

**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**
(24/7Helpline)
www.alz.org/sewi

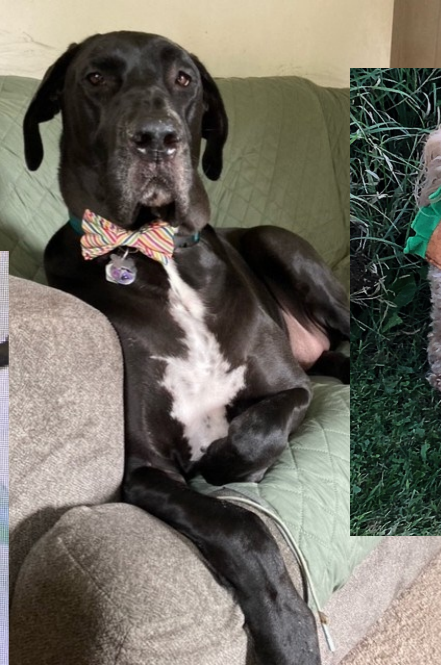
INSIDE THIS ISSUE:

- ♦ Oct. Community Events (2-3)
- ♦ Dining Center Spotlight (4)
- ♦ Lung Health & Laughter (5)
- ♦ Health Education Classes (6)
- ♦ Recipe: Pumpkin Bread (8)
- ♦ Drug Take-Back Events (9)
- ♦ Menu and Dining (10-11)
- ♦ Brain Health Education (12)
- ♦ Your Community History:
Okauchee (14)
- ♦ Vehicle Modification Program
Eligibility (15)
- ♦ Medicare: Open enrollment
(OE), OE Workshops, and
"Welcome to Medicare"
Classes (17-19)

OCTOBER 2024

The ADRC Connection

**STAFF PETS READY FOR
HALLOWEEN WITH
COSTUMES!**



**Heat Assistance in ASK INA —
Pg. 7**

Learn how you could be eligible for more affordable energy bill this winter season.

**Open House Event for
Caregivers—Pg. 13**

Are you a caregiver for your parent, spouse, or aging loved one? Join us for our caregiver open house, resource fair, and wellness event.

HELLO OCTOBER



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.

October 11 (F) - 3rd Annual Big Band Dance Party and dinner @ Waukesha Elks Lodge, 5pm-8:30pm, free. Call to reserve a spot, 262-717-9488. See flyer on next page (pg 3)

October 11 & 12 (F-SA), 18 & 19 (F-SA), 25 & 26 (F-SA)—Halloween Legends and Lore @ Old World Wisconsin, 5:30- 9:30 pm. Witness a historic Halloween event unlike anything you have seen before- from ghostly whispers in the night to folkloric traditions held by candlelight, you'll experience live storytelling, games, hot food, drinks, local music, and more! Tickets must be purchased in advance and can be found at [- Wisconsin Historical Society \(acmeticketing.com\)](http://www.acmeticketing.com).

October 12 & 13 (SA-SUN)—Waukesha Unlocked @ various locations, 10 am-4 pm. The doors to Waukesha businesses, organizations, churches, and city buildings will be open for participants to take tours, participate in special activities, learn, and explore! Join in on this special opportunity to see “behind the scenes” in Waukesha. A full list of sites and further details can be found at www.waukesha-wi.gov/residents/waukesha-unlocked.php.

October 13 (SU)—Applefest @ New Berlin Historical Park, 1-4 pm. See New Berlin history before your eyes as you see pioneer homes and music demonstrations. There will be a beer garden, grind and press for apple cider, barrel train, ponies, and more! Local products will also be for sale including apples, pumpkins, honey, and more.

October 18 & 19 (F-SA)—Jack-O-Lantern Jaunt & Halloween Haunt @ Mukwonago Field Park, 6-9:30 pm. Returning for its' 21st year, the Jaunt & Haunt will have hundreds of locally carved pumpkins displayed, a spooky movie double feature, a not-so-haunted house, face painting, crafts, photo opportunities, and more! The cost is \$3 for adults, \$2 for children 12 and under, and free for babies.

October 25 (F)—New Berlin Great Pumpkin Lighting @ Valley View Park, 5-7 pm. Carve a pumpkin and put it on display, listen to music, and walk around to enjoy all of the lit-up jack-o-lanterns! Wearing costumes is encouraged. A movie showing of Hocus Pocus on a large inflatable screen will finish off the night, beginning at dusk. Bring your own lawn chairs. This is a free event.

October 25 & 26 (F-SA)—Fright Hike @ Lapham Peak State Park, 6- 8:30 pm. For the 25th season, for two nights, the beautiful, moonlit paths of Lapham Peak are riddled with ghosts and goblins for a mile long walk through the dark forest. Local school groups create and act out scary skits along the trail and afterwards, vote for your favorite scene. This event is rain or shine. Limited tickets are available and are available online only at [Lapham Peak Fright Hike \(ticketspice.com\)](http://ticketspice.com). A valid State Park sticker is needed to enter, or the entrance fee is \$5 per vehicle.

October 26 (SA)—Halloween in Delafield @ Downtown Delafield, 5-8 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.

(M)=MONDAY, (T)=TUESDAY, (W)=WEDNESDAY, (TH)=THURSDAY, (F)=FRIDAY, (SA)=SATURDAY, (SU)=SUNDAY

SNEAK PEAK INTO NOVEMBER

November 9 (SA)—Operation Honor: A Salute to Veterans @ Schuetze Recreation Center, 4:30-6:30 pm. The City of Waukesha is proud to honor our deployed and formerly serving veteran

men and women with a care package drive. Requested items to be donated include full-sized toiletries, clothing, tabletop stand-up mirrors, battery-powered fans, handheld videogames, and more. This event will also host keynote speaker William C. Markham, Command Chief Master Sergeant, U.S. Air Force (Ret.) and Co-Founder of Project One Vet @ A Time. Following the speaker, the 484th Army Band will perform, followed by a free dinner.



SAVE THE DATE

ATTENTION SENIORS

WAUKESHA ELKS #400 INVITES YOU TO OUR 3RD ANNUAL BIG BAND DANCE PARTY!!

FREE LIGHT DINNER INCLUDED

WHEN: FRIDAY, OCTOBER 11, 2024

WHERE: WAUKESHA ELKS LODGE #400, 2301 SPRINGDALE RD. WAUKESHA WI

TIME: 5:00 – 8:30 PM

5:30 – 6:30 DINNER

6:30 – 7:15 MUSIC

7:15 – 7:30 INTERMISSION

7:30 – 8:30 MUSIC

CALL TO RESERVE A SPOT - 262-717-9488



AGEISM AWARENESS DAY



Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or ourselves based on age. It negatively impacts our health and well-being, our financial security, and the economy. It exists in many forms, influencing everything from personal interactions to public policy, and impacts us at every age.

The good news is that we can do something about it, and we begin by spreading the word on Ageism Awareness Day Oct. 9, 2024. Ageism Awareness Day is an opportunity to draw attention to the impact of ageism in our society and how we can reframe aging in our communities.



According to the World Health Organization, **1 in 2 people worldwide** are ageist against older people.



People with more positive self-perceptions of aging **live 7.5 years longer** than those with less positive perceptions.



Ageism is estimated to **cost billions annually** in the U.S. from age discrimination and unnecessary healthcare costs.

Senior Dining Site Spotlight of the Month: Menomonee Falls Senior Center

Sandy and her wonderful crew of volunteers will welcome you with a smile and a trivia question before serving the noon meal. Sandy has been the Senior Dining Manager for 2 years; she appreciates the variety of tasks the dining site manager position offers. When she's not serving delicious meals and making her diners laugh, she enjoys going for walks, hiking, and catching up with friends. Her favorite place to visit is Chicago, where her sister lives. Senior dining is for anyone 60 or older and their spouse, regardless of that spouse's age. The suggested donation amount is now \$5, but we will not turn any qualifying individual away due to their inability to pay. Donations are made confidentially. Not only can you get a delicious warm meal at noon with Sandy, but you can also attend one of the many senior groups/classes that Lori, Menomonee Falls Senior Center Director and staff provide for the Menomonee Falls and surrounding communities at the senior center.



Come visit the Menomonee Falls Senior Center for a lunch meal provided by ADRC of Waukesha County, Monday-Friday at 12/noon. Located at W152N8645 Margaret Rd, Menomonee Falls, WI 53051. Call ahead and reserve your lunch at 262-251-3406, between 9:30-1:30, Monday-Friday. If after 1:30, call the ADRC at 262-548-7826 to reserve a meal. Turn to pages 1 and 11 for more information on the senior dining program.

Voting from a Residential Care Facility



With the upcoming presidential election in November, it is important to understand the voting rights of individuals who live residential settings like skilled nursing facilities, adult family homes (group homes), or community based residential facilities (CBRFs).

For those living in certain special care facilities or retirement homes, the municipal clerk appoints two Special Voting Deputies (SVDs) to facilitate voting and collect absentee ballots. The SVDs will start visits to facilities 22 days prior to election day and will continue those visits until the Monday before election day, visiting each facility up to 2 times. The visits must be publicly posted at the facility in advance.

Special Voting Deputies will bring absentee ballots and envelopes to the facility and will sign the Absentee Ballot Certification Envelopes, which satisfies the voter ID requirement. SVDs will also provide voting assistance to voters as needed, including reading the ballot to the voter, marking the ballot at the voter's direction, and signing the ballot on behalf of the voter. If the SVD provides this assistance, they will fill out the assistor section on the certification envelope.

If a voter is not available during one of the two SVD visits, they can also vote absentee by mail, absentee in person (early voting), or vote in person at their polling place on election day. If a voter needs help reading or filling out their ballot or absentee return envelope, they may ask for assistance from anyone who is not their employer, representative of their labor union, or a candidate on the ballot. This assistant can read the ballot to the voter and/or help fill out the...

LUNGS, LAUGHTER, AND HEALTH

Dan Michaels, Community Health Educator, Waukesha County Public Health

October is National Healthy Lung Month, which raises awareness of the importance of the lungs and keeping them healthy. The lungs are crucial organs that provide oxygen to the body. Poor lung health can lead to respiratory issues, chronic diseases, and even death. Many of us know we should exercise regularly and avoid/stop smoking to maintain lung health. However, were you aware that laughter provides several benefits for the lungs and over all respiratory health. Let's take a *breath* and discuss how laughter affects the lungs and our health.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

First, let's look at the biology of laughter on the lungs. When we laugh that helps expand the alveoli, which are tiny air sacks in our lungs. When the alveoli expand that increase the area for oxygen exchange allowing for more oxygen to enter the lungs and the blood stream. O that's good.

In addition, when we laugh our diaphragm, chest and abdominal muscles tighten making our lungs work harder. This causes longer exhalation and deeper breathing, which flushes out the stale residual air and replaces it when fresh more oxygenated air increasing the overall supply of oxygen in the lungs and body. Also, laughter exercise various muscles in the chest, diaphragm, and abdomen. This can help strengthen the respiratory muscles, making it easier to take deep breaths and improving overall lung function. That information was *a breath of fresh air*.

Laughter can give your lungs a workout. Just like aerobic exercises, laughing can act as a mild form of exercise for the lungs. Regular laughing sessions can help improve lung capacity, especially when combined with other physical activities. Both aerobic exercises and laughing are good for your health, but... I wouldn't try laughing while you are going for a long run or swim. You don't want to stress out your lungs, they already *have a lot on their chest*.

Laughter is a natural, easy way to support lung health. It encourages deeper breathing, more oxygen, strengthens respiratory muscles, and improves lung capacity, all of which contribute to better lung function and overall health. Adding more laughter into your daily life can be an enjoyable and simple way to promote respiratory wellness. Have fun, laugh and seek laughter, to keep you and your lungs healthy and Ha-Ha-Happy!



How do you know if a lung is upset?

It looks air-itated

...ballot under the voter's direction but cannot tell them how to vote. Like an SVD assistant, anyone providing this type of assistance must fill out and sign the certification of voter assistance section on the envelope.

Each absentee ballot must be witnessed (an assistor may also be a witness) by someone who is at least 18 years of age and a U.S. citizen. Absentee ballots may be returned by mail (the US Postal Service recommends mailing your ballot at least one week before election day) or in person at the municipal clerk's office.

To find your municipal clerk, visit: <https://myvote.wi.gov/en-us/My-Municipal-Clerk> or call State of Wisconsin election Commissions at (608) 266-8005, or toll-free at (866) VOTE-WIS

!!! HEALTH PROMOTION PROGRAMS !!!

Stepping On—Fall Prevention and Balance Class

“Stepping On” is a workshop for older adults interested in learning how to prevent falls. Topics covered include: simple and fun strength and balance exercises, the role vision plays in keeping your balance, how medications can contribute to falls, ways to stay safe when out and about in the community, what to look for in safe footwear and how to check for home safety hazards.

In-person workshops:

Fridays, October 11 to November 22, 1:00p.m.—3:00p.m.

(a 3-month booster class on Feb, 21, 2025)

Waukesha Schuetze Rec Center, 1120 Baxter St. Waukesha

To register, contact Waukesha Park and Rec at (262)-524-3737 or email prf@waukesha-wi.gov

Cup of Health Series: Preventing Diabetes

Did you know that more than 1 in 3 people have prediabetes? If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition! Think of prediabetes as your window of time to take action and prevent further health complications. In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

**October 22th, 2024
10:00 AM - 11:00 AM**

Menomonee Falls Rec & Senior Center
W152 N8645 Margaret Rd, Menomonee Falls, WI 53051

To Register: Register Online at www.fallsrec.org or by stopping into the Rec offices.
Questions about registration call:
262-255-8460

HOSTED BY ADRC OF WAUKESHA COUNTY:

StrongBodies—Strength Training Class

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

This is a 10-Week Strength Training Class. Increasing your strength can reduce your risk for chronic diseases like diabetes, high blood pressure, heart disease, osteoporosis, arthritis, and some cancers. Weight training can also increase your strength, muscle mass, bone density, and the ability to do activities of daily living.

Mondays and Wednesdays, Sept 30-Dec.1, 9:30-10:45AM

Gethsemane United Methodist Church (642 Main St. Pewaukee, WI 53072)

THIS CLASS IS ACCEPTING LATE ENROLLMENT SINCE THE CLASS HAS ALREADY STARTED

Contact Courtney at 262-444-9102 or cklepp@waukeshacounty.gov



Dear Ina,

I am starting to hear people in my apartment building talk about help with your energy bill and was wondering if you knew much about it?

Thank you,
Alec Tricity

Dear Alec Tricity,

Thank you for inquiring about Energy Assistance! This is a common question we get asked this time of year. Below are the requirements and how you can apply if you are eligible.

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.**

How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) and weatherization services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

INCOME GUIDELINES FOR THE 2024-2025 HOME ENERGY PLUS PROGRAM YEAR (10/01/2024 through 9/30/2025)

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	ONE MONTH INCOME	ANNUAL INCOME
1	\$ 3,061.08	\$36,733
2	\$ 4,002.92	\$48,035
3	\$ 4,944.83	\$59,338
4	\$ 5,886.75	\$70,641
5	\$ 6,828.58	\$81,943
6	\$ 7,770.50	\$93,246
7	\$ 7,947.08	\$95,365
8	\$ 8,123.67	\$97,484

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

If you are a homeowner, you could be eligible for home repairs related to weatherization. Turn to page 16 to learn more!

RECIPE: PUMPKIN BREAD

INGREDIENTS

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ sticks (¾ cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 (15-oz) can 100% pure pumpkin

INSTRUCTIONS

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.

Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.



WANT AN EASY PUMPKIN BREAD RECIPE?

- 1 (15-oz) can 100% pure pumpkin
 - 1 box of spice cake mix, or pumpkin spice cake mix
1. Preheat oven to 350°F
 2. Combine the ingredients until no lumps
 3. Pour in 9x13 pan (or use cupcake pans with liners)
 4. Bake in oven about 25 minutes for pan, 12-18 minutes for cupcakes



Prescription Drug Take-Back Day October 26, 2024

The Wisconsin Department of Justice (DOJ) coordinates a Prescription Drug Take Back Initiative throughout Wisconsin. The Prescription Drug Take-Back Day goal is to provide a safe, convenient, and responsible means of disposal of prescription medications, while also educating the general public about the potential for abuse of these medications.

On Saturday, October 26, 2024, the participating law enforcement agencies in Waukesha County (listed below) will host a Drug Take-Back day collection site. All waste pharmaceuticals must be generated by a household; no businesses allowed.

Bring: Prescription (controlled and non-controlled) and over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials and pet medications.

Do Not Bring: Illegal drugs, needles/sharps, aerosol cans, bio-hazardous materials (anything containing a bodily fluid or blood), mercury thermometers, personal care products (shampoo, soaps, lotions, sunscreens, etc...), household hazardous waste (paint, pesticides, oil, gas).

All collection sites are October 26th at 10:00am-2:00pm, unless another time is noted.

City of Delafield Police Department

**Oconomowoc Memorial Hospital
Cancer Center** Drive Thru
791 Summit Ave., Oconomowoc, WI

Lannon Village Hall
20399 W Main St., Lannon, WI 53046

Muskego Police Department
W182S8200 Racine Ave., Muskego, WI
53150

**Froedtert & the Medical College of
Wisconsin-New Berlin Campus**
4805 S Moorland Rd., New Berlin, WI

North Prairie Police Department
130 N. Harrison St., North Prairie, WI

Village of Eagle Police Department

Metro Market—N65 W24838 Main St.,

Waukesha Police Department

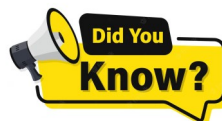
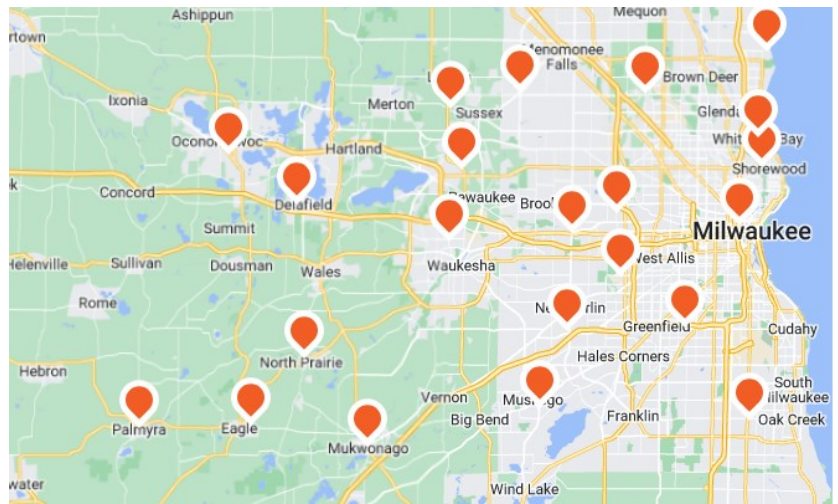
Walgreens - Elm Grove
15350 W Bluemound Rd., Elm Grove, WI

Walmart—411 Pewaukee Rd., Pewaukee,

- Participants may dispose of solid, non-liquid medication(s) by removing the medication from its container and disposing of it directly into a disposal box or into a clear sealable plastic bag. Plastic pill containers should not be collected. Blister packages are acceptable without the medications being removed.

- Liquids will be accepted during this initiative. However, the liquids, creams and sprays must be in their original packaging and evenly distributed within the boxes of collected solid prescription medications. Liquids without the original packaging will not be accepted.

- Illicit substances such as marijuana or methamphetamine are not a part of this initiative and should not be placed in collection containers.



Unused or expired medicine should never be flushed or poured down the

drain. Removing potentially dangerous pharmaceutical substances from our state's medicine cabinets helps to prevent them from going into our water supply. Water reclamation facilities are not designed to remove all of them, and trace amounts of pharmaceuticals are showing up in rivers and lakes around the world.

Senior Dining Centers in Waukesha County

<p>Brookfield Community Center 2000 N Calhoun Rd Brookfield</p> <p>(262) 782-1636</p>	<p>Menomonee Falls Community Center W152 N8645 Margaret Rd Menomonee Falls</p> <p>(262) 251-3406</p>	<p>Birchrock Apartments 280 Birchrock Way Mukwonago</p> <p>(262) 363-4458</p>	<p>New Berlin Senior Dining: Our Lord's Methodist Church 5000 Sunnyslope Rd New Berlin</p> <p>(414) 529-8320</p>
<p>Oconomowoc Community Center 220 W Wisconsin Ave Oconomowoc</p> <p>(262) 567-5177</p>	<p>Sussex Community Center N64 W23760 Main St Sussex</p> <p>(262) 246-6747</p>	<p>La Casa Village Apartments 1431 Big Bend Rd Waukesha</p> <p>(262) 547-8282</p>	<p>ALL MEALS ARE SERVED AT 12:00/NOON</p> <p>Call the location to reserve a lunch!</p>

How Can I Eat at a Dining Center?

Senior Dining Centers are open to ANYONE age 60 or older (and their spouse, regardless of age) with NO INCOME REQUIREMENT! Advanced reservations are required by noon at least the business day prior. Call the dining center where you wish to attend.

What if I Need Transportation there?

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 at (262) 548-7848.

**NEW
UPDATE**

Senior Dining Update: Getting a Variety of Foods in Your Diet

A balanced diet is crucial for maintaining your health, and one of the key principles of healthy eating is including a variety of foods. Including a wide range of foods in your diet can enhance your nutritional intake, prevent vitamin and mineral deficiencies and improve your overall health. Different foods provide different essential nutrients. This is why the Senior Dining program requires us to follow a set meal pattern; the pattern follows the current Dietary Guidelines for Americans and aims to incorporate a variety of foods.

Our mission is to provide not only a meal, but also a variety of flavors that make mealtime

something to look forward to. For this reason, we are happy to say we have been introducing some new menu items here and there. If you participate in the program, you may have noticed some of the new foods and recipes we are trying.

Such as:

- ◆ BLT chicken pasta salad
- ◆ Smothered Pork Roast
- ◆ Cincinnati chili over pasta
- ◆ Kale salads
- ◆ Fresh jicama
- ◆ Corn and edamame salad
- ◆ Black bean salad

Those are just a few of the new things we have tried! We will continue to add new additions to the menu, focusing on balanced nutrition; and no need to worry, all the favorites will still be on the menu!

October 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED; ALT= LOW SUGAR ALTERNATIVE</p>	<p>Garlic Sesame Chicken over Brown Rice Oriental Blend Veggies Veggie Egg Roll Sweet & Sour Sauce Pineapple Chunks Chocolate Milk</p>	<p>Salisbury Steak Baked Potato with sour cream Beet & Onion Salad Whole Wheat Bread/ butter Fruit compote</p>	<p>Apple Cranberry Chicken Salad on a Croissant Broccoli Salad Carrot Raisin Salad Seasonal Fresh Fruit Lemon Bar Alt: Lorna Doone</p>	<p>Scalloped Potatoes with Diced Ham Green Beans Cucumber Slices with Ranch Multigrain Bread/ butter Snickerdoodle Cookie Alt: Diet Jello</p>
7	8	9	10	11
<p>Chicken Breast in Garlic Sauce Baked Sweet Potato Winter Blend Veggies Whole Wheat Bread/ butter Fruit Salad</p>	<p>Peachy Pork Roast Cheesy Potatoes Peas & Carrots Fruit Cocktail Multigrain Bread/ butter Butterscotch Pudding Alt: Diet Pudding</p>	<p>Butternut Squash Soup Shredded BBQ Chicken on a Bun Green Beans Mandarin Oranges Coconut Cake Alt: Diet Cookie</p>	<p>Hearty Sausage and Lentil Stew Buttered Baby Red Potatoes Carrot Coins Rye Bread/butter Apple Crisp Alt: Fresh Apple</p>	<p>Marinara Meatball Sub Potatoes Italiano Green & Yellow Beans Fresh Pear Sherbet Alt: Diet Jello</p>
14	15	16	17	18
<p>National Dessert Day Chili with beans & shredded cheese 5-Way Mixed Veggies Fresh Fruit Multigrain Bread/ butter Fruited Pie Alt: Diet Cookie</p>	<p>Denver Omelet with Cheese Sauce Sausage Breakfast Potatoes Zucchini Bread/butter Fresh Orange Fruited Yogurt Alt: Light Yogurt</p>	<p>Roast Turkey in gravy Herbed Stuffing Harvard Beets Broccoli Salad Whole Wheat Dinner Roll/butter Peach Half</p>	<p>National Pasta Day Spaghetti and Meat sauce Green & Yellow Beans Romaine Lettuce Salad with Italian dressing Breadstick/butter Seasonal Fruit Chocolate Milk</p>	<p>Turkey, Broccoli and Brown Rice Casserole Carrot Coins Creamy Cucumber Salad Biscuit/Butter Pound Cake with Mixed Berries</p>
21	22	23	24	25
<p>Orange Ginger Diced Chicken Vegetable Rice Pilaf Garden Blend Veggies Hawaiian Dinner Roll/ butter Pineapple</p>	<p>Philly Cheesesteak on Hoagie Roll Au gratin Potatoes BBQ Bean Salad Mandarin Oranges Ice Cream Cup</p>	<p>St. Louis Style BBQ Pork Loin Sweet Potatoes Caribbean Blend Veggies Seasonal Fresh Fruit Multigr. Bread/butter Chocolate Chip Cookie Alt: Diet Cookie</p>	<p>Fish Patty on a Wheat Bun w/tartar sauce. cheese and Shredded lettuce Buttered Baby Reds Creamed Peas Watermelon</p>	<p>Mandatory Staff Training All Meal Sites Closed</p>
28	29	30	31	
<p>BBQ Pork Riblet Au gratin Potatoes Country Mix Veggies Nine Grain Bread/ butter Fruit Cocktail</p>	<p>National Oatmeal Day Stuffed Green Pepper Casserole Dilled Diced Carrots Texas Caviar Honeydew Melon Oat Bran Bread with butter Oatmeal Raisin Cookie</p>	<p>Crustless Chicken Pot Pie over a Biscuit Steamed Broccoli Baby Carrots with Ranch Pear Half Chocolate Milk</p>	<p>Happy Halloween Spooky Swedish Meatballs over Monster Mashed Creepy Creamed Corn Eerie Peaches Werewolf Wheat Dinner Roll/butter Pumpkin Cake</p>	



Ways to Maintain a Healthy Brain Now and in the Future

Presented by:
Kathy Glaser, Dementia Care Specialist
ADRC of Waukesha County



When: Monday, October 7th at 1:30pm

Where: Mukwonago Community Library
511 Division St., Mukwonago

To register: Contact Kathy at 262-548-7354 or kglaser@waukeshacounty.gov

Brain Health As You Age

Wednesday, October 9 • 6:30 pm
Brookfield Public Library

Jennifer Harders from the Waukesha County Aging & Disability Resource Center (ADRC) will discuss what people of all ages can do to make a difference in keeping their minds healthy.

Brookfield Public Library • brookfieldlibrary.com • (262) 782-4140 •



In celebration of Caregiver Appreciation Month

Open House Event FOR CAREGIVERS



NOVEMBER 12

2:00-6:00PM

drop in anytime

**Waukesha County Health & Human
Services Center**

514 Riverview Ave, Waukesha

Parking available in parking lot

- **Education**
- **Resources**
- **Wellness activities**

**ENJOY THIS FREE, CAREGIVER,
OPEN-HOUSE STYLE EVENT!**

RSVP encouraged but not required

Contact: Jenny Wendelborn

262-896-8209

jwendelborn@waukeshacounty.gov



YOUR COMMUNITY HISTORY: OKAUCHEE

Okauchee, believed to have been derived from the Potawatomi term "gachi" meaning "something small," or "Okauchee" which translates to "place of the pickerel," reflecting the abundant fish populations that thrived in the lake. The area was settled in 1839 by Orson Reed. His mill was the first building constructed in the new community and provided lumber for the construction of the nearby Watertown Plank Road in 1850. The following year, Israel and Vesta McConnell constructed a

The Old Mill Inn, Picnic Grounds, Pete Elzel, Okauchee, Wis.



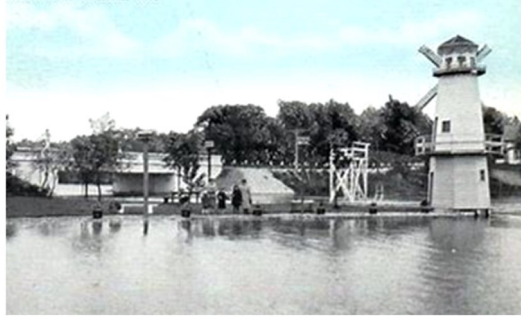
stagecoach inn to serve travelers along the Plank Road. Within two years, the village also had a railroad depot along the newly completed Milwaukee and Watertown Railroad. Once again, it was the introduction of the railroad led to European settlers establishing farms and communities around Lake Okauchee. The lake's natural beauty and recreational opportunities soon attracted tourists and vacationers from nearby cities like Milwaukee and Chicago. Steamboats were a popular mode of transportation on the lake, ferrying visitors to resorts and cottages along its shores.

It was during the early part of the twentieth century that Okauchee became a resort destination for Milwaukeeans. Tourists came by train and were then escorted by boat to the many small resort hotels and cottages that sprang up around Okauchee Lake. By 1927, Okauchee boasted eleven hotels among its complement of tourist-oriented businesses. While most of the small cottages have been converted to year-round residences, Okauchee Lake continues to be a destination point for outdoor recreational activities.



The late 19th and early 20th centuries saw the development of Okauchee as a thriving resort community. Grand hotels, such as the Okauchee Inn and the Oconomowoc Springs Hotel, offered luxurious accommodations to guests seeking relaxation and leisure activities on the lake. Boating, fishing, and swimming were popular pastimes, and the lake became a hub of social activity and entertainment.

OVER OKAUCHEE LAKE, WIS.



The Prohibition era, from 1920 to 1933, brought significant changes to the lake community. With the nationwide ban on alcohol sales, many of the lakeside resorts and establishments that relied on tourism suffered. Some resorts were forced to close, while others adapted by offering alternative forms of entertainment.

After Prohibition was repealed, Lake Okauchee experienced a resurgence in popularity as a recreational destination. Boating and water sports became increasingly popular, and marinas and boat clubs sprung up along the lake's shoreline. The Okauchee Lake Yacht Club, founded in 1896, remains a prominent fixture on the lake, hosting sailing regattas and social events.

In recent decades, Lake Okauchee has continued to attract visitors with its picturesque scenery and vibrant community. The lake is surrounded by upscale homes, cottages, and condominiums, as well as parks and nature preserves that offer opportunities for outdoor recreation and relaxation. Today, Lake Okauchee remains a beloved destination for residents and visitors alike, offering a mix of history, natural beauty, and recreational activities. The lake's rich heritage and picturesque setting make it a cherished part of Wisconsin's landscape, and its legacy as a haven for leisure and enjoyment lives on in the hearts of those who call it home.

Source: discoveroutdoors.com/history/history-of-okauchee-lake, www.hmdb.org

Vehicle Modification Program of ADRC of Waukesha County

Eligibility and Application Process



Up to \$7,000 in funding to help individuals with electric/power wheelchairs or scooters gain greater independence by modifying their personal vehicle for easier transportation in the form of a lift device for their vehicle to transport an electric/power wheelchair or scooter.

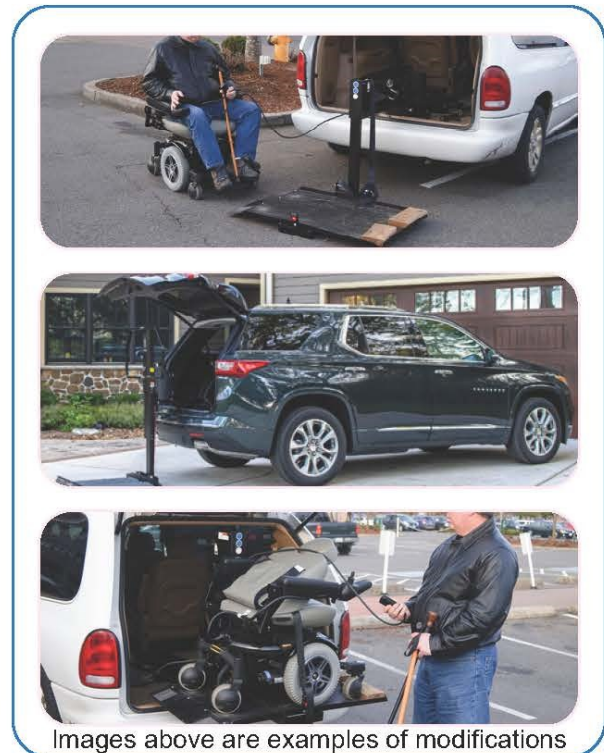
Eligible individual must meet these requirements:

- be a resident of Waukesha County
- aged 18 or older, **AND**:
- have a physical disability* which significantly impairs your ability to drive, ride, or access a personal vehicle; or that requires use of a mobility device or transfer aide which cannot be accommodated in a personal vehicle without modifications

**No proof of disability is required*

Eligible vehicle:

- vehicle owned by you, or an immediate family member
- mobility provider must determine your vehicle qualifies for the modification



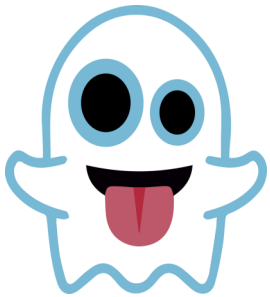
Steps to apply for funding for the vehicle modification program:

1. Consult with a contracted mobility provider to determine the best modification for your vehicle and to ensure your vehicle qualifies for the modification
 - A list of those contracted with the ADRC will be provided
2. Complete an ADRC Vehicle Modification Program application and return to ADRC
3. A quote from the mobility provider is sent to ADRC where it is reviewed and processed
4. If approved, the mobility provider can complete the installation of the modification, and payment is given directly to the provider

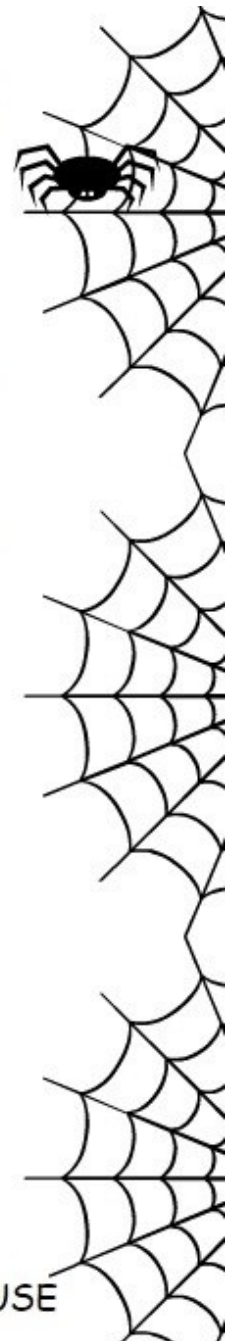
Call ADRC to get started! 262-548-7848

Funding is provided on a first-come, first-served basis, and is limited up to \$7,000 per person. This program is made available by funding from the State of Wisconsin Department of Transportation. All modifications must be completed within 60 days of approval.

HALLOWEEN WORDSEARCH



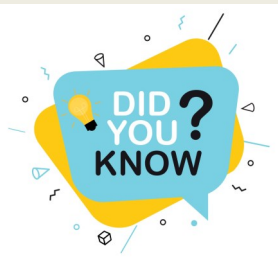
N E E W O L L A H R B R Q R N
 I Q H N R O C Y D N A C M G V
 E T T V W C O S T U M E A U R
 A Y X H F I C D X O M S R V E
 E F V I G M T C H M M P O S B
 Z Y M F Z I J C O R L O U P O
 S V M X E T R N H R B O N U T
 K S A A A H S F S Q H K K M C
 S T E E L T Q H B D B Y W P O
 A S R Y E T O Y E D F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



GHOST	PUMPKIN	FRIGHT	COB WEBS
WITCH	MONSTER	HORROR	CANDYCORN
TRICK	COSTUME	SCREAM	HALLOWEEN
TREAT	SPOOKY	BOO	OCTOBER
CANDY	SCARY	MASKS	HAUNTED HOUSE



If you are a homeowner, you could be eligible for weatherization services!



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 can 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. 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.

Turning 65?
Need Medicare?



Medicare

“Welcome to Medicare” Presentations in your Area

These are free 1 hour “Introduction to Medicare” classes presented by Greater WI Agency on Aging Resources, Inc. (GWAAR) and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.

North Lake Public Library, (262) 966-2933 —Thursday, October 17 at 3:00pm

Pewaukee Public Library, (262) 691-5670 —Monday, October 21 at 1:00pm

Brookfield Parks & Recreation, (262) 796-6675 —Tuesday, October 22 at 12:45pm

Elm Grove Public Library, (262) 782-6717 —Wednesday, October 23 at 1:00pm

Hartland Public Library, (262) 367-3350 —Thursday, October 24 at 11:00am

Waukesha Parks & Recreation, (262) 524-3714 —Friday, October 25 at 1:00pm

Menomonee Falls Public Library, (262) 532-8900 —Monday, October 28 at 2:00pm

Brookfield Public Library, (262) 782-4140 —Tuesday, October 29 at 2:00pm

Waukesha Public Library, (262) 524-3680 —Thursday, October 31 at 10:30am

****Please register with the specific location you wish to attend****

In addition, the ADRC conducts 2-hour classes every 2nd Wed of each month 1-3pm at the Health & Human Services Building located at: 514 Riverview Ave, Rm 114 or virtually at 5:30—7:30pm.

To register for the 2-Hour ADRC presentations visit:

<http://wauk.co/welcometomedicare> or scan the QR code with your smartphone >



Save money and get the best coverage!

It's worth taking the time to compare!

MEDICARE OPEN ENROLLMENT:

OCTOBER 15 - DECEMBER 7

Elder Benefit Specialists at ADRC are certified Medicare counselors who can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you find your best option
- Help you avoid high-pressure sales tactics

To request assistance, complete the form on the next page and send it in.

For questions, call
Aging & Disability Resource Center of
Waukesha County at 262-548-7848



[Facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)



[Navigating Medicare](#)

Check out our updated website:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

Medicare Open Enrollment October 15–December 7, 2024

Waukesha County Residents: Need help comparing 2025 Medicare plans?

Please complete the form below or online at: <http://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 current 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

Attend Workshop at ADRC:

- Wed Oct 30, 9-10am
 Wed Nov 6, 9-10am
 Wed Nov 20, 2-3pm
 Wed Nov 27, 2-3pm
 Wed Dec 4, 9-10am

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

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, 2024.** 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

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
Mary Baer, HHS Board Liaison
Patricia Carriveau
Joel Gaughan, County Board Representative
Pamela Franke
Marj Kozlowski
Jeffry Lewis
Donald Richmond
Sandy Wolff



ADRC Leadership Staff:

Mary Smith, Manager
Lisa Bittman, Coordinator
Amy Meyer, Coordinator
Kristen Hosking, Supervisor
Mikie Blask, Supervisor
Stephanie Cera, Supervisor
Tammy Depies, Supervisor
Jessica Eckert, Supervisor
Shirley Peterson, Supervisor
Sheri Milinski, Supervisor



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