



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

**After hours call IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Southeast Wisconsin (NAMI)

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

Veteran's Services

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

Moraine Lakes Consortium

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

Alzheimer's Association

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

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April is National Stress Awareness Month!

By the GWAAR Legal Services Team (for reprint)

Did you know that April is National Stress Awareness Month? Stress can generally be described as a feeling of being overwhelmed or worried, and it is something that everyone experiences from time-to-time. It is important to learn about stress and how to manage it, because if left uncontrolled, it can have adverse health effects, from headaches, to stomachaches, to difficulty sleeping, to even heart attacks and strokes. Stress can also make it hard to concentrate and make decisions and can even affect our relationships with friends and family.

Here are some helpful suggestions for how to manage stress in everyday life:

1. **Exercise:** Moving our bodies can help reduce stress and improve our mood. Try going for a walk, riding a bike, or playing a sport you enjoy.
2. **Deep breathing:** Taking slow, deep breaths can help us feel calmer and more relaxed. Try inhaling for a count of four, holding for a count of seven, and exhaling for a count of eight.
3. **Talk to someone:** Sometimes, sharing what is bothering us with someone we trust can help make us feel better. You can try talking to a spouse, friend, or counselor about what's troubling you.
4. **Write in a journal:** Writing down our thoughts and feelings can be a helpful way to express ourselves and reduce stress. Try keeping a journal, whether electronic or in paper form, and writing in it every day.
5. **Practice mindfulness:** Mindfulness refers to paying attention to the present moment without judging our thoughts or feelings. Try sitting quietly and focusing on your breath or the sensations in your body. This can help you relax and remove yourself, at least for a few minutes, from a stressful thought or situation, and may help give you more perspective on the matter.
6. **Sleep:** Make sure you are getting enough sleep. Experts recommend that adults should get at least 7 hours of sleep per night. Although stress can make it more difficult to fall and stay asleep, not getting enough shut-eye can make it harder to control and manage stress. If you are struggling with sleep issues, it might be time to talk to your doctor about ways to improve your sleep.

SPRING INTO THESE APRIL EVENTS

April 3-20 - Lights of Spring @ The Ingleside Hotel, 6-9 pm. Every Thursday-Sunday in April until Easter is over, experience the brand new walk-through light show put on by the makers of Country Christmas. Stroll through the illuminated $\frac{3}{4}$ mile outdoor trail filled with animated creatures and vibrant Spring displays featuring lights, blooming flowers, butterflies, and more! Admission is \$7 per person, but children 23 months and younger get in for free.

April 4, 11, 18, & 25 - Morning Bird Hike @ Retzer Nature Center, 7-8:30 am. Join Retzer Nature Center staff and volunteers as they scout areas of Retzer to see how many different types of birds can be found on an easy 1.5-mile walk. No expertise needed and all skill levels are welcome! It is encouraged participants bring their own binoculars as Retzer has a limited quantity to borrow. This is a free event series and recommended for ages 11+.

April 11 - Boots and Badges Basketball Game @ Waukesha South High School, 7 pm. Come cheer on the Waukesha Police & Fire Departments as they take on the New Berlin and Brookfield Police & Fire Departments! Doors open at 6 pm and there will be a \$5 admission with proceeds benefitting the Housing Authority Coalition and Blessings in a Backpack.

April 12 - Dare to be Aware Fair @ The Brookfield Conference Center, 10 am- 5 pm. Spend the day with specialists in health and wellness, life coaching, natural healing, organic items, sound healers, animal communicators, and so much more at this event featuring over 100 exhibits, free workshops, and demonstrations. Admission is \$15 (**cash only**) and free for those 16 and under and veterans.

April 15 - "It's Time to Start Advance Care Planning" Class @ ProHealth Waukesha Memorial Hospital, 11:30 am- 12:30 pm. Advance care planning clarifies what others need to know if you have a serious illness or become unable to make health care decisions for yourself and is an important discussion for everyone 18 years and older. This free, in-person class, taught by a trained advance care planning facilitator, will walk you through how to identify your medical goals and preferences, how to choose a health care agent, and assistance with reviewing and completing the advance directive document. Registration is required by calling 262-928-7032.

April 15 - Visible Mending Workshop @ Hartland Public Library, 6:00 pm. Learn how to give old clothes new life with visible mending. This informal workshop will demonstrate to restore and revive your slightly damaged clothes, so you don't have to just throw them away! Please bring your own items in to repair. Materials will be supplied, but participants are welcome to bring any needles, threads, fabric scraps, etc. that you might want!

April 25 - Volunteer Tree Planting @ Naga-Waukee Park (Delafield), 10:30 am- noon. Celebrate Arbor Day and make a difference in our community by planting native trees to enhance and preserve our natural areas! Register online by April 23 at <https://wiwaukeshacountyweb.myvscloud.com/webtrac/web/splash.html>.

SNEAK PEEK INTO MAY

May 3 - "Mother of All Crawls" Art Crawl @ Downtown Waukesha, 2-8 pm. In honor of all the Mom's out there, hundreds of artisans at 20 galleries and showplaces will be featured in Downtown Waukesha. Walk the downtown streets to discover your next artistic treasure, shop, listen to live music, and indulge in food and drink. Buy mom some art and be entered to win a drawing for a gift card from a Downtown restaurant!

SCAM ALERT! The Waukesha County Sheriff's Office has been made aware of an ongoing jury duty scam. Individuals who have received the scam calls indicated that the caller may identify themselves as members of the Waukesha County Sheriff's Office. The Sheriff's office said, "The calls referenced were not generated by our department."

Residents should be aware that the Waukesha County Clerk of Courts—Jury Program or the Waukesha

County Sheriff's Office **WILL NEVER** call and ask that you provide your personal financial information, credit card information, or demand the purchase of gift cards to avoid immediate arrest for failure to appear for jury service.

*If you receive a suspicious phone call or email demanding payment of a fine/warrant for failing to appear for jury service, please contact the Waukesha County Clerk of Court's Office at **262-548-7504** and your local law enforcement agency.*



Promoting Equal Communication Access and Accommodations

ODHH
**Office for the Deaf
and Hard of Hearing**

Join the Office for the Deaf and Hard of Hearing (ODHH) for their spring tour of Wisconsin. Come and meet the ODHH staff to learn about the many projects they have been working on and to discuss community needs. Jennifer Koehn, disability benefits specialist (DBS), will also present "Don't do it Alone: Medicare Basics with a Deaf Disability

Benefit Specialist." In this session, we will go through the basics of Medicare such as: How and when to sign up for Medicare, Parts of Medicare, Medicare Part D, SeniorCare, Medicare Supplement and Advantage Plans, and other resources to help cover Medicare costs.

This event is for members of the deaf and hard of hearing community, behavioral and mental health clinicians, and interpreters.

Nearest Spring Tour Events:

- **April 17**, at **Independence First**, 540 South 1st Street, Milwaukee, from 3–6pm
- **May 14**, at **Dane County ADRC**, 2865 N. Sherman Ave, Madison, from 1–4pm

Changing your Address with Medicare

By the GWAAR Legal Services Team (for reprint)

If you have original Medicare Parts A and B and you move to a new county, or even a new state, your change of address won't affect your Medicare enrollment. It could, however, affect your eligibility to remain enrolled in your current Part D drug plan. Also, it's important to update your address information with Medicare to make sure you receive notices relating to your claims and benefits, such as your quarterly Medicare Summary Notices.

If you are enrolled in a Medicare Advantage plan, it's even more important to stay on top of updating address changes to make sure you know whether you can stay in your current plan or need to choose a new plan. It's a good idea to speak with your Advantage plan or Part D plan issuer before you intend to move to see how the move will affect your enrollment. If you notify your plan after you have already moved, you should be entitled to a 60-day Special Enrollment Period to choose a new plan. If you notify your plan before you move, you can make plan changes up to a month before your move date. That can help avoid problems like accidentally going out of your plan's provider network.

You can make an address change with Medicare a few different ways. If you already have an online Social Security account you can login through the Social Security Administration website. If you don't have an account, you can create one at Login.gov. On your account page, you should see a tab labeled "My Profile". From there, you should see a link labeled "Update Contact Information." Click that link, and change your address there.

Of course, you can also update address information by calling your local SSA office or the national customer service number at 800-772-1213. If none of those options work, you should be able to request an in-person appointment at your local SSA office.

CONCERNED ABOUT MEMORY LOSS?

Waukesha County Public Health offers **FREE
Memory Screening!**

514 Riverview Ave. Waukesha, WI



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

Other Screenings Offered:

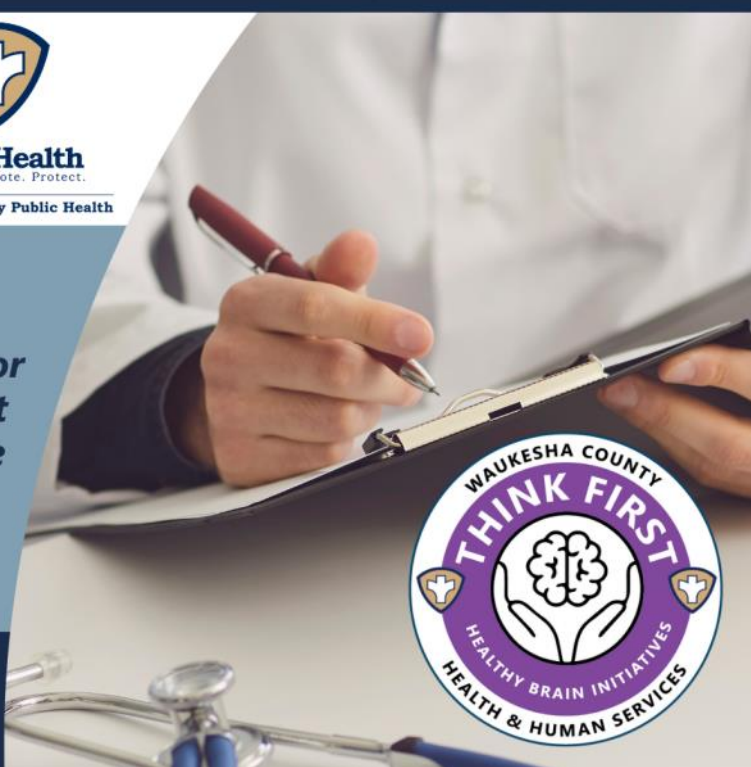
- Anemia
- Blood Pressure
- Cholesterol
- Glucose (Blood Sugar)
- Head-lice
- Pregnancy
- STD (Chlamydia & Gonorrhea)
- Tuberculosis Skin Reads
- Well Child

***We're looking for
people 30+ that
want to explore
memory
screening!***

waukeshacounty.gov/publichealth

By Appointment 262-896-8430

Approximately 30 Minutes



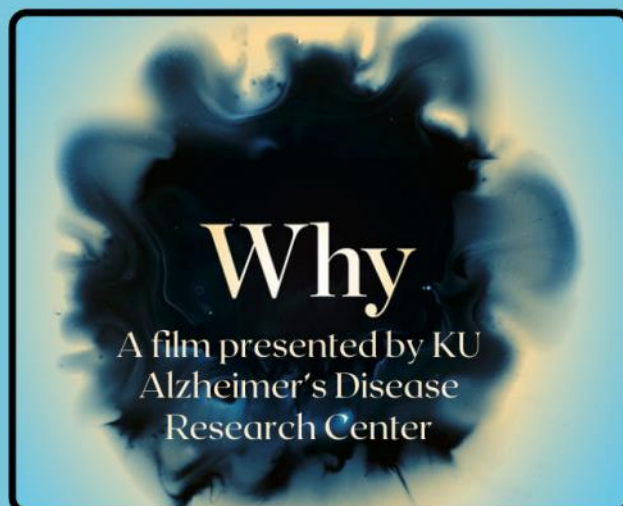
Early-Stage Dementia Documentary & Community Conversation



**Menomonee Falls Public Library
Wednesday | April 30 | 2:00 PM
Community Room**

Join us for a free screening of the short documentary “Why: Big Answers about Early-Stage Dementia from Exceptional People”.

After a short intermission, we’ll come back together for a conversation facilitated by Kathy Glaser, Dementia Care Specialist from the Aging and Disability Resource Center of Waukesha County.



Register online at
MenomoneeFallsLibrary.org/events
or call 262-532-8920
or use the QR Code



HEALTH EDUCATION CLASSES

StrongBodies

Ongoing workshop*

Mondays and Wednesdays

9:30—10:45am

Gethsemane United Methodist Church
642 Main St. Pewaukee

StrongBodies is a progressive strength training class. The benefits of strength training include increased strength, muscle mass, bone density, and the ability to do activities of daily living. Strength training can reduce the risk for chronic diseases.

To register email cklepp@waukeshacounty.gov or call Courtney at 262-444-9102



StrongBodies

**April 8-June 19 on Tuesdays and
Thursdays from 1:00-2:15 pm**

St. Mark's Church

424 Hyde Park Ave., Waukesha

To register, email Jillian Smith at jillian.smith@wisc.edu or call at 262-548-7789



Walk with Ease

Ongoing workshop*

**Mondays, Thursdays, and Fridays
1:00—2:00pm**

ProHealth West Wood Health & Fitness Center
2900 Golf Rd #3, Pewaukee

The Arthritis Foundation's Walk with Ease program is proven to make a big difference in your health – and your life. In just six weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take care of your health and get back to doing the things that matter to you. Sessions consist of group discussion and walking.

Class meets three times each week for six weeks (18 sessions).

For more information or to register call
262-928-4059.



Stepping On

In-person workshop

In just 7 weekly, 2-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety modifications, medication review and more.

Guest experts including a physical therapist, pharmacist and others visit over the course of the seven sessions providing falls prevention information and strategies for avoiding a fall. The workshop is designed specifically for people who are aged 60 or older and have fallen or have a fear of falling. Participants can expect to finish the program with more strength, better balance and a feeling of confidence and independence

SteppingOn workshops offered:

**Mondays, April 7—May 19
2:00—4:00pm**

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

For more information or to register call

**Mondays, from April 28—June 16
(no class 5/26)
9:30-11:30am**

Elmbrook Memorial Hospital
19333 W North Ave, Brookfield

To register, call Sarah Pertle at 262-785-2293 or sarah.pertle@ascension.org

**Ongoing workshop means you can join the workshop when you want. Pre-registration is required, and start the workshop as soon as you want.*



PROHEALTH CARE

**ProHealth Care's Hispanic Health
Resource Center
210 NW Barstow St
Waukesha, WI 53188**

**Nuestros talleres son en español.
Registración y preguntas:
262-928-4181**

Pisando Fuerte

Lo invitamos a participar en este taller el cual, le ayudara a evitar caídas peligrosas y costosas par que pueda seguir haciendo las cosas que le encantan. Aprenderás cómo identificar y evitar peligros de caídas e incluso realizar ejercicios que se adaptan a sus necesidades. Taller presencial de 8 semanas para mayores de 65 años.

Los jueves, desde el 27 de marzo a 15 de mayo

10:00 a.m. – 12:30 p.m.



Cuerpos Fuertes

En esta clase de ejercicios aprenderá que levantar pesas aumenta la densidad ósea, reduce el riesgo de enfermedades crónicas, mejora tu balance y agilidad, y reduce el dolor. ¡Comienza ya a vivir más fuerte!

Los lunes y miércoles, desde el 7 de abril a 28 de mayo (taller presencial)

10:00 a.m.-11 a.m.



Cancer - Claro y Sencillo

Este taller tratara tres áreas educativas sobre el cáncer: información básica del cáncer, prevención y pruebas para detectar el cáncer. También aprenderás sobre los tipos de cáncer, síntomas, etapas y terminología médica.

Los jueves, desde del 3 abril a 17 de abril (taller presencial)

4:00 p.m.-6:00 p.m.



RESERVA LA FECHA:

Conferencia Ayudando con cariño

El Centro de Recursos de Salud se complace en anunciar la fecha de la tercera conferencia para cuidadores en español. Esta conferencia se dedica a cuidadores como tú a donde participarás de actividades divertidas y educativas que servirán para que te cuides mientras apoyas a un ser querido. ¡Regístrate y llámanos!

Sábado, 31 de mayo del 2025

Brookfield Conference Center

8:00 a.m. – 2:00 p.m.

El Centro de Recursos de Salud para la Comunidad Hispana (HHRC) es un departamento de Waukesha Memorial Hospital, ProHealth Care. Nuestra misión es reducir las barreras de acceso a la atención médica, proporcionar educación para la prevención, brindar apoyo y desarrollar la capacidad de la comunidad. El equipo del HHRC incluye enfermeras bilingües, promotoras de salud y la coordinadora del Programa del Bienestar de la mujer para los condados de Waukesha y Jefferson. Los recursos de salud que se ofrecen incluyen:

- Asistencia con solicitudes de Medicaid y asistencia financiera
- Información de Recursos Comunitarios
- Asientos de seguridad, educación e instalación (bajo costo)
- Programas de ejercicio
- Programa de educación de prevención de Diabetes
- Programa de manejo de enfermedades crónicas (diabetes y cáncer)
- Programa del Bienestar de la mujer: educación y apoyo sobre la salud de los senos y el cuello uterino
- Clases prenatales y de lactancia materna
- Programas de educación y apoyo sobre demencia para cuidadores
- Clínica anual contra la gripe, programas de jardinería para niños y personas mayores, y mucho más.



PROHEALTH CARE

April marks Global Volunteer Month, a special time dedicated to celebrating the remarkable contributions of volunteers who selflessly devote their time and energy to making a tangible difference in our communities. This year's theme, "Volunteers are dedicated to fueling change one cup at a time", captures the essence of their tireless efforts and unwavering commitment.

In Waukesha County, our volunteers exemplify this dedication by addressing critical community needs, fostering change, and bringing people together. Each act of kindness, no matter how small, accumulates like the drops of coffee that fill a cup, resulting in substantial impact and positive transformations.

Through their efforts, volunteers have not only improved lives but also inspired others to join this noble cause. This work highlights the incredible power of collective action, demonstrating that every gesture counts.

As we celebrate Global Volunteer month, take time to acknowledge the profound impact that each volunteer makes. Let's continue to support these initiatives and encourage even more community members to join in ensuring our collective work grows ever more robust and impactful.

Thank you, volunteers, for your dedication and for choosing to fuel change in Waukesha County, one cup at a time!

AGING IN PLACE
in Brookfield



Senior Safety Fair

Wednesday, April 23, 2025

9 am to 12 pm

Brookfield Senior Center
2000 N Calhoun Road
Brookfield, WI 53005



Senior Safety Fair!
Wednesday April 23, 2025
9 am to 12 pm

Brookfield Senior Center - 2000 N Calhoun Rd,
Brookfield, WI.

This free event will feature multiple booths and experts providing safety information and resources to help Brookfield's older adults stay safely in their homes.

These resources will include:

- Representatives from the Brookfield Police and Fire Departments
- Associates from Ascension-Elmbrook Hospital
- The Aging and Disability Resource Center (ADRC) of Waukesha County
- Multiple other local resources and aging experts to provide support and education



Spring Word Search Challenge

Find and circle the words. They appear backward, forward, diagonal, and they overlap.

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

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

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



BIRDS
BLOOMING
BREEZE
CLEANING
CRITTERS

CROCUS
DAFFODIL
EARTH DAY
GALOSHES
GARDENING

GREENERY
HATCHING
HYACINTH
INSECTS
MULCH

OUTDOORS
PLANTS
RAINSTORM
SEASON
SPRINGTIME

SPROUT
SUNLIGHT
TULIPS

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

New Berlin Senior Dining:

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

Oconomowoc Community Center

220 W Wisconsin Ave
Oconomowoc

(262) 567-5177

Sussex Community Center

N64 W23760 Main St
Sussex

(262) 246-6747

La Casa Village Apartments

1431 Big Bend Rd
Waukesha

(262) 547-8282

**ALL MEALS ARE
SERVED AT
12:00/NOON**

**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

What is a pancreas and a kidney's favorite type of music?

Organ Music

April 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Butternut Squash Soup BBQ Pulled Pork on a Wheat Bun Creamy Coleslaw Seasonal Fresh Fruit	BLT Chicken Pasta Salad Mixed Greens with Grape Tomatoes and French dressing Mixed Veggie Salad Roll with butter Ambrosia Salad	Salisbury Steak with Gravy Garlic Mashed Potatoes Maple Glazed Carrots Pear Half Multigrain Bread/butter Frosted Brownie Alt: Diet Jello	Chicken Noodle Casserole California Blend Florentine Dilled Cucumber Salad Chilled Pears Snickerdoodle Cookie Alt: Diet Cookie
7	8	9	10	11
Chicken & Brown Rice Au gratin Casserole Caribbean Blend Veggies Grape Tomatoes Biscuit/butter Mandarin Oranges Brownie Alt: Diet Cookie	Marinara Meatball Sub Green & Yellow Beans Couscous Salad Fruit Cocktail Danish Alt: Diet Pudding	Ground Beef Stroganoff over Noodles Buttered Corn Fresh Carrots with Ranch Seasonal Fresh Fruit Chocolate Milk	Hearty Sausage and Lentil Stew Buttered Red Potatoes Country Mix Veggies Whole Wheat Roll/butter Pears	Breaded Pollock Tartar Sauce Hot German Potato Salad Broccoli Salad Marble Rye/butter Applesauce
14	15	16	17	18
Roast Pork Twice Baked Mashed Potatoes Stewed Tomatoes Multigrain Bread/butter Seasonal Fresh Fruit Butterscotch Pudding Alt: Diet Pudding	Southwestern Chicken & Veggie Stew over Rice Green Beans Biscuit/butter Tropical Fruit Cup Ice Cream Cup	Ham Macaroni Salad Tomato & Cucumber Salad Fresh Baby Carrots with Ranch Fruit Cocktail Blueberry Muffin Alt: Diet Jello	Polish Sausage on a Sausage Roll Ketchup/Mustard Buttered Baby Red Potatoes Creamy Coleslaw Peaches Chocolate Milk	Cheese Filled Lasagna Rollup with Marinara Italian Blend Veggies Spinach Salad with Vinegarette Dressing Italian Bread/butter Cantaloupe Cubes
21	22	23	24	25
Smoked Sausage Sweet Potatoes Caribbean Blend Veggies Whole Wheat Bread & butter Fruit Compote	Chicken & Broccoli Alfredo Bake Italian Beans Romaine Lettuce Salad with Italian dressing Chef's Choice Fruit Lemon Bar Alt: Diet Cookie	BBQ Chicken Quarter Dilled Red Potato Salad Creamy Coleslaw Parker House Roll/butter Waldorf Fruit salad Chocolate Milk	Smothered Meatballs Scalloped Potatoes Sunshine Carrots Nine Grain Bread/butter Fruit Pie Alt: Peach Half	3-Bean Vegetarian Chili with Sour Cream Mixed Vegetables Seasonal Fresh Fruit Cornbread/butter Oatmeal Raisin Cookie Alt: Diet Cookie
28	29	30		
Chicken Zucchini Casserole Diced Butternut Squash w/cranberries Green & Yellow Beans Nine Grain Bread/butter Pears	Pot Roast in gravy Mashed Potatoes Dilled Carrot Coins Multigrain Bread/butter Mandarin Oranges	BBQ Riblet Au Gratin Potatoes Texas Caviar Citrus Fruit Salad Dinner Roll/butter Coconut Cake Alt: Diet Jello	PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE	

Dear Ina,

I have been taking care of my spouse's health needs every since she suffered a stroke and now she might need more care then I can provide her.

I was told to ask you about the difference between custodial care and skilled care. Does Medicare cover these things?



THANK YOU FOR YOU HELP,
CARL GIVER

Hi Mr. Giver,

Thank you for reaching out to us. GWAAR Legal Services Team has this to say about custodial care versus skilled care:

Medicare does not cover custodial care but will cover skilled care under specific circumstances. Knowing the differences between custodial care and skilled care will help you better understand your medical care choices and financial obligations.

First, it is important to know what custodial care is. **Custodial care** encompasses assistance with activities of daily living (ADLs), including bathing, dressing, eating, repositioning, and oral care. The ADLs are non-medical care that can be done reasonably and safely by a non-skilled or non-licensed caregiver. Custodial care can also be done at home, in a nursing home, or in an assisted living facility. This type of care consists of activities you need to do daily to care for yourself.

Next, it's essential to understand skilled care. **Skilled care** must be provided by or under the supervision of a skilled or licensed medical professional. The care must be medically necessary and can only be safely performed by a skilled or licensed person. Examples of skilled care include physical therapy, occupational therapy, wound care, and intravenous injections. This type of care often happens in a skilled nursing facility. This care is usually more expensive than custodial care due to the complexity of the care and the need for a skilled or licensed provider to safely administer the care.

The most significant difference between

custodial care and skilled care is the person providing the care. Skilled care must be performed by or under the supervision of a skilled or licensed person, while any caregiver can give custodial care. Custodial caregivers are not required to hold a formal license or complete medical training and are less costly to hire. If you are in a skilled nursing facility, skilled care should be covered, and custodial care will not be covered in that setting. In an assisted living facility, you will most likely receive custodial care that Medicare will not cover. In virtually all instances, custodial care will not be covered under Medicare.

Being informed about the medical care choices Medicare covers and your financial responsibility with those choices will help you be better prepared to meet your needs. Knowing the difference between custodial care and skilled care can help you prepare for decisions about long-term care choices. It will also help you advocate for yourself if you find yourself in a skilled nursing facility. It is essential to know what type of care Medicare will cover and what kind of care you will receive. Being informed will help you navigate your medical care and ensure you receive the care you need without financial surprises.

By the GWAAR Legal Services Team (for reprint)

Sincerely,
Ina

YOUR COMMUNITY HISTORY:

NASHOTAH

"Nashotah," the Pride of Lake County, is a Potawatomi tribe word for "twins." This was in tribute to the crystal-clear lakes of "Nagawicka" and "Forest" that border this village. While officially formed in 1957, previous to that, Nashotah Village belonged to the Town of Delafield. With a small population of est. 1,387 people, tourists still travel here, and many do so by train via the Pine Lake Station (now known as The Nashotah Station). They come from near and far

to view the vast beauty of Nashotah, to enjoy the delicacies of today's oldest restaurant in Wisconsin – The Red Circle Inn (which opened in 1848), and to visit or attend the Nashotah House (originating in 1842).



Today, the Red Circle Inn has passed through many hands, and with that, has endured many changes. Originally beginning as the "Nashotah Inn" under Francis Schraudenbach in 1848, then Issac Smith, to mason John Hill, to Samuel Warr, and eventually lands in the lap of Captain Fred Pabst in 1889. Some of you may be thinking – and yes, you are right – that is the same familiar "Pabst" we know of today in "Pabst Brewing Company." In 1917, the restaurant was engulfed by flames, but still standing today is the original "Pabst" bar - salvaged and thriving. After this, the inn passes through yet more hands such as

those of Pulaski, Polaski, Groenevelt, Eckstaedt, and from 2022 to the present, the Geronimo Hospitality Group.

Along with the growth of the Red Circle Inn, an Episcopal Anglo-Catholic Seminary, called the "Mission" was created in 1842. Dedicated by three deacons of the Episcopal Church, James Lloyd Breck, William Adams, and John Henry Hobart, Jr. it flourished into what we know today as the Nashotah House. With the original intent to "evangelize and prosper," it promotes the mission today by offering a diverse catalog of courses to support parish priests, chaplains, bishops, teachers, and missionaries.

Nashotah is a small but mighty village that has a lot to offer and much sustain for its culture.

Laughter is the Best Medicine

Dan Michaels, Community Health Educator, Waukesha County Public Health

April is National Humor month. Maybe that is why we play pranks on each other the very 1st day of April... No, I'm just Fooling, but I'm serious that laughter is good for your health. You have probably heard that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Researchers have been studying the benefits of laughter for over 30 years and discovered several ways laughing is good for your health including, stress reduction, boosting the immune system, protecting your heart, and burning calories.



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Laughter is a great stress reducer, a great fun belly laugh can ease stress and physical tension, relaxing your body for up to 45 minutes after. In addition, laughter releases endorphins which are the natural feel-good chemicals in our bodies making you feel happier and more relaxed, and they can even temporarily relieve pain and reduce stress. Laughter also lowers cortisol levels, a main stress hormone that raises our blood pressure and weakens our immune system. So, find some humor and let's laugh that stress away.

In addition to reducing stress, **laughing can boost our immune system** by reducing the aforementioned stress hormones and increases immune cells and antibodies, improving your resistance to disease. Laughter also protects your heart by improving the function of blood vessels and increasing blood flow/circulation, which can help protect you against cardiovascular issues. Laughter even burns calories. Yes, that's right, **laughing for 10 to 15 minutes a day can burn around 10 to 40 calories**, which is around three to four pounds a year. It won't fight off eating 17 cheeseburgers weekly or not exercising, but it's a great addition to your health.

There are many simple ways to bring more laughter into your life. Find funny photos, comic strips or quotations and hang them up in your office or home. Have funny movies, videos or books around to boost your spirits. Seek out and spend time with fun playful people. Animals can be hilarious, spend time with pets, watch online animal videos or go to the zoo and observe silly playful animals like otters and monkeys. Share funny stories or jokes with friends. When you hear laughter head towards it, most often people like to share what is funny with other people. Go ahead seek out some fun and laughter.

Laughter is an all-natural health supplement, it's free, and comes with hardly any side effects (unless you count belly aches from laughing too hard!). It keeps stress at bay, boosts your immune system, gives your heart a little workout and even burns calories. So, the next time something funny comes your way, don't hold back laugh loud, laugh often, and let your body soak up all the healthy feel-good benefits. Your mind, heart, and body will thank you! Laughing isn't going to replace a healthy diet and exercise, but it can be a fun healthy addition to your life.

APRIL IS HUMOR MONTH

Cup of Health Series: Laughter Yoga

You may have heard about the health benefits of laughter including stress reduction, improved oxygen intake, boosted immune system and others. However, is there enough humor around us to give us plenty of laughter throughout the day? Laughter yoga teaches anyone can laugh without relying on humor, jokes or comedy. 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!



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April 11th, 2025
10:00 AM - 11:00 AM

New Berlin Library
15105 Library Lane
New Berlin, WI 53151

Cost: Free

Register online at www.newberlinlibrary.org

April 22nd, 2025
10:00 AM - 11:00 AM

Menomonee Falls Senior Center
W152 N8645 Margaret Rd
Menomonee Falls, WI 53051

Cost: Free

Register Online at www.fallsrec.org or by
stopping into the Rec offices.

Questions about registration call: 262-255-8460

Younger Onset Dementia Caregiver Support Group

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.

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

Upcoming Meetings:

April 9

May 14

June 11

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



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

CRAFT CORNER: Make your own themed craft. Cut out each rectangle card individually, OR you can cut 2 of them out and fold it over and tape the edges to make a double sided card to keep for yourself or give away to a friend or neighbor. Hope this brings you some joy!





Medicare

Turning 65?
Need Medicare?

“Welcome to Medicare” Presentations in your Area

These are free 1 hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR) and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.

Please register with the specific location you wish to attend

Elm Grove Public Library (262-782-6717) - Thursday, April 3 at 1:00pm

Pewaukee Public Library (262-691-5670) - Monday, April 7 at 1:00pm

Menomonee Falls Public Library (262-532-8900) - Tuesday, April 8 at 2:00pm

Butler Public Library (262-783-2535) - Wednesday, April 9 at 1:00pm

Muskego Public Library (262-971-2100) - Monday, April 28 at 10:30am

Mukwonago Community Library (262-363-6411) - Thursday, May 15 at 2:00pm

North Lake Public Library (262-966-2933) - Wednesday, May 21 at 11:00am

In addition, the ADRC conducts 2-hour classes every 2nd Wed of each month 1-3pm at the Health & Human Services Building located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.

To register for the 2-Hour ‘Welcome to Medicare’ presentations visit:

www.waukeshacounty.gov/ADRC, then click “Welcome to Medicare Class”
or call our office at 262-548-7848



Caregiver Corner



Advance Care Planning and Health Care Decisions: Tips for Caregivers and Families

April 16th is National Healthcare Decisions/Advanced Care Planning Day

Knowing what matters most to your loved one can help you honor their wishes and give you peace of mind if they become unable to make decisions. Unfortunately, only one in three people in the United States has a plan for their future health care in place. There are steps you can take to help your friend or family member navigate future medical decisions — and to be prepared to make decisions for them, if needed. This is part of advance care planning, which involves preparing for decisions about future medical care and discussing those wishes with loved ones.

How to start the conversation about advance care planning:

- **Start simple.** Talking about specific medical treatments or decisions can be scary and overwhelming. Instead, try asking about any concerns they may have, what decisions they may need to make, and who they might trust to make decisions for them.
- **Share what's important to you.** Your loved one may feel more comfortable discussing their preferences if you talk about what matters to you, as well.
- **Remind them why it's important.** Talk about the benefits of having these conversations and creating an advance care plan. By documenting their wishes, they are more likely to get the care they want, and it can also help loved ones feel less burden, guilt, and depression.
- **Try to be understanding.** After a recent diagnosis or health change, it can be overwhelming and difficult to discuss future health care needs. The person may feel more comfortable talking with someone else such as a doctor or someone in their spiritual community. You can also encourage the person to think about their potential needs and plan to discuss them another time.
- **Keep the conversation going.** Listen carefully to what the person says and encourage them to continue sharing.

It's possible your loved one may not want to put a plan in place. Still, talking to them about their preferences can help you prepare for future decisions. You may also be able to help prepare in other ways, for example by getting important papers in order such as personal information, financial information and documents, and any health information related to insurance, power of attorney, etc..

Source: National Institute on Aging.



New!

COMMUNITY CALENDAR

Eras Senior Network is thrilled to announce the launch of our brand-new Community Events Calendar! This resource is dedicated to collecting and sharing events designed specifically for older adults and adults with disabilities in Waukesha and Milwaukee counties.

Whether it's a social gathering, a wellness workshop, or a fun outing, we've got it covered! Our goal is to help foster connection, support, and inclusive experiences for everyone in our community.

Check out the calendar, stay updated on upcoming events, and be sure to share with friends and loved ones who might benefit!



**ERAS.ORG/
COMMUNITY**



THIS PROJECT IS FUNDED BY A GRANT FROM THE STATE
OF WISCONSIN DEPARTMENT OF HEALTH SERVICES.



Recipe: Creamy Garlic Dip

Creamy Garlic Dip is great with pretzels, chips, crackers and veggies. It tastes best when chilled overnight. Adjust the spices to taste. The recipe may be doubled.

Yield: 1 cup, 16 servings

Ingredients

- ¾ cup sour cream
- ¼ cup mayonnaise
- ½ tablespoon garlic powder
- ½ teaspoon crushed red pepper
- ½ tablespoon dried parsley



Directions

In a medium bowl, mix together sour cream, mayonnaise, garlic powder, crushed red pepper and dried parsley. Serve immediately or refrigerate overnight for full flavor.

Nutrition Facts

Per serving: 49 calories; total fat 5g ; saturated fat 2g ; Cholesterol 6mg ; Sodium 26mg ; total carbohydrate 1g ; dietary fiber 0g ; total sugars 0g ; protein 0g ; vitamin c 0mg ; calcium 14mg ; iron 0mg ; potassium 22mg

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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