

Aging and Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: **262-548-7848**
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

www.waukeshacounty.gov/adrc

Alzheimer's Association

▪ Support and Education
800-272-3900
(24/7 Helpline)
www.alz.org/sewi

Eras Senior Network

▪ Services for older adults
262-549-3348
www.eras.org

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

FRONT COVER:

Staff Pet Pictures
in honor of
Halloween and
Trick or Treat!



The ADRC Connection

OCTOBER 2025



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- ♦ **CAREGIVER EVENT**—RSVP (p. 3)
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and workshops (p. 19)**



October 1-31 - Scarecrow Lane @ Retzer Nature Center, sunrise- 10 pm. Visitors of Scarecrow Lane are encouraged to take a fun, self-guided walk around the pathways of Retzer Nature Center to enjoy the unique scarecrow displays and changing colors of autumn.

October 3-4, 10-12, 16-19, & 23-26 - The Hollows @ Phantom Lake YMCA Camp (Mukwonago), 6 – 10 pm. Join in for an enchanted evening stroll through the magical Halloween pumpkin wonderland along scenic trails and haunting waters while supporting the mission to

help kids of different ages and abilities experience camp. Please come 15 minutes before your scheduled time slot. Tickets can be purchased at www.phantomlakeymcacamp.ticketspice.com/the-hollows-at-phantom-lake-ymca-2025

October 4 - Falls Harvest Festival @ Mill Pond Park (Menomonee Falls), 10 am-7 pm. Whether you're a fan of food, music, shopping, or simply soaking in that cozy autumn vibe, this event has something for everyone! Menomonee Falls Harvest Fest promises a day full of fun for all ages. There will be a great selection of handmade gifts, 50+ vendors, treats, and more.

October 10-11, 17-18, & 24-25 - Halloween Legends and Lore @ Old World Wisconsin, 5:30 – 9:30 pm. Witness a historic Halloween event unlike anything you have seen before- from ghostly whispers in the night to folkloric traditions held by candlelight, you'll experience live storytelling, games, hot food, drinks, local music, and more! Ticket prices vary, must be purchased in advance, and can be found at <https://wisconsinhistory.org>

October 11 - Pumpkin Party in the Park @ Nixon Park (Hartland), 4-8 pm. Join in for an autumn evening of Trunk or Treating, a pumpkin River Race, haunted trail walk, hay bale maze, food, and more! Bring a chair or blanket for a showing of "Hocus Pocus" at 6:30 pm.

October 17- Jack-O-Lantern Jaunt & Halloween Haunt @ Mukwonago Field Park, 6-9:30 pm. Returning for its' 21st year, the Jaunt & Haunt will have hundreds of locally carved pumpkins displayed, a spooky movie double feature, a not-so-haunted house, face painting, crafts, photo opportunities, and more!

October 17 & 18 - Fright Hike @ Lapham Peak State Park, 6-8:30 pm. For the 25th season, for two nights, the beautiful, moonlit paths of Lapham Peak are riddled with ghosts and goblins for a mile long walk through the dark forest. Local school groups create and act out scary skits along the trail and afterwards, vote for your favorite scene. This event is rain or shine. Limited tickets are available and are available online only at A valid State Park sticker is needed to enter, or the entrance fee is \$5 per vehicle.

October 18 - Halloween in Delafield @ Downtown Delafield, 5 – 8 pm. This event will host a business Trick or Treat from 5 to 7 pm, with additional tented spooky spaces along Milwaukee Street, live music, and a grand pumpkin illumination at dusk.

October 25 - Halloween on Main @ Main Street/Elm Street (Dousman), 11 am – 3 pm. This event will feature a costume contest, chili and soup tasting contest, pumpkin decorating, hayrides, craft fair, music, food, drinks, and more!

UPCOMING RESOURCE FAIRS ON PAGE 4

FEEDING YOUR SOUL: CAREGIVER EVENT

NOVEMBER 5, 9:30A - 3:30P

Richard T. Anderson Center
WCTC Main Campus - C Building
800 Main St, Pewaukee

Parking available in Lots 7, 8, 9



Keynote "Choosing HOPE: Happiness, Optimism, Passion, and Empowerment"
by Mark Horbinski

This event is for
family or other
informal caregivers
of an older adult(s)

**Pre-registration required by October 21
(no walk-ins)**

Register here:
forms.office.com/g/DsQb7rpmtq
or call us at (262) 548-7848



AFTERNOON SESSIONS:



Roots of Renewal - Learn the benefits of working in soil and plant something to take home



Bye, Bye Paper Files - Understand what documents to keep or shred and feel more prepared for life's transitions



Laughter Yoga: Interactive session boosting happiness, reducing anxiety, and fuel your spirit



Changing Roles & Relationships - Grief, bereavement, and beyond



Self-care: Caring for you to fuel your soul



Community Resources Fairs

Get connected to resources and ask questions at the following community resource fairs that ADRC will be in attendance.

Senior Source Fair

Friday, October 17, 10:00am-12:00pm

Oconomowoc Community Center
220 W Wisconsin Ave
Oconomowoc, WI 53066

This free event offers information and resources for seniors seeking wellness, financial, social, legal, emergency services, and educational advice. Refreshments will be provided. Ample parking is available in the Bank Five Nine parking lot.



16th Annual Senior Enrichment Fair

(REGISTRATION REQUIRED FOR ENTRY*) - Register by October 10th

Friday, October 17, 8:30AM-1:30PM

Menomonee Falls Community and Recreation Center
W152 N8645 Margaret Rd
Menomonee Falls, WI 53051

A variety of vendors will be on hand with pertinent information! We have informative classes, lunch, and door prizes. Please note that due to the limited parking in our lot we will have shuttles to bring participants from the Trenary Field Parking Lot (W156N8480 Pilgrim Rd, Menomonee Falls) to our front door. Those that park at Trenary field and ride the shuttle will receive a coupon for a free sandwich at Chick-fil-A. **This year attendance has to be limited due to remodeling/construction happening on site.*

Companions for Care Resource Fair

Monday, October 20, 4:00-7:00pm

Holy Apostoles Catholic Church—Welcome Center
16000 W National Ave
New Berlin, WI 53151

Are you a caretaker of your spouse, parent, etc., or are you elderly and wanting to stay in your home as you age, then we have an evening planned for you! As your parish, we would like to accompany and support you on your journey. We are offering an evening of resources/services to guide you along your journey, and we invite you to attend

Essential Needs—Navigating Accessibility and Disability Resources

Saturday, November 1, 1:00-4:00p

Spring Creek Church
N35W22000 W Capitol Dr
Pewaukee, WI 53072

Discover valuable resources, supports, and benefits guidance for people of all ages and abilities! Join us for a Disability Resource Fair featuring local organizations, service providers, and benefits options counseling to help you navigate available programs, funding options and opportunities. Whether you are a person with a disability, a family member, or a caregiver, you'll find tools and connections to help you thrive. www.springcreek.church/events

Apple Oatmeal Muffins

Makes: 6 servings



Ingredients

- ½ cup nonfat milk
- ⅓ cup unsweetened applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ Tbsp. baking powder
- ½ tsp. ground cinnamon
- 1 tart apple (cored and chopped)

Nutritional information for 1 serving

Calories	218
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	132 mg
Carbohydrate	52 g
Dietary fiber	2 g
Total sugars	38 g
Added sugars included	32 g
Protein	3 g

Directions

1. Preheat oven to 400 F.
2. Place six cupcake holders in a baking tin.
3. In a mixing bowl, add the milk and apple-sauce. Stir until blended.
4. Stir in the flour, oats, sugar, baking powder and cinnamon. Mix until moistened.
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan for 5 minutes before serving. Store unused portions in an airtight container.



Mammograms and Medicare coverage



Part B covers screening mammograms to check for breast cancer before you or a doctor may be able to find it. Every woman is at risk, and this risk increases with age. Breast cancer can usually be treated when found early.


Am I covered? If you're a woman 40 or older,

Medicare covers an annual screening mammogram. Medicare also covers diagnostic mammograms and, if you're a woman between 35–39, one baseline mammogram.


Visit www.Medicare.gov for more information

HEALTH EDUCATION AND FITNESS


Laughter Yoga

Date	Time	Location
 October 28	6:00—7:15p	Hartland Public Library 110 E. Park Ave. Hartland, WI 53209
Register Online at hartland.librarycalendar.com/event/laughter-yoga-2995		


Bone Health

Date	Time	Location
 October 17	10:00—11:00a	New Berlin Public Library 15105 Library Lane New Berlin, WI 53151
Register Online at www.newberlinlibrary.org		
 October 20	10:00—11:00a	Menomonee Falls Senior Center W152 N8645 Margaret Rd Menomonee Falls, WI 53051
Register Online at www.fallsrec.org or by stopping into the Rec offices Questions about registration call: 262-255-8460		


StrongBodies

Date	Time	Location
 Monday and Wednesdays (ongoing class)	9:30—10:45a	Gethsemane Methodist Church 642 Main Street Pewaukee, WI 53072
Register with Courtney, call 262-548-7835 or email cklepp@waukeshacounty.gov		

SteppingOn

Date	Time	Location
 Thursdays, October 16- December 4	10:00a—12:00p	Big Bend/Vernon Lions Club W231S9205 Riverside Street Big Bend, WI 53103
Register with Karla at the Big Bend Library at 262-662-3571		

Healthy Living with Chronic Pain

Date	Time	Location
 Thursdays, October 23- December 4	10:00a—12:00p	Online Workshop
For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032		

CLASS DESCRIPTIONS

Bone Health: Healthy Bones, Healthy You: 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.

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

StrongBodies: Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained instructors. Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weight used. Participants gain strength, improve mobility, and reduce the risk of conditions like osteoporosis, heart disease, and diabetes.

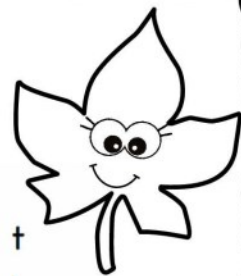
Stepping On: This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local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

Healthy Living with Chronic Pain: Chronic pain can cause severe stress and turmoil for individuals and their families, changing the way people live on a day-to-day basis. This research-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life.





FALL WORDS



s w e a t e r i a u o l m z b q x u d t
 d v g z r i c q o p l w o c t o b e r h
 n o a t u r k e y l p y f t s x m n e a
 o d i l h v k t n f r l s d q j j n s n
 v r e d s e e w v a x e e h u e l h e k
 e s m b f e s t i v a l s z a q g g p s
 m d s f q j n s g m u n o p s n p p t g
 b r o w n p a v c l s a d b h d d x e i
 e a u z f f u c h a r v e s t z h c m v
 r r u c r p o m k j r a v h n s o f b i
 z e u j e c t x p e p e a n j b l o e n
 o h r g a h j g y k t t c n p z e o r g
 r j s i p e g z j c i d i r t o a t z c
 p m h g i s n h x u k n y y o q v b g c
 c h z z f t e f d i w w e n k w e a o h
 k c j v l n h r q k i c l e z c s l u i
 c r i s p u u t a y k n l k h o y l r l
 k y e z l t e e a k z w o o h r g g d l
 x b b n p s j k f u e i w b x n f q s y
 d f r n p a a o r a n g e h s g n m f s

Find these Fall words.

November
 Thanksgiving
 rake
 squash
 chestnuts
 red
 scarecrow
 football
 leaves

October
 gourds
 festivals
 sweater
 chilly
 September
 apple
 brown
 turkey



yellow
 crisp
 reap
 orange
 harvest
 jacket
 pumpkin
 corn



Draw your favorite
 warm fall sweater.

(The words may be hidden vertically, horizontally or diagonally.)

Recognizing the Caregiver in You: The Journey to Self-Identification

Would you consider yourself a caregiver?

There are plenty of family members who perform care-related tasks without calling themselves caregivers.

Some of the obstacles in identifying oneself as a caregiver are:

- ⇒ Adherence to a historic family role
- ⇒ Insufficient exposure to the caregiver concept
- ⇒ Lack of caregiving intensity
- ⇒ Gender-based assumptions
- ⇒ Cognitive dissonance arising from relationship changes
- ⇒ Denial about a relative requiring care or one's own role in providing that care



Family members who are caring for aging or disabled relatives often feel a variety of mixed emotions about the emergence of the caregiver role in their lives. These emotions can be deep and poignant. They also should not be ignored. They also often present new and unexpected challenges. Caregiving has a way of disrupting relationship patterns and consuming your time, resources, and energy. As the journey of family caregiving evolves over time, caregivers begin to see themselves and their loved ones differently. They are also prone to create narratives reflecting how they perceive their caregiving experiences.

A researcher looked at how family caregivers represented themselves and their experiences in online settings. She coded and categorized these online narratives and reported finding **four distinct family caregiving identities**:

- 1) **THE PRISONER**, which is defined by a sense of being trapped by the responsibility of caregiving.
- 2) **THE CRUMBLING CAREGIVER**, which focuses on extreme exhaustion in providing care.
- 3) **THE COMPANION CAREGIVER**, which focuses on the relational aspects of providing care.
- 4) **THE REDEEMED CAREGIVER**, which is defined by growth through difficulty.

What type of caregiver are you? Does one of the above caregiving identities seem to describe how you feel about the caregiver role in your life? Are you experiencing caregiver role strain?

Self-identification as a caregiver, including the underlying feelings about the role, is what **opens the door to targeted services and support**. Family caregivers may benefit from counseling, respite care, formal care providers, support groups, financial assistance, and/or community workshops.

It is best when support is tailored to individual needs. Care managers, social workers, counselors, gerontologists, and caregiver support group facilitators are among the professionals equipped to help a family caregiver identify and access the most appropriate services and support.

ADRC Senior Dining Centers in Waukesha County

Brookfield Community Center 2000 N Calhoun Rd Brookfield (262) 782-1636	Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls (262) 251-3406	Birchrock Apartments 280 Birchrock Way Mukwonago (262) 363-4458	New Berlin Senior Dining: Our Lord's Methodist Church 5000 Sunnyslope Rd New Berlin (414) 529-8320
	Sussex Community Center N64 W23760 Main St Sussex (262) 246-6747	La Casa Village Apartments 1431 Big Bend Rd Waukesha (262) 547-8282	

**ALL MEALS ARE SERVED Monday–Friday at 12:00/Noon unless otherwise stated.
Call the location to reserve a lunch!**



How Can I Eat at a Dining Center?

Senior Dining Centers are open to **ANYONE** age 60 or older (and their spouse, regardless of age) with **NO INCOME REQUIREMENT!** Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.

Suggested Contribution:
\$5.00/meal

What if I Need Transportation to attend?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs **for \$1.00 each way**. This fare subsidy must be authorized in advance by calling the ADRC at **(262) 548-7848**.


JOKE
of the month

**What do you call someone
who's happy on a Monday?**

Retired!

October 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE		National Pumpkin Spice Day Roast Turkey with gravy Herbed Stuffing Maple Glazed Carrots Broccoli Salad Applesauce Pumpkin Pudding	Pork Cutlet in light Gravy Mashed Red Potatoes Steamed Spinach Multigrain Bread Pears Chocolate Milk	Chicken & Mushroom Stroganoff over Noodles Peas & Carrots Fresh Cucumber Slices with Ranch Pound Cake with Mixed Berries
6	7	8	9	10
Honey Sesame Chicken over Brown Rice Japanese Blend Veggies Fresh Pepper Strips with Ranch Dinner Roll Chilled Pineapple	St. Louis Style BBQ Pork Loin Seasoned Diced Red Potatoes Creamed Corn Whole Wheat Bread Fresh Apple	Porcupine Meatballs Baked Sweet Potato Italian Beans Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Turkey, Broccoli & Brown Rice Casserole Dilled Carrot Coins Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello	Tuna Salad with onion & Celery Mini French Roll Creamy Cucumber Salad Corn & Edamame Salad Fruit Cocktail Chef's Choice Cookie Alt: Diet Cookie
13	14	15	16	17
Italian Sausage on a Bun with peppers, onions & marinara Two-tone Beans Couscous Salad Strawberry Applesauce	Salisbury Steak with gravy Mashed Potatoes Harvard Beets Mandarin Oranges Whole Wheat Bread Oatmeal Raisin Cookie Alt: Diet Cookie	Seasoned Chicken Quarters Butternut Squash Three Bean Salad Wheat Dinner Roll Seasonal Fresh Fruit	Smothered Meatballs in Mushrooms & Onions Garlic Mashed Potatoes 5-way Mixed Veggies Multigrain Bread Cherry Pie Alt: Fruit Cocktail	Creamy Chicken Noodle Casserole Steamed Broccoli Tomato & Onion Salad Seasonal Fresh Fruit Sesame Bread Chocolate Pudding Alt: Diet Pudding
20	21	22	23	24
Roast Pork with Thyme and Mushroom Gravy Twice Baked Mashed Potatoes Dilled Carrot Coins Whole Wheat Bread Mixed Fruit Cup	Turkey Tetrazzini Maui Blend Veggies Cauliflower Salad Nine Grain Bread Fruit Crisp Alt: Pears	Beef Stroganoff over Noodles Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Multigrain Bread Banana	Chicken Divan over Brown Rice Sicilian Grande Veggies Romaine Lettuce Salad with French Tropical Fruit Salad Lemon Bar Alt: Diet Cookie	Hearty Sausage & Lentil Stew Buttered Baby Reds Carrot Raisin Salad Wheat Dinner Roll Fruit Cocktail Chocolate Milk
27	28	29	30	31
Hot Ham and Cheese on a Wheat Bun Mayo/Mustard Au gratin Potatoes Brussel Sprouts Pear Half Ice Cream Cup	Shredded Turkey & Gravy over Mashed Potatoes Glazed Carrots Seasonal Fresh Fruit Oat Bran Bread Vanilla Pudding Alt: Diet Pudding	Baked Mostaccioli Squash Medley Spinach Salad with tomatoes & Italian Dressing Mini Breadstick Mixed Fruit Cup	White Chicken Chili with beans Southwest Corn Dilled Cucumber Salad Biscuit Peach Half Chocolate Milk	Happy Halloween Batty BBQ Pork Riblet Monster Mashed Sweet Potatoes Cauldron Creamy Coleslaw Restful Rye Bread Goblin Grapes Pumpkin Patch Cake



By Megan Goodlad

Floating Apples by Candlelight - Craft by Sincerely Marie

What You'll Need:

Apples
Tea light candles
Bucket (or other container)
Water
Sharp knife or melon baller

Instructions:

1. Fill your bucket or metal tub $\frac{3}{4}$ full.
2. Place apples in to see how they will float. Use the apples that float upright rather than on their side.
3. Carve a well into an apple that is about the same size as the tea light candle.
4. Place the tea light candle into the apple, place the apple into the basin, and light when ready. Never leave candles unattended. Enjoy!



Energy Assistance and Weatherization for Waukesha County Residents



ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. Available October 1st through May 15th.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.



If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition.

Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation

How to Apply

WHEAP benefits are not guaranteed to eligible households. When funds have been exhausted for a program year, there are no benefits issued to households regardless of eligibility.

Apply online: <https://energybenefit.wi.gov/OnlineApps>

Apply by phone, mail or in person with your local agency: <https://energyandhousing.wi.gov> and select Waukesha County from the map for resources.

For more information call: **1-866-HEATWIS (432-8947)**

INCOME GUIDELINES FOR THE 2025-2026 HOME ENERGY PLUS PROGRAM YEAR

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	1 MONTH INCOME	ANNUAL INCOME
1	\$ 3,201.75	\$ 38,421
2	\$ 4,186.92	\$ 50,243
3	\$ 5,172.08	\$ 62,065
4	\$ 6,157.33	\$ 73,888

Home Energy Plus uses a previous one month gross income test which is annualized to determine program income eligibility. Income for people who are self-employed, farmers, or seasonal workers is based on federal income tax forms for the previous year.

Memory Screening

A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



Early detection is important

Treatment is possible. Stay in control of your life.

- **Get immediate results**
- **Receive information about Dementia and Alzheimer's disease**
- **Talk with a Dementia Care Specialist about available resources**
- **Learn about brain health and ways to stimulate your brain**

Community Memory Screenings:

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

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



Your Bridge to Support

**514 Riverview Avenue
Waukesha, WI 53188**



Family Caregivers Coffee

Hosted by Dementia Friendly Pewaukee



Last Thursday of the Month
Fox River Congregational Church

N34 W23575 Capitol Drive, Pewaukee, WI 53072

10:00—11:00am

Upcoming Dates:

- October 30th

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

Registration is Required for this Free In-Person Event.

Please email AbbyLorenz@wi.rr.com or text 414-350-8713 with name and number of guests.

More information at www.dfPewaukee.org.

*All Are Welcome
at this FREE event*

Savvy Caregiver Training

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

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

The course will cover:

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

October 9th - November 13th, 2025

6 Thursdays, 10:00 am—12:00 pm

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



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



MEDICARE & MEDICAID: THEN & NOW

	THEN	NOW
Medicare Enrollment	19 million seniors (1 in 10 Americans)	68 million beneficiaries (1 in 5 Americans)
Percent of Seniors with Insurance	52% had some sort of health insurance	Nearly 100% covered by Medicare and supplemental plans
Medicaid & CHIP Coverage	None (programs didn't exist)	82 million Americans (1 in 4)
Poverty Rate Among Seniors	29%	10%
Life Expectancy	Male: 67 Female: 74	Male: 76 Female: 81
Prescription Drug Coverage for Seniors	None (no drug benefit)	90% covered under Part D or Medicare Advantage
Percent of Seniors Seeing a Physician Annually	69%	96%
Uninsured Children	31% of low-income	6% of low-income
Percent of Births Covered by Medicaid	0%	41%
Infant Mortality Rate	24 per 1,000 births	5 per 1,000 births

"Welcome to Medicare" Presentations in your Area

**Turning 65?
Need Medicare?**

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



Sussex Public Library (262-246-5180) - Monday, October 20 at 1:00pm
 Elm Grove Public Library (262-782-6717) - Tuesday, October 21 at 1:00pm
 Big Bend Public Library (262-662-3571) - Wednesday, October 22 at 2:00pm
 Mukwonago Parks & Recreation (262-363-7077) - Thursday, October 23 at 10:00am
 Mukwonago Community Library (262-363-6411) - Monday, October 27 at 2:00pm
 Brookfield Public Library (262-782-4140) - Tuesday, October 28 at 2:00pm
 Menomonee Falls Public Library (262-532-8900) - Wednesday, October 29 at 10:00am
 Waukesha Parks & Recreation - Friday, October 31 at 1:00pm

To register for the ADRC's 'Welcome to Medicare' presentations below, visit:

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

Health & Human Services Building (located at: 514 Riverview Ave, Waukesha), Room 114	
In-Person	Virtual Presentation
Wednesday, October 8 1:00-3:00pm	Wednesday, October 8, 5:30-7:30pm
Wednesday, November 12 1:00-3:00pm	Wednesday, November 12 5:30-7:30pm



Navigating Medicare



Medicare and Medicaid Turn 60

July 30, 2025, was the 60th anniversary of Medicare and Medicaid.

The Centers for Medicare and Medicaid Services (CMS) shared a timeline of Medicare and Medicaid milestones, a then-and-now handout (located on previous page, 16), and more content celebrating these important programs.



We also want to celebrate SHIP team members and all aging and disability staff who help people with Medicare and Medicaid. Many of these milestones are thanks in part to their advocacy. They have been there to explain these changes to beneficiaries and empower them to navigate an evolving healthcare landscape. We thank them for their hard work and continued role in the story of Medicare and Medicaid.

My Journey to Give Back to the Elderly

By Ester Milchtein, Volunteer Ombudsman



In 2022 I applied to become a Volunteer Ombudsman to serve older adults living in long term care homes. I didn't know Volunteer Ombudsmen and Ombudsmen existed until our family needed one.

The word Ombudsman (Om-budz-man) is Scandinavian. In North America this has come to mean "helper," advocate or "voice of the people." In Wisconsin, the Ombudsman Program is administered by the State of Wisconsin Board on Aging and Long Term Care (BOALTC), and advocacy services are provided at no cost. The mission of the Long Term Care Ombudsman Program is to seek resolution of problems and advocate for the rights of clients with the goal of enhancing quality of life and quality of care.

Volunteer Ombudsmen are volunteers like me who work with residents and their family members to address concerns and complaints by providing support, education, and empowerment. Volunteer Ombudsmen can assist residents by encouraging them to self-advocate or by providing a voice for those who cannot. A Volunteer Ombudsman meets with designated nursing home staff after each visit to share resident's comments and observations. With resident permission, a Volunteer Ombudsman can report specific complaints to the nursing home staff for resolution. A Volunteer Ombudsman also provides updates and referrals to the Regional Ombudsmen who are full-time employees of BOALTC.



VOLUNTEERS NEEDED

Waukesha County

- Visit with residents in long term care settings.
- Empower residents to advocate for their rights.
- Improve the lives of seniors.

Apply Now

1-800-815-0015



What you should know :

- Must enjoy working with seniors.
- No experience needed.
- Training is provided.
- Weekly visits with flexible hours.

<https://longtermcare.wi.gov>

For many years my dear mother, of blessed memory, was assisted by an Ombudsman in another state. I am very grateful for all the meetings she attended, even when it was just to be a presence to show that my mother mattered. The Ombudsman was there to listen, support and to explain the federal laws, namely those laws that pertained to the rights of long-term care consumers. She was someone outside of the facility, rehab or hospital that could explain what we didn't understand, and give an honest, down to earth explanation of my mother's rights. An Ombudsman is someone who can be reached out to for assistance.

Being a Volunteer Ombudsman for the Board on Aging and Long Term Care is a privilege for me

and really does make a difference in the lives of the residents served, as well as myself. Anyone interested in applying to become a Volunteer Ombudsman can call 1-800-815-0015 for more information.



Waukesha County Residents: Need help comparing 2026 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2025

Please complete the form below or online at: 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 _____

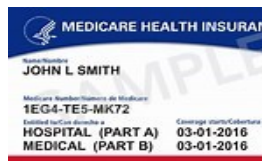
Please check if you have a current drug plan _____ or advantage plan _____

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 22, 1-2 pm
☐ Wed Oct 29, 12-1 pm
☐ Wed Nov 5, 10-11 am
☐ Wed Nov 19, 10-11 am
☐ Wed Nov 26, 1-2 pm
☐ Wed Dec 3, 10-11 am

Drug Name	Dose Amount	How often Taken

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, 2025.** 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.



Elder Benefit Specialist Program

Beneficiary signature: _____ Date: _____

**Return form: ADRC, 514 Riverview Ave, Waukesha 53188 adrc@waukeshacounty.gov
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.

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