



Aging and Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

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

www.waukeshacounty.gov/adrc

Alzheimer's Association

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

Eras Senior Network

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

Moraine Lakes Consortium

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

National Alliance on Mental Illness of Southeast Wisconsin (NAMI)

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

www.namisoutheastwi.org

Veteran's Services

▪ Benefits (incl. dependents and survivors)
262-548-7732
www.WaukeshaCounty.gov/Veterans



National Family Caregivers Month

In 1994, the Caregiver Action Network spearheaded the annual national celebration of a national caregiver awareness month every November. In 1997, President Bill Clinton signed the 1997 National Family Caregivers Week Presidential Proclamation and every U.S. president since has done the same each November.

So how can you show appreciation to a family caregiver this month?

- ♦ **Provide some respite:** If it's once a week, or just once, caregivers can benefit greatly from a break from their duties. Spend a morning with their loved one while they run errands or practice some self-care. The gift of your time is priceless.
- ♦ **Check in regularly:** Let the caregiver talk about their experiences without offering advice or casting an opinion. Let them know that you see the work they are doing and the value that it brings.
- ♦ **Be specific with your offers:** Try to avoid saying "let me know if you need anything". Instead, make a specific offer of help. When caregivers are overwhelmed, it can be difficult to ask for help, so the more specific you can be, the better.
- ♦ **Help with chores:** Bring a meal, clean the house, help with laundry, do some yard work, or tackle any other life tasks that are hard for a caregiver to get to or find the time for. This helps ease their burden and makes them feel supported.
- ♦ **Keep inviting them:** Even if you know the caregiver won't be able to attend an outing or gathering, continued invitations will make them feel less isolated and let them know you are thinking of them and value their presence. On top of that, you never know when they might be able to make it work and will welcome the change in pace!
- ♦ **Offer encouragement:** A thoughtful card, small gift, or text message can show that you recognize the gift of a caregiver's service. Be positive about how you appreciate their efforts and that you see what a great job they are doing.

- ♦ Community Events (p. 2)
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November 7 & 8 (Fri. & Sat.) - Southeast Wisconsin Festival of Books @ Carroll University, 4-7 pm & 9-3 pm. Friday will feature Wisconsin author Christina Clancy, 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 8 (Sat.) - Operation Honor: A Salute to Veterans @ Shuetze Recreation Center, 3-6:30 pm. The City of Waukesha is proud to honor deployed and formerly serving Veteran men and women with Operation Honor, a care package drive. Drive-thru and drop-off are available at the front door of the Schuetze Recreation Center. Items requested by Veterans include full-sized toiletries, new clothing, nonperishable snacks, and coffee supplies. Items that will not be sent include hand sanitizer, batteries, aerosols, and religious or explicit materials.

November 14-16 (Fri.-Sun.), 21-23 & 26 (Fri.-Sun. & 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 21 (Fri.) - Remembrance Ceremony for Waukesha Parade Memorial @ Grede Park, 4:30-5 pm. The community will gather on the four-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 30 (Sun.) - Menomonee Falls Christmas Parade @ Downtown Menomonee Falls, 4:30-5:30 pm. Join for the annual Christmas Parade, followed by a chili dinner to warm up after, put on by the Knights of Columbus 4240.

December 6 (Sat.) - East Troy Christmas Train Parade @ The Elegant Farmer (Mukwonago), 5 pm. Join for a holiday tradition dating back to 1972! The train departs from the Elegant Farmer at 5:05 pm and arrives in East Troy at 6:30 pm. This train is for viewing at each stop and does not carry public passengers. The different stops include Army Lake Road North, Army Lake Road South, St. Peters Road, Byrnes Street, and Division Street.

Butternut Squash Sweet Potato Soup

Original recipe (1X) yields 8 servings

Ingredients:

- ⇒ ¼ cup unsalted butter
- ⇒ 1 butternut squash, peeled, seeded, and cut into chunks
- ⇒ 1 sweet potato, peeled and cut into chunks
- ⇒ 1 sweet onion, chopped
- ⇒ 1 carrot, peeled and chopped
- ⇒ 1 stalk celery, chopped
- ⇒ 2 cloves garlic, minced, or more to taste
- ⇒ 4 cups chicken stock, or as needed
- ⇒ 3 small sweet bell peppers, chopped
- ⇒ salt and ground black pepper to taste



Directions:

1. Melt butter in a large pot over medium-high heat. Add butternut squash, sweet potato, onion, carrot, celery, and garlic; cook and stir until lightly browned, about 5 minutes.
2. Stir in chicken stock and bell peppers; bring to a boil. Reduce heat to low, cover, and simmer until squash and potato tender, about 40 minutes.
3. Fill a blender halfway with soup. Cover and hold lid down with a potholder; pulse a few times before leaving on to blend. Pour into a pot. Repeat with remaining soup. Season with salt and black pepper.

Nutrition Facts (per serving) 167Calories, 6g Fat, 28g Carbs, 3g Protein

Reminder: Get Your Flu Shot

By the GWAAR Legal Services Team (for reprint)



Flu season starts each fall and lasts until the following spring. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get a flu shot every season with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at great risk of serious complications compared with younger adults.

It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.

Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an in-network provider.

What Can You Do to Improve Your Social Connections?



Eras
SENIOR NETWORK

FIND SOCIAL CONNECTIONS HERE:
[ERAS.ORG/COMMUNITY](https://www.eras.org/community)



Reach Out

Need someone to talk to? Check out AARP's Friendly Voice line: **1-888-281-0145** or call Era's Senior Network at **262-549-3348** to get connected to a local friendly voice.



Use Technology

Go to your local library or community college (WCTC), for technology or computer classes. Use technology to call, text, or video call with loved ones at a distance.



Host a Get Together

If you've lost touch with people you used to be close with, reach out!



Join a Fitness Facility

Build friendships with others while building strength and endurance!



Visit a Park

A great place to meet someone new with similar hobbies is a local park. Find accessible recreation in Wisconsin.



Start a New Hobby

Learning something new is a great way to connect with others – oftentimes, others are learning new things right alongside you!



Visit a Neighbor

Bring a plate of cookies, a homemade loaf of bread, or just stop by and say hi!



Get a Job

A job provides a great opportunity to connect with co-workers and clients.



Host a Night

Whether a game night, a dinner, a coffee hour, or other – invite people to connect with you.



Care for Others

Whether it's grandchildren, neighbors' kids, or others – spend time with younger generations.



Join a Club or Group

A book club, knitting club, garden club, golf club, faith organization, or more!



Take a Health Promotion Class

Learn how you can better manage your health available through the ADRC, UW-Extension, or many health care providers.



Learn Something New

See what opportunities are available at local community colleges, community/senior centers, or Learning in Retirement of Waukesha County (LIRWC).



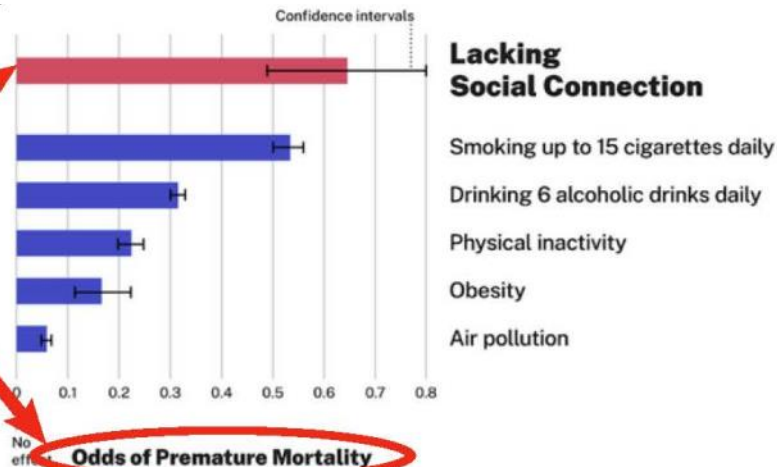
Volunteer

What better way to connect with others than by giving back to your community! Find offerings at United Way or VolunteerMatch.org.

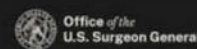
What is Social Connectedness?

The Center for Disease Control (CDC) says social connectedness reflects the continuum of meeting social connection needs. It is the degree to which you have the number, quality, and variety of relationships that you want. It is when you feel like you belong and have the support and care that you need.

According to the 2023 U.S. Surgeon General's Report, lacking social connection is more dangerous to your health than smoking 15 cigarettes per day



Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp000103. This graph is a visual approximation.



We need socialization now more than ever, and luckily we are resilient and curious by nature. We can participate in opportunities to connect socially and enhance our well-being.

We all deserve improved health!

Life's Better Connected

Discover new friendships, fun activities, and a stronger sense of community in Waukesha County



Community Calendar by Eras Senior Network - eras.org/community

- Free, public, online calendar serves as a landing page for any events, groups, classes, or other way to get connected in Waukesha and Milwaukee Counties.
- Includes easy links to get to all Library websites, all Park and Recreation websites, and community and senior center information.



Senior (60+) Dining Programs by ADRC of Waukesha County - a nutritious lunch meal, served at 12:00pm, Monday-Friday, excluding holidays. Reservations are required at least one business day prior. Call the location below to make your reservation. Meals are contribution based rather than a fee.



Waukesha County Government's Community Events Calendar - includes multiple County department's event and programs such as Parks & Land Use, Airport, ADRC, Waukesha Expo Center, and more. <https://events.waukeshacounty.gov>

Follow us on Facebook - www.Facebook.com/WaukeshaCountyHHS

Social isolation and Dementia

By Kathy Glaser, Dementia Care Specialist, ADRC of Waukesha County

Researchers are identifying **social isolation as a potential risk factor for developing dementia**, and **people living with dementia, and their care partners, are at increased risk for social isolation**. As we are working to maximize their health as we age, adding activities that promote social connection can be an important piece of that plan. We know that using our brains in new and novel ways is good for brain health and resilience - adding a social component to that is even better. Taking a class to learn something new or volunteering at a local organization and interacting with other participants is good, as is sharing other people what

you are doing.

We have several options for engagement in and near our county including the **Bridges Library System Memory Cafés** and the **Spark programs**. These are social programs that both someone living with dementia and someone accompanying them find very fun and educational.

It can also be as easy as offering someone a ride to activities you had enjoyed together previously such as church, meetings, and community events. Keeping people connected to our local communities is essential in helping them best live with these changes.

For more ideas on connection, communication, or these opportunities, reach out to our Dementia Care Specialists at the ADRC, by calling 262-548-7848.

HEALTH EDUCATION AND FITNESS

Preventing Diabetes

Date	Time	Location
 November 4	10:00-11:15 AM	New Berlin Activity & Recreation Center 15321 W National Ave New Berlin, WI 53151
Register Online at www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center		

Bone Health

Date	Time	Location
 November 12	3:00 - 4:15 PM	Christ the King Lutheran Church 1600 N Genesee St. Delafield, WI 53018
Register by calling 262-646-2343		
 November 20	9:30 - 10:45 AM	Muskego Public Library 573W16663 Janesville Rd Muskego, WI 53150
To Register: Call 262-971-2100 or visit the Reference Desk		
 November 25	1:30 PM— 2:45 PM	Elm Grove Public Library 13600 Juneau Blvd Elm Grove, WI 53122
Register Online at www.elmgrovelibrary.org		

StrongBodies

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

SteppingOn

Date	Time	Location
 Mondays, November 3 to December 15	10:30 AM— 2:30 PM	Waukesha Memorial Hospital 725 American Ave Waukesha, WI 53188
For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032		

Powerful Tools for Caregivers

Date	Time	Location
 Wednesdays, November 12 to December 17	12:00 - 1:30 PM	Waukesha Memorial Hospital 725 American Ave Waukesha, WI 53188
For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032		

CLASS DESCRIPTIONS

Bone Health: Healthy Bones, Healthy You: The session will cover: Why bones are important to our overall health, What is osteoporosis and osteopenia, Risk factors, Warning signs/fractures, Reducing risk of disease and injury, Screenings.

Preventing Diabetes: Did you know that more than 1 in 3 people have prediabetes? Think of prediabetes as your window of time to take action and prevent further health complications. In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.

Better Sleep: 1 in 3 American adults fails to get enough sleep. Are you one of them? Join us for this session to discuss what's getting in the way of better sleep and what you can do about it.

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

Stepping On: This highly interactive workshop teaches simple exercises to improve strength and balance. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk of falling. Stepping On is for people who are aged 60 or older, do not have dementia, and who live independently.

Powerful Tools for Caregivers: Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. This educational program is designed to help family caregivers take care of themselves while caring for a loved one.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

November is a Sweet Month

Dan Michaels, Community Health Educator, Waukesha County Public Health

November is filled with many exciting things to enjoy and remember, such as Thanksgiving with turkey, pies, and other fantastic food. The beautiful leaves falling from the trees to the ground let us know winter is just around the corner. Sales for holiday shopping are popping up everywhere. November has many things to make it a sweet month. However, did you know that November is also National Diabetes Month?

Many of you are familiar with diabetes, but let's review what exactly diabetes is. Diabetes is a condition in which your body does not produce enough or any of a hormone called insulin or doesn't use it properly. Insulin converts glucose (sugar) into energy that your body can use. Without insulin or if your body is not using it properly, glucose builds up in your bloodstream, causing high blood sugar. Over time, high blood sugar may cause damage to your eyes, blood vessels, heart, kidneys, and nerves.

What are some ways to prevent or lower your risk of developing diabetes? First, control your weight. This may be a *heavy* topic, but excess weight is the single most important cause of type 2 diabetes. Being overweight increases your chances of developing type 2 diabetes by 7 times. Other tips include staying active and exercising. Eating healthy is always a good tip; try to avoid sugary drinks and choose whole grains instead of processed carbohydrates. Lastly, avoid smoking; research shows smokers are 50% more likely to develop diabetes than nonsmokers.

If you have diabetes, what are some tips for managing it? Making and eating healthy food will help with your blood sugar control. Be active most days; exercise for the most part is free and great for your overall health. Test your blood sugar often, so you are aware if it is too high or low. Take medication as prescribed; if you skip, this can affect your blood sugar and your health. Living with diabetes can be stressful, finding ways for stress management and self-care such as meditation, breathing exercises, or just doing something relaxing you enjoy doing every day. Remembering to go to your scheduled checkups is one of the best ways to ensure you are managing your diabetes and health the best you can.

So now that you are more aware of diabetes, you can go back and enjoy all the other things in November that make it a sweet month.

MIXING = RISKING

I didn't know...

**certain prescribed medications
combined with alcohol and
over-the-counter drugs could
dramatically increase **overdose risk**.**



A joint public health message.

BE AWARE
SHARE & EDUCATE

Staying Safe:

Understanding the Risks of Mixing Alcohol and Medications

As we age, many of us find ourselves taking more prescription medications to help manage health conditions and maintain quality of life. At the same time, enjoying a glass of wine with dinner, or a cocktail at a family celebration, is a common part of life. But what many people don't realize is that combining alcohol with certain medications, even by accident, can cause serious health risks, including overdose.

Why This Matters

Recent data has shown that older adults are more likely to experience accidental overdose from substance mixing. This is not about misuse, it often happens unintentionally. For example, you might take your evening medication and then have a drink without realizing that the two can interact. These interactions can slow breathing, increase drowsiness, affect balance, or raise the risk of falls and injuries.

Common Situations:

- ♦ Pain medications or sleep aids mixed with alcohol can increase sedation and affect coordination.
- ♦ Blood pressure or heart medications may not work as intended when combined with alcohol.
- ♦ Antidepressants or anti-anxiety medications can have intensified side effects with even small amounts of alcohol.

What You Can Do:

- ♦ Ask your doctor or pharmacist about possible interactions with alcohol for each prescription you take.
- ♦ Keep a medication list handy, especially if you take multiple prescriptions from different providers.
- ♦ Be mindful at social gatherings, if you plan to drink, check whether your medication allows for it.
- ♦ Talk with family and friends so they understand the importance of helping you avoid risky combinations.

The Bottom Line

The goal isn't to scare anyone or to take away the simple pleasures of life. It's about being informed so you can make safe choices. By paying attention to how alcohol and medications interact, you can reduce your risk of accidental overdose, and keep enjoying the moments that matter most.

For more resources and tips on safe medication use, visit

www.WaukeshaCounty.Gov/OverdosePrevention

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

Sussex Community Center

N64 W23760 Main St
Sussex

(262) 246-6747
Monday, Wednesday-
Friday

Announcing!

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.



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



How Can I Eat at a Dining Center?

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

Suggested Contribution:
\$5.00/meal

What if I Need Transportation to attend?

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

JOKE
of the month

**This year I going to stop the bad
habit of eating Thanksgiving
leftovers...**

But I can't quit cold turkey.

November 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Shepherd's Pie Seasoned Green Beans Beet & Onion Salad Wheat Dinner Roll Mandarin Orange	Mandatory Staff Training No Meals Served, Including	Ring Bologna Broil (with potatoes, carrots & onion) Baked Beans Kiwi Rye Bread Butterscotch Pudding Alt: Diet Pudding	Chicken Stew with Veggies & Dumplings Rosemary Roasted Potatoes Cucumber Slices with Ranch Multigrain Bread Apple Crisp Alt: Applesauce	Butternut Squash Macaroni & Cheese Stewed Tomatoes Winter Blend Veggies Cranberry Compote Chocolate Milk
10	11	12	13	14
Pub Burger on Bun with mushrooms & Swiss Ketchup/mustard Tri-Tater Creamed Corn Fruit Cocktail	Veterans Day Beef Tips with Mushrooms & Onions Mashed Potatoes with gravy Glazed Carrots Broccoli Salad Assorted Dinner Rolls Fruited Pie	Loaded Baked Potato Soup BBQ Pulled Pork on a Whole Wheat Bun Baby Carrots with Hummus Chef's Choice Fruit Chocolate Milk	Chicken & Broccoli Alfredo Bake Mixed Veggies Mixed Greens Salad with tomato & cucumber Italian Dressing Italian Bread Mandarin Oranges	Pork Chop Suey with Veggies over Brown Rice Soy Sauce Sugar Snap Peas Chilled Pineapple Coconut Cake Alt: Diet Pudding
17	18	19	20	21
Polish Sausage on a Wheat Bun Ketchup/Mustard American Potato Salad Seasoned Green Beans Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	Chicken and Stuffing Casserole Seasoned Spinach Cucumber & Tomato Salad Wheat Dinner Roll Banana	Native American Heritage Month Sweet & Savory Meatballs with wild rice Butternut Squash Mixed Greens Salad with Maple Mustard Vinaigrette Maple Baked Apples Fry Bread	BBQ Riblet Baked Potato with Sour Cream Pickled Beets Cornbread Muffin Seasonal Fresh Fruit	Hearty Sausage and Lentil Stew Buttered Red Potatoes Dilled Carrot Coins Citrus Fruit Cup Nine Grain Bread Butterscotch Pudding Alt: Diet Pudding
24	25	26	27	28
Oven Roasted Turkey w/gravy Herbed Stuffing Green Bean Casserole Cranberry Relish Assorted Dinner Rolls Pumpkin Pie with whipped topping	Stuffed Pepper Casserole Rosemary Roasted Potatoes Carrot Coins Multigrain Bread Pear Half Chocolate Milk	Roast Pork in gravy Mashed Potatoes Stewed Cabbage with Apples Mixed Fruit Cup Whole Wheat Bread Ice Cream Cup	Thanksgiving Holiday No Meals Served	Thanksgiving Holiday No Meals Served

Hi Ina,

I am concerned about how my sidewalk and driveway are going to be cleared of snow and ice this winter. In previous years, my son handled this job, but he moved out of state over the summer. My husband and I are no longer able to tackle this task, due to our current age and health problems. Do you have any ideas or suggestions on how I can get this accomplished?

From,
Mrs. S'Nowday



Dear Mrs S'Nowday,

Here at the ADRC we receive many questions throughout the winter from individuals looking for assistance with snow removal—so you aren't the only one concerned about this.

The ADRC doesn't employ any persons or agencies to remove snow, and the number of resources available throughout Waukesha County for **low cost or no cost is extremely limited**. With this gap between paid and unpaid snow removal options, we encourage those in need to get creative and plan ahead for the winter months.

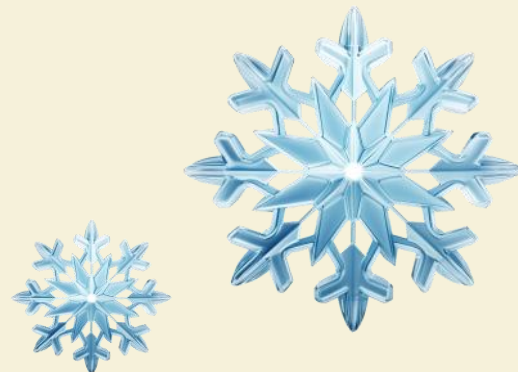
Here are some options you can take for snow removal:

- **Pay a company:** If you are willing and able to pay for snow removal, we suggest that you contact lawn services now to inquire if they will do snow removal. If you have any special needs that should give you priority, such as a health condition that could require treatment at a facility, you should let the company know.
- **Look in your own neighborhood:** Are there any children in the neighborhood that would like to earn a few dollars? You could go door-to-door and ask your neighbors if they know of anyone they could refer to you.

- **Turn to your church or a local church:** Try asking around to members of your church. If you do not belong to a church, reach out to a nearby church anyway and see if someone can help.
- **Check out bulletin boards:** Check the bulletin boards at your local supermarket, laundromat, community center, or gas station.
- **Go on the NextDoor app:** NextDoor, is an app for your smartphone that connects neighbors and can chat about multiple things. Make a post and ask for some help.

Sincerely,

Ina



Energy Assistance and Weatherization for Waukesha County Residents



ENERGY ASSISTANCE

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

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

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

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



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

Some common weatherization services include:

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

How to Apply

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

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

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

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

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

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

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

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

Memory Screening

A Closer look at Memory Changes

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



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

Early detection is important

Treatment is possible. Stay in control of your life.

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

Two Memory Screening options to choose from:

Thursday December 4th
10:30a—2:30p

(30 minute time slots)
Waukesha County ADRC

Monday December 8th
12:00—3:00p

(30 minute time slots)
Waukesha County ADRC

Call Kathy Glaser at the Waukesha ADRC to schedule your memory screen.

262-548-7354



Your Bridge to Support

514 Riverview Avenue
Waukesha, WI 53188



“Advocating for Dementia Care”

Saturday, November 1, 2025

1:00 – 3:00 p.m.

Pewaukee Public Library
210 Main Street
Pewaukee, WI 53072

Family caregivers are invited to this free educational workshop hosted by Dementia Friendly Pewaukee. Caregivers will learn how to be their own advocate for their loved one with dementia. Topics covered include navigating resources, care options, valuable tips on patient advocacy, followed by Q&A. Featured guest speakers are Matthew Grover and Sherrie Szombathelyi, both dementia care specialists from By Your Side. Caregivers will receive complimentary refreshments, gift bags, live entertainment and more!

RSVP for this free workshop to AbbyLorenz@wi.rr.com or text 414-350-8713 with guest names. Limited to the first 50 guests. Reserve your spot today!

Caregivers Coffee

Thursday, November 20, 2025

10:00 – 11:00 a.m.

Fox River Congregational Church
N34 W23575 Capitol Drive
Pewaukee, WI 53072

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.

Caregivers Brunch –

Brunch for Caregivers and Loved Ones

Thursday, December 18, 2025

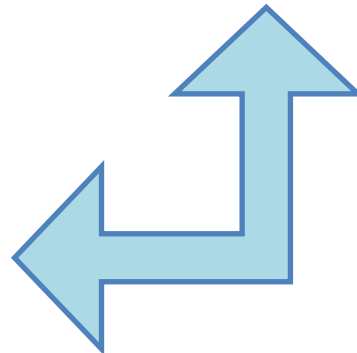
10:00 am

Maxim's Restaurant
18025 W. Capitol Drive
Brookfield, WI 53045

Celebrate the holidays with fellow caregivers and their loved ones with dementia! Those who have participated in the monthly Caregivers Coffees in Pewaukee will have the opportunity to get to know one another in a casual atmosphere. Come hungry for brunch. Holiday attire suggested! Dutch treat. All are welcome!



Registration is Required for Caregivers Coffee and the Caregiver Brunch Event. RSVP to Bette Vangen at 414-303-8289 or email BetteVangen@gmail.com with name and number of guests.



YOUR COMMUNITY HISTORY:

NORTH LAKE

settler in 1837. The appeal of the 440-acre freshwater glacial lake (also known as "North Lake") brought forth much interest. In 1839, came John Fischer (of whom the first school, "Fischer's Flats" was named after in 1846), and Col. Henry Shears who was given 500 acres to expand upon. With this, would come the first of many. In manufacturing: a sawmill, blacksmith shop, and lumber company. In travel: the mass production of harnesses and wagons along with a hotel for short stays. For community appeal: a creamery, post office, general store, and brewery. The "Hanson Brothers" Brewery, originally founded by Rasmus Frederickson in 1863, has remained in the family for generations and today, functions as a historic tavern, "Hanson's Pub." Business expanded in 1910 as the lake became a great opportunity for ice harvesting, and with it, an interest of tourists to enjoy the lake via the "North Lake Hotel," "Henry Shears Resort" (known now as "Schuchardt's Resort"), and "Elm Springs Villa".



Our historic highlight for today is North Lake, Wisconsin. Originally occupied by the tribes of the Winnebago and Potawatomi who utilized its natural springs; Ralph Allen became the first European



Hanson's Pub on the left is then
Hanson's Pub on the top is now.



World War I – known at the time as "The Great War" – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918,

is generally regarded as the end of "the war to end all wars."

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



By Megan Goodlad

Leaf Wreath

Supplies:

◇ Paper plate ◇ Scissors ◇ Glue ◇ Leaves ◇ String/Tape (optional)

Gather a variety of leaves

Cut center out of paper plate to create the wreath shape

Glue leaves onto the remaining ring

If layering leaves, allow for dry time in between

For a suspended look, try taping the back or hanging with string

Enjoy!



"Welcome to Medicare" Presentations in your Area

Turning 65?
Need Medicare?

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



Pewaukee Public Library - **Monday, November 3 at 1:00pm**
 Brookfield Parks & Recreation - **Tuesday, November 4 at 12:45pm**
 North Lake Town Hall Public Library - **Wednesday, November 5 at 11:00am**
 Delafield Public Library- **Thursday, November 6 at 1:00pm**
 Butler Public Library - **Monday, November 10 at 1:00pm**
 Waukesha Public Library - **Tuesday, November 11 at 10:30am**
 Hartland Public Library - **Thursday, November 13 at 11:00am**
 Muskego Public Library - **Monday, November 17 at 10:30am**
 New Berlin Public Library - **Wednesday, November 19 at 1:00pm**

**Register by calling the library you want to attend.
Waukesha County Libraries listed below:**

Alice Baker Memorial Library 262.594.2800	Delafield Public Library 262.646.6230	Mukwonago Community Library 262.363.6411	Pauline Haass Public Library 262.246.5180
Big Bend Village Library 262.662.3571	Elm Grove Public Library 262.782.6717	Muskego Public Library 262.971.2100	Pewaukee Public Library 262.691.5670
Brookfield Public Library 262.782.4140	Hartland Public Library 262.367.3350	New Berlin Public Library 262.785.4980	Town Hall Library 262.966.2933
Butler Public Library 262.783.2535	Menomonee Falls Public Library 262.532.8900	Oconomowoc Public Library 262.569.2193	Waukesha Public Library 262.524.3680

To register for the ADRC's 'Welcome to Medicare' presentations below, visit:
www.waukeshacounty.gov/ADRC, then click "Welcome to Medicare Class"
 or call our office at 262-548-7848.

**Health & Human Services Building
(located at: 514 Riverview Ave, Waukesha), Room 114**

In-Person

Wednesday, November 12
1:00-3:00pm

Wednesday, December 10
1:00-3:00pm

Virtual Presentation

Wednesday, November 12
5:30-7:30pm

Wednesday, December 10
5:30-7:30pm



Navigating Medicare





Waukesha County Residents: Need help comparing 2026 Medicare plans?

Medicare Open Enrollment Oct 15–Dec 7, 2025

Please complete the form below or online at: www.waukeshacounty.gov/ElderBenefitSpecialistProgram
Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you **or** attend a workshop to receive your plan comparisons.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

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

Name of current drug or advantage plan _____

Medicare Part A start date _____

Medicare Part B start date _____

Pharmacy Preferences _____



How do you want to receive your plan comparisons?

(Please check one)

- ☐ Mailed
☐ Workshop

Attend Workshop at ADRC:

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

Drug Name	Dose Amount	How often Taken

I have requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2025.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.



Elder Benefit Specialist Program

Beneficiary signature: _____ Date: _____

Return form: ADRC, 514 Riverview Ave, Waukesha 53188 adrc@waukeshacounty.gov
Call (262) 548-7848 with questions

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

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

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

ADRC Advisory Board:

Judith Tharman, Chair
Susan Schweda, Co-Chair
Joel Gaughan, County Board Representative
Marilyn Cummins
Pamela Franke
Jeffrey Lewis
Donald Richmond
Irene Ridgeman

ADRC Leadership Staff:

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Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Kristen Hosking, Supervisor
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