

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

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Supporting Family Caregivers of People Living with Dementia

Are you caring for a family member or friend with Alzheimer's disease or another dementia? **The Savvy Caregiver Program** provides the knowledge, skills, and confidence to help you navigate the caregiving journey.

What You Will Learn

- Understanding dementia and changing behaviors
- Practical skills for daily caregiving
- Techniques to reduce stress and avoid burnout
- Problem-solving and decision-making tools
- How to create a more comfortable, meaningful daily routine
- Strategies for maintaining your own well-being

"My husband and I are connecting better because of what I learned in the Savvy class."

-Waukesha Class Participant

Program Details

- Six weekly sessions
- Approximately 2 hours per session
- Supportive, interactive small-group format
- Evidence-based curriculum designed specifically for dementia caregivers

Who Should Attend

Family members or friends who are the primary caregiver for someone living with dementia.

Benefits for Caregivers

- Feel more confident and capable
- Improve communication and connection
- Gain practical tools for challenging situations
- Connect with others who understand your experience

Register for Class or Have Questions?

Contact: Jennifer Harders, ADRC Dementia Care Specialist,
262-548-7650 or jharders@waukeshacounty.gov

See page 16 for more details on the next Savvy Caregiver Program



SEPTEMBER EVENTS IN THE COMMUNITY

September 4 – 7 (Fri. – Mon.) - Louie Fest @ DockHounds Ball Park (Oconomowoc), 5:30- 11 pm. Baseball fans of all ages are invited to help celebrate the DockHounds' beloved mascot, Louie, with a weekend full of baseball, family-friendly entertainment, and activities.

September 5 & 6 (Sat. & Sun.) – The Wisconsin Highland Games @ The Waukesha County Expo Center, 9 am – 9 pm. The Wisconsin Highland Games provide a forum for traditional Scottish artists and athletes, both professional and amateur, to inform, educate, entertain, and compete to help create an environment where their arts and abilities are widely appreciated. Admission for adults is \$20, children 12 and under get in free.

September 8 (Tues.) - Lunch and Learn @ Waukesha County Historical Society and Museum, 11:30a-12:30p. Topic titled - *Eyeball to Eyeball: How Personal Interests Shaped Cold War History in Waukesha and Around the World*. Purchase tickets at <https://waukeshacountymuseum.org> or contacting the museum at 262-521-2859.

September 10 (Thurs.) - Senior Legacy Truth Series, Topic: Home Renovations and Repairs @ Floyd Swayze Memorial Center (W231 S9205 Riverside St., Big Bend), 10:00 am - 11:30 am. Register ahead to be entered into a drawing. Call Harmony, 262-210-2484.

September 12 & 13 (Sat. & Sun.) - Maxwell Street Days @ Field Park (Mukwonago), 8 am - 5 pm. Mukwonago American Legion Post 375 presents the 68th annual Maxwell Street Days Flea Market with free admission. Sellers offer a variety of goods such as crafts, produce, plants, tools, and more. Food and refreshments are available on the grounds. Parking available throughout the area. This will be the last Maxwell Street Days of the year!

September 12 (Sat.) - Wine Walk and Brew Fest @ Downtown Delafield, 4-7 pm. This is the 7th annual Wine Walk and Brew Fest that makes for a fun and unique night out! This event boasts the ability to shop, dine, and wine (or brew) your way through the streets of Downtown Delafield.

September 19 (Sat.) - Apple Harvest Festival @ Retzer Nature Center, 9 am-4 pm. Come enjoy this family-friendly autumn celebration featuring an apple market, Delafield Brewhaus beer garden, craft vendors, sweet treats, scavenger hunt, children's activities, live music, and much more!

September 25 & 26 (Fri. & Sat.) – Kuhtz General Store 100th Anniversary Celebration @ Kuhtz General Store (Stone Bank), 3 pm. This 100th Anniversary Celebration will feature live music, food trucks, games and activities for kids, and family-friendly entertainment. The event will honor 100 years of history and the generations of customers, families, and community members who have shown support throughout the years.

September 25 & 26 (Fri. & Sat.) - Waukesha Oktoberfest @ Frame Park, 5 – 10 pm, 12 – 10 pm. Waukesha's 10th Annual Oktoberfest will include live music, food, beer, and contests of hammerschlagen, masskrugstemmen, and cornhole.

September 26 & 27 (Sat. & Sun.) – Pila's Nursey Fall Fest @ Pila's Nursery (Waukesha), 9 am – 4 pm, 10 am – 3 pm. Join in for the 16th Annual Fall Fest with live music, vendor craft fair, fresh foot, sales and plant specials, peacock palace, and more! Admission is free.

Steps to Stay Steady Community Falls Prevention Fairs - Week of National Falls Prevention Week!

September 23 (Wed.), 9:30a-11:30a - Shorehaven Clubhouse in Oconomowoc

September 25 (Fri.), 9:30a-11:30a - Schuetze Center in Waukesha

See more information on page 17



September 8 (Tues.) - Stories of 9/11 @ Hartland Library, 6:30pm. Hear insights from Gay Alberts Ruby, a Town of Delafield resident who was deployed to New York City as a Federal Emergency Management Agency (FEMA) public information officer in the immediate aftermath of September 11, 2001. She now serves as a docent at the 9/11 Memorial and Museum. Registration is encouraged.

<https://hartland.librarycalendar.com>

September 11 (Fri.) – 9/11 Remembrance 25th Anniversary @ City Beach Band Shell, Oconomowoc. The day begins with the playing of "Taps" played at Village Green downtown Oconomowoc at every moment of impact, 7:46am, 8:03am, 8:37am, 9:03am. In recognition of the 25th anniversary, there will also be displays and speakers at Village Green Park that morning. Then at 7pm the Legion Band will perform a Concert at the Bandshell remembering those who lost their lives in the 9/11 tragedy. Concert is free, seating at band shell, or you are welcome to bring a blanket and lawn chair.



Time to Review Your Medicare Plan - Prepare Early This Year!

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to

review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan. Medicare Supplements/Medigap Policies are not affected by this enrollment period.

Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County via phone or mail. In-person workshops will also be available during open enrollment.

Start preparing early this year. Don't let this opportunity pass you by! **Starting October 1**, go to [Medicare.gov](https://www.medicare.gov) to compare plans online or for local assistance call the ADRC at 262-548-7848.

Mark your calendar for the important dates below:

September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

October 15th - December 7th

For most people, this is the only time of year you can change your coverage. The only way to find out if you can save money is to review and compare plan options! See options below on how to compare plans.

Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
 - www.waukeshacounty.gov/benefitscounseling
- Call **1-800-MEDICARE** between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at **262-548-7848** to request assistance.

If you decide to change plans for the following year, you need to enroll by December 7th. If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

January 1st

If you enrolled in a new plan during Open Enrollment, the change will be effective January 1st

"Welcome to Medicare" Classes

Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare.

***Wednesday, September 9, 1:00pm**

Human Services Center, Room 114

***Wednesday, September 9, 5:30pm**

Live online presentation

***Wednesday, October 14, 1:00pm**

Human Services Center, Room 114

***Wednesday, October 14, 5:30pm**

Live online presentation

Tuesday, October 20 at 1:00pm

Pauline Haass Public Library (262-246-5181)

Thursday, October 22 at 2:00pm

Menomonee Falls Public Library (262-532-8920)

Monday, October 26 at 10:30am

Muskego Public Library (262-971-2100)

Tuesday, October 27 at 10:00am

Brookfield Public Library (262-782-4140)

Friday, October 30 at 2:00pm

Waukesha Parks & Recreation (262-524-3737)

Register to any above with a phone number by calling.



*Register by doing one of the following, visit:

www.waukeshacounty.gov/benefitscounseling/#wtm,

call our office at 262-548-7848, or scan the QR code.



Pancake Recipe



Ingredients

- 1 1/2 cup all-purpose flour
- 4 tsp baking powder
- 1/2 tsp salt
- 2 Tbs sugar
- 1 1/4 cup milk
- 1 egg beaten
- 3 Tbs butter melted
- 1 tsp vanilla
- 1 cup chocolate chips any flavor

Instructions

1. Whisk together flour, baking powder, salt and sugar until combined.
2. In another bowl whisk together milk, egg, butter and vanilla.
3. Fold or whisk in your wet ingredients into your dry ingredients until just combined.
4. Optional: Fold in any mix-in of your choice (examples, chocolate chips, nuts, diced fruit, etc), batter may be lumpy and that is ok.
5. Let the batter rest for about 5 minutes.
6. Heat a non-stick skillet on stove over medium-high heat and spray with non-stick cooking spray.

Nutrition Information

SERVING: 1 Pancake YIELD: 8 pancakes

Calories: 283kcal | Carbohydrates: 39g | Protein: 5g | Fat: 12g | Saturated Fat: 7g | Cholesterol: 39mg |
Sodium: 226mg | Potassium: 335mg | Fiber: 1g | Sugar: 19g | Vitamin A: 275IU | Vitamin C: 1mg |
Calcium: 185mg | Iron: 2mg

Ways to find ADRC online!



ADRC of Waukesha County Facebook Page
[Facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)



Waukesha County HHS Facebook Page
[Facebook.com/WaukeshaCountyHHS](https://www.facebook.com/WaukeshaCountyHHS)



Waukesha County HHS Instagram Page
[instagram.com/waukeshacohhs](https://www.instagram.com/waukeshacohhs)

Rails, Roads, & Robbers: How Waukesha's Trains Shaped History

By: Sloan Butler

What's Public Enemy Number One when you're in Waukesha and running late? The trains. The seemingly never-ending railways of Waukesha are a comically tragic part of everyday life for those who live, visit, or commute through the city. If you've been here long enough, you've probably developed your own strategy: taking side roads, learning where the few tunnels and overpasses are, or adjusting your schedule around the trains altogether. At some point, we all submit to the roughly 25 trains that pass through Waukesha each day.

There are 21 street-level public railroad crossings in the city and, as inconvenient as these trains seem now, in the peak of railway transportation (the 1930s), Waukesha saw more than twice the amount of train traffic we see today. Historical maps show just how difficult movement in and out of the city could be, with side streets feeding into major roads and nearly every route eventually crossing paths with the railroad tracks.

Local lore even suggests that Waukesha's railways may have helped spare the city from bank robbery attempts during the Public Enemy era, when criminal gangs led by figures like John Dillinger and Baby Face Nelson became infamous. Despite being home to two prominent financial institutions: Waukesha National Bank and the National Exchange Bank, the city posed one major problem for 1930s-era robbers: a lack of reliable escape routes. Both banks were located in the heart of Downtown Waukesha, making it nearly impossible for the robbers to strike either institution and escape safely without being trapped by one of the over 60 freight and passenger trains which passed through and frequently stopped within the city.

Of course, today, bank robberies are far less common than they were in the days of Dillinger, and successful long-term evasion of law enforcement is highly unlikely. But if you asked anyone familiar with Waukesha's rail system whether a bank robber could make it out of the city quickly, the answer would probably still be a resounding "no."

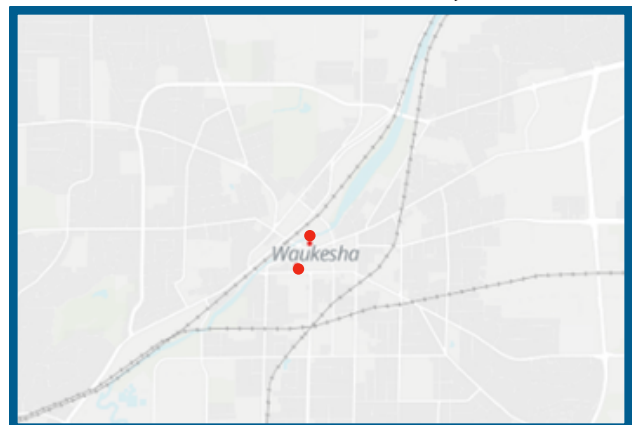
While we no longer need the protection of our train-track-turned-force-field, Waukesha's railways remain a defining part of the city's character. They may slow us down from time to time, but they also connect us to an important piece of local history. So, next time you find yourself waiting at a railroad crossing, take a moment to appreciate the pause, and maybe even thank the train for its once-great service to the City of Waukesha.

Want to experience a piece of Waukesha County's railway history?

Visit these train stations-turned-local favorites:

- La Estación - 319 Williams Street, Waukesha
- Maxim's at Oconomowoc Depot - 115 E. Collins Street, Oconomowoc

Sources: Department of Transportation and Waukesha County Historical Society.



(Above) Map of streets and railways in the 1930's. red dots mark where Waukesha National Bank and National Exchange Bank were located.

Join us for food, music, and fellowship!



Midday Melodies



Wednesday, September 2
11:30am - 1:00pm

Cutler Park
Les Paul Performance Center
321 Wisconsin Ave, Waukesha

The ADRC Senior Nutrition Program is pleased to offer lunch, starting at 11:30 am for adults age 60 and older. Followed by a noon concert featuring Milwaukee's The Taxmen, performing favorite hits from the 1960s and '70s.

Advance registration is required.

Lunch Menu:

- Brat on a Bun with Sauerkraut
- Hot German Potato Salad
- Baked Beans
- Seasonal Fresh Fruit
- Cookie
- Milk



Register here:

tinyurl.com/ADRClunch



SCAN HERE

We thank the City of Waukesha Parks, Recreation, and Forestry Department for their sponsorship and collaboration on this program!



Celebrate National Recovery Month by Giving Back as an AODA Volunteer

September is National Recovery Month, a time to celebrate people in recovery, recognize the importance of community support, and remind others that recovery is possible. It is also the perfect time to consider how your own recovery journey could help encourage someone else.

For more than 40 years, **Waukesha County's AODA Volunteer Program** has been a trusted source of hope and connection in our community. Our volunteers are individuals in recovery who use their lived experience to facilitate recovery-focused groups, offer encouragement, and support people navigating substance use challenges. Their presence helps create spaces where participants can feel understood, supported, and motivated to keep moving forward.

We are currently seeking passionate AODA (Alcohol and Other Drugs) volunteers to support groups throughout Waukesha County, including Health and Human Services, the County jail, residential treatment settings, and crisis stabilization services. Opportunities are available at a variety of times, including mornings, evenings, and weekends.

We continue to have a special need for volunteers at the **Oconomowoc Women's Group**, held at LSS Recovery Center Oconomowoc, and the **Waukesha Crisis Resource Center Group**. These groups provide meaningful opportunities for volunteers to encourage individuals during important points in their recovery or stabilization journey. Women volunteers are especially needed for the Oconomowoc group, which take place on **Saturdays from 9am-10am**. Volunteers with lived experience in mental health recovery are encouraged to consider the Crisis Resource Center group, which take place **Wednesday evenings from 6:30pm-7:30pm**.

AODA volunteers must have at least one year of sobriety, be active in a recovery program, and be willing to facilitate at least one group per month.

If recovery has changed your life, the AODA Volunteer group is a wonderful way to give back. Your story, your encouragement, and your passion can help someone else believe that recovery is possible. Whether you have volunteered before or are just beginning to think about sharing your experience, we would love to connect with you.



To learn more, contact Kara Moore,
Volunteer Program Specialist, at
kamoore@waukeshacounty.gov or visit
www.aodavolunteers.com



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



Anyone 60+, eat at The Kitchen Restaurant, N64W23316 Main Street, in Sussex on Tuesdays, anytime 10:00a-1:00p, no reservation required. Choose your meal off the My Meal, My Way Menu.

Suggested contribution still \$5.00.

There is no *My Meal My, Way* on September 15 and 22!

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

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.

September 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken and Broccoli Casserole w/Cheese over Rice Glazed Carrots Pea & Cheese Salad Seasonal Fresh Fruit Chocolate Milk	Roast Pork w/Thyme and Mushroom Gravy Herbed Stuffing Harvard Beets Cucumber Slices with Ranch Apple Pie Alt: Applesauce	Porcupine Meatballs Cubed Sweet Potatoes Broccoli Salad Multigrain Bread Pear Half	Fiesta Chicken Salad Tomato and Cucumber Salad Frosted Grapes Whole Wheat Dinner Roll Chocolate Chip Cookie Alt: Diet Cookie
7	8	9	10	11
Labor Day No Meals Served	Hamburger on a Bun Ketchup/Mustard Diced Potatoes with Peppers & Onions 5-way Mixed Veggies Strawberry Applesauce Rice Krispie Treat Alt: Diet Pudding	BBQ Chicken Casserole (with corn & black beans) Buttered Red Potatoes Sour Cream Sunshine Carrots Nine Grain Bread Honeydew Melon	Korean Beef over Brown Rice Japanese Blend Veggies Thai Cucumber Salad Watermelon Coconut Cake Alt: Diet Jello	Breaded Pollock Tartar Sauce Hashbrown Casserole Red Cabbage Slaw Marble Rye Seasonal Fresh Fruit
14	15	16	17	18
Shredded Beef and Gravy over Mashed Potatoes Buttered Sweet Corn Mandarin Oranges Multigrain Bread Snickerdoodle Cookie Alt: Diet Cookie	Creamy Garlic and Herb Chicken Pasta Sunshine Carrots Spinach Salad with Vinaigrette Dressing Mini Breadstick Cherry Pie Alt: Pear Half	Salisbury Steak Baked Potato with sour cream Beet & Onion Salad Whole Wheat Bread Honeydew Melon	Turkey ala King over Brown Rice Brussel Sprouts Grape Tomatoes Mixed Fruit Cup Chocolate Milk	Supreme Pizza Casserole Parmesan Cheese Seasoned Green Beans Marinated Veggie Salad Cantaloupe Fruited Yogurt
21	22	23	24	25
Pork Chop Suey over Brown Rice Soy Sauce Mini Vegetable Egg Roll with Sweet & Sour Peas & Pearl Onions Chilled Pineapple Vanilla Pudding Alt: Diet Pudding	Lasagna Roll-Up with Meat Sauce Sicilian Grande Veggies Mixed Greens Salad with Italian Dressing Seasonal Fruit Mini Breadstick Ice Cream Cup	Brewers vs Phillies Chicken Philly with onions, peppers and Provolone on a Bun Rosemary Roasted Potatoes Sour Cream Tomato & Onion Salad Peaches Chocolate Milk	Packer Tailgate Polish Sausage on a Bun Ketchup/Mustard Dilled Potato Salad Baked Beans Watermelon Chocolate Chip Cookie Alt: Diet Cookie	Chicken Gyro Salad (Chicken, Romaine, Tomato, Red Onion, Tzatziki Sauce) Cauliflower Salad Baby Carrots with Ranch Wheat Roll Mixed Berries
28	29	30		
Chicken Zucchini Casserole Buttered Red Potatoes Sour Cream Caribbean Blend Veggies Multigrain Bread Peach Half	Swedish Meatballs over Noodles Seasoned Green Beans Greek Zucchini Salad Watermelon Apple Streusel Cake Alt: Applesauce	Stuffed Green Pepper Honey Glazed Carrot Coins Spring Corn Salad Wheat Dinner Roll Seasonal Fresh Fruit		

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.

"Fall" In the Love with Sudoku

	1	9		6		5	4	
	2		9		4		3	6
		1	5		3	8		
5								
		2			1	6		
7	5		1	3	8			2
						3		8
	8	3		4		7	1	

Use the numbers 1-9 to solve the fall Sudoku puzzle.
Remember that no row, column, or box of 9 may have
the same number more than once.

Answers on Page 14

International
Sudoku Day is
September 6th

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

Holy Cross Lutheran Church
W156N8131 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

9:00-10:15 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 been hearing more about the importance of brain health, and it got me wondering: Are there things I can actually do to keep my brain and memory healthy? Or do I just have to hope my brain remembers where I left my glasses?

We hear a lot about exercising our bodies to stay healthy, but what about exercising our brains? Are there fun activities we can do to help keep our minds healthy and memories sharp?

Are there sit-ups and pushups for the brain? Can the mind metaphorically swim laps? Do crossword puzzles really count as a brain workout, or am I just looking for an excuse to sit with the newspaper and a cup of coffee? So, what activities can give my brain a good workout and keep those mental gears turning?

Thoughtfully yours,
Cog Nativ

Dear Cog Nativ,

Those are some thoughtful and smart questions; it seems you are already giving your brain a workout. There are plenty of activities that are great for brain health. Most activities are fun, so hopefully they won't get on your nerves. The first thing we should remember is physical activity. If something is heart healthy, it is also brain healthy. **Physical activity** keeps your heart healthy and gets your heart pumping and blood flowing, which is important for brain health. The oxygen and nutrients in our blood are crucial for our brains; we want to make sure it keeps flowing smoothly. Walking, swimming, dancing, biking, gardening, or other activities you enjoy can help support both your heart and your brain.

What about exercising the brain itself? Technically your brain doesn't have muscles that can do sit-ups or pushups; however, it does benefit from being challenged and kept active. Crossword puzzles, word searches, puzzles, sudoku, reading, playing cards, memory games, and more can all be fun ways to keep your mind engaged. **Learning something new** by taking a class, starting a new hobby, or even learning new recipes can all be wonderful brain challenges. Learning or **participating in creative pursuits** such as art and music are also fantastic for brain health. There is also the power of being social for a healthy brain. **Visiting friends, joining a club, volunteering,** or participating in group activities gives your brain plenty to think about while keeping you connected with others.

Cog, as you can see, brain health includes puzzles and learning. But don't forget if something is healthy for your heart and body, it is also healthy for your brain. Getting enough sleep, eating a balanced diet, staying physically active, managing stress, and staying socially connected are all important to mind and body health. Go and enjoy that crossword with your coffee. It may not give your brain biceps, but it certainly gives those mental gears something to do.

**-Dan, Community Health Educator
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.

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,
questions call: 262-367-3350

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,
questions call: 262-782-6717



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

PUZZLE SOLUTION FROM PAGE 10

3	1	9	8	6	7	5	4	2
8	4	5	3	2	6	1	9	7
1	2	7	9	5	4	8	3	6
4	6	1	5	7	3	8	2	9
5	9	8	6	1	2	4	7	3
7	3	2	4	8	1	6	5	9
7	5	4	1	3	8	9	6	2
9	7	6	2	9	5	3	4	8
2	8	3	7	4	9	7	1	5

Dementia Friends Wisconsin

Changing the way people THINK, ACT and TALK about Dementia

What is Dementia Friends?

Dementia Friends is a global social action movement with the goal of changing the way people think, act, and talk about dementia. Started in the United Kingdom, Dementia Friends is now in the United States, and has been brought to Wisconsin by the Wisconsin Alzheimer's Institute. Dementia Friends is intended for anyone, young to old, interested in making a difference in the lives of people living with dementia. By learning some key information, including what it's like to live with dementia, individuals who become Dementia Friends are able to turn that understanding into action.

How do I become a Dementia Friend?

It's easy! Simply participate in a one-hour Information Session along with others in your community. You will learn about dementia from a trained facilitator, and will then be empowered to put this information into action in whatever way you choose.



Can I really make a difference?

YES! Everyone, young and old, can make a difference. And, every action counts.

**Join the Movement...
Become a Dementia
Friend!**

To learn more about scheduling a Dementia Friends session for your group, please contact Kathy Glaser, Dementia Care Specialist, at
262-548-7354 or kglaser@waukeshacounty.gov

Dementia Care and Support

Savvy Caregiver Training:

Mondays, October 5th - November 9, 10:00a - 12:00p at Health and Human Services Center. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. Register with Jennifer, ADRC Dementia Care Specialist at 262-548-7650, or jharders@waukeshacounty.gov

Community Memory Screening:

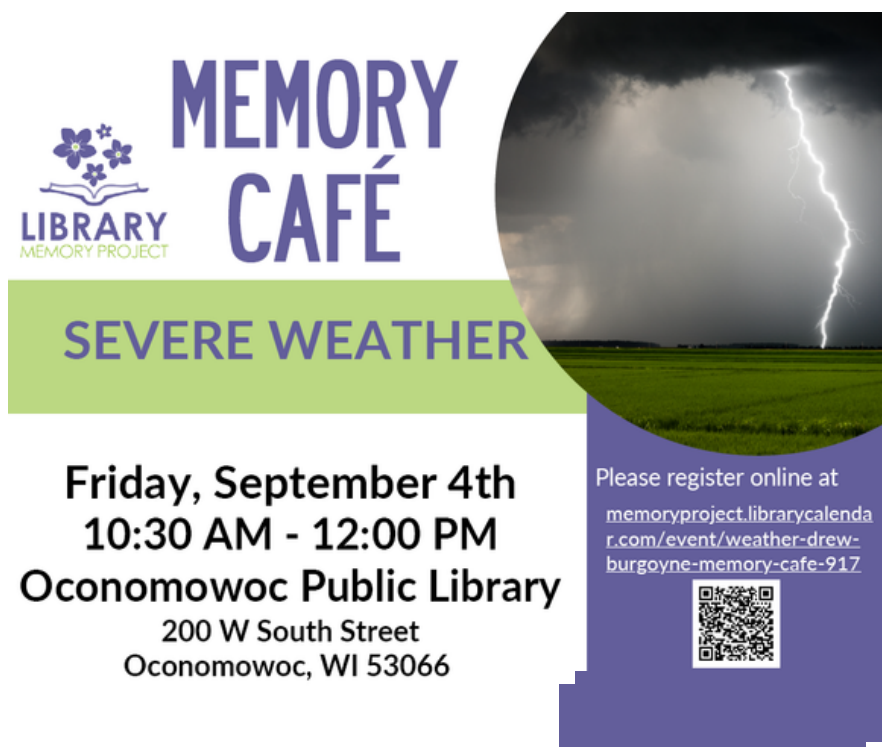
Tuesday, October 13, 10:00a-3:00p at Brookfield Public Library. This is not a diagnosis, but a baseline test. Be informed about your brain health and speak with a Dementia Care Specialist. Schedule your 30 min time slot of memory screen with Jennifer, ADRC Dementia Care Specialist at 262-548-7650 or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

Younger Onset Dementia Caregiver Support Group:

2nd Wednesday of each month

(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



MEMORY CAFÉ

SEVERE WEATHER

Friday, September 4th
10:30 AM - 12:00 PM
Oconomowoc Public Library
200 W South Street
Oconomowoc, WI 53066

Please register online at
memoryproject.librarycalendar.com/event/weather-drew-burgoyne-memory-cafe-917



WHAT IS A MEMORY CAFÉ?

A Memory Café is an informal social gathering for those living with early-stage memory loss and their care partner.

Please see our website at librarymemoryproject.org for more information.




alzheimer's association®

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





Creative Corner

September Mind & Mood Boosters

Try one small step for mental wellness:



Write down 3 good things



Read or listen to a book



Take a mindful moment



Create something for fun



Call or send a card to someone



Spend 10 minutes outside



September 6:
Read a Book Day



September 10:
Suicide Prevention Day 



If you or someone you know is struggling,
call or text **988**.

Free, confidential support is available 24/7.



*Positive thinking means
making room for hope, help,
and small moments of joy.*





Aging Forward Together

A **FREE** SUMMIT FOR FAMILY AND FRIENDS CARING FOR AN
OLDER ADULT IN THEIR LIFE

Friday, November 6
9:30 a.m. – 3:30 p.m.

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

Come when your schedule allows— all day attendance is encouraged

Are you balancing work and caring for an older loved one? 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.

- Lunch included
- Resources and swag

- Keynote: ***“Self-Care For Those Who Care”*** by **Brittany Maas, LCSW, Assistant Teaching Professor at University of Wisconsin–Green Bay**
- Tables of community resources to support independence in aging
- Various breakout sessions

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



Questions?

Contact Sarah at 262-970-6688
spfeiffle@waukeshacounty.gov

Register by October 23rd



[tinyurl.com/
AgingForwardTogether](https://tinyurl.com/AgingForwardTogether)

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

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