



Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

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

www.waukeshacounty.gov/adrc

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

National Alliance on Mental Illness of Southeast Wisconsin (NAMI)

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

Veteran's Services

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

Moraine Lakes Consortium

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

Alzheimer's Association

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

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The ADRC Connection



April 2024

Volunteers Help Keep Us Afloat!



Spring is here and we want to thank and recognize all our Waukesha County Department of Health & Human Services (HHS) volunteers who keep our programs afloat during snow, rain and cold. Just like a delicious root beer float, you bring refreshment and sweetness to our lives in so many ways. Thank you for your invaluable time and kindness!

- ✓ Our **Home Delivered Meals program** (sometimes referred to as Meals on Wheels) would not be possible without the dedication of hundreds of volunteers who not only deliver a nutritious meal, but also provide a social contact to homebound seniors.
- ✓ Our **AODA volunteers** who facilitate alcohol and drug recovery groups provide needed support and understanding to individuals.
- ✓ Our volunteer drivers ensure consumers can access vital appointments at HHS.
- ✓ The **Volunteer Reception Center group** trains to respond to community and local emergencies serving as a coordinated entry point for others wishing to help in a time of need.

These are just some of the examples of how our HHS Volunteers impact the lives of consumers in our community. We want to extend our heartfelt gratitude to our volunteers for the countless ways they support others with their time, resources, skills, and voices during the month of April (Volunteer Recognition Month).

For more information on supporting Waukesha County programs and people by volunteering, please email: HHSvolunteers@waukeshacounty.gov or scan the QR code.



SCAN ME



Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

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

April Community Events

April 6 - Embrace the Spectrum @ We Rock the Spectrum Pewaukee, 9 - 11 am. Join area families, the Village of Pewaukee Police Department, and local organizations as this event hosts activities and free play in a welcoming, inclusive space. There will also be a mock traffic stop to help reduce the anxiety and discomfort that individuals on the autism spectrum may experience during police encounters.

April 7 - UW- Madison Badger Varsity Band Show @ Waukesha South High School, 2 - 5 pm. The Badger Band will be performing their high energy, interactive show to help shake away the winter blues! See band alumni from many Southeastern Wisconsin Schools and the rest of the band perform music from the Fifth Quarter, Disney, Frank Sinatra, and more! Seating is limited so advance tickets can be purchased at https://blackshirtbands.ludus.com/index.php?show_id=200443044

April 12 - Boots and Badges Basketball Game @ Waukesha South High School, 7 pm. Come cheer on the Waukesha Police and Fire Departments as they take on the New Berlin and Brookfield Police and Fire Departments! Doors open at 6 pm. The Milwaukee Dancing Grannies will be performing at the half-time show. There will be a 50/50 raffle with half going to the winner and half going to the Waukesha Food Pantry. Bring a non-perishable food item for a free raffle ticket! Admission is \$5 and children under 12 get in free.

April 20 - Earth Week Volunteer Clean Up Workday @ Various local parks, 10 am - 1 pm. Litter endangers our environment, our wildlife, and our economy. It pollutes our neighborhoods, decreases property values, and compromises our area's natural beauty. Grab your loved ones and visit your nearest or dearest Waukesha County Park and help put litter where it belongs! Participating parks include Fox Brook Park, Fox River Park, Menomonee Park, Minooka Park, Mukwonago Park, Muskego Park, Naga-Waukee Park, Nashotah Park, and Ryan Park. Register yourself or group by April 17th by visiting www.waukeshacounty.gov/landandparks/park-system/park-volunteers/

April 27 - PurpleStride Wisconsin @ WCTC, 10 am - 1:30 pm. This event brings together pancreatic cancer survivors, families, caregivers, researchers, and supporters in the community for a memorable day. There will be snacks and refreshments, a tribute wall, photo opportunities for family and friends, and more before a 1 mile walk to end pancreatic cancer. The walk begins at 11:30 am.

SNEAK PEEK into May Community Events

May 4 - ProHealth Care Walks for Cancer @ Various local parks, 8 am - 12 pm. The annual ProHealth Care Walks for Cancer returns to three local walk locations this year: RiverWalk in Waukesha, LakeWalk in Oconomowoc, and ParkWalk in Mukwonago. Each walk is 2 miles long on a paved surface. You can register as an individual or part of a team. Online registrations receive \$5 off their registration fee. All participants will receive a commemorative long-sleeved shirt. For more details and to register, visit http://events.phci.org/site/TR?fr_id=1380&pg=entry or call 262-928-9255.

May 4- Bark River Bash @ Downtown Hartland, 9 am- 2 pm. Bring your family and friends to the 2nd annual Bark River Bash to celebrate the beautiful Bark River. There will be a Paddling River Run, Rubber Ducky Derby, Hammer-Schlagen, a craft and vendor sale, food and drink, live music, and more!

Wisconsin Senior Medicare Patrol

Fraud Alert



Beware of Durable Medical Equipment Fraud!

Don't be a victim!

The Wisconsin Senior Medicare Patrol (SMP) was included in a recent television news story on WISN 12 in Milwaukee about the urinary catheter kit scam. This scam involves suppliers submitting claims to Medicare for urinary catheter kits that are not wanted or needed by the Medicare beneficiary. Beneficiaries are noticing the claims on their Medicare Summary Notices (MSNs). The Wisconsin SMP issued a fraud alert about this in October of last year, encouraging people to check their MSNs for these suspicious claims.



This scam highlights, once again, the importance of reviewing Medicare statements on a regular basis to make sure that all the claims represent an accurate picture of the health care that you received by providers who are familiar to you. The fraudsters hope you don't review your statements. SMP hopes that you do!

How do the fraudsters get away with this? These fraudsters are counting on Medicare to miss these fraudulent claims, as Medicare process millions of billing claims daily. Fraudsters are also hoping that Medicare beneficiaries are not reviewing their statements. These fraudulent claims often go unnoticed by both Medicare AND you.

- 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)**



Fresh Spring Rolls



Serves: 6

Prep Time: 50 min Cook

Time: 10 min

Ingredients

Peanut Sauce

1 to 2 teaspoons brown sugar (see note 1)

¼ cup hot water, plus more as needed **1/3 cup** creamy peanut butter

1 tablespoon rice vinegar or distilled white vinegar

1 tablespoon low-sodium soy sauce or tamari

1 teaspoon toasted sesame oil

1 teaspoon chili garlic sauce

1/4 teaspoon ground ginger

sea salt, to taste (note 2)

2 tablespoons finely chopped peanuts, for serving (optional)

Sweet Chili Sauce

2 tablespoons granulated sugar

¼ cup hot water

1 tablespoon fish sauce

1 tablespoon fresh lime juice (from 1 lime)

1 tablespoon chili garlic sauce

1 teaspoon toasted sesame oil

1 garlic clove, grated (optional)

Spring Rolls

6 ounces vermicelli rice noodles, broken in half (see note 3)

1 pound large, raw tail-on, deveined shrimp (see note 4)

1 large carrot, peeled and cut into matchsticks, or 1 cup shredded carrot

16 (22 cm) spring roll wrappers

10 butter lettuce or romaine, leaves separated, halved

2 English or Persian cucumbers, cut into matchsticks (see note 5)

3 cups fresh herbs such as cilantro, mint, basil, or green onions, chopped

Directions

1. Make the peanut sauce: In a medium bowl, combine the brown sugar and hot water. Stir until the sugar is dissolved, about 2 minutes. Add the peanut butter, soy sauce, vinegar, sesame oil, chili garlic sauce, and ground ginger. Whisk vigorously until the sauce comes together, about 1 minute. Add more hot water, 1 tablespoon at a time, until smooth. Taste and add salt as needed. Sprinkle the crushed peanuts on top of the sauce, if desired.

2. Make the sweet chili sauce: In a medium bowl, combine the sugar and hot water. Stir until the sugar is dissolved, about 1 minute. Add the garlic, if desired, along with the fish sauce, lime juice, chili garlic sauce, and sesame oil. Stir to combine.

3. Make the spring rolls: Bring 2 large pots of water to a boil over high heat. Fill a large bowl with ice. To one pot, add the noodles and cook according to package instructions. Drain and rinse with cool water.

4. Meanwhile, to the other pot of boiling water, add the shrimp. Cook until just pink, about 2 minutes. Use a slotted spoon to transfer the shrimp to the ice bath and let them sit for about 5 minutes. Discard the shells and tails, then slice each shrimp crosswise, as if you were butterflying them.

5. Fill a shallow bowl or pie dish with warm water. Working with one spring roll wrapper at a time, dip the wrapper into the water and let soften, 8 to 10 seconds (see note 6 for more details). Lay the softened wrapper on top of a damp surface, like a cutting board. Place half a piece of lettuce at the edge of the wrapper closest to your body. Layer on a small handful of noodles, carrot, and cucumber. Place some herbs on the wrapper slightly above that pile, and then 3 or 4 shrimp halves slightly above the herbs.

6. Beginning from the edge closest to you, roll the wrapper away from your body. Once you reach the shrimp, fold in the sides, then keep rolling. Repeat with the remaining rice wrappers and filling, rewetting your work surface as needed.

7. Halve the spring rolls diagonally and arrange on a platter. Serve with dipping sauces alongside.

**These rolls are best when eaten the day you make them, but they will store in the fridge for 1-2 days. We recommend wrapping each spring roll individually in plastic wrap before placing them in the fridge to keep them as fresh as possible.

Dear Ina,

My husband is battling a degenerative disease and just recently was diagnosed with late stage cancer. We are going through treatments as recommended by the doctor, but his prognosis overall is not good. They recently mentioned hospice to me and I am so scared! What is hospice exactly?! Will they take him away?

From, Fearful Fran



Dear Fran,

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters, they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: *Hospice is for people who have given up.*

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: *Hospice is only a facility.*

Fact: Hospice is not always an actual location that people go to. Instead, the care often is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aide, social worker, and religious support. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: *People on hospice must stop taking all medications.*

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their disease(s), it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People can continue taking medications for pain and symptom control.

Myth: *Once you sign up for hospice, there's no turning back.*

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return later, if needed.

Myth: *You can only be on hospice for a limited amount of time.*

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed. For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit: <https://leadingage.org/common-myths-of-hospice-care-debunked/> <https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life>

Sincerely, Ina

Advance Health Care Decisions and Planning Day is April 16th

Every day we think about planning for the future! What are you doing next weekend? When are you taking that trip next year? What are your plans for the next holiday?

2 out of 3

U.S. adults have
not completed an
advance directive



While it is easy and fun to plan for exciting things in the future, we should also consider planning for the worst. Planning for what you would do if you could not make your own decisions or planning for the end of your life can be stressful and difficult to think about. But it is still so important to do! There are many important questions to think about:

- ◆ Who do you want to make health care decisions for you?
- ◆ Do you want to be an organ donor?
- ◆ What supports do you want if you were ever in a coma?
- ◆ Do you have certain person, spiritual, or legal wishes you would like to have your family know?

Answering these questions does not necessarily mean you have to talk to a lawyer or pay money to have documents drafted for you. You can easily access forms called "Advance Directives" that describe, in writing, treatments and supports that you do or do not want. They are intended to inform others who you have selected to make your decisions on your behalf and what to do with your care if you are injured and cannot express your wishes. Anyone over the age of 18 and of sound mind can complete these forms.

The Wisconsin Department of Health Services has free advance directive forms online. You do not need help from an attorney to complete them, although if you are welcome to seek legal advice from an attorney. These forms may also be gotten from an attorney, doctor, or hospital.

- ◆ **Declaration to Physicians (Wisconsin Living Will)** - informs doctors of your preferences/wishes were you ever to enter a terminal condition or vegetative state.
- ◆ **Power of Attorney for Health Care** - allows you to pre-designate health care agents who will make health care decisions on your behalf if you are ever unable to do so. This Power of Attorney is only activated upon a determination of your incapacity by two physicians.
- ◆ **Power of Attorney for Finances**- allows you to plan for financial decision-make even if you are unable to make your own decisions.
- ◆ **Authorization for Final Disposition** - allows you to name successor representatives and provide specific instructions regarding your wishes for your funeral and burial after your death.

There are a range of other Advance Directives forms you might have heard of or seen, including Five Wishes, Honoring Choices Wisconsin, Supported Decision-Making, etc. These forms exist to help you plan ahead and it is NEVER too early to complete them. Sometimes, in urgent/emergency situations when decision-makers are not authorized in advance, a temporary or permanent guardianship may be required for medical decisions to be made. In these cases, your wishes may not be known or followed. Therefore, take control of your own destiny and complete some of these forms today!

To access the forms: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm> or call the ADRC of Waukesha County at 262-548-7848 and we can mail them to you.

To read more information about advance directives, guardianships, and decision-making:

<https://gwaar.org/guardianship-resources>

“Plan Ahead: What Happens When the Caregiver Needs Care?”

Caregivers Educational Workshop
Hosted by Dementia Friendly Pewaukee



DEMENTIA
FRIENDLY
PEWAUKEE

Monday, April 29, 2024 • 1:00 – 3:00 p.m.

Pewaukee Public Library • 210 Main Street, Pewaukee, WI 53072

Family Caregivers are invited to learn how to prepare for the challenges of the unexpected while caring for their loved one with dementia. This complimentary educational workshop will offer useful resources to help guide caregivers when they become ill themselves. Learn how to establish contingency plans for providing necessary care for the person with dementia. Receive valuable insight from experts in the fields of banking and elder law.

- Expert Guest Speakers
- Panel Discussion with the Sharing of Personal Experiences
- Refreshments and Door Prizes
- Live Musical Entertainment

Registration is Required for this Free In-Person Event.

Please email AbbyLorenz@wi.rr.com or text 414-350-8713

with name and number of guests.

More information at www.dfPewaukee.org.



Memory Screening: A Closer look at Memory Changes

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

- **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: Community United Methodist Church, Elm Grove

When: Wednesday, April 10, 2024

Time: 9:00am - 1:30pm (30 minute time slots)

Call Jennifer Harders at the Waukesha ADRC to schedule your memory screen. 262-548-7650

STAY CONNECTED

to Combat Loneliness
and Social Isolation



Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



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:

April 10

May 8

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



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

Waukesha Senior Dining Center Spotlight!

Stop on over at the La Casa Village Senior Dining Center in Waukesha, located at 1431 Big Bend Road Waukesha, WI 53188, inside La Casa Village Apartments (lower level). Call (262) 547-8282 to reserve your meal by noon the day before you'll be joining Patty and her awesome group of diners.



Patty truly loves her diners; you can see that in the way she interacts with them and jokes around. There is never a dull or quiet moment when dining with this crew; there are lots of laughs and lively conversation. In her free time, Patty enjoys quilting and belonging to several community service groups, from working at Oktoberfest, to helping with "Shop with a Sheriff" at Christmas, to making baby quilts for the NICU at local hospitals, Patty has a passion for helping her community.

(Left): Patty Mattingly, Waukesha Senior Dining Site Manager at La Casa Village Apartments.

SCAMS

are a form of elder abuse that is under-reported, difficult to prosecute, and often with no way to recoup the financial losses. The most important prevention tactics for adults of all ages are knowledge of the scams themselves, fortitude against emotional tricks, and confidence to **SAY NO.**

According to the National Consumer League, the top 10 scams of 2020 were:

1. Internet Fraud - General Merchandise
2. Phishing/Spoofing
3. Fake Checks Scams
4. Friendship/Romance Swindles
5. Prizes/Sweepstakes/Gifts
6. Advance Fee Loans, Credit Arrangers
7. Computer Equipment/Software
8. Internet Auctions
9. Investments
10. Extortion - Internet and Phone

Other scams to be aware of: medicare/health insurance, counterfeit prescription and OTC drugs, funeral/cemetery, fraudulent anti-aging products, homeowner/reverse mortgage, the "grandparent" scam, pet scams, tech support, vehicle shippers and escrow, government imposters, services and repair scammers.

The different types and methods are consistently evolving. It seems as though every day we get new information on another type or tactic that scammers are using to swindle money or information from adults. It is very hard to keep track!



If you suspect that you have been participant in a scam or fraudulent activity, there are steps that you can follow to secure your finances and personal information from theft. Depending on what type of scam you may have involvement in, some steps may not be necessary.

1. REPORT! File a report with the local police, the Better Business Bureau, the Wisconsin Department of Consumer Protection, the Federal Trade Commission (FTC), and/or the Wisconsin Elder Abuse Hotline.

2. SECURE! Secure your bank accounts and protect your private information by personally contacting your banks, insurance agencies, social security, pension providers, and/or freeze your credit by contacting each of the three large credit bureaus.

3. FILE! Depending on the scam, you may be able to file for immediate legal action. Research and reach out to an attorney that can assist with filing a lawsuit in small claim's court or who can work with the various agencies involved to get you compensation and recoup your losses.

Resources mentioned in this article or that may be helpful:

National Consumer League

Fraud Project: <https://fraud.org/>
Contact their experts:
<https://fraud.org/contact-our-experts/>

The Better Business Bureau

Scam tracker:
<https://www.bbb.org/scamtracker>
Scams information:
<https://www.bbb.org/scamstudies>

Wisconsin Elder Abuse Hotline:

1-833-586-0107

National Council on Aging: Scams

<https://www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/>

Wisconsin Department of Consumer

Protection: 1-800-422-7128

Wisconsin Senior Guide – Information on consumer protection, laws, scam types, etc.
<https://datcp.wi.gov/Documents/SeniorGuide170.pdf>

Social Security: Waukesha office

1-866-220-7885
Report scams to the Off ice of Inspector General: <https://oig.ssa.gov/>
Anti-fraud facts:
<https://www.ssa.gov/antifraudfacts/>

The Federal Trade Commission:

1-877-438-4338
Information on identity theft:
<https://www.consumer.ftc.gov/features/feature-0014-identity-theft>
National no-call list: 1-888-382-1222 or
<https://www.donotcall.gov/>

Credit Bureaus

Equifax - 1-800-349-9960
TransUnion - 1-888-909-8872
Experian - 1-888-397-3742

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.

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

North Lake Public Library—Tuesday, April 9 at 3:00pm

Pewaukee Public Library—Thursday, April 11 at 1:00pm

Butler Public Library—Thursday, April 18 at 1:00pm

Menomonee Falls Public Library—Tuesday, April 23 at 2:00pm

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

To register for the 2-Hour ADRC presentations visit:

www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/welcome-to-medicare



Navigating Medicare



Find us on 

 **FOLLOW US**

Aging & Disability Resource Center of Waukesha County



IS DIVERSITY MONTH

Let's celebrate Diversity & Equality

Each April, Diversity Month (sometimes called Celebrate Diversity Month) aims to recognize and honor the diversity amongst our communities. Diversity encompasses a wide range of attributes, from race, gender, and age to socio-economic background and abilities. In short, diversity represents the different parts of people's identities.

Diversity Month plays a key role in raising awareness about diversity and inclusion. The occasion provides a platform for dialogue and

understanding amongst different groups. In addition, it promotes unity and belonging, which can also help boost recruitment and retention among workplaces. In fact, a Glassdoor survey found that 76% of employees and job seekers report that a diverse workforce is an important factor when evaluating job offers.

There are countless benefits for workplaces, schools, and communities that actively participate in Diversity Month. Benefits include the building of empathy, reducing prejudice, and encouraging collaboration and mutual respect. As a result, people from all backgrounds can come together peacefully and strive for a more equitable community.

10 Powerful Ways to Recognize and Embrace Diversity Month

- 1) Engage in Cultural Exchanges and Conversations
- 2) Explore Multicultural Films, Literature, and Art
- 3) Indulge in Cultural Cuisine and Music
- 4) Support and Promote Diversity in Business
- 5) Expand Knowledge through Online Courses and Learning Opportunities
- 6) Celebrate and Participate in Cultural Exhibits and Performances
- 7) Learn New Languages and Challenge Implicit Biases
- 8) Volunteer and Support Nonprofit Organizations for Cultural Causes
- 9) Foster Respect and Understanding for Different Cultures and Lifestyles
- 10) Embrace Diversity in the Workplace and Community

Some Frequently Asked Questions (FAQ)

1. What is the meaning of the word diversity? Diversity refers to the presence of a variety of different characteristics or perspectives within a group, community, or society. It encompasses differences such as race, ethnicity, age, gender, sexual orientation, socioeconomic background, abilities, and more. Diversity acknowledges and values the unique identities and experiences that individuals bring to the collective whole.

2. Why is it important to celebrate diversity? Celebrating diversity promotes inclusivity and fosters understanding for individuals from all backgrounds. Embracing diversity helps break down stereotypes, biases, and prejudices, leading to a more equitable society. By acknowledging and appreciating the richness of diverse perspectives, cultures, and experiences, everyone can feel valued, respected, and empowered.

3. Where did Celebrate Diversity Month come from? Celebrate Diversity Month originated in 2004 as an initiative to recognize and honor the diversity that exists in our world. It was created in an effort to deepen understanding and appreciation of differences. Since its start, Celebrate Diversity Month has served as a platform to promote inclusivity, celebrate cultural richness, and encourage individuals to embrace and learn from one another's unique backgrounds.

YOUR COMMUNITY HISTORY: BUTLER



Aerial view of New Butler

was in 1910. The railway companies offered George and Jennie Clarke \$18,000 for their farm. If this transaction took place today, it would be the equivalent of \$587,986.11. Although this is a substantial amount of money for the Clarke's, they had one other stipulation. The Clarke's required their home to be raised and moved by the railroad. The home was moved on rollers across fields to its final resting place on 128th and Hampton Avenue. The home remained an ancestral farm until it became a museum dedicated to the settlement of the area and to the railroads.

In 1911 the village of New Butler was founded, and the residents consisted mostly of railway workers and their families. As the railroad system continued to grow, so did New Butler. Realtors began to purchase more land to develop the area to meet the needs of rail workers and their families, which led to the first passenger train being introduced in 1913. The train was the first of its time and transported people to and from the shopping districts in Milwaukee, this giving it the nickname "The Shoppe Train".

It was not until 1926 that the "New" was dropped from the village's name and the official name became The Village of Butler. Today, the rail system still has its role in the economy of the village however, Butler has many other things to offer, including dining, many community events, and of course that small town feel within just a few miles from the city of Milwaukee.

Wikipedia, Butler Library, Encyclopedia of Milwaukee

The village of Butler is literally the border between Waukesha and Milwaukee County. The 2020 census reports a population of 1,787 people and offers that small town feel while having a close proximity to major interstate systems and other urban attractions in surrounding cities.

Butler surprisingly, was not founded until 1911 out of necessity for the booming railroads. In 1909 the railroads, Milwaukee, Sparta and Northwestern Railway began a plan to purchase farmland adjacent to their outer beltlines to relieve stress on the rail yards in the City of Milwaukee. The congestion in the rail yards in the city was becoming more and more of an issue for the railways and by purchasing this land on the outskirts of Milwaukee would be paramount to keeping the trains and their cargo moving in an efficient manner. They would name this new village New Butler. No information on how this name was chosen could be found but one of the biggest acquisitions made by the railways to one of the farms



Butler railway yard 1975

April 2024 Menu

Waukesha County Senior Dining and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Easter Lunch Oven Baked Ham Scalloped Potatoes Wisconsin Blend Veggies Italian Bread/butter Pineapple Slices Sugar Cookie Alt. Sugar Free Cookie	Meatloaf with Onion Gravy Mashed Potatoes & gravy Lemon Carrots and Rutabaga Multigrain Bread/ Butter Fruit Salad	St. Louis Style BBQ Pork Ribs Sweet Potato Creamy Coleslaw Pear Half Crusty Roll / Butter Peach Crisp Alt. Fresh Fruit	Pizza Casserole Sicilian Blend Vegetables Romaine Salad with Golden Italian Dressing Breadstick Fresh Apple	Pub Burger on Onion Roll w/ Provolone Ketchup / Mustard Double Baked Potato Casserole Cucumber Salad Apricots
8	9	10	11	12
Swedish Meatballs over Egg Noodles Harvard Beets Fresh Baby Carrots with ranch Whole Wheat bread w/ butter Banana	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Nectarine Rice Krispie Treat Alt: Fruit Cocktail	Oven Roasted Turkey w/ gravy Mashed Potatoes & Gravy Seasoned Green Beans Dinner Roll / Butter Mandarin Oranges	Pork Cutlet American Potatoes w/ ketchup packet California Blend Veggies Three Bean Salad Multigrain Bread w/butter Cinnamon Applesauce	Hawaiian Chicken Breast Brown & Wild Rice Pilaf Japanese Blend Veg Cucumber Salad Fresh Fruit Chocolate Pudding Alt. Diet Pudding
15	16	17	18	19
Stuffed Chicken Hash Brown Casserole Buttered Sweet Corn Dinner Roll w/ butter Fruit Cocktail Frosted Brownie Alt. Sugar Free Cookie	Shepherd's Pie Carrot Coins English Muffin w/ butter Orange Vanilla Pudding Alt: Diet Pudding	Baked Chicken on bone Creamy Mushroom Wild Rice Oriental Blend Veggies Romaine Salad w/ Ranch Dressing Rye bread w/ butter Fresh Fruit	Chicago Style Hot Dog on Poppy Seed Bun Ketchup, Mustard, Relish, Diced Onions Ranch Potato Wedges Calico Beans Banana	Fish Sandwich on bun Tartar Sauce Buttered Baby Red Potatoes Creamy Coleslaw Peach Half Ice Cream Cup
22	23	24	25	26
Earth Day 3-Bean Vegetarian Chili with crackers Cook's Choice Veggie Corn Bread Muffin w/ butter Cranberry Compote	Apricot Chicken Breast Sour Cream & Chive Mashed Potatoes w/ Butter Mixed Vegetables Spiced Apple Rings Choc. Chip Cookie Alt. Fresh Fruit	Roast Pork Macaroni and Cheese Green Beans Broccoli Salad 5-Grain Bread w/ Butter Seasonal Fresh Fruit	Whole Wheat Spaghetti with Meat Sauce Italian Blend Veggies Italian Bread with Butter Peaches	Chicken Caesar Salad w/ Croutons, parmesan cheese and Caesar dressing Tomato & Onion Salad Potato Roll / Butter Seasonal Fresh Fruit
29	30			
BBQ Pulled Pork on Wheat Bun Baked Beans Potato Salad Pear Half Oatmeal Raisin Cookie Alt. Raisins	Chilled Ham Sandwich w/ cheese, lettuce, tomato & mayo packet Sheboygan hard roll Beet & Onion Salad Vegetable Pasta salad Watermelon		<div style="border: 2px solid black; padding: 5px;"> <p>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE WITHOUT NOTICE; 1% MILK INCLUDED;</p> <p>ALT= LOW SUGAR ALTERNATIVE</p> </div>	

Senior Dining Centers in Waukesha County

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

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.

Cup of Health Series



Public Health
Prevent. Promote. Protect.

Waukesha County Public Health

Better Sleep:




1 in 3 American adults fails 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
Friday April 5th	10-11 AM	New Berlin Library
Tuesday April 23rd	10-11 AM	Menomonee Falls Senior Center
Wednesday May 1st	6-7 PM	Oconomowoc Library
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 WITH "STEPPING ON"!

"Stepping On" is a 7-week 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. "Stepping On" is for people who are age 60 or older, do not have dementia, and who live independently. Perfect for adults who have fallen in the past year or for those who may have a fear of falling.



WHEN	WHERE	HOW TO REGISTER
<p>Thursdays April 11—May 23 10:00am-12:00pm (with a 3-month booster class on 8/15/2024)</p>	<p>Menomonee Falls Senior Center W152N8645 Margaret Rd, Menomonee Falls</p>	<p>Call the Menomonee Falls Community Rec Center at (262) 255-8460 to register <i>This class is brought to you by ADRC</i></p> 
<p>Tuesdays and Thursdays April 23—June 27 1:00-2:15pm</p>	<p>St. Marks Lutheran Church 424 Hyde Park Avenue, Waukesha</p>	<p>To register, sign up here: https://forms.gle/ErWKU9yHH8a2kRdr5 Or email jillian.smith@wisc.edu</p> <p>Cost: Suggested donation of \$30 (funds go towards program costs such as instructor time, additional weights, volunteer training, etc.) <i>This class is brought to you by UW Extension—Waukesha County.</i></p> 
<p>Wednesdays May 15—July 3 10:00am-12:00pm</p>	<p>Virtual Sessions</p>	<p>Call ProHealth Care at 262-928-4059, or visit www.prohealthcare.org/classes <i>This class is brought to you by ProHealth Care</i></p> 



VOLUNTEERS NEEDED

We are looking for volunteers in various capacities!

- Drivers
- Dining Center Assistant
- Home Delivered Meals Packer
- **MORE!**



www.WaukeshaCounty.gov/WCvolunteer
HHSvolunteers@waukeshacounty.gov

JOIN US FOR A MEMORY CAFÉ

A Memory Café is a free informal gathering for those living with memory loss and their care partners to have fun, share experiences, and stay socially connected.

Registration is preferred, but not required.
 For questions, call 262-896-8245
 More info at www.librarymemoryproject.org



PLEASE TAKE THIS SURVEY!

Every three years, Waukesha County prepares the County Aging Plan to provide information to the State of Wisconsin on services being provided to the seniors in the county. The ADRC of Waukesha County is looking for your thoughts and ideas that will help us improve programs and services for the residents of Waukesha County as they age. Your answers are valuable and will help us develop the 2025-2027 County Aging Plan. Thank you for your time in completing this survey.

Please complete this survey by April 22, 2024 and return to the ADRC office at 514 Riverview Ave, Waukesha, WI 53188 or complete the survey online using the information at the end of the survey.

1) What do you think are the top five areas of concern of older adults in our community?

Please **RANK** order these options from least (1) to most (5) important to you.

- _____ Access to Healthy Food
- _____ Access to or Lack of Technology
- _____ Affordable Housing Options
- _____ Dementia Supports and Services
- _____ In-Home Supports
- _____ Safety in the Home
- _____ Social Connectedness
- _____ Support for Family Caregivers
- _____ Transportation Options
- _____ Other:

2) How important is it for you to be able to live independently in your own home or apartment as you age? (choose one)

- Extremely
- Very
- Somewhat
- Not very
- Not at all

3) How often do you have contact with family, friends, or neighbors who do not live with you? (choose one)

- Every day
- Weekly
- Monthly
- Rarely
- Never

4) Which resources would you turn to if you needed information about services for older adults? Check all that apply.

- Aging and Disability Resource Center (ADRC) of Waukesha County
- Faith-based organizations, churches, mosques, or synagogues
- IMPACT 2-1-1
- Internet
- Local Health Dept or Library
- Phone book
- Senior Centers
- Union/Veterans/Service Club
- Your doctor or other healthcare professional

- 5) Do you have access to computer technology, the Internet, or use a mobile phone? (choose one)
 Yes No Uncomfortable Using
- 6) I have used the Aging and Disability Resource Center of Waukesha County.
 Yes
 No
 Unsure
- 7) Please share services or activities that you have heard of in other communities that you feel would be helpful to older adults in Waukesha County.

- 8) What do you think people will need in the next 3, 5, or even 10 years to help them remain as independent as possible as they get older? _____

- 9) Please share your ideas on services or activities that you feel would make our County a more enjoyable place to live in as you grow older.

- 10) Are you 60 years of age and older? (circle one) Yes No
- 11) If you are interested in sharing more of your ideas about supporting older people in our county, please leave your name, phone number and email address below.

- 12) Additional Comments?

Aging Plan Survey



INTERESTED IN COMPLETING THIS SURVEY ONLINE?

Scan the QR code with your smartphone

OR

Go to: <https://wauk.co/AgingPlanSurvey2024>

Remember: Survey is due, April 22!

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

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Joel Gaughan, County Board Representative
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