

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

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

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

### Veteran's Services

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

### Moraine Lakes Consortium

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

### Alzheimer's Association

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

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# The ADRC Connection

## THE STORY OF REFRAMING AGING



### Society should treat older people as equals

One of our society's strengths is our belief in justice. A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. This is unjust to older people and a loss to our communities. To live up to our ideals, we must confront the injustice of ageism.

### Ageism harms us all

Ageism is discrimination or unjust treatment of older people based on stereotypes. Starting at an early age, ageism shapes the way we think about ourselves and others as we grow older. Underlying ageism is implicit bias – the unconscious attitudes and beliefs that lead to snap judgments about older people. Ageism is bad for our health, making us sicker and costing our nation billions in avoidable health care costs. Ageism stifles the economy by limiting the participation of older workers, despite their years of experience.

“

#### This is what ageism sounds like:

I'm having a senior moment.  
These wrinkles and grey hair have got to go.  
I'm too old to try that.  
You look good for your age.  
It's time to put her/him out to pasture.  
Those are just aches and pains from old age.  
Sweetie, you don't look a day over 29.

”

Our words matter. Changing the way we talk will change attitudes about aging, and ultimately, will advance policies and programs that support us at every age and stage of life. This initiative is powered by research and proven to change how people think about aging.

### What we need is you!

- Call out ageism when you see it or hear it
- Learn about the public's understanding of aging  
[www.reframingaging.org](http://www.reframingaging.org)
- Take the Implicit Association Test to measure your implicit bias  
[www.implicit.harvard.edu](http://www.implicit.harvard.edu)
- Subscribe to Caravan, the newsletter of the Reframing Aging Initiative  
[www.reframingaging.org/caravan-sign-up](http://www.reframingaging.org/caravan-sign-up)



# AUGUST EVENTS

**July 31-August 10—Wisconsin State Fair @ State Fair Park** (West Allis). Sun-Wed, 10 am-10 pm; Thurs-Sat 10 am-midnight. Cream puffs, farm animals, carnival rides, pig races, great food, and more! Ticket prices: Adults 60+ \$15; Adults (12 & over) \$20; Youth (ages 6-11) \$13; Children (5 & under) Free.

**August 3—Corners of Brookfield Car Show @ The Corners of Brookfield**, 10 am-4 pm. Come see an impressive display of luxury and vintage vehicles that transform the streets of The Corners!

**August 14-17—Zoo a la Carte @ The Milwaukee County Zoo**, 9:30 am-9 pm Th-Sat, 9:30 am-8 pm

Sun. Mark your calendar for this Milwaukee tradition as the zoo comes alive with food, music, and fun! Popular restaurants are scattered throughout the park, offering delicious fare while top national and local entertainment perform on six different stages. And don't forget the animals! Food and beverage vendors are accepting card payment only, no cash.

**August 16-17—Maxwell Street Days Mukwonago @ Field Park**, 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.

**August 16—Oconomowoc Festival of the Arts @ Fowler Park**, 10 am-5 pm. Considered to be one of the top outdoor fine art festivals in the Midwest, the Oconomowoc Festival of the Arts features over 135 artists from all over the United States in ceramics, drawings, leather, glass, printmaking, jewelry, painting, photography, sculpture, and more! Held on the beautiful shores of Fowler Lake, this festival also features live music and food and drink.

**August 17—Cars and Coffee Waukesha @ Black Canyon Coffee** (Wales), 7:30-10:30 am. This free gathering is perfect for socializing with fellow automotive enthusiasts and admiring a wide variety of vehicles. All makes and models are welcome.

**August 22-24—DandiLion Daze/ Muskego Fest @ Muskego Veterans Memorial Park**, times vary. Come enjoy the largest free admission festival in southeastern Wisconsin featuring live music, a 5k, parade, rides, and more!

**August 23—Goat Yoga @ Old World Wisconsin**, 8:30-9:30 am. Old World Wisconsin is hosting an exciting and invigorating morning goat yoga class. Work on your flexibility, balance, and strength while goats frolic and play beside you! Interacting with friendly farm animals is a great way to reduce stress and tension while improving your mental and physical health. This class is perfect for all ages and abilities. \$30 per person and advanced registration is required: [www.wisconsinhistory.org/records/EventSearch](http://www.wisconsinhistory.org/records/EventSearch)

**August 23—Donna Lexa Memorial Art Fair @ Wales Community Park**, 9 am- 4 pm. This art fair is a vibrant celebration of creativity and community with all proceeds benefiting non-profit organizations. Explore a diverse array of art exhibits, engage in thought-provoking conversations with the artists, and discover unique treasures.

**August 23—Menomonee Falls Festival of the Arts @ downtown Menomonee Falls**, 10 am-5 pm. Join in for a one-day block party in the heart of historic downtown Menomonee Falls! This event will feature 100+ artists, artisans and makers with demonstrations, a kid's art zone, live music, food trucks, chalk art contest, street performers, and more!

**August 23—Hartland Street Dance @ downtown Hartland**, 3-11 pm. The Hartland Chamber of Commerce invites you to an evening of music, drinks, food, and fun! There will also be a cornhole tournament and games and activities for kids!



## **PUBLIC HEARING ANNOUNCEMENT**

The Waukesha County Health & Human Services Board invites Waukesha County residents and other interested parties to a Public Hearing to comment on the quality of Health and Human Services programs, perceived unmet human service needs, and improvement suggestions to the current system of Health and Human Services (HHS) in Waukesha County. All input will be considered by Health and Human Services Board members and HHS staff during preparation of the 2026 Department of Health and Human Services proposed budget process.

### **PUBLIC HEARING**

**Thursday August 28, 2025  
8:30 a.m.**

Waukesha County Department of Health and Human Services  
Lower-Level Cafeteria  
514 Riverview Avenue, Waukesha, WI 53188

Each speaker will have a 3-minute time limit. Written input will be accepted at the Hearing or may be emailed or mailed for receipt by August 27, 2025. Send to the attention of Trista Mathisen, Departmental Executive Assistant, Waukesha County Department of Health and Human Services, 514 Riverview Avenue, Waukesha, WI 53188, [tmathisen@waukeshacounty.gov](mailto:tmathisen@waukeshacounty.gov)

Requests for accommodations for specialized transportation for eligible individuals, or language or hearing assistance must be made by Friday, August 15th, to Trista Mathisen, (262) 548-7223, [tmathisen@waukeshacounty.gov](mailto:tmathisen@waukeshacounty.gov)

If a quorum of the County Board and/or its committees attend, it is for the purpose of listening and gathering input, not for the purpose of conducting official business or taking action.



# Protect Your Skin, It's a Win

Dan Michaels, Community Health Educator, Waukesha County Public Health

It's fun to be outside, but we must remember to protect our skin. As we age, our skin undergoes changes, becoming more vulnerable to the damaging effects of the sun. Even though it is essential, sun protection often takes a backseat in our daily lives. Understanding the importance of protecting aging skin from harmful ultraviolet (UV) rays is critical for maintaining health and vitality in the later stages of life. Let's *shine some light on* why sun protection is crucial and how embracing sun-safe practices can promote skin health and overall well-being.



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

Waukesha County Public Health

One cause of sun sensitivity is age-related changes in the skin. As we age the production of melanin is reduced. Melanin creates the pigment in our skin and absorbs the sun's harmful UV rays before it is able to damage skin cells. Also, the outer layer of skin (the epidermis) thins as we age. These factors amplify our susceptibility to sun damage as we get older. Diminished natural defenses against UV radiation increases the risk of sunburn and skin cancer, and increases aging of the skin. Extended sun exposure adds up over a lifetime, significantly raising the risk of skin cancer, emphasizing the urgent need for strong sun protection measures. By embracing sun protection strategies, we can reduce the risk and protect our skin from the harmful effects of UV radiation.



Embracing sun-safe practices is essential for minimizing sun damage and promoting overall well-being. Sun-protective practices include applying broad-spectrum sunscreen with SPF 30 or higher, seeking shade, or limiting extended time outside during peak sun hours (10 am to 4 pm). Also, wearing protective clothing, like hats, offer effective shade and defense against UV rays from the sun. You should also use sun protection on cloudy days. Clouds do block

some of the sun's harmful UV radiation, but more than 80% of these UV rays can still pass through the clouds damaging our skin. So, remember to always protect your skin when outside. Additionally, regular skin examinations and prompt evaluation of suspicious moles facilitate early detection and treatment of skin cancer.

Beyond skin concerns, sun exposure contributes to other health concerns. Heat-related illnesses, including heat exhaustion and heatstroke, pose serious risks particularly during hot summer months. Being overheated can cause effects such as nausea, confusion, headaches, feeling faint/fainting, and dizziness which can lead to falls. By seeking shade, staying hydrated, and finding places to cool down, we can reduce our exposure to these potentially life threatening conditions.

Sun protection is not a luxury but a necessity, especially as our skin ages. We need to stay *bright* and prioritize sun-safe practices. We can shield ourselves from the adverse effects of the sun, preserving our skin and overall health for years to come. Go out and have fun in the sun, however, remember to protect yourself and your skin. Sun protection and sunscreen is not a *shady* business, it's a great way to go out and stay protected and healthy. Don't get burnt, be happy, and stay well.

# Recipe: S'more Sandwich Cookies

## Ingredients

- ♦ 3/4 cup butter, softened
- ♦ 1/2 cup sugar
- ♦ 1/2 cup packed brown sugar
- ♦ 1 large egg, room temperature
- ♦ 2 tablespoons 2% milk
- ♦ 1 teaspoon vanilla extract
- ♦ 1-1/4 cups all-purpose flour
- ♦ 1-1/4 cups graham cracker crumbs (about 20 squares)
- ♦ 1/2 teaspoon baking soda
- ♦ 1/4 teaspoon salt
- ♦ 1/8 teaspoon ground cinnamon
- ♦ 2 cups semisweet chocolate chips
- ♦ 24 to 28 large marshmallows



## Directions

- ♦ In a large bowl, cream butter and sugars until light and fluffy, 5-7 minutes. Beat in the egg, milk and vanilla. Combine the flour, graham cracker crumbs, baking soda, salt and cinnamon; gradually add to creamed mixture and mix well. Stir in chocolate chips.
- ♦ Drop by tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 375° until golden brown, 8-10 minutes. Remove to wire racks to cool.
- ♦ Place 4 cookies bottom side up on a microwave-safe plate; top each with a marshmallow. Microwave, uncovered, on high until marshmallows begin to puff, 10-15 seconds (do not overcook). Top each with another cookie. Repeat.

## Nutrition Facts

1 sandwich cookie: 221 calories, 11g fat (6g saturated fat), 24mg cholesterol, 145mg sodium, 32g carbohydrate (22g sugars, 1g fiber), 2g protein.

## Why s'mores cookies?!

**August 10th is National S'mores Day**  
**August 4th is National Chocolate Chip Cookie Day**

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

# SUMMER FUN

AUGUST  
BASEBALL  
BEACH  
CAMPING  
FRISBEE  
GAMES  
GARDEN  
GRASS  
ICE CREAM  
JULY

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



JUNE	SHORTS
OCEAN	SNORKEL
OUTDOORS	SUNSHINE
PARK	SWIM
PICNIC	THUNDER
PLAY	VACATION
SANDALS	WATERMELON





## Join the AODA Volunteer Program: Make a Difference in Our Community

*Together, let's cultivate hope and support those on their sobriety journey!*



Waukesha County's AODA (Alcohol and Other Drug Abuse) Volunteer Program has been a pillar of support in the Waukesha community for over 40 years. Our dedicated AODA volunteers, who have experienced addiction and are actively in recovery, play a crucial role in facilitating weekly recovery groups. Their journey inspires hope and fosters stability for those grappling with substance use issues.

We are seeking passionate individuals to join our team of volunteers. If you have at least one year of sobriety, are active in a recovery program, and are willing to commit to facilitating at least one group per month, we encourage you to reach out. Evening, morning, and weekend options are available.

By becoming an AODA Volunteer, you'll not only help others but also experience personal growth and fulfillment through giving back. Join us in making a transformative impact on our community!

**For more information or to express your interest, please email**

**[hhsvolunteers@waukeshacounty.gov](mailto:hhsvolunteers@waukeshacounty.gov)**

**or visit [www.aodavolunteers.com](http://www.aodavolunteers.com)**



### Laughter Yoga

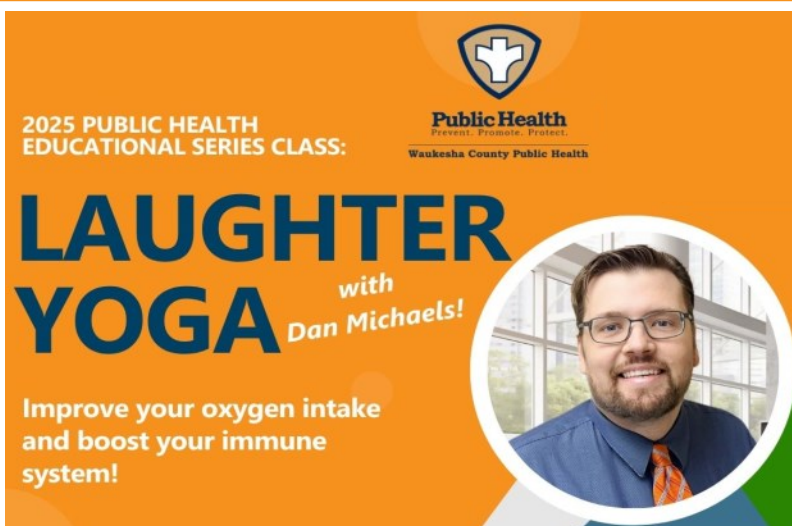
**September 9, 2025**

**6:00 pm - 7:00 pm**

New Berlin Activity & Rec Center  
15321 W National Ave, New Berlin

#### Why Try Laughter Yoga?

- ♦ **Feel Good, Naturally:** Laughter reduces stress, improves oxygen intake, and boosts your immune system.
- ♦ **No Jokes Required:** You don't need humor or comedy—just a willingness to laugh!
- ♦ **What is Laughter Yoga?** It's a fun mix of intentional laughter and breathing exercises.
- ♦ **Health Benefits:** Regular laughter can support your physical and mental well-being.
- ♦ **Laugh Anytime, Anywhere:** Learn simple exercises you can use throughout your day.
- ♦ **Bonus:** It's fun, energizing, and a great way to connect with others!



**Call to register: (262) 797-2443**



# Relief After Caregiving Ends: Managing Grief, Guilt, and Healing

Caregiver  
Corner



The end of a caregiving journey brings a complex mix of emotions that can feel overwhelming and confusing. While grief is expected, many caregivers are surprised to experience relief after caregiving ends – a natural feeling that often triggers guilt. Understanding these emotions is crucial for healing and moving forward.

“It is perfectly appropriate to feel relieved at the same time you are feeling devastated,” explains

Rabbi Earl A. Grollman in his “Decalogue: Ten Commandments for the Concerned Caregiver.” This paradox of emotions is a normal part of grieving as a caregiver, though our death-denying society often makes it challenging to accept these feelings.

Caregiver guilt after death often stems from societal expectations that conflict with our real emotions. The truth is, experiencing relief after caregiving ends doesn’t diminish the love and dedication you showed as a caregiver.

## Common feelings include:

- Relief that both you and your loved one are no longer suffering
- Guilt about feeling relieved
- Resentment about lost personal time during caregiving
- Anticipatory grief that began before the actual loss
- Confusion about your post-caregiving identity

Coping with grief and relief after caregiving ends requires understanding that these feelings coexist naturally. Professional counseling for caregivers after loss can help navigate this complex emotional landscape.

## Key steps in emotional recovery after caregiving include:

- Acknowledging all feelings without judgment
- Practicing self-compassion
- Connecting with others who understand
- Gradually rebuilding your personal identity

Remember that grief is deeply personal, and there’s no “right” way to feel. As you navigate this transition, be patient with yourself. Your experience as a caregiver has given you unique wisdom and strength. Now is the time to focus on your own healing and rediscovery of self.

If you are looking for grief support in Waukesha County, consider **Healing Hearts of Southeast Wisconsin**. All Healing Hearts support groups and programs are free of charge to attendees and offer peer support with those who understand the effects of loss and support you during your grieving. Experienced group leaders offer knowledge, guidance, and facilitate discussion to work and heal through grief as a group.

For more information regarding services, or if you would like to register for a support group, call **262-751-0874**.

# ADRC Senior Dining Centers in Waukesha County

<b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield  (262) 782-1636	<b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls  (262) 251-3406	<b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago  (262) 363-4458	<b>New Berlin Senior Dining: Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin (414) 529-8320
<b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc  (262) 567-5177	<b>Sussex Community Center</b> N64 W23760 Main St Sussex  (262) 246-6747	<b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha  (262) 547-8282	<b>ALL MEALS ARE SERVED AT 12:00/NOON</b> <b>Call the location to reserve a lunch!</b>



## 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.

**J**  **K** **E**  
**of the month**

**I was obsessed with my dream job at a sunscreen company...**

**I didn't get it, so I reapplied every 2 hours.**

# August 2025 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b> <b>1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE</b>		<i>NOTE: No meals will be served on Monday, September 1st due to the Labor Day holiday</i>		<b>1</b> Oven Baked Ham Mashed Sweet Potatoes Mixed Vegetables Marble Rye Bread/ butter Watermelon
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Spaghetti with Meat Sauce Parmesan Cheese Wax beans Mixed Greens Salad with Italian Dressing Mixed Fruit Cup Butterscotch Pudding Alt: Diet Pudding	Ground Beef with Broccoli over Brown Rice Soy Sauce Sugar Snap Pea Blend Veggies Seasonal Fresh Fruit Raspberry Sherbet Alt: Diet Jello	Honey Mustard Chicken Baked Potato with sour cream Carrot Raisin Salad Mulgr. Bread/butter Honeydew Melon Chocolate Chip Cookie Alt: Diet Cookie	<b>WI State Fair</b> Cheeseburger on a Wheat Bun Ketchup/Mustard Baked Beans Buttered Corn Watermelon Cream Puff	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Fresh Cucumber Slices with Ranch Wheat Bread/butter Blueberries
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Roast Turkey Mashed Potatoes with Gravy Green Beans Mandarin Oranges Chocolate Chip Muffin/butter	Swedish Meatballs over Noodles Steamed Broccoli Beet & Onion Salad Cantaloupe Chocolate Pudding Alt: Diet Pudding	BBQ Pulled Pork on a Wheat Bun Butternut Squash Mac and Cheese Three Bean Salad Watermelon Chocolate Milk	<b>Irish Fest</b> Corned Beef Buttered Red Potatoes Cabbage & Carrots Seasonal Fruit Marble Rye Bread with butter Oatmeal Raisin Cookie Alt: Diet Cookie	Lightly Brd. Cod with Tartar Sauce Diced Potatoes with Peppers & Onions Coleslaw Whole Wheat Bread w/butter Strawberry Applesauce
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Pork Chop Suey over Brown Rice Soy Sauce Japanese Blend Veggies Baby Carrots with Ranch Chilled Pineapple Sherbet Alt: Diet Jello	Tuscan Chicken Pasta Seasoned Green Beans Romaine Lettuce Salad w/Dressing Italian Breadstick/ butter Red Grapes Chocolate Milk	Beef Stew with Celery, Onion & Potatoes Harvard Beets Pea & Cheese Salad Multigrain Bread/ butte Honeydew Melon	<b>Brewers vs Cubs</b> Chicago Style Jumbo Hot Dog on Poppyseed Bun with Ketchup Mustard/Onion/Relish Potato Wedges Baked Beans Watermelon	<b>Mexican Fiesta</b> Chicken Fajitas w/ Onion and Peppers Sour Cream Mexican Rice Mexican Corn Salad Flour Tortilla Fruit Cocktail Snickerdoodle Cookie
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Ham Macaroni Salad Tomato & Onion Salad Creamy Cucumber Salad Whole Wheat Bread with Butter Mandarin Oranges Ice Cream Cup	BBQ Riblet Cubed Sweet Potatoes Texas Caviar Whole Wheat Dinner Roll/butter Apple Pie Alt: Applesauce	Salisbury Steak with gravy Loaded Mashed Potatoes Gazpacho Salad 9-grain Bread/butter Seasonal Fresh Fruit Vanilla Pudding Alt: Diet Pudding	Lemon Rosemary Chicken on the Bone Herbed Stuffing Dilled Carrot Coins Broccoli Salad Fruit Compote Chocolate Milk	<b>Labor Day Cookout</b> Brat Bun w/ Sauerkraut Ketchup/Mustard Am. Potato Salad Butterd Sweet Corn Seasonal Fruit Peanut Butter Cookie Alt: Diet Cookie



Hi Ina,

You might remember me from June asking about how to contact Social Security and now I hear that the Social Security Administration (SSA) will be transitioning to electronic checks. Tell me what that's about?!

From,

Mora Changes



Dear Ms. Changes,  
Thank you for writing in again this month. There always seem to be changes happening, and Social Security is no different. I hope this information from SSA is helpful.

*Sincerely,*

*Ina*

#### **According to the Social Security Administration (SSA):**

*"Starting September 30, 2025, the Social Security Administration (SSA) will no longer issue paper checks for benefit payments. This change is part of a broader government-wide initiative to modernize payment systems and enhance service delivery. By moving to electronic payments exclusively, we aim to improve efficiency, security, and ensure beneficiaries receive their monthly benefits promptly."*

#### **Who Does This Affect?**

*This transition primarily affects a small group of beneficiaries who have not yet switched to electronic payment methods. **Less than one percent of beneficiaries currently get paper checks.** We encourage these individuals to enroll in direct deposit or opt for the Direct Express® card to continue receiving their monthly benefits timely.*

#### **Why the Shift to Electronic Payments?**

*The transition from paper checks to electronic payments offers several important advantages:*

- ⇒ **Speed and Efficiency:** *Electronic Funds Transfers (EFTs) are processed more quickly than paper checks, helping beneficiaries receive their payments on time without delays.*
- ⇒ **Cost Savings:** *According to the U.S. Department of the Treasury, issuing a paper check costs about 50 cents, whereas an EFT costs less than 15 cents. This shift could save the federal government millions of dollars annually.*
- ⇒ **Enhanced Security:** *Paper checks are 16 times more likely to be lost or stolen compared to electronic payments, increasing the risk of fraud. Electronic payments provide a safer, more secure way to receive benefits.*

#### **What We're (SSA) Doing to Help**

*We're proactively sending notices to people who currently receive paper checks, to explain the upcoming change and highlight the benefits of switching to electronic payments. In addition, all benefit checks will include an insert explaining the steps a beneficiary can take to transition to electronic payments, and our technicians are ready to assist. These efforts aim to ensure a smooth transition and help recipients understand their options.*

#### **Your Payment Options**

*People who currently receive paper checks have two convenient options to receive their Social Security payments electronically:*

- ⇒ **Direct Deposit:** *Beneficiaries should enroll in direct deposit with their financial institution. Payments can be deposited directly into your checking or savings account.*
- ⇒ **Direct Express® Card:** *For people without a bank account, the Direct Express card is a prepaid debit card designed specifically for federal benefit payments.*

*You can update your payment information anytime through your personal my [Social Security](https://www.ssa.gov/myaccount) account online, at [www.ssa.gov/myaccount](https://www.ssa.gov/myaccount) "*



DEMENTIA  
FRIENDLY  
PEWAUKEE

## 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:

- August 28th
- September 25th

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

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

*All Are Welcome  
at this FREE event*



# Monday Coffee Connect

*Virtual Support to Fill Your Caregiving Cup*

### Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm strategies to get through this time together with local Aging & Disability Resource Center (ADRC) Dementia Care Specialists.

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

Fill your cup and start your week off right!

**Mondays\***

**10:00 – 11:00 am**

*\*Group does not meet on holidays*

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

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

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



# 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 Screening:**

Where: Delafield Public Library

When: Tuesday, August 19, 2025

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



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

**262-548-7650**

514 Riverview Avenue  
Waukesha, WI 53188



# Younger Onset Dementia Caregiver Support Group

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

Upcoming Meetings:

August 13  
September 10  
October 8

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

**Younger people with dementia often have children to care for and dependent parents too**



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

**The Aging and Disability Resource Center Presents**

## 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 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

**SAVE THE DATE**  
(or Register Today)

**October 9th - November 13th, 2025**

6 Thursdays, 1:00—3:00 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

Join us for a documentary screening of

# WHY:

## BIG ANSWERS ABOUT EARLY-STAGE DEMENTIA FROM EXCEPTIONAL PEOPLE

**THURSDAY, SEPTEMBER 4  
2-3:30 PM**

The ADRC of Waukesha County will host a free screening of the short documentary “Why”.

The documentary discusses:

- The memory changes people experience
- The importance of early detection, and new treatments and studies.
- Reducing stigma for people living with dementia.
- Insightful perspectives from researchers and people living with cognitive changes.

The showing will be followed by a conversation facilitated by Specialists from the ADRC of Waukesha County.

Whether you or someone you know is directly affected or you just want to learn more, please join us.



To register, or for more information, please contact Kathy Glaser at the ADRC at (262) 548-7354

Presented by



511 Division Street • (262) 363-6411  
[www.mukwonagolibrary.org](http://www.mukwonagolibrary.org)



# Medicare

**Turning 65?**  
Need Medicare?

## **“Welcome to Medicare” Presentations in your Area**

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

Hartland Public Library (262-367-3350) - Thursday, August 7 at 11:00am

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**To register for the ADRC’s ‘Welcome to Medicare’ presentations (below), either in-person, or virtual, visit:**

[www.waukeshacounty.gov/ADRC](http://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, August 13 1:00-3:00pm	Wednesday, August 13 5:30-7:30pm
Wednesday, September 10 1:00-3:00pm	Wednesday, September 10 5:30-7:30pm
Wednesday, October 8 1:00-3:00pm	Wednesday, October 8, 5:30-7:30pm





# LOOKING FOR ADRC ADVISORY BOARD MEMBERS



**Are you...**

- **Age 60+**
- **An adult with a disability**
- **A family caregiver OR**
- **Passionate community member**

## **Responsibilities:**

- Identifying community service needs
- Providing and gathering feedback on programs and services
- Fostering community partnerships
- Advocating for older adults and individuals with disabilities
- Serving as community ambassadors
- Regularly attending monthly meetings and participating in related events as available



SCAN ME

Send cover letter and volunteer application to  
**[HHSvolunteers@waukeshacounty.gov](mailto:HHSvolunteers@waukeshacounty.gov)**  
Call **262-548-7831** for questions, or visit:  
**[www.WaukeshaCounty.gov/HHSvolunteer/#board](http://www.WaukeshaCounty.gov/HHSvolunteer/#board)**



# **PROHEALTH CARE'S HISPANIC HEALTH RESOURCE CENTER**

210 NW BARSTOW ST, SUITE 109, WAUKESHA, WI 5188



**PROHEALTH CARE**

**NUESTROS TALLERES SON EN ESPAÑOL.  
REGISTRACIÓN Y PREGUNTAS: 262-928-4181**

## **Ayudando con cariño-Taller presencial**

Cuidar a un ser querido con algún tipo de demencia puede ser agotador tanto física como mentalmente. Las personas que cuidan a alguien con demencia aprenderán sobre el desarrollo y tratamiento de la enfermedad, como entender las necesidades de su ser querido, como cuidarse a sí mismo. También tendrá la oportunidad de compartir experiencias con otros cuidadores.

**Los lunes, desde el 18 de agosto a 29 de septiembre  
10:00 a.m. – 12:00 p.m.**

## **Una Sonrisa y un Cafe**

¿Eres cuidador y te gustaría aprender mas sobre como mejorar la comunicación con tu ser querido o quizás buscas la oportunidad de compartir experiencias con otros cuidadores?

¡Acompáñanos cada mes para compartir y aprender con nuestra especialista en demencia, nuestra enfermera bilingüe, y otros cuidadores como tu!

**29 de agosto y cada ultimo martes de cada mes  
10:00 a.m. – 12:00 p.m.**

## **Grupo de Apoyo**

¿Eres cuidador y te gustaría aprender mas sobre como mejorar la comunicación con tu ser querido o quizás buscas la oportunidad de compartir experiencias con otros cuidadores?

¡Acompáñanos cada mes para compartir y aprender con nuestra especialista en demencia, nuestra enfermera bilingüe, y otros cuidadores como tu!

**13 de agosto y cada segundo miércoles de cada mes por la aplicación "Zoom"  
5:00 p.m. – 6:00 p.m.**

## **Aeróbicos con Ritmo Latino**

Ven y acompáñanos a disfrutar de los aeróbicos y la música Latina. Los beneficios de la actividad aeróbica incluyen prevenir la pérdida muscular y ósea, reducir el riesgo de caídas, retrasar afecciones como la diabetes, disminuir la hinchazón de las articulaciones y el dolor por artritis, así como reducir los síntomas de ansiedad y depresión

**Los martes y jueves, empezando el 5 de agosto  
5:00 p.m. – 6:00 p.m.**

## **Jóvenes para Siempre**

¿Quieres mantener tu mente activa, conocer nuevas amistades y disfrutar de actividades divertidas? Únete a Jóvenes para Siempre, un grupo para adultos mayores donde jugamos, aprendemos a cuidarnos mejor y compartimos buenos momentos. ¡Ven a vivir, reír y sentirte joven cada día!

**12 de agosto o cada primer martes del mes  
10:00 a.m. - 12:30 p.m.**

Próximamente este otoño: clases prenatales, caminatas de familia y mucho más...

Para más información sobre cómo solicitar asistencia financiera, ayudas para pruebas de detección de cáncer de mama y del cuello uterino, exámenes de memoria y mucho más, póngase en contacto con nosotros.



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

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

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

**ADRC Advisory Board:**

**Judith Tharman**, Chair  
**Susan Schweda**, Co-Chair  
**Mary Baer**, HHS Board Liaison  
**Patricia Carriveau**  
**Joel Gaughan**, County Board Representative  
**Pamela Franke**  
**Marj Kozlowski**  
**Jeffrey Lewis**  
**Donald Richmond**  
**Sandy Wolff**

**ADRC Leadership Staff:**

Jennifer Wrucke, Manager  
Lisa Bittman, Coordinator  
Amy Meyer, Coordinator  
Kristen Hosking, Supervisor  
Mikie Blask, Supervisor  
Stephanie Cera, Supervisor  
Tammy Depies, Supervisor  
Jessica Eckert, Supervisor  
Shirley Peterson, Supervisor  
Sheri Krull, Supervisor



**514 Riverview Ave, Waukesha, WI 53188 ■ 262-548-7848**  
**[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC) ■ Follow us on Facebook**