



# 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)

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# The ADRC Connection



## May 2024

## Celebrating Older Americans Month: Powered by Connection



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



## Powered by Connection

### Looking for a local places to connect to people?

Turn to Pages 10 and 11 for a list of community centers, libraries, and fitness centers to start getting connected!

[ACL.gov/OAM](http://ACL.gov/OAM)  
#OlderAmericansMonth



# Homemade Hummus with Veggies

Author: [Whisking Mama](#) Total Time: 10 mins Yield: 6

## INGREDIENTS

- Assorted veggies and pita chips
- 1 15 Ounce can of chick peas
- 1/3 cup tahini
- Juice of 1 lemon (about 3 tablespoons)
- 2 Tablespoons of olive oil
- 1 Garlic clove
- Salt and pepper
- Optional 1/2 teaspoon ground cumin



## INSTRUCTIONS

1. Rinse the beans under cold water (Optional: removing skins of the chickpeas takes extra time but result in a creamier hummus)
2. Add the tahini, olive oil, salt, lemon juice, garlic and optional cumin to the food processor and blend until creamy
3. Add the rinsed chickpeas to the food processor
4. Cover and blend a couple minutes until smooth desired consistency
5. Adjust seasoning if needed
6. Garnish with extra olive oil, parsley or other desired toppings
7. Prep all veggies and serve

## NUTRITION

Serving Size: 1 Calories: 181 Sugar: 2g Sodium: 488.2mg Fat: 12.8g Carbohydrates: 13.5g Fiber: 3.4g Protein: 5.4g Cholesterol: 0mg

In recognition of...



Save the date for:

## ***Common Scams & How to Protect Yourself***

**June 11th, 10:00a—11:30a**

**Waukesha Public Library—Program Room A**

Featuring: Detective Hallmark of City of Waukesha Police Dept.

\*Refreshments provided. Stay tuned for more information.

**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. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County.

**Paper or Plastic?**

Medicare cards are only paper. Plastic cards are not really from Medicare and could cost you your identity.



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

www.smpresource.org 877.808.2468

**Alice Baker Public Library—  
Tuesday, May 21 at 12:00p**

**Brookfield Public Library—  
Tuesday, June 4 at 10:00a**

**Hartland Public Library—  
Thursday, June 6 at 11:00a**

**Mukwonago Community Library—  
Tuesday, June 11 at 2:00p**

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, Rm 114 or virtually at 5:30-7:30pm.

**To register for the 2-Hour 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)



Find us on 



**ADRC**  
Aging & Disability Resource Center  
of Waukesha County

**FOLLOW US** 

# Senior Farmers Market Nutrition Vouchers - COMING SOON!

NEW FOR 2024! - Each booklet now has nine vouchers, for a **total value of \$45**.

ADRC of Waukesha County will again be distributing the popular Senior Farmers' Market Nutrition Vouchers. Vouchers will be distributed on first come, first served basis. Each eligible individual (aged 60+) will receive one booklet with a total value of \$45: nine \$5 vouchers. Distribution begins Monday, June 3, and ends Monday, September 30. Vouchers are valid until October 31.

Vouchers can only be used at participating farm stands, and participating vendors at farmer markets. For information purposes we want to share, It is not the farmers market that will or will not accept vouchers – it is the individual vendor in the market that will or will not take them.

Vouchers can be redeemed at any participating farmer or farm stand in the state, but vouchers from the Waukesha County ADRC are only available to Waukesha County residents. Vouchers are only good for fresh fruits and vegetables, herbs, and fruit and vegetable seeds.



Stay tuned for more information about the program guidelines and voucher distribution events in the community!

## May is National Stroke Awareness Month

By the GWAAR Legal Services Team (for reprint)

Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.



### When you spot a stroke warning sign, act F.A.S.T.!

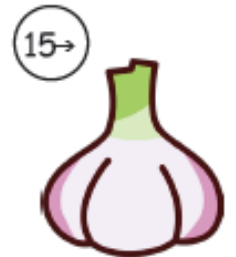
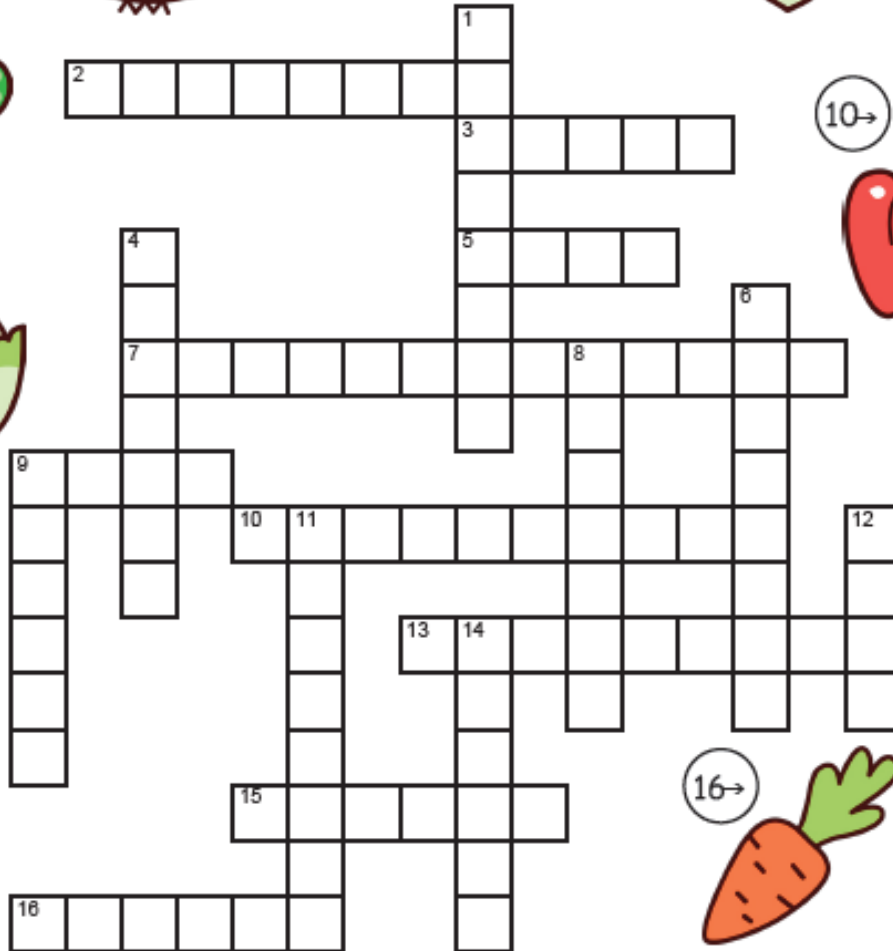
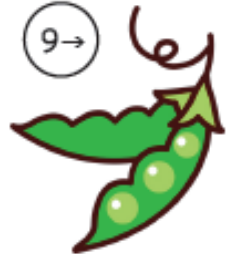
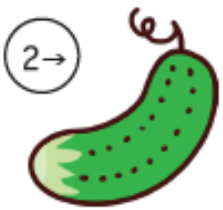
- **F** = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?
- **A** = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S** = Speech Difficulty. Is the person's speech slurred?
- **T** = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

### Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.

# Vegetables Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each vegetable following the numbers and direction indicated. Use the word bank if you get stuck.



- |                |          |
|----------------|----------|
| ARTICHOKE      | CUCUMBER |
| BEEF           | EGGPLANT |
| BELL PEPPER    | GARLIC   |
| BROCCOLI       | MUSHROOM |
| BRUSSEL SPROUT | ONION    |
| CABBAGE        | PEAS     |
| CARROT         | POTATO   |
| CORN           | PUMPKIN  |
|                | RADISH   |

Answers are listed on Page 13

Upcoming

# COMMUNITY EVENTS

**May 11 - Pewaukee Kiwanis River Run @ Koepp Park/Pewaukee River, 7 am - 1 pm.** The Pewaukee Kiwanis River Run is a community event that encourages friends and families to float the Pewaukee River. The Kiwanis Club uses all of the proceeds from the event to assist the Pewaukee Food Pantry. The seven-mile course has flat water in the upper stretches with twisting, rough, fast water at the lower end. Make sure to wear your personal flotation devices and dress appropriately for the weather and the possibility of getting swamped. Participants with children are encouraged to use caution and rely on your own judgement in the rough sections. Spotters will be present at the trickiest locations to assist if you tip over but will not actively prevent capsizing.

**May 18 - Kettle Moraine Spring Artisan Market @ Kettle Moraine High School South Parking Lot, 9 am - 12 pm.** Several high school students from Kettle Moraine Global are hosting a Spring Artisan Market in support of the Hunger Task Force of Greater Milwaukee. 100% of the proceeds from this event will be donated to this organization in efforts to end world hunger in their community. The Spring Artisan Market will have over 30 unique vendors, such as Aroma Avenue Candle Co., At Home Organic LLC, Sweet & Sassy Threads, The Maker's Cellar, and much more! This event is both family and pet-friendly!

**May 18 - DelaSpring @ Downtown Delafield, 10 am - 3 pm.** Formerly known as the Delafield Art Walk, DelaSpring will host dozens of artisans spread out at a downtown market. There will be live music, delicious food and drink from participating restaurants, and a kid zone.

**May 18 - Mental Health Resource Fair @ Birch & Banyan Coffee (Hartland), 12 pm - 2 pm.** Many people could use a little help throughout the day, whether it's an intensive treatment program, or just taking more time for self-care. Come learn about the resources in our community to help yourself, your children, your loved ones, etc.! The list of featured organizations includes therapy, psychiatry, experts in nutrition, women's health, youth and adolescent behavior, meditation, yoga, sleep hygiene, art therapy, and more! This will be a casual event, zero judgment. Just grab a coffee and wander through the booths!

**May 31 - June 2 - Okauchee Lions Days and Lake Country Ala Carte @ Okauchee Lions Community Park, 11 am - 11:30 pm.** Bring your children to the park, listen to live music, compete in the Bags Tournament or Wiffle Ball Tournament, indulge in local food and more as there is something for everyone at this free event! All proceeds will go towards the community events, local charities, and Park Operations. For a full schedule of events, visit [www.lakecountryfamilyfun.com/event/okauchee-lions-days/2024-06-01](http://www.lakecountryfamilyfun.com/event/okauchee-lions-days/2024-06-01).

**June 1—2:** Free fishing weekend in Wisconsin. No fishing license is required this weekend. For more information on fishing in Wisconsin, turn to page 17.

## May is Better Hearing and Speech Month

*Help ensure that no one faces the risk of hearing loss from loud sounds*

CDC observes Better Hearing and Speech Month (BHSM), founded in 1927 by the American Speech-Language-Hearing Association (ASHA). Each May, this annual event provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about their own hearing and get their hearing checked.

Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, often failing to realize that they are missing certain sounds and words. Checking one's hearing is the first step toward addressing the issue.

### According to the World Health Organization's first World Report on Hearing

- ◆ Noise is now being acknowledged as an important public health issue and a top environmental risk faced by the world today.
- ◆ Over 50% of people aged 12–35 years listen to music via personal audio devices at volumes that pose a risk to their hearing.
- ◆ A rule of the thumb for staying safe is to keep the volume below 60%.
- ◆ If you frequently use personal audio devices around loud sounds: instead of turning the volume up, consider using noise cancelling earphones or headphones.
- ◆ Listening through personal audio devices should not exceed 80 dB (adults) or 75 dB (sensitive users: e.g., children) for 40 hours a week.
- ◆ Listeners who regularly use portable audio devices can expose themselves to the same level of sound in 15 minutes of music at 100 dB that an industrial worker would receive in an 8-hour day at 85 dB.



### How to protect yourself

People often voluntarily expose themselves to loud sounds through their headphones or through the stereo system in concerts, nightclubs, sporting events, and even fitness classes.

- ◆ **Protect your hearing when shooting a firearm.** Those using firearms for recreational purpose would benefit from learning about their safe use, which includes but is not limited to use of hearing protection.
- ◆ **Is the noise too loud?** If you need to shout to make yourself heard, then yes. And you need hearing protection such as earplugs or noise-cancelling earmuffs.
- ◆ **Do not listen to headphones for a long time.** Turn the volume down and take periodic breaks from the noise.

# Memory Screening

A Closer look at Memory Changes



## Free Community Memory Screening

at Pewaukee Public Library

210 Main St, Pewaukee

**Monday June 3rd from 10:00 AM or 3:00 PM**

*A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so that future changes can be monitored.*

To make your 30-minute  
appointment, contact  
Kathy Glaser at the ADRC:

**262-548-7354**





# Younger Onset Dementia Caregiver Support Group

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

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

Upcoming Meetings:

May 8

June 12

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



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

# A WOW

# EXPERIENCE

FOR FAMILY & PROFESSIONAL CAREGIVERS

A Program of  
**AGEu·cate**<sup>®</sup>  
Training Institute  
www.AGEucate.com

**Thursday, May 9th**  
**9:00 am – Noon**

*Community United  
Methodist Church  
14700 Watertown Plank Rd  
Elm Grove, WI 53122*

## DEMENTIA Live<sup>®</sup>

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

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

Please allow 30 minutes for this engaging and remarkable experience.

**Registration Required:**

Contact Jennifer Harders to register: [jharders@waukeshacounty.gov](mailto:jharders@waukeshacounty.gov)  
Or 262-548-7650

# Powered by Connection

## SENIOR AND COMMUNITY CENTERS:

### **Brookfield Senior Community Center**

(262) 796-6675

2000 N Calhoun Rd, Brookfield

[www.ci.brookfield.wi.us](http://www.ci.brookfield.wi.us)

### **Kettle Moraine Senior Center**

(262) 968-6300, Ext 5326

Brandybrook Community Center

S11W29980 Summit Ave, Waukesha

[www.kmsd.edu](http://www.kmsd.edu)

### **Menomonee Falls Community/ Senior Center**

(262) 255-8460

W152N8645 Margaret Road,  
Menomonee Falls

[www.fallsschools.org](http://www.fallsschools.org)

### **New Berlin Senior Citizen's Club**

(262) 785-2725

14750 W Cleveland, New Berlin

[www.newberlin.org](http://www.newberlin.org)

### **Oconomowoc Area Senior Center**

(262) 567-4288

210 S Main St, Oconomowoc

[www.oconomowocseniors.org](http://www.oconomowocseniors.org)

### **Shorehaven Center for Life Enrichment**

(262) 354-1375

1306 W Wisconsin Ave, Oconomowoc

[www.shorehavenliving.org](http://www.shorehavenliving.org)

### **Sussex Civic Center**

(262) 246-5200

N64 W23760 Main St, Sussex

[www.villagesussex.org](http://www.villagesussex.org)

## LIBRARIES:

### **Big Bend Village Library**

(262) 662-3571 Ext. 121

W230 S9175 Nevins Street, Big Bend

### **Brookfield Public Library**

(262) 782-4140

1900 N Calhoun Road, Brookfield

### **Butler Public Library**

(262) 783-2535

12808 W Hampton Avenue, Butler

### **Delafield Public Library**

(262) 646-6230

500 Genesee Street, Delafield

### **Alice Baker Memorial Library**

(262) 594-2800

820 E Main Street, Eagle

### **Elm Grove Public Library**

(262) 782-6717

13600 Juneau Boulevard, Elm Grove

### **Hartland Public Library**

(262) 367-3350

110 E Park Avenue, Hartland

### **Menomonee Falls Public Library**

(262) 532-8900

W156 N8436 Pilgrim Road, Menomonee Falls

### **Mukwonago Community Library**

(262) 363-6411

511 Division St., Mukwonago

### **Muskego Public Library**

(262) 971-2100

S73 W16663 Janesville Road, Muskego

**New Berlin Public Library**

(262) 785-4980

15105 Library Lane, New Berlin

**Town Hall Library**

(262) 966-2933

N76 W31429 Hwy V V, North Lake

**Oconomowoc Public Library**

(262) 569-2193

200 W South Street, Oconomowoc

**Pewaukee Public Library**

(262) 691-5670

210 Main Street, Pewaukee

**Pauline Haass Public Library**

(262) 246-5180

N64 W23820 Main Street, Sussex

**Waukesha Public Library**

(262) 524-3680

321 W Wisconsin Avenue, Waukesha

**FITNESS CENTERS & PROGRAMS:****SilverSneakers®**

(866) 584-7389

Health and fitness program designed for adults 65+ that is included with many Medicare plans. Free health club membership. Must confirm with fitness center if they accept SilverSneakers.

[www.silversneakers.com](http://www.silversneakers.com)

**Three Pillars Wellness Connection**

(262) 965-7017

400 North Main St, Dousman WI 53118

Offers specialized programming and equipment exclusively designed around the functional fitness and total wellness for active adults aged 55 and up.

[www.threepillars.org](http://www.threepillars.org)

**Mukwonago YMCA**

262-363-7950

245 E. Wolf Run, Mukwonago

**Tri County YMCA**

262-255-9622

N84 W17501 Menomonee Ave, Men. Falls

**New Berlin YMCA Wellness Center**

3610 Michelle Witmer Memorial Drive,  
New Berlin

262-330-5190

**Waukesha YMCA**

262-542-2557

320 E. Broadway, Waukesha

**RECREATION:****Waukesha Parks—****Recreation & Forestry Department**

(262) 524-3737

1900 Aviation Dr, Waukesha

**Schuetze Recreation Center**

(262) 524-3714

**Senior Activity Coordinator**

(262) 524-3712

1120 Baxter St, Waukesha

[www.waukesha-wi.gov](http://www.waukesha-wi.gov)

**Muskego Parks & Recreation Department**

**(262) 679-4108**

W182S8200 Racine Ave, Muskego

[www.cityofmuskego.org](http://www.cityofmuskego.org)

**Brookfield Parks & Recreation Department**

**(262) 796-6675**

2000 N Calhoun Rd, Brookfield

[www.ci.brookfield.wi.us](http://www.ci.brookfield.wi.us)

**New Berlin Activity and Recreation Center**

15321 W National Ave, New Berlin

[www.newberlinwi.gov](http://www.newberlinwi.gov)

**Retzer Nature Center**

S14 W28167 Madison St, Waukesha

Hiking trails, Nature Center, Planetarium

[www.waukeshacounty.gov/](http://www.waukeshacounty.gov/retzernaturecenter)

[retzernaturecenter](http://retzernaturecenter)

# YOUR COMMUNITY HISTORY: OCONOMOWOC

The name Oconomowoc was derived from the place the Potawatomi and Winnebago native tribes called "Coo-no-mo-wauk," or "where the waters meet". This land was lush woodlands with many lakes and streams which meant there were plenty of resources available which lies between the Oconomowoc River, Lac La Belle and Fowler Lake.



Montgomery Ward's daughter, Marjorie Ward's home. Circa 1928  
 seminary and church for the community. Oconomowoc residents had to travel to Summit where Pabst Farms is located to get their mail until 1845.

Aumable Vicau established Oconomowoc's first trading post in 1827, and in 1837, Charles Sheldon and Phil Brewer were among the first settlers to move into this area. Many settlers continued to come to the area, but one in particular nearly single-handedly laid the foundation for this community. John S. Rockwell was a young entrepreneur who first built a grist mill and would continue to develop the area with a hotel, store, library, and fire department. He is known as the "Father of Oconomowoc" and had also been known to donate land for a



Oconomowoc Depot. Circa 1896

With the introduction of the railroad, tourists from Milwaukee and Chicago vacationed in the area and were amongst some of the wealthiest in both Wisconsin and Illinois. Many made the area a summer home or moved to the area permanently. These new residents built many large, luxurious homes. The area was coined the "Newport of the West" as a nod to a wealthy community on the East Coast during that time. By 1875 the population had grown to almost 3,000 people and Oconomowoc

was incorporated.

Not only did tourism boom, but businesses also continued to thrive. Companies such as Brownberry Ovens, Carnation, Evinrude Motors, and Oconomowoc Canning called Oconomowoc home. Pabst Farms in Summit was nationally known for its breeds of cattle and horses.

Much of what initially attracted native tribes and early settlers to Oconomowoc, is what its residents still find attractive today. The lakes, streams and outdoor beauty along with its proximity to urban life, continues to propel this thriving community.



Main Street. Circa 1910

Sources: [Oconomowocwi.gov](http://Oconomowocwi.gov), [wisconsinhistory.org](http://wisconsinhistory.org)



# May 2024 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<p><b>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</b></p> <p><b>ALT= LOW SUGAR ALTERNATIVE</b></p>		Chicken Salad on Pita Bread Lettuce and Tomato Italian Tomato & Onion Salad Fruit Cocktail Iced Brownie Alt: Banana	Beef Tips with Mushrooms Mashed Potatoes & Gravy Green Beans Multigrain roll/ Butter Honeydew Melon	Roast Turkey Herbed Stuffing Creamed Corn Spinach Salad w/ Dressing Nine Grain Bread/ Butter Banana
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Breakfast Omelet w/ Cheese Sauce Sausage Patty Breakfast Potatoes w/Green Peppers, Onions & Ketchup Wheat bread / butter Fresh Orange	Baked Mostaccioli Carrot Coins Romaine Lettuce Salad with French Dressing Mixed Fruit Cup Coconut Cake Alt: Fruit	Salisbury Steak Butternut Squash Mac & Cheese Three Bean Salad 7-Grain Bread with Butter Seasonal Fresh Fruit	Chicken Pasta Salad Marinated Vegetable Salad Melon Wedge Blueberry Muffin with butter	Pork Cutlet in Gravy Hashbrown Casserole Sweet Peas Sliced Peaches Multigrain Bread/ Butter Snickerdoodle Cookie Alt: Diet Cookie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Happy Mother's Day</b> Chicken Breast in Garlic Sauce Rosemary Roasted Potatoes Broccoli Salad Nectarine Dinner Roll Chocolate Cake Alt: Diet Cookie	Beef Chow Mein with Vegetables Fried Rice Pilaf Egg Roll Pineapple Zucchini Bread	Swedish Meatballs over Buttered Noodles Peas and Pearl Onions Creamy Cucumber Salad Whole Wheat Bread & butter Grapes	Roasted Pork in gravy Diced Sweet Potatoes with Honey Glaze Green Beans Pear Half Rye Bread w/ butter Peanut Butter Cookie Alt: Diet Cookie	Lightly Breaded Fish with Tartar Sauce Tri-tater with ketchup Dilled Carrot Coins Multigrain Bread & butter Applesauce
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Scalloped Potatoes with Diced Ham Steamed Broccoli Mandarin Oranges Whole Wheat Bread w/butter Lemon Pudding Alt: Diet Pudding	Vegetable Lasagna Italian Blend Veggies Romaine Lettuce Salad with French Dressing Breadstick with butter Fruit Cocktail	BBQ Pulled Pork on a Whole Wheat Bun Baked Beans Creamy Coleslaw Seasonal Fresh Fruit Chocolate Chip Cookie Alt: Fresh Fruit	Sliced Roast Beef Mashed Potatoes with Gravy Sicilian Grande Vegetables Potato Roll w/butter Watermelon Wedge	Turkey Tetrazzini Brussel Sprouts Baby Carrots with Ranch Whole Grain Bread with butter Cherry Pie Alt: Sugar Free Pie
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
 <p><b>Memorial Day</b></p> <p><b>All Meal Sites &amp; ADRC Closed</b></p>	Hamburger on a Bun Ketchup/Mustard American Potato Salad Calico Beans Kitchen's Choice Fruit	Oven Roasted Turkey with gravy Mashed Potatoes & gravy California Blend Vegetables Multigrain Bread Strawberry Applesauce	<b>Festa Italiana</b> Italian Sausage Wheat Penne Pasta with Marinara Italian Blend Veggies Pear Half Pistachio Pudding	Chicken Caesar Salad w/ Croutons, Parmesan Cheese and Caesar dressing Tomato Onion Salad Crusty Roll / Butter Peach Half Ice Cream Cup

# 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>New Berlin Senior Dining: Our Lord's Methodist Church</b> 5000 Sunnyslope Rd New Berlin  (414) 529-8320
<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>ALL MEALS ARE SERVED AT 12:00/NOON</b>

## 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 wish to attend between 9:30am-1:30pm. If after 1:30pm, call the Aging and Disability Resource Center of Waukesha County (ADRC) at (262) 548-7826.

## 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.



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

Waukesha County Public Health

## Cup of Health Series

### Better Sleep:

1 in 3 American adults fail to get enough sleep. Are you one of them? Join us for this session to discuss what's getting in the way of better sleep and what you can do about it.

When	Time	Location
Thursday, May 9th	12-1 PM	Oconomowoc Library
Thursday, May 23rd	9:30-10:30 AM	Muskego library
Tuesday, May 28th	1:30-2:30 PM	Elm Grove Library

# FIND AN OPPORTUNITY TO IMPROVE YOUR HEALTH HERE!

## Living Well with Chronic Conditions

*Telephone/toolkit-based workshop*

Thursdays, June 13, 20, 27, July 11, 18, 25

11:30 a.m. to 12:30 p.m. (6 sessions)



Are you an adult with an ongoing health condition? Participants will receive a toolkit with valuable resources and participate in a weekly group phone call to help get support, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with health care providers and family about their health conditions. If you have conditions such as arthritis, heart disease, or anxiety, the "Living Well" toolkit/phone support program can help take charge of your life.

Call 262-928-4059 for more information or to register.

LIFTING PEOPLE TO BETTER HEALTH

## WHAT'S NEW? StrongBodies!



STRONGBODIES

StrongBodies is an evidence-based strength training program for middle-aged and older adults. Since the program began in Wisconsin, over 900 leaders have been trained and more than 17,000 individuals have participated in the program across the state. The StrongBodies program was designed to help older adults become or stay fit, strong, and healthy.

Stay tuned for a new class coming to Waukesha County by the ADRC!

- If you have unwanted charges on your statements, report these claims to Senior Medicare Patrol (SMP) at:

- **888-818-2611**

- ALSO report this directly to the Office of the Inspector General Hotline:

- **1-800-HHS-TIPS  
(800-447-8477)**





# The Health Benefits of Fishing

By the GWAAR Legal Services Team (for reprint)

**Note:** Free fishing weekend in Wisconsin is June 1st and 2<sup>nd</sup>! (No license required)

Opening day for fishing in Wisconsin is traditionally the first Saturday in May – May 4th for 2024. However, season dates can vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to *The Guide To Hook And Line Fishing Season Dates, 2024-2025*, for specifics of where you plan to fish and what you plan to fish for.

There are many physical and mental health benefits of fishing, not just for older adults, but for everyone.

Below are just a few examples of the many benefits of fishing:

**Helps reduce stress.** Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.

**Increases socialization and reduces isolation and loneliness.** There are many social connections to be made by fishing, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.

**Can improve balance, coordination, and lowers the risk of falling.** Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.

**Low-impact exercise.** Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting great exercise and a good dose of Vitamin D.

**Improve mental stimulation and cognition.** Enjoying a hobby is a great way to keep your mind sharp and active. Fishing is wonderful for building patience and concentration.

You don't need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and fishing rod holders.

Info about accessible fishing in Wisconsin: <https://dnr.wisconsin.gov/topic/OpenOutdoors/AccessFish>

Map of accessible sites: [https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd\\_AccessibleShoreFishingSites.pdf](https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf)

Info about fishing licenses: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

Finally, a reminder that a license is required to fish in Wisconsin except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20, but for adults over 65, there is a discounted license available for \$7. You can purchase fishing licenses at certain retailers, DNR service stations, or at [gowild.wi.gov](http://gowild.wi.gov).





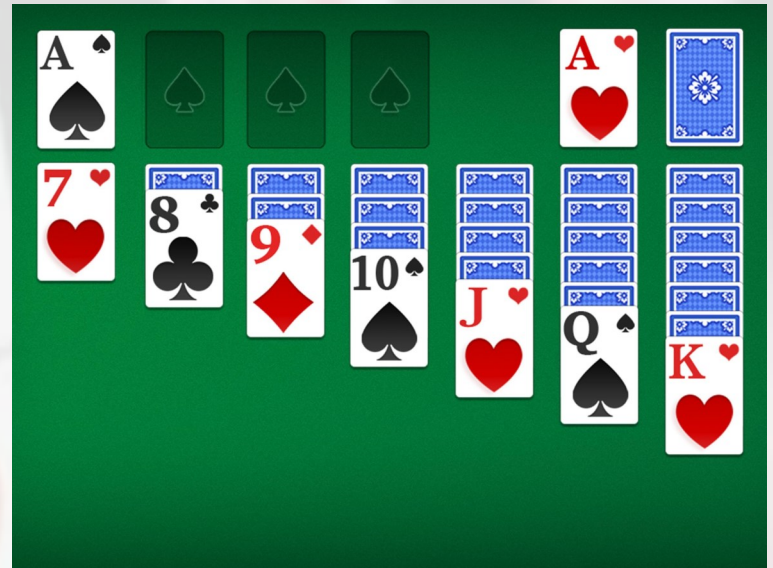
## ♦ National Solitaire Day ♦



In 1989 solitaire software was created by Microsoft to teach people how to use the mouse attached to computers and train people to become accustomed to the device. It is now played by millions of people across the globe. Due to the popularity of the game, Microsoft declared May 22 as National Solitaire Day in 2018.

### The game of Solitaire timeline:

- ♥ 1746 The oldest version – the board game Peg Solitaire was all the rage.
- ♥ 18<sup>th</sup> Century – the solitaire card game was introduced in Europe.
- ♥ 1902 A new version – Klondike, a variation of solitaire became popular.
- ♥ 1989 Technological advancement – An intern developed the solitaire software for Microsoft.



### Why do we love solitaire?

- ♣ It boosts the memory. To ace the game, it is essential to keep track of the colors, suits, and numbered cards. Therefore, players experience an improvement in memory.
- ♣ Helps in developing strategic skills. Like every other game, solitaire can't be formed without a strategy. Those who play the game often are feeding their brain with the ability to form quick strategies.
- ♣ Solitaire calms the mind. Since a lot of concentration is required to play the game, solitaire players often tend to focus on the game and end up forgetting about the troubles of life. The state of being in the present reduces anxiety and calms the mind.

### National Solitaire Activity Ideas

- ♠ Celebrate the day by getting on your computer and play the game online or get out the playing cards.
- ♠ Play the game online or in-person with friends. All you have to do is arrange a time and host different matches.
- ♠ Have some fun with the day and host a solitaire-themed party. You can get creative with the décor, food items, and costumes.

So whether you play solitaire online or with a deck of playing cards, let's acknowledge the brilliance behind the game of solitaire on May 22 and how it has helped entertain us for over 200 years.

# 2nd Caregiver Conference

## Helping with Care

Conference for caregivers like you.

Where you can participate in fun and educational activities that will promote self-care while you support a love one. **This conference is delivered in Spanish.**

### Come and join us!

Saturday, June 1, 2024

8 a.m. – 2 p.m.

Brookfield Conference Center

325 S Moorland Rd.

Brookfield, WI 53005

Free Event - Limited Space

Register

Call 262-928-4181



Book  
Sponsor:



## Segunda Conferencia

## Ayudando Con Cariño

Conferencia dedicada a cuidadores como tú en donde participarás en actividades divertidas y educativas que te servirán para que te motives mientras apoyas a un ser querido.

### ¡Ven y acompáñanos!

Sábado 1ro de junio 2024

8 a.m. – 2 p.m.

Brookfield Conference Center

325 S Moorland Rd.

Brookfield, WI 53005

Evento Grautito - Cupo Limitado

¡Regístrate!

Llama al 262-928-4181

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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