

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

The ADRC Connection DECEMBER 2025



(Above): ADRC staff with Keynote presenter, Mark Horbinski (in red shirt).

Mark Horbinski titled *Choosing HOPE: Happiness, Optimism, Passion and Empowerment*. **54 attendees** had the choice of going to two sessions of break out topics including: Bye-Bye, Paper Piles; Root of Renewal: Cultivating Beauty, Wellbeing and Honor; Laughter Yoga; Body Mechanics; Changing Roles & Relationships; and Self-care. Multiple resource vendors provided information and resources. Resource Vendors included: Waukesha County Falls Prevention Coalition, Independence First, Eras Senior Network, Adult Protective Services, ADRC, and The Right Relief Inc.



(Above): ADRC Manager, Jenny Wrucke welcoming the attendees in the morning.

Overview of Feeding Your Soul: Caregiver Event on November 5th

Last month we celebrated **National Family Caregivers Month** and hosted an all day event for caregivers of older adults that included a keynote presentation by

**100% of surveyed
attendees said they found
it beneficial**

*Thank you caregivers! It was
our pleasure to host a day for
you. You are appreciated!*

We will see you next year!

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All month - Country Christmas @ The Ingleside Hotel, times vary. Celebrating its' 30th year at Wisconsin's most spectacular drive-through holiday lights event! Times vary depending on weeknight/ weekend dates, and some dates include wagon ride options. Prices vary as well. For more details, visit www.thecountrychristmas.com.

December 6 (Sat.) - Midnight Magic Mukwonago @ Downtown Mukwonago, 9 am- midnight. Main events of this annual tradition include experiencing the North Pole in Field Park including live reindeer, wagon rides, firepit, live wood carver, music, and fireworks and the tree lighting at the community library at 5:30 pm. There will also be a town parade, live ice carving, dog sled pull, and more! For full list of events, visit mukwonagochamber.org/midnightmagic

December 6 (Sat.) - Holiday Meet & Greet @ Wildlife in Need Center Oconomowoc, 10 am- 12 pm. This family-friendly event combines holiday cheer with wildlife education. Visitors can possibly meet some of WINC's live animal ambassadors, shop unique, nature-themed gifts and bake sale, and view educational displays highlighting the Center's work to rescue and rehabilitate thousands of animals each year.

December 6 (Sat.) - Menomonee Falls Holiday Concert @ Hamilton Fine Arts Center, 7:30- 9 pm. Join the Menomonee Falls Symphony for a memorable holiday concert with holiday classics, sing-along, and selections from Tchaikovsky's Nutcracker with ballet performances. Tickets for adults are \$25, \$20 for seniors, and \$15 for students. Children 12 and under are free with a paid adult ticket (limit 4). Discounted tickets can be purchased ahead of time, online, for a discounted price: <https://mfso.net/holiday-2025/>.

December 6 & 13 (Sat.) - Home for the Holidays @ Old World Wisconsin, 10 am- 3 pm. Stroll through Old World Wisconsin decked in holiday greenery and full of homes and shops bustling with holiday preparations. Create your own ornament,

find your family Christmas tree in an old-fashioned pine lot, dash through the snow on a horse-drawn wagon, visit Victorian Santa, and so much more. Admission is \$22 for adults and teens, \$20 for seniors (65+), \$17 for children (5-12), and free for children under 5. Advance registration required and tickets can be purchased at wisconsinhistory.org

December 7 (Sun.)- Waukesha Christmas Parade @ Downtown Waukesha, 4 pm. Downtown Waukesha comes alive with enchantment and merriment during its annual Christmas parade, a beloved tradition that brings the community together in the spirit of the season.

December 13 (Sat) - Christkindl Market @ Downtown Menomonee Falls, 10 am- 5 pm. Enjoy this European-inspired market filled with artisan vendors, handmade goods, and cozy holiday vibes!

December 13 (Sat)- Christmas in Wales @ Downtown Wales, 11 am- 2 pm. This annual event will feature photos with Santa, cookie sale, woodworking projects, facepainting, hot cocoa, live music, live nativity scene, and more!

Christmas Tree Lightings

December 5 (Fri.) - Downtown Waukesha Tree Lighting @ The Rotunda, 5:30-7 pm. There will be music, hot chocolate, and Santa at the annual tree lighting, and once the tree is lit, lanterns will be lit as everyone strolls through Downtown Waukesha to carol the way to Riverfront Street.

December 5 (Fri.) - Sussex Tree Lighting @ Sussex Civic Center, 6-8 pm. Enjoy music, hot cocoa and cookies, and a visit from Santa at this holiday tree lighting.

December 5 (Fri.) - Hartland Lights @ The Village Square (corners of Capitol, North, and Cottonwood), 6-8:30 pm. This annual event will include the tree lighting, caroling, activities and crafts, and a holiday drone show!

December 6 (Sat.) - Pewaukee Christmas Tree Lighting @ Clark House Museum, 2-5 pm. A sing-along with crafts, hot chocolate, and cookies will be going on while waiting on the tree to be lit at 5 pm!

December 6 (Sat.) - Oconomowoc Tree Lighting @ Downtown Roundabout, 4:30 pm. Come watch Mayor Magnus officially light the city's Christmas tree! There will also be caroling and a parade to follow.



While December may be synonymous with the arrival of Christmas for many, it includes other major cultural and religious holidays around the world as well.

Here are several other celebrations that occur during December:

St. Nicholas Day (Dec. 6): Also known as the Feast of Saint Nicholas, Christians honor the birthday of Sant Nicolas—the inspiration behind Santa Claus, given his proclivity towards gift-giving.

Immaculate Conception Day (Dec. 8): Catholics celebrate the day of Immaculate Conception to honor the Virgin Mary, who is believed to have been born without original sin. The day is often celebrated by going to church and feasting.

Bodhi Day (Dec. 8): Also known as Rohatsu, this Buddhist tradition honors the day in which the Buddha—Siddhartha Gautama—is said to have achieved enlightenment. Many Buddhists celebrate it through meditation.



Feast Day of Our Lady Guadalupe (Dec. 12): Mexicans and Mexican Americans often celebrate the patron saint of Mexico who symbolizes patriotism and devotion. Millions of pilgrims visit the Basilica of Our Lady of Guadalupe in December to celebrate the festival, which marks one of several apparitions of the Virgin Mary that some Catholic believers say was witnessed by an Indigenous Mexican Man in 1531.



Hanukkah (Dec. 14-22): The eight-day Jewish holiday is a central part of the Jewish Festival of Lights and entails the lighting of a nine-branched menorah each night (the ninth candle is used to light the others). The ritual symbolizes how one day's worth of oil miraculously lasted for eight days during a battle between a small group of Jewish people and the powerful Greek-Syrian army in 165 B.C. Per Jewish tradition, they are said to have emerged victorious and reclaimed the Holy Temple in Jerusalem.

Yule (Dec 21): Wiccans and Neo-Pagans celebrate the winter solstice through the festival of Yule. The winter solstice marks the shortest day and longest night of the year; Yule celebrates the re-emergence of the sun and the days beginning to grow longer again. A common tradition is burning the yule log, which originally was done to celebrate the sun's return.

Christmas (December 25): Christians celebrate Christmas largely to commemorate the birth of Jesus, but the festival has also been adopted as a secular family holiday by people of all faiths.

Boxing Day (December 26): This is a British tradition that occurs the day after Christmas and dates back to the 1800s. At the time, it was a day to ensure that upper class Britons gave servants and workers a day off, but this holiday has since evolved into a more commercial occasion for gift-giving.



Kwanzaa (December 26-January 1): The week-long holiday of Kwanzaa honors the African American heritage; it's a cultural holiday as opposed to a religious one. Black nationalist Maulana Karenga created Kwanzaa in 1966 as a way to unite the African American community following the Watts Rebellion in a predominately Black Los Angeles neighborhood. Karenga laid out seven key principles for Kwanzaa: unity; self-determination; collective responsibility; cooperative economics; purpose; creativity; and faith. Its name comes from the Swahili phrase "matunda ya kwanza", which translates to "first fruits". Kwanzaa celebrations draw from African musical and storytelling traditions.

Zarathosht Diso (Dec. 26): Founded by the Prophet Zoroaster more than 3,000 years ago, Zoroastrianism is one of the world's oldest monotheistic religions. Zoroastrians honor the death of their prophet on this day, typically by visiting a fire temple and offering prayers.

New Year's Eve (Dec. 31): The day every new year is met with anticipation around the world, as revelers party, set off fireworks, set resolutions and count down to midnight to welcome in new beginnings. In many post-Soviet countries, the holiday is celebrated with traditions similar to Christmas, such as the arrival of gifts from "Grandfather Frost".

Preventing Falls

in Waukesha County

Tips on Preventing Falls



Remove home hazards

Remove floor clutter, remove throw rugs, clean spills in a timely manner, repair any steps or uneven walkways



Ensure good lighting

Install nightlights in bedroom, hallways, and bathrooms



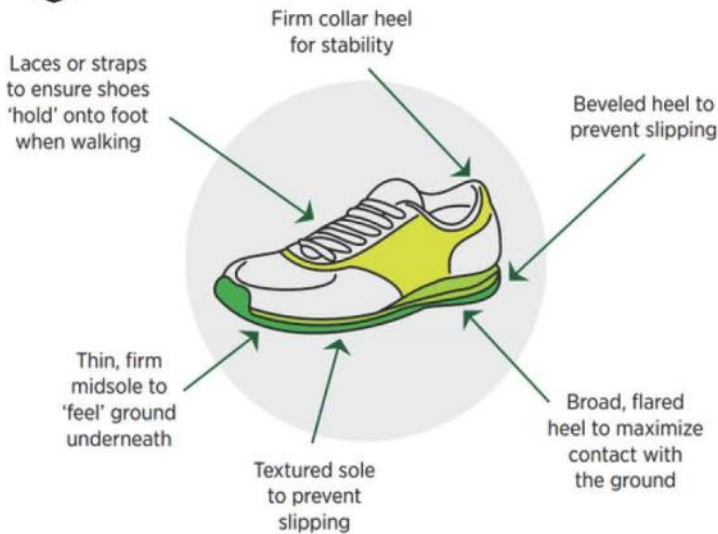
Pet safety

Be aware of where your pets are at all times, pick up toys and messes. Put a bell or light on their collar



Wear safe footwear

Footwear should be safe



Eras
SENIOR NETWORK

FIND FALLS PREVENTION PROGRAMS HERE:
[ERAS.ORG/COMMUNITY](https://www.eras.org/community)



Review your medications

Medications can cause side effects like dizziness, which can cause unsteadiness. Talk to your doctor or pharmacist about taking the correct medications and if any need to be stopped.



Use home modifications and assistive devices

Don't be ashamed! Assistive devices help you be more stable. Think: grab bars, walker, or cane



Talk to your doctor

Discuss balance concerns or fear of falling



Attend a Falls Prevention program

Strength training, education program/class, and specific dance classes are available and increase strength and coordination



Do balance & strength exercises

Engage in regular physical activity



Get an annual hearing and vision check

Your eyes and ears are key to keeping you on your feet

Definition of a fall: an event that leads to an unplanned, unexpected contact with a supporting surface. Refers to even "falling" into a chair or wall and not to the ground.

A fall is **NOT** the result of:

- A push or shove
- A medical event such as passing out or a stroke



Simple ways to increase your strength or balance

Check with your healthcare provider before starting exercises to ensure they are right for you and your condition

this information was created and provided by Southeast Regional Trauma Advisory Council (SERTAC)

Repeat each exercise 5-10 times.



Heel-Toe Stand

- Hold your support. Place one foot straight in front of the other or slightly off-center. Try letting go to balance and hold for 10 seconds. Switch legs.



Single Leg Balance

- Hold your support. Lift one leg up and hold for 2-10 seconds then lower slowly. Switch legs.



Sideways Leg Raises

- Hold your support. Keep legs straight and raise one leg out to the side. Hold for 2 seconds then lower slowly. Switch legs.



Heel Raises

- Hold your support. Lift your heels off the floor and hold for 2 seconds. Lower slowly.



Sit-to-Stand

- Sit on a chair with your feet flat on the floor. Lean forward keeping your back straight. Press your hands into your lap and stand up straight. Lower slowly.

Where do I go?


Get connected to the many opportunities to improve your strength, balance, and more

Falls Prevention Programs Available:


- **Wisconsin Institute for Healthy Aging** provides age-related health programs, resources, and education <https://wihealthyaging.org>
 - **Diabetes Prevention Program**
 - **Healthy Living with Chronic Pain**
 - **Healthy Living with Diabetes** (y en Español, Vivir Saludable con Diabetes)
 - **Living Well with Chronic Conditions** (y en Español, Tomando Control de su Salud)
 - **SteppingOn** - falls prevention education
- **Community Calendar by Eras Senior Network** - eras.org/community
 - Free, public, online calendar serves as a landing page for any local events, groups, or classes
- **ADRC of Waukesha County** - monthly newsletter promotes various health promotion programs
- **Extension (UW-Madison)** provides health promotion programs on their website: waukesha.extension.wisc.edu
- **Falls Free Wisconsin** - State initiatives and resources on falls prevention programming: <https://fallsfreewi.org>
- **Ballroom Basics for Balance**: ballroombasicsforbalance.org

HEALTH EDUCATION AND FITNESS


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			


Living Well with Chronic Conditions

	Date	Time	Location
	Mondays, December 1 to January 5	1:30—4:00p	Waukesha Memorial Hospital 725 American Ave Waukesha, WI 53188
For more information or to register, visit ProHealthCare.org/Classes or call 262-928-7032			

SteppingOn

	Date	Time	Location
	Fridays, December 5 to January 23, (no class December 26)	10:00 am— 12:00pm/noon	Online Workshop
Register with Laura at 262-928-4059.			

Laughter Yoga (no mats required!)

	Date	Time	Location
	January 14th, 2026	6:00—7:00 PM	Oconomowoc Public Library 200 W South St Oconomowoc, WI 53066
Register Online at www.oconomowoclibrary.org or call (262) 569-2193.			

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.

Living Well with Chronic Conditions: Are you an adult with ongoing health issue such as arthritis, high blood pressure, heart disease, or anxiety? If so, this six-week program is designed to provide the support you need and help you discover practical ways to deal with your condition.

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.

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 get enough 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! (Yoga mats are not needed)



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Jingle Belly: How to Sleigh your Portions this Holiday Season

Dan Michaels, Community Health Educator, Waukesha County Public Health

Tis the season to be jolly, but let's face it, our waistlines might not be as thrilled about the holidays as we are. The holidays bring a banquet of tempting delights that can test even the most committed to healthy eating. The key to enjoying the festivities without the post-holiday guilt lies in the gentle art of portion control. Here are some tips to help you navigate the feasts without feeling like a stuffed turkey.

Begin your festive food adventure with a mindful approach to the plate itself. Choose a smaller plate to create the perception that you have more food without the unnecessary excess. Use a 9-inch plate or less, roughly the size of a standard paper plate. In addition, visualize your plate into different sections dedicated to protein, fruit and vegetables, and carbohydrates. The key to portion control lies in maintaining balance and proportions. Fill half your plate with colorful mixture of fruits and vegetables, a quarter with lean protein/meats, and the remaining quarter with whole grains or other carbohydrates. This proportional technique ensures a well-rounded and satisfying meal.

The next step is taking it slow. The holiday feast is not a race, it's a symphony of flavors meant to be savored. Engage in the slow symphony by chewing each bite thoroughly and relishing the diverse tastes dancing in you mouth. Not only does this enhance your dining experience, but it also allows your brain to catch up with your stomach, reducing the likelihood of overeating.

Water is your ally in the quest for portion control. Stay hydrated throughout the festivities, as sometimes thirst can be mistaken for hunger. Sip water between bites to help signal fullness and consider alternating between water and other beverages to pace yourself. This drinking water tip ensures you are nourishing your body while maintaining control over your portions.

Finally, it is time for dessert. Desserts are the grand finale of any holiday feast, and navigating through all the wonderful treats requires finesse. Instead of sampling every sweet temptation, choose your favorites and savor them slowly. Consider sharing desserts with a friend or family member to enjoy a variety without going overboard. Using this sweet technique allows you to indulge in holiday treats without the guilt.

This holiday season, embark on a sleigh ride of mindful eating and portion control. By adopting these practical strategies, you can enjoy the feast without feeling weighed down by overeating. So, raise your plate like a seasoned navigator, and ride through the holiday season with a sense of satisfaction and well-being. Happy feasting!



Why did the gingerbread-man go to the doctor during the holidays?

He was feeling a bit crumbly and kneaded some medical attention

Launch of the New Waukesha County HHS Volunteer Services Data Management System

We are excited to announce the launch of Better Impact, our new Waukesha County Health & Human Services (HHS) Volunteer Services Data Management System. This innovative platform will revolutionize how we handle volunteer services, bringing several key improvements to enhance our community engagement and support.



Key Highlights:

More Efficient Operations

- Streamlined processes for managing volunteer data, reducing redundancy.
- Automated scheduling and reporting features to minimize manual workload.

Enhanced User Experience

- Intuitive interface for volunteers and staff, making navigation easier.
- Mobile-friendly design for convenient access on-the-go.

Increased Engagement and Educational Opportunities

- Access to enriched resources and tools for volunteers to enhance learning.
- Centralized platform for communication, facilitating better connections.

Opportunities for Greater Community Impact

- Enhanced tracking of volunteer contributions to visualize impact.
- Improved match-making between volunteer skills and community needs.

Optimization of Staff Time and Volunteer Impact

- Advanced analytics providing insights, allowing for strategic deployment of resources.
- Reduced administrative burden, enabling staff to focus on core services and volunteer growth.
- The launch of this system underscores our commitment to leveraging technology to benefit our community.

Waukesha HHS Volunteer Services Trivia Challenge!

Spend a few minutes playing Volunteer Trivia, a Kahoot game hosted by the Waukesha County Department of Health and Human Services (HHS). This game is a great way to test your knowledge of volunteer history, interesting volunteer facts, and HHS's volunteer programs.

Go to the link below or scan the QR code to join in and have fun!

Trivia link: <https://kahoot.it/challenge/06747439>



Mixing Is Risking: What Adults Over 60 Need to Know About Medication Safety

As we age, it's common to take multiple medications to manage chronic conditions, but mixing certain prescriptions, over-the-counter meds, and even alcohol can unintentionally increase the risk of an overdose.

This is especially true for adults over 60, who are more likely to experience serious side effects from drug interactions, especially when combining opioids, benzodiazepines, sleep aids, or alcohol.

MIXING = RISKING

I didn't know...

**drinking alcohol and taking my
prescribed pain medication
increases overdose risk.**

Why It Matters

- Slower metabolism means substances stay in the body longer, intensifying effects.
- Multiple prescriptions can interact in ways even your doctor may not catch without full medication reviews.
- A single glass of wine can be dangerous when mixed with pain medications, anti-anxiety drugs, or sleep aids.

Be Aware. Share & Educate.

- Ask your pharmacist about drug interactions—especially before adding new medications.
- Tell your doctor everything you're taking, including supplements and over-the-counter items.
- Carry naloxone (Narcan). It's a life-saving tool that reverses opioid overdoses and is available without a prescription in many areas.

Mixing doesn't mean you're doing something wrong. It means it's time to get informed, because mixing is risking, especially as we age.



BE AWARE
SHARE & EDUCATE

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

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**.



TAXI PROGRAM UPDATE COMING SOON: In January's newsletter, we will share exciting news about our taxi program that will offer more availability and choice in providers.

Current riders with our ADRC Taxi Program, check your mail in mid-December for a letter outlining the changes.

December 2025 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Navy Bean Soup Sloppy Joe on a Bun Sunshine Carrots Tropical Fruit Cup Chocolate Pudding Alt: Diet Pudding	Orange Ginger Chicken over Brown Rice Soy Sauce Sugar Snap Peas Cucumber Slices with Ranch Chilled Pineapple	Whole Grain Spaghetti w/ Meat Sauce Winter Veggies Romaine Lettuce Salad with Italian Dressing Mixed Fruit Cup Mini Breadstick Cookie Alt: Diet Cookie	Chicken Breast in Wine Sauce with Mushrooms Baked Potato with Sour Cream Carrot Raisin Salad Multigrain Bread Fruit Cocktail Chocolate Milk	Lightly Breaded Cod Tartar Sauce Hot German Potato Salad Creamy Coleslaw Seasonal Fresh Fruit Marble Rye Bread Ice Cream Sundae Cup
8	9	10	11	12
Vegetable Barley Soup Hot Ham & Cheese on a Sesame Bun Au Gratin Potatoes Mixed Fruit Cup Oatmeal Raisin Cookie Alt: Diet Cookie	BBQ Chicken Quarter Sweet Potatoes Green Beans Cranberry Sauce Parker Roll Black Forest Cake Alt: Diet Pudding	Old Fashioned Beef Stew with Veggies Mashed Potatoes Three Bean Salad Whole Wheat Dinner Roll Mandarin Oranges Chocolate Milk	Ground Beef with Broccoli over Brown Rice Soy Sauce Oriental Blend Veggies Chilled Pineapple Banana Muffin Alt: Peaches	Chicken Philly Sandwich with Swiss Cheese, Peppers & Onions Twice Baked Mashed Potatoes Mixed Vegetables Fruit Compote
15	16	17	18	19
Swedish Meatballs over Noodles Harvard Beets Corn and Zucchini Salad Seasonal Fruit Rice Krispie Treat	Honey BBQ Pork Loin Sour Cream & Chive Mashed Potatoes Pacific Blend Veggies Fruit Cocktail Multigrain Bread Vanilla Pudding Alt: Diet Pudding	Chili with beans & shredded cheese Mixed Veggies Romaine Lettuce Salad with French Dressing Cornbread Peach Half	Happy Holidays Chicken stuffed with Broccoli & Cheese Mushroom Quinoa Wild Rice Blend Dilled Carrot Coins Broccoli Salad Whole Wheat Roll Cranberry Compote Banana Cream Pie	Pork Chop Suey over Brown Rice Soy Sauce Stir Fry Blend Veggies Pea & Cheese Salad Chilled Pineapple
22	23	24	25	26
Roast Turkey Cubed Sweet Potatoes Seasoned Green Beans Citrus Fruit Salad Whole Wheat Bread Ice Cream Cup	Salisbury Steak Garlic Mashed Potatoes with gravy Buttered Corn Pear Half Multigrain Bread Dessert Bar Alt: Diet Cookie	Christmas Holiday No Meals Served	Christmas Holiday No Meals Served	Crustless Chicken Pot Pie over a Biscuit Winter Blend Veggies Baby Carrots with ranch Fresh Apple
29	30	31	Jan 1	
Italian Chicken & Pasta California Blend Veggies Spinach Salad with shredded carrots & Italian Dressing Mini Breadstick Mandarin Oranges Chocolate Milk	Ham & Corn Chowder BBQ Pulled Pork on a Bun Peas & Carrots Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Diet Cookie	New Years Holiday No Meals Served	Program Closed for Holiday No Meals Served	PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE. 1% MILK INCLUDED. ALT= LOW SUGAR ALTERNATIVE

Hi Ina,

I am struggling to find care for my uncle who is in need of a long-term care setting with assisted living capabilities. It seems very overwhelming with all of the options, and hearing different things depending on who you talk to. Could you help point me in the right direction of where to start?

From,
Inita Care



Dear Mrs. Care,

We get this question often and would love to help. Thinking about finding a suitable place to trust with the care of your loved one can be daunting. It is easy to want to avoid the issue until it's a pressing matter, when it can be too late to do your research and try to find the best fit. Here are some tips for researching potential facilities, and questions to think about when visiting.

- ⇒ **Keep in mind that you may be getting a tour from or meeting with a marketing person, whose job is to sell the facility to you.** They may not know specifics regarding health care and finances. Ask to speak to someone with that knowledge before making any decisions.
- ⇒ **Is the facility publicly or privately owned?** Changes in ownership can cause changes in practices at the facility. You can't assume that the way something is at the time you are considering a facility is the way it will remain for the duration of your loved one's stay.
- ⇒ **Your or your loved one's needs may change over time.** A Community-Based Residential Facility (CBRF) may initially be appropriate, but if medical issues develop or progress, a Skilled Nursing Facility may be needed. Think about how you would transition if need be and ask the facility how they would handle increasing care needs.
- ⇒ **Ask the facility how they deal with conflict.** What situations might cause them to ask someone to leave? What would that procedure look like? Would you get a refund of any funds paid in advance that weren't used?
- ⇒ **Don't rely on verbal assurances. Make sure to get things in writing** that you are relying on when choosing a facility. Make use of Wisconsin's circuit court access tool (CCAP) <https://wcca.wicourts.gov>. Wisconsin Circuit Court Access allows you to search for a person or business to see legal proceedings. It's helpful to know if there are small claims, larger lawsuits, or bankruptcies involving a facility you're interested in. These may be red flags. Note that this issue can be complicated – the facility name may not bring up anything because it is owned by a larger entity. Inquire about the ownership structure of the facility to better assist your research.
- ⇒ **Consult a financial planner and/or estate attorney if you have questions about your private funds interacting with Medicaid.** Don't rely on advice from long-term care facility staff regarding spending your personal money vs. using government funding.
- ⇒ **For additional information and resources**, visit *How To Choose a Nursing Home or Other Long-Term Care Facility* from the National Institute on Aging: <https://www.nia.nih.gov/health/assisted-living-and-nursing-homes/how-choose-nursing-home-or-other-long-term-care-facility>

Sincerely,

Ina

Landlord and Tenant Rights

**Monday, December 8, 2025
5:30pm–6:30pm**

Delafield Public Library
Common Council Chambers
500 Genesee Street
Delafield, WI 53018



As a landlord or tenant in Wisconsin, it is important to understand your rights and responsibilities. The Wisconsin Bureau of Consumer Protection will present information and provide resources on those rights and responsibilities under Wisconsin law. The Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection (DATCP) is Wisconsin's lead agency for consumer protection.

Disclaimer(s): As a covered entity under Title II of the Americans with Disabilities Act, the Delafield Public Library does not discriminate on the basis of disability and, upon request, will provide accommodations to ensure equal access to its programs, services and activities. Please call the library at least 72 hours prior to the event should an accommodation be needed.

Medicare Coverage of Ambulance Services

By the GWAAR Legal Services Team (for reprint)

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know if **Original Medicare** or your **Medicare Advantage plan** will cover the charges?

Criteria for an Emergency Call: You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in **serious danger** because you can't be safely transported by other means, like by car or taxi. Even if a car or taxi is not available to transport you, if you could have safely taken that mode of transportation, Medicare will not cover the ambulance services. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility. The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

Criteria for Facility-to-Facility Transport: You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

*Note: if you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS) at ADRC.

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



514 Riverview Avenue
Waukesha, WI 53188

DEMENTIA FRIENDLY PEWAUKEE EVENTS



DEMENTIA
FRIENDLY
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.
RSVP to Bette Vangen at 414-303-8289 or
email BetteVangen@gmail.com
with name and number of guests.

Younger Onset Dementia Caregiver Support Group

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

Upcoming Meetings:

December 10

January 14

February 11

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

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



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



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Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos, and sadness.



People who have experienced changes due to Alzheimer's, stroke, or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family, fearing the changes in physical health, behavior, and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer help.
- **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.
- **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as CDs, photo albums, comfortable clothing, videos, or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.
- **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.

Be good to yourself. Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it!

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy, and good memories!

2026 BENEFIT CHANGES



2.8% INCREASE

Watch your mailbox in December for your 2026 summary of benefits

Part A

No Premium with enough work credits.

If you buy Part A: premiums will be \$565 per month
(\$47 increase)

\$1,736 Deductible per benefit period (\$60 increase)



Part B

- \$202.90 Monthly Premium (\$17.90 increase)
- \$283 Deductible per year (\$26 increase)

Part C

- Network changes – **Don't assume that your doctors will be included in the plan next year, because they were included in 2025.**
- 17 plans with \$0 premium that cover Health & Drugs
- 11 plans with Premiums ranging from \$21.10 - \$269 that cover Health & Drugs
- \$0 - \$615 Deductible on prescription drugs
- 11 Health only advantage plans
- 1 Medical Savings Account Advantage Plan

Open Enrollment

Oct 15 – Dec 7

Part D

- Premiums range from \$0- \$113.90 monthly
- Up to \$615 Deductible on prescription drugs (\$25 increase)
- Doughnut hole is eliminated. Total "Out of Pocket" cap of \$2,100 includes what you pay for drugs plus any Manufacturer Discounts.
- Pharmacy Network changes – **Don't assume that your pharmacy will be included in the plan next year.** Formulary Changes – **Don't assume that your drugs will be covered next year!**

Turning 65?
Need Medicare?

"Welcome to Medicare" Presentations in your Area

There are no more Intro to Medicare presentations scheduled for the remainder of the year. Stay tuned in future editions for more presentations.

There are still 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	Virtual Presentation
Wednesday, December 10 1:00-3:00pm	Wednesday, December 10 5:30-7:30pm
Wednesday January 14 1:00-3:00pm	Wednesday January 14 5:30-7:30pm



Navigating Medicare



Easy Pumpkin Pie

Ingredients

- 1 (9-inch) refrigerated pie crust (store-bought)*
- 1 (15 oz) can pumpkin puree (not pie filling)
- 1(14 oz) can sweetened condensed milk
- 2 large eggs
- 2 1/2 tsp pumpkin pie spice**
- 1/4 tsp salt

Instructions

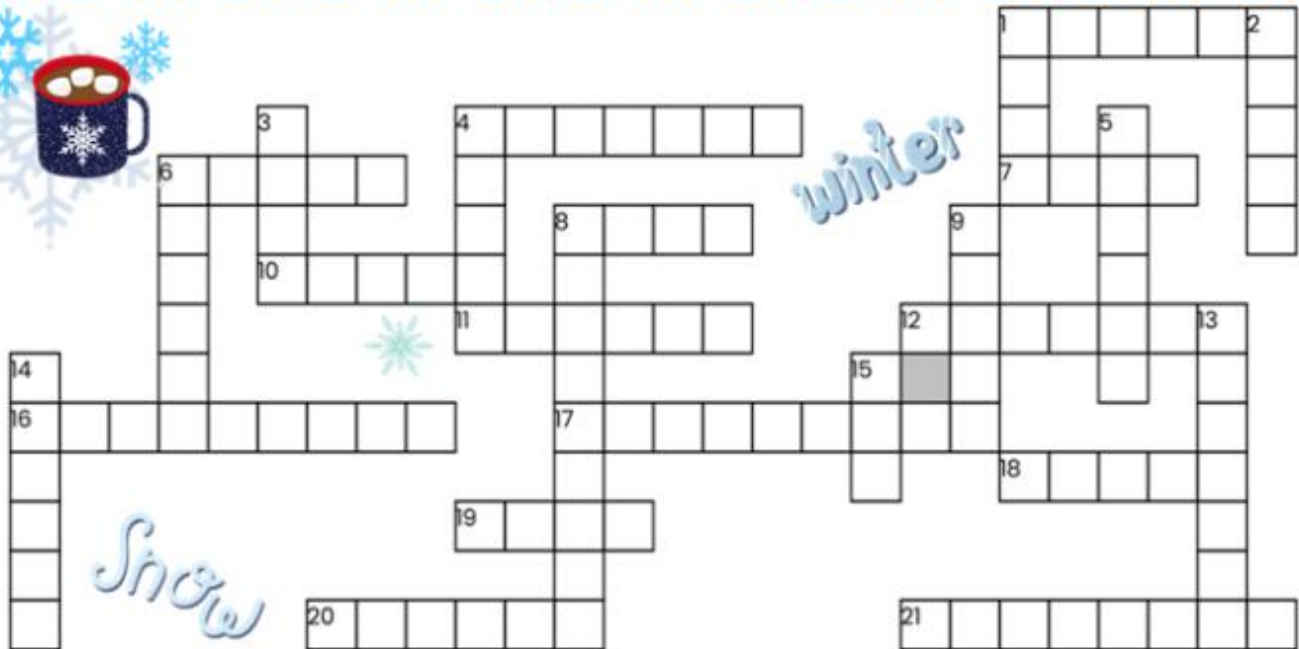
- 1) Set oven rack in lowest position of oven and heat oven to 425 degrees.
- 2) Thaw the chilled pie crust according to package directions, unroll and then fit into pie dish. Decorate edges if desired (I fold edges under just barely and press edges between fingertips to create a wavy design).
- 3) In a mixing bowl whisk together pumpkin, sweetened condensed milk (scrape in any excess from can), eggs, pumpkin pie spice, and salt until well blended.
- 4) Pour mixture into pie crust then wiggle to level. Set on a baking sheet. If you don't want the crust edges to get overly dark you can cover them with a ring of aluminum foil.
- 5) Transfer pie on baking sheet to oven and bake on lowest rack in preheated oven 15 minutes. Leave in oven, reduce temperature to 350 degrees and continue to bake until pie is nearly set (filling no longer jiggles when moved), about 35 to 40 minutes.
- 6) Transfer to a wire rack and let pie cool at least 2 hours before slicing. For a chilled pie rest 1 hour at room temperature and then 2 hours in the fridge.



Notes: *If you want to use this making a homemade pie crust that is just fine. It's recommend partially blind baking it first as homemade crusts are more likely to come out soggy if not partially baked first with wet fillings.

*You can also use a blend of spices in place of pumpkin pie spice. Use 1 1/2 tsp cinnamon, 1/2 tsp nutmeg, 1/4 tsp ginger and 1/4 tsp cloves.

Winter Fun Crossword



ACROSS

1. Shoes for ice gliding
4. Bed covering for warmth
6. Small white ice crystals
7. Toboggan
8. Many frozen crystals of water
10. Windblown pile of snow
11. Scoop for moving snow
12. Warm hand coverings
16. Sleep through cold weather
17. Open hearth
18. Hot chocolate drink
19. Parka
20. Column of ice
21. Severe, windy snowstorm

DOWN

1. Flat runners for snow gliding
2. Winter neck covering
3. Not hot
4. Outdoor winter shoes
5. Device that provides heat
6. Extreme cold
8. Individual snow crystals
9. Bright and colorless
13. Warm wool top
14. Shake from cold
15. Warm head covering

LET IT
Snow

© Puzzle Cheer



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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