

THE ADRC CONNECTION

JUNE 2026



Business Hours:
Monday-Friday
8:00a—4:30p

262-548-7848

Toll Free: 866-677-ADRC (2372)

WaukeshaCounty.gov/ADRC

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Free **EVENT** and **LUNCH**

Catering provided by *"the" Kitchen* restaurant in Sussex

PROTECT YOURSELF FROM SCAMS

Presented by Adult Protective Social Workers



JUNE 15, 2026 - 11:30A - 1:00P

OCONOMOWOC AREA SENIOR CENTER

210 S MAIN STREET, OCONOMOWOC, WI 53066

Join us in partnership with Oconomowoc Area Senior Center for a **FREE** lunch and informational session. Learn about common scams, financial exploitation, and valuable resources while enjoying a delicious catered meal by *"the" Kitchen* Restaurant from Sussex.

What's on the menu?

Beef tips, mashed potatoes, fire roasted corn, dinner roll and dessert

Registration is required to attend and spots are limited!

Please register by June 5th at 4:00 PM.

Register here: http://tinyurl.com/Waukesha_Scams, or call the OASC at 262-567-4288





June 6 (Sat.) - Delafield RhubarbFest @ Hawks Inn (426 Wells Street, Delafield), 4-7 pm. Spend a summer evening on the porch of historic Hawks Inn filled with live music, local flavor, and all things rhubarb! Bringing a lawn chair is recommended.

June 6 (Sat.) - HAWS Tales by the Fire @ Schallock Center for Animals, 5:30-7 pm. A seasonal celebration for families and animal lovers of all ages- meet the resident goats and horses, create a bird feeder to take home, set out on a nature walk, and gather around a crackling fire with s'mores kit while listening to animal themed stories.

Admission is \$10.

June 13 & 14 (Sat. & Sun.) - Maxwell Street Days Mukwonago @ Field Park, 8 am- 5 pm. Come and enjoy one of the largest flea markets around with vendors selling crafts, produce, plants, tools, and more! Food and refreshments are available on the grounds.

June 13 (Sat.) - Dare to be Aware Fair @ The Brookfield Conference Center, 10 am- 5 pm. Share the day with specialists in health and wellness, life coaching, personal growth programs, natural healing, herbs, organic items, and more! There will be over 100 exhibitors, free workshops, and demonstrations to learn more about lifestyle decisions that enhance your health. Adults pay \$15 at the door, cash only. Veterans get in free!

June 13 (Sat.) - GuitarTown Music Festival @ Cutler Park (Waukesha), 12-8 pm. Join the City of Waukesha in celebrating the man who gave the world it's "G-String" soul, Les Paul. There will be live music with a powerhouse lineup of six original rock bands, an instrument "petting zoo", visual arts makers market, heritage tour, and food and drink!

June 15th (Mon.)—"Protect Yourself from Scams" @ Oconomowoc Area Senior Center (OASC), 11:30 am- 1:00 pm. Presented by APS Social Workers from ADRC. FREE lunch. Must register to attend, spots are limited. More information on the front page of this newsletter. Register at: <http://tinyurl.com/WaukeshaScams>, or call OASC at 262-567-4288.

June 20 & 21 (Sat. & Sun.) - A Midsummer Celebration @ Old World Wisconsin, 10 am-4 pm. Experience the mirthful magic of the ancient seasonal tradition of "Midsomer" or Midsummer, at Old World Wisconsin. This has been a tradition in Scandinavian countries since the Iron Age as a means of leaving cold, dark winter nights behind in favor of bright, cheerful summers of bounty and prosperity. Immerse yourself in re-creations of this festive event, featuring traditional food, drink, and cultural activities. Adult and teenager admission is \$24, Senior admission is \$20, and \$16 for children ages 5-12. Children under 5 and Old World Wisconsin members get in free!

June 20 (Sat.) - Oconomowoc Isthmus History Walk @ Veterans Memorial Park Oconomowoc, 3-4 pm. Meet up for a walk down memory lane! Learn about the Native Americans who lived here, the Yankee settlers who founded Oconomowoc, families who built the architectural jewels on our lakes, and the community that has thrived for more than 150 years!

June 26-27 (Fri. & Sat.) - Pewaukee Beach Party @ Pewaukee Lake Beach, 5-11 pm & 7 am- 11 pm. It's time for the 30th annual Pewaukee Beach Party! All proceeds raised will be distributed back into the community. Enjoy live music, food, games, and more! For a full itinerary visit <https://lakecountryfamilyfun.com/event>

June 26-28 (Fri., Sat., & Sun.) - Hartland Hometown Celebration @ Nixon Park, times vary. Hartland's Hometown Celebration features a fireworks show on Friday night, live music Friday and Saturday, and a parade on Sunday, as well as food, drinks, inflatables, games, and more! For a full schedule of events, visit <https://lakecountryfamilyfun.com/event>

Congratulations to the ADRC Nutrition Program in Brookfield for receiving the Excellence in Community Partnership from Elmbrook School District!



Elmbrook district students and faculty present award to Josh Hakes, pictured forth from the left in a purple shirt.

Waukesha County Nutrition program in the Brookfield Senior Center, led by ADRC Senior Dining Manager Josh Hakes, has made a significant impact through its partnership with the Elmbrook Transition Center's Beyond 18 program at the Elmbrook School District. By creating meaningful volunteer opportunities, the nutrition program and the Brookfield Senior Center support young adults in building confidence, workplace skills, and a sense of purpose. Their commitment to inclusion and community engagement has made a lasting difference in the lives of Elmbrook students.

June is Men's Health Month

June is Men's Health Month, making it a good time to highlight the connection between Medicare and healthy aging. Medicare can be an important tool for prevention, early detection, and ongoing care.

Medicare helps cover many preventive services that support men's health. These may include annual wellness visits, screenings for cardiovascular disease, diabetes, and colorectal cancer, as well as counseling for tobacco cessation and other health risks when eligibility requirements are met. Preventive care matters because many serious conditions can be treated more effectively when they are found early.

Men's Health Month also serves as a reminder that health is not limited to physical conditions alone. Mental health, depression, and social isolation can also affect men and should not be overlooked. Medicare can help support access to behavioral health services and follow-up care.

June is a good opportunity for men enrolled in Medicare to take action. Scheduling a wellness visit, reviewing medications, asking about recommended screenings, and discussing any health concerns with a provider can make a meaningful difference. Families and caregivers can also encourage these conversations.

During Men's Health Month, Medicare helps older men stay healthier, more informed, and better connected to the care they need.



Caregiver Corner



The Hidden Male Caregiver

Men's Health Month is celebrated in June. When we think of family caregivers, we tend to think of women, but the face of American caregiving is changing rapidly, according to "Breaking Stereotypes: Spotlight on Male Family Caregivers," a recent report from AARP. Eight years ago, just 34 percent of caregivers surveyed were men. Today, over 40 percent of the 40 million Americans caring for a loved one are male.

In many respects, male caregivers resemble their female counterparts. Both say they had little choice about taking on caregiving responsibilities, whether they are caring for a parent, a spouse or partner, or other relative. Both are more prone to health problems and depression than non-caregivers. Both often not only manage finances and medical care, but also provide personal care, including helping their loved one with eating, bathing, dressing and toileting.

But the AARP report — based on focus groups convened around the country — suggested that there might be some differences between male and female caregivers, too.

Men, for instance, may be more uncomfortable with hands-on personal care, although such intimate interactions can be difficult for caregivers of any gender, says report author Jean Accius, vice president at AARP's Public Policy Institute. He maintains that personal care might be particularly hard on those men who haven't

spent time in the child-care trenches doing things like changing diapers and giving baths.

Another difference men saw between themselves and female caregivers: They say they are less likely to open up to others when they feel stressed or overwhelmed by caregiving responsibilities.

But by all accounts, it's vital for male caregivers to understand that they can't carry caregiving burdens alone. "Peer support is absolutely critical," says Edwin Walker, 60, a longtime family caregiver and deputy assistant secretary for aging at the U.S. Department of Health and Human Services, which runs the National Caregiver Support Program assisting caregivers nationwide.

Finding support made all the difference to Dustin Cesarek, a 32-year-old financial planner in the Minneapolis area whose wife, Kim, was diagnosed with breast cancer a few years ago. He and two other men whose wives had cancer started Jack's Caregiving Coalition, he says, to give themselves and other men in their position a support network. Sure, sometimes they'll share their feelings — but much of the time they are just enjoying relaxing among people who get what they're going through. The point, says Cesarak, is "to create these spaces where guys can feel comfortable."



FARMERS MARKET

Voucher distribution



It's Farmers Market time! If you qualify, you can receive vouchers to purchase fresh fruits, vegetables & herbs at the markets this summer.

If you are unable to make these dates and locations, you can come to the ADRC office Mon-Fri 8:00a-4:30p to complete an application and pick up voucher. First come, first served basis!

Senior Farmers' Market voucher Distribution Schedule for 2026

(dates/locations/times subject to change without notice)

- Monday, June 1st, 1:00-2:00pm**, La Casa Village, 1431 Big Bend Road, Waukesha
- Tuesday, June 2nd, 10:00-11:00am**, Hampton Regency Apts, 12999 W Hampton Avenue, Butler
- Thursday, June 4th, 11-12:30pm**, New Berlin Senior Dining—Our Lord's United Methodist Church
5000 S. Sunny Slope Rd, New Berlin
- Monday, June 8th, 12-1:30pm**, Menomonee Falls Community Center, W152 N8645 Margaret Road, Menomonee Falls
- Monday, June 8th, 12:30-2:00pm**, Waukesha Public Library, 321 Wisconsin Ave, Waukesha, WI
- Tuesday, June 9th, 10:00 am-11:00 am**, Wilkinson Manor Apartments, 919 Summit Avenue, Oconomowoc
- Wednesday, June 10th, 11:30am-2:00pm**, Mukwonago Food Pantry Resource Center Fair, 325 Eagle Lake Avenue, Mukwonago, WI
- Wednesday, June 10th, 1:00-2:30pm**, Sussex Outreach Service, N64W23750 Main Street Sussex
- Friday, June 12th, 1:30-2:30**, Senior House Apartments, 825 Pleasant St, Waukesha
- Wednesday, June 17th, 12-1:30pm**, New Berlin Food Pantry, 2600 S. Sunnyslope Rd, New Berlin
- Wednesday, June 24th 3:00-5:00pm**, Waukesha Memorial Hospital, 725 American Ave; Conference Room 4, Waukesha. (Use the West Entrance)

Requirements for eligibility:

Must be a Waukesha County Resident--Must be age 60 or older

Monthly Income:

- 1-person** household at or below **\$2,461**
- 2-person** household at or below **\$3,337**
- 3-person** household at or below **\$4,212**

Senior Farmers Market benefit is \$25.00 in coupons/vouchers! Vouchers will now be issued to individuals. As long as all eligibility requirements are met, individuals in the same household are eligible for their own booklet of vouchers.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English

FREE Health Education Sessions

Laughter Yoga:

(Laughter Yoga uses laughing exercises, not stretching exercises. No yoga mats needed.)

The health benefits of laughter include stress reduction, improved oxygen intake, boosted immune system and others. 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!

June 12th, 2026
10:00 AM - 11:15 AM

Location: New Berlin Library
15105 Library Lane, New Berlin

Cost: Free

To Register: www.newberlinlibrary.org or call
262-785-4980

July 22nd, 2026
6:00 PM - 7:00 PM

Location: New Berlin Activity & Recreation
Center (ARC)

15321 W National Ave, New Berlin

Cost: Free

To Register: www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center

Better Sleep:

Quality sleep plays a critical role in physical and mental health. This class explores common sleep challenges, the impact of sleep on overall well-being, and simple habits that can help improve sleep quality, energy levels, and daily functioning. 1 in 3 adults don't get enough sleep. Learn what stops you from sleeping well and how to fix it.

July 15th, 2026
6:00 PM - 7:00 PM

Location: New Berlin Activity & Recreation
Center

15321 W National Ave, New Berlin

Cost: Free

To Register: www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center

Preventing Diabetes:

In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.

June 9th, 2026
2:00 PM - 3:15 PM

Location: Brookfield Public Library
1900 N. Calhoun Rd., Brookfield

Cost: Free

To Register: <https://www.ci.brookfield.wi.us/1101/Library> or call
262-782-4140



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

FREE Health Education Sessions (continued)



StrongBodies :

A 10-12 week strength training program for anyone desiring to slow down the bone and muscle loss process. StrongBodies is offered to various age groups and genders including seniors and women. Classes typically have eight to twelve participants and last approximately 60-75 minutes. Classes meet twice per week for 10-12 week sessions. Program includes progressive resistance training, balance training, and flexibility exercises.

Ongoing class options:

- 1) **Mondays and Wednesdays**—Morning (Pewaukee)
- 2) **Mondays and Thursdays*** —Morning (Waukesha)

Contact Courtney for questions or to register, 262-444-9102 or email cklepp@waukeshacounty.gov

*The group at Salem Methodist Church has changed to be on Monday and Thursdays.

Self-Care: Awareness, Acknowledgement, Action:

This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities. The session will cover: symptoms of burnout and imbalance; what is self-care?; health benefits of self-care; self-awareness activities, practical tips for physical, mental, and spiritual health

July 23rd, 2026

10:30 AM - 11:45 AM

Location: Muskego Public Library
573W16663 Janesville Rd, Muskego

Cost: Free, **To Register:** Call 262-971-2100 or visit the Reference Desk

Better Brain Health:

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

June 16th, 2026
6:00 PM - 7:15 PM

Location: Hartland Public Library
110 E. Park Ave., Hartland

Cost: Free

To Register: <https://hartland.librarycalendar.com/event/brain-health-3766> or
call 262-367-3350

June 23rd, 2026
10:00 AM - 11:15 AM

Location: Menomonee Falls Senior Center
W152 N8645 Margaret Rd.,
Menomonee Falls

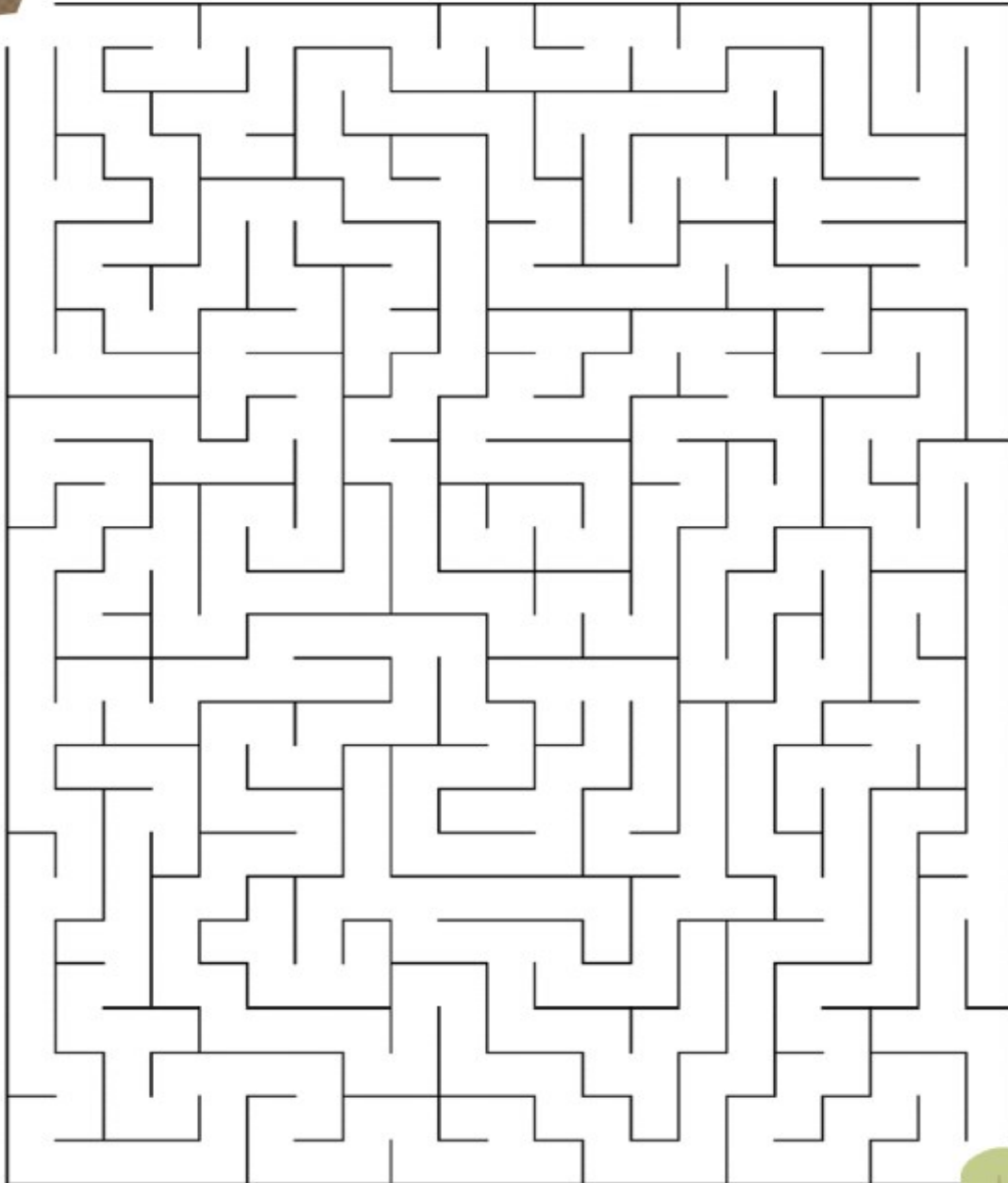
Cost: Free

To Register: Register Online at www.fallsrec.org or
by stopping into the Rec offices. Questions about
registration
call: 262-255-8460



Summer Picnic

Take the picnic basket to the park.



Like creative games and puzzles?! Look to page 18 for not only the answer to this maze, but to complete the word phrase game, Mad Libs!

Generational Differences: Are they a Myth?

By the GWAAR Legal Services Team (for reprint)

Differences between generations are talked about in popular culture and the workplace, from communication styles and work ethics to dating preferences and life goals. But as we know, stereotypes can be harmful. There has been a shift in attitude toward the concept of “generations” lately, with the Pew Research Center noting that arbitrary labels for generational cutoffs have no scientific basis.

In [The Myth Of Generational Differences: Why It's Time To Drop The Labels](#), Forbes discusses how reducing people to generational differences decreases trust, is divisive, and prevents the formation of genuine relationships. This is true whether in the workplace, your family, or your social networks. Also, the Wall Street Journal debunks myths in [Age Is but a Number: 8 Generational Myths to Rethink - WSJ](#). Myths examined include that older generations don't use social media, or that only older generations use coupons and discounts. While focused on customers and marketing, the article shows that assumptions about people based on generations may unnecessarily narrow a pool of people or lead to you discounting someone for a project or group that would bring value.

A study, [Generations and Generational Differences: Debunking Myths in Organizational Science and Practice and Paving New Paths Forward](#), busts myths such as “generational explanations are obvious”, “talking about generations is largely benign”, and “generations are easy to study”. So where does that leave us if we want to move away from generational stereotypes?

Use what you know about specific individuals to enhance your relationship with them. If stereotypes say that Gen Z will only text, but

your grandchild loves to call or Facetime, let that guide how you communicate with them. Take advantage of the opportunity to participate in intergenerational groups or activities. [Better connecting the generations could change the world](#) talks about the potential for younger and older people working together to tackle societal problems like climate change, improve work, and strengthen marginalized communities. Focus on shared experiences and behaviors. We are all individuals with strengths that can be used to benefit each other in the home, at work or school, and in the community.

Potential activities for younger and older people to do together are numerous, from genealogy and storytelling to cooking and gardening. There are opportunities for everyone to learn new skills and teach each other. Check out [Resources on intergenerational practice — #AWorld4AllAges – Global Campaign to Combat Ageism](#) for info on how to connect with people of all ages and reduce harmful stereotypes.

If you find the concept of generational differences hard to give up, explore learning from other generations and how to improve yourself using traits of others. [From boomer frugality to gen Z fintech: my week of intergenerational finance hacks | Get Money Confident | The Guardian](#) explores the different financial practices of younger and older generations. The author learned a lot through her week of exploration and ultimately concluded that “there is something we could all learn from listening to each other on any topic”. This is probably the best approach to community and relationships for all of us. Approach younger and older generations with curiosity and openness, rather than letting stereotypes keep you away from potential connections and learning opportunities. r

Waukesha County ADRC Senior Dining Centers

Congregate dining site meals are served Monday–Friday at 12:00/Noon unless otherwise stated. Advanced reservations are required by noon at least the business day prior, by calling the dining center where you wish to attend.

Brookfield Community Center, 2000 N Calhoun Rd, Brookfield
(262) 782-1636

Menomonee Falls Community Center, W152 N8645 Margaret Rd, Menomonee Falls
(262) 251-3406

Mukwonago: Birchrock Apartments, 280 Birchrock Way , Mukwonago
(262) 363-4458
Monday-Thursday

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

Sussex Civic Community Center, N64 W23760 Main St, Sussex
(262) 246-6747
Monday, Wednesday-Friday



My Meal, My Way

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!

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse regardless of spouse’s age) with no income requirement.

Suggested Contribution:

\$5.00/meal


No eligible person will be turned away due to the inability to contribute.

What If I Need Transportation to Attend?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs. If you are already a Taxi or RideLine client, please contact your corresponding transportation company. If you are not a Taxi or RideLine client yet, start by calling the ADRC at (262) 548-7848 or completing an online application at www.WaukeshaCounty.gov/ADRCtransportation

June 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Sweet & Sour Chicken with pineapple, green peppers & onion over Brown Rice Soy Sauce Caribbean Blend Veggies Fruit Cocktail Blueberry Muffin	BBQ Riblet Au Gratin Potatoes Two-tone Beans Buttermilk Biscuit Ambrosia Fruit Salad	Salisbury Steak with Gravy Baked Potato with Sour Cream Spring Corn Salad Multigrain Bread Cantaloupe Slice Chocolate Milk	Creamy Mushroom & Beef Casserole Country Mix Vegetables Chickpea Salad Fruit Cup Whole Wheat Bread Frosted Brownie Alt: Diet Pudding	Berry Spring Salad with Chicken Tomato & Onion Salad Seasonal Fruit Crusty Roll Peanut Butter Cookie Alt: Diet Cookie
8	9	10	11	12
Tosa Greek Fest Greek Meatballs Greek Lemon Rice Dilled Carrots Greek Zucchini Salad Apple Cobbler Alt: Applesauce	Vegetable Lasagna Parmesan Cheese Italian Blend Veggies Mixed Greens Salad with Kale and Vinaigrette Dressing Mini Breadstick Pear Half	Roast Turkey in Gravy Herbed Stuffing Harvard Beets Pea & Cheese Salad Mandarin Oranges Wheat Roll Oatmeal Raisin Cookie Alt: Diet Cookie	Polish Fest Polish Bigos (meat/cabbage/veggies) Baked Potato with sour cream Creamy Cucumber Salad Mixed Berries Marble Rye Bread Alt: Diet Pudding	Brewers vs Phillies Chicken Philly Sandwich with provolone, peppers & onion Rosemary Roasted Potatoes Sicilian Grande Veggies Watermelon
15	16	17	18	19
Scalloped Potatoes with Diced Ham 5-way Blend Veggies Seasonal Fresh Fruit Multigrain Bread Donut Holes Alt: Diet Cookie	Marry Me Chicken Pasta Honey Glazed Carrots Romaine Lettuce Salad with French Dressing Dinner Roll Sunshine Fruit Salad Chocolate Milk	Shredded Beef in Gravy over Mashed Potatoes California Florentine Veggies Cantaloupe Slice Nine Grain Bread Chocolate Pudding Alt: Diet Pudding	Summerfest Begins BBQ Pulled Pork on a Whole Wheat Bun Mashed Sweet Potatoes Corn & Edamame Salad Creamy Grapes & Apples Ice Cream Sundae	Garlic Pork Peanut Noodles Green Beans Cucumber & Tomato Salad Wheat Dinner Roll Seasonal Fresh Fruit
22	23	24	25	26
Happy Father's Day Maple & Brown Sugar Pork Tenderloin Cubed Sweet Potatoes Garlic Green Beans Seasonal Fruit Crusty Roll Cherry Pie Alt: Pears	BBQ Chicken Quarters Butternut Squash Mac & Cheese Broccoli Salad Buttermilk Biscuit Watermelon Brownie Alt: Diet Jello	Seasoned Pepper Steak over Rice Pilaf Japanese Blend Veggies Thai Cucumber Salad Seasonal Fresh Fruit Chocolate Milk	Lightly Breaded Haddock Tartar Sauce Hashbrown Casserole Creamy Coleslaw Marble Rye Bread Cantaloupe Slice	Strawberry Festival Hamburger on a Bun with Grilled Onions Ketchup/Mustard BBQ Bean Salad Sweet Corn Pound Cake with Strawberries
29	30			
Supreme Pizza Casserole Parmesan Cheese Mixed Vegetables Seasoned Spinach Mini Breadstick/butter Fruit Cocktail	Cranberry Meatballs Twice Baked Mashed Potatoes Sunshine Carrots Seasonal Fruit Whole Wheat Bread Frosted Cake Alt: Diet Cookie			

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3. Call the ADRC 262-548-7848



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 **!** If you gave out your Social Security number, report it to Social Security and make a recovery plan using the Federal Trade Commission's tips at IdentityTheft.org | SSA.gov

If you've experienced potential medical identity theft call your **Senior Medicare Patrol (SMP)**



For more help or one-on-one Medicare counseling, **State Health Insurance Assistance Program (SHIP)**



Easy Cheddar Egg Bake!

Ingredients

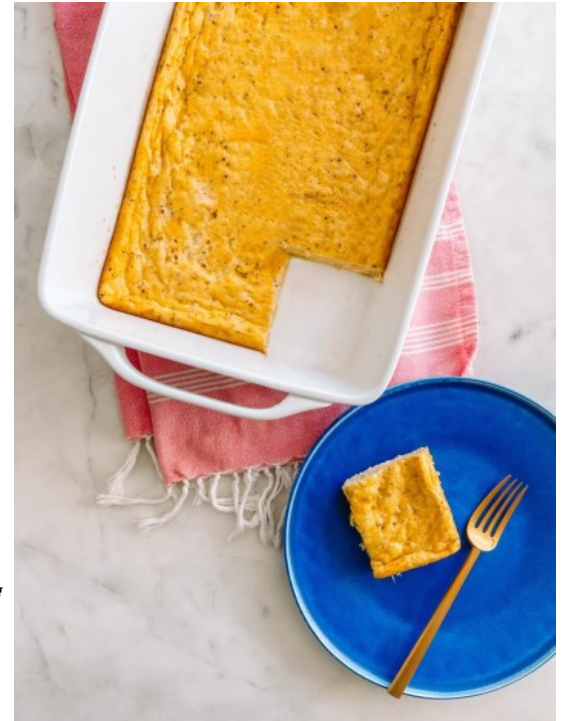
- 6 eggs beaten
- 1 cup shredded cheddar cheese
- 1/2 cup milk
- 2 Tbsp butter
- 1 tsp mustard
- 1/2 tsp salt
- 1/4 tsp ground black pepper

Instructions

- 1) Preheat the oven to 325 degrees. Grease an 8x8 pan.
- 2) Combine all ingredients in a large bowl, beating well with a fork or whisk. *
- 3) Pour into greased pan and bake for 25-30 minutes, or until knife inserted in center comes out clean.
- 4) Cut into squares and serve immediately

*Be creative and add fresh diced veggies of your choice!

Why the Egg Bake?!
May is National Egg Month!



Senior moment that makes us smile!

"I installed all by myself a door lock on my basement door (my husband has Alzheimer's). It took me only 20 minutes and worked the first time. My cost was \$50 for the lock. It would have cost me \$400 to have someone come in and do it!"

If you want to contribute your senior moment, email
ADRCnewsletter@waukeshacounty.gov



Savvy Caregiver Training

Increase Your Confidence, Knowledge, & Skills



Are you caring for someone with Alzheimer's disease or another form of progressive dementia?

Savvy Caregiver is a proven curriculum educational series which teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience.



The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills

July 14th - August 18th, 2026

6 Tuesdays, 10:00am—12:00 pm

For registration or more information, please contact, Jennifer Harders Dementia Care Specialist, at the ADRC at 262-548-7650 or email jharders@waukeshacounty.gov

Location:

Community United Methodist Church
14700 Watertown Plank Road
Elm Grove, WI 53122

Community Memory Screening:

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

- 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



Where: New Berlin Public Library

When: **Wednesday, June 24, 2026**, 10:00am - 3:00pm (30 minute time slots)

To register, call Jen, Dementia Care Specialist at 262-548-7650

Younger Onset Dementia Caregiver Support Group

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

Upcoming Meetings:

February 11

March 11

April 8

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

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



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

Monday Coffee Connect - Virtual

Mondays, 10:00-11:00am



Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support, and brainstorm strategies to get through this time together with three local Aging & Disability Resource Center (ADRC) Dementia Care Specialists. Come with a cup of coffee or tea to interact via Zoom. Video or by phone.

Register by calling Kathy Glaser, ADRC Dementia Care Specialist, at 262-548-7354 or email kglaser@waukeshacounty.gov

Offered on a rotating basis by Dementia Care Specialists from ADRC of Waukesha County, ADRC of La Crosse County, ADRC Eagle Country and ADRC of the Southwest.

EMERGENCY & URGENTLY NEEDED CARE

You never know when an emergency will arise, but you can be prepared.



The following definitions are especially important if you have a Medicare Advantage plan! There are certain protections for you if you need emergency or urgent care outside of your plan's network.

Emergency medical condition:

Symptoms severe enough that someone with an average knowledge of health and medicine could reasonably expect your health to be in serious danger if you don't get medical attention right away.

Urgently needed care:

Medically necessary and immediately required as a result of an unforeseen illness, injury, or condition. Not reasonable for you to wait to get needed care.

Emergency Room Services

Original Medicare covers emergency room services anywhere in the U.S.

Medicare Advantage plans must also cover emergency room services anywhere in the country.

- Emergency care should not require an in-network provider or referral.
- Follow-up care after an emergency is covered if delaying it risks your health.
- You can appeal if your emergency care is denied.

Ambulance Coverage

Medicare covers emergency* ambulance services.



*any situation when your health is in serious danger and you cannot be transported safely by other means.

If your trip is scheduled when your health is not in immediate danger, it is not an emergency.



Emergency care outside the U.S.

Original Medicare and Medicare Advantage usually don't cover medical care outside the U.S. However, both must cover emergency care in certain circumstances:

In Canada while traveling directly between Alaska and another state, and the nearest treating hospital is in Canada

On a cruise ship in U.S. territorial waters (in port or within six hours of a U.S. port)

At a foreign hospital closer to your home than the nearest U.S. hospital (common for those living near the border)



SHIP

State Health Insurance Assistance Program

shiphelp.org



Call your **State Health Insurance Assistance Program (SHIP)** to learn more about emergency and urgently needed care.



Dear SUMMER SAFETY sage,

I write to you confused, and perhaps a little unconvinced. Recently, I heard someone say that slips and falls happen in the summer, not just winter. Naturally, I laughed so hard I nearly slipped off my patio chair—which, admittedly, did not help my argument. Summer is the season of sunshine, lawn chairs, and fairs, and the only ice is in my lemonade. Winter, on the other hand, is the sparkly kingdom of slips and falls. Snow hides everything in a fluffy disguise. Sidewalks become skating rinks. Driveways turn into frozen obstacle courses. Retrieving the mail becomes a survival documentary narrated with

dramatic music. But honestly... summer? Really? What exactly am I supposed to slip on? A watermelon rind like a cartoon villain? A rogue sprinkler? An aggressively melted popsicle? I remain skeptical. I know I must lather on sunscreen to protect my skin, but should I really be cautious of falling in the summer?

SKEPTICALLY YOURS,
JOY N. SUMMER

Dear Joy N.,

I agree that summer is the happy sunshine fun time of the year. You are very wise to use sunscreen to keep your skin healthy and not crispy like bacon, but let's *reapply your sunscreen* awareness to the safety concerns of summer slips and falls.

First let's shine some light on the weather. It is correct that unlike winter, summer does not have snow and ice causing slips and falls. However, summer has plenty of rain and thunderstorms, causing the ground to be covered in slippery mud and water. Even walking on wet leaves or grass left on a sidewalk can be risky because traction is reduced, and things become slippery. Be aware and walk carefully across any potentially wet or muddy surface, because slipping and falling is not just for sloppy snow and ice.

Another hot topic that can cause falls in the summer is heat. Heat-related illnesses such as heat stroke and heat exhaustion can cause dizziness and affect balance, which can lead to falls. To protect yourself from the heat, it's recommended to stay cool and hydrated. Be in cooler or air-conditioned buildings as much as possible. Wear loose,

lightweight, light-colored clothing. Avoid doing a lot of strenuous activity in the heat; take breaks and get plenty of rest. Stay hydrated; drink more water than usual throughout the day. And do not wait until you are thirsty to drink!

Other tripping hazards in the summer include our tools. Shovels, rakes, spades, trimmers, and water hoses can be just as dangerous as black ice or an angry polar bear when they're lurking in the grass or on the ground. Be careful where you step; you don't want to take an unexpected summer trip you didn't plan for.

Joy, I hope this helps you to be more cautious and less skeptical of falls in summer. There is plenty to enjoy in the summer. Being aware and prepared for the summer will help you enjoy it and be safe. Oh... and still use sunscreen!

**Sincerely,
Dan**



By Megan Goodlad

Ever hear of the game, Mad Libs?!

Mad Libs is a popular template word game where one player asks others to provide a list of words (like nouns, verbs, and adjectives) to fill in the blanks of an unseen story. When the completed story is read aloud, the randomly inserted words create hilarious, nonsensical results.

Word Blanks:

First, fill in the blanks, then add them to your story.

1. **Number:** \$ _____
 2. **Event** (Ex. BBQ, Party, Wedding): _____
 3. **Food:** _____
 4. **Body Part:** _____
 5. **Number:** _____
 6. **Object that Sprays:** _____
 7. **Common Profession** (Ex. Plumbers, Teachers, Dentists): _____
 8. **Type of Bill** (Ex. Gas, electric): _____
 9. **Mood Adjective** (Ex. Happy, Exhausted): _____
- Snack:** _____

Now stick the words you chose above into the story below and enjoy!

The Story:

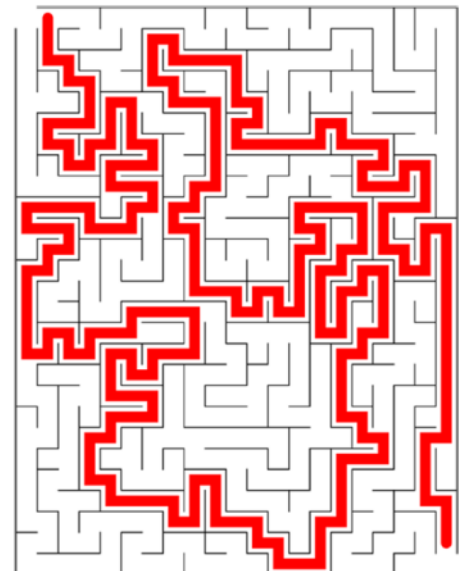
I spent **(1: Number)** \$ _____ at the grocery store to host the best **(2: Event)** _____ of the summer. I was feeling great until I bent over to flip the **(3: Food)** _____ too fast and hurt my **(4: Body Part)** _____.

To make matters worse, the neighbor kids –all **(5: Number)** _____ of them–decided to launch a water balloon at my party guests, so we had to spray them with **(6: Object that Sprays)** _____.

While the kids were outside screaming, the adults sat on the patio discussing their favorite **(7: Common Profession)** _____ and what they spent on

(8: Type of Bill) _____ this year. By the time the sun went down, I was

(9: Mood Adjective) _____. I didn't even wait for the fireworks; I just snuck upstairs to enjoy a/an **(10: Snack)** _____ and was asleep by 8pm.



Puzzle Solution from Page 8

“Welcome to Medicare” Presentations in your Area.

This class will cover the basic parts of Medicare (Parts A, B, C, & D) and how they work. Information will be provided on how to enroll, available insurance options, the drug coverage requirement, and lower income benefit programs. It is suggested that you attend a class 2-3 months prior to starting Medicare.

Call the specific location listed below to register to attend.

Monday, July 13 at 10am

Menomonee Falls Public Library (262-532-8920)

Monday, July 20 at 1:00pm

Pewaukee Public Library (262-691-5670)

Thursday, August 13 at 11:00am

Hartland Public Library (262-367-3350)

Thursday, August 20 at 11:00am

Oconomowoc Public Library (262-569-2193)

Tuesday, August 25 at 2:00pm

Mukwonago Community Library (262-363-6411)

Free 2-Hour “Welcome to Medicare” presentations, 2nd Wednesday of every month:	
In-Person	Virtual Presentation
Health & Human Services Building 514 Riverview Ave, Waukesha First Floor—Room 114	
Wednesday, June 10 1:00-3:00pm	Wednesday, June 10 5:30-7:30pm
Wednesday, July 8 1:00-3:00pm	Wednesday, July 8 5:30-7:30pm

To Register for the above: Go to www.waukeshacounty.gov/ADRC, then click “Welcome to Medicare Class” or scan the QR Code →



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

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