

# The ADRC Connection

**JANUARY 2026**

## Reflecting on 2025: Embracing Grace and Growth

*Happy New Year!*

As we step into 2026, I am filled with gratitude for the opportunity to serve at the Aging & Disability Resource Center. Reflecting on the past year, we faced significant challenges that required thoughtful decisions, particularly regarding the closure of two dining sites, prioritizing home-delivered meals, and realigning our transportation program with grant regulations.

Through it all, we approached each challenge with grace, recognizing new opportunities as the way forward emerged. Our team's resilience and dedication ensured that we continued to meet the needs of our community as we adapted to change. We partnered with an amazing local restaurant to launch an innovative model of congregate dining, and we prevented the use of a wait list for home delivered meals by prioritizing need. We held an incredible Caregiver Event that brought people together, creating supportive connections to help navigate the challenging realities of caregiving.

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A personal moment of clarity came from an unexpected source: my 8-year-old daughter. One morning as we were waiting for the bus, I was helping her untangle a holiday art project for school. This "project" was of a chaotic mess of sticks, string, and candy canes. I was struggling with it – fumbling with fuzzy yarn coiled around small twigs. Sensing my struggle, my daughter said, "Mom, just let it flow." Following her advice, I held the heap of sticks and strings in front of me. Sure enough, the jumbled mess started to naturally unfurl, working its way out of its own tangles. This simple moment was a powerful reminder of the important balance between effort and patience.

As we move forward into 2026, I encourage you to look for your own moments of wisdom and clarity where you would least expect them. By embracing the flow and trusting your path and the process, I am confident we will navigate any challenge and continue to make meaningful progress.



Thank you for your ongoing support and dedication. Here's to another year of growth and opportunity!

Warm regards,

Jennifer Wrucke

Manager, Aging & Disability Resource Center  
Waukesha County



**Aging and Disability  
Resource Center (ADRC)  
of Waukesha County**  
Human Services Center  
514 Riverview Ave  
Waukesha, WI 53188

Business Hours: Mon-Fri, (excluding holidays)  
8:00a—4:30p

Local: **262-548-7848**

Toll Free: 866-677-2372

Fax: 262-896-8273

[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC)



**January 10 (Sat.) Delafreeze @ Downtown Delafield** 10am- 3pm. Stroll along Delafield and view the amazing art of Ice Carving. This event is family-friendly and free for all ages. Blocks of ice will be placed throughout the city. Each sculpture will be carved from a block of ice during our 10am to 3pm event. <https://delafieldchamber.com/delafreeze>

**January 10 (Sat.) - New Berlin Winter Fest @ various locations**, 9 am - 7 pm. This event takes place at various sites around New Berlin and includes a Sheephead tournament (registration required), pickleball tournament, snowshoe hikes, sled dog meet and greet, food trucks, live music, bonfire, and more! For a full list of events, locations, and times, visit [www.lakecountryfamilyfun.com/event/new-berlin-winter-fest/](http://www.lakecountryfamilyfun.com/event/new-berlin-winter-fest/).

**January 16-25 (Fri.-Sun.) - Waukesha JanBoree @ various locations**, various times. This weeklong event is the 41<sup>st</sup> annual year of the Waukesha JanBoree and includes events like firework show and bonfire kickoff, ice skating, cookie decorating, 5K, ice sculpting, dog sled pull, hikes, and more. For a full list of events, locations, and times, visit [www.janboree.org/2143/Events](http://www.janboree.org/2143/Events).

**January 17 (Sat.) 9:00 AM - 5:00 PM, January 18 (Sun.) 9:00 AM - 4:00 PM, Wisconsin Rummage-O-Rama @ Waukesha Expo Center - Arena** (1000 Northview Rd. Waukesha WI). Whether you are a vendor or a shopper, you will enjoy a unique experience designed to cater to your every need. Visit our flea market today to discover your next unique find. Adult \$5.00, Kids (12 & under) Free, Senior/Military \$3.00. For more information visit: [www.wirummageorama.com](http://www.wirummageorama.com)

### **Medicare Advantage Plan Open Enrollment Period**

Medicare Advantage Plan Open Enrollment Period (MA OEP) occurs each year from January 1 through March 31. During this period, you can switch from your current Medicare Advantage plan to another plan or return to Original Medicare. If you switch during the MA OEP, your new coverage will begin on the first day of the month following the month you enroll. For example, if you switch in February, your new coverage will start in March.

# Winter Wellness Reminder: Mixing Is Risking and Staying Connected Matters

Winter can bring more than just colder temperatures, it can bring isolation, routine changes, and increased health risks. If you're taking multiple medications to manage chronic conditions, this season is the perfect time to review how safe your routine really is.

Mixing prescription drugs, over-the-counter meds, or alcohol can unintentionally lead to serious side effects, especially when it involves pain medication, sleep aids, or even that glass of wine during the holidays.

## Why "Mixing Is Risking"

- As we age, our **metabolism slows**, meaning medications stay in the body longer and effects can be more intense.
- **Multiple prescriptions** may interact, especially if prescribed by different doctors.
- **A single glass of alcohol** can become dangerous when combined with certain medications, especially those for pain, anxiety, or sleep.

## Stay Connected, Stay Safe

Winter can be an isolating time, which may increase risky behaviors like overusing medications, mixing substances, or skipping medical appointments.

Here's how you can protect yourself and stay well:

- **Talk to your pharmacist or doctor** about all the medications, vitamins, and over-the-counter drugs you take.
- **Avoid alcohol** when using medications that affect your brain, breathing, or sleep.
- **Stay connected** with family, friends, and community groups. Social support is one of the best protective factors for both physical and mental health.
- **Keep naloxone (Narcan)** on hand. This life-saving medication reverses opioid overdoses and is available without a prescription in many places.

**Reach out if you're feeling isolated.** Local senior centers, Veterans organizations, and nonprofits offer programs to help you stay socially and emotionally connected, even in the winter months. A great resource for this is checking the Eras Calendar, you can do that here: [www.eras.blue.com/munity](http://www.eras.blue.com/munity)

## Remember: Information = Protection

Mixing medications doesn't mean you're doing something wrong, it means you may need more support, more information, or a medication review.

**For more information visit:** [www.WaukeshaCounty.Gov/OverdosePrevention](http://www.WaukeshaCounty.Gov/OverdosePrevention)

**MIXING = RISKING**

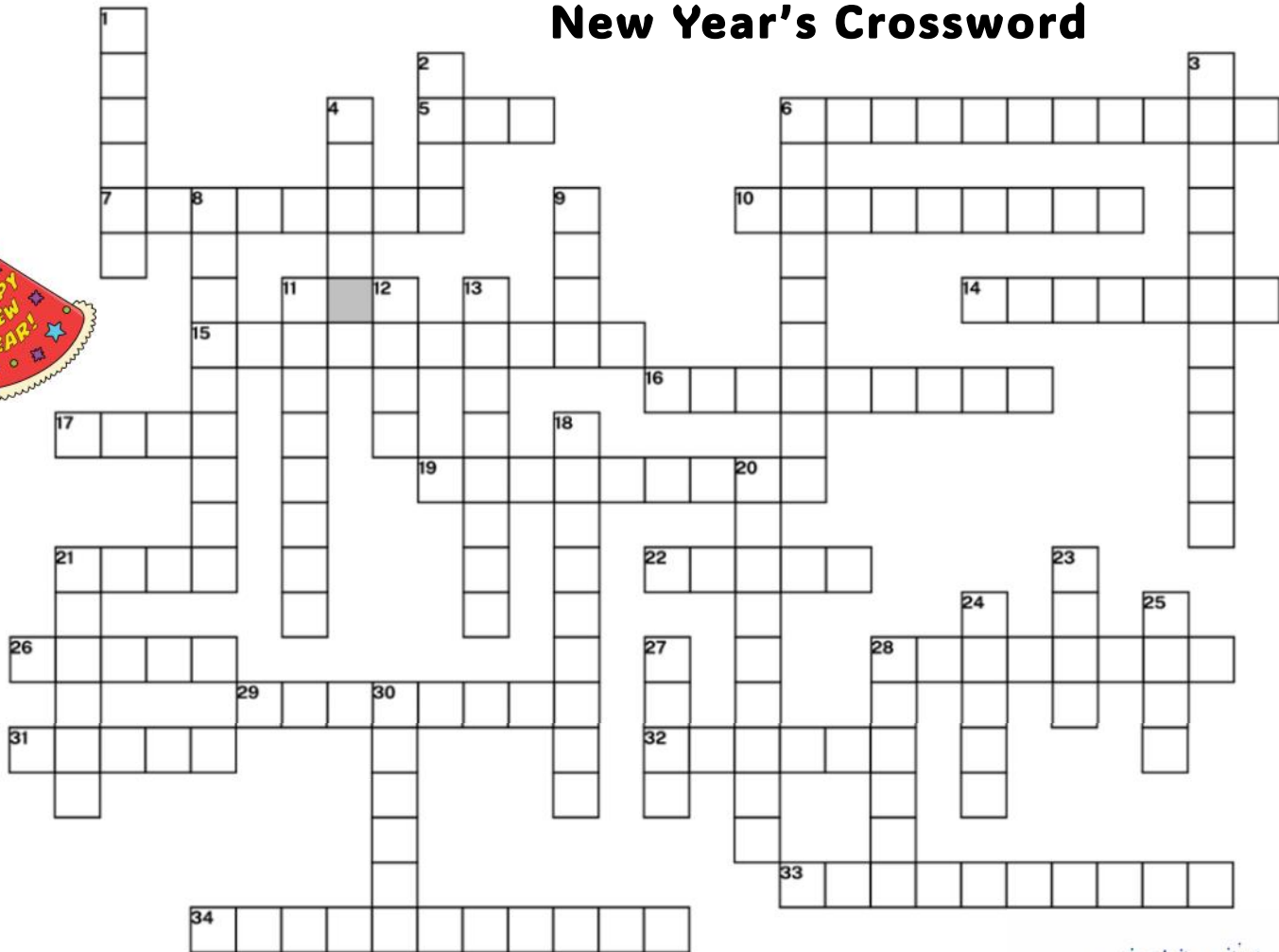
**1 in 3 older adults take five or more medications daily, increasing the risk of overdose.**



**BE AWARE**  
**SHARE & EDUCATE**



# New Year's Crossword



## ACROSS

5. before a special day
6. merry-making
7. last month
10. regular celebration
14. first month
15. used to make party noise
16. sparking firework
17. intense volume
19. glass measuring vessel
21. noisemaker
22. before second
26. intentions
28. grid of days
29. small bits of paper
31. festive gathering
32. after eleven
33. expression of intent
34. adornments for party

## DOWN

1. large group
2. New \_\_\_\_
3. observe a holiday
4. symbol of New Year
6. explosive display
8. count backward
9. measurable period
11. start of new day
12. 365 days
13. mylar filled with gas
18. calendar system
20. long narrow wavy strip
21. celebration cheer
23. Auld Lang Syne
24. records time
25. drops at midnight
27. stay up \_\_\_\_
28. verbal toast
30. \_\_\_\_ time



**Crossword  
answers on  
page 19**

# YOUR COMMUNITY HISTORY:

## DELAFIELD

By Megan Goodlad

Our historic highlight this month is Delafield, Wisconsin. Once a part of Michigan Territory, its settlement began in the early nineteenth century. One of Delafield's most famous settlers, Nelson Hawks ventured to WI to pick up land at a \$1.25 per acre back in the mid-1800s. Back then, the area was largely undeveloped and known to few, mainly a couple pioneers and the cabins they resided in. Mr. Hawks, however, looked on with potential. In 1848, he built a three-story inn for weary travelers by a routine stagecoach stopping station that serviced postage as well. Two years later, Wisconsin gained its statehood, and the Hawks Inn began to flourish in social and political capacity – hosting as Town Hall for the next 50 years. Over this time, Mr. Hawks would see his vision to fruition with shopping centers, churches, schools, and booming employment opportunities. He himself even brought forth a store, sawmill, and flour mill to boot! The Hawks Inn still stands today as a historic landmark and offers itself as a monumental source for education and reminiscence.

### Did you know?

The Delafield name comes from Charles Delafield who emigrated to WI from NY to start a Mulberry Grove. Before this, Delafield was known as "Hayopolis."



Hawks Inn—"THEN"



Hawks Inn—"NOW"


**JOKE**  
of the month

**My New Years resolution is to lose  
the weight I put on in 2025...**

**But in my defense, I had a lot on  
my plate last year.**


# HEALTH EDUCATION AND FITNESS


## StrongBodies

	Date	Time	Location
 Aging and Disability Resource Center of Waukesha County	Monday and Wednesdays (ongoing class)	9:30—10:45a	Gethsemane Methodist Church 642 Main Street Pewaukee, WI 53072
<b>Register with Courtney, call 262-548-7835 or email <a href="mailto:cklepp@waukeshacounty.gov">cklepp@waukeshacounty.gov</a></b>			


## Heart Disease & Stroke


	Date	Time	Location
 Public Health Prevent. Promote. Protect. Waukesha County Public Health	February 13th, 2026	10:00 - 11:15 AM	New Berlin Public Library 15105 Library Lane New Berlin, WI 53151
<b>Register Online at <a href="http://www.newberlinlibrary.org">www.newberlinlibrary.org</a></b>			

 Public Health Prevent. Promote. Protect. Waukesha County Public Health	February 17th, 2026	6:00—7:15 PM	Hartland Public Library 110 E. Park Ave. Hartland, WI 53209
<b>Register Online at <a href="http://hartland.librarycalendar.com/event/heart-disease-and-stroke-3764">hartland.librarycalendar.com/event/heart-disease-and-stroke-3764</a> or call 262-367-3350.</b>			


 Public Health Prevent. Promote. Protect. Waukesha County Public Health	February 24th, 2026	10:00-11:15 AM	Menomonee Falls Senior Center W152 N8645 Margaret Rd Menomonee Falls, WI 53051
<b>Register Online at <a href="http://www.fallsrec.org">www.fallsrec.org</a> or by stopping into the Rec offices. Questions about registration call: 262-255-8460.</b>			

## Laughter Yoga (no mats needed!)

	Date	Time	Location
 Public Health Prevent. Promote. Protect. Waukesha County Public Health	January 14th, 2026	6:00—7:00 PM	Oconomowoc Public Library 200 W South St Oconomowoc, WI 53066
<b>Register Online at <a href="http://www.oconomowoclibrary.org">www.oconomowoclibrary.org</a> or call (262) 569-2193.</b>			

 Public Health Prevent. Promote. Protect. Waukesha County Public Health	January 21st, 2026	6:00—7:00 PM	New Berlin Activity & Recreation Center 15321 W National Ave New Berlin, WI 53151
<b>Register Online at <a href="http://www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center">www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center</a> or call (262) 797-2443.</b>			

## Stepping On

	Date	Time	Location
 Shorehaven Trusted for Generations	Thursdays, January 15 - February 26	10:00 AM - 12:00 PM	Shorehaven Center for Life Enrichment 1305 W. Wisconsin Ave., Oconomowoc, WI 53066
<b>No online registration. Call 262-354-1375 to register.</b>			



# CLASS DESCRIPTIONS

**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.

**Heart Disease & Stroke:** Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.

**Laughter Yoga:** Laughter Yoga 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! (Yoga mats are not needed)

**Stepping On:** A workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards

## EN ESPAÑOL:

### ProHealth Care's Hispanic Health Resource Center

210 NW Barstow St, Suite 109, Waukesha  
Nuestros talleres son en español.  
Registración y preguntas: 262-928-4181

### Elige Vivir Sano

Una alimentación sana y un plan de actividades físicas puedan ayudarle a prevenir enfermedades crónicas como la diabetes. Llámanos para saber si califica para participar en nuestro programa en donde realizara cambios en su estilo de vida y prevenir la diabetes. Refrigerio y materiales didácticos incluidos. Inscribese con la instructoras Martha Viscuso o Soraya Bericoto. Programa de 16 sesiones

Comenzando el miércoles, 28 de enero de 2026  
4:00 p.m. - 5:00 p.m.



PROHEALTH CARE

### 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!

21 de enero y cada segundo miércoles de cada mes por la aplicación "Zoom"  
5:00 p.m. – 6:00 p.m.

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, óngase en contacto con nosotros.

## Five New Years Resolutions for Caregivers

For family caregivers, making New Year's resolutions doesn't have to be the futile exercise of vowing to lose weight and then eating half a chocolate cake on January 3. To get inspired for the coming year, all caregivers should take time to think about what's important to them about continuing to be a caregiver and how they can improve their approach to their duties. Here are some possible resolutions for 2026 to consider.

### 1. "I will reflect more on the good things I do, rather than on my imperfections as a caregiver."

We all know the cliché that we're our own worst enemies. But many caregivers still believe that if they critique themselves harshly enough, they can vanquish their imperfections. Bearing down harder doesn't usually improve anyone's performance; it creates a sense of failure. It is by easing up on themselves and relaxing more in their difficult role that caregivers can bring out their best.

Bringing out more of their best requires recognizing the many good things they do. Caregivers sometimes make light of all the tasks they complete each day but lie awake every night with what they didn't get done weighing heavily on their minds. Negative bias is what the cognitive behavioral therapists call it. Or, stated differently, it is unfairly ignoring the positive. Caregivers should resolve to practice greater self-compassion and to remember each day the powerful impact of their loving care.

### 2. "I will spend more time cherishing supportive friends and relatives than dwelling on those who have disappointed me."

Of course, caregivers feel betrayed when people who should be pitching in instead disappear. But if those deserters won't change — and frequently they don't, no matter how much family caregivers implore them — then the question arises, how do disappointed caregivers go forward filled with calm determination, not bitterness? The answer lies in focusing on being

grateful for the good people who, sometimes unexpectedly, do step up to help. It could be a neighbor, friend, distant relative, or it could be a miracle-working home health aide. Caregivers should resolve to embrace them this year as literal godsend.

### 3. "I will compartmentalize more, preserving time for myself."

It's not as if caregivers don't know they should practice self-care. But finding the time for self-care activities, is a challenge when there never seems to be an end to the caregiving tasks. It takes discipline to protect even one hour of guilt-free time a week for rest and replenishment and not to allow a loved one's needs to intrude. Resolving to defend that hour as if their well-being depends on it will help caregivers make it from January to December without burning out.

### 4. "I will be grateful for what I'm learning about myself."

What do loving family members learn about themselves when they become caregivers? Caregivers typically learn that they are tougher and more resilient than they ever knew. It also dawns on them, sometimes long after caregiving ends, that they have strengthened positive qualities in themselves, such as compassion, patience, and quiet self-confidence. Caregivers should resolve to pay greater attention to how caregiving is changing them — often for the good.

### 5. "I will aim for joy."

Life's enjoyment doesn't need to end when caregiving begins. In truth, the circumstances of caregiving are often sad and sometimes dire. What finding joy in being a caregiver requires is taking new pleasure in small things — a care recipient's smile, a well-cooked meal from a magazine recipe, accurately filling a pillbox. As they dream of returning to their old lives of movies, travel, and social outings; caregivers should note what moves them or makes them laugh. To find joy in caregiving is to commit to looking harder for what's good in life. It can create a way of thinking that will make every day, even after caregiving, more joyful.



# Eyes on Safety:

## Clear Vision for Steady Steps

Vision changes often happen slowly – so slowly you might not notice at first. Trouble reading fine print or seeing in dim light is common with age, but even small changes can raise your risk of falling. Vision loss can more than **double** your fall risk because your eyes play a big role in balance and navigation.

Here's how to protect your vision and stay steady:

- **Don't ignore changes** – get your eyes checked.
- **Schedule regular eye exams** (at least once a year).
- **Keep your glasses or contacts up to date** and adjust slowly to new prescriptions.

Your vision helps you stay connected to the world – let's keep it clear and strong!

Good lighting isn't just for comfort – it's key to safety. A well-lit home helps you spot tripping hazards and uneven floors, reducing your fall risk.

Simple ways to brighten up and stay safe:

- **Replace burnt-out bulbs promptly** – ask for help if needed.
- Add **nightlights** in bedrooms, hallways, and bathrooms.
- **Always turn on lights** before using stairs or walking through dark areas – even during the day.

Explore helpful resources at  
[FallsFreeWI.org/sight/](https://FallsFreeWI.org/sight/) and see your way to safer  
living.



# 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**  
*Monday-Thursday*

## New Berlin Senior Dining:

**Our Lord's Methodist Church**  
5000 Sunnyslope Rd  
New Berlin  
**(414) 529-8320**

### 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 by calling the ADRC at **(262) 548-7848**.

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



### My Meal, My Way

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

**No reservations required!**



### SORRY TO KEEP YOU WAITING!



**The ADRC Taxi Program update will be coming in February's edition. Current riders, keep a look out in the mail!**

# January 2026 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<b>PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE</b>			<b>Program Closed for Holiday</b>  <b>No Meals Served</b>	<b>Garlic Ground Beef Lo Mein</b> with soy sauce Caribbean Blend Veggies Grape Tomatoes Tropical Fruit Cup Butterscotch Pudding Alt: Diet Pudding
5	6	7	8	9
<b>Tex-Mex Chicken and Rice Bake</b> Crinkle Cut Carrots Texas Caviar Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	<b>Meat Lasagna</b> Two-tone Beans Strawberry Spinach Salad with Vinegarette dressing Breadstick Pear Half	<b>Brat on a Bun with Sauerkraut</b> Ketchup/Mustard Red Potatoes with onions & peppers Baked Beans Apple Crisp Alt: Applesauce	<b>Turkey Tetrizzini</b> Maui Vegetable Blend Creamy Cucumber Salad Biscuit Seasonal Fresh Fruit Chocolate Milk	<b>Sweet &amp; Sour Meatballs</b> Mediterranean White Bean Soup/ Crackers Tomato & Onion Salad Mixed Fruit Cup Wheat Dinner Roll Frosted Cake Alt: Diet Pudding
12	13	14	15	16
<b>Meatball Stroganoff over Noodles</b> Brussel Sprouts Corn & Edamame Salad Mandarin Oranges Chocolate Pudding Alt: Diet Pudding	<b>Denver Omelet</b> Sausage Patty Hashbrown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Banana	<b>BBQ Chicken on a Wheat Bun</b> Broccoli Cheese Soup with Crackers Creamy Coleslaw Seasonal Fresh Fruit Oatmeal Raisin Cookie Alt: Diet Cookie	<b>Vegetable Lasagna</b> Seasoned Spinach Baby Carrots with Ranch Grapes Italian Bread Ice Cream Sundae Cup	<b>Tuna Pasta Salad</b> Tomato & Onion Salad Creamy Dill Cucumber Salad Wheat Dinner Roll Chilled Apricots Chocolate Milk
19	20	21	22	23
<b>Martin Luther King Jr Day</b>  <b>No Meals Today</b>	<b>BLT Smothered Chicken</b> Sweet Potatoes Green Beans Whole Wheat Bread Cherry Pie Alt: Chef's Choice Fruit	<b>Creamy Tuscan Sausage Pasta</b> Sunshine Carrots Romaine Lettuce Salad with Italian Dressing Mixed Fruit Cup Chocolate Chip Cookie Alt: Diet Cookie	<b>Seasoned Chicken Quarters</b> Au Gratin Potatoes Three Bean Salad Buttermilk Biscuit Kiwi	<b>Salisbury Steak in gravy</b> Mashed Potatoes Beet & Carrot Salad Fruit Cocktail Nine Grain Bread Frosted Banana Cake Alt: Plain Cake
26	27	28	29	30
<b>Hamburger w/ bun</b> Ketchup/Mustard Sour Cream & Chive Potato Wedges BBQ Bean Salad Citrus Fruit Cup	<b>Chicken, Broccoli &amp; Cheese Casserole</b> Carrot Coins Creamy Cucumber Salad Multigrain Bread Pound Cake with Mixed Berries	<b>Beef Tips with mushrooms &amp; onions</b> Mashed Potatoes Sicilian Grande Veggies Nine Grain Bread Mandarin Oranges	<b>Smothered Pork Loin</b> Buttered Parsley Potatoes Creamed Corn Peach Half Marble Rye Baker's Choice Cookie Alt: Diet Jello	<b>Ground Beef Philly Cheesesteak on a Bun</b> Au Gratin Potatoes Peas & Carrots Seasonal Fresh Fruit Chocolate Milk



# Cold Weather Precautions

By the GWAAR Legal Services Team (for reprint)



Before more snow and bitter cold weather, you should prepare to ensure it's a safe winter. You should know how cold weather affects your health to help you make better choices about how to prepare.

Your preparation should include hypothermia and frostbite prevention, preparing your home for the cold weather, and preparing for power outages. A little preparation now can help to ensure you have a warm winter.

**Cold weather can affect your health conditions!** Some medical conditions like diabetes, thyroid issues, arthritis and even memory issues can make staying warm more difficult. Some medications can also affect your body temperature. Talk to your doctor to understand your health risks in cold weather. To help combat the cold you can keep extra blankets and sweaters around your home and pack extra blankets and coats in your car for when you are out. Make sure you know the weather for that day and wear appropriate outdoor coverings. Let others know where and when you will be out in cold weather. Keep your cellphone charged or know where a phone can be located if you are out. Pack an extra pair of clothes to stay dry and keep a rain jacket and umbrella in your car to prepare for wet weather.

**Beware of hypothermia and frostbite!** If you find yourself outside in the cold you need to know how to identify frostbite and hypothermia to prevent injury or health issues. Frostbite usually affects your nose, ears, hands and feet. The skin of those areas may change color and become painful. These beginning signs of frostbite can alert you to get out of the cold. You could have permanent tissue damage so you should contact your healthcare provider or seek immediate medical help if symptoms worsen.

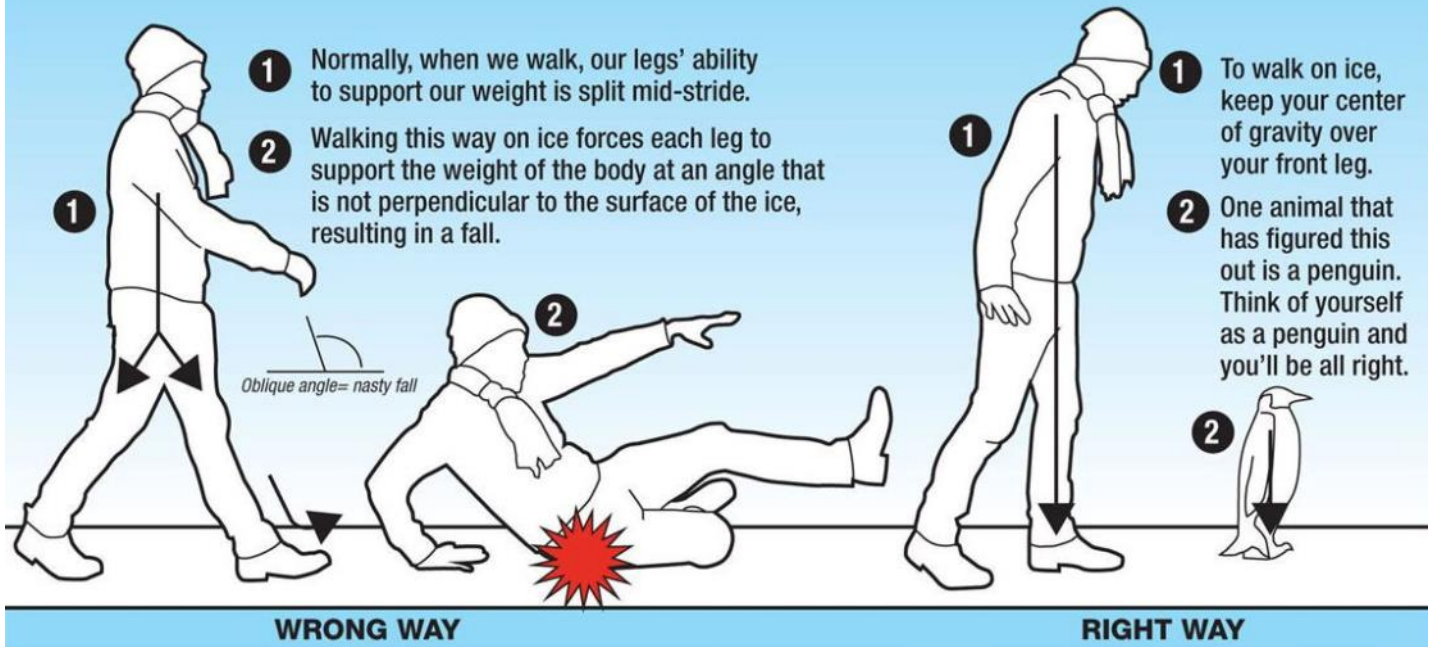
Hypothermia can lead to serious health issues like an irregular heartbeat, heart failure, and

damage to your kidneys and liver. Early warning signs include cold feet and hands, a puffy or swollen face, pale skin, shivering or shaking, slowed or slurred speech, and feeling sleepy, angry, or confused. If your body temperature does not improve you may experience stiff or jerky movement in your limbs, a slow heartbeat or breathing, loss of consciousness, and even death. Hypothermia is a serious medical emergency, and you should call 911 right away and find a place to get out of the cold.

**Protect yourself from the cold!** It starts with ensuring that your home is insulated properly. You can also use rolled up towels at the bottom of doors to help insulate. Keep curtains and blinds shut to insulate the windows. Layer clothing and keep blankets around the house. You don't want to have long periods without heat in your home.

**Be careful of fireplaces and space heaters!** Using those items in a home that is all sealed up could cause carbon monoxide to build up in the home. Carbon monoxide is a colorless and odorless gas that can build up without you knowing. Some warning signs that you are experiencing carbon monoxide poisoning are headaches, weakness, nausea or vomiting, dizziness, confusion, blurred vision, and loss of consciousness. Fireplaces and heaters can also be a fire risk so make sure you know how to use them properly and ensure they are in working order before use.

**Prepare for power outages!** Prepare an emergency kit to keep you safe during outages. Have blankets, jackets, gloves, socks, scarves, and hats available. Keep a few doses of critical medications handy but ensure they are stored properly and aren't out of date. Include canned or nonperishable foods and include a can opener to open that food. Have at least a few gallons of clean water available to help keep you hydrated. Have flashlights, batteries, and a first aid kit. You may also want a solar or battery-operated radio to keep track of the weather. Being prepared can help keep you safe until the power comes back on.



## Our December 3 Cookies & Cocoa HHS Volunteer Celebration was a sweet success!



More than 100 HHS volunteers came together to reconnect, swap stories, and share plenty of laughs.

### Highlights:

- Delicious bites from Saz's and a fully loaded cookies-and-cocoa bar
- A fun, fact-filled Trivia game with several winners
- ComedySportz bringing the laughs—plus a few brave volunteers jumping into the improv

To every HHS volunteer: your time, talent, and heart make a real difference for our community—thank you.

***"I want to thank you for yesterday! It was truly a lovely event, I know a lot of work went into putting it together. I was happy to see a good turnout. The food was delicious and the ComedySportz kids were entertaining. So, thank you!"***

**Want to join the team? Explore current opportunities:**

**[WaukeshaCounty.gov/HHSvolunteer](http://WaukeshaCounty.gov/HHSvolunteer)**



## Have you thought about your brain today?

Our brains are amazingly complex and comprised of over 100 billion neurons that we continue to produce more of throughout our lifetime. Signals in our brain travel at over 100mph and are extremely efficient using only 20 watts of power. Our brain storage is considered unlimited.

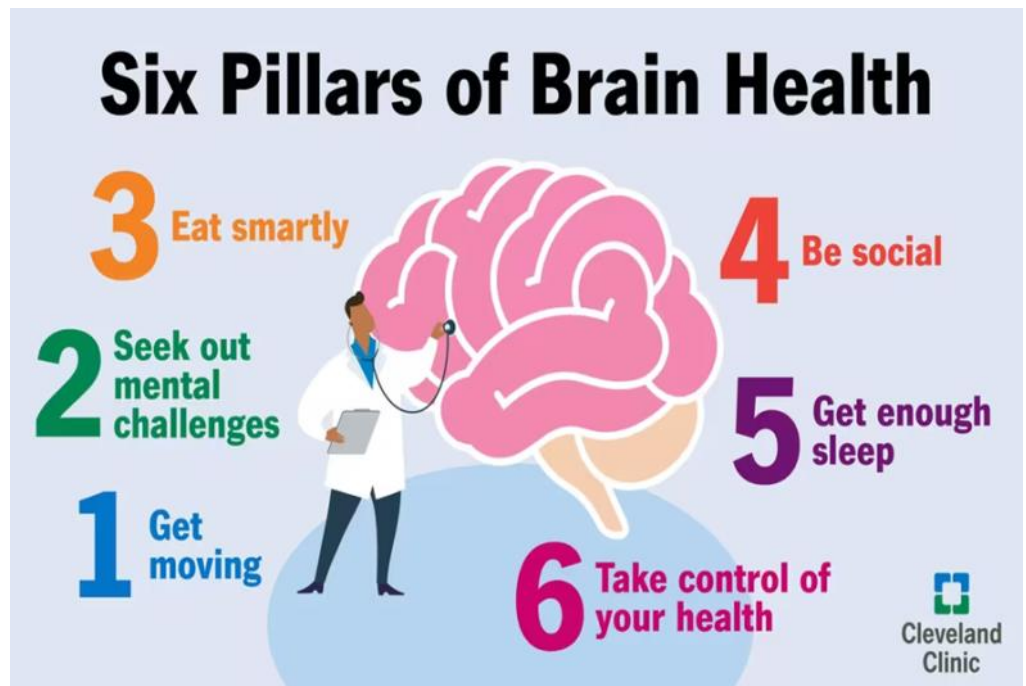
### Myths about our brains:

- ♦ You can't teach an old dog new tricks – false. Our brains are capable of learning and creating new pathways throughout our lifetimes.
- ♦ You only use 10% of your brain – all parts of our brains have different functions and are used constantly. We are even using more than 10% of our brains while we are sleeping
- ♦ Brain games significantly improve cognitive function – although they build and enhance certain skills, more productive options may be trying new challenging activities, engaging with others and using our brains in new and novel ways.
- ♦ Brain health supplements are a cure-all – supplements are generally expensive and have little to no scientific proof of effectiveness. Getting your nutrients from good nutrition is more effective, absorbed by your body, and has no side effects.

So doesn't it seem like a good idea to love and take care of our brains?

### What might you do this year to take care of our brains?

- 1) Listen to more music and watch less tv
- 2) Connect with others on a regular basis
- 3) Challenge yourself to learn a new game, skill or language
- 4) Work on your balance to reduce falls
- 5) Eat better and reduce alcohol
- 6) Work on stress reduction and getting a good night's sleep



Use this graphic to use as a reminder!

**Let's make our brain health our #1 resolution for 2026!**



# Younger Onset Dementia Caregiver Support Group

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

Upcoming Meetings:

January 14

February 11

March 11

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

Although younger people with dementia experience similar symptoms to older people, **the impact on their lives is significantly different**



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

## January is National volunteer Blood Donor Month

*Wondering if you're eligible to donate blood?*



Certain medications, medical conditions, travel histories, and personal histories may defer your eligibility – contact your local blood center to learn more.

### Find Local Places to Donate Blood:

**American Red Cross:**

1-800--RED CROSS (1-800--733-2767)

**Versiti:**

877-232-4376

NATIONAL  
**BLOOD  
DONOR**  
MONTH



# Be SMART In Choosing and Keeping New Year's Resolutions

Dan Michaels, Community Health Educator, Waukesha County Public Health



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

Yay! A new year is upon us. When a new year begins, many of us begin a journey of self-improvement, setting goals for our health and well-being. New Year's resolutions provide an excellent opportunity to make positive changes in our lives, and maintaining good health is often at the forefront of our goals. Let's explore effective strategies for choosing and, more importantly, sticking to health-related resolutions throughout the year.

## Waukesha County Public Health

Before jumping into resolutions, take the time to reflect on your personal health goals. Ask yourself which parts of your well-being you want to improve, whether it's physical fitness, mental health, nutrition, or better sleep. Setting **Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals** will give you a clear path for success.

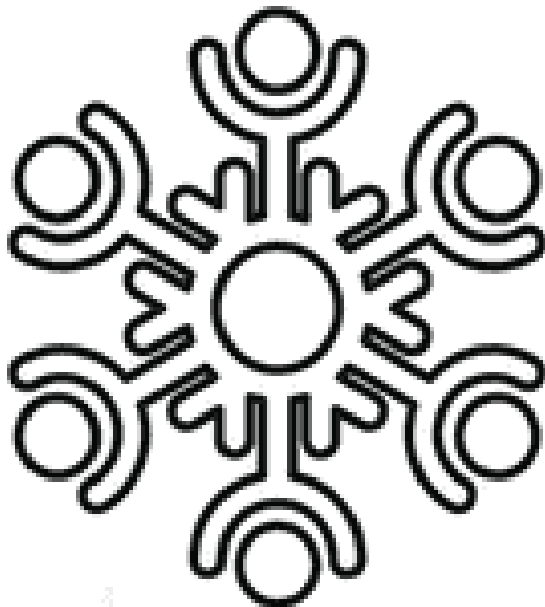
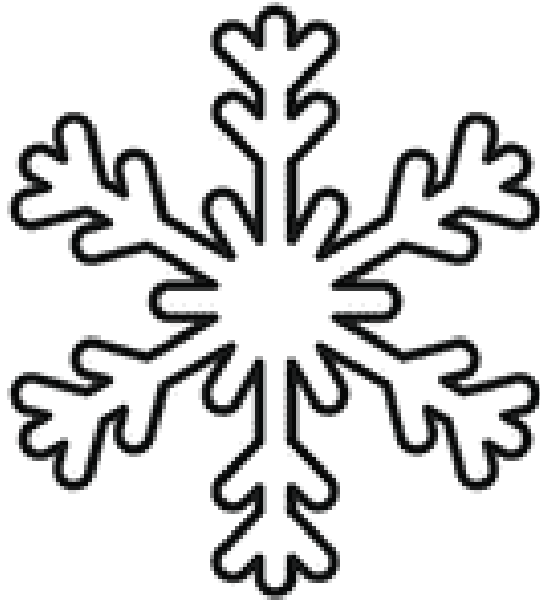
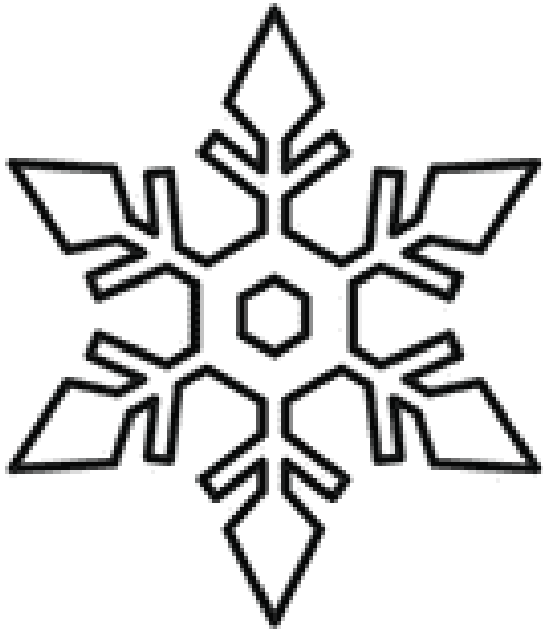
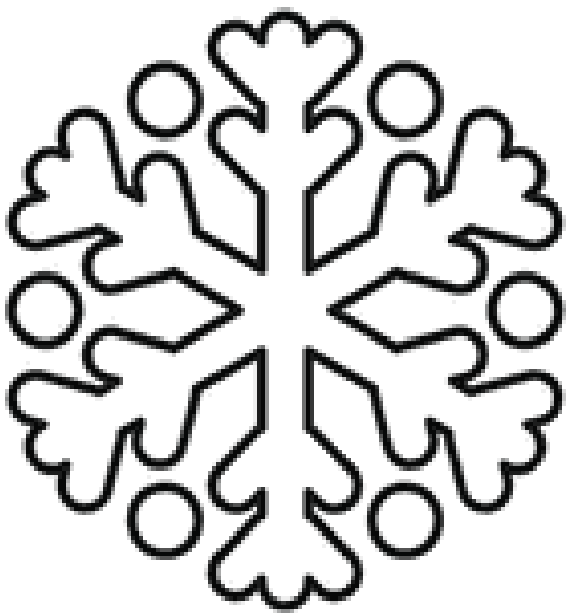
Create a detailed plan outlining the steps you'll take to achieve your health resolutions. Start small; break down your larger goals into smaller, attainable tasks. For example, if your resolution is to exercise regularly, your plan might include scheduling specific workout sessions (**Specific**), choosing enjoyable activities (**Achievable, Relevant**), such as walking or dancing once or twice a week for 20 minutes (**Measurable**), and gradually increasing the frequency and duration of the activity to 30 minutes, three times a week for a month (**Time-bound**).

Seek support by sharing your resolutions with your friends and family who can provide encouragement and accountability. Having a support system can make a significant difference in staying committed to your goals. Consider joining classes or support groups where you can connect with like-minded individuals pursuing similar objectives. (If you are looking for support groups or classes, consider visiting the public Community Calendar through Eras at: [www.eras.org/community](http://www.eras.org/community))

Acknowledge and celebrate your achievements along the way. Recognizing your progress, no matter how small, reinforces positive behavior and motivates you to keep pushing forward. Treat yourself to a small reward when you reach a milestone, whether it's completing a fitness challenge, sticking to a healthy eating plan, or sleeping better.

As you navigate your health journey, be open to adjusting your goals and strategies. Life is dynamic, and circumstances may change. If a particular approach isn't working, consider modifying it to better suit your lifestyle and preferences. Flexibility is key to maintaining long-term commitment.

Choosing and keeping health-related New Year's resolutions requires thoughtful planning, dedication, and a willingness to adapt. By setting realistic SMART goals, creating a solid plan, seeking support, and celebrating achievements, you can make meaningful and lasting improvements to your well-being. The journey to better health is a marathon, not a sprint, and with determination and perseverance, you can make positive changes that last far beyond the first weeks of the new year. You got this! Have fun.



Homemade  
Gifts made easy



By Megan Goodlad





## **"Welcome to Medicare" Presentations in your Area**

### ***Free 1-hour "Introduction to Medicare" presentations:***

Elm Grove Public Library (262.782.6717) -  
Tuesday, January 27 at 1:30pm

Mukwonago Community Library  
(262.363.6411) - Thursday, February 5 at  
2:00pm

Delafield Public Library (262.646.6230) - Thursday, February 12 at 1:00pm

Brookfield Public Library (262.782.4140)- Thursday, February 19 at 2:00pm

Waukesha Public Library (262.524.3680) - Monday, February 23 at 10:30am

Brookfield Parks & Recreation (262.796.6675) - Tuesday, February 24 at 12:45pm

### ***Free 2-Hour "Welcome to Medicare" presentations:***

Health & Human Services Building (located at: 514 Riverview Ave, Waukesha), Room 114	
In-Person	Virtual Presentation
Wednesday, January 14 1:00-3:00pm	Wednesday, January 14 5:30-7:30pm
Wednesday, February 11 1:00-3:00pm	Wednesday, February 11 5:30-7:30pm

**To Register:** Go to [www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC), then click "Welcome to Medicare Class" or call our office at 262-548-7848.



# Soft Peanut Butter Cookies

## Ingredients

- 1 cup creamy peanut butter use Jif or Skippy type peanut butter
- 1/2 cup butter softened
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 1 tablespoon vanilla extract
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

## Instructions

- 1) Set oven rack in lowest position of oven and heat oven to 425 degrees.
- 2) Preheat the oven to 350 F. Line 2 baking pans with parchment paper, if desired.
- 3) In a large mixing bowl, cream together the peanut butter, butter, sugar and brown sugar. Beat together until smooth & creamy best if using a stand mixer or hand mixer.
- 4) In a large mixing bowl, cream together the peanut butter, butter, sugar and brown sugar. Beat together until smooth & creamy best if using a stand mixer or hand mixer.
- 5) Add the egg and vanilla extract and continue to mix until well combined.
- 6) In a small mixing bowl, whisk together the flour, baking powder, and salt. Stir in the flour mixture to the butter and sugar mixture and mix until well combined.
- 7) Use a cookie dough scoop, or spoon the dough into 1 inch balls. Roll in white granulated sugar if you desire and place onto baking sheet.
- 8) Using a fork, press down on each ball of dough to flatten, creating a criss-cross pattern.
- 9) Bake for 8-9 minutes. Do not over bake. Let cool on the baking sheet for a few minutes and then transfer to a wire rack.

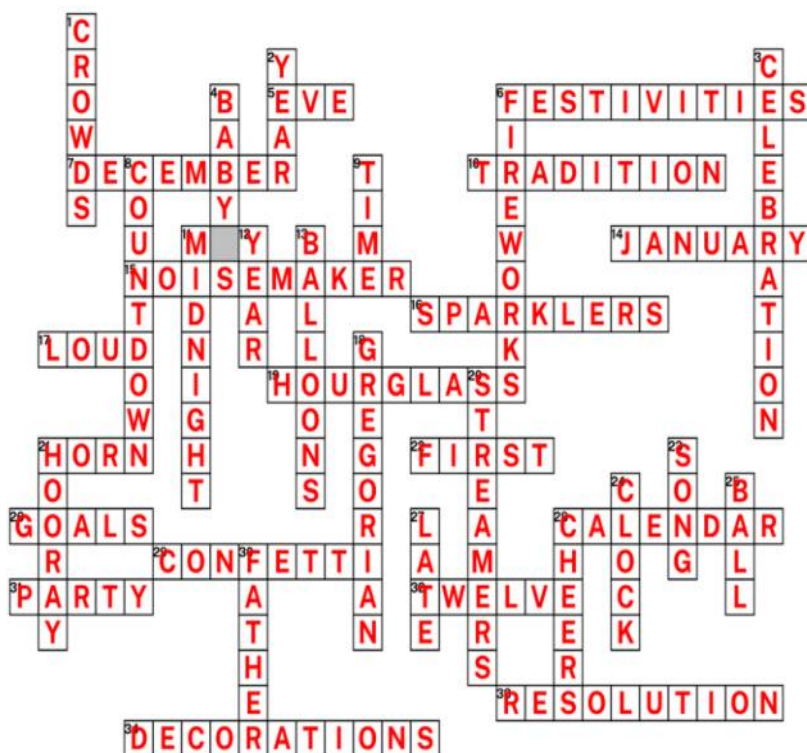


**Notes:** These keep well for a couple of days in an airtight container.

## Nutrition:

Calories: 130kcal | Carbohydrates: 13g | Protein: 3g | Fat: 7g | Saturated Fat: 2g | Cholesterol: 13mg | Sodium: 99mg | Potassium: 69mg | Sugar: 7g | Vitamin A: 100IU | Calcium: 9mg | Iron: 0.5mg

## CROSSWORD ANSWERS FROM PAGE 4





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