



The ADRC Connection

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
Website:

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 Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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Celebrate Volunteers and Their Commitment to our Community!

As we navigate through these unprecedented times, it has become increasingly evident that volunteers are the backbone of our community. Volunteers play a crucial role in making our community a better place to live, work and play. Without their selfless dedication, many organizations, charities and events would not be able to operate as they do today.

Volunteers offer a variety of skills and talents that help to fill gaps and provide additional support in our community. They bring passion, enthusiasm and a desire to help, and as a result, they contribute to the growth and development of our community in numerous ways. From delivering meals to seniors to serving on advisory boards, volunteers are integral to the success of our community.

One of the most significant contributions that volunteers make is the impact they have on our most vulnerable neighbors. Volunteers help to provide essential services and resources to those in need, including the elderly, and people with disabilities. They provide companionship, support and assistance with daily tasks, such as grocery shopping and transportation, which can make all the difference in someone's life.

In 2022 volunteers in the ADRC:

- Served more than 25,000 hours delivering 150,280 meals to seniors
- Provided over 1,000 hours of administrative assistance
- Served 500 hours conducting friendly visitor phone calls, health promotion workshops and home delivered meal reassessments
- Provided over 200 hours serving as volunteer guardians

In addition to the benefits volunteers bring to those they serve, volunteering can also have a positive impact on the volunteers themselves. Volunteering provides a sense of purpose, community and personal fulfillment. It offers an opportunity to meet new people, learn new skills and gain valuable experience that can translate to personal and professional growth.

The ADRC is always looking for more dedicated volunteers who are looking to serve their community. If you're interested in learning more about available opportunities visit www.waukeshacounty.gov/WCVolunteer or give us a call at (262) 548-7848. Opportunities are available to fit all skills and schedules!



The #1 Mistake Caregivers Make

We have asked experienced caregivers across the country what advice they would have given themselves when they were new to caring. Their answers almost always include “get help sooner”.



Do Not Wait For A Problem To Get Worse

Caregivers may be fearful of facing the reality of their care recipient's decline, having difficult conversations, or worrying about current problems getting worse. Caregivers will often try to accommodate for functional or medical changes before bringing it up to a healthcare professional for support. While it may seem like the easiest decision in the moment, this may result in missed opportunities to reduce stress and burnout in the long run. It can also mean your care recipient might not get the right treatment or home support early on. Here are some signs to reach out for support:

- Your care recipient has a change in symptoms. For example, changes in judgment, cognition, behaviors, mood, or physical abilities. Discuss any changes with a doctor, as they may order an evaluation to see if your care recipient is eligible for services or equipment.
- Your care recipient has experienced a fall or injury.
- Your to-do list is getting longer, even if you are finding it reasonable to manage.
- You're sacrificing more and more activities in your life to manage the care of your care recipient.

Start Your Research Before You Need It

If you're researching a challenge, it's more than likely that the need for help is already there, even if that just means help to get more information.

Gathering information about your care recipient's diagnosis, potential needs, and how you can more easily help (*something you're currently doing!*) can help you feel prepared and more confident to work through new needs as they come up. Some things you may research ahead of time are:

- Is their disease degenerative? This means their symptoms will get worse over time.
- What challenges are other caregivers facing? How can I connect with them or get tips?
- What tasks might they need help with because of their diagnosis?
- Do they need medication? Am I able to support them with taking it?
- Will they benefit from seeing other health professionals? Who can I contact to learn more?
- What services are available to me that can make caring easier, and ensure my care recipient is safe and taken care of?
- Knowing their diagnosis, what safety precautions can we make?
- Is there financial support I can receive to make caring easier?
- What documents do I need to set up ahead of time with my care recipient? For example, should we arrange a Power of Attorney?
- What needs do I have that must be considered (for example, health concerns, children, work)? Who can support me on “bad” days? Who can take over when I need a break?

Find Support For Yourself Early

Getting support early not only helps your care recipient receive the best care, but it also helps you. As a caregiver, it is crucial to take care of your wellness and decrease stress early on. Caregivers often neglect themselves due to feelings of guilt or wanting to prioritize loved ones over their own needs. However, without balance, your physical and mental wellbeing can suffer, which may make it harder to provide care in the future.

***This is an article from the Trualta caregiver learning platform: [wisconsinicaregiver.trualta.com](https://www.wisconsinicaregiver.trualta.com)
The ADRC is always an option for resources for caregivers as well. Reach out to (262) 548-7848 or adrc@waukeshacounty.gov.***

Dear Ina,

I was having some trouble paying my utility bills last fall, but a friend of mine told me it was illegal for them to turn off your heat in the winter. I am on a limited income and I needed money for other things so I haven't been paying them. Now that winter is over are they going to turn off my utilities if I don't pay everything I owe? What can I do if I don't have enough money to pay all at once?

Sincerely,

Frida Cold



Dear Frida,

State of Wisconsin law dictates that if a utility service directly, or indirectly, affects the primary heat source of the home, consumers cannot be disconnected during the heating moratorium period held annually from November 1 to April 15. This means that if for some reason you, as a consumer, are not able to afford to pay your bill, you will not under any circumstances be disconnected from your heating source from November 1 to April 15. Keep in mind though, that this does not make your heating bill go away. Quite the opposite, really. It continues to compound and is waiting for you, likely with late fees attached, in spring the following year. This is why it is always best to seek Energy Assistance as early as possible in the cold weather season.

So, what happens after the annual moratorium period is up? Each year in mid-April Wisconsin utility providers are permitted to begin disconnecting the utility service for households who have not paid past due utility bills, or made other arrangements to pay them. The good news is that generally speaking utility providers do allow for payment plans and eagerly accept Energy Assistance to help clear up those past due balances.



Consumers who are having trouble paying their energy bills and would like to schedule a payment agreement should call their local utility directly. If a customer cannot reach an agreement with their utility provider, they may contact the Public Service Commission of WI (PSC) Consumer Affairs Department for assistance in negotiating a reasonable agreement. Consumers can also work with their utility for placement on a budget bill-pay program. This allows the customer to pay a set amount each month during the year.

For more information, contact your utility or call the PSC at 1-800-225-7729.

VOLUNTEER WITH THE ADRC!

The ADRC is in great need of volunteers to support our Senior Nutrition Program.

Home Delivered Meal Driver Volunteer

Drivers are needed throughout Waukesha County. A hot noon meal is delivered to homebound individuals. Receiving meals assures the homebound individual proper nutrition, as well as the independence to remain in the comfort of their own home. Volunteers are generally needed between the hours of 11:00 AM and 2:00 PM. Some volunteers drive as little as one day a month, and others drive five days a week. Mileage reimbursement is available.

Senior Dining Assistant Volunteer

Senior Dining Center volunteers are needed to help serve community seniors at our senior dining centers in the county. Volunteers also assist with participant registration and packing home delivered meals.

Call to learn more! (262) 548-7848

From the Desk of Your Benefit Specialist

New Marketplace SEP for Loss of Medicaid Coverage Due to Medicaid Unwinding

The Centers for Medicare & Medicaid Services (CMS) has announced a new Marketplace Special Enrollment Period (SEP) for individuals who are losing Medicaid coverage due to the unwinding of continuous Medicaid enrollment that will begin in April 2023.

During the federal COVID-19 Public Health Emergency (PHE), Congress implemented temporary rules that required states to continue Medicaid enrollment for most individuals enrolled in Medicaid on or after March 2020. Because of these rules, states could not disenroll people from Medicaid programs unless they died, moved out of state, or requested that their coverage end. However, the Consolidated Appropriations Act of 2023 separated the continuous Medicaid enrollment requirement from the PHE. As a result, states may begin the process of ending Medicaid enrollment for individuals who are no longer eligible in April 2023. Please note that Medicaid coverage will continue until members receive notice and an opportunity to renew their benefits or apply for a different Medicaid program.

The new Marketplace SEP, referred to as the “Unwinding SEP,” will allow individuals to enroll in Marketplace coverage when their Medicaid coverage ends. CMS will update [HealthCare.gov](https://www.healthcare.gov) so that Marketplace-eligible individuals who submit a new application or update an existing application between March 31, 2023 and July 31, 2024 and say that they have lost Medicaid coverage at any point during this time period are eligible for the Unwinding SEP. Individuals who are eligible for the Unwinding SEP will have 60 days after they submit or update their application to select a plan with coverage that starts the first day of the month after they select a plan. For example, coverage will begin on June 1 for someone who selects a plan in May.

You can find more information from CMS about this SEP here: <https://www.cms.gov/technical-assistance-resources/temp-sep-unwinding-faq.pdf>.

For more information about Marketplace, please visit <https://www.healthcare.gov/>. If you would like assistance enrolling in a Marketplace plan, you can find local help here: <https://localhelp.healthcare.gov/> or through Covering Wisconsin: <https://coveringwi.org/enroll>.

**Turning 65?
Need Medicare?**

Welcome to Medicare Class

NOW OFFERING IN-PERSON CLASSES

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month. 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. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Medicare Presentations in your Area

These are free 1 hour "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. The ADRC also conducts 2-hour classes every 2nd Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Rm 114 or virtually at 5:30-7:30pm

Brookfield Public Library - Monday, April 3 at 2:00pm

Alice Baker Public Library - Tuesday, April 18 at 12:00pm

Menomonee Falls Public Library - Wednesday, April 19 at 2:30pm

Butler Public Library - Thursday, April 20 at 1:00pm

Brookfield Parks and Recreation - Tuesday, April 25 at 1:00pm



SAVE THE DATE!

June 15th is World Elder Abuse Awareness Day (WEAAD). WEAAD events worldwide provide an opportunity to promote a better understanding of abuse and neglect of older people by raising awareness of the cultural, social, economic and demographic influences that contribute to elder abuse and neglect.



Stay tuned to learn more about what the ADRC is planning this year in recognition of WEAAD! We will be sharing additional information on our Facebook page, follow the ADRC at www.facebook.com/ADRCWC

April is Autism Acceptance Month

Autism Acceptance Month, previously named Autism Awareness Month, aims to celebrate and promote acceptance for the condition that occurs in one of every 54 children in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one, but many subtypes. First held in the year 1972 by the Autism Society, Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.



HISTORY OF AUTISM ACCEPTANCE MONTH

Every April, the Autism Society works to build an inclusive community where autistic individuals are embraced and supported to achieve the highest quality of life possible. The Autism Society was founded in 1965 by Bernard Rimland and remains one of the few grassroots organizations in the autistic community. Driven by the fact that autism is the fastest-growing developmental disability in the world, the Autism Society hosted one of its first nationwide efforts of an awareness campaign called National Autistic Children's Week in 1972, which subsequently evolved into the Autism Awareness Month earmarked in April. In 2021, Autism Awareness Month was renamed Autism Acceptance Month to foster acceptance and ignite change.

With the autism diagnosis rate increasing fast, we take these 30 days to celebrate the differences of-, learn more about-, and empower autistic individuals.

4 FACTS ABOUT AUTISM

- 1. Autism means alone.**
The word "autism" is derived from the Greek word "autos" meaning self. The literal meaning of Autism is "alone."
- 2. No known cure exists.**
There are various treatments, however, that help reduce symptoms.
- 3. Dogs are autistic-friendly.**
Research has shown that dogs are linked to improved quality of life in autistic children, helping with their aggressive behavior, promoting independence, and safety.
- 4. It is more likely to occur with "older" fathers.**
Another study reveals autism genetically occurs more in children with fathers aged over 40 years.

WHY AUTISM ACCEPTANCE MONTH IS IMPORTANT

- 1. It is the fastest-growing developmental disorder.**
There are approximately 70 million recognized cases of autism worldwide. It is essential that we spread awareness.
- 2. Autism has to be accepted with love.**
The increasing occurrences of autism in the United States is a telltale sign that it is high time the general public is factually educated on the disorder to inspire change and support. This month reminds us to be empathetic, warm, and welcoming to autistic individuals and families around us.
- 3. Early intervention helps those dealing with autism.**
If people are screened for autism at an early age by being aware of its signs and symptoms, we can improve quality of lives such as by underlying brain development, behavior therapy, and occupational therapy.



Evidence-Based Health Promotion Program

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

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.

Details: This workshop will be held **in-person** on Tuesdays, 10am-12pm, April 25-June 6. Located at Aurora Summit 36500 Aurora Dr. Summit, WI 53066

Contact: Courtney at 262-548-7835 or cklepp@waukeshacounty.gov

Healthy Living with Diabetes

This workshop is an evidence-based program for any adult who has type 2 diabetes, pre-diabetes, or lives with someone who does. Those with type 1 diabetes are also welcome. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during six weekly sessions. The program does not replace existing treatments but serves to complement a participant's current medical treatment plan.

Details: This workshop will be held **in-person** on Thursdays, April 20-May 25, 1-3:30pm. First United Methodist Church, 121 Wisconsin Ave. Waukesha, WI 53186

Contact: Courtney at 262-548-7835 or cklepp@waukeshacounty.gov

Walk with Ease

Don't let arthritis or inactivity sideline you! Living with arthritis pain can be debilitating and keep you from doing the things you enjoy. The Arthritis Foundation's Walk With Ease program is proven to make a big difference in your health- and your life. In just 6 weeks, you'll learn strategies to better manage your arthritis and experience how moving can make a difference in your life and health. Take charge of your health and get back to doing the things that matter to you – join a Walk with Ease class.

Details: This workshop will be held **in-person** on Tuesdays, Thursdays, and Fridays, 1-2pm, May 16-June 23. Located at West Wood Health & Fitness Center.

Contact: Laura Armstrong at 262-928-4059

Physical Activity: Healthy Body, Healthy Mind

Physical Activity is Good for Your Body

Why does physical activity improve your health? When you exercise, you strengthen your heart and blood vessels, build strong bones, and deliver oxygen and nutrients to your tissues. All these things help your body to work more efficiently. Over time, physical activity can help you to:

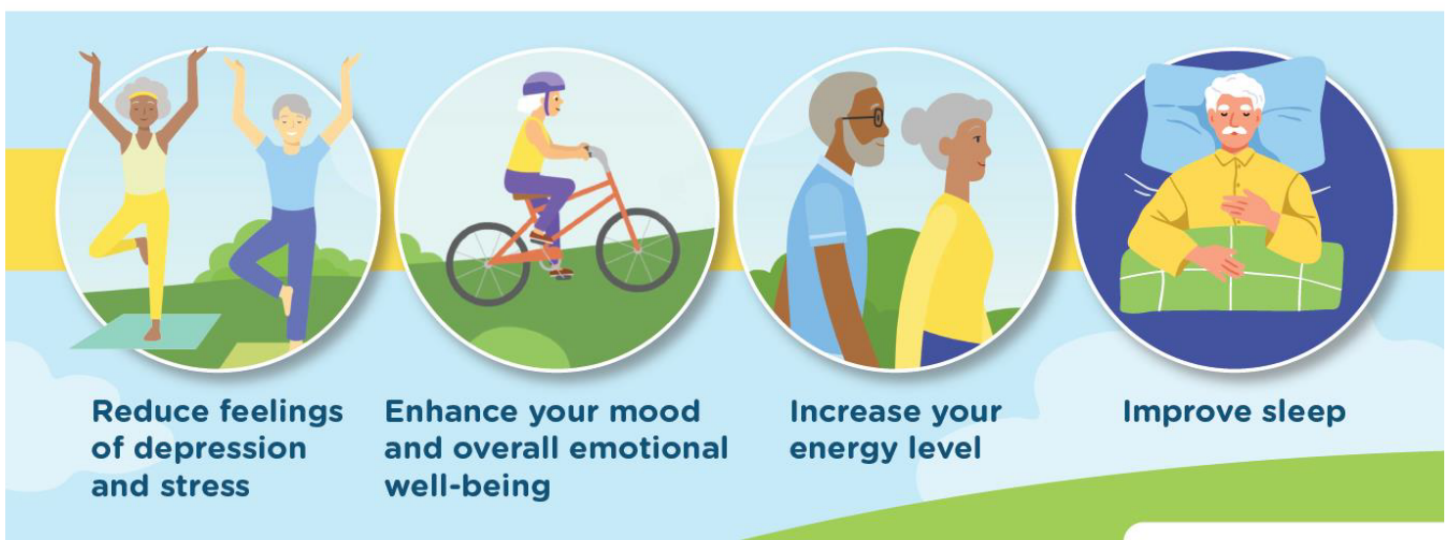
- Keep and improve your strength so you can stay independent
- Have more energy and reduce fatigue
- Improve your balance and lower risk of falls and injury from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and cancer
- Reach or maintain a healthy weight
- Control your blood pressure

Physical Activity is Good for Your Mind

Did you know that physical activity also benefits your mind? Physical activity may help to improve or maintain some aspects of brain function, such as shifting between tasks, learning, problem-solving, and planning an activity.

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



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.

Information and Image Source: National Institute on Aging

APRIL IS MOVE MORE MONTH

The American Heart Association designated April as “Move More Month” to encourage people to sit less and get moving. Engaging in regular physical activity can help lower risk of cardiovascular disease, improve sleep, slow or reduce weight gain, lower risk of falls and fall-related injuries, and reduce risk of dementia.

To achieve substantial health benefits, adults should get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity physical activity each week. Moderate-intensity activities include walking briskly, recreational swimming, tennis (doubles), active yoga, ballroom or line dancing, water aerobics, and bicycling (less than 10 mph). In addition, adults should also do muscle-strengthening activities of moderate or greater intensity on two or more days a week. Keep in mind that short activity sessions can be added up over the week to reach this goal. If you have been inactive for some time, start with something simple such as walking and gradually build a routine and increase intensity from there. Bottom line, some physical activity is better than none.

Additional Considerations for Older Adults

- As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

5 Ways to Get Moving this April

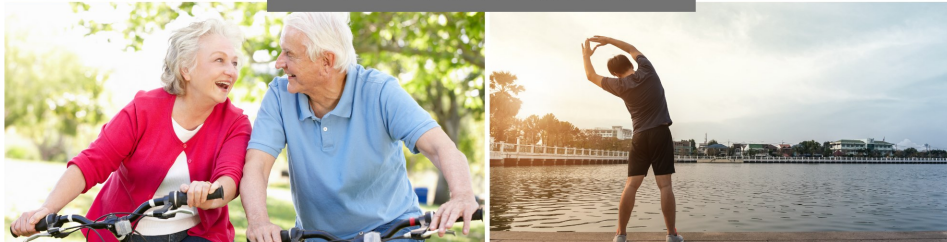
1. Jumpstart a daily walking routine on National Walking Day, April 6th.
2. Sign up for a yoga or water aerobics class at your local gym or community recreation center.
3. As the temperatures start to get warmer, get your garden ready for summer.
4. Join a senior fitness group. UW-Extension Waukesha County offers a free strength training program for seniors called StrongBodies. See page 9 for upcoming class information.
5. Do an activity with grandchildren, such as riding bikes or visiting a park.

Safety Tips

- Drink plenty of water
- Pay attention to your surroundings
- Warm up before you start
- Wear appropriate clothing and shoes
- Talk to your health care provider before starting a new physical activity routine



Move More!



Sources: Physical Activity Guidelines for Americans, 2nd Edition 2018, U.S. Department of Health and Human Services, American Heart Association

RECIPE CORNER

Creamy White Bean Soup with Basil and Olive Oil

White bean soup is a Tuscan classic. White beans are a great source of fiber. Use jarred white beans if available—they are superior to canned.

Servings 6
Serving size 1/6 recipe



Ingredients

Extra Virgin Olive Oil	1 tbsp	medium onion (chopped)	1/2
garlic (minced)	2 clove	ripe tomato (chopped)	1
dried oregano (dried)	2 tsp	crushed red pepper flakes	1 pinch
cannellini beans (20-ounce jar, drained and rinsed)	1	low sodium vegetable broth (low-sodium)	4 cup
fresh basil leaves (minced)	6	Juice of 1 fresh lemon	1
Sea salt, to taste	1		

Directions

- 1 Heat oil in a large skillet saucepot over medium heat. Sauté the onion and garlic for 1 minute, stirring often.
- 2 Add the tomato, oregano and crushed chili flakes. Continue to sauté for another minute. Add the beans and broth. Bring to a boil, lower to a simmer and cook uncovered for 35 minutes until smooth and creamy.
- 3 Add the basil and lemon juice, season to taste with salt.

Nutrition Facts

6 Servings	
Serving Size	1/6 recipe
Amount per serving	
Calories	
Total Fat 2.5g	
Saturated Fat 0.4g	
Cholesterol 0mg	
Sodium 200mg	
Total Carbohydrate 18g	
Dietary Fiber 6g	
Total Sugars 4g	
Protein 5g	
Potassium 425mg	

Choices/Exchanges: 1 Starch, 1 Lean meat

Memory Screening

A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition. Come and learn your score and more about brain health.

Upcoming memory screening events:

Where: Pewaukee Public Library

When: Wednesday, April 12, 2023

Time: 10:00am - 3:00pm (30 minute time slots)

Where: Alice Baker Library, Eagle

When: Monday, May 8, 2023

Time: 9:00am - 12:00pm (30 minute time slots)

Where: Mukwonago Community Library

When: Thursday, May 11, 2023

Time: 10:00am - 1:00pm (30 minute time slots)



**Call the Waukesha ADRC to
schedule your memory screen.**

Kathy Glaser 262-548-7354

Or

Jennifer Harders 262-548-7650



**514 Riverview Avenue
Waukesha, WI 53188**

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND MEALS ON WHEELS MENU APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Brewers Opening Day Bratwurst on a Bun Ketchup and Mustard German Potato Salad Baked Beans Peach Slices Apple Pie Alt. Fresh Apple	Chicken Stew Mashed Potatoes Stewed Tomatoes Whole Grain Bread / Butter Spiced Apple Slices	Italian Meatloaf Mashed Potatoes with Gravy Harvard Beets Rye Bread w/ butter Grapes Tapioca Pudding Alt. Fresh Orange	Chicken Patty on Bun Mayo packet Green Beans Broccoli Salad Diced Pears Oatmeal Raisin Cookie Alt. Lorna Doone	Tuna Pasta Salad Tomato Juice Blueberry Muffin Fruit Cocktail Chocolate Pudding Alt. Diet Pudding
10	11	12	13	14
Meatloaf w/ Onion Gravy Mashed Potatoes w/ gravy Lemon Carrots and Rutabaga Italian Bread / Butter Fruit Salad	Spaghetti w/ Italian Sausage Meat Sauce Italian Bread w/ butter Italian Blend Vegetable Mixed Salad dressing Fresh Banana Sugar Cookie Alt. Yogurt	St. Louis Style BBQ Pork Ribs Baby Reds w/ butter Calico Beans Pear Half Crusty Roll / Butter	Sweet & Sour Chicken w/ Pineapple, Onions, Green Peppers Brown Rice Broccoli Fresh Apple Fortune Cookie Alt. Sugar Free Cookie	Pub Burger on Wheat Roll w/ Provolone Ketchup / Mustard Double Baked Potato Casserole Honey Glazed Carrots Applesauce
17	18	19	20	21
Meatballs in Gravy Mashed Potatoes w/ gravy Harvard Beets Banana Dinner Roll w/ butter Rice Krispies Treat Alt. Fruit	Baked Chicken On The Bone Creamy Mushroom Wild Rice Oriental Blend Veg Romaine Salad Ranch Rye bread w/ butter Fresh Fruit	Pork Cutlet Egg Noodles w/ Pork Gravy Peas and Carrots Mixed Salad w/ dressing Wheat Bread w/ butter Cinnamon Applesauce	Roasted Turkey W/ Gravy Mashed Sweet Potatoes w/ butter 5-Way Mixed Veg Crusty Roll w/ Butter Melon Wedge Baker's Choice Cookie Alt. Fresh Apple	Vegetarian Lasagna Italian Blend Vegetable Bread Stick W/Butter Peach Half Butterscotch Pudding Alt. Diet Pudding
24	25	26	27	28
Lemon Herb Chicken Hash Brown Casserole Buttered Sweet Corn Dinner Roll w/ butter Fruit Cocktail Frosted Brownie Alt. Sugar Free Cookie	Baked Mostaccioli Carrot Coins Salad with Italian Drsg Garlic Breadstick w/ butter Mandarin Oranges Vanilla Pudding Alt. Fruit	Chicago Style Hot Dog on Poppy Seed Bun Ketchup, Mustard, Diced Onions Baked Beans Potato Salad Banana	Chicken a la King Wax Beans Carrot Raisin Salad Fresh Pear Snickerdoodle Cookie Alt. Fresh Orange	Chicken Caesar Salad w/ Croutons, parmesan cheese and Caesar dressing Tomato & Onion Salad Dinner Roll / Butter Seasonal Fresh Fruit

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



WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

262-782-1636

Brookfield Community Center
2000 North Calhoun Road
Monday thru Friday at 12:00

Menomonee Falls

262-251-3406

Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday thru Friday at 12:00

Mukwonago

262-363-4458

Birchrock Apartments
280 Birchrock Way
Monday thru Thursday at 12:00

Oconomowoc

262-567-5177

Oconomowoc Community Center
220 West Wisconsin Avenue
Monday thru Friday at 12:00

Sussex

262-246-6747

Sussex Civic Center
N64W23760 Main Street
Monday thru Friday at 12:00

Waukesha

262-547-8282

La Casa Village
1431 Big Bend Road
Monday thru Friday at 12:00

Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

Advance Care Plan



Personal preferences
and choices for care

Cup of Health

Join us every month to discuss different health related topics at different sites throughout the community. Learn from and expert and enjoy a cup of coffee and a snack while you do!

April Topic : Advance Care Planning

Advanced Care Planning is a process of understanding, reflecting on, and discussing future medical decisions regarding of age and current health status. All adults should think about, discuss and create an advance care plan. Having an advance care plan is truly a gift for yourself and others.

April 24th at 10:00am

Hampton Regency Apartments

12999 W. Hampton Avenue, Butler, WI 53007

April 25th at 10:00am

Menomonee Falls Senior Center

W152 N8645 Margaret Road, Menomonee Falls, WI 53051

APRIL EVENTS

April 1- Sussex Egg Drop and Story Hop @ Sussex Village Park,

9:30-11:30 am. Join the Sussex Fire Department where thousands of eggs will be dropped from the top of a fire truck ladder for kids to gather and turn in for special treats! Children will be divided into age groups. Please bring your own basket for egg collecting and dress for the weather.



April 1- Mukwonago Easter Egg Hunt @ Field Park, 9:45 am- noon. Children ages 2-9 will be split into age groups to have the chance to find one egg to redeem for a prize. There will also be a raffle for adults and children and a bag of Easter candy for every child.

April 1- Trailbreaker Marathon @ Downtown Waukesha, 7 am- noon. This Waukesha tradition continues consisting of a full marathon, half-marathon, and a 5k run/walk. All events begin in Downtown Waukesha and along the Fox River. The full marathon continues on the Glacial Drumlin Trail. To register, click [HERE](http://www.runthetrailbreaker.com/) (<http://www.runthetrailbreaker.com/>)

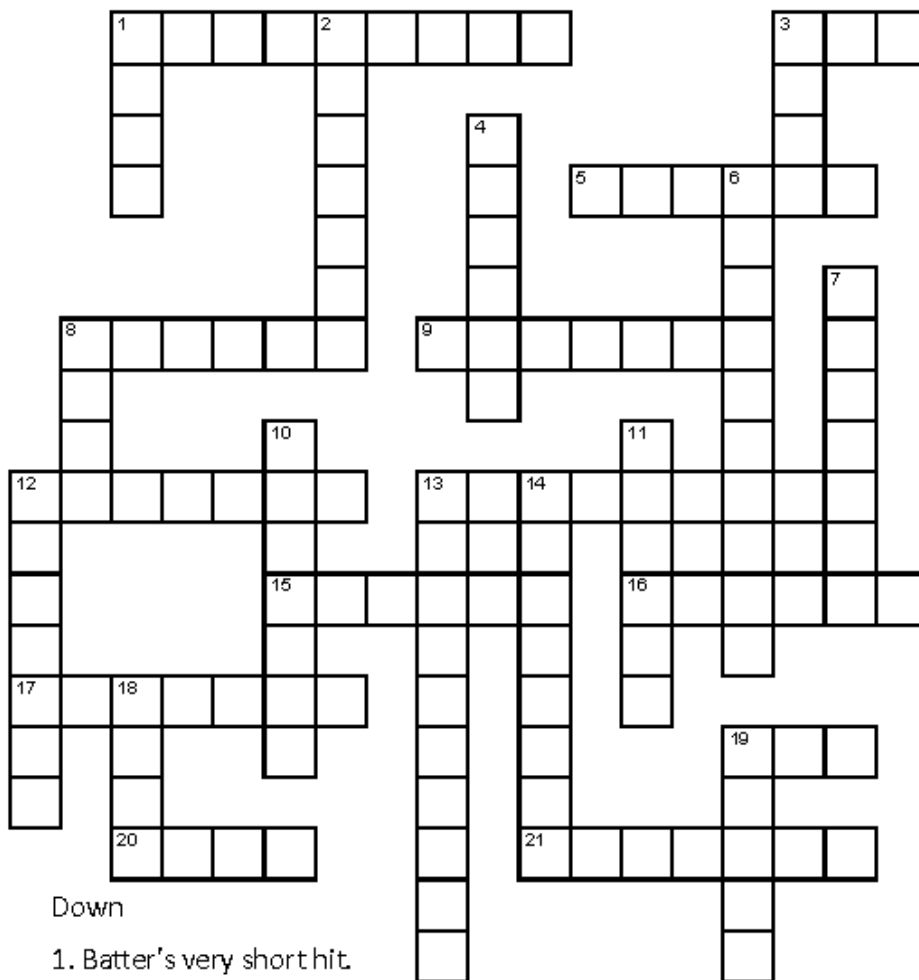
April 2- Easter Extravaganza @ The Tap Yard Brookfield, 12- 5 pm. Easter egg hunt starts at 1 pm for kids ages 3-7 and 2:30 pm for kids ages 7-12. There will be 3,000 eggs to hunt with some grand prize eggs included. The Easter Bunny will be there for pictures and Mr. P's Grilled Cheese food truck will be on site. There will be adult beverages available for the adults.

April 5- Sunset Meditation Planetarium Show & Peaceful Night Hike @ Retzer Nature Center, 7:30- 8:45 pm. For \$10 per person, view a planetarium show of an amazing sunset as you travel from the Grand Canyon to the North Pole, then relax under a night sky filled with stars under the dome. After the show, take a quiet hike outside with a Retzer naturalist and discover the tranquil sights and sounds of the nature center (weather permitting). Please arrive early to take your seats and settle into a calm state of mind. Attendees arriving after 7:35 pm will not be permitted to enter. Registration is limited to 60 participants and is required at least 24 hours prior to the event. Register online or call 262-896-8007.

April 15 & 16- re:Craft and Relic Market @ Milwaukee County Sports Complex, 10 am- 4 pm. This two day, indoor ticketed market is held three times a year. This curated market is the largest of its kind in the region, featuring artists, designers, and curators selling only the best in vintage, handmade, and upcycled goods. Tickets can be purchased [HERE](https://www.recraftandrelic.com/) (<https://www.recraftandrelic.com/>)

April 28- Touch a Truck @ Malone Park New Berlin, 4:30- 7:30 pm. Explore a variety of trucks including construction equipment, fire trucks, ambulance, and many more. This event is free to the public. The young and young at heart have a chance to touch, sit in and on, and learn about these large trucks and machinery.

Baseball Time



Across

1. Simple seating for the fans.
3. Ball that is hit to the outfield.
5. This hit gets the batter to first base.
8. Player who is ready to swing.
9. Puffed corn snack.
12. Roasted, salty snack.
13. His position is between second and third base.
15. Where the team sits when not playing.
16. There are nine of these in a game.
17. Four base hit.
19. Baseball player headwear.
20. Group of players.
21. Part of the field between the bases.

Down

1. Batter's very short hit.
2. Position behind home plate.
3. Hit that is out of bounds.
4. Frankfurter in a bun.
6. Seating in a large stadium.
7. Pitcher's place to warm up.
8. Baseball runner's destination.
10. Large structure where baseball is played.
11. There of these and you are out.
12. He throws the ball.
13. Where the game tally is shown.
14. Area of the field outside of the diamond.
18. Catcher's protective glove.
19. Large group of people.



Across: 1) Bleachers, 3) Fly, 5) Single, 8) Batter, 9) Popcorn, 12) Peanuts, 13) Shortstop, 15) Dugout, 16) Inning, 17) Home Run, 19) Cap, 20) Team, 21) Diamond
 Down: 1) Bunt, 2) Catcher, 3) Foul, 4) Hot Dog, 6) Grand Stand, 7) Bullpen, 8) Base, 10) Stadium, 11) Strike, 12) Pitcher, 13) Scoreboard, 14) Outfield, 18) Mitt, 19) Crowd

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.

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