

THE ADRC CONNECTION

July
2026

2nd Annual Disability Focused Edition



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

262-548-7848

Toll Free: 866-677-ADRC (2372)
WaukeshaCounty.gov/ADRC

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Happy 36th Anniversary to the Americans with Disabilities Act (ADA)!

On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the ADA law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA is divided into five titles (or sections) that relate to different areas of public life.

These five sections are:

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



A few examples of the ADA in Action!

- Access to information throughout public life has expanded due to the widespread use of **sign-language interpreters**.
- The ability for **students of all ages to attend or remain in school** has increased with access to large-print books, ZoomText, and orated exams.
- Access to entertainment and educational performances has improved, thanks to **earphones and audio description devices**.
- Ability for people using wheelchairs and mobility devices, and people with limited mobility to move around public spaces with **curb cuts in streets, elevators, accessible parking**.

This year commemorates the 250th Anniversary of the United States of America. This can be called a Semiquincentennial, Sestercentennial or the Quarter Millennium Anniversary. Happy 4th of July!





July 2-4 (Thurs.—Sat.) - **New Berlin 4th of July Family Festival @ Malone Park**, times vary. This 3-day event features live music, carnival rides, food, drink, a parade, fireworks, and more!

July 10-12 (Fri. - Sun.) - **Sussex Lions Daze @ Sussex Village Park**, times vary. There will be 3 days of family fun at the annual Sussex Lions Daze festival. This event features carnival rides, live music, fireworks, softball tournaments, pony rides, food, and drink, and more! For a full schedule of events, visit lakecountryfamilyfun.com

July 14 (Tues.) **Ancient Grains: Pre-Columbian Foods of the Central and South Americas @ Waukesha Historical Society, 11:30 am-12:30 am.** Emily Barker is a dedicated public historian specializing in the intersection of food and culture and presents this topic through the examination of dietary staples such as maize, manioc, and potatoes, a unique window into the pre-Columbian world of the Maya, Aztec, and Inca can be found. Tickets: \$28 (non-member) or \$25 (member) - includes a box lunch from Rochester Deli. \$10 - Program Ticket only. Purchasing tickets can be done on the website (waukeshacountymuseum.org) or contacting the museum at 262-521-2859.

July 15-19 (Wed. – Sun.) **Waukesha County Fair @ Waukesha County Fair Grounds**, times vary. The fair is back for its 184th year! This is the oldest county fair in Wisconsin, and the biggest event in all of Waukesha County! For details and a full schedule, visit www.waukeshacountyfair.com

July 16 (Thur.) **Golden Summer Social @ The Ridge at Village Park, Sussex, 10 am to 12 pm.** Adults age 50+ are invited to enjoy live music, yard games, puzzles, and more. Lunch follows at 12 pm through the ADRC Senior Dining Program for adults age 60 and older. Lunch registration is required. Call Andy at 262-246-6747 for lunch reservations. See page 9 for more details.

July 16-18 (Thurs. – Sun.) - **Delafield Block Party @ Downtown Delafield, 5 pm - midnight.** Enjoy three evenings of fun featuring live music and a large beverage tent with specialty drinks, local food offerings, and raffle!

July 18-19 (Sat. – Sun.) - **Maxwell Street Days @ Field Park (Mukwonago), 8 am - 5 pm.** Come and enjoy one of the largest flea markets around with vendors selling crafts, produce, plants, tools, and more! Food and refreshments are available on the grounds.

July 18 (Sat.) - **Menomonee Falls Lavendar Fest @ Village Park, 10 am - 4 pm.** Join the fun for the 6th Annual Falls Lavendar Fest! Enjoy the scent, color, flavor, and decorating influence of all things lavender! There will be a sea of vendors at Village Park, along with food trucks and live music!

July 23-26 (Thurs. – Sun.) - **Dousman Derby Days @ Cory Park**, times vary. This year marks the 71st annual Dousman Derby Days. The fun filled weekend will include a parade, music, carnival rides, softball tournament, and the famous Wisconsin State Frog Jump. Further details and a full schedule of events can be found at lakecountryfamilyfun.com

July 25-26 (Sat. – Sun.) - **Garden Conservancy Open Days @ various locations, 10 am – 4 pm.** This special self-guided tour features four curated private gardens showcasing beautiful landscapes, creative garden design, pollinator-friendly paintings, and unique outdoor spaces rarely open to the public. This is a unique outdoor experience for garden lovers, nature enthusiasts, photographers, families, and multigenerational groups looking to enjoy an inspiring weekend together in Waukesha County. For exact locations, visit gardenconservancy.org

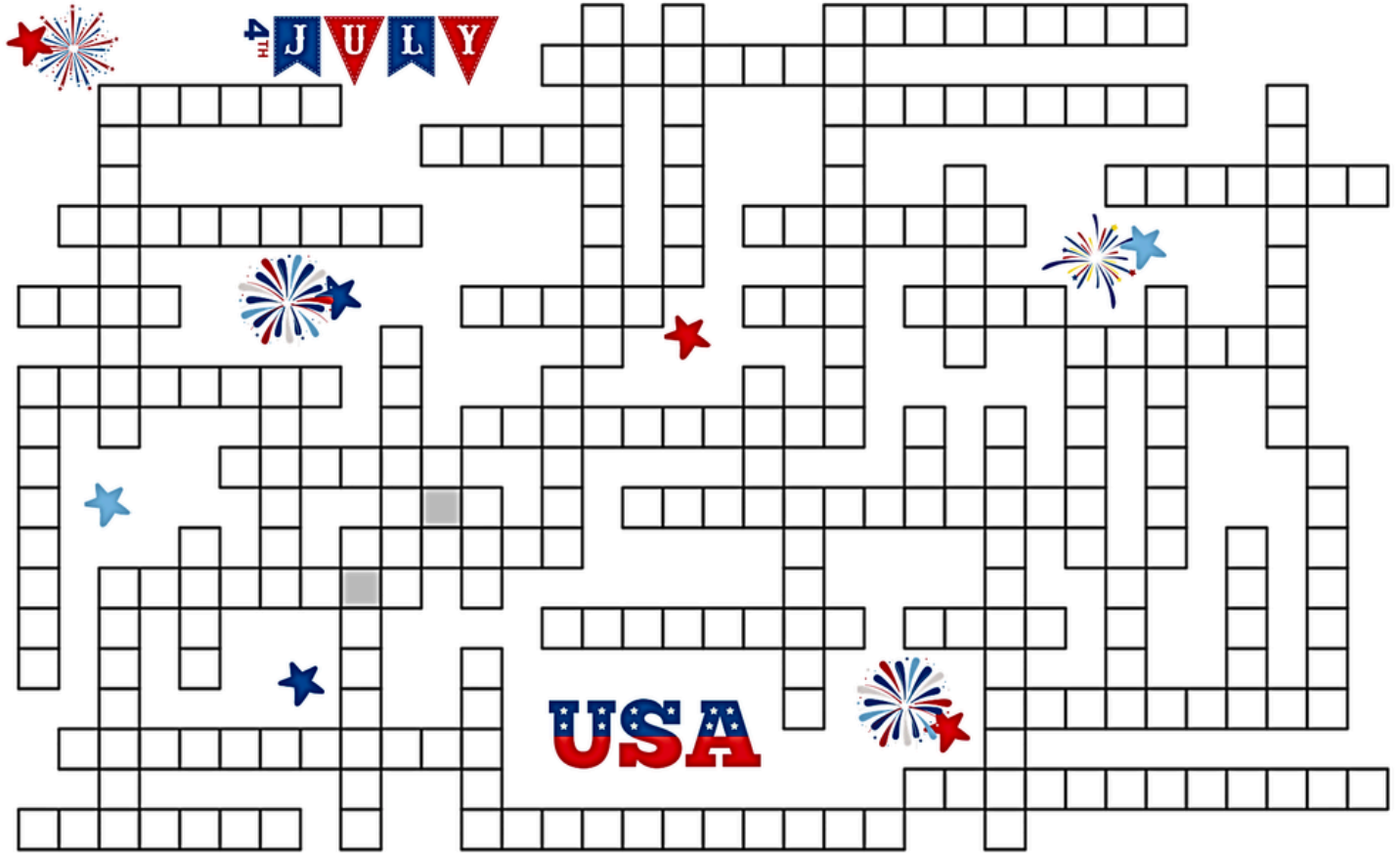
Save the Date! - September 1 (Tues.) - **Falls Prevention Resource Fair** presented by Ascension @ **Brookfield Public Library, 1 - 4 pm.** Free resources and experts featuring various topics such as benefits of strength and balance training, home safety tips and tools for daily living, what to do if you have a fall / getting up from a fall, and community resources such as ADRC of Waukesha County.



4th Of July Word Fill In



Write the words in the correct place on the grid based on the number of letters.



3 letters

red
hot
fun

white
grill
party
pride
music



family

7 letters

stripes
burgers
holiday
cookout
concert
veteran
liberty
America

national

backyard

9 letters

streamers
community
democracy
celebrate
fireworks
sparklers
tradition

11 letters

anniversary
declaration
decorations
commemorate

4 letters

blue
free
home
flag
boom
July



6 letters

values
states
picnic
united
crowds
summer
parade
spirit

8 letters

lemonade
barbecue

10 letters

watermelon

12 letters

independence
pyrotechnics



5 letters

stars



Answers on page 15

© Puzzle Cheer





Building Self-Esteem & Emotional Resilience

Source: Trualta - Wisconsin Caregiver Support Alliance:
wisconsin-caregiver.trualta.com

People with Intellectual and Developmental Disabilities (IDD) are at a higher risk for low self-esteem and being victims of discrimination or bullying. As a caregiver, you can help by using strategies to strengthen your care recipient's emotional resilience and teaching healthy coping skills.

Focus On Strengths

Your care recipient might be struggling with self-esteem because they need extra support or have difficulty doing certain activities. Focusing on their strengths re-directs the focus from what they can't do to what they can do. This can boost how they see themselves and what they're capable of. You can try:

- **Supporting contribution to meaningful activities.** Involving them in activities (especially ones they enjoy) can improve their sense of mastery and feelings of inclusion. For example, helping make dinner.
- **Providing positive reinforcement.** Celebrate their strengths with praise and encouragement. Offer rewards to work towards when they do something challenging.
- **Supporting independence.** Whether it's doing something on their own or helping with part of a task, practicing independence can support mastery and confidence. For example, zipping up their coat on their own.
- **Setting realistic goals.** Lofty goals are hard to achieve. Strike to set goals that are both realistic and challenging.
- **Celebrating individuality.** Reframe setbacks, struggles, and comparisons and remind them that everyone is different. Encourage them to remember what they've worked hard for and accomplished.

Explore Interests & Self-Expression

People with IDD often have decisions made for them. Providing opportunities to express themselves can help reduce stress and support agency and mastery. It can also provide an outlet to express thoughts and feelings, which can support wellbeing. You can try:

- **Art.** For example, painting, drawing, sculpting, collages, or photography. You can also use art as therapy for sensory experiences or developing fine motor skills.
- **Music.** For example, playing an instrument, dancing, or listening to a playlist of their favorite songs.
- **Writing.** For example, writing stories, songs, poetry, or journaling.
- **Cooking.** For example, helping make meals, taking classes, or finding new recipes.
- **Sports.** For example, going to sports games, playing outside with friends, or playing on a sports team.
- **Technology.** For example, communicating using augmentative and alternative communication (AAC) devices, learning skills like computer programming, or playing video games.
- **Caring for pets.** For example, daily care tasks like grooming or feeding, playing or walking outdoors, or participating in animal therapy.

Encourage Coping Skills

These strategies can help them manage feelings of low self-esteem:

- **Deep breathing.** Box breathing or diaphragmatic breathing can help relax the body and mind. Tip: Use phrases like "smell the roses, blow out the candle" or visuals like a fist opening and closing in rhythm with their breath.
- **Grounding techniques** like:
 - Visualizing something that reduces stress, like a happy memory.
 - Listing items in a category, like ice cream flavors.
 - Using 5-4-3-2-1: Asking them to name 5 things they see, 4 things they feel, 3 things they hear, 2 things they smell, and 1 thing they taste.
- **Positive self-talk** phrases from the section above.
- **Relaxation techniques.** For example, sensory activities like squeezing a stress ball.
- **Removing stressors or changing environments.** Teach them to safely remove the object (or themselves) if they feel overwhelmed.



Get on the MAPP: Is the Medicaid Purchase Plan right for you?

If you can say yes to all three of these questions, the Medicaid Purchase Plan (MAPP) might be right for you!



Have you not applied for BadgerCare Plus or Medicaid because you think you make too much money or have too many assets?



Are you at least 18 years old with a disability determination from Social Security?



Are you working or interested in working, either for money or in exchange for goods or services?

What is MAPP?

MAPP offers healthcare coverage to people with a disability who are 18 or older and who are working or interested in working, either for money or in exchange for goods or services.

MAPP has higher income and asset limits than most other Medicaid plans for people with a disability.

- A member's income must be at or below 250% of the federal poverty level for the size of their household.
- Members can have no more than \$15,000 in countable assets, excluding one home and one vehicle.
- Depending on income, some MAPP members may need to pay a monthly premium.

How can I save my earnings with MAPP?

MAPP members can set aside up to half their job earnings in an Independence Account. These funds do not count towards the \$15,000 asset limit and may be used for any purpose.



How do I apply for MAPP?

Apply online through ACCESS at access.wi.gov or apply in person at your local agency. Find your local agency at dhs.wi.gov/im-agency.



Visit MAPP webpage

For more information

Go to dhs.wi.gov/medicaid/medicaid-purchase-plan.htm and refer to our MAPP fact sheet and MAPP Consumer Guide.

Friendships Unlimited is a peer-led mental health and recovery program operated by NAMI Southeast Wisconsin, located at 412 East North Street in Waukesha. The program provides a welcoming, community-based environment where **adults 18 and older living with mental health challenges** can connect with peers, build on their strengths, and work toward their personal goals. Programming is offered Monday through Friday from 9am to 4pm and Sundays from 12 to 4pm, and is free to members.

The program has experienced remarkable growth over the past year. In May 2026 alone, Friendships Unlimited averaged 36 individuals per day, with a total of approximately 874 visits across adult and youth programming for the month. Due to this incredible community response, the program has recently launched a waitlist for new general community members while expansion opportunities are explored.

Weekly programming includes peer specialist check-ins, yoga, music and art-based groups, mindfulness, pool tournaments, game days, and a dedicated youth component with Boys Night on Mondays and Girls Night on Wednesdays. The program also partners with Healing Harmonies, a collaborative music initiative connected to the Waukesha community.

One of the most meaningful aspects of Friendships Unlimited is its intentional focus on building real life skills that translate beyond the program's walls. Through daily interactions, structured groups, and one-on-one peer support, members work on social connectedness, communication, healthy routines, and the kind of practical skills that support employment readiness, independent living, and overall wellbeing. For many members, Friendships serves as a bridge between clinical services and real-world functioning. It's a place where growth becomes something lived every day rather than something talked about in an office.

Friendships Unlimited maintains a strong partnership with **Waukesha County's Community Support Program (CCS)**, which allows Certified Peer Specialists to provide coordinated support services to enrolled members alongside their clinical teams. Through this partnership, peer specialists work directly with CCS members on individualized treatment plan goals including reducing isolation, increasing positive social interactions, and developing the daily living and coping skills that support long-term health and stability. This collaborative model ensures that the work happening at Friendships is not happening in isolation but is connected to a broader continuum of care.



For more information, visit: namisoutheastwi.org/friendships-unlimited

recovery ∞ support ∞ wellness ∞ community ∞ belonging

Disability Employment and Advocacy Resources

Division of Vocational Rehabilitation (DVR)

Wisconsin DVR helps people with disabilities prepare for, find, and keep employment. Services may include career counseling, job search support, training, education assistance, and help identifying needed workplace accommodations.

Contact Information:

- Waukesha DVR Office
- 2607 N. Grandview Blvd., Suite 100, Waukesha, WI 53188
- 262-956-6830 or 800-321-2137
- dvr@dwd.wisconsin.gov



Disability Rights Wisconsin

The state's protection and advocacy agency for people with disabilities. It provides information, advocacy, and legal support related to disability rights, access to services, discrimination, abuse or neglect, employment, and public benefits.

Contact Information:

- Toll Free: 800-928-8778
- Milwaukee Office: 414-773-4646
- 1205 S. 70th Street, Suite 500, Milwaukee, WI 53214
- info@drwi.org



Ticket to Work

A free and voluntary Social Security program for adults ages 18 through 64 who receive SSDI or SSI and want to work. The program helps beneficiaries connect with employment services, vocational supports, and information about how working may affect their benefits.

Contact Information:

- Ticket to Work Help Line: 866-968-7842
- TTY: 866-833-2967
- Monday-Friday, 8:00 a.m.-8:00 p.m. ET
- TicketToWork@ssa.gov



ACAP

Adaptive Community Approach Program (ACAP) is a partnership of people who have disabilities and a passion to demonstrate their abilities in the community around them. Programs include adaptive recreation, artistic expression, community advocacy, community service, education, and enrichment.

Contact Information:

info@acap-waukesha.org

262-521-1120

First United Methodist Church



WAUKESHA COUNTY RESIDENTS LIVING WITH DIFFERENT ABILITIES AND DIAGNOSES HAVE ACCESS TO SEVERAL STRONG COMMUNITY RESOURCES.

Journey21 provides programs, outings, employment skill-building, advocacy, and learning opportunities for adults with intellectual or developmental disabilities. Journey21 is located at 1671 Old School House Rd, Oconomowoc, WI 53066 and can be reached at (262) 399-0021 or visit journey21.org



MS Just Keep Moving serves individuals living with multiple sclerosis through adaptive exercise, education, and peer support. The gym is free for those with an MS diagnosis and is located at W228N791 Westmound Drive, Waukesha, WI 53186. For more information contact (262) 232-8552, or visit: msjustkeepmoving.org

Pewaukee Rock Steady Boxing offers Parkinson's-focused exercise designed to support strength, balance, and mobility in a supportive setting. Classes are held at ProHealth West Wood Health & Fitness Center, 2900 Golf Road, Pewaukee, WI 53072. For information, contact the Wellness Manager at 262-513-7209 or visit wiparkinson.org



Curious about this font? This is actually a font called OpenDyslexic, and it is a free, open-source typeface designed to mitigate common reading symptoms of dyslexia. It achieves this by using heavy, gravity-weighted bottoms for each letter to anchor its orientation and distinct, unique shapes for easily-confused letters (like "b" and "d"), reducing letter-swapping and rotation.

Comprehensive Community Services or commonly referred to as **CCS**, is a Medicaid-funded, community-based mental health and substance use rehabilitation program that provides flexible, recovery-oriented support tailored to each individual's needs. The CCS program is part of the Waukesha County Dept. of Health and Human Services.



In order to help guide and strengthen CCS Services in Waukesha County, there is a **CCS Coordinating Committee**. This Coordinating Committee brings together consumers, family members, providers, advocates, county staff, and community members who are invested in improving the program. Program clients are eligible to receive a \$30 reimbursement for attendance and participation provided by NAMI of Southeast Wisconsin. If you are interested in joining the CCS Coordinating Committee and making a difference, contact Waukesha County CCS at 262-548-7950 for more information.



The ADRC is pleased to offer lunch following the Village of Sussex's Golden Summer Social to celebrate the opening of The Ridge at Village Park

The Village of Sussex invites adults age 50 and older to attend the Golden Summer Social on **Thursday, July 16, from 10:00 a.m. to 12:00 p.m.** at **The Ridge at Village Park**, W244N6125 Weaver Drive, Sussex. Enjoy live music from The RCP Duo, yard games, "Make Your Own Popcorn" bar, puzzles, and more in this beautiful new park featuring a pavilion and stage.

Following the social, **lunch will be served at 12:00 p.m. through the ADRC Senior Dining Program**. Lunch is available to adults age 60 and older and **advance registration is required**. Menu includes: Brat, dill potato salad, watermelon, baked beans, and ice cream. To register for lunch, please call Andy at (262) 246-6747.

Please note that the Sussex Civic Center dining site meal scheduled for Thursday, July 16, will be held at The Ridge at Village Park as part of this event rather than at the Civic Center.



Dear Dan,

The other day I was circling a completely packed parking lot, like a vulture with a blinker on. Just when I thought I had found a spot, I watched a car pull into an accessible parking space. The vehicle displayed an accessible parking permit. However, the driver looked middle-aged at most and appeared perfectly healthy, walking with no trouble at all. I was completely frustrated.

I wondered why they were parking there. Were they borrowing a parent's/friend's car or permit? Pulling off the world's most boring criminal scheme? Or could it be something else?

I considered marching over and demanding an explanation, though I didn't know what to say. My next thought was whether I should call the police. But what exactly would I say? "Hello, officer. Someone parked legally, but they looked suspiciously healthy."

So, what is the proper response in this situation? Should I confront them? Report them? Or ignore it? I just want to make sure the spots are saved for those who truly need them.

Yours in frustration,
Luke N. Tupark

Dear Luke N. Tupark,

The "Hey, why are you parking there?" thoughts and feelings you mentioned can pop up in situations like this. It was wise to pause and consider that it might be something else, as not all disabilities are visible. Let's discuss invisible and hidden disabilities, which are not immediately apparent.

There are many different types of disabilities; some can easily be observed, and others cannot. Those using chairs, walkers, or crutches may seem clear. However, others with unseen conditions make walking some distance an exhausting battle that zaps all their energy and/or causes pain. The list of possible causes of hidden disabilities is too large to mention all in this letter. A few examples include conditions of the heart, lungs, brain, muscles, nerves, organ failure or transplant, and many more.

Regarding accessible parking, I have also experienced frustration, but from the other side. When I was in kidney failure, I had a parking permit. I looked young and healthy, but internally I was extremely ill and weak, so I couldn't walk more than 100 ft before I needed to rest. I was asked, "Why are you parking there?" I felt ashamed and explained at first. Then I thought, "Wait, I have a disability; why am I explaining myself?" So, I stopped and had fun when people asked. A woman asked, "Can I ask what your disability is?" I enthusiastically said, "Yes," and then I walked away. I said she could ask; I never said I would answer, he-he.

Questioning or asking someone to prove they're disabled is not helpful to anyone. It just adds another challenge for them. People with disabilities should not be ashamed to use the help they need, like accessible parking. Luke, thank you for your question and consideration on this topic. It's a great reminder there is more than meets the eye when it comes to disabilities and others' health.

-Dan, Community Health Educator, Waukesha County Public Health



National Gorgeous Grandma Day, observed each year on July 23, is an unofficial holiday that celebrates older women and challenges outdated stereotypes about aging. It highlights that grandmothers — and women over 50 more broadly — can be caring, strong, stylish, active, confident, and full of life.

The day is often linked to author Alice Solomon, who earned her college degree at age 50 in 1984 and promoted the idea that later life can be a time of growth, reinvention, and new opportunities. Her message helped encourage a more positive view of aging and of women in midlife and beyond.

There are many meaningful ways to celebrate:

- Spend time with your grandmother or another important older woman in your life
- Share photos and stories that honor their accomplishments and impact
- Organize a small celebration, recognition event, or photo opportunity
- Give a thoughtful gift or plan a surprise
- Encourage and support older women in their interests, goals, and new beginnings

At its heart, the day is about respect, appreciation, and recognizing that life after 50 can be vibrant, purposeful, and inspiring.

Your Community Spotlight: CHENEQUA

Our historic highlight for today is Chenequa, Wisconsin - a small Lake Country community whose history reflects the growth of southeastern Wisconsin's lakeside settlements. Centered around Pine Lake and nearby wooded landscapes, the area attracted settlers and seasonal residents in the late nineteenth and early twentieth centuries.

Better rail connections to the nearby Oconomowoc area made Chenequa more accessible to visitors from Milwaukee and Chicago, many of whom established summer homes and helped shape the region's reputation as a peaceful retreat.

One early notable figure associated with the Lake Country area was lawyer and investor

N. P. Van Slyke, whose name is connected to Van Slyke Road and broader nineteenth-century development in the Oconomowoc region. Influential landowners and residents like Van Slyke helped shape how the surrounding countryside evolved with farms, estates, and lakeside properties.

Chenequa was officially incorporated in 1928. That step gave residents greater control over land use and local governance, helping them preserve the village's rural and residential character. Unlike communities built around industry, Chenequa developed primarily as a place of homes, open land, and recreation.

Over time, the village changed from a seasonal destination to a year-round community, but it retained its emphasis on conservation and low-density development. Today, Chenequa is defined by its lakes, its small population of almost 600 residents, and its long commitment to protecting the natural beauty of Wisconsin's Lake Country.

Source: Chenequa.org



"Van Slyke House"

Easy Cheesecake Recipe (no sour cream)

Ingredients

- 9 sheets graham crackers
- 1 cup white sugar (divided)
- 5 tablespoons butter (melted)
- 2 eight-ounce blocks cream cheese (softened to room temperature)*
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon fresh lemon juice



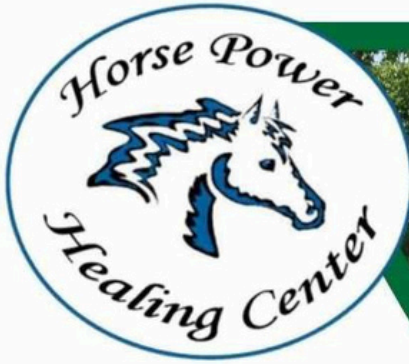
Instructions

1. Preheat oven to 350 degrees F.
2. Place graham crackers in food processor and process until you get small crumbs (or place graham crackers in a plastic bag and crush with a rolling pin or mallet). Add 1/4 cup sugar and melted butter and process or stir until blended.
3. Dump crust mixture into a 9-inch springform pan (with the sides on) and pat with your fingers or the bottom of a glass or measuring cup, bringing the crust up about an inch on the sides. Make sure the crust is even across the bottom.
4. Bake crust in preheated oven for 10 minutes.
5. While crust is baking, place cream cheese in a medium bowl and beat until fluffy.
6. Add eggs one at a time, beating well after each one. Add remaining 3/4 cup granulated sugar and beat well. Add vanilla and lemon juice and beat well. Scrape sides of bowl with a rubber spatula then beat mixture for five minutes, until soft and fluffy.
7. When crust is out of the oven, pour filling into crust. Smooth out the top with your spatula. Return to the oven and bake for 35 minutes. The edges will look set, but the middle will still be jiggly. The top may be a little bit browned.
8. Cool completely on a wire rack. Cover with aluminum foil or plastic wrap and chill in the refrigerator until cold.
9. Slice cheesecake with a sharp knife and add a dollop of whipped cream, berries, or chocolate or caramel sauce to each piece.

Nutrition Information

YIELD: 8 SERVING SIZE: 1

Amount Per Serving: CALORIES: 451 TOTAL FAT: 30g SATURATED FAT: 17g TRANS FAT: 0g
UNSATURATED FAT: 10g CHOLESTEROL: 123mg SODIUM: 331 mg CARBOHYDRATES: 41g
FIBER: 1g SUGAR: 31g PROTEIN: 6g



HORSEBACK RIDING FOR SENIORS



Seniors 65 years and older can learn how to groom and ride a horse.

Horse Power Healing Center, offers an opportunity for seniors to connect with others, enjoy nature in a rural atmosphere, and interact with horses in a safe environment. We are committed to providing them with an experience that will benefit them physically, emotionally, and mentally. Studies have proven that being in the presence of horses has many therapeutic advantages for seniors struggling with anxiety, depression, and loneliness.

ALSO AVAILABLE: RIDING IN THE MOMENT

For people in the early stages of dementia and Alzheimer's

- Participants can groom, lead and ride horses if they are able.
- Visit the goats, donkeys and chickens
- Learn about the animals and farm life

Cost: \$50 per individual hour lesson \$40 each for a group of 2-3 participants
Lessons run from June - October (weather permitting)
Schedule lessons via email.

Held at: Horse Power Healing Center S101 W34628 County Road LO Eagle, WI 53119

Phone: 262-594-3667

info@horsepowerhealingcenter.com

www.horsepowerhealingcenter.org

FREE Health Education Sessions

Laughter Yoga:

(Laughter Yoga uses laughing exercises, not stretching exercises. No yoga mats needed.)

The health benefits of laughter include stress reduction, improved oxygen intake, boosted immune system and others. 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!

July 22nd, 2026
6:00 PM - 7:00 PM

Location: New Berlin Activity & Recreation Center

15321 W National Ave, New Berlin

Cost: Free

To Register:

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

Better Sleep:

Quality sleep plays a critical role in physical and mental health. This class explores common sleep challenges, the impact of sleep on overall well-being, and simple habits that can help improve sleep quality, energy levels, and daily functioning. 1 in 3 adults don't get enough sleep. Learn what stops you from sleeping well and how to fix it.

July 15th, 2026
6:00 PM - 7:00 PM

Location: New Berlin Activity & Recreation Center

15321 W National Ave, New Berlin

Cost: Free

To Register:

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

Self-Care: Awareness, Acknowledgement, Action

This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities. The session will cover: symptoms of burnout and imbalance; what is self-care; health benefits of self-care; self-awareness activities, practical tips for physical, mental, and spiritual health

July 23rd, 2026

10:30 AM - 11:45 AM

Location: Muskego Public Library

573 W 16663 Janesville Rd, Muskego

Cost: Free, **To Register:** Call 262-971-2100 or visit the Reference Desk

Better Brain Health:

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

July 8th, 2026
3:00 PM - 4:15 PM

Location: Christ the King Lutheran Church
1600 N Genesee St., Delafield

Cost: Free

To Register: Call 262-646-2343

July 28th, 2026
1:30 PM - 2:45 PM

Location: Elm Grove Public Library
13600 Juneau Blvd, Elm Grove

Cost: Free

To Register: Visit: www.elmgrovelibrary.org
or walk-ins available



StrongBodies :

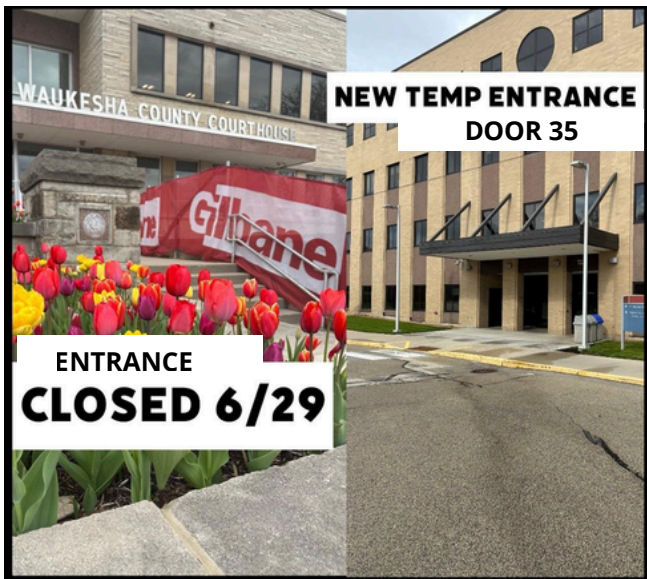
A 10-12 week strength training program for anyone desiring to slow down the bone and muscle loss process. StrongBodies is offered to various age groups and genders including seniors and women. Classes typically have eight to twelve participants and last approximately 60-75 minutes. Classes meet twice per week for 10-12 week sessions. Program includes progressive resistance training, balance training, and flexibility exercises.

Ongoing class options, start the class at any time:

- 1) **Mondays and Wednesdays**—Morning (Pewaukee)
- 2) **Mondays and Thursdays*** —Morning (Waukesha)

Contact Courtney for questions or to register, 262-444-9102 or email cklepp@waukeshacounty.gov

*The group at Salem Methodist Church has changed to be on Monday and Thursdays.

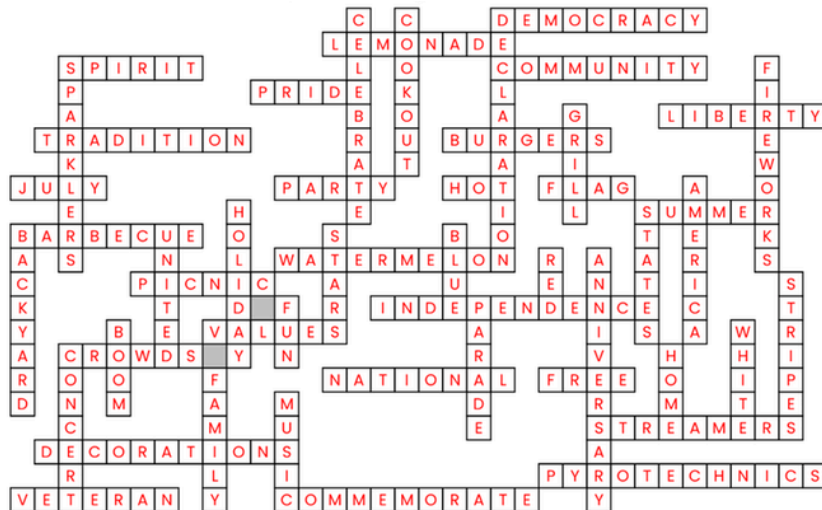


Need to come to the Waukesha County Courthouse?

Main Entrance, located at 515 E. Moreland Blvd, Waukesha, has moved during construction! **Beginning June 29**, all visitors to the Waukesha County Courthouse (including jurors) will need to enter through a temporary entrance located on the eastside of the courthouse at the Administration Center at Door 35. This entrance will be used until 2027 when the project is complete.

For parking, visitors can use the lots at the Administration Center for their convenience.

Puzzle answers from page 3



Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



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

Savvy Caregiver is a proven curriculum educational series which teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience.



The course will cover:

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

July 14th - August 18th, 2026

6 Tuesdays

10:00am—12:00 pm

For registration or more information, please contact, Jennifer Harders Dementia Care Specialist, at the ADRC at 262-548-7650 or email jharders@waukeshacounty.gov

Location:

Community United Methodist Church
14700 Watertown Plank Road
Elm Grove, WI 53122

Community Memory Screening: Tuesday, October 13, 10:00a-3:00p

at Brookfield Public Library. Schedule your 30 min time slot of memory screen with Jennifer, ADRC Dementia Care Specialist at 262-548-7650



Younger Onset Dementia Caregiver Support Group: 2nd Wednesday of each month

(July 8, Aug 12) 3:00-4:30 pm at Waukesha Health and Human Services building, Room 113.

Monday Coffee Connect - Dementia Caregiver Group (Virtual): Mondays, 10:00a-11:00a.

Register by calling Kathy Glaser, ADRC Dementia Care Specialist, at 262-548-7354 or email kglaser@waukeshacounty.gov

JOKE
OF THE MONTH:

WHAT DO YOU CALL A FROG WHO ILLEGALLY PARKS
IN AN ACCESSIBLE PARKING SPOT?

...TOAD

"Welcome to Medicare" Presentations in your Area

Please register with the specific location you wish to attend

Monday, July 13 at 10am

Menomonee Falls Public Library (262-532-8920)

Monday, July 20 at 1:00pm

Pewaukee Public Library (262-691-5670)

Thursday, August 13 at 11:00am

Hartland Public Library (262-367-3350)



To register for the ADRC 'Welcome to Medicare' presentations visit:
www.waukesha.gov/ADRC, call our office at 262-548-7848, or scan
the QR code.



Vouchers are available at the ADRC Office, located in the Human Services Center at 514 Riverview Avenue in Waukesha, Monday-Friday from 8:00 am – 4:30 pm.

FIRST COME FIRST SERVED BASIS

Requirements for eligibility:

Must be a Waukesha County Resident
Must be age 60 or older

Monthly Income:

1-person household at or below **\$2,461**
2-person household at or below **\$3,337**
3-person household at or below **\$4,212**

*Senior Farmers Market benefit is \$25.00 in coupons/vouchers!
Vouchers will be issued to individuals. As long as all eligibility requirements are met, individuals in the same household are eligible for their own booklet of vouchers.*

Waukesha County ADRC Senior Dining Centers

Congregate dining site meals are served Monday–Friday at 12:00/Noon unless otherwise stated. Advanced reservations are required by 11 am at least the business day prior, by calling the dining center where you wish to attend.

Brookfield Community Center, 2000 N Calhoun Rd, Brookfield
(262) 782-1636

Menomonee Falls Community Center, W152 N8645 Margaret Rd, Menomonee Falls
(262) 251-3406

Mukwonago: Birchrock Apartments, 280 Birchrock Way , Mukwonago
(262) 363-4458
Monday-Thursday

New Berlin: OurLord’s Methodist Church, 5000 Sunnyslope Rd, New Berlin
(414) 529-8320

Sussex Civic Community Center, N64 W23760 Main St, Sussex
(262) 246-6747
Monday, Wednesday-Friday



My Meal, My Way

Anyone 60+, eat at The Kitchen Restaurant, N64W23316 Main Street, in Sussex on Tuesdays, anytime 10:00a-1:00p. Choose your meal off the My Meal, My Way Menu. Suggested contribution still \$5.00.



No reservations required!

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse regardless of spouse’s age) with no income requirement.

Suggested Contribution:

\$5.00/meal. No eligible person will be turned away due to the inability to contribute.

What If I Need Transportation to Attend?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs. If you are already a Taxi or RideLine client, please contact your corresponding transportation company. If you are not a Taxi or RideLine client yet, start by calling the ADRC at (262) 548-7848 or completing an online application at www.WaukeshaCounty.gov/ADRCtransportation

July 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Turkey ala King over Rice Maui Blend Veggies Cauliflower Salad Nine Grain Bread Waldorf salad	Happy 250th, America! Jumbo Hot Dog on Bun Ketchup/Mustard/Relish American Fried Potatoes Baked Beans Watermelon Slice Ice Cream Treat	July 4th Holiday No Meals Served
6	7	8	9	10
Smothered Meatballs Twice Baked Mashed Potatoes Peas & Carrots Whole Wheat Bread Strawberry Applesauce	Creamy Garlic and Herb Chicken Pasta Italian Blend Veggies Mixed Greens Salad with Kale/Raspberry Vinaigrette Italian Bread Fruit Compote	Denver Omelet with Cheese Sausage Patty Hash Brown Potatoes Ketchup Seasonal Fresh Fruit Donut Hole Chocolate Milk	Bastille Days Sliced Beef Burgundy Mashed Potatoes Sunshine Carrots Broccoli & Cauliflower Salad Grapes Mini Croissant Chocolate Mousse	Festa Italiana Spaghetti Marinara with Ground Italian Sausage Parmesan Cheese Italian Green Beans Spinach Salad with Italian Dressing Mixed Fruit Cup Mini Breadstick Cannoli
13	14	15	16	17
Pork Stir Fryover Rice Soy Sauce Japanese Blend Veggies Mini Veggie Egg Roll with Sweet & Sour Pineapple Sugar Cookie Alt: Diet Cookie	Chicken Fajita Pasta Green Beans Jicama with Ranch Dressing Tropical Fruit Cup Butterscotch Brownie Alt: Diet Jello	Beef Stew with Veggies Twice Baked Mashed Potatoes Creamed Corn Whole Wheat Bread Seasonal Fresh Fruit	Waukesha County Fair Brat on a Bun with Sauerkraut Ketchup/Mustard Dilled Potato Salad Baked Beans Watermelon Ice Cream Sundae Cup	Chicken Salad w/ Grapes Parmesan Zucchini & Corn Salad Baby Carrots with Hummus Dinner Roll Honeydew Melon
20	21	22	23	24
Meatball Marinara Sub Parmesan Cheese Potatoes Italiano Venetian Blend Veggies Chilled Apricots Lemon Meringue Pie Alt: Diet Pudding	Taco Bake over Brown Rice Sour Cream Buttered Carrot Coins Texas Caviar with Tortilla Chips Kiwi Chocolate Milk	Monterey Chicken Double Baked Potato Casserole RomaineLettuceSalad with Ranch Dressing Whole Wheat Dinner Roll Seasonal Fresh Fruit	German Fest Roast Pork in mushroom & onion gravy Buttered Spaetzle Sweet & Sour Red Cabbage Spiced Applesauce Creamy Cucumber Salad Marble Rye Bread German Chocolate Cake	Shredded Turkey & Gravy over Mashed Potatoes Caribbean Blend Vegetables Nectarine Zucchini Bread Alt: Diet Jello
27	28	29	30	31
Chicken and Sausage Gumbo Red Beans and Rice Green Beans Tropical Fruit Cup Cornbread Ice Cream Cup	Salisbury Steak with Gravy Garlic Mashed Potatoes Brussel Sprouts Nine Grain Bread Cantaloupe	Honey Glazed Ham Sweet Potatoes Pea & Cheese Salad Mixed Berries Dinner Roll Chocolate Pudding Alt: Diet Pudding	Lemon Rosemary Chicken Quarters Au Gratin Potatoes Broccoli Salad Mandarin Oranges Sourdough Bread Chocolate Milk	Swedish Meatballs w/ Noodles Honey Glazed Carrots Greek Zucchini Salad Watermelon Apple Streusel Cake Alt: Applesauce

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

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514 Riverview Ave, Waukesha, WI 53188 - 262-548-7848
www.waukeshacounty.gov/ADRC - Follow us on Facebook