

ADRC of Waukesha County
Business Hours:
Monday - Friday
8:00 a - 4:30 p

262-548-7848

Toll Free: 866-677-ADRC (2372)
WaukeshaCounty.gov/ADRC

INSIDE THIS ISSUE:

- Community Events (p. 2)
- Puzzle Maze (p. 3)
- Benefit Specialist Corner: Beneficiaries (p. 4)
- National Nonprofit Day (p. 5)
- Caregiver Corner (p. 6)
- Volunteer Article: *Sometimes Hope Arrives on Four Wheels* (p. 7)
- StrongBodies is getting even STRONGER (p. 8)
- Dear Dan: Is Gardening Healthy For You? (p. 9)
- Senior Dining (p. 10-11)
- Medicare Classes (p. 12)
- Recipe: Chocolate Chip Cookies (p. 12)
- Laughter Yoga (p.13)
- Emergency Preparedness Presentations (p. 13)
- Dementia Care and Support (p. 14)
- Caregiver Support Group (p. 14)
- Cats Coloring Sheet (p.15)
- Event Flyers
 - Falls Prevention Fairs (p. 16-17)
 - Super Senior Fair - Pewaukee (p. 18)
- FREE Intro Computer Skills Training (p.19)



National Senior Citizens Day is August 21 and is a time to recognize and celebrate the older adults who enrich our families, neighborhoods, and communities. It is also an opportunity to encourage connection, and highlight ways for seniors to stay active, engaged, and supported.

Consider these options to get started:

- **Look inside this newsletter** for upcoming programs, events, and resources.
- Visit **Eras.org/community** to search for local programs, volunteer opportunities, and community events.
- Explore **Learning in Retirement of Waukesha County Inc.** for lifelong learning opportunities.
- Check out programs, book clubs, workshops, and events at your **local library**.
- Visit your local **Parks and Recreation Department** for fitness classes, social activities, trips, and seasonal programs.
- Connect with a **senior center, community group, or faith-based organization** in your area.
- **Invite a friend**, neighbor, or family member to join you for an activity or event.

Aging Forward Together:

a **FREE** Summit for Family Caregivers

Friday, November 6

Waukesha County Technical College
Anthony J. Natalizio Center (AJN) - Building S
800 Main Street, Pewaukee, WI 53072

Registration and more details to follow.

Whether you are starting to support an aging parent or caring for a spouse through changing needs, this **FREE** event offers a supportive place to connect with others, find encouragement, and access resources that can help.

You help **them**,
We help **you**



August 10 (Mon.) - Estate Liquidation Solutions (educational presentation) @ **Floyd E. Swayze Memorial Center, Big Bend, 10-11am**. Brought to you by Senior Legacy Truth Series. To register or for more information, contact Harmony at 262-210-2484

August 15 (Sat.) - Oconomowoc Festival of the Arts @ Fowler Park, 10 am-5 pm. Considered to be one of the top outdoor fine art festivals in the Midwest, the Oconomowoc Festival of the Arts features over 135 artists from all over the United States in ceramics, drawings, leather, glass, printmaking, jewelry, painting, photography, sculpture, and more! Held on the beautiful shores of Fowler Lake, this festival also features live music, food, and drinks.

August 15 (Sat.) - Party in the Park @ Wales Community Park, 5 – 9 pm. This free event will have a beer garden by Delafield Brewhaus, food trucks, live music, kids' area, and fireworks! Some seating will be available, but attendees are encouraged to bring a chair.

August 15 (Sat.) - Glacier Lakes Antique and Classic Boat Show @ Pewaukee Lakefront Park, 10 am – 5 pm. Join the Village of Pewaukee in celebrating their 150th birthday at this free family event. Step back in time with antique and classic boats, cars, big wheel bikes, live music, and a special closing ceremony honoring veterans. Food will be available to purchase.

August 15 (Sat.) - Light Up the Lake Boat Parade & Fireworks @ Oconomowoc City Beach, 7:30 – 10 pm. Enjoy a concert by the Oconomowoc American Legion Band at 7:30 and immediately following the concert, the boat parade will begin! The boats will make one lap this year. Fireworks begin around 9:30 pm.

August 15-16 (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.

August 22 (Sat.) - Goat Yoga @ Old World Wisconsin, 8:30-9:30 am. Old World Wisconsin is hosting an exciting and invigorating morning goat yoga class. Work on your flexibility, balance, and strength while goats frolic and play beside you! Interacting with friendly farm animals is a great way to reduce stress and tension while improving your mental and physical health. This class is perfect for all ages and abilities. \$30 per person and advanced registration is required: oldworldwisconsin.wisconsinhistory.org/upcoming-events

August 22 (Sat.) - Menomonee Falls Festival of the Arts @ downtown Menomonee Falls, 10 am-5 pm. Join in for a one-day block party in the heart of historic downtown Menomonee Falls! This event will feature 100+ artists, artisans and makers with demonstrations, a kid's art zone, live music, food trucks, chalk art contest, street performers, and more!

August 22 (Sat.) - Hartland Street Dance @ Downtown Hartland, 3-11 pm. The Hartland Chamber of Commerce invites you to an evening of music, drinks, food, and fun! There will also be a cornhole tournament, games, and kids' activities!

August 28-30 (Fri. – Sun.) - DandiLion Daze/ Muskego Fest @ Muskego Veterans Memorial Park, times vary. Come enjoy the largest free admission festival in southeastern Wisconsin featuring live music, a 5k, parade, rides, and more!

More events listed on pages 16-19



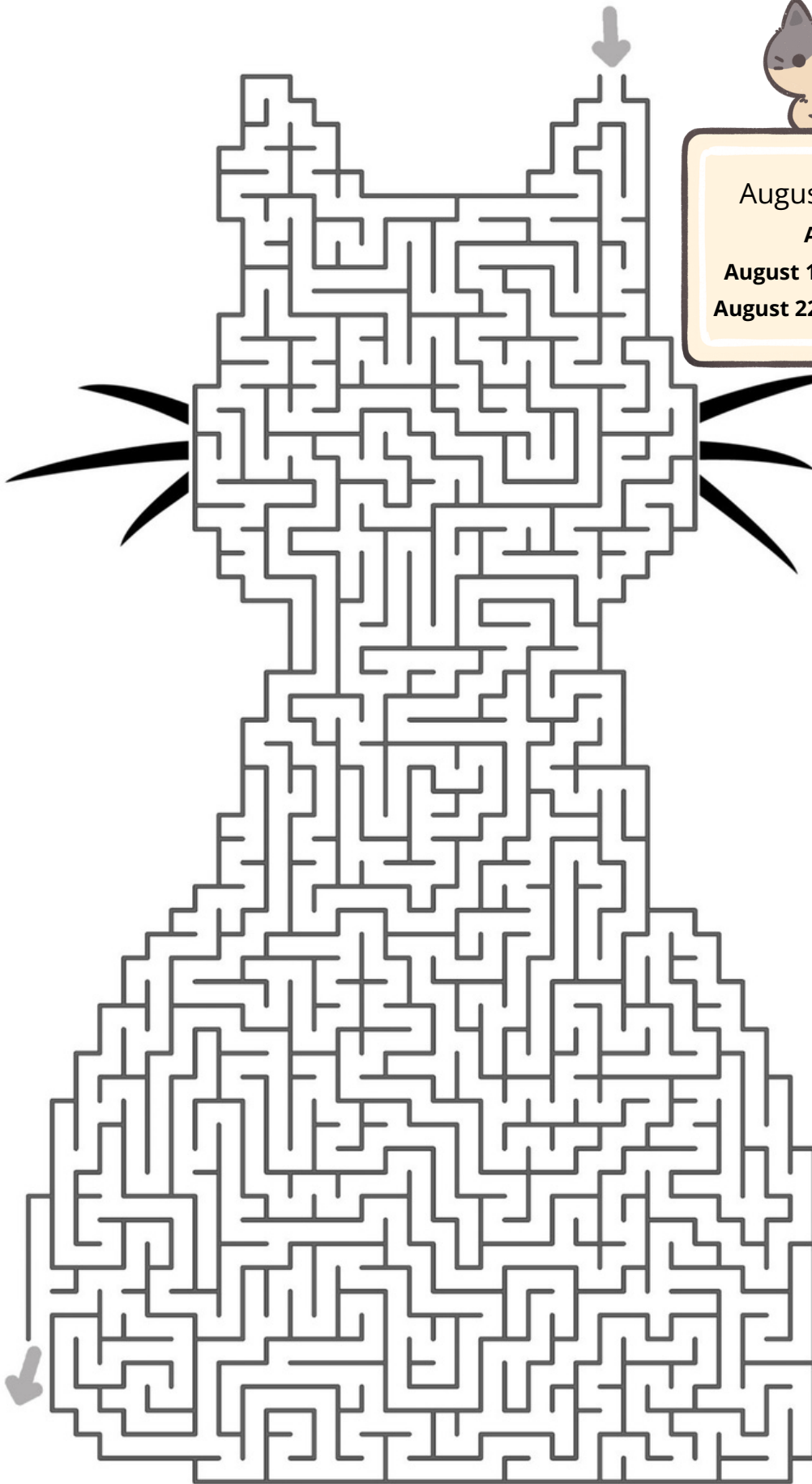
August is "Clear the Shelters" Month

August 8th: International Cat Day

August 17th: National Black Cat Appreciation Day

August 22nd: National Take Your Cat to the Vet Day

Answers on page 6



Check Your Beneficiary Designations!

When was the last time you checked the beneficiary designations on your retirement and other investment accounts? When you sign up for a 401(k) or any other bank or investment account, you are asked to name a beneficiary who will receive the money in the account when you pass away. Many people fill out the form and forget who is listed as a beneficiary on an account. Some people even leave the beneficiary designation blank when they open an account.

Although many people make sure that important documents like wills are updated when necessary, they overlook beneficiary designations on financial accounts and retirement plans. If it's been awhile since you checked, you may find that your designated beneficiary is not who or what you think it should be. For example, if you named a charity as your beneficiary many years ago, that charity may no longer exist. If you're divorced, your ex-spouse may still be listed as a beneficiary. It is important to notify your financial institution or the administrator of any retirement plan of any changes in your family status. You should be sure to ask what documentation the financial institution or retirement plan requires to show the change in your family status. Your family status can affect the benefit you, your spouse, or your former spouse will receive. If you don't choose a beneficiary or ensure that your financial institution or retirement plan has accurate information, your beneficiary may be determined by federal or state law or by the plan document that governs your retirement accounts. Whatever your beneficiary statement says will trump your will.

Fortunately, changing your beneficiary isn't hard to do. If you do not remember who you've chosen as a beneficiary, you can request a copy



of your beneficiary forms from your financial institution. You can revoke your beneficiary designation and choose a new beneficiary with a change of beneficiary form. You can also add additional beneficiaries. If you change or add beneficiaries, make sure that your account administrator has received the form and any other necessary documentation. Beneficiary designations are only effective if they are received by the account administrator before the account owner dies.

You should check your financial and estate plans periodically, including your will, power of attorney documents, and any beneficiary designations. You should also check these documents after major life events, like marriage or divorce. If you have any questions about your beneficiary designation, you should contact your financial institution. If you are in the process of getting a divorce, and either spouse has a retirement plan, talk to a family law attorney about what will happen to any pensions or retirement accounts.

If you have any questions about your own, a spouse's, or an ex-spouse's eligibility for payments under a retirement plan, contact the plan. You can also request assistance from Trellis Pension and Retirement Rights at (866) 783-5021. If you have questions about any other documents in your estate plan, you should contact an estate planning attorney. To find an estate planning attorney near you, you can contact the State Bar of Wisconsin's Lawyer Referral Service at (800) 362-9082.

Spotlight on Waukesha County Nonprofits for National Nonprofit Day August 17

Waukesha County is home to a remarkable network of nonprofit organizations dedicated to serving our community. These organizations represent just a portion of the many nonprofits working every day from helping families in crisis to supporting the arts, education, and animal welfare, these organizations make a positive impact every day.

Waukesha Service Club – Supports the community of Waukesha County by responding to the needs of individuals and organizations by running two retail stores.

La Casa de Esperanza – Provides education, workforce development, and family support services, primarily serving the Hispanic community.

Habitat for Humanity Waukesha-Jefferson-Rock – Builds affordable homes and helps families achieve homeownership.

Food Pantry of Waukesha County – Distributes food and essential items to individuals and families in need.

Family Promise of Waukesha County – Assists families with children experiencing, or at risk of, homelessness through housing and support services.

Hebron Housing Services – Provides housing assistance and support for individuals experiencing homelessness.

Hope Center – Offers meals, shelter resources, and supportive services for people in need.

The Salvation Army of Waukesha County – Provides emergency assistance, food, housing support, youth programs, and seasonal services.

NAMI Southeast Wisconsin – Offers education, advocacy, and support for individuals and families affected by mental illness.

Catholic Charities – Provides counseling, family support, immigration assistance, and services for older adults.

Team Up with Families – Katy's Kloset – Supports foster, adoptive, and kinship families through Katy's Kloset and other family resources.

Waukesha YMCA – Promotes healthy living through fitness, childcare, youth development, and community programs.

Community Smiles Dental – Delivers affordable dental care to underserved children and adults.

Donna Lexa Art Centers – Provides inclusive art programs for people with disabilities, mental illness, and other special needs including veterans and adults with dementia.

The Women's Center – Supports survivors of domestic violence, sexual assault, child abuse, and human trafficking.

Elmbrook Humane Society – Provides shelter for homeless animals, promotes the human-animal bond, and prevents animal cruelty and neglect.

Humane Animal Welfare Society of Waukesha County (HAWS) – Provides animal shelter, adoption, education, and pet wellness services.

St. Vincent de Paul – Offers food, clothing, housing assistance, and emergency financial support.

Wisconsin Philharmonic – Enriches the community through live orchestral performances and music education.

Waukesha Civic Theatre – Provides live theater productions, educational programs, and community arts experiences.

Eras Senior Network – Connects older adults with volunteer opportunities, transportation, and supportive services.

Blessings in a Backpack – Provides weekend meals to children facing food insecurity.



Tips for Visiting Someone in a Care Facility

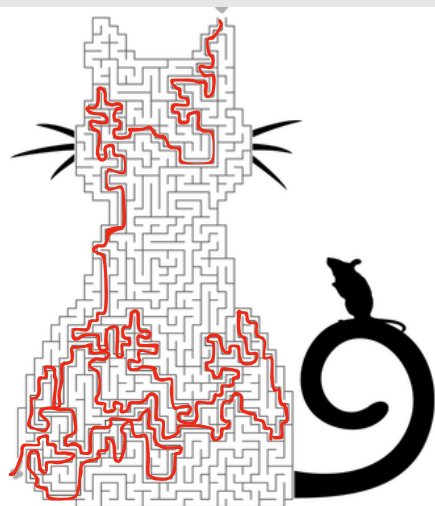
By the GWAAR Legal Services Team (for reprint)

Summer can be a time for travel, catching up with family and friends, and spending time outdoors. It can also mean more time and ability to visit loved ones in a care facility. However, many people put off visiting friends and relatives in care facilities, such as care or assisted living facilities, because they are nervous, have had difficulty with visits in the past, or don't know how to act.

Here are tips that may help you or someone you know make care facility visits enjoyable for everyone:

1. **Plan your visit:** Know where you're going, the care facilities' visiting hours policies, and the activity schedule
2. **Time your visit carefully:** Ask the person you are visiting and the staff when a good time is to visit. For example, some people are more alert and energized in the morning. Consider going at meal time to share a meal or help with feeding.
3. **There's no ideal length for a visit:** Use your best judgement for the length of your visit.
4. **Try not to feel intimidated** by the facility setting or the person's health conditions
5. **Share about yourself.** Talking may take a lot of energy and tire the person out – listening may be an easier (and more pleasant) way to spend time together.
6. **Go outdoors, if possible** - Go for a short walk, take a drive, or sit outside on a bench.
7. **Bring items to talk about** - Pictures, videos, cards or drawings from children, objects with great memories to spur conversation.
8. **Don't be afraid of physical contact** - like a hug, hand massage, or manicure. Human contact benefits a person's overall well-being.
9. **Know that just your presence can be a source of comfort and reassurance.**

Source: Caring.com



Puzzle answer from Page 3

Ways to find us online!



ADRC of Waukesha County Facebook Page
Facebook.com/ADRCWC



Waukesha County HHS Facebook Page
Facebook.com/WaukeshaCountyHHS



Waukesha County HHS Instagram Page
instagram.com/waukeshacohhs



Sometimes Hope Arrives on Four Wheels

A therapy appointment. A counseling session. A medical visit. For many of us, getting there is as simple as grabbing our keys. But for some youth and families in Waukesha County, a lack of transportation can mean missing the very support that helps them heal, grow, and thrive. **That's where you can make all the difference.**

Waukesha County Health and Human Services is looking for some compassionate volunteer drivers to help youth and adults get to important appointments. Right now, our greatest need is helping teens reach therapy appointments. A small act can have a lasting impact on a young person's future and provide much needed support for their entire family.

As a volunteer driver, you're doing far more than providing transportation. You're helping remove one of the biggest barriers to accessing essential care. Every ride helps ensure someone is able to receive services that support their mental health, physical well-being, and overall stability. Your willingness to show up can help someone continue a journey toward hope and healing.

Many of our volunteer drivers say the relationships they build are the most rewarding part of the experience. Seeing a young person grow in confidence over time, or knowing a family can count on you, brings a sense of purpose that stays with you long after the ride is over. You may only be part of someone's story for a short time, but your kindness, reliability, and encouragement can leave a lasting impression.

We're looking for volunteers who are patient, understanding, and compassionate. Many of the individuals and families we serve have experienced challenges or trauma, so flexibility and empathy are important. Plans may occasionally change, and there may be last minute cancellations or no shows, but your willingness to meet people where they are can make all the difference.

The best part? You decide when you volunteer! Most rides take place Monday through Friday between 7 a.m. and 8 p.m., with the majority occurring during daytime hours. Even driving a few times each month can have a meaningful impact. Volunteer drivers receive training, ongoing support, and mileage reimbursement. You can even volunteer with a friend, spouse, or partner.

You don't have to change someone's life in a single day. Sometimes, changing a life begins with simply helping someone get where they need to be. One ride. One act of kindness. One caring volunteer can make all the difference.

Questions? Want to learn more?

Contact Kara at kamoore@waukeshacounty.gov or visit WaukeshaCounty.gov/HHSvolunteer

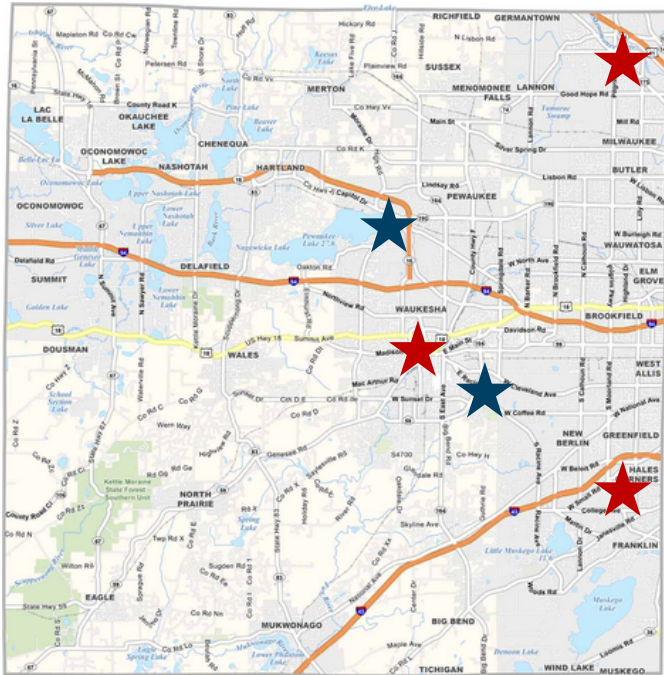
StrongBodies is Growing!



What is StrongBodies?

A strength training program for anyone desiring to slow down the bone and muscle loss process. 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.

The ADRC is pleased to welcome three new StrongBodies locations to our growing list of workshops offered throughout Waukesha County. This transition follows a change with UW-Extension, and we are incredibly grateful to the dedicated facilitators who have generously agreed to become ADRC volunteers. Their commitment ensures these valuable strength-training programs can continue to run smoothly and remain available to older adults in our community.



★ = New Location

★ = Existing Location

We would also like to extend a special thank you to Jen Whitty with the UW-Madison Extension State StrongBodies program for her guidance and support throughout this transition.

To our StrongBodies volunteers and participants: thank you. Your time, energy, encouragement, and ongoing commitment help strengthen not only individual health and wellness, but also the broader community. We are excited to welcome these new locations and look forward to continuing to support motivated, connected, and active older adults across the county.

Upcoming StrongBodies Classes!

These classes are on a drop in basis, but registration with Courtney beforehand is highly encouraged.

Courtney, Health Promotions Coordinator,
262-444-9102 or email cklepp@waukeshacounty.gov

Mondays and Wednesdays 1:00 - 2:30 pm
(Fall 2026 session September 28 - December 16)
Holy Cross Lutheran Church
N156N8131 Pilgrim Rd., Menomonee Falls

Mondays and Wednesdays, 4:00-5:15 pm
St. Marks Lutheran Church
424 Hyde Park Ave, Waukesha

**Mondays and Wednesdays
9:30-10:45 am**

Gethsemane United Methodist Church
642 Main St., Pewaukee

**Mondays and Wednesdays
9:30-10:45 am**

Salem United Methodist Church
541 State Hwy-59, Waukesha

**Tuesdays and Thursdays
10:00-11:30 am**

Muskego Circle Community Center
S63W13694 W. Janesville Rd., Muskego



Dear Dan,

I've always loved gardening. There's something magical about digging in the dirt, planting seeds, and then acting completely surprised months later when I have enough tomatoes to supply the entire neighborhood. My flowers make me smile, my weeds keep me humble, and my back...well, my back occasionally reminds me that I'm not 25 anymore. Recently, I heard a rumor that gardening is good for your health.

Is that true, or is it just something gardeners tell themselves to justify buying one more packet of seeds and another pair of gloves? Can tending to my gardens really benefit my body and mind, or is the only thing getting healthier my zucchini?

Please dig up the facts for me. I'd love to know whether my growing collection of flowers and vegetables is also helping me grow healthier or if I'm just cultivating sore muscles and sunburn.

Please help separate the facts from the fertilizer,
Phil DeSoil

Dear Phil DeSoil,

I am glad you love gardening. I tried gardening; I didn't like it at first, but then it grew on me. Ha! Seriously, the rumor you heard about gardening is true. Gardening can be healthy for both your mind and body. Lettuce look into the root of the matter of how gardening can benefit your overall wellness.

First, we'll barrel into how it benefits our physical health. Gardening can be like a full-body workout. Digging, planting seeds, and pulling weeds require squatting, which works muscles in your legs, back, abdominals, and pelvis. Building up these muscles helps improve your balance. Moving bags of mulch around uses muscles in your arms, back, and legs; and pushing a lawn mower or wheelbarrow around involves your whole body. According to the CDC, gardening for 30 minutes can burn around 165 to 220 calories, which is similar to weight training, bicycling, and hiking. So, a lot of good physical activity will turnip while you garden.

Gardening also has planted benefits for our mental health. Studies show that spending time outdoors can reduce stress and anxiety. Being outside (away from screens) engaging with nature and the tactile experience of gardening reduces levels of the stress hormone cortisol, which can help lower blood pressure, heart rate, and stress. In addition to reducing stress, being outdoors has been found to improve mood. The boost in energy you experience continues long after you go back indoors. Hopefully this energy and good mood you rose will be potted with you for a while.

Many health benefits grow from gardening for both your mind and body. You did mention how sore your back and muscles get. Take time to warm up before you garden. Do some stretches to make sure your muscles are ready to work and reduce the risk of injury. Phil, I'm glad this topic sprouted up. As you can see, gardening is great for your health, not just your zucchini's.

**-Dan, Community Health Educator
Waukesha County Public Health**

JOKE
OF THE MONTH:

WHY IS THE MUSHROOM GARDENER GREAT AT PARTIES?

...HE IS A FUNGI

Waukesha County ADRC Senior Dining Centers

Congregate dining site meals are served Monday–Friday at 12:00/Noon unless otherwise stated. Advanced reservations are required by 11 am at least the business day prior, by calling the dining center where you wish to attend.

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

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

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

New Berlin: OurLord'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

August 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Sloppy Joe on a Wheat Bun American Fried Potatoes with ketchup Baked Beans Peach Half Chocolate Chip Cookie Alt: Diet Cookie	Stuffed Pepper Casserole Sunshine Carrots Cucumber Slices with Ranch Whole Wheat Bread/butter Fruit Compote	Honey Mustard Chicken Buttered Red Potatoes Cauliflower Salad Multigrain Bread Honeydew Melon Chocolate Milk	WI State Fair Day BBQ Shredded Pork on a Bun Cubed Sweet Potatoes Buttered Corn Fresh Fruit Cream Puff	Carolina Salad with Chicken & Maple Mustard Vinaigrette Mediterranean Couscous Salad Wheat Dinner Roll Seasonal Fresh Fruit
10	11	12	13	14
Vietnamese Caramelized Pork over Brown Rice Soy Sauce Sugar Snap Peas Baby Carrots with Ranch Fruit Cocktail Chocolate Milk	Turkey Tetrizzini Seasoned Green Beans Cucumber, Tomato & Red Onion Salad Mixed Fruit Cup Whole Wheat Dinner Roll Vanilla Pudding Alt: Diet Pudding	Irish Fest Irish Stew with Potatoes and Root Veggies Corn O'Brien Pea & Cheese Salad Marble Rye Seasonal Fresh Fruit Frosted Brownie	BBQ Riblet Au Gratin Potatoes Garbanzo Bean Salad Buttermilk Biscuit Watermelon	Roast Turkey Honey Glazed Sweet Potatoes Spinach Salad with Ranch Dressing Seasonal Fresh Fruit Nine Grain Bread Oatmeal Raisin Cookie Alt: Diet Cookie
17	18	19	20	21
Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Sicilian Grande Veggies Corn and Edamame Salad Cherry Pie Alt: Fruit Cocktail	BBQ Chicken Quarters Dilled Potato Salad Peas & Pearl Onions Cornbread Mixed Berries	Homestyle Meatloaf Garlic Mashed Potatoes Harvard Beets Whole Wheat Bread Cantaloupe Chocolate Milk	Mexican Fiesta Beef Enchilada Casserole with Zucchini Sour Cream Mexican Rice Mexican Street Corn Fresh Jicama with Ranch Tropical Fruit Cup Snickerdoodle Cookie	Italian Sausage with Marinara and Peppers on a bun Seasoned Red Potatoes Romaine Lettuce Salad with Italian Dressing Seasonal Fresh Fruit
24	25	26	27	28
Million Dollar Chicken Casserole Seasoned Diced Red Potatoes Venetian Blend Veggies Seasonal Fresh Fruit Multigrain Bread Peanut Butter Cookie Alt: Diet Cokie	Beef Tips with Mushrooms and Onions Mashed Potatoes Country Mix Veggies Oat Bran Bread Fruit Compote Chocolate Milk	Vegetable Lasagna Italian Beans Mixed Greens Salad with Italian Dressing Mini Breadstick Nectarine	Curry Chicken Salad Fresh Corn Salad Baby carrots with garlic herb dip Sunshine Fruit Salad Mini Croissant Ice Cream Cup	St Louis Style Pork Loin Au Gratin Potatoes Three Bean Salad Watermelon Buttermilk Biscuit Dessert Bar Alt: Applesauce
31				
Brewers vs Cubs Chicago-Style Hot Dog on Poppyseed Bun, Pickle Spear, Onions Potato Salad Hot Calico Beans Mandarin Oranges Vanilla Pudding Alt: Diet Pudding	PLEASE NOTE: MENU SUBJECT TO CHANGE WITHOUT NOTICE 1% milk included ALT= Lower Sugar Alternative ALLERGY STATEMENT: Menu items may contain or come into contact with milk, eggs, fish, tree nuts, peanuts, wheat, sesame and/or soy.			

"Welcome to Medicare" Classes (2 hours)

***Wednesday, August 12, 1:00pm**
Human Services Center, Room 114

***Wednesday, September 9, 1:00pm**
Human Services Center, Room 114

Virtual option
available on the
same days at 5:30pm



*Register for any of the above by doing one of the following: visit:
www.waukeshacounty.gov/benefitscounseling/#wtm,
call our office at 262-548-7848, or scan the QR code.



"Introduction to Medicare" Classes (1 hour)

Please register with the specific location you wish to attend below

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)



Chocolate Chip Cookie Recipe



Ingredients

- ½ cup butter
- ½ cup granulated sugar
- ¼ cup brown sugar packed
- 2 teaspoons vanilla extract
- 1 large egg
- 1 ¾ cups all-purpose flour properly measured
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 cup semisweet chocolate chips

Nutrition Information

YIELD: 24 cookies

Serving: 1 cookie | Calories: 138kcal | Carbohydrates: 17g |
Protein: 1g | Fat: 6g | Saturated Fat: 4g | Cholesterol: 17mg |
Sodium: 109mg | Potassium: 57mg | Sugar: 9g | Vitamin A:
130IU | Calcium: 10mg | Iron: 1mg

Instructions

1. Preheat the oven to 350 F.
2. Microwave the butter for about 40 seconds. Butter should be completely melted but shouldn't be hot.
3. In a large bowl, mix butter with the sugars until well-combined. (½ cup butter, ½ cup granulated sugar, ¼ cup brown sugar)
4. Stir in vanilla and egg until incorporated. (2 teaspoons vanilla extract, 1 large egg)
5. Add the flour, baking soda, and salt. Please read the recipe note about properly measuring flour. (1 ¾ cups all-purpose flour, ½ teaspoon baking soda, ½ teaspoon kosher salt)
6. Mix dough until just combined. Dough should be soft and a little sticky but not overly sticky.
7. Stir in chocolate chips. (1 cup semisweet chocolate chips)
8. Scoop out 1.5 tablespoons of dough (medium cookie scoop) and place 2 inches apart on baking sheet.
9. Bake for 7-10 minutes, or until cookies are set. They will be puffy and still look a little underbaked in the middle.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

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!

September 30, 2026
6:00 PM - 7:00 PM

Location: New Berlin Activity & Recreation Center
15321 W National Ave, New Berlin

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



Emergency Preparedness as We Age



In this class we will discuss how to be prepared for any emergency, including special consideration to think about as we age. Topics will include common emergencies in Waukesha County and Wisconsin. What to do before, during and after an emergency to keep you and others safe. You will learn, how to be informed, make a plan, and build a kit for emergencies.

August 14, 2026
10:00 AM - 11:15 AM

New Berlin Library
15105 Library Lane
New Berlin, WI 53151

To Register: Register Online at
www.newberlinlibrary.org

August 25, 2026
10:00 AM - 11:15 AM

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

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

September 9th, 2026
3:00 PM - 4:15 PM

Christ the King Lutheran Church - Delafield
1600 N Genesee St., Delafield, WI 53018
To Register: Call 262-646-2343

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

Hartland Public Library
110 E. Park Ave., Hartland, WI 53209

To Register: Register online
hartland.librarycalendar.com/event/emergency-preparedness-we-age-3767

September 22nd, 2026
1:30 PM - 2:45 PM

Elm Grove Public Library
13600 Juneau Blvd, Elm Grove, WI 53122
To Register: www.elmgrovelibrary.org

Dementia Care and Support

Community Memory Screening:

Tuesday, October 13, 10:00a-3:00p at Brookfield Public Library. This is not a diagnosis, but a baseline test. Be informed about your brain health and speak with a Dementia Care Specialist. Schedule your 30 min time slot of memory screen with Jennifer, ADRC Dementia Care Specialist at 262-548-7650



Younger Onset Dementia Caregiver Support Group:

2nd Wednesday of each month

(Aug 12, Sept 9, Oct 14, Nov 11, Dec 9) 3:00-4:30 pm at Waukesha Health and Human Services building, 514 Riverview Ave, Waukesha, Room 113. Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65? Join this group for conversations about dementia, caregiver strategies and community resources.

Monday Coffee Connect - Dementia Caregiver Group (Virtual): Mondays, 10:00-11:00a.

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

Caregiver of Older Adults Support Group

ADRC facilitates a monthly support group for those taking care of an older adult in their life. The group is open to all caregivers of older persons where they can come learn and lean on other caregivers.

**Every 4th Monday of each month
12:45p-1:45p**

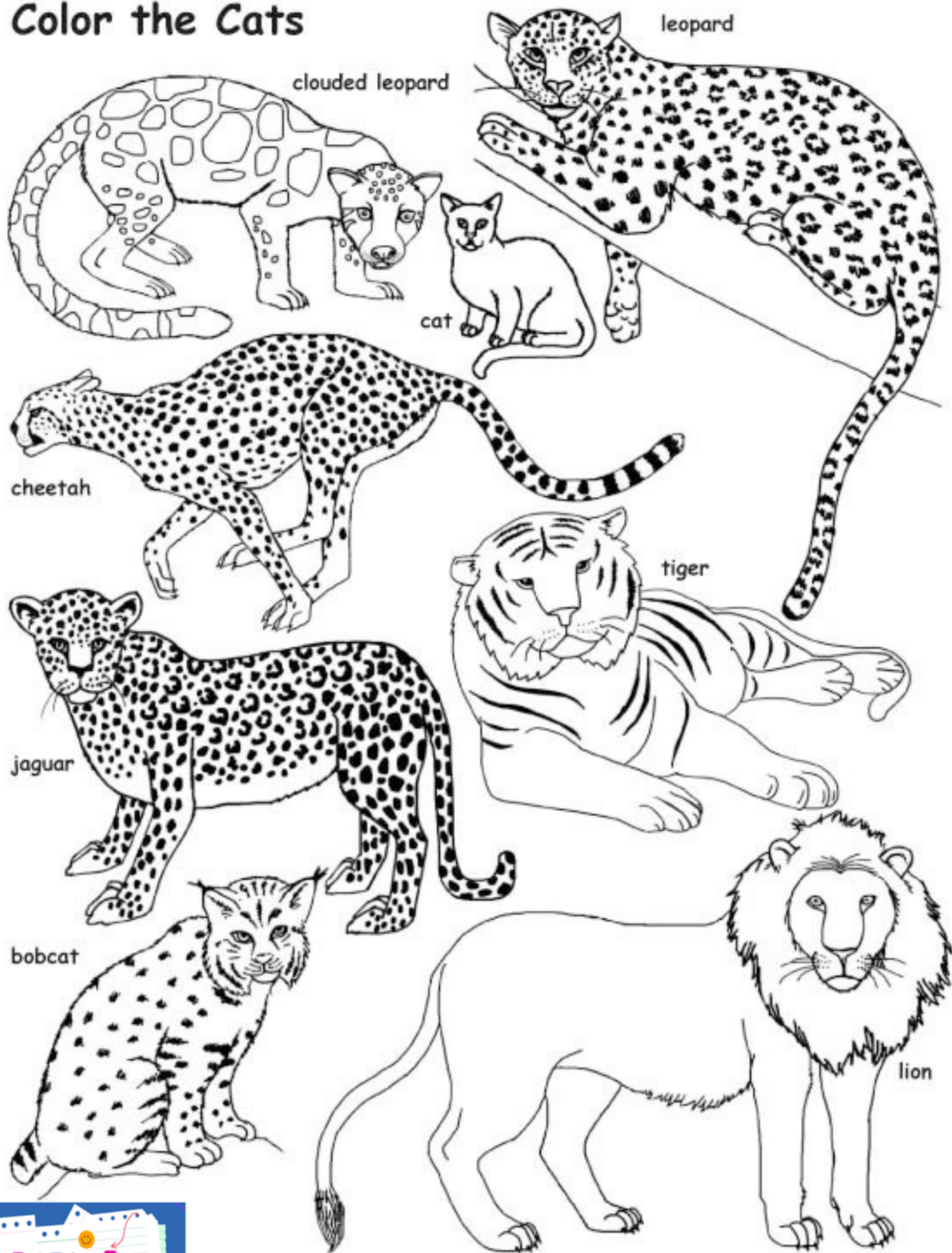
Sussex Civic Center
N64W23760 Main Street
Sussex, WI 53089

Questions?

Contact Amy at 262-548-7683 or arockhill@waukeshacounty.gov



Color the Cats



Month of August features many feline awareness days including:

- International Clouded Leopard Day - August 4
- International Cat Day - August 8
- Scottish Wildcat Day - August 8
- World Lion Day - August 10



By Megan Gaudin

STEPS *to!* Stay Steady

COMMUNITY FALLS PREVENTION FAIR



Helping You Stay Safe,
Strong & Independent

A stronger
community
starts with
simple action
steps to reduce
falls.

DATES & LOCATIONS



WEDNESDAY
SEPTEMBER 23,
2026



Shorehaven Clubhouse
1380 W. Wisconsin Ave
Oconomowoc, WI



FRIDAY
SEPTEMBER 25,
2026



Schuetze Center
1120 Baxter Street
Waukesha, WI



TIME: 9:30 – 11:30 AM

WHO SHOULD ATTEND?



Older adults



Caregivers &
family members



Anyone interested in
staying active &
independent

All are welcome!

WHAT YOU'LL EXPERIENCE



EXERCISE & STRENGTH

Improve
balance,
mobility &
confidence.



HOME SAFETY

Tips to
prevent falls
and create a
safer home.



VISION SCREENINGS

Check your
sight and
protect your
vision.



HEARING SCREENINGS

Support
better hearing
and stay
connected.



FALLS RISK SCREENINGS

Know your
personal risk
and what you
can do.



MEDICATION

Learn about
side effects
and safer
use.



FOOTWEAR

Find out how
proper shoes
can support
your steps.



COMMUNITY RESOURCES

Connect with
local services
and support
you can trust.

FREE
COMMUNITY
EVENT!

Stay active. Stay independent. Stay steady.

DROP IN ANYTIME DURING THE EVENT!



WAUKESHA COUNTY
FALLS PREVENTION COALITION



For more information, visit
www.waukeshacounty.gov/health-education





Ascension Falls Prevention — Fair —

Stay Steady. Stay Safe. Stay Independent.



**Practical tips. Local resources.
Stronger, safer communities.**

Join us for an informative and engaging afternoon focused on preventing falls and promoting health, confidence, and independence at every age.



PREVENT FALLS

Learn simple steps to reduce your risk and stay independent.



STAY ACTIVE

Discover exercises and activities to improve balance, strength, and mobility.



SAFE HOME TIPS

Get ideas to make your home safer and easier to navigate.



HEALTH & WELLNESS

Connect with professionals and learn about local resources.



COMMUNITY CONNECTIONS

Build connections and support a stronger, safer community.



**TUESDAY,
SEPTEMBER 1ST, 2026**
1:00 PM – 4:00 PM



**Brookfield Library
Community Room**
1900 N Calhoun Rd
Brookfield, WI 53005

Everyone Welcome! ♥
Bring a friend or family member!

INTERACTIVE DEMONSTRATIONS & ACTIVITIES

2:00 – 2:30 PM



TAI CHI

Improve balance, flexibility, and reduce stress!

2:30 – 3:00 PM



BALLROOM DANCE

Have fun while moving your body!

3:00 PM



BINGO!

Play for prizes and enjoy some friendly fun!



GIVEAWAYS & DOOR PRIZES

Fun prizes and useful items!



EXPERT TALKS & RESOURCES

Learn from experts and discover helpful local resources!



RESOURCES & SUPPORT

Find support and resources to help you stay your best!



LIGHT REFRESHMENTS

Enjoy snacks and refreshments while you connect!

FOR QUESTIONS CALL

262-785-2293



PROUDLY PRESENTED BY

Froedtert



MEDICAL
COLLEGE OF
WISCONSIN

— 12th Annual —
SUPER SENIOR
Open House

RESOURCES • INFORMATION • CONNECTIONS



THURSDAY,
SEPTEMBER 10, 2026
11:00 AM – 1:00 PM



CHRIST LUTHERAN CHURCH
W240 N3130 Pewaukee Rd.
Pewaukee, WI 53072

**FREE
TO ATTEND!**



FREE LUNCH INCLUDED!

Provided by our Lunch Sponsor,

*Visiting
Angels*
LIVING ASSISTANCE SERVICES



FEATURED SPEAKER

Claire Sedushak, RPh, MA, CSA
Pharmacist and Gerontologist

Presenting:

“The Perils & Pitfalls of Pills”



Connect with local organizations,
enjoy a complimentary lunch,
hear an informative presentation,
and discover resources that help
you live well and stay independent.

Registration Required
262-691-7275

For more information, contact Pewaukee Parks & Recreation
262-691-7275 | www.cityofpewaukee.us

DIGITAL CONNECTIONS TRAINING

provided by Everyone On

Learn New Digital Skills

Do you want the digital skills needed to stay connected with grandkids and family, access telehealth or online medical charts, explore hobbies, or safely navigate online resources?



CLASSES COVER BASIC DIGITAL LITERACY TOPICS

- Week 1: Orientation & Laptop Setup
- Week 2: Using a computer
- Week 3: Exploring the internet
- Week 4: Setting up and using email
- Week 5: Accessing online resources, and more

EVERYONE ON PROVIDES

- 2-hour **free, in-person digital skills training** once a week for 5 weeks
- A ***free laptop for each participant** who completes the course

**Must attend all classes; laptops are provided by Everyone On*

ELIGIBILITY:

- Age 60+
- Do not own a computer Milwaukee or Waukesha County resident
- No (or limited) access to broadband; low-income; and/or unable to afford a computer
- No (or limited) digital skills

Digital Connections Training

Tuesdays; 9/01/26-9/29/26

1:00pm - 3:00pm

Waukesha County Health & Human Services Center
Room 114
514 Riverview Ave, Waukesha, WI 53188

Please Note: "Bring Your Own Device" is not permitted



TO SIGN UP, CONTACT:

Sarah Pfeiffle
262.970.6688
spfeiffle@waukeshacounty.gov



everyoneon.org



IN PARTNERSHIP WITH:



NOTE: Waukesha County themselves are not providing laptops.

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

ADRC Advisory Board:

Judith Tharman, Chair
Susan Schweda, Co-Chair
Jeffry Lewis, Secretary
Marilyn Cummins
Donald Richmond
Irene Ridgeman
Renee Ramirez
Deb Schroeder
Jenny McGilligan
Mary Baer, HHS Board Liaison

ADRC Leadership Staff:

Jennifer Wrucke, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Kristen Hosking, Supervisor
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Jessica Eckert, Supervisor
Sheri Krull, Supervisor



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