



# THE ADRC CONNECTION

MAY 2026



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

**262-548-7848**

Toll Free: 866-677-ADRC (2372)

[WaukeshaCounty.gov/ADRC](http://WaukeshaCounty.gov/ADRC)

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# ATTENTION

**LAST CALL!**

**RENEW YOUR SUBSCRIPTION BY JUNE 1ST!  
OR YOU WILL NO LONGER RECEIVE THIS  
NEWSLETTER**

In an effort to keep our database up to date, we are asking everyone to **renew their newsletter subscription.**

1. Complete this online form:

[wauk.co/ADRC-Newsletter-Sign-up](http://wauk.co/ADRC-Newsletter-Sign-up)

**OR**

2. Scan QR Code **OR**

3. Call the ADRC 262-548-7848



**If you do not contact us before June 1<sup>st</sup>, your subscription will be cancelled and you will no longer receive our newsletter unless you re-subscribe.**

**FREE Lunch and Learn:  
Scams Presentation by  
APS Social Workers**

**TURN TO PAGE 9 FOR  
MORE INFO**

## PROTECT YOURSELF FROM SCAMS





**May 2 (Sat.) - HAWS Fest @ Waukesha County Expo Center**, 10 am – 3 pm. Join for the 43<sup>rd</sup> annual fundraiser featuring a pet-centric, activity-based, event for pets and their people. There will be food trucks, raffles, games, vendors, beverages, and more! Admission is free. Well-socialized pets are welcome to attend with their families. Dogs must be on leashes.

**May 9 (Sat.) - Celebrating Mom Springtime Craft & Vendor Fair @ Wildwood Lodge** (Pewaukee), 10 am – 3 pm. Come browse a curated broad spectrum of crafters and vendors offering fashion, jewelry, décor, skincare, candles, baked goods, wellness products, and more! Shop and support local businesses while finding a Mother's Day gift in the process!

**May 9 (Sat.) - Makers Market of Stonewood Village @ Stonewood Village** (Brookfield), 10 am – 4 pm. This year's market will showcase more than 70 local makers, bakers, and artists with food trucks also available all day!

**May 10 (Sun.) - Mother's Day Celebration @ Old World Wisconsin**, 10 am-4 pm. Help plant and plan gardens and get inspired by architecture, spring forests, and the mothers who helped immigrant families make Wisconsin home at this unique event! Admission is free for all mothers. Tickets for adults and teens are \$24, \$20 for seniors 65+, and \$16 for children ages 5-12. Children under 5 and Old World Wisconsin members get in free!

**May 16 (Sat.) - Delaspring @ Downtown Delafield**, 10 am-3 pm. Formerly known as the Delafield Art Walk, DelaSpring will host dozens of artisans spread out at a downtown market. There will be live music, delicious food and drink from participating restaurants, and a kid zone.

**May 16 & 17 (Sat. & Sun.) - Wisconsin Geological Society Rock & Gem Show @ The Waukesha Expo Center**, 10 am- 4:30 pm. This event will feature over 20 dealers of rocks, mineral specimens, jewelry, fossils, and more! There will also be door prizes, club sales, baked goods, and kid's area.

**May 17 (Sun.) - Mukwonago Book Festival @ The Mukwonago Community Library**, 10 am – 4 pm. This is a day-long festival that will bring together Wisconsin authors, readers, and book lovers for a vibrant celebration of the remarkable literary talent in the community!

**May 25 (Mon.) - Memorial Day Commemoration @ Downtown Waukesha**, 9 am – 12 pm. The Waukesha Allied Veterans Council invites you to honor our fallen service men and women at this Memorial Day River Service. A parade will begin at 10 am with the service to follow at Cutler Park.

## Hartland Library Events!



**May 8 (Fri.)- Bingo Hour @ Hartland Library**, 10:30 am. Adults, join us for mingling and bingo! No registration required.


**May 12 (Thurs.) - Consumer Protection: Identity Theft @ Hartland Library**, 6 pm. Identity theft can be devastating, but it is preventable. By being cautious and acting quickly, you can protect your identity and minimize damage if fraud occurs.

Learn more about how to stay protected with Bryan Douglas from Aegis Wealth Advisors. Participants will learn how to identify warning signs, respond to identity theft, protect their private information, recover their identity, and more! Registration encouraged.





# 10 WAYS TO SAVE MONEY AT THE LIBRARY



**1 EBOOKS & AUDIOBOOKS**  Check out ebooks and audiobooks from your library using a free app, or check out a variety of audiobooks on CD or on a Playaway (self-contained audiobooks) from your library. Libraries have ebooks and audiobooks available online to use on your device through the Libby app. Visit: [overdrive.com/apps/libby](https://overdrive.com/apps/libby)

**2 MAGAZINES**  Check out print magazines or access e-magazines with your library card. There is a wide variety available to view on your device through the Libby app. Visit: [overdrive.com/apps/libby](https://overdrive.com/apps/libby)


**3 NEWSPAPERS**  Your library has newspaper subscriptions that you can read when you visit. You can also access digital newspapers through your library's website or through BadgerLink, Wisconsin's online library. Visit: [badgerlink.dpi.wi.gov](https://badgerlink.dpi.wi.gov)

**4 ONLINE CLASSES**  Libraries provide online classes through Udemy. Udemy offers thousands of on-demand video courses that can be accessed anytime, anywhere. Each library has their own unique URL to access Udemy. Visit: [bridgeslibrarysystem.org/udemy](https://bridgeslibrarysystem.org/udemy)

**5 MOVIES** Check out DVDs or Blu-rays from the library at no cost. If you like to watch movies with other movie goers, some libraries show regular feature films or documentaries. Check out your libraries' program schedule. Or borrow a Roku stick to stream content to your TV via the internet. Visit: [cafelibraries.org/polaris](https://cafelibraries.org/polaris)

**6 COMPUTER & PRINTERS** Libraries have both computers and printers you can use. Head to the library to print from your laptop or bring a flash drive and use one of our computers to print the documents you need. Some libraries now have wireless printing meaning you can send a print job from the comfort of your home to the library.

**7 TECHNOLOGY HELP** Check out your library's program schedule for tech classes. Staff are also happy to assist you with your device questions. Call ahead to see when a librarian or staff member might be available to help you one-on-one with your computer or device questions.

**8 GENEALOGY**  All libraries subscribe to Ancestry.com Library Edition. It provides information for conducting genealogical and local history research. This resource is for use inside the library only. Patrons can access the learning center, charters and forms, and the ability to email a record home for printing and downloading.

**9 PROGRAMS, CLUBS & CLASSES** Libraries offer free clubs, programs, classes and presentations. Some libraries have a makerspace where you can go to learn and create. Some spaces have 3-D printers, laser cutter, Cricuit makers, recording studios, arts and crafts materials, and much more.

**10 THE "LIBRARY OF THINGS"** There are a lot of different things you can check out from the "Library of Things" - from board games, to seeds, to cake pans, to internet hot spots! There are even Explore Passes to visit local attractions, like museums or gardens, at no charge. Some Explore Passes include parking and gift shop discounts! Visit: [bridgeslibrarysystem.org/library-of-things](https://bridgeslibrarysystem.org/library-of-things)

# Caring for Yourself While Caring for Someone with a Mental Health Condition

From Trualta

Caregiver  
Corner



Experiencing caregiver burnout, emotional stress, or other health concerns can make it challenging to

care for someone else, especially with mental health conditions. Ensuring you care for yourself should also be at the top of your priority list. However, self-care isn't just about taking a bubble bath! Caregivers of people with mood disorders (like depression or bipolar disorder) are more likely to experience impacts on their own mental well-being and social relationships. Here are three things to keep in mind:

## 1. Give Yourself a Permission Slip

You may feel like you always need to be available for the person you care for. These expectations can lead you to exert all your energy and effort to show you care. To help manage these expectations and reduce the risk of strain on your relationship, give yourself a "permission slip". Take time to think about what you can give yourself permission for. Below are some examples:

- **Spending time for yourself.** Satisfy your personal needs, relationships, and hobbies. Make a list of where *you* find fulfillment and pleasure.
- **Not needing to be the "savior".** You can't fix everything. List your responsibilities and identify what you can and cannot control. For example, you can drive them to a therapy session, but you can't make them talk.
- **Not being available immediately.** Being constantly available sets unrealistic expectations and isn't sustainable. Prioritize requests and needs.
- **Not taking their actions personally.** Your care recipient may say hurtful things sometimes. Try to remember that not every statement or behavior is a personal attack. In some cases, the words said may not be conscious or on purpose.

**Not blaming yourself.** Your care recipient's illness is biological, and some situations can make symptoms worse. Remind yourself that to be at fault for something means you're in control of it. You can't control their condition or how it affects them.

## 2. Communicate Boundaries

Boundaries set expectations for a more reliable and manageable form of care. Without them, you and your care recipient may experience higher levels of frustration that can negatively affect physical and mental health. Start by identifying boundaries, roles, and expectations. Below are some ideas you can use to communicate them:

- **Address the importance of sticking to their treatment plan.** Review your role in the plan, but just as importantly, outline their role in sticking to it. This includes the importance of accessing professional help and how that role differs from yours.
- **Offer help within your domain.** Consider limits of what you're able to help with, remembering that you can't do it all. When you communicate your role in advance, you reduce the need to have boundary conversations later.

**Stand up to unacceptable or abusive behavior.** Even though you may understand why they're behaving a certain way, you deserve respect. Regardless of the reason, any form of abuse (verbal, emotional, or physical) is unacceptable. Communicate inappropriate behaviors in a clear and assertive way.

## 3. Find Supports for Yourself

You don't have to approach things alone. Find help for yourself. This can include:

- Getting therapy or professional help for yourself.
- Joining a support group for people caring for others with mental illness.
  - ◇ Check out NAMI support groups
- Talking to a trusted friend or family member about how you're feeling (while maintaining confidentiality for your care recipient).

## Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "**Champion Your Health,**" focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Championing our health is about making daily choices that support our body and mind. Small, consistent actions, from preventive care to staying socially connected, can help us maintain their health and independence.

This Older Americans Month, communities and individuals alike can take steps to champion their health. ♦

## May is Mental Health Month

Mental Health America founded Mental Health Awareness Month in 1949 and has led the effort every May to promote mental wellness nationwide. This year's theme — **More Good Days, Together** — encourages us all to reflect on what a "good" day looks like, both for ourselves, and for our communities.

Together, we can use that insight to connect people to the right support at the right time, and shape advocacy, education, and community engagement to make more good days possible for all.

This Mental Health Month, we invite you to reflect on what a "good day" looks like for you.



"Good" doesn't have to mean happy or productive. It might mean calm, manageable, or something else. What counts as good can change over time, and only you can define what a good day looks like to you.

No matter how you are feeling right now, remember: more good days are possible, help is available, and you are not alone.

*Source: mha.org*



## 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!

**May 6th, 2026**  
**6:30 PM - 7:30 AM**

**Location:** Muskego Public Library  
S73W16663 Janesville Rd, Muskego

**Cost:** Free

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

**May 20th, 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](http://www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center), or call New Berlin ARC for questions  
262-797-2443

**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](http://www.newberlinlibrary.org) or call  
262-785-4980

## 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.

**May 13th, 2026**  
**3:00 PM - 4:15 PM**

**Location:** Christ the King Lutheran Church  
1600 N Genesee St., Delafield

**Cost:** Free

**To Register:** Call 262-646-2343

**May 26th, 2026**  
**1:30 PM - 2:45 PM**

**Location:** Elm Grove Public Library  
13600 Juneau Blvd, Elm Grove

**Cost:** Free

**To Register:** Visit [www.elmgrovelibrary.org](http://www.elmgrovelibrary.org)  
or call 262-782-6717

## 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

# FREE Health Education Sessions (continued)

## StrongBodies

**Nutrition:** The session will cover: How what we eat impacts our health, healthy eating patterns, portion control, reading food labels, science-based nutrition advice and helpful tools.

**Monday and Wednesday Mornings**  
ongoing classes available at two locations, one in Waukesha, and one in Pewaukee



Contact Courtney for questions or to register, 262-444-9102 or email [cklepp@waukeshacounty.gov](mailto:cklepp@waukeshacounty.gov)

**May 18th, 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/nutrition-presented-waukesha-county-public-health-4758>  
or call 262-367-3350

## SteppingOn

**Thursdays, 9:30-11:30am, May 7-June 25<sup>th</sup>**  
no class on 5/21

Ascension SE Wisconsin-Elmbrook Hospital, lobby conference room 384  
19333 W. North Ave, Brookfield, 53045



Ascension



Register with Courtney, call 262-444-9102 or email [cklepp@waukeshacounty.gov](mailto:cklepp@waukeshacounty.gov)

## 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](http://www.fallsrec.org) or  
by stopping into the Rec offices. Questions about  
registration  
call: 262-255-8460

# YOUR COMMUNITY HISTORY: PEWAUKEE

By Megan Goodlad

**Did you know?** The name, Pewaukee comes from the Native Potawatomi language meaning “Lake of Shells” (Encyclopedia of Milwaukee).

Founded in 1830 and formally organized in 1840, the Deacon Asa Clark was coined as “the first white settler” and built Pewaukee’s first sawmill and home in 1837. In 1844, the son of Asa, Mosely Clark, supervised the construction of The Clark House. Pewaukee, forever known for its scenic lake, fertile grounds, and luscious foliage poses as a popular destination for travelers and tourists. In need of rest, The Clark House became



Pewaukee’s first hotel.

As business blossomed within the area, more hotels were needed and eventually the Clark family retained the hotel as their home which passed hands through the family until 1992 when it was purchased by the Historical Society. Standing today, it is known as the Clark House Museum (Pewaukee History).

*Source: Pewaukee Area Historical Society. [pewaukeehistory.org](http://pewaukeehistory.org)*



## Find us on Facebook

**FOLLOW US**



[www.facebook.com/ADRCWC](http://www.facebook.com/ADRCWC)

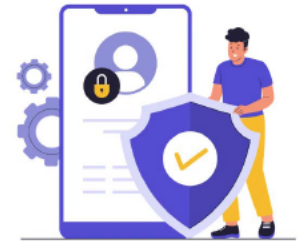


Oconomowoc Area Senior Center

210 South Main Street, 262.567.4288



## Protect Yourself from Scams



FREE Lunch included

Monday, June 15 - 11:30 am - 1 pm

Registration is required and spots are limited. Free lunch is brought to you by **ADRC of Waukesha County.**

To register:

<https://tinyurl.com/WaukeshaScams>

or sign up with the Desk Volunteer or call  
262.567.4288

# 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.

Call the dining center where you wish to attend to reserve your lunch.

**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](http://www.WaukeshaCounty.gov/ADRCtransportation)

# May 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

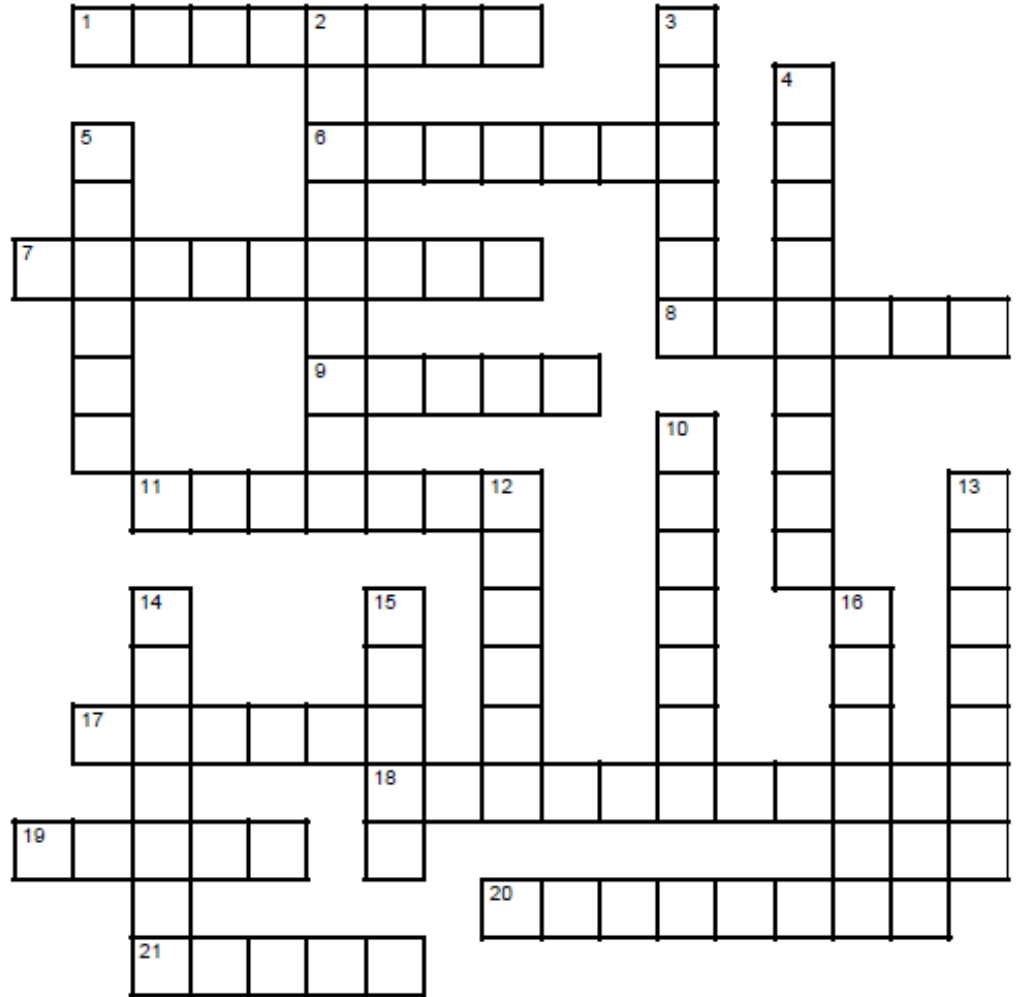
Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<b>KENTUCKY DERBY</b> <b>Root Beer Glazed Ham</b> Macaroni and Cheese Dilled Carrot Coins Spinach Salad with Berries & Raspberry Vinaigrette Peach Crisp
4	5	6	7	8
<b>Pub Burger on a Wheat Bun with Mushrooms &amp; Swiss</b> Ketchup/Dijon Mustard Buttery Dilled Red Potatoes 3-Bean Salad Fresh Pear Chocolate Milk	<b>CINCO DE MAYO Mexican Chicken Casserole with sour cream</b> Mexican Rice Green Beans Sliced Jicama with Ranch Seasonal Fresh Fruit Cinnamon Sugar Donut Holes	<b>BREWERS VS CARDINALS St Louis Style Pork Loin</b> Cheesy Potato Casserole Broccoli Salad Seasonal Fresh Fruit Whole Wheat Dinner Roll Chocolate Chip Cookie Alt: Diet Cookie	<b>Shredded Turkey and Gravy over Mashed Potatoes</b> Brown Sugar Glazed Carrots 9-Grain Bread Fruit Salad Butterscotch Pudding Alt: Diet Pudding	<b>Spaghetti with Meat Sauce</b> Parmesan Cheese Italian Blend Vegetables Mixed Greens Salad with Balsamic Vinaigrette Mini Breadstick Cantaloupe
11	12	13	14	15
<b>MOTHER'S DAY LUNCH Chicken Stuffed with Asparagus and Cheese</b> Roasted Sweet Potatoes Country Blend Veggies Berry Delight Fruit Salad Crusty Roll Vanilla Ice Cream	<b>Smothered Meatballs</b> Mashed Potatoes Buttered Beets Multigrain Bread Fruit Compote	<b>Italian Beef and Rice Casserole</b> Prince Edward Blend Veggies Gazpacho Salad Seasonal Fresh Fruit Frosted Banana Cake Alt: Plain Cake	<b>Sloppy Joe on a Wheat Bun</b> American Fried Potatoes/ Ketchup Mexican Coleslaw Warm Cinnamon Apple Slices Chocolate Milk	<b>Indian Butter Chicken Basmati Rice with Peas</b> Garlic Green Beans Tomato & Onion Salad Mandarin Oranges Indian Fruit Custard
18	19	20	21	22
<b>Turkey ala King over a Biscuit</b> Pacific Blend Veggies Grape Tomatoes Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie	<b>Pork Chop Suey over Brown Rice</b> Soy Sauce Japanese Blend Veggies Cucumber Slices with Ranch Chilled Pineapple Chocolate Milk	<b>Creamy Garlic and Herb Chicken Pasta</b> Sunshine Carrots Spinach Salad with Vinaigrette Dressing Mini Breadstick/butter Strawberry Cream Pie Alt: Pear Half	<b>Beef Tips with Mushrooms &amp; Onions</b> Garlic Mashed Potatoes Buttered Corn Sunshine Fruit Salad Wheat Dinner Roll/butter Seasonal Fresh Fruit	<b>Brat on a Bun with Sauerkraut</b> Ketchup/Mustard Hot German Potato Salad Baked Beans Sliced Watermelon Ice Cream Sundae Cup
25	26	27	28	29
<b>Memorial Day</b> <b>No Meals Served</b>	<b>Pork Loin with Apples</b> Buttered Red Potatoes Peas & Carrots 9-grain Bread Citrus Fruit Salad Brownie	<b>Baked Chicken Quarters</b> Mashed Sweet Potatoes Marinated Bean Salad Kiwi Cornbread/butter Chocolate Pudding Alt: Diet Pudding	<b>Italian Sausage &amp; Tortellini</b> Caribbean Blend Veggies Mixed Greens Salad with Italian Dressing Italian Bread Cantaloupe	<b>Lightly Breaded Cod</b> Tartar Sauce Potato Pancakes with syrup Creamy Coleslaw Fresh Strawberries

# Merry Month of May



## ACROSS

1. Sport played on a diamond.
6. \_\_\_ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the \_\_\_ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: \_\_\_ Day.
21. Plant these and you may get some flowers.



## DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the \_\_\_ be with you.
16. Might be filled with candy and broken as part of a May celebration.

**Answers on Page 19**



# Gluten Free Chopped Italian Sandwich

**Nutrition:** Calories: 946kcal | Carbohydrates: 44g | Protein: 47g | Fat: 65g | Saturated Fat: 23g  
Polyunsaturated Fat: 38g | Cholesterol: 128mg | Sodium: 3017mg | Fiber: 5g | Sugar: 9g

## Ingredients

- 2 cups shredded romaine lettuce
- 6 slices ham lunch meat
- 6 slices salami
- 6 slices pepperoni
- 6 slices provolone cheese
- 1 tomato
- ¼ cup sliced
- ¼ cup thinly sliced red onion
- 3 tablespoons mayonnaise
- ⅓ cup Italian dressing
- Salt and pepper to taste
- 4 gluten free hoagies or hot dog buns (optional)



## Instructions

1. In order, layer shredded lettuce, ham, salami, pepperoni, cheese, tomato, banana peppers, and onion on a large cutting board.
2. Chop into small bite-sized pieces. The smaller the better for flavor distribution!
3. Drizzle on mayonnaise and Italian dressing and sprinkle with a little salt and pepper.
4. Depending on your preferences, you may want to add a little more mayo or dressing.
5. Scoop about ¼ of the mixture into a gluten free bun and serve immediately, or enjoy with no bun and have a "sandwich in a bowl".

## Why Gluten Free Chopped Italian Sandwich?!

May is Celiac Awareness Month!

Celiac disease is a serious autoimmune condition affecting roughly 1% of the population



**I tried to write a funny joke about  
blood pressure...**

**But it ended in vein.**

# SKILL BUILDING FOR THE DEMENTIA JOURNEY

## VIRTUAL SERIES

Dementia Care Specialists from the ADRC of Waukesha County are offering **a virtual education sessions** this spring to assist family and friends of people living with dementia.

### Details to know:

- You are welcome to attend one or all of the sessions.
- Presentations will be less than an hour in length.
- As these are online, you will need to register to receive the presentation link.

To register for one or more of these virtual sessions please contact:

Jennifer Harders  
262-548-7650 or  
jharders@waukeshacounty.gov



**Last in the series:**

## UNDERSTANDING DEMENTIA RELATED BEHAVIORS:

**THURSDAY, MAY 14**

**11:00 AM**

## 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

**May 6th—June 10th, 2026**

6 Wednesdays, 10:00am—12:00 pm

For registration or more information, please contact, Kathy Glaser, Dementia Care Specialist, at the ADRC at 262-548-7354 or email [kglaser@waukeshacounty.gov](mailto:kglaser@waukeshacounty.gov)

### **Location:**

**ADRC of Waukesha County**  
514 Riverview Ave, Waukesha  
Room 112

# Dementia Education and Support

## 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

## “Coping and Surviving as a Caregiver”

**Family Caregivers Educational Workshop**  
*Hosted by Dementia Friendly Pewaukee*



**DEMENTIA  
FRIENDLY  
PEWAUKEE**

Saturday, May 2, 2026 1:00 – 3:00 p.m.

Pewaukee Public Library Community Room - 210 Main Street, Pewaukee, WI 53072

Join us for an inspiring and informative workshop featuring Former Wisconsin Governor Martin J. Schreiber, an award-winning advocate for Alzheimer's caregivers. With warmth, humor, and deep compassion, Marty shares the hard-earned wisdom he gained over more than a decade of caring for his wife, Elaine.

Attendees will have the opportunity to purchase his book, *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, and have it personally autographed.

This free workshop is open to all family caregivers and is made possible by Dementia Friendly Pewaukee and the GFWC Woman's Club Of Pewaukee. Family caregivers will gain practical tips, emotional support, and valuable community resources.

### Plus, enjoy these complimentary offerings:

Door prizes, caregiver gift bags, resource materials, refreshments compliments of Dovetail Advocacy for Older Adults, chair massages by Sandra Reichard, and a lively sing-along featuring Tony Linz on guitar.

**Registration is required. Hurry! Seating is limited—reserve your spot soon!**

Please email [AbbyLorenz@wi.rr.com](mailto:AbbyLorenz@wi.rr.com) or text **414-350-8713** with guest names.

More information at [www.dfPewaukee.org](http://www.dfPewaukee.org).



# Why Volunteering Matters in Waukesha County

At Waukesha County Health and Human Services (HHS), we know strong communities are built by people who show up for one another—and our volunteers have been doing just that for more than 45 years. For decades, volunteers have been an essential part of how we serve Waukesha County. They've stepped in wherever help is needed, offering their time, energy, and compassion to support neighbors across our community. Their contributions have evolved over the years, but one thing has remained the same: a shared commitment to helping others.



What makes volunteering so special here is the impact it has, not just on HHS, but on the entire county and the people who call it home.

Our volunteers bring services to life in meaningful ways. They deliver meals and check in on older adults, provide rides to appointments, support substance use recovery groups, assist with youth initiatives, help strengthen emergency preparedness, and much more. Just as importantly, they offer a friendly face, a listening ear, and a sense of connection that can brighten someone's day.

For the residents we serve, those moments matter. One client shared, "When volunteers come to deliver my meal, they always have a little something to say to me. It brightens my day!" Another wrote, "Every day I look forward to their friendly greetings and smiles... it has made my lonely world so much easier to take."

Volunteers also help expand what's possible for Waukesha County. Their support allows services to reach more residents, helps reduce isolation, improves access to care, and strengthens programs that people rely on every day. At the same time, their involvement allows HHS staff to stay focused on specialized services while knowing that residents are still receiving thoughtful, consistent support.

**The impact is real. In 2025 alone, 460 active volunteers contributed more than 29,000 hours of service, representing over \$1.3 million in value to our community.**

But for us, volunteering is about more than numbers. It's about neighbors helping neighbors, building connections, and strengthening trust across Waukesha County. We are incredibly grateful for the volunteers who have been part of this work for more than four decades, and for those who continue to join us. At its heart, volunteering is about something simple but powerful: choosing to be kind, to show up, and to care for one another. Those everyday acts of goodness are what build stronger communities and make Waukesha County a place where people feel supported and valued. Together, through kindness and service, we're making a difference every day.

For more information on our volunteer program, please visit:

[www.waukeshacounty.gov/HHSvolunteer](http://www.waukeshacounty.gov/HHSvolunteer)

*Dear Wise & Seasoned Sage,*

I write to you today with a heavy heart... and a well-seasoned snack. I have recently been told that I should “cut back on my salt intake.” Now, this may sound dramatic, but this feels like being asked to stop enjoying sunsets or to take the “fun” out of funnel cake. Salt is not merely a seasoning to me—it is a lifestyle, a companion, a tiny crystalline best friend.

How does one maintain joy in a world where the saltshaker is no longer a trusted ally? Are there secret tricks? Clever substitutes? Please, help me navigate this low-sodium chapter of my life. I await your wisdom.

Yours in sodium solidarity,  
*Sal T. Luver*



**Dear Sal T. Luver,**

I write to you with a pinch of humor and a dash of hope. I understand where you are coming from. My doctor recently told me to lower the sodium in my diet to reduce my blood pressure. Unfortunately, I take everything she says with a grain of salt. Ha! I’m kidding. But, seriously, too much salt (sodium) raises blood pressure (BP) by causing our bodies to retain water. The extra water in blood puts more pressure on blood vessels, raising BP. High BP can lead to heart disease, stroke, kidney disease, and more. So, reducing salt is a simple way to lower your blood pressure. Those are the whys to reduce salt intake, but let’s take a shake at the how.

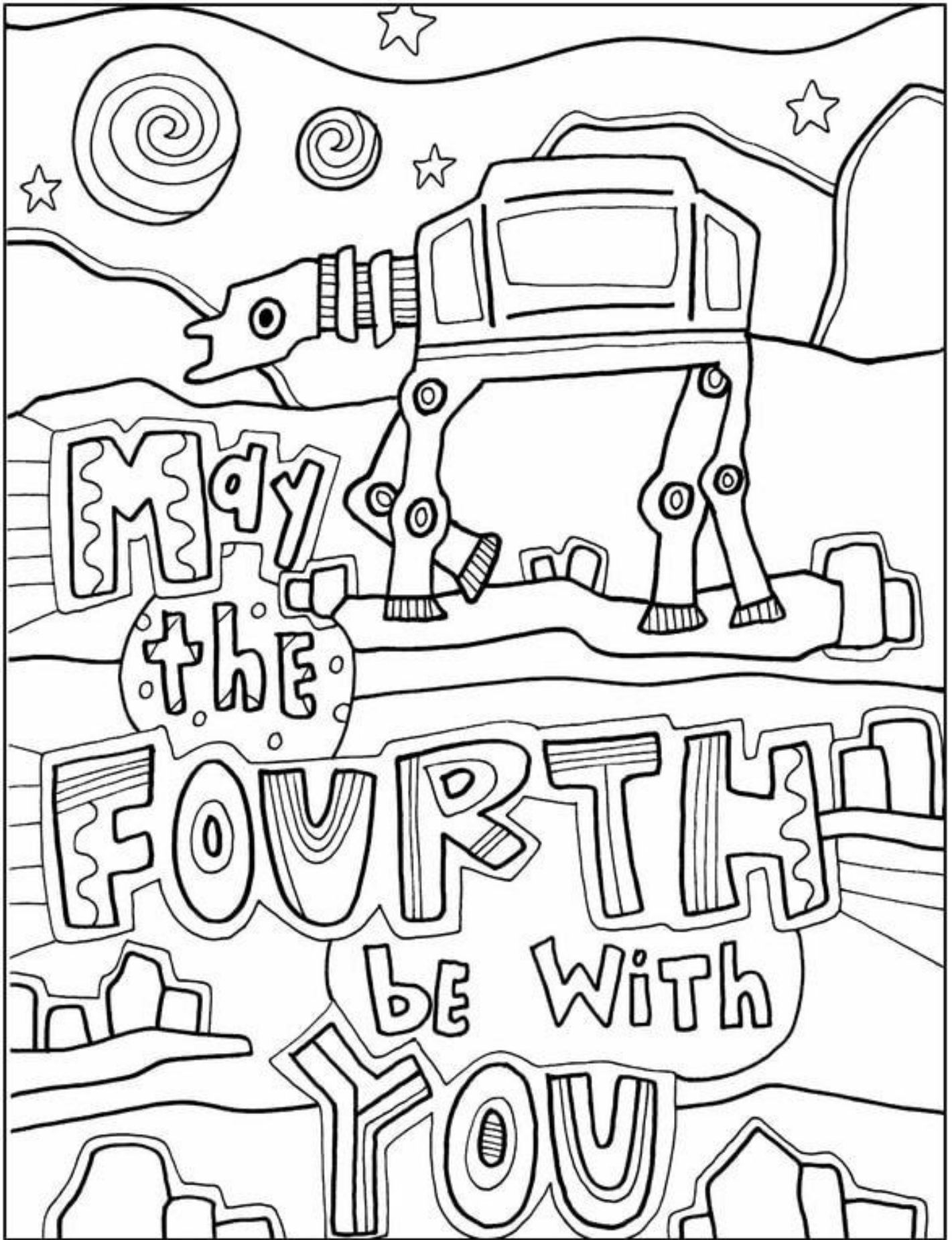
You can get information from your healthcare provider. They will know the specifics about your situation and needs more than this advice column. But I hope to spice up that advice with additional tasty tidbits.

Be aware packaged, canned, and processed foods like pizza, deli meats, soups, and pre-made dinners are very salty culprits. Choose fresh or frozen fruits, vegetables, and meats instead of ready-to-eat products. Buy low/reduced-sodium or no-salt-added products. Also, cook at home more. To get you to come back, restaurants/fast foods use plenty of the tasty temptation. Cooking fresh at home, you control the amount of salt or substituting herbs that goes in your food.

This may be hard, but... Get rid of your saltshaker! Or use it less. Add herbs and spices to your food and recipes instead of salt. Carry herbs and pepper with you. And please try to taste your food before you salt it. You might be surprised at how tasty it is already!

You can do this, Sal! Cutting back on salt is not losing a friend but an opportunity to discover new tastes and healthier habits. With fresh ingredients, herbs, and a little creativity, you can still enjoy deliciousness while eating healthier. Use this advice to spice up your life, that I hope you don’t take with a grain of salt.

**Sincerely,  
Dan**



## “Welcome to Medicare” Presentations in your Area

**Tuesday, May 19 at 11:00am**—Townhall Library North Lake  
(262-966-2933)

**Wednesday, May 27 at 12:00pm**—Alice Baker Memorial Library  
(262-594-2800)

**Monday, June 8 at 10:30am**—Waukesha Public Library  
(262-524-3682)

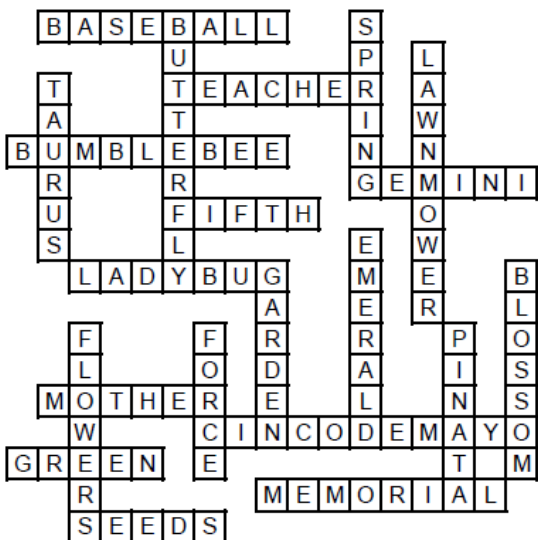
**Monday, June 22 at 2:00pm**—Brookfield Public Library  
(262-782-4140)

**Tuesday, June 30 at 1:30pm**—Elm Grove Public Library  
(262-782-6717)

**Free 2-Hour “Welcome to Medicare” presentations, 2nd Wednesday of Every month:**

Health & Human Services Building (located at: 514 Riverview Ave, Waukesha), Room 114	
In-Person	Virtual Presentation
<b>Wednesday, May 13</b> 1:00-3:00pm	<b>Wednesday, May 13</b> 5:30-7:30pm
<b>Wednesday, June 10</b> 1:00-3:00pm	<b>Wednesday, June 10</b> 5:30-7:30pm

**To Register:** Go to [www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC), then click “Welcome to Medicare Class” or scan the QR Code —————>



Navigating Medicare

**Crossword Answers from Page 12**

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

# ATTENTION

**RENEW YOUR NEWSLETTER  
SUBSCRIPTION BY JUNE 1ST  
OR YOU WILL NO LONGER  
RECEIVE THIS NEWSLETTER.**

**Look on front cover for  
more details**

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Health & Human Services Center  
514 Riverview Ave.

**514 Riverview Ave, Waukesha, WI 53188 - 262-548-7848**

**[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC) - Follow us on Facebook**