



Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848
Toll Free: 866-677-2372
Fax: 262-896-8273
TTY: 7-1-1

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Southeast Wisconsin (NAMI)

- Mental Health Education
 - Support Groups
- 262-524-8886**

Veteran's Services

- Benefits (incl. dependents and survivors)
- 262-548-7732**

Moraine Lakes Consortium

- BadgerCare Plus
 - Medicaid
 - FoodShare
- 888-446-1239**

Alzheimer's Association

- Support and Education
- 800-272-3900**
(24/7 Helpline)
www.alz.org/sewi

Inside this Issue:

- > Upcoming Medicare Open Enrollment (4-5)
- > Alzheimer's Awareness, Memory screenings, and Dementia education (6-8)
- > Prevent Yourself from Falling! (10-11)
- > Hispanic Heritage Month (12)
- > International Day of Sign Languages (13)
- > Emergency Preparedness from Public Health (14)
- > Improve Your Health (17)
- > Call for volunteers (18)

The ADRC Connection

September 2023

Over the next several months, the ADRC Connection Newsletter will be showcasing the history of some of our communities within Waukesha County. Like us on Facebook or send us an email if you would like to learn more about your community's history and we may showcase yours!

Email adrc@waukeshacounty.gov

For the first walk down memory lane, we are showcasing the center of Waukesha County, the city of Waukesha.

Waukesha, or Prairieville as it was known until becoming the seat of Waukesha County, was settled by Morris D. Cutler in 1834, with his two claim-shanties consisting of 160

acres. The word "Waukesha" is thought to be a westernized pronunciation of the Ojibwe word *Waagoshag*, the plural of fox ("waagosh"), or the Potawatomi name *Wau-tsha* (sometimes written as *Wauk-tsha* or *Wauke-tsha*). More English, Scottish, Irish, and German immigrants then made Waukesha their home in the late 19th century. Waukesha became a thriving resort town in the early 1900's, known for its healing waters and mineral mud baths which were said to cure various ailments, and which is now known as the Springs Era.



Five Points, Waukesha, 1907 ca



Saratoga Mill 1923 ca

After the era of healing waters ended, Waukesha became a major manufacturer of water, beer, soda, dairy products, iron, steel, and engines. The products would be shipped to Milwaukee and other port cities on Lake Michigan becoming an economic mainstay for the city. The Saratoga Mill was

one of the industries in Waukesha, established in 1839 by John Gale Jr. and later associated with William A. Barstow. The mill no longer stands, as it was demolished in 1925.

Waukesha was also a station on the Underground Railroad for runaway slaves, it was an abolitionist center before the American Civil War and was where the antislavery newspaper, *American Freeman* was published from 1844 to 1848.

Waukesha is also home to the state's oldest college. Carroll University was chartered by territorial legislature in 1846 and is named after Charles Carroll, signer of the Declaration of Independence. Some famous alumni of the college include Fred MacMurray (actor), Alfred Lunt (theatre director, actor), and Bobby Petrino (football coach). Another famous person born in Waukesha in 1915 was Lester William Polsfuss, you may recognize him as Les Paul. Les Paul was a pioneer of the solid body electric guitar. He called his prototype the "Log".

Today Waukesha continues to be an innovative community driven place to live or visit and has been voted one of the top places to live in the country.

Wikipedia, Waukesha Historical Society



Downtown Waukesha 1900 ca



Waukesha County Courthouse 1893 ca



Park Theatre 1946 ca

**STAY TUNED IN FUTURE
ISSUES FOR MORE OF
"YOUR COMMUNITY"
HISTORY!**

It's Grandparents Day!

September 10, 2023 is recognized as National Grandparents Day and at the ADRC, we would like to acknowledge all older adults who play an important role in supporting and encouraging the generations behind them. Thank you!



Most people are not comfortable with the fact that our brains age and things that were easy for us to recall or tasks that were easy to do become more difficult. As a result, we tend to look for ways to keep our brains from aging, we do not have to look much further than the Sudoku puzzle in the daily newspaper. A study published in the International Journal of Geriatric Psychiatry suggests that the brains of **people who regularly do puzzles function similarly to people 10 years younger than them.** Experts said challenging your brain either through puzzles or other methods like learning a language can help anyone stay engaged and cognitively sharp. While the results show promise for maintaining brain health, it is important to know that the games do not necessarily equate to a diminished risk. Sudoku is just one example of a type of brain training game. One of the primary benefits of Sudoku is the fact that it forces the person to think two or three moves in advance, an activity that is good for the brain.



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

HOW TO PLAY: A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each full line, horizontally or vertically. Additionally, there cannot be any repeats within the marked 3x3 squares within the grid.



Medicare

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. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County.

Start preparing early this year. Don't let this opportunity pass you by! Starting October 1, go to 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
- <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>
- 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.



Medicare Presentations
in your Area



These are free "Introduction to Medicare" classes presented by Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.

Wednesday, September 13 at 1:00pm-2:00pm, and virtually at 5:30-7:30pm
Waukesha Health and Human Services Building, Room 114

Tuesday, September 26 at 10:30am
Waukesha Public Library

Wednesday, September 27 at 1:00pm
Sussex Public Library

Tuesday, October 3 at 10:00am
Mukwonago Parks & Recreation



WORLD

Alzheimer's
DAY

September 21

Alzheimer's is in our midst. We hear about it on the news, may know friends or family members that are living with it, or may be living with it ourselves.

In 2023, there are over 10,300 people living with Alzheimer's or another dementia in Waukesha County. 70% of individuals living with dementia live in the community and 25% of those people live alone. It is also estimated that there may be another 5,000 people living with dementia that have not received a diagnosis yet.

Dementia Friendly America is a national network of communities, organizations, and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. They define Dementia Friendly Communities as places that foster the ability of people living with dementia to remain in community and engage and thrive in day to day living. A Dementia Friendly Community is a village, town, city,

or county that is informed, safe, and respectful of individuals living with dementia, their families, and caregivers. The goal is to provide supportive options that foster quality of life.

In Waukesha County we believe a Dementia Friendly Community is a place where individuals with dementia:

- ✓ **Are able to live good lives,**
- ✓ **Have the ability to live as independently as possible,**
- ✓ **Continue to be a part of the community, and**
- ✓ **Are met with understanding and given support when necessary.**

So how do we become more dementia friendly ourselves or in our local communities?

- ◆ Learn more about Alzheimer's and other dementias. More education and awareness are the first steps in building understanding and empathy.
- ◆ Encourage entities you are associated with to receive dementia friendly business or organization training.
- ◆ Host a Dementia Friends session for friends or groups you are associated with (contact the ADRC to learn more)
- ◆ Support people around us that may be impacted by dementia
- ◆ Contact the ADRC and our Dementia Care Specialists, Jennifer Harders or Kathy Glaser to learn more about Dementia Friendly Waukesha County.

Thank you for reading this article and increasing your awareness of Alzheimer's disease in Waukesha County!

Younger Onset Dementia Caregiver Support Group

Are you caring for someone who has been diagnosed with a form of dementia prior to the age of 65? Join us for conversations about dementia, caregiver strategies and community resources.

**WHEN: 2nd Wednesday of each
month 3:00-4:30 pm**

Upcoming Meetings:

September 13

October 11

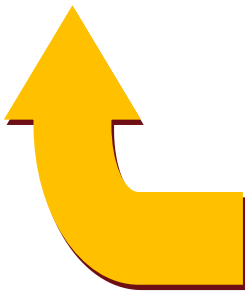
November 8

WHERE: Health and Human
Services Center
514 Riverview Avenue, Room 113
Waukesha, WI 53188



For more information
contact Jennifer Harders
at 262-548-7650

Located at the
Pewaukee Public
Library
210 Main St
Pewaukee



Normal Aging Brain Changes vs. Dementia Signs

Thursday, October 5
1:00 pm
Community Room

Join us to discuss normal aging changes, what might be more concerning, next steps to take to be healthier, and how Waukesha County can provide support and resources.

Registration is recommended -
visit pewaukeelibrary.org or
call 262-691-5670



A **WOW** EXPERIENCE

FOR FAMILY & PROFESSIONAL CAREGIVERS

DEMENTIA **Live**®

"Because it's frightening to care for someone you don't understand"

Dementia Live® offers a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn valuable tips and tools to improve communications and care.

Please allow 30 minutes for this engaging and remarkable experience.

Monday, September 11th
from 1:00 – 3:30 pm

Muskego Public Library
573 W16663 W. Janesville Rd
Muskego, WI 53150

Registration Required:
Contact Jennifer Harders to
register

Jharders@waukeshacounty.gov

or
262-548-7650



A Program of
AGEu-cate®
Training Institute
www.AGEucate.com

Tomatoes: Eat a Rainbow of Vegetables

Now is the best time of year to enjoy tomatoes, especially if they are locally grown. Tomatoes are in the **Red and Orange** vegetable category, known for disease-fighting antioxidants such as beta-carotene and lycopene. One large tomato has 1/3 of your recommended daily vitamin C and as much potassium as a banana, which supports healthy blood pressure.



When we eat a rainbow of different colored vegetables, our bodies get a greater variety of nutrients. The Vegetable Group has five subgroups: **Red and Orange**, **Dark Green**, **Beans/Legumes**, **Starchy**, and **Other**. Americans tend to eat more Starchy vegetables (potatoes, corn, green peas) than any other subgroup and underconsume other types.

Aren't tomatoes fruits?

Botanically, yes. Tomatoes are a fruit because they store the plant's seeds. In fact, many things we consider "vegetables" are actually fruit, including peppers, eggplant, zucchini, squash, pumpkins, and cucumbers... just to name a few! In cooking and in nutrition, tomatoes are usually considered vegetables, because they are most often prepared in savory ways.

Looking for new ways to enjoy tomatoes? Try...

- **For breakfast.** Spread whole-grain toast or a bagel with ricotta cheese or light cream cheese. Top with a thick slice of tomato, a sprinkle of dill, salt and pepper.
- **Roasted.** Toss whole cherry tomatoes or tomato halves in olive oil and seasoning, spread on a baking tray, and cook in a hot oven (425 degrees for about 20 minutes).
- **As a snack.** Eat grape tomatoes out of your hand, with dip, or add to a salad.

Or, try this quick and delicious tomato recipe!

Tomato, Mozzarella and Basil

Makes enough for 6-8

Ingredients:

- 3-4 tomatoes, washed and sliced
- 8 oz. mozzarella cheese, sliced (fresh or aged)
- 1 sprig basil, chopped
- 2 Tablespoons olive oil
- Salt and pepper (optional)



Instructions:

1. Layer tomatoes with mozzarella. Sprinkle basil on top.
2. Drizzle olive oil over the top. Sprinkle with salt and pepper if desired.

FOOD WISE
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Boulevard AC-G22, Waukesha WI 53188

Phone: 262-548-7877

<https://waukesha.extension.wisc.edu>

Para más información español comuníquese con 262-548-7882

Information source: MyPlate.gov

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

ELMBROOK MEMORIAL HOSPITAL'S

FALLS PREVENTION FAIR

Guest speakers of varying medical specialties and professions will be present to share their knowledge with you!



Please join us for a 3 hour workshop to learn more about preventing falls both at home and while out and about. This event is open to all seniors who are interested in learning about falls prevention as well as maintaining their independence and remaining active members of the community.

DATE & PLACE:

FRIDAY, OCT 20TH

1 PM - 4 PM

📍 **ELMBROOK MEMORIAL HOSPITAL
AUDITORIUM
19333 W NORTH AVENUE,
BROOKFIELD, WI 53045**

PLEASE CALL (262) 785-2293 TO SIGN UP!



TOPICS WILL INCLUDE:

- Strength and balance exercises
- Home safety tips and tools for daily living
- How vision impacts your balance
- Medications that can lead to falls
- Importance of calcium and vitamin D
- Community safety tips
- Resources available to you in the community



Safety Tip: Learn your risk and take steps to avoid a fall

Do you lose your balance? Are you worried about a fall? Ask your doctor for a falls risk assessment. If you're at risk, there are things you can do to improve your balance and strength and reduce your falls risk.

Safety Tip: Medications can increase your falls risk

Certain prescribed and over-the-counter medications can increase your risk of a fall. Ask your doctor or pharmacist how to reduce drug interactions and side effects.



Safety Tip: Pets are wonderful — but not underfoot!

Pets are great companions. But they can also be a falls hazard. Know where your furry friend is when you are moving about and take precautions to avoid a trip.

Safety Tip: Hearing & vision impact falls

What do your eyes and ears have to do with preventing a fall? A lot! Both hearing loss and low vision put you at a higher risk for falling. If you're concerned, see your doctor and get checked.



Safety Tip: Simple moves can help you avoid a fall

Balance and strength have a lot to do with your ability to avoid a fall. Learn some simple exercises that you can do to help you stay upright.



September is Falls Prevention Awareness Month

- ✓ Falls are **not** a normal part of aging
- ✓ **One in four people** age 65 or older has a fall each year
- ✓ The average cost of unintentional fall injury-related emergency department visits in Wisconsin **rose an average of 33%** from 2016-2017 to 2020-2021
- ✓ The total cost of fall injury-related hospitalizations statewide from 2020-2021 was **\$427,909,939**, up 11% from 2016-2017*
- ✓ **But a fall can be prevented!** Check out the information to the left to take steps to protect yourself and your loved ones from a fall

*data taken from the Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system

What Is Hispanic Heritage Month and Why Is It Celebrated?



SEPT 15TH - OCT 15TH

Here are five things to know about Hispanic Heritage Month, its history, and why we celebrate it in the middle of September.

What is Hispanic Heritage Month?

It's a national celebration to honor the history, culture and

influence of past generations who came from Spain, Mexico, the Caribbean and Central and South America.

The observance started in 1968 under President Lyndon Johnson's administration as a one-week celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted into law on Aug. 17, 1988, officially designating the 30-day period starting on Sept. 15 to Oct. 15 as National Hispanic Heritage Month.



Flags are displayed during the national anthem in honor of Hispanic Heritage Month before the game between the Dallas Cowboys and New York Giants at AT&T Stadium on Oct. 10, 2021 in Arlington, Texas.

Why Does Hispanic Heritage Month begin on Sept. 15?

Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15. The celebration starts mid-month because Sept. 15 marks the independence anniversary of five countries: Costa Rica, Nicaragua, El Salvador, Honduras and Guatemala. It is followed by Mexico's Independence Day on Sept. 16 and Chile's on Sept. 18.

What does Hispanic mean?

While many people use Latino(a) and Hispanic interchangeably these two words mean different things. A Hispanic person is someone who comes from, or is a descendant of a Spanish-speaking country. Latino(a) is used when referring to someone who comes from Latin America, or is a descendant from any Latin American country.

A person can be both Hispanic and Latino(a), but not all Latinos are Hispanic. Brazilians, for example, are Latinos, but their native language is not Spanish. Conversely, not all Hispanics are Latino(a). Spaniards are considered Hispanic, but not Latinos, since they are part of the European Union.

Hispanic countries are: Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, Uruguay, and Venezuela.

Latin American countries are: Argentina, Bolivia, Brazil, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Haiti, Honduras, Martinique, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Saint Barthélemy, Saint Martin, Uruguay, and Venezuela.

By Cristina Corujo • Published September 15, 2022 • NBC New York

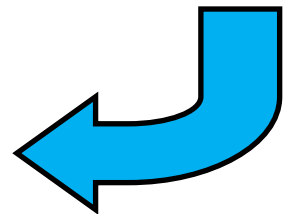
International Day of Sign Languages

The International Day of Sign Languages, celebrated worldwide on September 23rd, is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users. According to the World Federation of the Deaf (WFD), there are approximately 72 million deaf people worldwide. More than 80% of them live in developing countries. Collectively, they use more than 300 different sign languages.

Sign languages are fully fledged natural languages, structurally distinct from the spoken languages. There is also an international sign language, which is used by deaf people in international meetings and informally when travelling and socializing. It is considered a pidgin form of sign language that is not as complex as natural sign languages and has a limited lexicon.

September 23 commemorates the date that the WFD was established in 1951. This day marks the birth of an advocacy organization, which has as one of its main goals, the preservation of sign languages and deaf culture as pre-requisites to the realization of the human rights of deaf people.

To celebrate International Sign Language Day, learn some easy signs from American Sign Language to the left!



You can also begin learning basic sign language on Youtube.



YES



NO



THANK YOU



SORRY



HELLO



I LOVE YOU



GOODBYE



PLEASE



YOU ARE WELCOME



FAMILY



HOUSE



LOVE

Being Ready

By Dan Michaels, Community Health Educator, Waukesha County Public Health



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

September is National Emergency Preparedness month. This is a good time to remember to plan and ensure you are ready for a potential emergency, weather (pun intended) it be a power outage, tornado, fire or something else. Using emergency preparedness is important simply because no one cares about YOU more than YOU. The best way to take care of you and your family in an emergency is to prepare before it happens. Think of preparedness as survival in advance. In any emergency you are in, YOU are always the first responder, be it calling for help or calling 911 or evacuating your house. So, you should be ready.

For emergency preparedness, there are three basic steps you should take: 1) **Build a Kit**, 2) **Make a Plan**, 3) **Be Informed**. The first step, building a kit, involves gathering the supplies you may need to survive if you were on your own for a few days without power or water. A fun way to think of it is planning a camping trip, instead of being in the woods with out power and running water you will be in your home.

Items you should have in your kit include (This is just a basic list, you should customize your kit for what is best for you and your family) :

- ⇒ **Water: one gallon/person/day (3-day supply)**
- ⇒ **non-perishable food**
- ⇒ **Flashlight**
- ⇒ **Battery-powered radio**
- ⇒ **Extra batteries**
- ⇒ **First aid kit**
- ⇒ **Medications (7-day supply)**
- ⇒ **Can opener/Multi-purpose tool**
- ⇒ **personal hygiene items**
- ⇒ **Cell phone with chargers**
- ⇒ **Family and emergency contact information**
- ⇒ **Extra cash**
- ⇒ **Pet supplies and put items in a durable container**

To **Make a Plan**, think about and plan for topics such as: where is the safest place in the house/apartment for certain emergencies. What is the best way to get outside and where to meet others. How will you contact friends and family members. What will you do with pets. Do you have a caregiver, what will happen if they cannot get to you. When planning, remember to consider any physical limitation you might have, or medications/devices you might require. Once you have a plan make sure you practice ensuring you know what to do in a real emergency.

To **Be Informed**, make connections with neighbors/friends before an emergency and check in with them during or after an emergency. Tune in to your local radio, TV, news and weather webpages. You could also sign up for an alert system such as Waukesha County AlertSense which you can find online. Being informed will help you to be ready for whatever comes your way.

Building a kit, making a plan and being informed are great ways to be prepared. So have fun building, planning and practicing so you can BE Ready.

For more information go to www.ready.gov



FIND AN OPPORTUNITY TO IMPROVE YOUR HEALTH HERE!



Stepping On

This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. *Stepping On* is for people who are age 60 or older, do not have dementia, and who live independently.



Class details: This workshop will be held in-person on Fridays, 10:30am-12:30pm, **Sept. 22nd—Nov. 3rd** (with a 3-month booster class on 2/2/2024)

Location: Waukesha Schuetze Rec Center, 1120 Baxter St. Waukesha, WI 53186

Contact: Waukesha Park and Rec at (262)-524-3737 or Email: prf@waukesha-wi.gov

Living Well with Chronic Conditions

Living Well with Chronic Conditions (LW) is an evidence-based workshop for people with ongoing health problems such as arthritis, obesity, high blood pressure, heart disease, depression, and others.

The workshop provides participants with tools to better navigate life’s “ups and downs” and increase their health knowledge. Research confirms that participants experience significant, measurable health improvements and quality of life. The small group (10-12 people) is highly participative, where mutual support and success build the participants’ confidence in their ability to manage their health and maintain active and fulfilling lives.

Class details: This is a Telephone/Toolkit Workshop that will be held on Tuesdays from 12:30-1:30pm, **Sept 19th-Oct. 24th.**

Contact: Laura Armstrong at 262-928-4059 or 414-690-0094 or Email: laura.armstrong@phci.org



Senior Dining and Meals on Wheels Menu—September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Goodbye Summer... BBQ Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fresh Melon Ice Cream Cup Alt: Sugar Free Ice Crm
4	5	6	7	8
LABOR DAY NO MEALS SERVED 	Turkey à la King over Buttermilk Biscuit Brussels Sprouts Dilled Carrot Coins Pineapple Juice Choc Chip Cookie Alt. Fresh Orange	Back to School Ham and Cheese on Onion Roll Mayo Carrot Sticks w/ ranch Broccoli Salad Watermelon Pudding Cup Alt. Fresh Fruit	Lasagna w/ Italian Meat sauce Italian Blend Vegetable Steamed Spinach Italian Bread w/ butter Pear Half	NFL Kickoff Tailgate Packwurst on a Bun w/Packerkraut ketchup Calico Beans Packers Potato Salad Waldorf Salad Bears Frosted Brownie Alt. Fruited Yogurt
11	12	13	14	15
Meatballs w/ Gravy Mashed Potatoes w/ gravy Peas & Carrots Whole Grain Bread w/ butter Fruited Yogurt	Chicken Stroganoff Egg Noodles w/Gravy Harvard Beets Romaine Salad w/ Italian Dressing Sourdough Bread w/ butter Fresh Pear	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Roll w/ butter Pineapple Chunks Pudding Alt. Fresh Fruit	Cheeseburger on Wheat Bun Lettuce, Tom, Onion Ketchup, Mustard Green Beans Potato Salad Fresh Apple	Chicken Provencal Herbed Red Potatoes Kitchen's Choice Veg French Bread w/ butter Fresh Fruit Sugar Cookie Alt. Sugar Free Cookie
18	19	20	21	22
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Scalloped Potatoes with Diced Ham Green Beans Pickled Beet & Onion Salad Fresh Fruit Salad	St. Louis Style BBQ Boneless Ribs Mashed Sweet Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple	Open-faced Hot Turkey and Gravy over bread Mashed Pot and gravy Peas and Carrots Kitchen's Choice Fruit Frosted Yellow Cake Alt. Fresh Fruit	Summer's Last Stand Jumbo Hot Dog on Bun Ketchup / Mustard Baked Beans Broccoli Salad Cantaloupe Ice Cream Cup Alt. Sugar Free Ice Crm
25	26	27	28	29
Meatloaf w/ Gravy Garlic Mashed & gravy Dill Crinkle Cut Carrots 7 Grain Bread butter Mixed Fruit Cup	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Spinach Salad with Dressing Multigrain Bread Butter Fresh Pear	Oktoberfest Pork Schnitzel Baby Red Potatoes Sweet and Sour Red Cabbage Applesauce Marble Rye Bread butter German Choc Cake	Oven Roasted Chicken on the bone Wild Rice Pilaf Green Bean Casserole Peas & Pearl Onions Wheat Bread w/ Butter Watermelon	Whole Grain Spaghetti with Meat Sauce 5-Way Mixed Vegetable Salad w/ Italian Wheat Bread w/ butter Frosted Cake Alt. Banana

PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE

Senior Dining Centers in Waukesha County

<p>Brookfield Community Center</p> <p>2000 North Calhoun Road Brookfield</p> <p>(262) 782-1636</p>	<p>Menomonee Falls Community Center</p> <p>W152 N8645 Margaret Rd Menomonee Falls</p> <p>(262) 251-3406</p>	<p>Birchrock Apartments</p> <p>280 Birchrock Way Mukwonago</p> <p>(262) 363-4458</p>
<p>Oconomowoc Community Center</p> <p>220 W. Wisconsin Avenue Oconomowoc</p> <p>(262) 567-5177</p>	<p>Sussex Community Center</p> <p>N64 W23760 Main Street Sussex</p> <p>(262) 246-6747</p>	<p>La Casa Village</p> <p>1431 Big Bend Road Waukesha</p> <p>(262) 547-8282</p>



How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse) WITH NO INCOME REQUIREMENT!

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm.

If the dining center is closed, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for \$1.00 each way.

This fare subsidy must be authorized in advance by calling the ADRC directly.

Cup of Health Series: Self-Care



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities. Each session includes a **free gift for attendees**. Registration is required.

The session will cover:

- ✓ Symptoms of burnout and imbalance
 - ✓ What is self-care
- ✓ Health benefits of self-care
- ✓ Self-awareness activities
- ✓ Practical tips for physical, mental, and spiritual health.

Two Different Dates and locations!

September 26 @ 1:30pm

Elm Grove Public Library, 13600 Juneau Boulevard, Elm Grove

Advanced registration appreciated, visit library website or call 262-782-6717

September 28 @ 9:30am

Muskego Public Library, S73W16663 W Janesville Road, Muskego

Advanced registration required, call 262-971-2100

Cost: Free



Waukesha County volunteers are a valuable part of our team, and we invite you to share your time with us!

We are seeking reliable volunteer drivers to deliver meals to households where they are unable to prepare meals for themselves.

Drivers are needed between 11:00a-1:00p, Monday-Friday. We are also seeking reliable drivers to take individuals to Health & Human Service Center related appointments, including medical, family visitation, youth mentoring and wellness programs. Drivers are primarily needed on weekdays, but evening and weekend occasionally; 6:30a-8:45p.

For more information contact Kara Moore and Sherry Williams at HHSVolunteers@waukeshacounty.gov or 262-548-7848.



VOLUNTEER!
IN YOUR OWN COMMUNITY

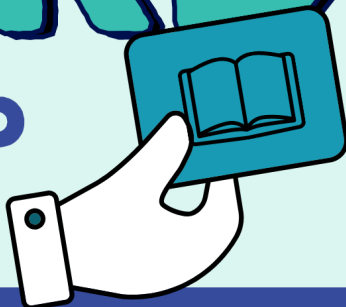
Are you looking for a fun, easy, and rewarding way to serve your community?



SEPTEMBER IS

**LIBRARY
CARD**

**SIGN-UP
MONTH**



Library cards are **FREE** and everyone should have one!

Visit your local library to get yours today!

Borrow more than books:

- Access ebooks, audiobooks, and digital magazines.
- Get games, puzzles, and craft kits.
- Attend programs, performances and classes.

FIND YOUR
LIBRARY

► BridgesLibrarySystem.org



September 1-3 - Wisconsin Highland Games @ Waukesha County Expo Center, 5-10 pm (Fri.), 9 am- 5 pm. Enjoy interactive activities like axe throwing, caber toss, Celtic Canines and more! See Highland Dance competitions with live Celtic music played all day and into the evening. Food vendors offer traditional Celtic and Scottish favorites along with delicious local festival foods. Friday offers

free admission; Saturday and Sunday admission is \$20 per adult and children over 13.

September 9 & 10 - Maxwell Street Days @ Field Park- Mukwonago, 8 am- 5 pm. A giant market with sellers offering a variety of goods including crafts, produce, plants, tools and more. Food and refreshments available on the grounds.

September 9 - Return of the Challenge of Power @ Waukesha County Expo Center, 11 am- 7 pm. An action-packed day of Diesel Truck Dirt Drags and tractor and truck pulls featuring the Midwest Tractor and Truck Pullers Association. Kids get in free up to age 14.

September 9 - Delafield Brewhaus Oktoberfest @ Delafield Brewhaus, 11 am- 11 pm. An indoor and outdoor party to celebrate Oktoberfest! This event is family friendly and food specials begin at noon.

September 16 - Delafield Wine Walk and Brew Fest @ Downtown Delafield, 4-7 pm. This social event boasts the ability to shop, dine, and wine (or brew) your way through Downtown Delafield with walking maps for both wine and beer tickets. To purchase tickets, visit <https://delafieldchamber.com/store/newproducts>.

September 22 - National Night Out @ Wisconsin Brewing Company Park Oconomowoc, 4-8 pm. Join the Oconomowoc Police Department for National Night Out, an annual community-building campaign that promotes police/community partnership and neighborhood camaraderie.

September 23 - Town Truck Day @ The Corners of Brookfield, 11 am- 1 pm. Get to know the teams and trucks that help keep us safe! The Town of Brookfield Fire Department, Police Department, construction vehicles and Corners utility vehicles will be parked outside for all to see and experience!

September 23 & 24 - Fall Fest @ Piala's Nursery, 8 am- 6 pm, 10 am-4 pm. Join Piala's Nursery for their 13th annual Fall Fest! This fun-filled and family friendly event will have a vendor craft fair, live music, fresh food, sales and plant specials, and more! This is a free event.



*In honor of those we lost
on September 11th.
We will never forget.*

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

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

ADRC Advisory Board

Judith Tharman, Chair
Susan Schweda, Co-Chair
Betty Koepsel
Sandy Wolff
Marj Kozlowski
Joel Gaughan, County Board Representative
Mary Baer, HHS Board Liaison
Patricia Carriveau
Roman Schulteis
Pamela Franke
Donald Richmond



ADRC Leadership Staff

Mary Smith, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Mike Glasgow, Supervisor
Laurie Kohler, Supervisor
Shirley Peterson, Supervisor
Sheri Milinski, Supervisor

