NEWSLETTER

THE ADRC CONNECTION- November 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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CARE CONNECTS US

NATIONAL FAMILY CAREGIVERS MONTH

2026 Theme: Care Connects Us



SKILL BUILDING FOR THE DEMENTIA JOURNEY

VIRTUAL SERIES

Dementia Care Specialists from the ADRC of Waukesha County are offering three **FREE** virtual education sessions to family & friends of people living with memory loss or a diagnosed dementia.

Normal Aging or Dementia? Learn the Difference

Wednesday, November 11 - 11:00AM

Tips to Improve Communication

Monday, November 23 - 1:00PM

Understanding Dementia Related Behaviors

Thursday, December 10 - 10:30AM

TO REGISTER FOR ONE OR MORE SESSIONS, PLEASE CONTACT:

KATHY GLASER (262) 548-7354

OR VISIT:

www.WaukeshaCounty.gov/DementiaCare

November
EVENTS IN THE COMMUNITY

November 1-8 (Sun.-Sun.) - **Christmas Fantasy House** @ **Oconomowoc**, weekdays 10 am-7 pm, weekends 10 am-5 pm. Area decorators will decorate a beautiful, new home decked out in Christmas spirit to raise funds for Ronald McDonald House Charities Eastern WI. Visitors will also enjoy a holiday boutique, sweet shop, hall of trees and wreaths, silent auction, and raffles! Because this is a private home, an address will not be provided for security reasons, but there is a free shuttle service to the home at the Lake Country Dockhounds facility: 1011 Blue Ribbon Circle N, Oconomowoc WI 53066. Tickets for this event are $25 for adults and free for children under 12.

November 6-7 (Fri. & Sat.) - **Southeast Wisconsin Festival of Books** @ **Carroll University**, 4-7 pm & 9-3 pm. Friday will feature an author to be announced soon, and Saturday will feature over 50 authors in 20 panel discussions and presentations. There will also be writer workshops and four writing contests for different age groups. This event is free and open to the public. For more information, visit www.sewibookfest.com.

November 7 (Sat.) - **Multiple sclerosis gym open house** @ **MS Just Keep Moving**, W228N791 Westmound Drive, Waukesha, 2-5 pm. Invites potential new members living with Multiple Sclerosis (MS), new volunteers, and supporters of our mission to tour the facility. More information at https://msjustkeepmoving.org/

November 12 (Thurs.) - **Senior Truth Series - Breaking Down Senior Living Costs: Resources That Make a Difference** @ **Floyd E. Swayze Memorial Center**, Big Bend (Near Hwy 164 & Janesville Road). Register by calling Harmony at 262-210-2484.

November 13-15, 20-22, & 25 (Fri.-Sat. & Wed.) - **Illuminated Walk Through Country Christmas** @ **The Ingleside Hotel**, 5-9 pm. Walk the almost mile festive light display before it opens for the season for cars to drive through! Admission is $10. Bundle up and dress for the weather! Hot chocolate and other concessions will be available in the Christmas Village.

November 20-22 (Fri.-Sun.) - **Holiday Folk Fair International** @ **Wisconsin State Fairgrounds**, 2-9 pm. Explore food, music, dance, and arts from around the world! This one-of-a-kind cultural experience is one of Milwaukee's longest-running traditions and brings together dozens of cultures under one roof. Tickets are $13 in advance, $16 at the gate (ages 8-61), $14 for senior citizens 62+, and free for children under seven and all military personnel with a military ID.

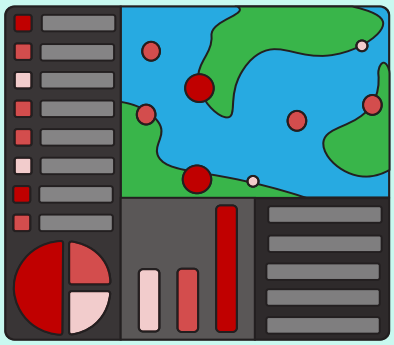
November 21 (Sat.) - **Remembrance Ceremony for Waukesha Parade Memorial** @ **Grede Park**, 4:30-5 pm. The community will gather on the five-year anniversary of the Waukesha parade tragedy to remember those we lost. This ceremony will also include the dedication of the final sculpture, Holding Love, created by Carmen De La Paz.

November 25-29 (Wed.-Sun.) - **Oconomowoc German Christmas Market** @ **Village Green Park**, 5pm-10 pm (Wed.), 10 am-10 pm (Fri. & Sat.), 10 am-4 pm (Sun.). It is the 15th Anniversary of the German Christmas Market in downtown Oconomowoc and is not to be missed! The park will be turned into a winter wonderland full of delights for all of your senses. Vendor huts will have answers to all those on your Christmas lists, German music will fill the air, and food and libations will be aplenty.

Geography Awareness Week: November 16–20, 2026

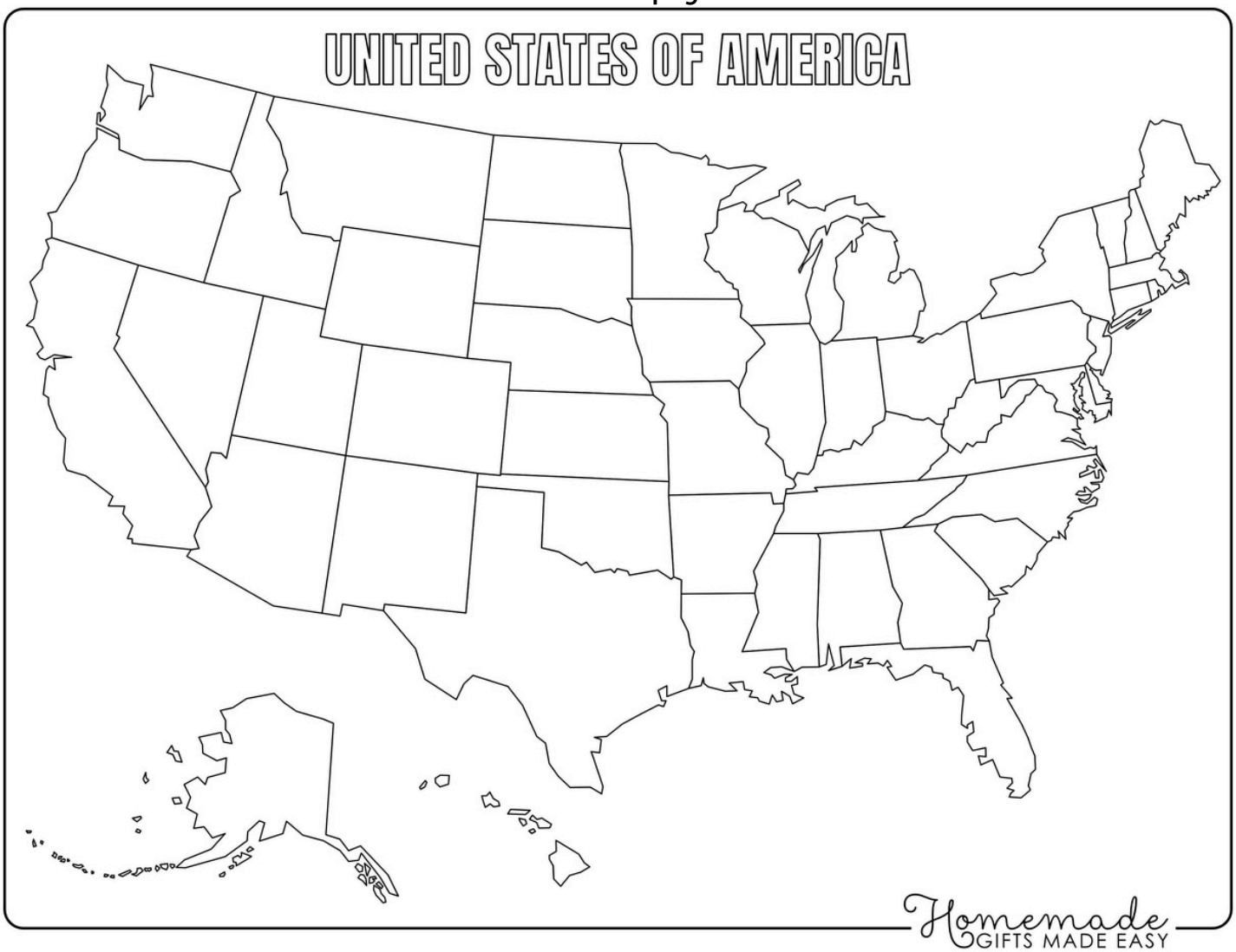


GIS Day (November 18, 2026): Celebrated on the Wednesday of Geography Awareness Week, this global event highlights Geographic Information System (GIS) technology, digital maps, and spatial problem-solving across industries.



Can You Name all 50 States correctly?

Answers on page 6



Ascension Elmbrook Presents:

Health & High Tea



This month's topic:

Sit & Be Fit

"Sit & Be Fit" is an exercise class focused on seated exercises that people can do in the comfort of their home.

Monday, November 23
2 p.m. - 3 p.m.

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

Registration is capped at 25 participants, secure your spot ASAP:
RSVP to sarah.pertle@ascension.org



What to expect:

- Tea and cookies
- Meet and greet with fellow community members
- A short exercise tutorial with Cameron Bradford, BSN, RN

Ascension Elmbrook

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Wisconsin Coalition for Social Connection

Connected communities are healthier communities- and everyone has a role to play.



Social Connection Awareness Week
November 8 - 14

Social connection doesn't have to be complicated. A phone call, a visit with a neighbor, a ride to a community event, or simply checking in can make a meaningful difference.

Staying Active and Connected: Resources for Community Members!

Did you know that remaining socially engaged and connected can improve your quality of life? It's also associated with better mental and physical health. According to psychologist Julianne Holt-Lunstad of Brigham Young University, "being connected to others socially is widely considered a fundamental human need—crucial to both well-being and survival."

As we get older, we can expect to experience significant changes such as retirement, moving to a new area, changes in health status or mobility or the loss of a loved one that can impact our ability to stay connected. These events can result in a loss of connection which can cause you to become isolated or feel lonely, or both—and a lack of connection can also impact caregivers. Participating in activities such as volunteering, arts programs, lifelong learning, intergenerational activities or technology projects are just a few of the ways to stay connected and active in our communities.

If you are interested in learning more about social engagement opportunities in your community, contact your local library, community or senior center, or Parks and Recreation department. These resources can also be found on the Eras Community Calendar at **eras.org/community**.
The online calendar features searchable programs and events submitted by community organizations and businesses.



Sources: The National Resource Center for Engaging Older Adults, www.engagingolderadults.org; Wisconsin Coalition for Social Connection, connectwi.org; Eras Senior Network, eras.org



Pumpkin Chocolate Chip Bread

Ingredients

- 1 ⅔ cups all-purpose flour
- 1 cup white sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 pinch ground nutmeg
- 1 cup pumpkin puree
- ½ cup butter, melted
- 2 eggs
- 1 cup chocolate chips

Nutrition Information

Per serving: 338 calories; total carbohydrate 49g; dietary fiber 3g; total sugars 30g; protein 4g; total fat 15g; saturated fat 9g; cholesterol 57mg; vitamin c 1mg; sodium 335mg; calcium 36mg; iron 2mg; potassium 152mg

Instructions

- Preheat oven to 350 degrees F. Grease and flour a loaf pan.
- Stir flour, sugar, cinnamon, baking soda, baking powder, salt, and nutmeg together in a large bowl.
- Whisk pumpkin, butter, and eggs together in a separate bowl. Stir in chocolate chips. Fold pumpkin mixture into flour mixture. Pour pumpkin batter into prepared loaf pan.
- Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, 1 hour.

Geography puzzle answers from page 4





Veteran Caregivers: A Guide for Family and Friends

Supporting and caring for a Veteran is an honorable and demanding commitment facing many Americans. For those in the role of being a Veteran caregiver, it's important to extend the necessary support through the lens of empathy.

Encourage Open Communication

Encouraging transparent communication is an important aspect of effective caregiving. Emphasizing open and honest dialogue is crucial in nurturing a healthy caregiver-Veteran relationship. Actively engaging with the Veteran's thoughts and emotions is key and caregivers should seek to provide a non-judgmental space to express themselves freely. While encouraging discussions about military experiences, it's vital to approach these conversations with sensitivity, respecting their comfort levels in sharing personal and potentially delicate or even triggering stories. This approach builds trust and strengthens the connection between caregivers and Veterans, fostering a supportive and understanding dynamic.

Be Mindful of Triggers

Many Veterans may experience triggers that bring back difficult memories associated with their time in service. Common physical and mental health concerns that Veterans face include post-traumatic stress disorder (PTSD), traumatic brain injuries, and other service-related conditions. It is crucial for caregivers to develop the ability to identify and understand these triggers, collaborating with the Veteran to establish a safe and encouraging atmosphere. This collaborative effort may include avoiding specific subjects, locations, or circumstances that could cause distress.

Research and Attend Support Resources

Providing care can take an emotional toll, underlining the significance for caregivers of Veterans to seek personal support actively. Many resources are available to caregivers, whether it be support groups or services from various organizations in your area.

Engaging in local or online support communities explicitly designed for those tending to Veterans is essential. Establishing connections with individuals who have faced similar experiences can foster a sense of community, offering a shared understanding and valuable insights. Don't forget that many support services are accessible to not only you but the Veteran as well. Government programs (such as Veterans' Service Office at Waukesha County HHS), non-profit organizations (such as Center for Veterans Issues), and Veteran service groups (such as local VFW and American Legion Posts) provide an array of initiatives, financial aid, and valuable information to aid in fulfilling caregiving responsibilities.

Take Care of Yourself

The caregiver's health is equally important to that of the Veteran. Always prioritize self-care, addressing both physical and emotional needs. Taking breaks, seeking respite care as necessary, and upholding a balanced work-life routine is imperative. These practices are essential for preserving the stamina and patience of the caregiver.

Embracing the Journey

Embarking on the path of a Veteran caregiver is both fulfilling and demanding, necessitating qualities like compassion, understanding, and dedication. By educating oneself, seeking support, and prioritizing self-care, you can offer invaluable support to the Veterans you care for. By uniting as a supportive network, we can collectively pay tribute and provide care for those who have selflessly served our nation.

Source: www.loyalsource.com/supportingandcaringforaveteran/



Griswold Theme Family Thanksgiving Mad Libs



1. Last Name _____
2. Adjective _____
3. Number _____
4. Plural Noun _____
5. Noun _____
6. Adjective _____
7. Plural Food _____
8. Plural Food _____
9. Condiment _____
10. Name _____
11. Article of Clothing _____
12. Material _____
13. Adjective _____
14. Name _____
15. Noun _____
16. Food Item _____
17. Name _____
18. Noun _____
19. Animal _____
20. Liquid/Foam _____
21. Adjective _____
22. Beverage _____
23. Adjective _____
24. Animal _____
25. Article of Clothing _____
26. Adjective _____

It was Thanksgiving morning, and the (1) _____ (**last name**) family was determined to have the most (2) _____(**adjective**) holiday dinner in the neighborhood.

Dad had already hung (3) _____ (**number**) strings of (4) _____(**plural noun**) around the house, even though it was not Christmas yet. “It needs more (5) _____(**noun**)!” he shouted from the roof.

Inside, Mom was preparing a (6) _____(**adjective**) turkey stuffed with (7) _____ (**plural food**), (8) _____ (**plural food**), and a surprising amount of (9) _____(**condiment**).

Meanwhile, Cousin (10) _____(**name**) arrived wearing a (11) _____(**article of clothing**) made entirely out of (12) _____(**material**). Everyone agreed it was both (13) _____ (**adjective**) and probably against several safety rules.

Just as dinner was about to begin, Uncle (14) _____(**name**) backed the family station wagon into the (15) _____(**noun**). The sound was so loud that the dog ran through the house carrying a (16) _____(**food item**) in its mouth.

“Good news, everyone!” (17) _____(**name**) announced. “I brought my famous (18) _____(**noun**) Jello mold.” It featured little specs of (19) _____ (**animal**) hair and made a loud thud when it landed on the table.

Then the turkey caught on fire but thankfully the flames were quickly put out with Dad’s trusty bottle of (20) _____ (**liquid/foam**).

After the smoke cleared, the family gathered around the table to enjoy (21)_____(**adjective**) turkey, stuffing, mashed potatoes, gravy, and the mysterious Jello mold.

Dad raised his glass of (22) _____(**beverage**) and said, “No matter how (23)_____(**adjective**) this day gets, we are still a family.” At that exact moment, the neighbors arrived with a (24) _____(**animal**) wearing a tiny (25) _____(**article of clothing**). Everyone nodded and agreed: it was the most (26) _____(**adjective**) Thanksgiving ever.



The Thanksgiving the Cows Caught a Cold – Sort Of

Waukesha County's Great Hoof-and-Mouth Scare of 1914

by Sloan Butler, HHS Communications Assistant

The year is 1914, and Waukesha County is on the brink of two monumental events: the first was an impressive accomplishment, as the dairy industry was rapidly rising towards its mid-century prominence as a national milk-producing powerhouse. The second event was a sudden outbreak of Foot-and-Mouth Disease among livestock that would paralyze the very industry working its way to greatness.

The invisible virus spread quickly in late 1914 across 22 states and the District of Columbia and, at the time, had no known cure. Due to a strict federal embargo, if even a single cow contracted the virus, the entire herd had to be euthanized to stop the spread. In November of that year, Waukesha and its surrounding neighbors found themselves under the thumb of the federal government after the virus escaped the Chicago Stock Yards. Moving a cow, pig, or sheep across county lines was immediately outlawed. For a county known as the premier marketplace for buying and selling elite dairy livestock, this quarantine utterly paralyzed local commerce. Farmers who relied on selling their elite heifers to pay winter bills were suddenly stuck with a surplus of hungry mouths to feed and zero incoming revenue, not to mention the daunting terror of their prize-winning cattle catching the bug.

Due to fears over the virus spreading through animal byproducts, celebrating Thanksgiving that year required some quirky, high-stakes survival skills. To keep the vital dairy industry from collapsing, local creameries turned into high-biosecurity checkpoints – or, at least as high-tech as the early 1900s would allow. If a farmer drove his horse-drawn wagon into town to drop off milk cans, he received more than just a receipt. Mandatory carbolic acid washes were applied to wagon wheels, metal milk cans, and even horse hooves before the farmers were allowed back onto public county roads.

Meanwhile, holiday travel was turned upside down because, while passenger trains still chugged through the county, local road checkpoints were established to ensure no one was smuggling unauthorized livestock or unpasteurized butter to their relatives' houses. Farm families, terrified of tracking the highly contagious virus into their own barns, spent the holiday in strict isolation, keeping family from accidentally bringing an unwanted microscopic guest to their barnyards.

When the federal government finally lifted the bulk of the Wisconsin quarantine just before December, they deliberately kept a few heavy-hitting dairy hubs, including Waukesha, on a tight leash, stating they were still too high-risk to be trusted. The embargo on Waukesha wouldn't fully lift until February 1915. Fortunately, the county bounced back eventually, officially gaining the nickname "Cow County USA" in 1919 with more dairy cows per square mile than any other county in the nation.

But while local dairy farmers were sweating bullets that November, one resident received the ultimate holiday "pardon": the turkey. In a twist of fate, the turkey wasn't just the star of the Thanksgiving table, it was the biological MVP. The US Department of Agriculture confirmed that poultry was completely immune to Foot-and-Mouth Disease, therefore, while cows and pigs were locked down tight under guard, the turkey roamed wherever it wanted with impunity – including straight to the dinner table. At least some Thanksgiving traditions always survive.

Sources: US Department of Agriculture Department Circular 325 (1924); St. Paul Pioneer Press, Volume 61 (1914); United States Livestock Sanitary Association Annual Report (1921)

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

My Meal, My Way
ADRC of Waukesha County

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

Suggested contribution still $5.00



What If I Need Transportation to Attend?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs.

If you are already an ADRC Taxi or RideLine client, please contact your corresponding transportation company.

If you are not a Taxi or RideLine client yet, start by calling the ADRC at (262) 548-7848 or completing an online application at www.WaukeshaCounty.gov/ADRCtransportation

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.

NOVEMBER 2026 MENU

Waukesha County Senior Dining and Home Delivered Meals

Aging and Disability Resource Center of Waukesha County

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Turkey Tetrazzini Seasoned Spinach Glazed Carrots Whole Wheat Bread Citrus Fruit Cup	Egg Roll in a Bowl with Beef Soy Sauce Veggie Fried Rice Sweet & Sour Sauce Tomato & Onion Salad Seasonal Fresh Fruit Zucchini Bread	White Chicken Chili with beans Southwest Corn Dilled Cucumber Salad Biscuit Peach Half Chocolate Milk	Smothered Pork Loin Buttered Baby Reds Stewed Cabbage with Apples Pear Half Light Rye Bread Frosted Brownie Alt: Plain Brownie	Fish Patty on a Wheat Bun w/tartar sauce & cheese Ranch Wedges/ketchup Pepper Strips with Ranch Pound Cake with Strawberries
9	**10**	**11**	**12**	**13**
Oven Baked Ham Mashed Sweet Potatoes Brussel Sprouts Pear Half Marble Rye Bread Butterscotch Pudding Alt: Diet Pudding	Crustless Chicken Pot Pie over a Biscuit Seasoned Green Beans Baby Carrots with Ranch Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Diet Cookie	**Veterans Day** Beef Tips with Mushrooms & Onions Garlic Mashed Potatoes Buttered Corn Broccoli Salad Assorted Dinner Rolls Fruited Pie	Creamy Rigatoni with Italian Sausage Sunshine Carrots Mixed Greens with Kale, Cherry Tomato & Dressing Mini Breadstick Fresh Grapes	Seasoned Pepper Steak over Rice Pilaf Soy Sauce Japanese Blend Veggies Thai Cucumber Salad Whole Wheat Bread Peaches
16	**17**	**18**	**19**	**20**
Denver Omelet with Cheese Sauce Sausage Patty Breakfast Potatoes Banana Muffin Fresh Orange Fruited Yogurt Alt: Diet Cookie	Mushroom Swiss Burger on a Wheat Bun Ketchup/Mustard Seasoned Potato Wedges Hot Barbecued Bean Salad Seasonal Fresh Fruit	**Thanksgiving Dinner** Oven Roasted Turkey w/gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Assorted Dinner Rolls Pumpkin Pie with whipped topping	Thai Shredded Pork over Brown Rice Soy Sauce Japanese Blend Veggies Asian Cucumber Salad Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Chicken & Mushroom Stroganoff over Noodles Peas & Carrots Romaine Lettuce Salad with French Dressing Pound Cake with Mixed Berries
23	**24**	**25**	**26**	**27**
BBQ Riblet Au Gratin Potatoes 5-way Blend Veggies Fruit Cocktail Whole Wheat Bread Ice Cream Cup	**Native American Heritage Month** Sweet & Savory Meatballs with wild rice Butternut Squash Mixed Greens Salad with Maple Mustard Vinaigrette Oat Wheat Bread Maple Baked Apples	Chicken, Broccoli & Cheese Casserole over Wild Rice Dilled Carrots Cucumber, Tomato & Red Onion Salad Mixed Fruit Cup	**Thanksgiving Holiday** **No Meals Served**	**Thanksgiving Holiday** **No Meals Served**
30				
Salisbury Steak in gravy Sour Cream & Chive Mashed Potatoes Harvard Beets Multigrain Bread Peach Half				

JOKE OF THE MONTH:

WHAT DO YOU CALL IT WHEN YOU DROP A PUMPKIN...

SQUASH

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.

Winter Snowflakes, Sniffles, and Staying Healthy



Dear Dan,

The holiday season is almost here, and my calendar is filling up faster than a plate at Thanksgiving! Between family gatherings, holiday parties, and visiting friends, there's so much I want to do. But at my age, I know getting sick can be more than an inconvenience, and I don't want to spend the holidays under a blanket with a box of tissues instead of with my loved ones. Every winter, it seems like someone around me is coughing, sneezing, and sharing germs like they're holiday cookies.

I'd rather receive a peppermint brownie than a case of the flu, thank you very much!
So, what's an older adult to do? Should I carry hand sanitizer like it's a holiday accessory, become a professional handwasher, or start wearing a bubble suit to family gatherings? I want to protect my health without becoming a holiday hermit! What can I do to lower my chances of getting sick and enjoy the season safely?

Your holiday hopeful,
Hollie Daye

Dear Hollie,

You are right! The winter holiday season is filled with festivities, fun, and… germs. As we age, our bodies don't work as well as they used to, including our disease-fighting immune systems. That is why many vaccines for the flu and others are recommended for older adults and others. That is the first step you may want to investigate. In addition to vaccines, there are other steps we can take to help keep us healthy. Let's discuss some ways to give germs the cold shoulder and have them flu away from us so we stay healthy.

You mentioned one of the best ways to avoid getting sick: "Wash your hands!" Yes, washing our hands is a fantastic way of getting bacteria and viruses away from us. It's simple but true. Just imagine how many things you touch throughout the day that others may have touched, coughed, and sneezed on. Then think how many times you have eaten or touched your face with your hands. So YES, become a professional handwasher! Wash your hands with warm/hot water and soap for at least 20 seconds. Hand sanitizer is a good backup and possibly a fun holiday accessory, but the best practice is good old fashion soap and water.

Another way to sidestep getting sick is to lower your chances of becoming ill. For example, if you know someone is sick, you can avoid visiting them until they are better. Also encourage friends and family members who are sick to stay home until they fully recover, so they will just share holiday cheer, not a virus. It's a simple tip but very effective. All will understand. That gift card you were planning to give them will still work after they recover.

Hollie, I hope this helped. Let's stay healthy! Wash your hands often, avoid being with sick people, and remember vaccines. These are all great to prevent disease… without wearing a bubble suit. Have fun, stay healthy, and don't let those germs be a hum-bug to your holiday season.

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

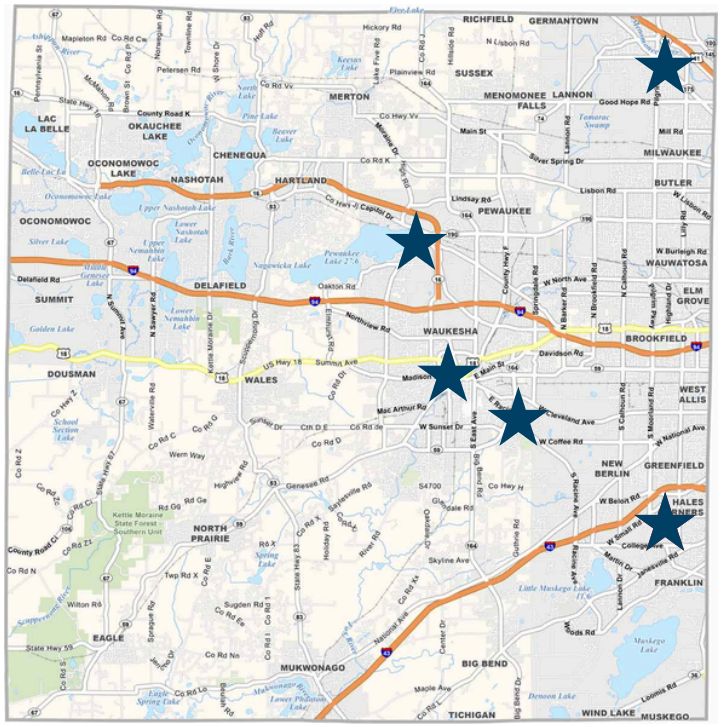
Upcoming StrongPeople Classes!



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.



November 11, 2026
3:00 PM - 4:15 PM

Christ the King Lutheran Church - Delafield
1600 N Genesee St.
Delafield, WI 53018

To Register:
Call 262-646-2343

November 17, 2026
1:30 PM - 2:45 PM

Elm Grove Public Library
13600 Juneau Blvd
Elm Grove, WI 53122

To Register:
Visit www.elmgrovelibrary.org or
Call (262) 782-6717



November 19, 2026
10:30 AM - 11:45 AM

Muskego Public Library
S73W16663 Janesville Rd
Muskego, WI 53150

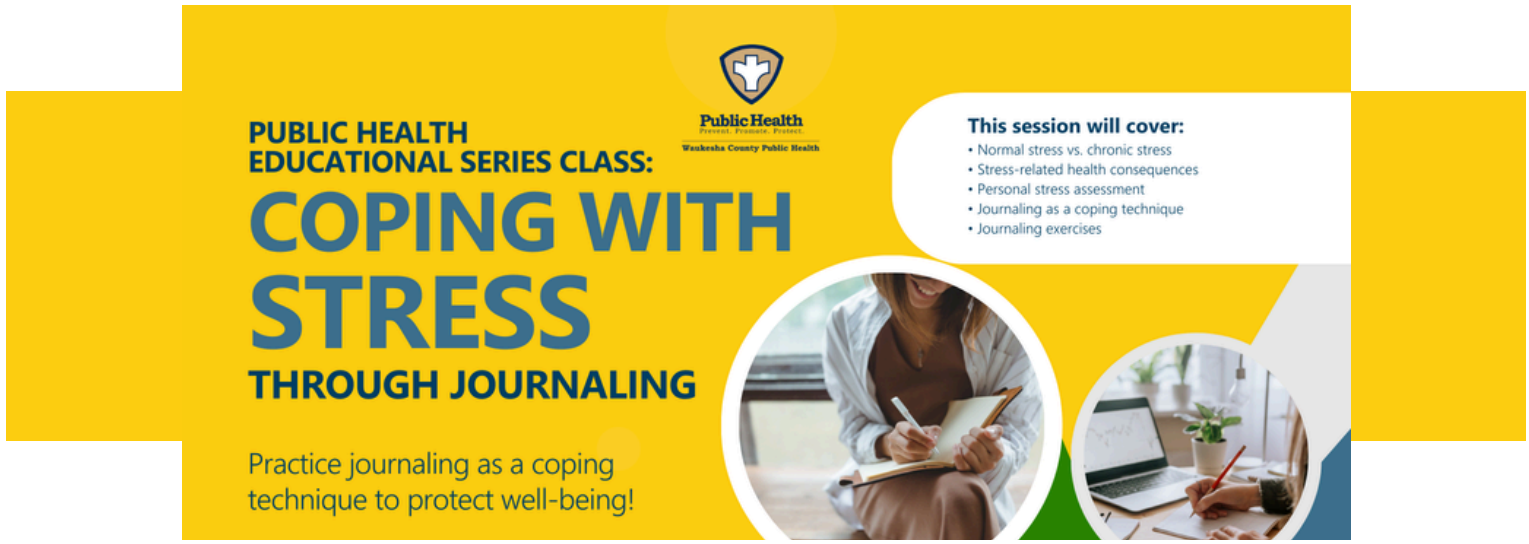
To Register:
Call 262-971-2100 or visit the Reference Desk



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



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

Dementia Friends Wisconsin

A Dementia Friendly America initiative

What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?

The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

Dementia Friends...

is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.



Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

Remember...

You don't need to be a dementia expert to become a Dementia Friend.
You don't need to know someone with dementia to become a Dementia Friend.
After you attend the session, you decide about becoming a Dementia Friend; it's your choice.

When & Where: Thursday, January 7th 1:00-2:00pm
Waukesha County HHS Building 514 Riverview Ave, Waukesha
Contact: Kathy Glaser 262-548-7354 or kglaser@waukeshacounty.gov

Visit www.wai.wisc.edu/dementiafriendswi to learn more about becoming a Dementia Friend

Dementia Caregiver Support Groups



Monday Virtual Coffee Connect

Every Monday
10:00 am - 11:00 am
Virtual

Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support, and brainstorm strategies.

To register, or get more info, contact Kathy, ADRC Dementia Care Specialist at 262-548-7354, or jharders@waukeshacounty.gov

ADRC
Aging and Disability Resource Center
of Waukesha County



Younger Onset Dementia Caregiver

November 11
2nd Wednesday of Every Month
3:00 pm - 4:30 pm

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

Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65? Join us for conversations about dementia, caregiver strategies and community resources.

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

Community Dementia Efforts

Caregivers Educational Workshop - The Before the Crisis:

Practical Strategies for Dementia Caregivers

DEMENTIA FRIENDLY PEWAUKEE

The Before the Crisis: Practical Strategies for Dementia Caregivers workshop offers family caregivers a supportive, hands-on learning experience focused on preparing for dementia-related challenges before they occur. Held on **Saturday, November 7, 2026**, at the Pewaukee Public Library, the event features dementia specialist Sherrie Szombathely and occupational therapist Stacey LaFlamme, who will share proactive planning tools, communication approaches, home-safety strategies, and fall-prevention techniques to help caregivers feel more confident and prepared.

Attendees will also enjoy complimentary offerings including door prizes, caregiver gift bags, vendors, resource materials, refreshments, chair massages, and a lively sing-along with vocalist Bill Peterson. **The workshop is free and open to all family caregivers**, made possible by Dementia Friendly Pewaukee and the GFWC Woman's Club of Pewaukee.

Registration is required, as seating is limited. Please RSVP by emailing Abby at AbbyLorenz@wi.rr.com or texting Abby at 414-350-8713

Welcome to Medicare Classes - Fall 2026



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.

Register for the class you wish to attend with the contact information given

Monday, November 2 at 2:00pm
Big Bend Village Library (262-662-3571)

Tuesday, November 3 at 11:00am
Mukwonago Community Library (262-363-6411)

Wednesday, November 4 at 10:00am
Mukwonago Parks & Recreation (262-363-7077)

Thursday, November 5 at 11:00am
Hartland Public Library (262-367-3350)

Monday, November 9 at 1:00pm
Pewaukee Public Library (262-569-2193)

Tuesday, November 10 at 1:00pm
New Berlin Public Library (262-785-4980)

*** Wednesday, November 11 at 1:00pm**
Health and Human Services Center (262-548-7848)

*** Wednesday, November 11 at 5:30pm**
Live - Virtually (262-548-7848)

Wednesday, November 11 at 5:30pm
Brookfield Public Library (262-782-4140)

- Live Virtual Watch Party at the library! -

Monday, November 16 at 10:30am
Waukesha Public Library (262-524-3682)

Tuesday, November 17 at 1:00pm
Delafield Public Library (262-646-6230)

Wednesday, November 18 at 1:30pm
Elm Grove Public Library (262-782-6717)

Thursday, November 19 at 12:45p
Brookfield Parks & Recreation (262-796-6675)

*** Wednesday, December 11 at 1:00pm**
Health and Human Services Center (262-548-7848)

*** Wednesday, December 11 at 5:30pm**
Live - Virtually (262-548-7848)

ADRC
Aging and Disability Resource Center of Waukesha County
Your Bridge to Support
Elder Benefit Specialist Program

*** Note**: You can register to attend these classes by going online https://wauk.co/Medicare or scan the QR code

SCAN HERE

Medicare Open Enrollment is October 15 – December 7, 2026

Waukesha County Residents: Need help comparing 2027 Medicare plans?

Please complete the form below or online at: **www.waukeshacounty.gov/ElderBenefitSpecialistProgram**

Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you or attend a workshop to receive your plan comparisons.

Name_____

Address_____

City_____ State____ Zip_____

Phone_____ Date of Birth_____

Please check if you have a current drug plan ☐ **or** advantage plan ☐

Name of drug or advantage plan _____

Medicare Part A start date_____

Medicare Part B start date_____

Pharmacy Preferences_____



How do you want to receive your plan comparisons?

(Please check one)

☐ Mailed

☐ Workshop

(then check one below)

Attend Workshop at ADRC:

- ☐ Thu Oct 29 9-10am
- ☐ Thu Oct 29 1-2pm
- ☐ Wed Nov 4 2-3pm
- ☐ Wed Nov 11 9-10am
- ☐ Wed Nov 18 8:30-9:30am
- ☐ Wed Nov 25 10-11am
- ☐ Wed Dec 2 2-3pm

Drug Name (if you have more, please write on separate sheet)	***Dose Amount***	***How often Taken***

Ihave requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. I understand that all enrollments must be made by December 7, 2026. I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.

Beneficiary signature: _____ **Date:** _____

ADRC
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Your Bridge to Support
Elder Benefit Specialist Program

Return form: ADRC, 514 Riverview Ave, Waukesha 53188
Email: adrc@waukeshacounty.gov Fax: 262-896-8273
Call 262-548-7848 with questions

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



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