

THE ADRC CONNECTION

APRIL 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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April is Global Volunteer Month – a time to honor and celebrate volunteers worldwide while encouraging volunteerism everywhere. This year's theme, *Every Contribution Matters*, captures the essence of volunteers' tireless efforts and unwavering commitment.

Volunteers are the heartbeat of strong communities. Throughout April, we recognize the vital role volunteers play in strengthening neighborhoods, supporting local services, and helping others in meaningful, practical ways. We also encourage everyone in our community to take action—because every contribution matters in building a more connected world.

To our 400+ volunteers who have chosen to contribute their time, talent, and kindness in Waukesha County: **THANK YOU!** Your service makes a real difference right here at home, and your impact extends far beyond what you may ever see.

If you've been considering volunteering, April is a great time to get involved. Lend your time, share your skills, and bring your passion to an organization or cause in your own backyard—and help create a ripple effect that reaches around the world.



**GLOBAL
VOLUNTEER
-MONTH-**
APRIL



VOLUNTEER

“ I am thankful for your graciousness, encouragement and friendliness. ”



“ When you knock on my door to deliver food you bring a little sunshine to me. ”

If you would like more information about Waukesha County volunteer opportunities visit us at www.WaukeshaCounty.gov/HHSvolunteer or email HHSVolunteers@waukeshacounty.gov



April 4 (Sat.) - CFA Championship Cat Show @ Waukesha County Expo Center, 9 am – 4 pm. This show will feature over 150 cats with many vendors offering unique items for you and your cat. Admission is \$10 for adults, \$8 for children and seniors.

April 14-18 (Tues.-Sat.) - Divine Consign @ Waukesha County Expo Center. Enjoy shopping all your favorite brands and styles (up to 70-90% off retail) including designer favorites,

jackets, dresses, business attire, athletic wear, vintage treasures, teen favorites, handbags, fabulous shoes, jewelry and more! Event is FREE to attend and FREE parking. Kids are always welcome. Fitting rooms available. Looking for a deal? Their 50% off sale happens on Fri, April 17 (9a-8p) and Sat, April 18 (8a-2p). More info: divineconsignsale.com/shop/waukesha

April 18 & 19 (Sat. & Sun.) - Wisconsin Rummage-O-Rama @ Waukesha County Expo Center, 9 am – 4 pm. Join for an indoor flea market for lovers of antiques, collectibles, toys, crafts, jewelry, and more!

April 25 (Sat.) - Waukesha Spring Fling Vendor Event @ Waukesha County Expo Center, 9 am – 3 pm. The 13th annual Waukesha Spring Fling Vendor Event is a collection of 90+ crafters, local businesses, and direct sellers that come together to share their amazing wares. Admission is free.

May 2 (Sat.) - HAWS Fest @ Waukesha County Expo Center, 10 am – 3 pm. Join for the 43rd 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.

Denim Day: Standing Against Sexual Violence

Denim Day is an annual awareness event that encourages people to wear denim as a symbol of support for survivors of sexual assault and to raise awareness about sexual violence. It takes place on the last Wednesday of April, April 29th this year. It is recognized in many communities, schools, and workplaces around the world.

The movement began in response to a controversial court ruling in Italy in 1998. In the case, a rape conviction was overturned because the judges suggested that the victim's tight jeans implied consent. The decision sparked international outrage. In protest, women in the Italian Parliament wore denim to work, creating a powerful symbol of solidarity with survivors and a call for justice.

Since then, **Denim Day has grown into a global campaign** that promotes education, prevention, and support for survivors of sexual violence. Organizations, advocacy groups, and individuals participate by wearing denim, hosting discussions, sharing educational resources, and encouraging conversations about consent and respect.

Denim Day serves as an important reminder that clothing never implies consent and that victims should never be blamed for acts of violence committed against them. By participating in Denim Day, people show their commitment to creating a culture of respect, accountability, and support for survivors.



ATTENTION

**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

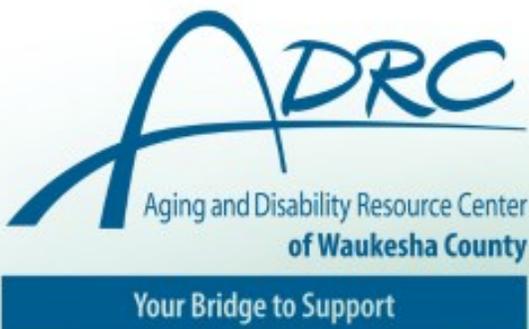
OR

2. Scan QR Code OR

3. Call the ADRC 262-548-7848



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



Find us on Facebook



www.facebook.com/ADRCWC

How to Care for an Older Loved One with Autism or other Neurodivergence

Caring for an older person with autism comes with unique challenges and considerations. Compassionate and effective strategies are essential to ensuring their well-being and quality of life.

Understanding Autism in Older Adults

To provide quality care for your aging loved one, you must clearly understand autism and its impact on them. Autism varies per individual, and as the severity increases, so should the level of care. Since autism is an incurable lifelong condition, it can significantly progress over time, especially if left unaddressed during early childhood.

Older autistic adults often demonstrate more challenging behaviors, so learning about your loved one's triggers is crucial. Educate yourself on how to provide positive reinforcement and help your loved one regulate their emotions.

Daily Living and Personal Care

When considering their needs, create a supportive, safe, and sensory-friendly environment with minimal triggers. For instance, if they're overly sensitive to sound, invest in soundproofing their home or try high-quality noise-canceling headphones. If bright lights cause stress, replace their lighting system with soft light fixtures.

Individuals with autism often thrive in a structured and predictable setting, so developing a healthy and organized daily routine is imperative. The more structured their schedule is, the more secure they may feel. If your autistic adult resides in an assisted facility or nursing home, make it a point to check on them often.

Communication and Social Interaction

Older adults with autism often struggle with expressing themselves. A lack of efficient communication skills can increase frustration and feelings of isolation. When interacting with your loved one, always demonstrate patience, empathy, and understanding. Use simple yet respectful words and avoid complicating their tasks. Visual aids can also help improve

communication, especially when your loved one is in unfamiliar settings.

Socialization can be another challenge for individuals with autism, but it is important for your loved one to socialize, as sociability can boost their overall well-being. Look for community support groups dedicated to older adults, neurodivergent or otherwise, and encourage your loved one to participate.

Health and Wellness

Older adults on the spectrum may have underlying age-related medical conditions that require urgent attention. Many autistic individuals also have food aversions, so proper nutrition is vital. Make sure your loved one has access to nutritious meals and is physically active.

Supporting an older adult with autism can be a challenging yet equally rewarding experience. Take note of these care strategies, and don't hesitate to seek support from autism specialists and community resources.

Sources: The Autism Dad Blog (2024), and PubMed Central research article Roestorf, A et al. "Older Adults with ASD: The Consequences of Aging."

Autism Society of Wisconsin

<https://autismsocietywi.org>

Statewide Virtual Support Groups:

1. **Statewide Coffee and Conversation.** Wed Apr 1, 9-10am. Any and all kinds of caregivers.
2. **Statewide Virtual Trivia Night** Wed April 8th, 6:30-7:30 over Zoom. Individuals with Autism and their families are welcome.
3. **Statewide Online Adult Support Group.** Tues April 28th, 7-8pm. 18+ Adults with ASD

NAMI's Friendships Unlimited

412 E North Street Suite A, Waukesha
<https://namisoutheastwi.org/friendships>

Fosters social connection and support through community engagement for those with mental illness. Adults with Autism living with a co-occurring mental illness can qualify.

What does Friendships Unlimited offer? Group sessions of music, art, yoga, billiards, books, peer specialists, support, and more. Operates Sunday-Friday (hours vary, drop-ins welcome)

Celebrating National Pet Day: Honoring Our Furry Companions

Every year on April 11, people across the United States celebrate National Pet Day, a special occasion dedicated to appreciating the animals that bring joy, comfort, and companionship into our lives. Whether it's a playful dog, a curious cat, a cheerful bird, or even a tiny hamster, pets have a unique way of becoming cherished members of the family.

National Pet Day was created to highlight the importance of caring for animals and encouraging pet adoption. Animal shelters and rescue organizations use this day to remind people that many loving pets are waiting for homes. Adopting a pet not only gives an animal a second chance but also brings endless affection and happiness to the adopter.

Pets provide more than companionship. Studies show that they can reduce stress, encourage physical activity, and improve emotional well-being. A walk with a dog, the calming sound of a cat purring, or the playful energy of a small pet can brighten even the toughest days.

There are many ways to celebrate National Pet Day. Pet owners might treat their animals to a new toy, a long walk, or extra cuddle time. Others may volunteer at local shelters, donate pet supplies, or share photos of their beloved companions on social media to spread awareness about pet adoption.

Ultimately, National Pet Day is a reminder of the unconditional love pets give us every day. It encourages us to show gratitude, care responsibly for our animals, and support efforts that help every pet find a safe and loving home.



FREE Public Health Education Sessions



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

514 Riverview Ave
Waukesha, WI 53188

[www.WaukeshaCounty.gov/
PublicHealth](http://www.WaukeshaCounty.gov/PublicHealth)

Nutrition:

We all know that we should eat well, but what does that really mean? With a focus on long-term solutions instead of short-term diets, learn about the basics of a healthy eating pattern.

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

April 14th, 2026

6:00 PM - 7:15 PM

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

Cost: Free

To Register: Register Online at
[https://hartland.librarycalendar.com/
event/nutrition-presented-waukesha-
county-public-health-3765](https://hartland.librarycalendar.com/event/nutrition-presented-waukesha-county-public-health-3765)

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.

April 24th, 2026

10:00 AM - 11:15 AM

Location: New Berlin Library
15105 Library Lane
New Berlin, WI 53151

Cost: Free

To Register: Register Online at
www.newberlinlibrary.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

SPRING WORD SEARCH

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

BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

GREEN
GROW SEEDS
RAIN
SUNSHINE

BLOSSOM
CHICK
GRASS
SHOWERS

EGGS
GARDEN
CATERPILLAR



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

April Showers Bring May Flowers, But Regular Showers May Bring Falls

Dan Michaels, Community Health Educator, Waukesha County Public Health

In the spring, rain showers bring life to beautiful flowers; however, regular showers can cause slips and falls every day. And it's not just the shower/bath that increases your risk for falls; it's the entire bathroom! Around 80% of all falls occur in the bathroom. This is kind of scary, considering that the bathroom is probably the room we enter the most throughout the day and night. Let's take a look at why the bathroom can be so hazardous and discuss prevention strategies to wash those risks of falls away.

The bathroom has an increased risk for slipping and falling for many reasons. First of all, water from baths and showers makes floor surfaces extremely slick, increasing the risk of slipping and falling. In the bathroom we engage in various activities, such as getting in and out of the bath/shower, getting on and off the toilet, and drying and dressing ourselves. All of these activities can strain and challenge our balance and strength as we age. Bathrooms also tend to be small spaces with obstacles such as cramped layouts, throw rugs, and hard-to-reach items that can all cause tripping or awkward, unstable reaching. In addition, we use the bathroom many times a day and at night, when we are tired, and dim lights can make slips or falls more likely. The bathroom is a wonderful place to stay clean but can be an increased risk of falling.

There are many steps you can take to make your bathroom a safer place, which reduces bathroom-related injuries. Steps include:

- ◆ **Add non-slip mats or adhesive strips** inside the tub and on the floor to provide traction and reduce the risk of slipping on wet surfaces.
- ◆ **Install secure grab bars** near the shower and toilet
- ◆ **Use a raised toilet seat** for easier sitting/standing.
- ◆ **Use brighter lighting and nightlights** to ensure excellent visibility any time of day.
- ◆ **Use and sit down on a shower chair/bench** if you feel unsteady on your feet while bathing or showering.
- ◆ **Remove tripping hazards** by keeping the bathroom floor clear of clutter, including loose rugs, towels, and electrical cords.

Use these fall prevention strategies and keep your bathroom a fun, joyful cleaning sanctuary.

In addition to these steps, it's important to work on maintaining your physical strength and balance. Staying physically active, working to keep your muscles strong, and improving your balance will also reduce your risk of falling in general.

While the bathroom is essential for our daily hygiene, it can also be a slippery slope to accidents if we're not careful. By implementing simple fall prevention strategies, we can transform our bathrooms into safe havens rather than a potential slipping and tripping area. So, let's scrub away those fall risks and keep our cleaning sanctuary both fun and safe, so we can go outside and enjoy the spring flowers!

*If you are looking for another fall prevention strategy, consider attending any of the upcoming **SteppingOn** or **StrongBodies** workshops located on the next page!*

StrongBodies: Designed for adults as they age, StrongBodies offers twice-weekly sessions led by trained instructors. Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weight used. Participants gain strength, improve mobility, and reduce the risk of conditions like osteoporosis, heart disease, and diabetes.

Monday and Wednesdays (ongoing class)
9:30—10:45a



Gethsemane Methodist Church
642 Main Street
Pewaukee, WI 53072

Monday and Wednesdays (ongoing class)
9:15—10:30a



New Class Location!

Salem United Methodist Church
541 WI-59, Waukesha
(CONSTRUCTION NOTICE: church is located on WI-59 bypass, however, use E. Broadway / Cleveland Ave to turn into the church)

Register with Courtney, call 262-444-9102 or email cklepp@waukeshacounty.gov

SteppingOn: SteppingOn is a fun, 7-week workshop that helps us stay steady and independent. **Studies show it can reduce falls by 31%!** Here's what you will learn: How to spot and avoid falls hazards at home and in your community; How vision, medications, and footwear affect your balance; Easy at-home exercises to build strength and improve balance; How to safely get back up if you ever take a tumble.

Thursdays, 9:30-11:30am, May 7-June 25th
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

Men's Health: Prostate Conditions and the Pelvic Floor: This course is designed specifically for men. Learn what the prostate is and how certain conditions of the prostate contribute to changes in your bladder and bowel routines. Learn the symptoms and early warning signals of prostate trouble. This class will help you understand the role of the pelvic floor and how strengthening or even relaxing the pelvic floor can help manage bladder symptoms associated with the prostate. We will go through some pelvic floor and light core exercises to improve pelvic floor function.

Wednesday, April 15, 5:30 to 7 p.m.

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



PROHEALTH CARE

Register with Courtney, call 262-444-9102 or email cklepp@waukeshacounty.gov

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

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

April 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken & Mushroom Stroganoff over Noodles Steamed Spinach Carrot Sticks w/ Ranch Apple Juice Frosted Brownie Alt: Diet Cookie	BBQ Riblet Baked Sweet Potato Two-tone Beans Whole Wheat Bread Seasonal Fresh Fruit	Vegetable Lasagna Italian Blend Veggies Romaine Lettuce Salad with Italian Dressing Mini Breadstick Peach Half
6	7	8	9	10
Glazed Ham Butternut Squash w/ Cranberries Green Beans Almondine Tropical Fruit Cup Wh. Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Chicken and Stuffing Casserole Country Mix Veg Beet & Onion Salad Kiwi 9 Grain Bread Frosted Banana Cake Alt: Diet Jello	Stuffed Green Peppers Buttered Red Potatoes Buttered Corn Whole Wheat Roll Seasonal Fresh Fruit	Marinara Meatball Sub Parmesan Cheese Potatoes Italiano Winter Blend Vegetables Mixed Fruit Cup Oatmeal Raisin Cookie Alt: Diet Cookie	Lemon Rosemary Chicken Quarters Dilled Potato Salad Hot Calico Beans Buttermilk Biscuit Mandarin Oranges Chocolate Milk
13	14	15	16	17
Egg & Sausage Breakfast Bake with shredded cheese Breakfast Potatoes Ketchup Packet Orange Juice Mini Bagel with Cream Cheese Banana	Tex-Mex Chicken and Rice Bake Sour Cream Crinkle Cut Carrots Texas Caviar Seasonal Fresh Fruit Peanut Butter Cookie Alt: Diet Cookie	Creamy Tuscan Sausage and Pasta Sicilian Grande Veggies Mixed Greens Salad with French Dressing Garlic Breadstick Grapes	Roast Pork w/ Thyme and Mushroom Gravy Garlic Mashed Potatoes Red Cabbage Peach Half 9 Grain Bread Boston Cream Pie Alt: Diet Pudding	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Fresh Cucumber Slices with Ranch Wheat Bread Blueberries
20	21	22	23	24
Oven Roasted Turkey Red Skinned Mashed Potatoes with gravy Peas & Carrots Multigrain Bread Fruit Compote	Supreme Pizza Casserole Sicilian Grande Veggies Romaine Lettuce Salad with Golden Italian Dressing Mini Breadstick Peaches	Loaded Baked Potato Soup BBQ Pulled Pork on a Wheat Bun Baby Carrot with Hummus Warm Apple Slices with Cinnamon	Million Dollar Chicken Casserole Seasoned Diced Red Potatoes Venetian Blend Veggies Seasonal Fresh Fruit Whole Wheat Bread Frosted Spice Cake Alt: Diet Jello	Porcupine Meatballs Cubed Sweet Potatoes Broccoli Salad Pear Half Whole Wheat Dinner Roll Chocolate Chip Cookie Alt: Diet Cookie
27	28	29	30	
Chili with beans shredded cheese Sour cream Mixed Veggies Fresh Jicama with Ranch Cornbread Mandarin Oranges	Chicken Philly w/ onions, peppers and Provolone on a Bun Au Gratin Potatoes Seasoned Green Beans Seasonal Fresh Fruit Frosted Carrot Cake Alt: Diet Cookie	Beef Stew with Celery, Onion & Potatoes Seasoned Beets Pea & Cheese Salad Multigrain Bread Honeydew Melon Chocolate Milk	Egg Roll in a Bowl (with beef) Vegetable Fried Rice Sweet & Sour Sauce Cucumber Salad Crusty Roll Tropical Fruit Cup Fortune Cookie	THANK YOU TO OUR NUTRITION PROGRAM VOLUNTEERS! WE COULD NOT DO IT WITHOUT YOU!



JOIN US FOR A HEALTHY MEAL AND HEALTH INFORMATION FAIR

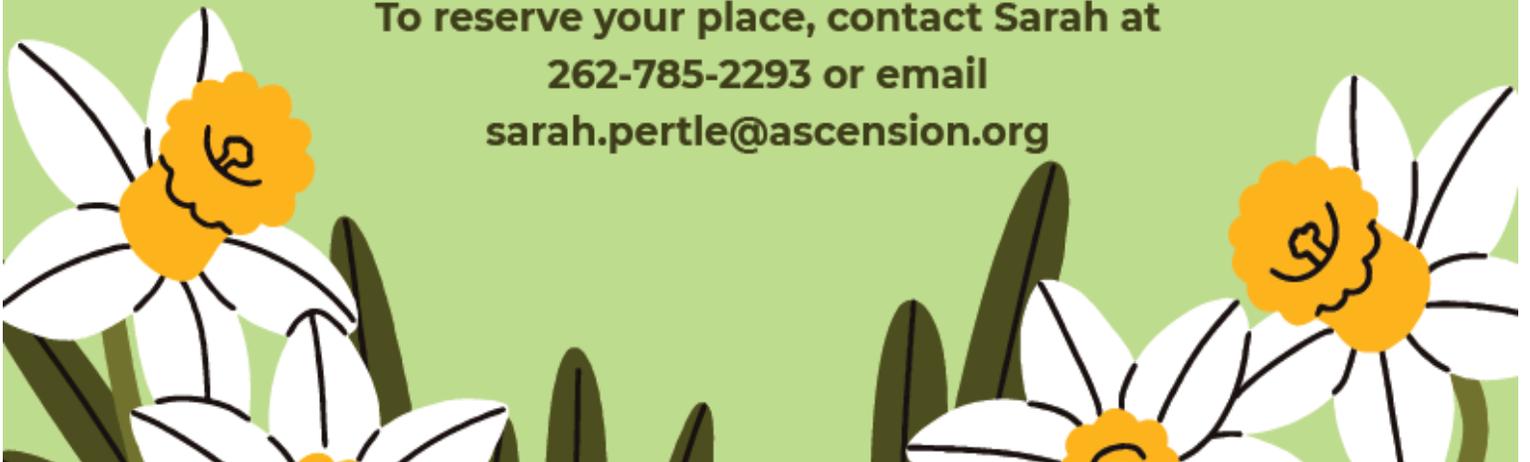
WEDNESDAY APRIL 22

3-5PM

Elmbrook Hospital invites you and a guest
for a **FREE** healthy meal prepared by our
talented chefs.

**ASCENSION ELMBROOK HOSPITAL CAFETERIA
19333 W. NORTH AVENUE, BROOKFIELD**

To reserve your place, contact Sarah at
262-785-2293 or email
sarah.pertle@ascension.org



Technology Update

By the GWAAR Legal Services Team (for reprint)

Technology changes at such a fast pace, and with scams increasing, it's good to take a step back and review different kinds of tech that are available to consumers, and resources for safely learning more. Is your home smart? Are you talking to a real person on the phone? How does your watch know how fit you are?

Artificial Intelligence (AI)

A big innovation that has led to many of these developments is artificial intelligence, or AI. **Artificial intelligence is the development of computer systems to perform tasks that have historically been done by humans.** If you've heard of ChatGPT or used a computer with something like Microsoft 365 Copilot, that is a type of generative AI. **Generative AI** refers to models that "learn" from the information given to them and create images, texts, etc. People use ChatGPT for a variety of written documents, from resumes and cover letters to marketing materials. They can also create artwork.

While these tools are exciting, they also come with some words of caution. **You shouldn't put any personal/identifying information into a tool like ChatGPT**, because the tool will add that information to its vast database and use it with other people moving forward. You also need to double check the information the tool provides you with, as there have been errors where the tool makes something up.

Wearable technology

Wearable tech can be very helpful for numerous purposes. A Fitbit, Misfit, or Apple Watch can be used to monitor your fitness, giving you real-time updates and prompting you to stand, tracking your movement throughout the day (such as steps), and logging workouts by type, from dancing and yoga to indoor or outdoor walks. In addition, a lot of smart watches have built-in fall detection. They can also track your heart rate and calories burned and may be used to monitor your sleep.

You may be more familiar with wearable tech like a **Life Alert system** that lets you call for help in case of a fall or other emergency. Some models incorporate other features too, like activity monitoring or caregiving-related activities.

Smart homes

Many products exist to help you around the home, from Ring **cameras/doorbells** to **smart sensors** and **speakers** like Amazon Alexa, Siri, or Google Assistant. Video doorbells add a sense of security by connecting to your phone or tablet and letting you see and hear who is at your door. You can even use your phone to unlock the door if it's someone you want to let in, a great option for people with limited mobility.

Smart sensors in your home can learn your patterns and send an alert if anything is unusual, providing reassurance to family, friends, and loved ones if you live alone. Popular brands include Nest and Abode.

Virtual speakers like Alexa respond to voice rather than requiring you to text or type. You can say "Alexa, what's the weather forecast for tonight?" and it will respond with that information. **They can also be used to set reminders** – if you want that weather update every day at noon, it can automatically give you that information, or it can prompt you to take your pills at the appropriate time. Speakers can also play music and make calls.

Privacy

Each of these options comes with some privacy concerns, so make sure to evaluate the pros and cons of incorporating new technology into your life. For example, AI is a highly unregulated industry. Lawmakers are working to put guidance in place, but for now, the collection and use of personal data is a risk. It is also possible for technology that uses AI to encourage unethical behavior, so evaluate the information you're being given and confirm with another source.

In addition, companies such as Google, Amazon, and Meta collect vast amounts of information from users. This increases the risk of third parties gaining access to consumer data and information.

Want to learn more about technology?

Check out Cyber-Seniors - Cyber-Seniors Inc. (<https://cyberseniors.org/>), a nonprofit offering free daily webinars every weekday, as well as one-on-one help with technology over the phone or on a video call.

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



TIPS TO IMPROVE COMMUNICATION:
THURSDAY, APRIL 23
2:00 PM

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

Location:

ADRC of Waukesha County
514 Riverview Ave, Waukesha
Room 112

Dementia Education and Support

Community Memory Screenings:

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: Brookfield Public Library

When: **Tuesday, April 14, 2026**, 10:00am - 3:00pm (30 minute time slots)

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 or text 414-350-8713 with guest names.

More information at www.dfPewaukee.org.



HOW SOCIAL SECURITY MAKES A Disability Determination



Disability Benefit Specialist Program

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

www.waukeshacounty.gov
Email: adrc@waukeshacounty.gov



Is the Claimant working?

Social Security Administration (SSA) will look at an individual's work activity. SSA will evaluate if you are earning more or less than the established Substantial Gainful Activity (SGA) amount; this amount fluctuates yearly. If you make over the set amount, you will be found not disabled, and your claim will be denied at this step. If you are not engaging in work, you will move to Step 2.



Does the Claimant have a severe impairment?

Social Security will evaluate if your impairment will last at least 12 months, or if it will result in death. SSA then determines if the impairment interferes with your ability to perform work-related activities. This is determined by your medical records and reports. If you are determined to have a severe impairment, you will move on to Step 3. If not, you will be found not disabled at this step, and your claim will be denied.



Does the Claimant meet or equal a listing?

Once it has been confirmed that your impairment is severe, the condition(s) will be compared to SSA's list of medical conditions. The list contains established medical criteria that are so severe that if a person's impairment(s) match them, an individual is found to be disabled at this step. If not, you will move on to Step 4.



Is the Claimant able to perform past relevant work?

SSA evaluates whether a person could meet the requirements of a past job and still has the skills to perform the job. If you submit evidence showing that you can no longer perform past relevant work due to your impairment(s), then you will move to Step 5. If SSA determines you can perform past relevant work, then your claim will be denied at this step.



Is the Claimant capable of performing other work?

SSA evaluates an individual's current impairment(s), skills, and abilities. SSA then determines if you could perform other work currently available in the national economy. They will consider your education, work experience, and age when making this decision. If you can not perform other work and meet all other rules and requirements of Step 5, then you will be determined disabled. If they determine you can perform other work, your claim is denied.

RECIPE: GRILLED CHEESE SANDWICH FOR NATIONAL GRILLED CHEESE DAY!



What cheese is your favorite?!

Ingredients

- ◆ 2 slices sourdough bread
- ◆ 2 tbsp salted butter, for spreading on bread
- ◆ 1/3 cup cheddar cheese or gruyere, freshly grated (or other melting cheese of choice)
- ◆ 1/3 cup mozzarella, freshly grated

Instructions

- 1) **Butter bread** - Slather both sides of each piece of bread with the butter
- 2) **Light toast** - Heat a skillet or frying pan over medium low heat (no oil or butter). Place both pieces of bread in the skillet and lightly toast for 1 minute to warm it through and create a light crust. (When we flip, this gives the cheese a head start).
- 3) **Pile on cheese** - Flip one slice of bread, then pile on the cheddar cheese followed by the mozzarella. Place the other slice of bread on top, with the hot toasted side in contact with the cheese.
- 4) **Cook 3 minutes** - Cook for 3 minutes or until the bread is evenly golden and crisp, pressing down lightly with a spatula every now and then. If it's browning too quickly, remove from the stove to cool down a bit and lower heat.
- 5) **Flip, 3 minutes** - Turn the sandwich over, and cook the other side for 3 minutes or until the bread is golden and the cheese is melted.
- 6) **Devour** - Transfer to cutting board. Cut in half in one swift motion. Admire cheese pull and enjoy!



I was going to remove a throw rug from my hallway...

But I got tripped up, and it slipped my mind.

“Welcome to Medicare” Presentations in your Area

Free 1-hour “Introduction to Medicare” presentations:



Monday, April 13 at 1:00pm

New Berlin Public Library, (262) 785-4980

Monday, April 20 at 10:30am

Muskego Public Library, (262) 971-2100

Monday, April 27 at 1:00pm

Butler Public Library, (262) 783-2535

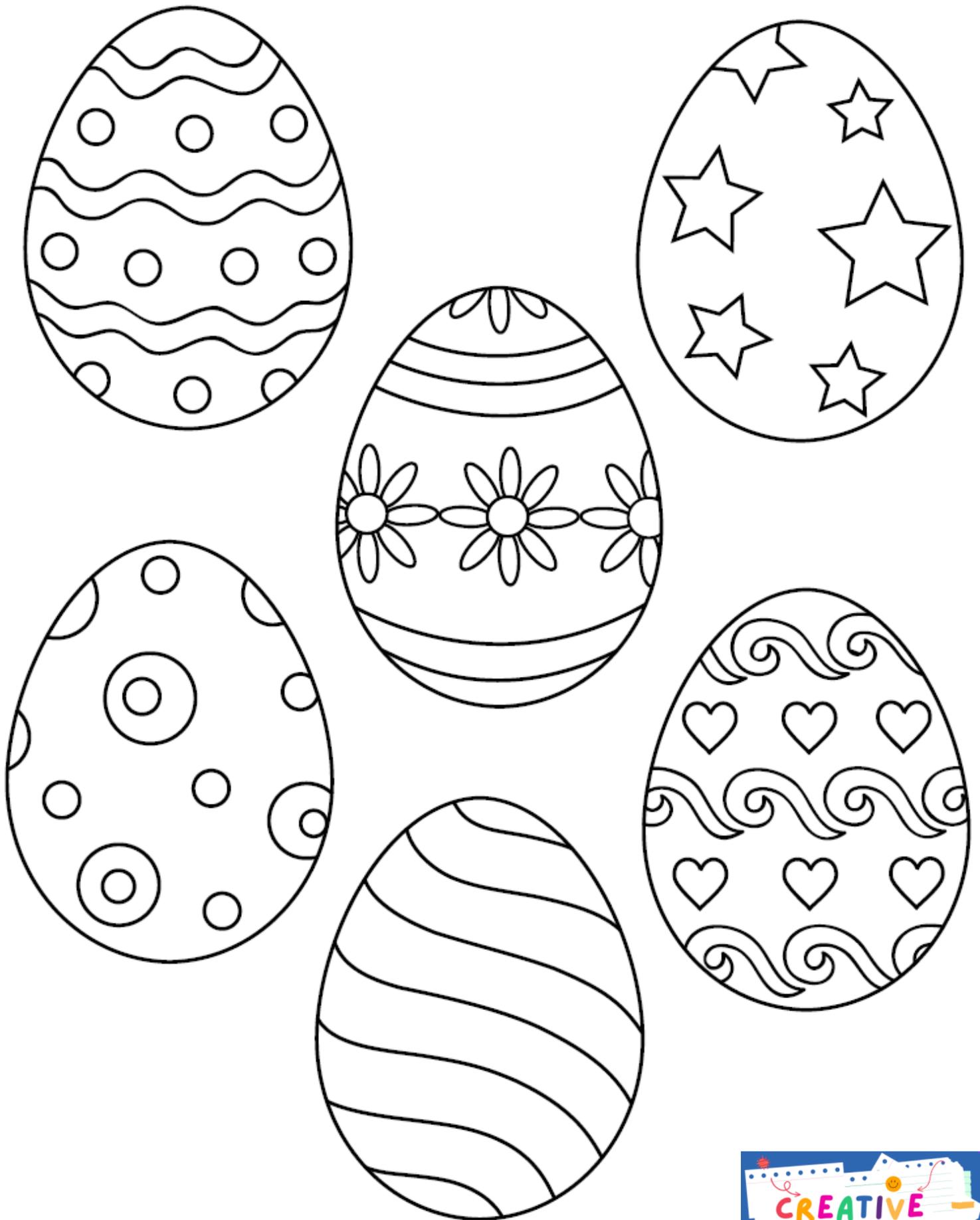
Medicare is a federal health insurance program for people age 65 or older. People younger than age 65 with certain disabilities may also be eligible for Medicare.

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
Wednesday, April 8 1:00-3:00pm	Wednesday, April 8 5:30-7:30pm
Wednesday, April 8 1:00-3:00pm	Wednesday, April 8 5:30-7:30pm

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





By Megan Goodlad

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.**

**Turn to page 3 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 - Follow us on Facebook