NEWSLETTER

THE ADRC CONNECTION- December 2026

ADRC of Waukesha County
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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Thursday, December 17 | 11:30 AM - 1:00 PM

Lunch served at 11:30 AM, Speaker promptly starts at 12:00 PM / noon

ProHealth Oconomowoc Memorial Hospital
791 Summit Ave, Oconomowoc, WI 53066

Friday, December 18 | 11:00 AM - 1:00 PM

ProHealth Waukesha Memorial Hospital – Mukwonago
240 Maple Ave, Mukwonago, WI 53149

Monday, December 21 | 11:00 AM - 1:00 PM

ProHealth Waukesha Memorial Hospital - Waukesha
725 American Ave, Waukesha, WI 53188

ABOUT THESE EVENTS:

Join the **ADRC Senior Nutrition Program** and **ProHealth Care** for a nutritious lunch and practical healthy-eating tips. These events are open to adults age 60 and older and their spouse, regardless of their age. Pre-registration is encouraged.

REGISTRATION:

http://wauk.co/lunch-at-prohealth

SCAN ME

Aging and Disability Resource Center of Waukesha County

PROHEALTH CARE

December
EVENTS IN THE COMMUNITY

All month - **Country Christmas** @ **The Ingleside Hotel,** times vary. Celebrating its' 31st year at Wisconsin's most spectacular drive-through holiday lights event! Times vary depending on weeknight/weekend dates, and some dates include wagon ride options. Prices vary as well. For more details, visit www.thecountrychristmas.com.

December 5 (Sat.) - **Mukwonago Magic (formerly Midnight Magic)** @ **Downtown Mukwonago**, 9 am - midnight. Main events of this annual tradition include experiencing the North Pole in Field Park including live reindeer, wagon rides, firepit, live wood carver, music, and fireworks and the tree lighting at the community library at 5:30 pm. There will also be a town parade, indoor marketplace craft fair, live ice carving, dog sled pull, and more!

December 5-6 & 12-13 (Sat.-Sun.) - **Home for the Holidays** @ **Old World Wisconsin**, 10 am - 3 pm. Stroll through Old World Wisconsin decked in holiday greenery and full of homes and shops bustling with holiday preparations. Create your own ornament, find your family Christmas tree in an old-fashioned pine lot, dash through the snow on a horse-drawn wagon, visit Victorian Santa, and so much more. Admission is $26 for adults and teens, $22 for seniors (65+), $18 for children (5-12), and free for children under 5. Advance registration is required and tickets can be purchased at Body.

December 5-6 (Sat.-Sun.) - **Mistletoe Market Craft and Art Fair** @ **Waukesha County Expo Center**, 10 am – 4 pm. Celebrate the holidays and complete your Christmas shopping at this festive art and craft fair featuring 100 booths of gifts, décor, florals, kids' items, jewelry, and more! Admission is $3 in advance or $5 at the door for attendees 16 and up.

December 6 (Sun.) - **Waukesha Christmas Parade** @ **Downtown Waukesha**, 4 pm. Downtown Waukesha comes alive with enchantment and merriment during its annual Christmas parade, a beloved tradition that brings the community together in the spirit of the season.

December 12 (Sat.) - **Christkindl Market** @ **Downtown Menomonee Falls**, 10 am - 5 pm. Enjoy this European-inspired market filled with artisan vendors, handmade goods, and cozy holiday vibes!

December 13 (Sun.) - **The Makers Club Holiday Market** @ **The Delafield Hotel**, 10 am – 4 pm. This one-day holiday market lets you shop thoughtfully and locally to find one-of-a-kind gifts you won't find in big stores from 55+ featured makers, artists, and Wisconsin small businesses. There will also be festive photo opportunities!

On the 5th anniversary of the Waukesha Christmas Parade tragedy, the Waukesha community gathered on Saturday, November 21st to honor those lost, support survivors, and recognize the enduring strength of Waukesha. We remember that day with solemn reflection, compassion, and unity—carrying forward the lives, love, and resilience that continue to define our community.





The five-year anniversary of the parade tragedy can bring forward a wave of unexpected emotions, memories, and grief. If you, a loved one, or someone you care for needs a safe space to talk, please contact:

United for Waukesha Resiliency Center

What they do: Offers free, specialized trauma-informed support specifically for those impacted by the 2021 parade tragedy.

Connect: Call 262-524-8886 or visit unitedwaukesha.org

Christmas Tree Lightings

December 4 (Fri.) - **Downtown Waukesha Tree Lighting** @ **The Rotunda**, 5:30-7 pm. There will be music, hot chocolate, and Santa at the annual tree lighting, and once the tree is lit, lanterns will be lit as everyone strolls through Downtown Waukesha to carol the way to Riverfront Street.

December 4 (Fri.) - **Sussex Tree Lighting** @ **Sussex Civic Center**, 6-8 pm. Enjoy music, hot cocoa and cookies, and a visit from Santa at this holiday tree lighting.

December 4 (Fri.) - **Hartland Lights** @ **The Village Square** (corners of Capitol, North, and Cottonwood), 5:30-8:30 pm. This annual event will include the tree lighting, caroling, activities and crafts, and a holiday drone show!

December 5 (Sat.) - **Pewaukee Christmas Tree Lighting** @ **Clark House Museum**, 2-5 pm. A sing-along with crafts, hot chocolate, and cookies will be going on while waiting on the tree to be lit at 5 pm!

December 5 (Sat.) - **Oconomowoc Tree Lighting** @ **Downtown Roundabout**, 4:30 pm. Come watch Mayor Magnus officially light the city's Christmas tree! There will also be caroling and a parade to follow.

December 5 (Sat.) - **German Holiday Market Tree Lighting** @ **Brookfield City Hall,** 6 pm. Peruse the holiday market available 11 am – 6 pm and satay for the city's tree lighting outside City Hall Clock Tower!

December 6 (Sun.) - **Elm Grove Village Tree Lighting** @ **Elm Grove Village Hall,** 3:30 – 5:30 pm. Bring the family and enjoy the 32nd Annual Elm Grove Lights of Love Tree Lighting!

Community Recreation and Education

December 10 (Thur.) - **Senior Legacy Truth Series Senior Expo** @ **Lions Club Center, Big Bend**, 10 am - 2 pm. Live crooner music by Dennis Harring. Light refreshments and resoure tables.

December 14 (Mon.) - **Waukesha Parks & Recreation 55+ Seasonal Concert** @ **Schuetze Recreation Center**, 1-2 pm. Free seasonal concert program specifically designed for adults aged 55 and older.

Hartland Public Library:

December 9 - 23 (Wednesdays) - **Beginner Yoga,** 10am

December 11 (Fri.) **- Bingo Hour**, 10:30 am

December 13 (Tues.) - **Tuesday Tastes: Chinese Food**, 3 pm. Cooking club.



See what else is happening in your area by visiting, **eras.org/community** - an open to the public listing of community programs and events brought to you by the organizations themselves.

- Library Websites
- Park and Rec Departments
- Senior and Community Centers

Caregiver Corner

New Year's Resolutions for Caregivers

A new year is a chance to pause, reflect, and set intentions for the months ahead. Caregiving can be deeply meaningful, but it can also bring emotional, physical, and financial challenges. Between appointments, daily responsibilities, and concern for a loved one, it is easy for caregivers to put their own needs last.

This year, consider resolutions that support both the person you care for and your own well-being. Small, realistic changes can reduce stress, prevent burnout, and make caregiving more sustainable.

1. Make Self-Care Part of the Routine

Self-care is not selfish—it helps caregivers maintain the energy and patience needed to support others. Set aside even 15 minutes each day for something restorative, such as taking a walk, reading, stretching, listening to music, or practicing quiet reflection.

2. Build Your Support Network

Caregiving can feel isolating, especially when responsibilities seem never-ending. Reach out to friends, family members, neighbors, support groups, or online caregiver communities. Ask for help with a specific task, such as grocery shopping, transportation, meal preparation, or simply checking in. Regular connection can provide encouragement, practical ideas, and a reminder that you are not alone.

3. Set Healthy Boundaries

Caregivers often feel pressure to do everything for everyone. Establishing clear boundaries protects your time, health, and emotional energy. Practice communicating your limits honestly and give yourself permission to say "no" when your schedule or capacity is full. Asking others to share responsibilities is not a failure—it is an important part of sustaining care.

4. Use Technology to Simplify Tasks

Technology can help reduce the mental load of caregiving. Consider using shared calendars, medication reminders, appointment-tracking apps, or secure family communication tools. Telehealth appointments may also reduce travel time for some routine visits. When appropriate, sharing these tools with family members can help everyone stay informed and involved.

Source: https://caringseniorservice.com/blog/new-years-resolutions-for-caregivers/

5. Prioritize Mental Health

Caregiving can affect mood, sleep, and overall emotional well-being. Make time for activities that help manage stress, such as journaling, deep breathing, mindfulness, exercise, counseling, or talking with a trusted friend. If feelings of anxiety, sadness, or exhaustion become overwhelming, reaching out to a health care provider or mental health professional is a sign of strength.

6. Create a Financial Plan

Caregiving expenses can add up quickly. A simple monthly budget can help identify costs for supplies, transportation, home modifications, medications, or respite care. Keep track of expenses and explore available resources, including benefits, tax credits, caregiver assistance programs, and long-term care planning options. Planning ahead can bring greater peace of mind.

7. Celebrate Small Wins

Not every caregiving success is a major milestone. A good day, a completed appointment, a shared laugh, or a moment of independence can all be meaningful. Keep a "wins journal" or take a few minutes each week to recognize what went well. Celebrating progress can boost morale and offer helpful perspective during difficult days.

8. Keep Learning

Caregiving needs can change over time. Workshops, webinars, community classes, support organizations, and condition-specific education can provide useful information and build confidence. Learning new skills—from safe mobility techniques to navigating community resources—can make everyday caregiving easier.

9. Practice Positivity and Gratitude

A positive mindset does not mean ignoring challenges. Instead, it means making room for encouraging moments alongside difficult ones. Limit draining conversations when possible, seek out supportive people, and notice small moments of gratitude each day. These practices can strengthen patience, resilience, and connection.

10. Reflect and Adjust

Caregiving is not static, and your goals do not need to be either. Check in with yourself regularly: What is working? What feels overwhelming? What support do I need now? Adjusting your routines and expectations as circumstances change can help you stay focused on what matters most.

The goal is not perfection. It is creating a caregiving routine that supports your loved one while also protecting your health, time, and sense of self. By seeking support, setting boundaries, planning ahead, and recognizing your progress, you can approach the year with greater balance, confidence, and care.

ADRC Hosts Successful Aging Forward Together Caregiver Event







On Friday, November 6, the ADRC of Waukesha County hosted its second annual **Aging Forward Together** event on Waukesha County Technical College's Pewaukee Campus, welcoming **85 caregivers** for a free day of education, connection, and wellness support.

The event featured a morning keynote presentation, **"Self-Care for Those Who Care," by Brittany Maas, MSW, LCSW**, Assistant Professor at UW–Green Bay. In the afternoon, attendees chose from a variety of breakout sessions covering self-care, family dynamics and communication, technology and adaptive equipment, scam prevention, and advance directives.

The day concluded with laughter—literally—during an afternoon keynote on Laughter Yoga presented by Public Health Educator, Dan Michaels.

29 ADRC staff members contributed throughout the event, supporting registration, navigation, table discussions, and attendee needs. ADRC staff also shared their practical expertise by presenting breakout sessions on caregiving technology, scam awareness, and stress management through journaling.

The event connected attendees with valuable community resources, including **The Right Relief, Independence First, Eras Senior Network, Senior Medicare Patrol**, and the **Waukesha County Falls Prevention Coalition**. The day also featured a Wellness Room that was especially meaningful to participants, helping create an inclusive, supportive environment for caregivers with varying needs.

Thank you to all ADRC staff, volunteers, presenters, and community partners who helped make Aging Forward Together a successful and welcoming resource for Waukesha County caregivers.



Feedback reflected the impact of the day:

"Thank you! I can't believe this was free. We learned a lot!"

"The organization and helpfulness of personnel were very good"

"Thankful I was able to attend."



Cookie Crossword

Across

4. bars made of lemon flavoring and cut into rectangular shapes

6. baked sweet with chocolate

8. cookies that are made through the use of a cookie gun or similar device that allows cookie dough to be pressed through an extruding nozzle onto a baking shee

9. a cookie made by dropping batter from a spoon onto a cookie sheet for baking

10. a type of cookie made by baking batter in a sheet pan, then cutting into bars or squares

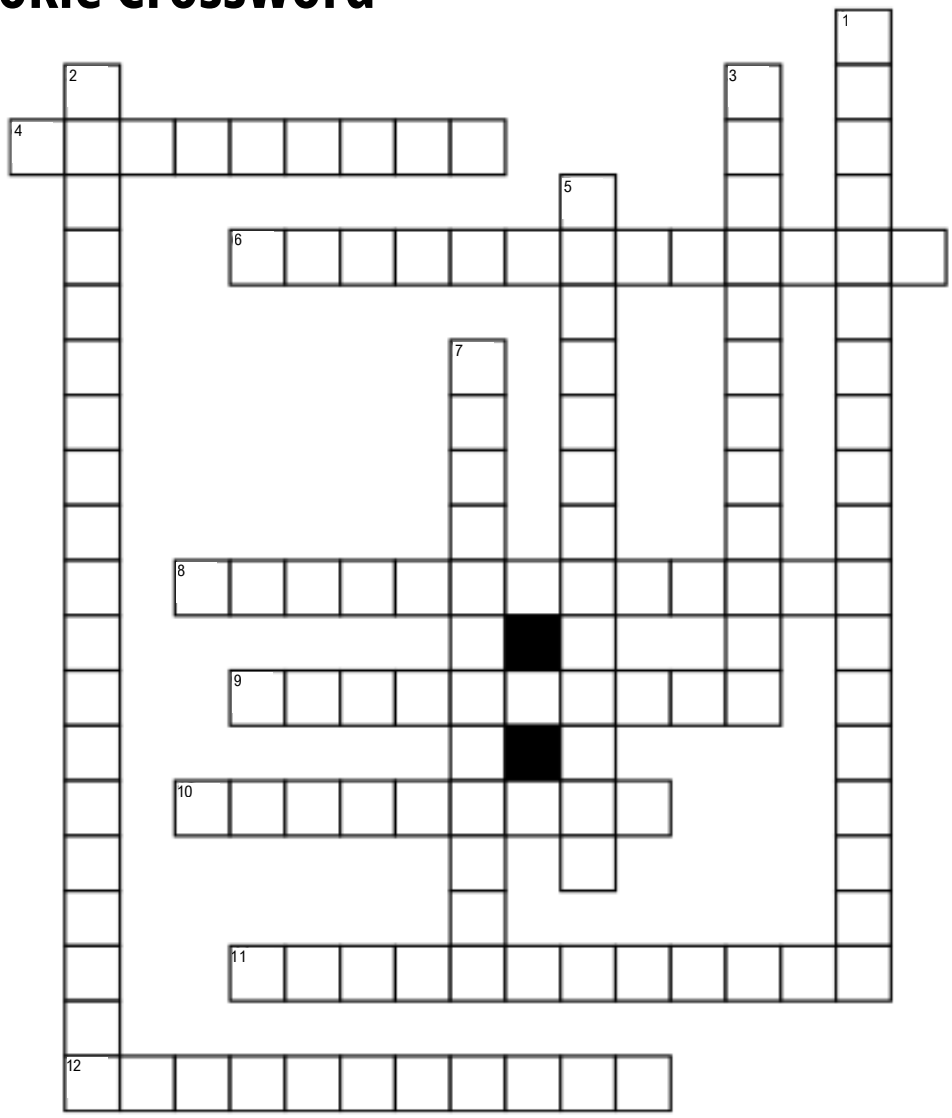
11. made by using a rolling pin to flatten a stiff dough, whic h is then cut into interesting shapes with sharp cookie cutters, a knife, or a pastry wheel

12. formed by hand or rolled and cut into shapes

Down

1. sliced cookies or icebox cookies because the dough is chilled until firm. Then the dough cut into thin slices and baked

2. type of cookie that is distinguished for having peanut butter as a principal ingredient



3. a small cake made from stiff, sweet dough rolled and sliced or dropped by spoonfuls on a large, flat pan and baked

5. cookie made from ground and rolled oats

7. cookie made from a stiffer dough that is molded into balls or cookie shapes by hand before baking



National Crossword Puzzle Day is celebrated annually on December 21, commemorating the publication of the very first crossword puzzle by journalist Arthur Wynne on December 21, 1913, in the New York World newspaper

The Coolest Export in Wisconsin

When Waukesha County Shipped Winter by the Ton

Local Lore by Sloan Butler

These days, a frozen Pewaukee Lake means ice fishing, snowmobiles, cautious walks, and at least one person announcing that the ice is "probably thick enough" with the confidence of someone who has not checked it. But in the late 1800s, a frozen Pewaukee Lake meant something much bigger: a massive cash crop for local farmers whose usual agricultural income came to a sudden standstill in the winter freeze.

Before refrigerators hummed in kitchens and grocery store freezers kept ice cream from becoming soup, cold was one of the most valuable things a Wisconsin winter could produce. Every year, when the lake froze thick and clear, workers arrived with horses, saws, scrapers, and enough determination to turn an entire lake into a seasonal factory floor.

Pewaukee Lake was especially valuable because its spring-fed water produced crystal-clear ice. Milwaukee breweries and Chicago meatpacking companies needed enormous quantities of it. Beer had to stay cold, meat had to stay cold, and perhaps most importantly, customers preferred both items without the exciting surprise of spoilage.

The work began by clearing snow from the ice, allowing the freezing air to thicken the surface. Then, workers marked the lake in long, precise lines. Horse-drawn plows cut deep grooves into the surface, creating what looked like an enormous frozen checkerboard across the water. Crews followed behind with massive hand saws, cutting the blocks free one at a time.

What happened next was part industrial operation, part winter nightmare. The blocks, often weighing hundreds of pounds, were floated through open channels in the ice, hauled up ramps, and stacked inside giant, windowless icehouses. There, they were packed tightly in sawdust or marsh hay, which acted like insulation and kept the ice frozen well into the sweltering summer months.

In other words, the entire operation depended on cutting giant cubes from a lake, storing them in a wooden building, and trusting a pile of sawdust to keep winter from melting away. And somehow, it worked.

By the late 1800s, ice harvesting had become one of Pewaukee's major industries. The Phillip Best Brewing Co. (later associated with Pabst) used Pewaukee Lake first; Armour, Cudahy, and other meatpacking giants quickly followed. Rail connections made the lake especially useful, allowing Waukesha County's winter to travel via train lines directly to breweries, butcher shops, and residential iceboxes across southeastern Wisconsin.

For the workers, though, it was not exactly a quaint winter activity. Ice harvesting was heavy, wet, and dangerous work that was performed outdoors during the coldest part of the year. A successful season depended on enough freezing weather, strong ice, reliable equipment, and workers willing to spend long days standing on a surface that could become extremely inconvenient if it stopped being solid.

Eventually, mechanical refrigeration and artificial ice plants brought the big harvests to an end. By the years immediately following World War I, large commercial ice-harvesting firms were leaving Wisconsin for good.

Still, the next time you see Pewaukee Lake frozen over, it is worth remembering that it was once more than a scenic winter view or a spot to drop an ice-fishing line. For a few intense weeks each year, it was one of Waukesha County's busiest and most lucrative workplaces.

It was a brutal way to make a living, but it certainly gave a whole new meaning to having your assets frozen.

Sources: Wisconsin Historical Society, "Ice Harvesting Industry in Wisconsin"; Pewaukee Area Historical Society; PBS Wisconsin, Wisconsin Stories: Frozen Asset; Recollection Wisconsin, "The Coldest Crop: Ice Harvesting in Wisconsin."



Dear Dan,

I've always heard the saying, "It's better to give than to receive," but I'm starting to wonder if there's more truth to it than just good manners! Every year, I spend time picking out perfect gifts for family and friends. I love seeing their faces light up when they open them, even if I occasionally wonder if they're smiling because they're happy or just being polite! But here's what I'm curious about: can giving gifts actually be good for your health? Does being generous provide any health benefit, or is it simply good for the soul and the holiday spirit? I'm not talking about buying everyone a new car. I mean simple things like giving a thoughtful gift or time, surprising a friend with flowers, volunteering, or making something special for someone.

Is there really something healthy about being generous? Could giving gifts be good medicine for the giver, too?

Your Grateful Giver,
Jen Eruss

Dear Jen,

Thanks for your gift of a question. This is the perfect thing to ask around this time of year. You are right! The phrase "It's better to give than to receive" has more truth to it than you thought. The warm, fuzzy feeling you get when giving is actually good for you; in fact, the act of being generous and giving gifts has health benefits. Let's *unwrap* the *present* topic and discuss the health benefits of giving.

When you give a gift, a happy smile is not the only reaction that occurs. There are also chemical responses in our bodies that make us feel good and can be beneficial for our health. Research shows that giving can benefit your physical and mental health in several ways. **When you give gifts and help others, your brain releases endorphins, the same happy feel-good chemicals activated by both laughter and exercise.** In addition, our brain also releases **serotonin**, which regulates our mood; **dopamine**, which gives a sense of pleasure; and **oxytocin**, which creates a sense of bonding and connection with others. With all these great brain chemicals, it is a wonderful gift to yourself.

Generosity and giving can achieve many things. **Studies have linked generosity to reducing stress and cortisol, the body's main stress hormone.** In addition, it can create stronger bonds, boost mood, lower blood pressure, and maybe even help with a longer life span. Studies show that people who volunteer tend to live longer than those who don't. Wow, so many big benefits for being big-hearted!

So, Jen, being a kind and generous giver may be better than receiving. Helping and giving to others brings them joy, but you also gain health benefits. And… you don't need to wait for the holidays to be generous. Check out volunteer opportunities at Health and Human Services by visiting www.WaukeshaCounty.gov/HHSvolunteer. So go ahead and spread some cheer! It turns out that giving really can be the gift that keeps on giving—to others and to your health!

-Dan, Community Health Educator, Public Health a division of Waukesha County HHS

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,
W152N8645 Margaret Rd, Menomonee Falls
(262) 251-3406

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

New Berlin: Our Lord'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.

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 their inability to contribute.



MY MEAL, MY WAY HAS EXPANDED DAYS DURING THE MONTH OF DECEMBER!

In addition to Tuesdays, "the" Kitchen will also be open for ADRC's My Meal, My Way on the following dates, from 10:00 AM - 1:00 PM:

Thursday, December 3rd
Thursday, December 10th
Thursday, December 17th

Anyone 60+, can eat at The Kitchen Restaurant, N64W23316 Main Street, in Sussex on Tuesdays, anytime 10:00a-1:00p (and on the dates listed above), no reservation required. Choose your meal off the My Meal, My Way Menu.

Suggested contribution still $5.00



DECEMBER 2026 MENU

Waukesha County Senior Dining and Home Delivered Meals

Aging and Disability Resource Center of Waukesha County

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Marry Me Chicken Pasta Honey Glazed Carrots Mixed Greens Salad with tomato & French Dressing Mini Breadstick Pears	Marinara Meatball Sub Parmesan Cheese Potatoes Italiano Two-tone Beans Mandarin Oranges Chef's Choice Cookie Alt: Diet Cookie	Ham & Bean Soup Crackers Butternut Squash Mac & Cheese Marinated Vegetable Salad Apple Cobbler	Oven Roasted Chicken on the bone Seasoned Red Potatoes Corn & Zucchini Salad Biscuit Fruit Compote
7	8	9	10	11
Smoked Kielbasa Au Gratin Potatoes Sicilian Grande Blend Veggies Cinnamon Applesauce Sourdough Bread Chef's Choice Cookie Alt: Diet Cookie	Vegetable Barley Soup with Crackers Shredded BBQ Chicken on a Wheat Bun Creamy Coleslaw Chilled Apricots Chocolate Milk	Shepherd's Pie Seasoned Green Beans Beet & Onion Salad Wheat Dinner Roll Fruit Cocktail Frosted Cake Alt: Plain Cake	Smothered Pork Loin Sweet Potatoes Chickpea Salad Oat Wheat Bread Chef's Choice Fruit	Ground Beef with Broccoli over Rice Oriental Blend Veggies Ramen Noodle Salad Seasonal Fresh Fruit Chocolate Pudding Alt: Diet Pudding
14	15	16	17	18
Turkey ala King over Brown Rice Pacific Blend Veggies Baby Carrots with Ranch dressing Citrus Fruit Salad	Homestyle Meatloaf Twice Baked Mashed Creamed Corn Seasonal Fresh Fruit Whole Wheat Roll Butterscotch Pudding Alt: Diet Pudding	**Happy Holidays!** Broccoli Cheddar Stuffed Chicken Butternut Squash with Apples & Cranberries Green Bean Almandine Fruit Compote Assorted Dinner Rolls Assorted Dessert Bars	Navy Bean Soup with crackers Sloppy Joe on a Wheat Bun 5-way Blend Vegetables Creamy Apples & Grapes Rice Krispie Treat Alt: Diet Cookie	Lightly Breaded Fish with Tartar Sauce Hot German Potato Salad Chef's Choice Vegetable Marble Rye Bread Seasonal Fresh Fruit
21	22	23	24	25
BBQ Chicken Breast Cubed Sweet Potatoes Brussel Sprouts Fruit Cocktail Whole Wheat Bread Ice Cream Cup	Roast Pork with Thyme & Mushroom Gravy Mashed Potatoes Red Cabbage 9-Grain Bread Fresh Orange Chocolate Milk	Swedish Meatballs over Noodles Seasoned Green Beans Cucumber & Tomato Salad Mixed Fruit Cup Snickerdoodle Cookie Alt: Diet Cookie	**Christmas Eve** **No Meals Served**	**Christmas Day** **No Meals Served**
28	29	30	31	
Ham & Cheese Breakfast Casserole Breakfast Potatoes Ketchup Orange Juice Mini Bagel with Cream Cheese Banana	Grilled Chicken Sandwich on Wheat Bun mayo/lettuce/tomato Au Gratin Potatoes Broccoli Salad Peach Half Pecan Pie Alt: Diet Pudding	Creamy Tuscan Sausage Pasta Sunshine Carrots Strawberry Spinach Salad with Vinegarette Pear Half Mini Breadstick Ice Cream Cup	**New Years Eve** **No Meals Served**	

JOKE OF THE MONTH:

WHY DID THE SNOWMAN GO TO THE DOCTOR?

BECAUSE EVERYTHING TO HIM, SMELLED LIKE CARROTS.

PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE
1% milk included ALT= Lower Sugar Alternative
ALLERGY STATEMENT: Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.

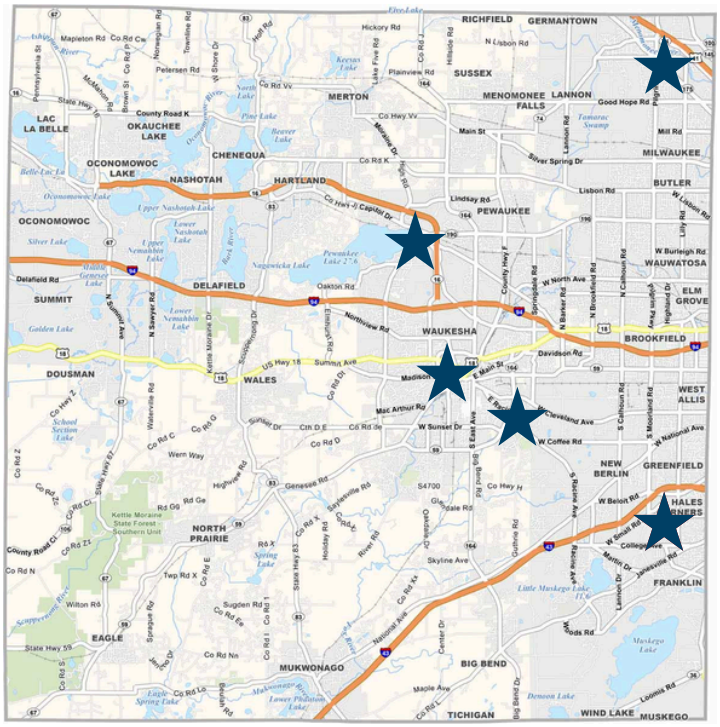
Upcoming StrongPeople Classes!



ADRC
Aging and Disability Resource Center
of Waukesha County

These classes are on a drop in basis, but prior registration is highly encouraged.

Courtney, Health Promotions Coordinator,
262-444-9102 or email cklepp@waukeshacounty.gov





Mondays and Wednesdays
9:30-10:45 am
Gethsemane United Methodist Church
642 Main St., Pewaukee

Mondays and Thursdays
9:00-10:15 am
Salem United Methodist Church
541 State Hwy-59, Waukesha

Tuesdays and Thursdays
10:00-11:30 am
Muskego Circle Community Center
S63W13694 W. Janesville Rd., Muskego

Mondays and Wednesdays
1:00 - 2:30 pm
Holy Cross Lutheran Church
W156N8131 Pilgrim Rd., Menomonee Falls

Mondays and Wednesdays
4:00 - 5:15 pm
St. Marks Lutheran Church
424 Hyde Park Ave, Waukesha

What is StrongPeople?

The same strength training program as **StrongBodies**, just an updated name! Fun fact, the program orginally was called StrongWomen, then changed to StrongBodies, and now it is StrongPeople!

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.

Public Health Educational Series Classes:

Coping with Stress Through Journaling

This presentation will discuss chronic stress and its impact on physical and mental health. Participants will be introduced to and practice journaling as a coping technique to protect their well-being.



December 9, 2026
6:30 PM - 7:30 PM

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150

To Register:
Call 262-971-2100 or visit the Reference Desk

December 16, 2026
6:00 PM - 7:00 PM

New Berlin Activity & Recreation Center
15321 W National Ave
New Berlin, WI 53151

To Register:
Visit www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center or Call 262-797-2443

Public Health
Prevent. Promote. Protect.
Waukesha County Public Health

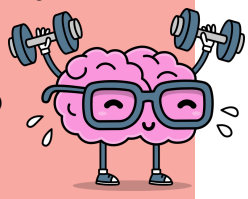
Did You Know?

Waukesha County Public Health is a division within the Waukesha County Department of Health and Human Services

WAUKESHA COUNTY HEALTH & HUMAN SERVICES

Brain Health

This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.



December 8, 2026
2:00 PM - 3:15 PM

Brookfield Public Library
1900 N. Calhoun Rd
Brookfield, WI 53005

To Register:
Visit www.ci.brookfield.wi.us/1101/Library or Call (262) 782-4140

Ascension Elmbrook Presents:

Health & High Tea



This month's topic:

Brain Health

Discover practical ways to support your brain health, boost mental well-being, and build healthier habits for a sharper, more vibrant life.

Ascension Elmbrook

Monday, December 28
2 p.m. - 3 p.m.

Ascension Elmbrook Hospital
Lobby Conference Room
19333 W North Ave, Brookfield, WI

Registration:
RSVP to sarah.pertle@ascension.org

What to expect:

- Tea and cookies
- Meet and greet with fellow community members
- A presentation by Reni Raju, BSN, RN; BSC

NEW YEAR CELEBRATION FACTS

By Country

1. **SPAIN:** Eat twelve grapes at midnight for luck.
2. **JAPAN:** Temple bells ring 108 times.
3. **PHILIPPINES:** Round foods are eaten for prosperity.
4. **BRAZIL:** Wear white for peace and blessings.
5. **SCOTLAND:** First-footing brings good luck.
6. **DENMARK:** Jump off chairs at midnight.
7. **GREECE:** Hang onions to symbolize rebirth.
8. **COLOMBIA:** Carry empty suitcases for travel.
9. **ITALY:** Eat lentils for wealth.
10. **MEXICO:** Wear colored underwear for desires.
11. **CHINA:** Set off fireworks to scare away spirits.
12. **GERMANY:** Read molten lead for fortunes.
13. **ARGENTINA:** Celebrate until sunrise.
14. **SOUTH AFRICA:** Toss out old furniture.
15. **RUSSIA:** Burn wishes and mix into drinks.
16. **ESTONIA:** Eat seven meals for luck.
17. **PERU:** Wear yellow flowers for fortune.
18. **CUBA:** Throw water out windows.
19. **ECUADOR:** Burn effigies to banish bad energy.
20. **HUNGARY:** Avoid poultry to keep luck.
21. **THAILAND:** Clean homes for fresh beginnings.
22. **FRANCE:** Enjoy a long “Le Réveillon” dinner.
23. **PORTUGAL:** Eat raisins with wishes at midnight.
24. **VENEZUELA:** Run with suitcases for travel.
25. **SWITZERLAND:** Drop ice cream on the floor.
26. **NORWAY:** Believe witches fly on New Year’s Eve.
27. **AUSTRALIA:** Celebrate on the beach with fireworks.
28. **NEW ZEALAND:** Make loud noises to scare bad luck.
29. **INDIA:** Offer prayers for prosperity.
30. **USA:** Celebrate with fireworks and parties.

New Year traditions from around the world

Dementia Caregiver Education and Support

Savvy Caregiver Training

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

Thursdays, January 14 - February 18, 2027
(6 Sessions)
1:00—3:00pm

Waukesha County Health and Human Services Center - Room 113
514 Riverview Ave, Waukesha

To register, or get more info, contact Jennifer, ADRC Dementia Care Specialist at 262-548-7650, or jharders@waukeshacounty.gov

Savvy Caregiver is grounded in research and teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided.

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 and decision making skills.



Skill Building for the Dementia Journey

Virtual series

Topic: Understanding Dementia Related Behaviors

Thursday, December 10 - 10:30AM

This **FREE** virtual education session is for family & friends of people living with memory loss or a diagnosed dementia.



Memory Screenings - in our office

December 2, 9:00 AM - Noon
December 3, 11:00 AM - 3:00 PM
December 7, 12:00 PM - 3:00 PM

Waukesha County Health and Human Services Center - ADRC
514 Riverview Ave, Waukesha

This is not a diagnosis, but a baseline test. Be informed about your brain health and speak with a Dementia Care Specialist. Schedule your 30 min time slot today!



Community Memory Screening

January 20
9:30 AM - 1:30 PM

Pauline Haass Public Library
514 Riverview Ave, Waukesha

To register, or get more info on these programs on this page, contact Kathy, ADRC Dementia Care Specialist at 262-548-7354, kglaser@waukeshacounty.gov, or visit, www.WaukeshaCounty.gov/DementiaCare

Habitat for Humanity®
Waukesha - Jefferson - Rock

Founded in 1989, Habitat Waukesha, Jefferson, Rock serves three communities and has expanded from Waukesha County into Jefferson County in 2023 and Rock County in 2025. Its Vision 2033 goal is to build 20 homes and complete 30 repairs annually across its service area.

Home Repair Program
The program helps low to very low-income homeowners remain safely in their homes, support aging in place, and address critical repair needs. Habitat manages the repair process as the general contractor, including site visits, project scoping, contractor bids, scheduling, and quality oversight.

Eligible repairs may include:
- Code-compliance work
- Roofing, siding, windows, gutters, soffit, and fascia
- Concrete repairs
- Accessibility improvements, such as porch repairs, ramps, grab bars, and bathroom modifications
- Other repairs reviewed by Habitat staff and Waukesha County

Qualifying Income

- Own and live in your home for a minimum of one year
- Property Assessed Value at or below $332,000
- Subject to Environmental and Lead Inspections

Waukesha County CDBG Income Limits

Family Size	Low Income Limits	High Income Limits
1	$22,750	$60,700
2	$26,000	$69,400
3	$29,250	$78,050
4	$33,000	$86,700
5	$38,680	$93,650
6	$44,360	$100,600
7	$50,040	$107,550
8	$55,720	$114,450

Habitat for Humanity®
Waukesha - Jefferson - Rock







Homeowners who qualify can access a 0% interest loan with a sliding-scale repayment structure and terms generally ranging from 12 to 36 months.

The process begins with an application and income-eligibility review, followed by a site visit, development of the scope of work and cost estimates, final selection, and work scheduling. Paper applications can be sent directly to homeowners upon request, otherwise visit our webstie: **www.habitatwjr.org/repair-your-home**

New Construction Program
Habitat is also seeking qualified homeowners for upcoming Waukesha County homeownership opportunities.

Planned projects include:
- Three single-family homes scheduled to begin construction in October 2026, with completion anticipated in fall 2027
- A future 20-unit project at UW-Waukesha, with an estimated construction start in fall 2027

Residents interested in future homeownership opportunities can complete Habitat's online screening form and join the notification list: **www.habitatwjr.org/become-a-homeowner**

Stay in Your Home. We're Here to Help.

Revitalize is here to provide **FREE** critical home repairs and accessibility modifications that will keep you and your family safely in your home.



Behind every woman is a home, a family and a future.

But when repairs are out of reach, it can be overwhelming. Revitalize Women Homeowners Initiative is here to connect women in Waukesha County with the help they need — *before* a plumbing emergency, failed furnace, unsafe steps, or electrical problem forces them out of their homes.

(414) 312-7531

Revitalize REV MKE Milwaukee

www.revitalizemilwaukee.org

Is This You?

1. **Own and live in your home in Waukesha County.**
2. **Are 60 or older, or a qualifying veteran or person living with a disability.**
3. **Meet low-income requirements and can't afford critical repairs.**
4. **Are living with unsafe or deteriorating conditions.**
5. **Want to remain in your home.**

Social Security Administration 2027 Benefit changes



The Social Security Administration (SSA) announced a 3.6 percent benefit increase for 2027. Social Security benefits include Old-Age, Survivors, and Disability Insurance (OASDI), and Supplemental Security Income (SSI). On average, Social Security retirement benefits will increase by $75 per month.

Part A

Most beneficiaries have no premiums, with enough work credits. *(Approximately 99% of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment, as determined by the Social Security Administration. Source: www.cms.gov)*

- If you buy Part A: premiums will be $328-$597 per month (depending on how many quarters of employment)
- $1,776 Deductible per benefit period ($40 increase)

Part B

- $209.40 Standard Monthly Premium ($6.50 increase)
- $292 Deductible per year ($9 increase)

Part C

Network changes – Don't assume that your doctors will be included in the plan next year, because they were included in 2026. You have until December 7th to change your plan. Visit Medicare.gov.

In Waukesha County, there are:

- 17 plans with $0 premium that cover Health & Drugs
- 8 plans with Premiums ranging from $6.30 - $99 that cover Health & Drugs
- $0 - $700 Deductible on prescription drugs
- 7 Health only advantage plans
- 1 Medical Savings Account Advantage Plan

Part D

Premiums range from $5.30 - $189.10 monthly

- Up to $700 Deductible on prescription drugs ($85 increase)
- Doughnut hole is eliminated. Total "Out of Pocket" cap of $2,400 includes what you pay for drugs plus any Manufacturer Discounts.
- Pharmacy Network changes – Don't assume that your pharmacy will be included in the plan next year. Formulary Changes – Don't assume that your drugs will be covered next year!

Source: www.ssa.gov/news/en/press/releases/2026-10-14.html, Social Security Announces 3.6 Percent Benefit Increase for 2027

Aging and Disability Resource Center of Waukesha County

Your Bridge to Support

Elder Benefit Specialist Program

THE LAST Welcome to Medicare Classes OF THE YEAR!

Free, unbiased presentations offered by the Aging and Disability Resource Center (ADRC) of Waukesha County. This class will cover the basic parts of Medicare (Parts A, B, C, & D) and how they work. Information will be provided on how to enroll, available insurance options, the drug coverage requirement, and lower income benefit programs. It is suggested that you attend a class 2-3 months prior to starting Medicare.

Wednesday, December 11 at 1:00pm
Health and Human Services Center

Wednesday, December 11 at 5:30pm
Live - Virtually

Register for either of these the classes by calling 262-548-7848 or going online at https://wauk.co/Medicare

2027 Marketplace Health Insurance Open Enrollment

Open Enrollment for the Health Insurance Marketplace is November 1, 2026–January 15, 2027. Enroll by **December 15, 2026** for coverage that begins **January 1, 2027.**
Medicare and the Marketplace are two completely different programs.

The Health Insurance Marketplace may help people who do not have coverage through an employer, Medicare, Medicaid, the VA, or another source. Marketplace plans cover essential services such as doctor visits, hospital care, prescriptions, mental health services, lab tests, and pre-existing conditions.

Your monthly cost is based on your expected 2027 income. Many people qualify for financial help, including premium tax credits and savings on deductibles and copayments.

How to Apply
Apply for coverage in one of these ways:

- **Online**: healthcare.gov
- **By phone:** 1-800-318-2596
- **By paper application:** marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf

Have information ready about your household size, expected income, and current health coverage. Current Marketplace enrollees should review and update their application and compare plans for 2027. Individuals enrolled in a fully subsidized **$0-premium plan** must verify their eligibility for 2027; otherwise, they may be charged a **$5 monthly premium** until eligibility is confirmed.
After **January 15, 2027**, enrollment is generally available only if you qualify for a Special Enrollment Period due to a life event, such as marriage, loss of coverage, or moving to a new county or ZIP code.

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



ADRC Advisory Board:

Judith Tharman, Chair
Susan Schweda, Co-Chair
Jeffry Lewis, Secretary
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Deb Schroeder, County Board Supervisor
Marilyn Cummins
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514 Riverview Ave, Waukesha, WI 53188 | 262-548-7848
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