo Red Beans and Rice Stewed Tomatoes Peaches Wheat Dinner Roll w/ Butter
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Jumbo Hot Dog w/ Ketchup & Mustard Poppy Seed Bun Potato Salad Baked Beans Fresh Apple Chocolate Chip Cookie Alt. Sugar Free Cookie	Whole Grain Spaghetti w/ Italian Meat sauce Italian Blend Veg Romaine Salad w/ Italian Dressing Italian Bread w/ butter Pear Half Frosted Brownie Alt: Fresh Fruit	<b><i>Giving Thanks</i></b> Oven Roasted Turkey Herbed Bread Stuffing Mashed Potatoes w/ Gravy Seasoned Green Beans Dinner Roll w/ Butter Cranberry Relish Pumpkin Pie w/ Whipped Topping	<b>THANKSGIVING DAY</b>  <b>PROGRAM CLOSED</b>	<b>PROGRAM CLOSED</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Italian Sausage w/ Onions & Grn Peppers and Marinara Sauce Sausage Roll Vegetable Pasta Sld Fresh Pear Pistachio Pudding Alt: Sugar Free Pudding	Baked Chicken Quarter Butternut Squash Peas and Carrots Banana Wheat Roll w/ Butter Frosted Cake Alt. Fresh Fruit	Smoked Pork Chop Hashbrown Casserole Wisconsin Blend Vegetable Multigrain bread w/ butter Banana	Sausage Lentil Stew Mashed Potatoes w/ Gravy Creamy Cucumber Salad Rye bread w/ butter Apple Crisp Alt. Fresh Apple	

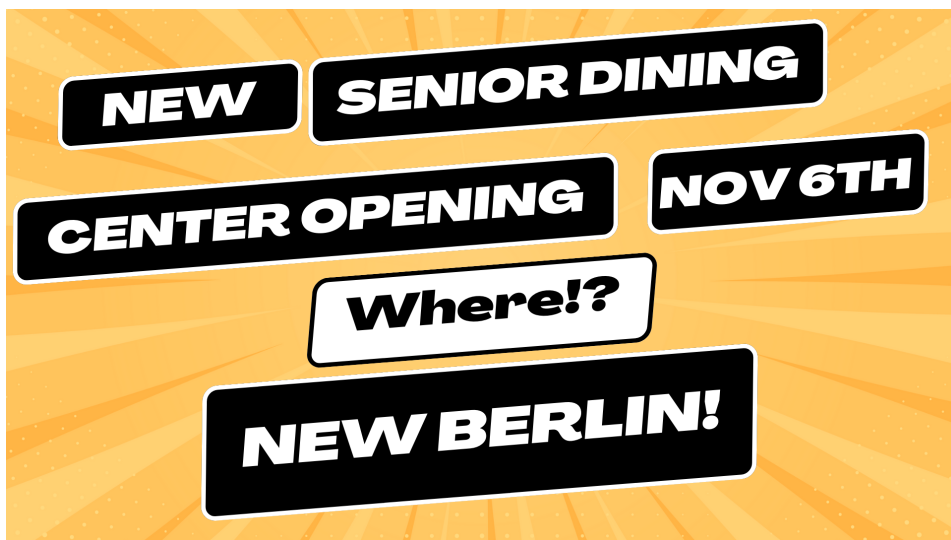
**PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE**

**After over three and a half years...congregate dining will restart in New Berlin!**

**Start date:** Monday, November 6  
Serving time is 12:00/noon

**Where:** Our Lord's United Methodist Church, 5000 South Sunny Slope Rd, New Berlin (just south of Beloit Road)

**Who:** Anyone over 60, and their spouse of any age



**How:** To register, call the ADRC Nutrition Program at 262-548-7826. The ADRC will mail registration forms so diners are ready to go when the program opens.

## 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>NEW LOCATION STARTING NOVEMBER 6TH</b></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>	<p><b>New Berlin Senior Dining Center</b> <b>Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin (262) 548-7826</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.



# FIND AN OPPORTUNITY TO IMPROVE YOUR HEALTH HERE!



## Stepping On



PROHEALTH CARE

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



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

**Waukesha County Public Health**

## **Cup of Health Series: Bone 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.**

**November 28, 2023 - 1:30pm**

Location: Elm Grove Public Library, 13600 Juneau Boulevard, Elm Grove, WI 53122  
Advanced registration appreciated, visit library website or call 262-782-6717

**November 30, 2023 - 9:30am**

Location: Muskego Public Library, S73W16663 W Janesville Road, Muskego, WI 53150  
Advanced registration required, call 262-971-2100

**Daylight Saving Time Ends  
Sunday, November 5th!  
Put your clocks back one  
hour!**





# YOUR COMMUNITY HISTORY: GENESEE DEPOT, WI

Genesee Depot is a small unincorporated community in the Town of Genesee and named for the train station, or depot, of the Wisconsin and Calumet Railroad (now the Wisconsin and Southern Railroad) that formerly served the town.



Genesee Depot was founded by German, Welsh, English and Irish immigrants in the mid 1800's. Stillman Smith was the first to settle in the area in 1837 and the following year, Benjamin A. Jenkins built a log cabin inn on the corner of Hwy 83 and Hwy 59 to serve travelers going to and from Milwaukee. He later built a store, post office and warehouse continuing the development in the area. The Johnston



Quarry was started in 1842 on what is now WI Highway 59. The quarry provided jobs which led to the development of business in the area. The quarry provided the stone for many Wisconsin buildings, including the Wisconsin State Capitol, the Milwaukee Sentinel building, and the early buildings for Carroll University.



Many buildings in Genesee Depot are the originals from the late 19th and early 20th centuries, including "the original section of St. Paul's Catholic Church (Hwy 83 & D), built in the early 1870s; the James Proctor House (Hwy 83 by bridge spanning Genesee Creek) also dating back to the 1860s, behind which stood the Genesee Woolen Mill; and the new railroad depot built in 1897 after the first one burned down. The station building still stands today but was relocated slightly south of where it originally stood on Hwy 83 and currently it is a local coffee shop. The original town hall, now the Wales-Genesee Lions and Lioness Club, was built in 1912 and is on the National Register of Historic Places.

Another historic site in Genesee Depot is Ten Chimneys, the home of Alfred Lunt and Lynn Fontanne, so known because among the three buildings on the site, there are ten chimneys. Lunt and Fontanne's residence in Genesee Depot was their summer home and a popular gathering place for theater people because of the couple's long acting and directing careers. It is decorated with original pieces and collections of the Lunts from the early 20th century. It is now open as a house museum.

While Genesee Depot is a small unincorporated community, it is large on history and hospitality with options for dining, shopping or visiting the Ten Chimney's Museum for a stroll back in time to the roaring 1920's.

# 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 **OR** complete form on the next page and mail it in or drop it off.



Facebook.com/ADRCWC

Check out our updated website:  
[www.waukeshacounty.gov/ElderBenefitSpecialistProgram/](http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/)

### 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*

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



# 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, 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**

**Judith Tharman, Chair**  
**Susan Schweda, Co-Chair**  
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**Sandy Wolff**  
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