

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

262-548-7848

Toll Free: 866-677-ADRC (2372)

WaukeshaCounty.gov/ADRC

INSIDE THIS ISSUE:

- Community Events (p. 2)
- **Aging Forward Together - Caregiver Summit - REGISTER TODAY** (p. 3 - 4)
- Register to Vote by GWAAR (p. 5)
- Recipe: Mushroom Stroganoff (p. 6)
- Halloween Crossword (p. 7)
- Energy Assistance (p. 8)
- The Phantom Signal from Government Hill (p. 9)
- Senior Dining & Menu (p. 10 - 11)
- Dear Dan: Health Literacy (p. 12)
- Public Health Education Classes Series (p. 13 - 14)
- Dementia Care and Support (p. 15 - 16)
- Medicare Open Enrollment reminders (p. 18)
- Sign up for Medicare plan comparisons by ADRC (p. 19)



Our ADRC staff share their costumed pets each October—this year with a football twist. Enjoy these adorable pets!



OCTOBER EVENTS IN THE COMMUNITY

October 1-31 - Scarecrow Lane @ Retzer Nature Center, sunrise - 10 pm. Visitors of Scarecrow Lane are encouraged to take a fun, self-guided walk around the pathways of Retzer Nature Center to enjoy the unique scarecrow displays and changing colors of autumn.

Weekends in October through the 25th (Fri., Sat., & Sun.) - The Hollows @ Phantom Lake YMCA Camp (Mukwonago), 6 - 10 pm. Join in for an enchanted evening stroll through the magical Halloween pumpkin wonderland along scenic trails and haunting waters while supporting the mission to help kids of different ages and abilities experience camp. Please come 15 minutes before your scheduled time slot. Tickets can be purchased at [Buy Tickets — The Hollows](#).

October 8 (Thurs.) - Senior Legacy Truth Series - “Avoiding Scams Targeting Seniors” @ Floyd E. Swayze Memorial Center, W231S9205 Riverside St, Big Bend, 10:00 - 11:30 am. Hear from local law enforcement and banking reps! Bring a friend and get a free gift. Register to get in the raffle drawing. Contact Harmony to register: 262-210-2484.

October 9-10, 16-17, & 23-24 (Fri. & Sat.) - Halloween Legends & Lore @ Old World Wisconsin, 5 - 9:30 pm. Mystery, history, and spooky festivities come to life during this special Halloween celebration! Bring friends and family along for spine-chilling storytelling, hot food, warm drinks, exclusive performances, and eerie adventures after dark as you uncover fascinating folklore passed down from the Old World to ours. Ticket prices vary, must be purchased in advance, and can be found at [Halloween Legends & Lore - Old World Wisconsin](#).

October 10 & 11 (Sat. & Sun.) - Waukesha Unlocked @ various sites, 10 am - 4 pm. The doors to businesses, organizations, churches, and city buildings will be open for you to take tours, participate in special activities, learn, and explore! Go behind the scenes of places that are usually closed to the public such as the historic Andrew Frame House, Husco International, and Alloy Products! All sites are free, though some require pre-registration. For a list of all locations and any pre-registration, visit [Waukesha Unlocked Sites](#).

October 23 (Fri.) - Grave Tales @ Prairie Home Cemetery (Waukesha), 5-7 pm. Presented by the Waukesha County Historical Society & Museum, join for a guided tour of the cemetery where several historical spirits may make an appearance. The tour will run about 1 hour as visitors walk grave to grave to hear unique perspectives on Waukesha's history.

October 24 (Sat.) - Night at the Museum @ The Waukesha County Historical Society & Museum, 6-8 pm. This free, family-friendly event will feature face painting, pumpkin painting, trick-or-treating, an Eye Spy hunt, and docent-led eerie stories that bring the museum's spirits to life! Costumes are encouraged though not required.

October 24 (Sat.) - Halloween in Delafield @ Downtown Delafield, 4:30 - 7 pm. This event will host a business Trick or Treat from 5 to 7 pm, with additional tented spooky spaces along Milwaukee Street, live music, and a grand pumpkin illumination at dusk.

October 29 (Thurs.) - Waukesha County's Discover & Do Spectacular @ Waukesha Expo Center, 4-8 pm. FREE and open to everyone. Enjoy food, a magic show, games, movies, crafts and door prizes while discovering local resources and support for your family. RSVPs are appreciated, but walk-ins are welcome! RSVP here: <https://forms.cloud.microsoft/g/kjr46DsYaf>. This event was made possible by the WI Dept of Child & Families & the Keeping Kids Safe and Putting Families First Initiative.



YOU ARE INVITED TO

Aging Forward Together

A **FREE** summit for family and friends caring for an older adult in their life

You help **them**. We help **you**.



Agenda

8:30am Check-in at Registration
Enjoy breakfast refreshments

9:30am Welcome

9:45am Self-Care For Those Who Care by Brittany Maas, MSW, LCSW, Assistant Teaching Professor at the University of Wisconsin–Green Bay and owner of her own counseling practice

11:00am Lunch and Resource Tables
Tables end at 12:30 pm

12:30pm #1 Breakout Session

1:15pm Break

1:30pm #2 Breakout Session

2:15pm Break

2:30pm Benefits of Laughter using Laughter Yoga, by Dan Michaels, Laughter Yoga Instructor and Health Educator

3:15pm Final Message and Door Prizes



Friday, November 6
9:30am – 3:30pm

**Waukesha County
Technical College (WCTC)**

Anthony J. Natalizio Center
Building S
800 Main Street
Pewaukee, WI 53072

*All day attendance is encouraged —
Come when your schedule allows*

FREE TO ATTEND



We didn't know each other before, but now we are friends. Our stories are so similar.

-Feedback from attendee last year

#1 Breakout Session Options: 12:30 - 1:15pm

Advance Directives: Future Care Decisions - Rachel Zuniga is the Advance Care Planning Coordinator from ProHealth Care. Learn how advance care planning can help ensure a loved one's future medical wishes are understood. Explore options and ways to begin these important conversations.

Caring Together: Navigating Family Dynamics in Caregiving - Courtney Johlke, MS, LPC-IT. Explore practical ways to communicate concerns, understand differing perspectives, navigate family disagreements, and develop a caregiving plan that works for everyone.

Wellness for Care Providers - Providers from Waukesha County Employee Wellness. Take time for yourself. Learn practical tips to manage stress, support your well-being, and maintain the energy needed to help someone you love.

#2 Breakout Session Options: 1:30 - 2:15pm

Coping with Stress Through Journaling - Courtney Klepp, CHES, ADRC Health Promotion Coordinator. Discover journaling as a simple tool for managing stress and protecting your well-being. Participants will learn techniques and have an opportunity to practice.

Smart Supports: Simple Tech That Makes Caregiving Easier - Erika Trawitzki, Resource Specialist from ADRC and family caregiver. Explore simple technology that can support safety, independence, and peace of mind, including smart home devices, cameras, call buttons, and other helpful tools.

Identifying Scams - Steven C. Handrich, CSW and Gabriella Allen, MSW, APSW, ADRC Adult Protective Services Social Workers. Learn to recognize common scam warning signs, reduce risk, and respond if you or someone you love may have been targeted.

Register by October 23rd



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

tinyurl.com/AgingForwardTogether



Voting in Wisconsin's November 2026 Elections

by the GWAAR Legal Services Team (for reprint)



**Wisconsin's general election is on
Tuesday, November 3, 2026**



Register To Vote:

- Online registration is available up to 20 days before the election you wish to vote in, or check your registration status here: <https://myvote.wi.gov/en-us>
 - On this site, you may:
 - Request an absentee ballot
 - Find out your polling location
 - See what is on your ballot
 - And more!
 - If you do not have access to a computer or the internet, you can call or visit your city or municipal elections clerk for assistance.
- You can register in-person up to and including the day of the election.
 - To register in-person, you must bring a driver's license or state-issued identification card **AND** a proof of residence document such as a utility bill with your name and address on it.
 - More information on what qualifies as a proof of residence document is available here: <https://elections.wi.gov/resources/voter-guides/proof-residence-por-vs-proof-identification-poi>.

If you are already registered, you only need your driver's license or state-issued identification card to get your ballot – either absentee or at your polling location.

If you need assistance to vote due to a disability, you have rights. First, all Wisconsin voters are eligible to request a mail-in absentee ballot for any reason. You may also indicate that you are indefinitely homebound or in an institution due to age, illness, or disability and receive mail-in ballots for every election going forward.

All polling places must have accessible voting equipment and must honor any request to vote curbside in your vehicle. If you need additional accommodations, you may request them from your municipal clerk.

For more information on disability voting rights, visit: <https://disabilityvote.org>





Creamy Mushroom Stroganoff

Ingredients

- 1/4 oz. dried porcini mushrooms (Don't have them? That's okay)
- 12 oz. wide egg noodles
- 3 1/2 Tbsp. olive oil, divided
- 1 1/2 lb. mixed fresh mushrooms, sliced or torn
- Kosher salt and pepper
- 1 small onion, thinly sliced
- 2 cloves garlic, finely chopped
- 1/2 cup dry white wine
- 1 tsp. white miso (Don't have miso? Use more soy sauce)
- 1/2 cup sour cream
- 1 tsp. reduced-sodium soy sauce
- Optional:
 - 8 sprigs thyme, plus thyme leaves for serving plus thyme leaves for serving
 - Chopped parsley, for serving

Instructions

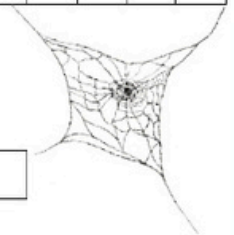
1. In 2-cup heatproof liquid measuring cup, cover dried mushrooms with 1 cup boiling water and let soak. Cook egg noodles per package directions.
2. Meanwhile, heat 1/2 tablespoon oil in large skillet on medium-high. Add one-third of fresh mushrooms and 1/4 teaspoon each salt and pepper; cook, tossing twice, until golden, 3 to 4 minutes. Transfer to large plate. Repeat twice more with 1 tablespoon each oil, one-third of remaining fresh mushrooms and 1/4 teaspoon each salt and pepper. Add half of mushroom soaking liquid to pan and cook, scraping up any browned bits, then pour liquid from pan into measuring cup.
3. Wipe out skillet, then heat remaining tablespoon oil on medium. Add onion and 1/4 teaspoon each salt and pepper and cook, stirring occasionally, until golden brown and tender, 3 to 4 minutes. Remove porcini mushrooms from liquid and chop; reserve soaking liquid.
4. Stir garlic into onions and cook 1 minute. Add wine and thyme sprigs and cook, scraping up any browned bits, 1 minute. Add mushroom liquid (about 3/4 cup) and miso, stir to dissolve and simmer until slightly reduced, 3 to 4 minutes.
5. Remove skillet from heat and discard thyme sprigs. Stir in sour cream and soy sauce. Fold porcini mushrooms and cooked mushrooms into sauce, then fold in noodles to coat. Optional: Serve sprinkled with parsley and additional thyme leaves.

Nutrition Information

(per serving) About 554 calories, 21 g fat (5g saturated), 107 mg cholesterol, 645 mg sodium, 76 g carbohydrate, 7 g fiber, 8.5 g sugar (0 g added sugar), 19 g protein

Halloween

Crossword



Across

2. Flying mammal often seen in caves and at night
3. Place where someone is buried
5. Bird that hoots at night and is often seen as spooky
9. Reanimated corpse that walks slowly
10. Liquid made by witches with magical properties
11. Spooky, see-through figure that says "Boo!"
14. What you wear to dress up on Halloween
15. Small, mischievous creatures from fairy tales
19. Something that makes your skin crawl
22. Light made from a carved pumpkin
24. Wrapped figure from ancient Egypt
26. Sweet treats given to trick-or-treaters
27. Figure made of straw to scare birds away from crops
28. Carved pumpkin with a light inside
29. What spiders make that can be sticky

Down

1. Sharp teeth, especially those of a vampire
4. Creature that drinks blood and hates sunlight
6. Magical woman who flies on a broomstick
7. Person who turns into a wolf during a full moon
8. Genre of scary movies often watched on Halloween
12. Eight-legged creature that spins webs
13. Big orange fruit carved for Halloween
16. Witch's mode of transportation
17. Marker that sits at the head of a grave
18. Phase of the moon when it is completely round
19. Large pot used by witches to brew potions
20. Feline often associated with witches
21. House that is full of ghosts
23. Bony framework inside your body
25. Something worn over the face for disguise



Energy Assistance and Weatherization for Waukesha County Residents



ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. **Available October 1st through May 15th.**

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition.

How to Apply

WHEAP benefits are not guaranteed to eligible households. When funds have been exhausted for a program year, there are no benefits issued to households regardless of eligibility.

1. Apply online:

<https://energybenefit.wi.gov/OnlineApps>

a. Apply by phone, mail or in person for Energy Assistance: Energy Services Inc **(800) 506-5596** or Weatherization Program - La Casa de Esperanza **(262) 522-4111**

2. For more information call:

1-866-HEATWIS (432-8947)

Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation

Households with income at or below the amounts shown may qualify during the 2026–2027 program year (October 1, 2026 – September 30, 2027)
Based on 60% of Wisconsin's median income.

Household Size	One Month Income	Annual Income
1	\$3,322.00	\$39,864
2	\$4,344.08	\$52,129
3	\$5,366.25	\$64,395
4	\$6,388.42	\$76,661
5	\$7,410.58	\$88,927
6	\$8,432.75	\$101,193
7	\$8,624.33	\$103,492
8	\$8,816.00	\$105,792

The Phantom Signal from Government Hill:

How Delafield Became the Birthplace of the National Weather Service and Local Legend on the Same Day

by Sloan Butler, HHS Communications Assistant

On November 8, 1870, atop the highest point in Waukesha County, what was then known as Government Hill (today's Lapham Peak), Wisconsin scientist Increase A. Lapham made history issuing the first official storm warnings in what would eventually become the National Weather Service. Using telegraph reports from across the region, his forecast called for "high winds and falling temperatures" in parts of the Great Lakes region. For sailors, shipping crews, and communities along Lake Michigan, his accurate reporting spared shipping vessels carrying cargo and crew members of any catastrophic shipwrecks. This previously nonexistent warning system would make the difference between safety and disaster for centuries to come.

But while science was taking shape at the top of the hill, a far stranger story was said to be unfolding below. According to local legend, some Delafield farmers were preoccupied with a far more urgent concern: their fences were talking.

At the time, Delafield was not yet the community we know today. It was a rural farming township, home to sheep, dairy cows, and residents connected to neighboring communities by plank roads. All residents knew about "Government Hill" was that someone had built a strange tower and strung miles of wire across the countryside. Following Lapham's first report, farmers claimed that when they walked their property lines at night, the wire fences hummed, buzzed, and clicked rhythmically in the dark. Housewives standing near cast iron kitchen stoves reported faint metallic tapping from ovens and stovepipes.

Some blamed spirits. Others suspected strange government business on the hill. A few probably blamed the neighbors, which remains one of Wisconsin's most reliable traditions. The real explanation, of course, may have been less supernatural but no less strange. Early telegraph lines carried electrical pulses across long distances. Those currents could create electromagnetic effects that nearby metal objects, such as ungrounded wire fences or iron stoves, might respond to with faint vibrations, clicks, or hums.

To a scientist atop Government Hill, it was simple physics, and history in the making. To a Delafield farmer standing in the dark beside a buzzing fencepost, it was probably time to go back inside. The study of electricity and magnetism was still new to most people, and news traveled slowly across a rural township—unless, of course, you were getting your updates directly from the kitchen stove. Over time, these stories became part of the folklore surrounding Lapham Peak, told in whispers, jokes, and on barstools.

Next time you're near Lapham Peak after dark, listen closely. If the fenceposts start talking, it's probably just science. Probably.

Looking for a spooky trip to Lapham Peak? Check out the Lapham Peak Fright Hike, a one-mile trek through rolling forest trails that takes approximately 45 minutes to complete. Due to the terrain, strollers and wheelchairs are not recommended. The hike takes place October 23 and 24, beginning at 8:30 p.m. Tickets are \$20 and must be purchased in advance. Proceeds benefit the Friends of Lapham Peak.

Sources: Wisconsin Historical Society; UW Digital Archives; Historical Site Marker 328: Lapham Peak; Federal Agriculture Census 1840-1910.

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, W152N8645 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



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



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.

October 2026 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Honey Mustard Chicken Buttered Red Potatoes Seasoned Green Beans Nine Grain Bread Cubed Honeydew Apple Pie Alt: Diet Jello	Chili with beans Sour cream Mixed Veggies Creamy Cucumber Salad Cornbread Creamy Apples & Grapes
5	6	7	8	9
Roast Pork in gravy Butternut Squash with Apples & Cranberries California Florentine Veggies Nine Grain Bread Fruit Cocktail	Chicken Stew with Veggies & Dumplings Green & Yellow Beans Red Pepper Strips with Ranch Tropical fruit Cup Whole Wheat Bread Butterscotch Pudding Alt: Diet Pudding	Meatballs in Mushroom & Onion Gravy Yukon Mashed Potatoes Broccoli Salad Cantaloupe Dinner Roll Frosted Spice Cake Alt: Diet Jello	Italian Beef & Rice Casserole Prince Edward Blend Veggies Gazpacho Salad Multigrain Bread Seasonal Fresh Fruit Chocolate Milk	Loaded Baked Potato Soup BBQ Pork on a Whole Wheat Bun Creamy Coleslaw Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie
12	13	14	15	16
Roast Turkey in gravy Garlic Mashed Potatoes Red Cabbage Mandarin Oranges 9-Grain Bread Oatmeal Raisin Cookie Alt: Diet Cookie	Mongolian Ground Beef and Noodles Sugar Snap Pea Blend Veggies Corn & Edamame Salad Honeydew Melon	Shredded Mexican Chicken Casserole (with beans & corn) Sour Cream Mexican Rice Fresh Veggie with Ranch Chilled Pineapple Blueberry Muffin Alt: Applesauce	Hearty Sausage & Lentil Stew Buttered Baby Reds Carrot Raisin Salad Wheat Dinner Roll Seasonal Fresh Fruit	Tuna Pasta Salad with Celery & Onion Grape Tomatoes Broccoli Salad Mini French Roll Chilled Apricots Ice Cream Cup
19	20	21	22	23
Pork Tenderloin with Honey Garlic Sauce Baked Sweet Potato Peas & Pearl Onions Whole Wheat Bread Banana Chocolate Milk	Staff Training No Meals Served	Creamy Chicken Noodle Casserole 5-Way Blend Veggies Dilled Cucumber Salad Fresh Grapes Oat Bran Bread Snickerdoodle Cookie Alt: Diet Cookie	Swedish Meatballs over Noodles Steamed Broccoli Beet & Onion Salad Cantaloupe Chocolate Pudding Alt: Diet Pudding	Turkey, Broccoli & Brown Rice Casserole Maui Vegetable Blend Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Frosted Cake Alt: Diet Jello
26	27	28	29	30
Cream of Broccoli Soup with Crackers Sloppy Joe on a Bun Au Gratin Potatoes Mandarin Orange Peanut Butter Cookie Alt: Diet Cookie	Chicken Cordon Bleu Casserole Cubed Sweet Potatoes Green Beans Watermelon Whole Wheat Bread Chocolate Pudding Alt: Diet Pudding	Baked Mostaccioli Squash Medley Spinach Salad with tomatoes & Italian dressing Peach Half Mini Breadstick Ice Cream Cup	Lemon Rosemary Chicken on the Bone Red Skin Mashed Potatoes Ancho BBQ Pinto Beans Multigrain Bread Fruit Compote	Batty Beef Stew with potatoes & veggies Creepy Creamed Corn Monster Marinated Veggies Boo Biscuit with Butter & Honey Frankenstein's Fresh Fruit

JOKE
OF THE MONTH:

ALL HALLOWEEN CANDY IS FAT FREE

You PAY For THE CANDY,
THE FAT IS INCLUDED.

**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.



Dear Dan,

I recently went to my doctor and left with a prescription, three follow-up instructions, and about 11 new words I had never heard before! I nodded my head and said, “Yep, makes sense,” even when I’m secretly thinking, “I have absolutely no idea what you just said.”

Sometimes I’m too embarrassed to admit I don’t understand, and other times I don’t even know what questions I should ask. I don’t want to waste the doctor’s time or look like I wasn’t paying attention.

So, what can I do to become a better advocate for my health understanding? Is it okay to ask my doctor to explain something in simpler terms, repeat instructions, or write things down? And what are some good questions to ask or other things I could do before I walk out the door?

Trying Not to Nod and Pretend,

Clara Fication

Dear Clara Fication,

Your question is perfectly timed; October is Health Literacy Month! Health literacy is about having the ability and confidence to find, ask, understand, and use health information. So back to your questions... Many of us have sat in a doctor’s office, nodded along, and thought, “I’m pretty sure I understood about 50% of that. I hope I can figure this out.” Please remember asking questions is not wasting time or a sign that you weren’t paying attention. It is a sign that you are paying attention to your health. Your doctor would much rather you ask questions than leave confused about anything.

It’s perfectly fine to ask, “Could you explain that in simpler terms?” “What does that word mean?” “Can you repeat and slow down?” You can also ask, “What is the most important thing I need to remember?” “What are my next steps?” My favorite questions to ask are “What are the main questions most people ask in this situation?” and “What question should I have asked, or what would you wish all patients would ask?” Write down all your questions before the appointment so your mind doesn’t develop a case of white coat amnesia. You can also bring another adult with you to listen, understand, take notes, remember, and ask questions you may have forgotten or didn’t think of.

Another tip is to repeat the instructions back to your provider: “Just to make sure I understand, this is what I’m supposed to do...” This gives them a chance to correct anything you may have misunderstood. And don’t be afraid to say, “I don’t understand.” Those four words can be some of the smartest things you say during a medical appointment.

Clara, give yourself permission to stop politely nodding and start asking questions. You don’t need to become a medical expert—you just need to become an active advocate for your health. Your health is too important to leave the doctor’s office playing Guess What the Doctor Meant?

-Dan, Community Health Educator, Public Health a division of Waukesha County HHS

Upcoming StrongBodies Classes!

LIFTING PEOPLE TO BETTER HEALTH

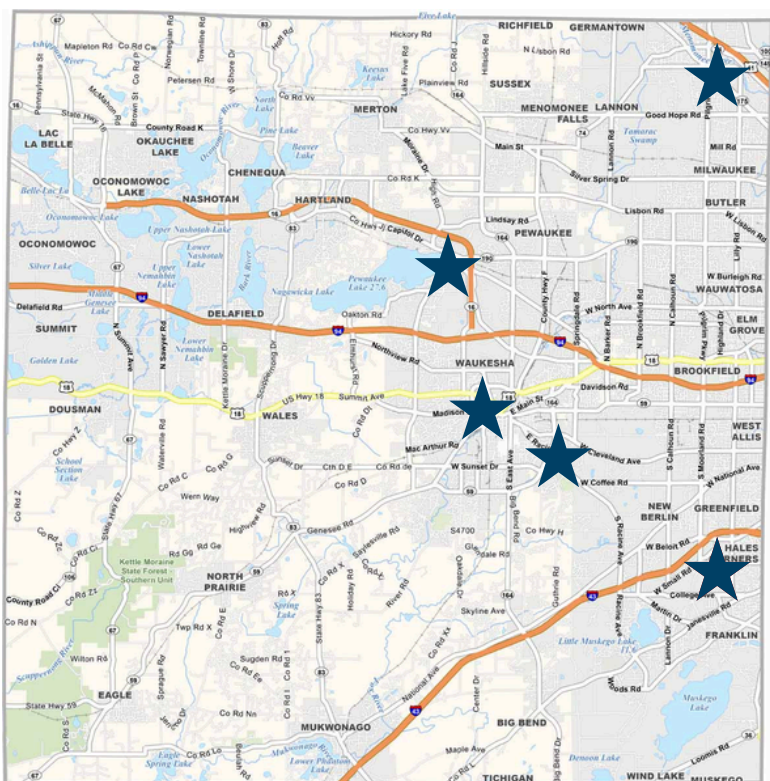


STRONGBODIES



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

9:30-10:45 am

Gethsemane United Methodist Church
642 Main St., Pewaukee

Mondays and Thursdays

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
563W13694 W. Janesville Rd., Muskego

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

What is StrongBodies?

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



Public Health
Prevent. Promote. Protect.
Waukesha County Public Health

**PUBLIC HEALTH
EDUCATIONAL SERIES CLASS:**

MAKING TIME FOR SELF-CARE

Self-care isn't selfish. It's an important part of maintaining your overall health and well-being.

Participants will leave with practical ideas and tools they can use to create more balance and support their overall well-being.



**October 13, 2026
6:00 pm - 7:15 pm**

Hartland Public Library
110 E. Park Ave., Hartland

To Register:
Call 262-367-3350

**October 16, 2026
10:00 am - 11:15 am**

New Berlin Public Library
15105 Library Ln, New Berlin

To Register:
262-785-4980

**October 27, 2026
10:00 am - 11:15 am**

Menomonee Falls Senior Center
W152 N8645 Margaret Rd,
Menomonee Falls

To Register:
Call 262-255-8460



Public Health
Prevent. Promote. Protect.
Waukesha County Public Health

**PUBLIC HEALTH
EDUCATIONAL SERIES CLASS:**

HEALTHY BONES HEALTHY YOU (BONE HEALTH)

The session will cover:

- Why bones are important to our overall health
- What is osteoporosis and osteopenia
- Risk factors
- Warning signs/fractures
- Reducing risk of disease and injury
- Screenings
- Where to find more information and resources.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

**October 7, 2026
2:00 pm - 3:15 pm**

Brookfield Public Library
1900 N Calhoun Rd, Brookfield

To Register:
Call 262-782-4140

**PUBLIC HEALTH
EDUCATION SERIES CLASS:**

ZOMBIE PREPAREDNESS

If you are ready for the Zombie Apocalypse, then you can be ready for any emergency.



Come have fun and learn emergency preparedness skills that will make you ready for any disaster, even a zombie outbreak.



Could you survive a Zombie Apocalypse? Have fun and learn emergency preparedness skills that will make you ready for any disaster, even a zombie outbreak. If you are ready for the Zombie Apocalypse, then you can be ready for any emergency. Come and fill your Braaaains with preparedness and zombie knowledge!



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

**October 21st, 2026
6:00 PM - 7:00 PM**

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

To Register:

Go www.newberlinwi.gov/1091/New-Berlin-Activity-Recreation-Center



SteppingOn has been researched and proven to reduce falls by **31%!**



Stepping On

Building Confidence and Reducing Falls

**Fridays (7 sessions)
October 16 - Dec 11, 2026
1:00 pm—3:00 pm**

Schuetze Recreation Center
1120 East Baxter Street - Community Room
Waukesha

To Register:

Contact Waukesha Park and Rec.
Call 262-524-3737 for help with registering.



Through your commitment to this program, you will gain the knowledge and skills needed to reduce the risk of falls, improve self-management, and increase the quality of life. The Stepping On workshop topics will include simple and fun balance and strength training, role vision plays in keeping your balance, how medication can contribute to falls, what to look for in safe footwear, checking your home for safety and ways to stay safe out and about in the community.



SKILL BUILDING FOR THE DEMENTIA JOURNEY

VIRTUAL SERIES

Dementia Care Specialists from the ADRC of Waukesha County are offering three **FREE** virtual education sessions to family & friends of people living with memory loss or a diagnosed dementia.



Normal Aging or Dementia? Learn the Difference

Wednesday, November 11 - 11:00AM



Tips to Improve Communication

Monday, November 23 - 1:00PM



Understanding Dementia Related Behaviors

Thursday, December 10 - 10:30AM



**TO REGISTER FOR ONE OR MORE
SESSIONS, PLEASE CONTACT:**

KATHY GLASER (262) 548-7354

OR VISIT:

www.WaukeshaCounty.gov/DementiaCare

Dementia Care and Support

Savvy Caregiver Training:



**Mondays, October 5 - November 9
10:00a - 12:00p**

Health and Human Services Center
514 Riverview Ave, Waukesha

Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience.

Community Memory Screening:



**Tuesday, October 13
10:00a - 3:00p**

Brookfield Public Library
1900 N Calhoun Rd, Brookfield

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 today!

**Register for either by contacting Jennifer, ADRC
Dementia Care Specialist at
262-548-7650, or jharders@waukeshacounty.gov**



Community Dementia Efforts

Caregivers Educational Workshop-The Before the Crisis:

Practical Strategies for Dementia Caregivers



The Before the Crisis: Practical Strategies for Dementia Caregivers workshop offers family caregivers a supportive, hands-on learning experience focused on preparing for dementia-related challenges before they occur. Held on **Saturday, November 7, 2026**, at the Pewaukee Public Library, the event features dementia specialist Sherrie Szombathely and occupational therapist Stacey LaFlamme, who will share proactive planning tools, communication approaches, home-safety strategies, and fall-prevention techniques to help caregivers feel more confident and prepared.

Attendees will also enjoy complimentary offerings including door prizes, caregiver gift bags, vendors, resource materials, refreshments, chair massages, and a lively sing-along with vocalist Bill Peterson. **The workshop is free and open to all family caregivers**, made possible by Dementia Friendly Pewaukee and the GFWC Woman's Club of Pewaukee.

Registration is required, as seating is limited.

Please RSVP by emailing Abby at AbbyLorenz@wi.rr.com or texting Abby at 414-350-8713

Welcome to Medicare Classes - Fall 2026



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

Register for the class you wish to attend with the contact information given

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

Health and Human Services Center (262-548-7848)

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

Live - Virtually (262-548-7848)

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)

Monday, November 2 at 2:00pm

Big Bend Village Library (262-662-3571)

Tuesday, November 3 at 11:00am

Mukwonago Community Library (262-363-6411)

Wednesday, November 4 at 10:00am

Mukwonago Parks & Recreation (262-363-7077)

Thursday, November 5 at 11:00am

Hartland Public Library (262-367-3350)

Monday, November 9 at 1:00pm

Pewaukee Public Library (262-569-2193)

Tuesday, November 10 at 1:00pm

New Berlin Public Library (262-785-4980)

*** Wednesday, November 11 at 1:00pm**

Health and Human Services Center (262-548-7848)

*** Wednesday, November 11 at 5:30pm**

Live - Virtually (262-548-7848)

Wednesday, November 11 at 5:30pm

Brookfield Public Library (262-782-4140)

- Live Virtual Watch Party -

Monday, November 16 at 10:30am

Waukesha Public Library (262-524-3682)

Tuesday, November 17 at 1:00pm

Delafield Public Library (262-646-6230)

Wednesday, November 18 at 1:30pm

Elm Grove Public Library (262-782-6717)

Thursday, November 19 at 12:45p

Brookfield Parks & Recreation (262-796-6675)

*** Wednesday, December 11 at 1:00pm**

Health and Human Services Center (262-548-7848)

*** Wednesday, December 11 at 5:30pm**

Live - Virtually (262-548-7848)

- **Note:** You can register to attend these classes by going online <https://wauk.co/Medicare> or scan the QR code



Medicare Open Enrollment is October 15 – December 7, 2026

Waukesha County Residents: Need help comparing 2027 Medicare plans?

Please complete the form below or online at: www.waukeshacounty.gov/ElderBenefitSpecialistProgram

Your current and top 2 lowest cost drug and/or advantage plan comparisons will be mailed to you or attend a workshop to receive your plan comparisons.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____

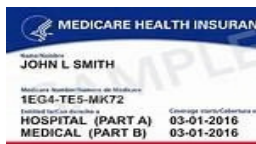
Please check if you have a current drug plan ☐ or advantage plan ☐

Name of drug or advantage plan _____

Medicare Part A start date _____

Medicare Part B start date _____

Pharmacy Preferences _____



How do you want to receive your plan comparisons?

(Please check one)

☐ Mailed

☐ Workshop

(then check one below)

Attend Workshop at ADRC:

- ☐ Thu Oct 29 9-10am
- ☐ Thu Oct 29 1-2pm
- ☐ Wed Nov 4 2-3pm
- ☐ Wed Nov 11 9-10am
- ☐ Wed Nov 18 8:30-9:30am
- ☐ Wed Nov 25 10-11am
- ☐ Wed Dec 2 2-3pm

Drug Name (if you have more, please write on separate sheet)	Dose Amount	How often Taken

I have requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. I understand that all enrollments must be made by December 7, 2026. I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.



★ Beneficiary signature: _____ Date: _____

Return form: ADRC, 514 Riverview Ave, Waukesha 53188

Email: adrc@waukeshacounty.gov Fax: 262-896-8273

Call 262-548-7848 with questions

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