

**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](http://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](http://www.alz.org/sewi)

**INSIDE THIS ISSUE:**

- > January Community Events (2)
- > CALL FOR VOLUNTEERS (2)
- > Dress Your Pet (3)
- > Your Community History: Mukwonago (4)
- > Ask Ina: IRMAA (6)
- > Sudoku Puzzle (9)
- > Class Action lawsuit w/ United Healthcare (7)
- > Hearing Loss and Falling (7)
- > Savvy Caregiver and Memory Screens (8-9)
- > Celebrating 1 year of Memory Cafés (11)
- > 2024 Memory Café Schedule (13)
- > Menu and Dining (14-15)
- > New Berlin Dining Center GRAND OPENING (16)
- > PH Article: Keeping New Year's Resolutions (17)
- > Medicare Presentations (18)
- > Caregiver Corner (19)



# The ADRC Connection

January 2024

**DHS Marks 25 Years of Aging and Disability Resource Centers  
Serving Wisconsin Communities**

*From Department of Health Services (DHS)*

The Wisconsin Department of Health Services (DHS) is celebrating the 25th anniversary of aging and disability resource centers (ADRCs) helping older adults and people with disabilities in our state to thrive. ADRCs were first piloted in 1998 in nine counties and have since expanded to cover all 72 Wisconsin counties and 11 federally recognized Tribal Nations in the state, providing connections to resources like adaptive equipment, dementia care services, meal delivery, and more. "ADRCs play a vital role in helping our friends, neighbors, and loved ones remain connected and engaged in their communities," said DHS Secretary-designee Kirsten Johnson. "Wisconsin's person-centered, full-service approach to long-term care education and assistance has become a national standard. We look forward to continuing this important work and ensuring we will be able to provide the high-quality, supportive community-based services people want and need for years to come." Every year, ADRCs and Tribal aging and disability resource specialist (ADRS) programs log hundreds of thousands of contacts with customers around the state. In 2022, they served over 141,000 unique customers and made over 535,000 direct contacts. In the same year, clients of elder benefit specialists and disability benefit specialists accessed over \$224 million worth of services, helping stabilize household budgets and lessen reliance on local crisis and emergency services.



*New Berlin Senior Dining Center*  
**GRAND OPENING!**  
**JANUARY 17TH - 11:30AM - SEE MORE DETAILS ON PAGE 16**

*CORRECTION NOTE: In the December 2023 edition of the ADRC Connection newsletter, on page 12, there was an error in stating Hanukkah's dates. Hanukkah's correct dates should have been listed as December 7<sup>th</sup>- December 15<sup>th</sup>. We apologize for this incorrect information.*

# JANUARY

5TH ANNUAL NEW BERLIN RECREATION

## WINTERFEST

SATURDAY, JANUARY 6TH



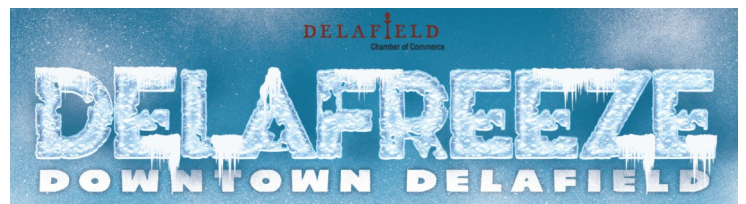
**January 6- New Berlin Winter Fest @ Malone Park and City Center Plaza, 9 am- 7 pm.** Bring your family to the 5<sup>th</sup> annual Winter Fest. Malone Park will host snowshoe hikes, snowman contests, sled dogs, bonfire and smores, food trucks, candy cane hunt, and more. City Center Plaza will have

open ice skating (skates can be rented at the library with a library card) and bingo! For a full schedule of events, visit [lakecountryfamilyfun.com/event/new-berlin-winter-fest/](http://lakecountryfamilyfun.com/event/new-berlin-winter-fest/).

### January 13- DelaFREEZE @ Downtown

**Delafield, 10 am- 3 pm.** This is the 5<sup>th</sup> annual DelaFreeze where the Delafield Chamber of Commerce and its' businesses come together and showcase live ice

sculptures and activities throughout downtown. This event is family friendly and free for everyone.



**January 19-28 - Waukesha JanBoree** – A city-wide winter celebration with many local events! For more information on event specifics, visit [www.janboree.org](http://www.janboree.org)



**January 27 - Crites Field Flannel Fly-In @ Waukesha County Airport, 10 am- 2 pm.** Wear your favorite flannel and come out and learn about flying, see planes, and enjoy a chili cookoff!

## Volunteer Driver

### Opportunities Available!

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

Our Home Delivered Meals program (sometimes known as Meals on Wheels program) for older adults is seeking reliable volunteer drivers to deliver lunch meals to households where they are unable to prepare meals for themselves including homebound individuals. Drivers are needed between 11:00a-1:00p, Monday - Friday.

We also are seeking drivers to take individuals to the Health and Human Services Center related appointments; including medical, family visitation, youth mentoring, and wellness programs. Drivers are primarily needed on weekdays, but evening and weekends occasionally; 6:30a-8:45p. Mileage reimbursement is available for these volunteer positions.

***If you are interested contact Kara Moore and Sherry Williams at [HHSvolunteers@waukeshacounty.gov](mailto:HHSvolunteers@waukeshacounty.gov)***

VOLUNTEERS NEEDED!





# YOUR COMMUNITY HISTORY: MUKWONAGO

The village of Mukwonago is located in the southeast corner of Waukesha County and the 2020 census reports a population of 8,262 people, a far cry from the early settlement by English settlers in 1836.



Mukwonago was originally a Native American village and the tribal seat of the Bear Clan of the Potawatomi Indians.

The name "Mukwonago" is derived from *mequanego* which translates to *bear's den*. The spelling "Mukwonago" was adopted in 1844 because of the similarity to nearby Mequon.

In 1836 Sewall Andrews and Henry Camp were the first Englishmen to settle in the area. By the end of the decade, Mukwonago included a hotel built in 1837, two stores, a shoemaker, a blacksmith, and a post office. The first permanent bridge over the Fox River was built in 1843. A flour mill and sawmill each began operating in 1847, and in 1849 the Mukwonago Chief began printing a local newspaper.

For the remainder of the 19th century, Mukwonago grew primarily as a farming community. Construction of the Milwaukee and Beloit railroad track through the Village provided farmers with transportation for their crops. Schools and churches were established to fulfill the needs of the residents.

Social clubs and activities were also important. In 1878 nineteen young women, who swore never to marry, formed an "old maids club". When they met for the last time in 1905, only Martha MacArthur, Josephine, Rose Chapin, Fanny Chapin, Dr. Evelyn Hoehne, and Betty Andrews had remained single.



Today, many of the original buildings in the downtown area are still being used by various businesses maintaining that small town ambiance all the while new businesses continue to build and grow this village. You can visit the Red Brick Museum which was Sewall Andrews' home (pictured below) to learn more about Mukwonago.

Source: [www.mukwonagohistoricalsociety.org](http://www.mukwonagohistoricalsociety.org)

^ Now Fork in the Road restaurant, formerly a hotel and movie theatre in the 1900's.



←Washington Avenue High School, now the site of the library. Bricks from the demolition of the high school were used in the building of the library.



# U.S. Dept. of HHS Statement on the Passing of Disability Rights Advocate Andrés Gallegos

The U.S. Department of Health and Human Services (HHS) joins the disability community in mourning the loss of Andrés Gallegos, Chairman of the National Council on Disability (NCD), who passed away December 1, 2023. Andrés was one of our nation’s most important legal minds on disability rights, a fierce champion of true inclusion and equal opportunities for disabled people, and a leader in the independent living movement.



In addition, Andrés was a critical partner in HHS’ work to end disability discrimination in medical care and to address the health disparities experienced by people with disabilities. For decades, he provided advice and counsel on the implementation of the most consequential health care and disability rights laws – including the Americans with Disabilities Act, the Rehabilitation Act of 1973 and the Patient Protection and Affordable Care Act, as well as state and local civil rights laws – to ensure equal access to care and services for disabled people. His impact can be seen across HHS – from the designation of people with disabilities as a population that experiences health disparities to the anti-discrimination provisions in our proposed update to the regulations implementing Section 504 of the Rehabilitation Act of 1973.

“Andrés Gallegos was a leader who worked to continually improve and make the world a better place for all of us, especially people with disabilities,” said Melanie Fontes Rainer, Director of the Office for Civil Rights. “As we enforce the very laws he fought so hard for, we work in his memory to ensure people are not discriminated against when seeking health and human services, and continue to increase access and quality of care.”

Go to [NCD.gov](https://www.ncd.gov) to read their press release: *NCD, Colleagues Remember Andrés Gallegos*.



GRAB YOUR NEW  
**ANNUAL MEMBERSHIP**




Seniors Age 60+  
365 Days of Parks  
Easier visits  
Invisible Sticker

\$20

BUY ONLINE: [WAUK.CO/PARKENTRY](https://wauk.co/parkentry)

Annual Memberships include access to 9 fee-based parks:



- Fox Brook Park
- Fox River Park
- Menomonee Park
- Minooka Park
- Mukwonago Park
- Muskego Park
- Naga-waukee Park
- Nashotah Park
- Ryan Park

BUY IN PERSON: RETZER NATURE CENTER AND WAUKESHA COUNTY PARKS MAIN OFFICE  
BY PHONE: 262-548-7801

**CORRECTION NOTE:** In the November and December 2023 editions of the ADRC Connection newsletter, the price for the Waukesha County Parks annual membership for seniors was listed incorrectly. The correct annual rate is \$20. We apologize for this incorrect information and any inconvenience this caused.

**Dear Ina,**

Who's Irma?! Sometimes I see it spelled IRMAA?

**From,**

**Ike**



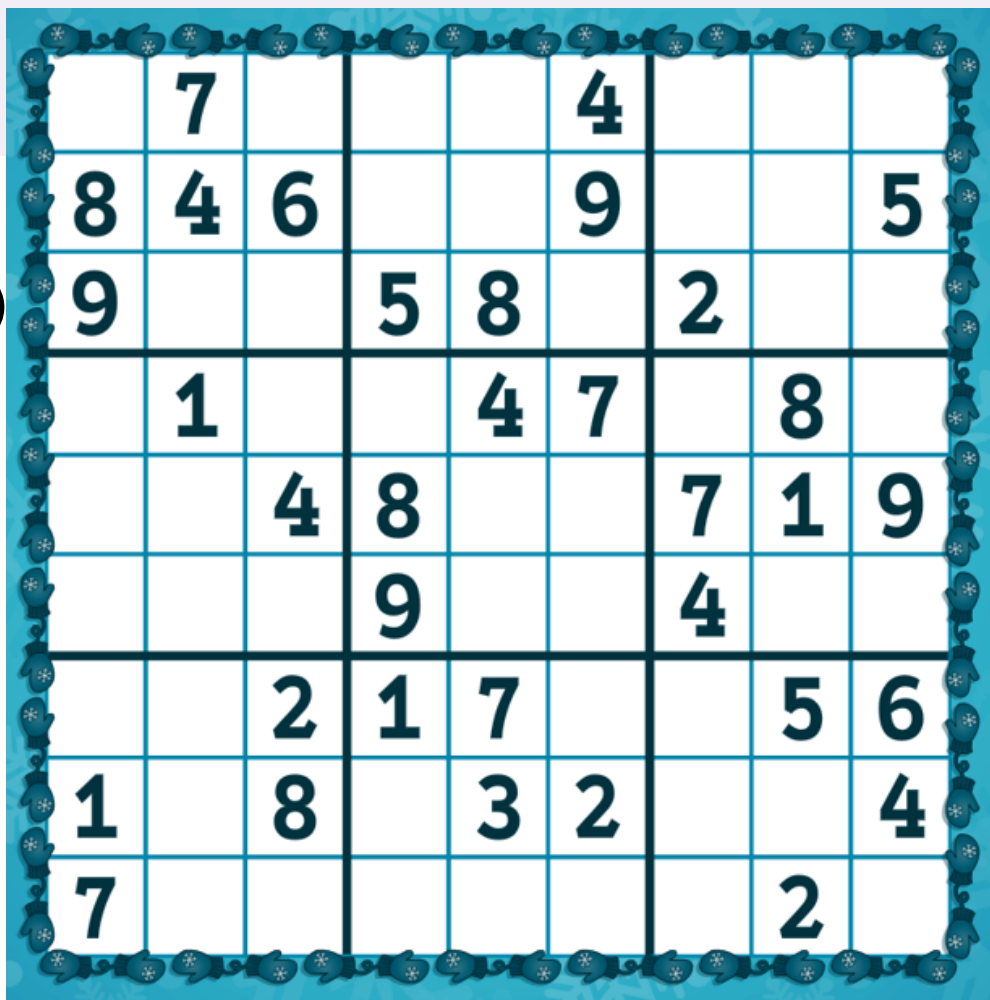
*Dear Ike,*

Hearing different acronyms can be confusing! IRMAA has to do with your Medicare. If you are on Medicare, and you have higher income, you may have received a notice from the Social Security Administration (SSA) telling you that you must pay a higher monthly premium for your Part B and prescription drug coverage. **These higher premiums are called "Income-Related Monthly Adjusted Amount, also known as IRMAA,"** and the notice you receive is called an initial determination. IRMAAs are based on the income listed on a beneficiary's tax return from two years ago.

In some cases, you may be able to request that SSA make a new decision about whether you must pay an IRMAA. If you have experienced a life-changing event that caused your income to decrease, or if you think the income information SSA used to calculate your IRMAA was incorrect or out-of-date, contact your local Social Security Administration to request a new initial determination. You can find your local field office by clicking on the "Locate An Office By ZIP" button on [www.ssa.gov](http://www.ssa.gov), or the local Waukesha SSA Field Office can be contacted at: 1-866-220-7885.

I hope that helps you with wondering about IRMAA!

*Sincerely, Ina*



**SUDOKU PUZZLE:** The rules for sudoku are simple. A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

# New RSV Vaccine for Older Adults

*By the GWAAR Legal Services Team (for reprint)*

Following approval by the Food and Drug Administration, the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices recently recommended the new Respiratory Syncytial Virus (RSV) vaccines for people ages 60 years and older. RSV is a respiratory virus that typically causes cold-like symptoms in healthy adults and older children but can lead to more serious illness, like pneumonia, as well as hospitalizations and even death in very young children and older adults. Adults at high risk of severe RSV illness include older adults, adults with chronic heart or lung disease, adults with weakened immune systems, and adults living in nursing homes or long-term care facilities. Each year, RSV causes an estimated 60,000-160,000 hospitalizations and 6,000-10,000 deaths among older adults. Because RSV may look like other respiratory infections, the number of RSV cases in older adults is likely undercounted.

The new vaccines will help protect older adults against severe illness from RSV during the time of year when multiple respiratory illnesses are circulating in the population. In addition, vaccination of older adults may help prevent young children from being exposed to RSV. These vaccines involve a single-dose in one shot and are expected to be available at pharmacies this fall. Talk to your healthcare provider about whether the RSV vaccine is right for you and any other vaccines you might need this fall to help prevent illness.



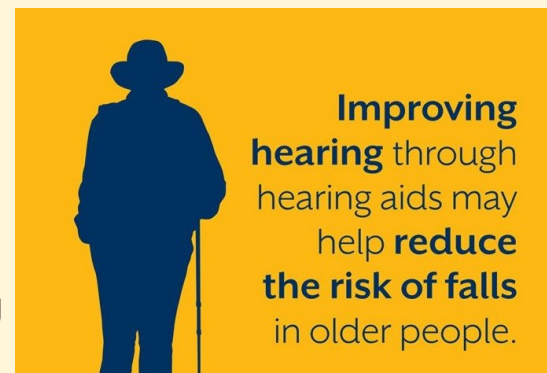
# Hearing Loss Increases Fall Risks

*By the GWAAR Legal Services Team (for reprint)*

**Injuries from falls are one of the top causes of death among people aged 65 and older, and research shows that even mild hearing loss more than doubles the risk of falls.** It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the Journal of the American Geriatrics Society shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. Those who used hearing aids consistently – meaning at least four hours per day – cut their fall risk by nearly 65 percent.

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.



The Aging and Disability Resource Center Presents

# Savvy Caregiver Training

*Increase Your Confidence, Knowledge, & Skills*



*Are you caring for someone with Alzheimer's disease or another form of progressive dementia?*

Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided. Savvy Caregiver increases the caregiver's sense of competence, and well-being even though there may be little experience. The course will cover:

- understanding the career of caregiving
- different types of dementia
- how the decline in cognition affects behavior
- dealing with the feelings that arise while caregiving
- fitting tasks and activities to the person's abilities
- decision making skills

**Feb 8th - March 14th, 2024**

6 Thursdays, 10:00 am-Noon

Please register by calling  
Jennifer Harders at the  
Aging & Disability Resource Center  
262-548-7650

**Location:**

**Aging & Disability Resource Center  
514 Riverview Avenue, Room 112  
Waukesha, WI 53188**

Presented by  
**Jennifer Harders**  
Dementia Care Specialist

***Free event***

For more information call the  
ADRC at (262) 548-7650  
jharders@waukeshacounty.gov



# Memory Screening

## A Closer look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **Free** and takes only 15 minutes!



### Early detection is important

*Treatment is possible. Stay in control of your life.*

- Get immediate results
- Receive information about Dementia and Alzheimer's disease
- Talk with a Dementia Care Specialist about available resources
- Learn about brain health and ways to stimulate your brain

### Community Memory Screening

Where: Muskego Public Library

When: Monday, January 29, 2024

Time: Noon - 4:00pm (30 minute time slots)

Call **Kathy Glaser** at the **Waukesha ADRC** to schedule your **FREE** memory screen.

**262-548-7354**



514 Riverview Avenue

Waukesha, WI 53188

# Pistachio Salmon

Prep/Total Time: 25 min  
YIELD: 4 servings

This simple salmon gets its crunch from a coating of crushed pistachios, panko bread crumbs and Parmesan cheese. Add steamed veggies and rice and it's dinnertime!



## RECIPE of the MONTH

### INGREDIENTS

- 1/3 cup pistachios, finely chopped
- 1/4 cup panko bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 salmon fillet (1 pound)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### DIRECTIONS

1. Preheat oven to 400°. In a shallow bowl, toss pistachios with bread crumbs and cheese.

2. Place salmon on a greased foil-lined 15x10x1-in. pan, skin side down; sprinkle with salt and pepper. Top with pistachio

mixture, pressing to adhere. Bake, uncovered, until fish just begins to flake easily with a fork, 15-20 minutes.

### NUTRITION FACTS

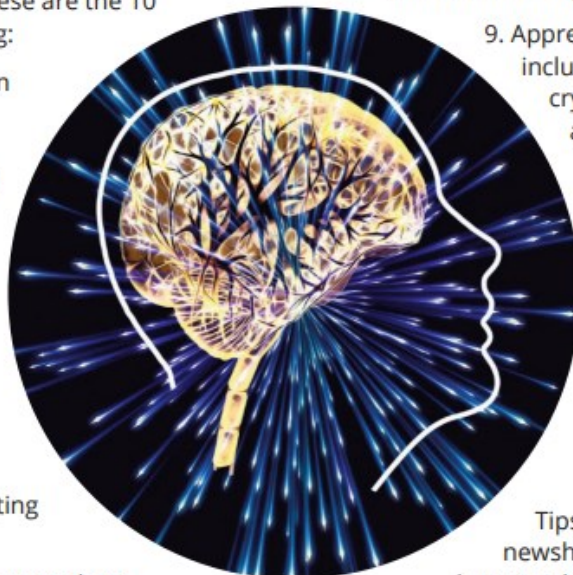
3 ounces cooked fish: 269 calories, 17g fat (3g saturated fat), 61mg cholesterol, 497mg sodium, 6g carbohydrate (1g sugars, 1g fiber), 23g protein. Diabetic Exchanges: 3 lean meat, 1 fat, 1/2 starch.

## Top 10 Tips for Successful Aging

By the GWAAR Legal Services Team

"It's all in your mind" isn't just a saying, it's a life skill. According to neuroscientist Dr. Daniel Levitin, who studies brains as they age, these are the 10 life habits for successful aging:

1. Delay retirement, and when you do retire, take up volunteering or hobbies. Continue to be engaged in meaningful work.
2. Look forward, not back.
3. Exercise to get your heart rate going, preferably in nature.
4. Embrace a moderate lifestyle.
5. Keep your social circle exciting and new.
6. Spend time with people younger than you.



7. See your doctor regularly, but not obsessively.

8. Don't think of yourself as old.

9. Appreciate your cognitive strengths, including pattern recognition, crystallized intelligence, wisdom, and accumulated knowledge.

10. Practice cognitive transfer (the act of learning, remembering, and problem-solving). This comes from experimental thinking, travel, spending time with grandchildren, and immersion in new activities.

Tips from: <https://www.pbs.org/newshour/show/a-neuroscientist-lays-out-the-keys-to-aging-well>

# LIBRARY MEMORY PROJECT CELEBRATES A YEAR OF MEMORY CAFÉ SUCCESS



The Library Memory Project is pleased to announce the wrap-up of a highly successful year, marked by engaging Memory Cafés, significant achievements, and positive impacts on the lives of those affected by memory loss. The Library Memory Project is an initiative of the Bridges Library System, public libraries in Jefferson and Waukesha counties, local aging and disability resource centers and the Alzheimer’s Association Wisconsin Chapter.

“As facilitators, we believe strongly in providing social connections and support to individuals and their caregivers affected by memory loss or dementia,” said Angela Meyers, Inclusive Services Coordinator at the Bridges Library System. “It

has been wonderful to see attendance continue to grow at our Memory Cafés.”

In 2023, the Library Memory Project had 72 Memory Cafés scheduled at 21 different libraries. A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss, or mild cognitive impairment (MCI), to attend with a family member, friend or care partner. These free programs offer a place to be supported while having fun, sharing experiences and staying socially connected. There are six project areas each offering monthly Memory Cafés with varying themes.

“In October, our annual Family Day event had the largest turnout yet with 140 people of all ages in attendance,” said Meyers. “So many families were thankful for the opportunity to experience a day together at Retzer Nature Center. Some attendees also made new connections going through similar journeys.”

According to the CDC, approximately 6.7 million Americans are living with dementia, and projections estimate that this



number will nearly triple by the year 2060. The Library Memory Project plans to continue supporting the social needs of those living with dementia with Memory Cafés and dementia education programs throughout 2024. Keep reading for the 2024 schedule of Memory Cafes!

The ADRC of Waukesha County Dementia Care Specialists, Jen Harders and Kathy Glaser make every effort to attend as many Memory Cafés as possible to be a resource to all those who attend. Come visit a Memory Café in 2024! Learn more about the Library Memory Project, its mission, and upcoming Memory Café events, visit [www.librarymemoryproject.org](http://www.librarymemoryproject.org).



# LIBRARY MEMORY PROJECT

## OUR LIBRARIES

### GLACIAL RIVER MEMORY PROJECT

Dwight Foster Public Library (Fort Atkinson)  
Irvin L. Young Memorial Library (Whitewater)  
Jefferson Public Library  
Powers Memorial Library (Palmyra)

### LAKE COUNTRY MEMORY PROJECT

Delafield Public Library  
Hartland Public Library  
Oconomowoc Public Library  
Pewaukee Public Library  
Town Hall Library (North Lake)

### PURPLE SPRINGS MEMORY PROJECT

Alice Baker Memorial Library (Eagle)  
Mukwonago Community Library  
Muskego Public Library  
New Berlin Public Library

### RUNNING WATERS MEMORY PROJECT

Johnson Creek Public Library  
Karl Junginger Memorial Library (Waterloo)  
L.D. Fargo Public Library (Lake Mills)  
Watertown Public Library

### WAUKESHA MEMORY PROJECT

Waukesha Public Library

### WILD PLUM MEMORY PROJECT

Brookfield Public Library  
Menomonee Falls Public Library  
Pauline Haass Public Library (Sussex)

## WHAT IS THE LIBRARY MEMORY PROJECT?

We are a partnership between public libraries in Jefferson and Waukesha Counties in Wisconsin with a mission to provide programs to those affected by memory loss.

Visit our website for more information:  
[librarymemoryproject.org](http://librarymemoryproject.org)



## WHAT IS A MEMORY CAFÉ?

A Memory Café is a social gathering for those who are experiencing early stage dementia, mild memory loss, or mild cognitive impairment (MCI), to attend with a family member, friend, or care partner. A Memory Café is a place to have fun, share experiences, and stay socially connected.

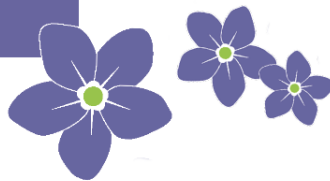
## HOW TO ATTEND A MEMORY CAFÉ?

View event details and discover educational programs on our website:  
[librarymemoryproject.org/events](http://librarymemoryproject.org/events)



Registration is preferred, but not required.

For questions, call Angela Meyers at 262-896-8245.





# LIBRARY MEMORY PROJECT

# MEMORY CAFÉ 2024 SCHEDULE

librarymemoryproject.org



## GLACIAL RIVER PROJECT

Meets 2nd Monday of the month • 10:30 am - Noon

- January 8..... Fort Atkinson
- February 12..... Jefferson
- March 11..... Palmyra
- April 8..... Whitewater
- May 13..... Fort Atkinson
- June 10..... Jefferson
- July 8 ..... Palmyra
- August 12 ..... Whitewater
- September 9..... Fort Atkinson
- October 14 ..... Jefferson
- November 11 ..... Palmyra
- December 9..... Whitewater



## RUNNING WATERS PROJECT

Meets 3rd Tuesday of the month • 1:00 - 2:30 pm

- January 16..... Waterloo
- February 20..... Watertown
- March 19..... Lake Mills
- April 16..... Johnson Creek
- May 21..... Waterloo
- June 18..... Watertown
- July 16..... Lake Mills
- August 20..... Johnson Creek
- September 17..... Waterloo
- October 15..... Watertown
- November 19..... Lake Mills
- December 17..... Johnson Creek



## LAKE COUNTRY PROJECT

Meets the 1st Friday of the month • 10:30 am - Noon

- January 5..... North Lake
  - February 2..... Pewaukee
  - March 1..... Oconomowoc
  - April 5..... Delafield
  - May 3..... Hartland
  - June 7..... North Lake
  - July 12\*..... Pewaukee
- \* Shifted to the second week to accommodate the holiday.*
- August 2 ..... Oconomowoc
  - September 6..... Delafield
  - October 4 ..... Hartland
  - November 1 ..... North Lake
  - December 6..... Pewaukee



## WAUKESHA PROJECT

Meets 4th Wednesday of the month • 10:30 am - Noon

- January 24..... Waukesha
  - February 28..... Waukesha
  - March 27..... Waukesha
  - April 24..... Waukesha
  - May 22..... Waukesha
  - June 26..... Waukesha
  - July 24..... Waukesha
  - August 28..... Waukesha
  - September 25..... Waukesha
  - October 23..... Waukesha
  - November 20\*..... Waukesha
  - December 18\*..... Waukesha
- \* Shifted to the third week to accommodate the holidays.*



## PURPLE SPRINGS PROJECT

Meets 2nd Thursday of the month • 1:30 - 3:00 pm

- January 11..... Mukwonago
- February 8..... Eagle
- March 14..... New Berlin
- April 11..... Muskego
- May 9..... Mukwonago
- June 13..... Eagle
- July 11..... New Berlin
- August 8..... Muskego
- September 12..... Mukwonago
- October 10..... Eagle
- November 14..... New Berlin
- December 12..... Muskego



## WILD PLUM PROJECT

Meets the 3rd Monday of the month • 3:00 - 4:30 pm

- January 15..... Menomonee Falls
- February 19..... Brookfield
- March 18..... Sussex
- April 15..... Menomonee Falls
- May 20..... Brookfield
- June 17..... Sussex
- July 15..... Menomonee Falls
- August 19..... Brookfield
- September 16..... Sussex
- October 21..... Menomonee Falls
- November 18..... Brookfield
- December 16..... Sussex



# January 2024 Menu—Senior Dining and Home Delivered Meals

1	2	3	4	5
<p><b>NEW YEAR'S DAY</b></p> <p><b>PROGRAM CLOSED</b></p>	<p><b>PROGRAM CLOSED</b></p>	<p>Sweet &amp; Sour Chicken w/green &amp; red peppers Brown Rice Oriental Vegetables Mandarin Oranges Dinner Roll w/Butter Fortune Cookie</p>	<p>Salisbury Steak Mashed Potatoes &amp; Gravy Sweet Peas Beet &amp; Onion Salad Fruit Cocktail Wheat Bread w/ butter Chocolate Brownie Alt: Fruit</p>	<p>Chicken Marsala over Wholegrain Pasta Sunshine Carrots Romaine Salad w/ dressing Dinner Roll w/Butter Fresh Fruit Rice Krispies Treat Alt: Fruited Yogurt</p>
8	9	10	11	12
<p>Cheeseburger on Wheat Bun Ketchup &amp; Mustard Baby Carrots Sweet Peas Fresh Fruit Chocolate Chip Cookie Alt: Sugar Free Cookie</p>	<p>Stuffed Cabbage Roll Dilled Carrots Sweet Buttered Corn French Bread w/ Butter Fruit Salad Frosted Cake Alt: Fresh Fruit</p>	<p>Pork Cutlet Baked Sweet Potato Green Beans Mixed Green Salad w/Italian Dressing Dinner Roll w/Butter Peach Half</p>	<p>Jumbo Hot Dog w/ Bun ketchup and mustard Baked Beans Tomato/ Onion Salad Broccoli Salad Potato Wedges ketchup Diced Pears</p>	<p>Pizza Casserole Italian Veg. Blend Garlic Bread Romaine Salad w/ Ranch Dressing Diced Peaches Chocolate Mousse Alt: Sugar Free Pudding</p>
15	16	17	18	19
<p><i>Rev. Dr. Martin Luther King Jr. Day</i></p> <p><b>PROGRAM CLOSED</b></p>	<p>Cranberry Meatballs Fried Potatoes w/ green Peppers &amp; Onions 5 Way Mixed Veg Dinner Roll w/Butter Fresh Fruit Chocolate Chip Cookie Alt: Sugar Free Cookie</p>	<p>Roast Pork w/ Thyme Mushroom Gravy Whipped Sweet Pot's Green Bean Casserole Fresh Fruit 7 Grain Bread w/ butter Chocolate Pudding Alt: SF Pudding</p>	<p>Spaghetti w/Meat sauce Whole Grain Pasta Italian Blend Vegetable Romaine Salad w/ Italian Dressing Garlic Breadstick/ Butter Peach Slices</p>	<p>Beef w/Broccoli Vegetable Fried Rice Veg. Egg Roll Sweet &amp; Sour Sauce Mandarin Oranges Baker's Choice Cookie Alt: SF Cookie</p>
22	23	24	25	26
<p>BBQ Pork Riblet Hash Brown Casserole Green &amp; wax beans Fruit compote Wheat bread w/butter Ice cream cup Alt: Fruited Yogurt</p>	<p>Turkey Chili w/beans Shred. chz/sour crm Breadstick w/butter Carrot Coins Spinach Salad Dressing Diced Peaches Kitchen Choice Pie Alt: Fresh Fruit</p>	<p>Sloppy Joe On Wheat Bun Buttered Sweet Corn Marinated Veg Salad Fruit Cocktail Rice Krispies Treat Alt: Vanilla Wafers</p>	<p>Garlic Herb Chicken w/ Wholegrain Pasta Winter Vegetable Blend Beets &amp; Onions 7 Grain Bread/ Butter Pineapple Tidbits Tomato Juice</p>	<p>Meatloaf w/Gravy Mashed Potatoes Peas with Carrots 3 Bean Salad Dinner Roll w/butter Fresh Apple Baker's Choice Cookie Alt: Sugar Free Cookie</p>
29	30	31		
<p>Egg &amp; Sausage Breakfast Bake w/ cheese, peppers, tomatoes, onions Tomato Juice Tri-tater w/ketchup Banana Breakfast Muffin Alt: Fruited Yogurt</p>	<p>BBQ Pulled Pork On Wheat Bun Baked Beans Creamy Coleslaw Diced Pears Frosted Brownie Alt: Sugar Free Pudding</p>	<p>Chicken Stew Mashed Potatoes Stewed Tomatoes Wheat Bread w/Butter Apple Crisp Alt: Fresh Apple</p>		

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

# Senior Dining Centers in Waukesha County

<b>Brookfield Community Center</b> 2000 N Calhoun Rd Brookfield  (262) 782-1636	<b>Menomonee Falls Community Center</b> W152 N8645 Margaret Rd Menomonee Falls  (262) 251-3406	<b>Birchrock Apartments</b> 280 Birchrock Way Mukwonago  (262) 363-4458	
<b>Oconomowoc Community Center</b> 220 W Wisconsin Ave Oconomowoc  (262) 567-5177	<b>Sussex Community Center</b> N64 W23760 Main St Sussex  (262) 246-6747	<b>La Casa Village Apartments</b> 1431 Big Bend Rd Waukesha  (262) 547-8282	<b>Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin  (414) 529-8320

## 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 9:30am-1:30pm. 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 at (262) 548-7848.

### **Senior Dining Center Spotlight of the Month: New Berlin Dining Center**



Come to the new, New Berlin Senior Dining Center at 5000 S. Sunnyslope Rd, at Our Lord's United Methodist Church. Shawn, the fabulous Senior Dining Center Manager, is looking to add to her growing group of diners. Come and meet this fantastic group of diners, and the space the church is sharing with us. **Shawn says she "has the best group of volunteers and drivers, they are so helpful and generous."** Shawn started working for the County in 2018 as a dining manager substitute, then became the Senior Dining Center Manager at the previous New Berlin center in July of 2019. She and her volunteers are adjusting to the new location and hoping to get more diners. **Mark your calendars for the Grand Opening on January 17, 2024 – join us for a**

*meal!* Go to page 16 to see the Grand Opening flyer for more details.

Senior dining is for anyone 60 or older and their spouse, regardless of spouse's age. The suggested donation amount is \$4, but we will not turn any qualifying individual away due to their inability to pay. Donations are made confidentially.

*To reserve your lunch, please call the New Berlin Dining Center at least 24 hours in advance at 414-529-8320, 9:30a-1:30p, Mon-Fri. If you want to reserve a lunch at a different dining center or outside of these hours, please call the ADRC at 262-548-7826. Happy dining!*



# New Berlin Senior Dining Center **GRAND OPENING!**

at Our Lord's United Methodist Church

**WEDNESDAY, JANUARY 17TH**

Doors open @ 11:30a - Lunch served @ 12:00p

**RECEIVE A  
FREE  
GOODIE  
BAG!**

**Come enjoy a hot lunch at Waukesha County's newest Senior Dining Center in New Berlin and celebrate!**

**Lunch is open to individuals age 60 or older and their spouse, regardless of spouse's age.**

Confidential donations accepted, no one will be denied a meal due to inability to contribute.

**FOOD - FUN - COMMUNITY**

**RSVP by Jan 12th @ Noon**

Shawn - Dining Center Manager

Call 414-529-8320, Mon-Fri, 9a-1pm or

Call 262-548-7826, if calling outside of those hours

**Location**

Our Lord's United Methodist Church

5000 S. Sunnyslope Road

New Berlin, WI 53151



*This Senior Dining Center is a service of the Aging and Disability Resource Center of Waukesha County, a division of Waukesha County Dept. of Health and Human Services.*





# A Healthy Start: Choosing and Keeping New Year's Resolutions

Dan Michaels, Community Health Educator, Waukesha County Public Health



**Public Health**  
Prevent. Promote. Protect.

**Waukesha County Public Health**

Yay! A new year is upon us. When a new year begins, many of us embark on a journey of self-improvement, setting goals for our health and well-being. New Year's resolutions provide an excellent opportunity to make positive changes in our lives, and maintaining good health is often at the forefront of our goals. Let's explore effective strategies for choosing and, more importantly, sticking to health-related resolutions throughout the year.

**Before jumping into resolutions, take the time to reflect on your personal health goals.** Ask yourself what characteristics of your well-being you want to improve, whether it's physical fitness, mental health, nutrition, or better sleep. Setting specific, measurable, achievable, relevant, and time-bound (SMART) goals will give you a clear roadmap for success.

**Create a detailed plan outlining the steps you'll take to achieve your health resolutions.** Start small; break down your larger goals into smaller, actionable tasks. For example, if your resolution is to exercise regularly, your plan might include scheduling specific workout sessions (Specific, Measurable), choosing enjoyable activities (Achievable, Relevant), such as walking or dancing once or twice a week for 20 minutes, and gradually increasing the frequency and duration of the activity to 30 minutes, three times a week for a month (Time-bound).

**Seek support by sharing your resolutions with your friends and family who can provide encouragement and accountability.** Having a support system can make a significant difference in staying committed to your goals. Consider joining classes or support groups where you can connect with like-minded individuals pursuing similar objectives.

**Acknowledge and celebrate your achievements along the way.** Recognizing your progress, no matter how small, reinforces positive behavior and motivates you to keep pushing forward. Treat yourself to a small reward when you reach a milestone, whether it's completing a fitness challenge, sticking to a healthy eating plan, or sleeping better.

**As you navigate your health journey, be open to adjusting your goals and strategies.** Life is dynamic, and circumstances may change. If a particular approach isn't working, consider modifying it to better suit your lifestyle and preferences. Flexibility is key to maintaining long-term commitment.

Choosing and keeping health-related New Year's resolutions requires thoughtful planning, dedication, and a willingness to adapt. By setting realistic SMART goals, creating a solid plan, seeking support, and celebrating achievements, you can make meaningful and lasting improvements to your well-being. The journey to better health is a marathon, not a sprint, and with determination and perseverance, you can make positive changes that last far beyond the first weeks of the new year. You got this! Have fun.



**My New Years resolution is to stop eating club sandwiches...**

**But I don't think I can quit cold turkey.**

# “Introduction to 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.*

Waukesha County of Health & Human Services Building, Rm 114—Wednesday, January 10 at 1:00pm

VIRTUAL—Wednesday, January 10 at 5:30pm

Brookfield Public Library—Monday, February 5 at 2:00pm

Waukesha County of Health & Human Services Building, Rm 114—Wednesday, February 14 at 1:00pm

VIRTUAL—Wednesday, February 14 at 5:30pm

Muskego Public Library—Monday, February 26 at 10:00am

Waukesha Public Library—Tuesday, February 27 at 10:30am

*The ADRC conducts 2-hour classes every 2<sup>nd</sup> Wed of each month 1-3pm at the Health & Human Services Building of Waukesha County located at: 514 Riverview Ave, Waukesha, in room 114 or virtually at 5:30-7:30pm.*

**To register for the ADRC presentations visit:**

[www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/welcome-to-medicare](http://www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/welcome-to-medicare)



Navigating Medicare



## **Life Coach Series:** **New Years Resolutions**

**Wednesday, January 10 at 10 am and 6 pm**

**Wednesday, January 17 at 10 am and 6 pm**

**Location:** Hartland Public Library  
110 E Park Ave, Hartland, 53029



**HARTLAND  
PUBLIC  
LIBRARY**

Amy Nelson, life coach, offers a 2-part series perfect for your New Years' Resolutions! Each week, she will present a 90-minute program twice, so you can choose which time works best for your schedule. On January 10, Ms. Nelson will discuss how to get from the Now You to the “New You,” and you will learn about the science behind your thoughts and how they affect change, as you make changes in the New Year! On January 17, participants will explore self-coaching strategies and learn how to practice and implement these coaching strategies throughout the year.

# Caregiver Appreciation Event Overview

Our ADRC hosted four events last month in November to honor National Family Caregiver Month. These events were held at locations across our county in the following communities: Muskego, Waukesha, Oconomowoc, and Brookfield. Over 80 caregivers attended these four events. ADRC employees and volunteers collaborated to make these events successful. The employees and volunteers did a tremendous job of providing our caregivers with a wide variety of resources. While a lot of great information was shared, we also aimed to celebrate the caregivers. There was live music, refreshments, massage therapists, fresh flower bouquets, a photo area, and an art area hosted by Donna Lexa Art Studios. It was also our privilege to have County Executive, Paul Farrow, join us at a couple of events to help pay tribute to our caregivers.

The family caregiver appreciation events were a great opportunity to recognize and honor the family caregivers in Waukesha County. **Twenty percent (20%) of the caregivers that attended our events were consumers that had not previously had contact with our resource center.** It is always very encouraging to be able to reach caregivers that can benefit from our help at the ADRC. Our November caregiver events were a token of our appreciation for all the hard work family caregivers perform every day.



Jenny Wendelborn (left), ADRC Caregiver Specialist, Paul Farrow (right), Waukesha County Executive.

**“I want to thank you for the lovely caregiver appreciation program that you had a few weeks ago. The flowers are still going strong, and they are beautiful. They brighten up what sometimes can be a difficult day.”**

**“Wow! You went overboard in a very good way with this event. My husband and I got a chair massage, treats, flowers, a lock box, and very important information today. Thank you very much.”**



## Physical Activities for Busy Caregivers

- **Morning exercise:** If possible, schedule exercise into your morning routine. Set your workout clothes and shoes by your bedside each night to prompt you to tackle it before the day begins. It's much more tempting to avoid exercising if you wait until the end of a busy day when you are tired.
- **Split the time:** Busy caregivers might struggle to find 30 continuous minutes to workout during the day. The good news is that research shows splitting your workout up into two shorter sessions will help you reap the same health benefits. So, you could ride your recumbent bike for 15 minutes first thing in the morning and take a 15-minute walk later in the day.
- **Better breathing:** Some forms of exercise like, yoga and Pilates, also teach better breathing techniques. Working these types of exercise in to your day a few times a week can help you better manage anxiety and caregiver stress.
- **Seated activities:** Another way to increase your physical activity is by engaging in exercise you and the person you are a caregiver for can do together. Chair yoga, Sittercise, and other forms of seated exercise can all help you stay fit.

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**  
**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**  
**Jessica Eckert, Supervisor**  
**Mike Glasgow, Supervisor**  
**Shirley Peterson, Supervisor**  
**Sheri Milinski, Supervisor**

