



## 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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### National Farmers Market week—Pg. 4-5

*Listings of local Farmers Market in Waukesha County and article about the health benefits of Farmers Markets!*

### Your Community History: Brookfield—Pg. 14

*Learn about the history of Brookfield and learn something new!*

## August is National Wellness Month



National Wellness Month, celebrated every August, encourages people to focus on self-care, stress management, and healthy routines. This month-long observance is dedicated to promoting wellness, not just physically, but mentally and emotionally as well. Initiated in 2018, National Wellness Month aims to inspire individuals to prioritize their well-being, highlighting the

importance of adopting a balanced lifestyle.

During this month, people are encouraged to engage in activities that promote health and wellness. This can include physical activities like yoga, walking, or cycling, as well as practices that nurture mental health, such as meditation, mindfulness, and journaling. The goal is to create sustainable habits that can lead to long-term health benefits.

Organizations and communities often host events and workshops to educate and engage people in wellness practices. These can range from fitness challenges to seminars on nutrition and stress reduction techniques. The emphasis is on making small, daily changes that contribute to a healthier, more fulfilling life.

National Wellness Month serves as a reminder of the importance of self-care. By taking proactive steps towards wellness, individuals can improve their quality of life, reduce stress, and foster a more positive outlook. It's a time to celebrate health and encourage each other to lead happier, healthier lives.

# Community Calendar

# AUGUST

**August 1-11—Wisconsin State Fair @ Wisconsin State Fair Park, West Allis.** Senior tickets are \$13. Aug 1, admission is \$5, August 4 Veterans and family members (up to 3) get free admission.

Visit [www.wistatefair.com](http://www.wistatefair.com) for more information

**August 4—Lucky Ducky Veteran’s River Race @ Liberty Park** (Delafield), 12 pm. Starting at noon, a rubber ducky race down the Bark River will be held to support several local Veteran’s organizations. To join in on the fun, adopt a rubber duck, 1 for \$5, 3 for \$10, or 7 for \$20 at the American Legion on Wednesday evenings, at the Delafield Farmers Market, or through a Delafield American Legion Post 196 member. The top 5 winners will receive a cash prize and remaining funds help support local Veteran causes and the Delafield American Legion building fund. After the race, food and beverages will be available at the legion where the winners will be announced!

**August 10—New Berlin Backyard Bash & Color Clash @ Malone Park**, 9 am- 3 pm. Walk or run a family friendly course through Malone Park where there will be explosions of color that will cover everyone participating in this fun event. Check-in starts at 9 am. Registration is \$20 per person and can be done by calling 262-797-2443.

**August 9-10—Waukesha Bluesfest @ Naga-Waukee Park** (Delafield), 12:30- 10 pm. An American Music and Art Festival featuring 14 national, regional, and local blues-based acts with an art show, food from local restaurants, and a wide variety of beverages for all tastes.

**August 17-18—Maxwell Street Days @ Field Park** (Mukwonago), 8 am- 5 pm. Mukwonago American Legion Post 375 presents the 68<sup>th</sup> annual Maxwell Street Days Flea Market with free admission. Sellers offer a variety of goods such as crafts, produce, plants, tools, and more. Food and refreshments are available on the grounds. Parking available throughout the area.

**August 17—Oconomowoc Festival of the Arts @ Fowler Park**, 10 am- 5 pm. Considered to be one of the top outdoor fine art festivals in the Midwest, the Oconomowoc Festival of the Arts features over 135 artists from all over the United States in ceramics, drawings, leather, glass, printmaking, jewelry, painting, photography, sculpture, and more! Held on the beautiful shores of Fowler Lake, this festival also features live music and food and drink.

**August 17—Light Up the Lake Boat Parade & Fireworks @ Lake Lac La Belle**, 7:30- 10 pm. Head out to City Beach to enjoy a concert by the Oconomowoc American Legion Band, the Light Up the Lake boat parade, and fireworks show. The boats will make one lap this year. Tune into 107.5 FM to hear the boat announcer as well as the band.

**August 23-25—DandiLion Daze/ Muskego Fest @ Muskego Veterans Memorial Park**, times vary. Come enjoy the largest free admission festival in southeastern Wisconsin featuring live music, a 5k, parade, rides, and more!

**August 24—Okauchee Street Dance @ Downtown Okauchee**, 3- 11 pm. Come join the street party of the summer with incredible food, drinks, and experiences as area businesses team up for an event you don’t want to miss. Live music and children’s activities will also be featured!

**August 24—Donna Lexa Memorial Art Fair @ Wales Community Park**, 9 am- 4 pm. This art fair is a vibrant celebration of creativity and community with all proceeds benefitting non-profit organizations. Explore a diverse array of art exhibits, engage in thought-provoking conversations with the artists, and discover unique treasures.

**August 24—Adaptive Ski Clinic.** Time TBD @ Pewaukee Lakefront Park. Pewaukee Lake Water Ski Club holds adaptive skiing clinics for those of us in the community who have differing abilities. Get up-to-date information here: <http://www.plwsc.org/adaptive>, or call/text Kurt at 262-372-1754.

### **SNEAK PEAK INTO SEPTEMBER**

**September 2—Labor Day Water Ski Show @ Lakefront Park** (Pewaukee), 5:30 pm. This show features water skiers in colorful costumes performing various water ski tricks, live announcer, and live music. Come out and have some fun at the 2024 summer comes to an end.

**September 7—Oconomowoc Fall Festival @ Downtown Oconomowoc**, 9 am - 7 pm. Main Street will close as vendors line both sides selling wares, food, and more for the 13<sup>th</sup> annual Fall Festival. Free children's games and an entertainment stage that will feature dance groups and live music will also be featured.

## **RECIPE: PEACH PARFAIT**



### **INGREDIENTS**

2 peaches, pitted  
1 Medjool date, pitted (optional)  
1/2 cup 2% plain Greek yogurt  
1/2 cup low sugar granola  
1/4 teaspoon vanilla extract

### **INSTRUCTIONS**

- ♦ In a food processor or blender, pulse the date and one peach together until finely chopped.
  - ⇒ Alternative: finely chop peaches
- ♦ Fold peach mixture into Greek yogurt to combine and stir in vanilla extract.
- ♦ Slice remaining peach into chunks.
- ♦ In small ramekin or mason jar, layer granola, sliced peaches, yogurt; repeat.
- ♦ If meal prepping, store with lid in refrigerator until ready to eat.

# National Farmers Market Week August 4-10

## Waukesha County FARMERS MARKETS

### BROOKFIELD

16900 W. Gebhardt Rd.  
Brookfield Central High School Parking Lot  
Saturdays (7:30 AM – Noon)

### DELAFIELD

417 Main Street  
Fish Hatchery Parking Lot  
Saturdays (8 AM – 1PM)

### DOUSMAN

Hwy 18 & 67  
St Mary's Church Parking Lot  
Wednesdays (2 – 6 PM)

### MENOMONEE FALLS

N87 W16749 Garfield Drive  
Village Park  
Wednesdays (2PM – 6PM) Sundays  
(10AM – 1PM)  
*(Sundays open July 14 – Sept 15)*

### MUKWONAGO

W. Veteran's Parkway  
Field Park (Corner of Hwy. 83 & NN)  
Wednesdays (2 – 6 PM)

### NEW BERLIN

15055 W. National Ave.  
Next to Sanfelippos  
Saturdays (8 AM – Noon)

### PEWAUKEE/LAKE COUNTRY

N24 W26430 Crestview Dr. Galilee Lutheran  
Church Parking Lot Wednesdays (3 – 6:30 PM)

### WAUKESHA

125 W. St. Paul Ave. Waukesha State Bank  
Parking Lot Saturdays (8 AM – Noon)

## Waukesha County FARM STANDS

### BROOKFIELD

**ALSUM SWEET CORN** W13001 North Ave.  
Unitarian Church W. Parking Lot  
Weekdays 10 AM – 5:30 PM  
Sat 10 AM – 3 PM / Sun 10 AM – 4 PM

**SIMON'S** 14780 W. Greenfield Ave. Everyday  
10 AM – 6 PM

### NEW BERLIN

**WESTON ORCHARD** 19760 W. National Ave.  
Opens August 12th  
Sat 2 – 5 PM / Sun Noon – 4 PM

**PATRICKS PRODUCE, LLC** 6000 S. Racine Ct.  
Everyday 7 AM – 8 PM

**REMINDER!** If you have a Senior Farmer's Market voucher, you can use them at an individual vendor that displays the yellow sign pictured below. All vendors at a farmer's market may not accept the voucher.

**Don't see a yellow sign? Ask!**



# Farmers Markets: Rooted with Health and Fun

By: Dan Michaels Community Health Educator, Waukesha County Public Health



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

**Waukesha County Public Health**

Summer and Fall are great times to be outside and explore your surroundings. One fun and healthy adventure you can take is exploring your local farmers market. Farmers markets are filled with delicious and nutritious foods, a great way to increase your physical activity and an enjoyable way to socialize with others. I just *planted the seed* of why farmers markets are enjoyable and good for your overall health, but *lettuce* go into more detail and hopefully the idea of going to a farmers market will *grow* on you.

First, let us discuss the nutritional benefits of farmers markets. Farmers markets sell locally grown food like spices, herbs, fruits and vegetables that are harvested at the height of their ripeness. This means they tend to be higher in vitamins, minerals, and antioxidants in comparison to produce that has been transported long distances, stored for extended periods or frozen. In addition, produce at farmers markets are usually fresh, whole, and unprocessed. Processed foods are usually higher in unhealthy fats, added sugars, and sodium/salt, which we know are not great for our health. Shopping at farmers markets can be great because they are *rooted* with nutritious and delicious food.

**Farmers markets are also a good way to add extra physical activity to your weekly routine.** Visiting a farmers market often involves quite a bit of walking through the market area browsing and buying items. Unlike grocery stores, which are structured with tight labeled aisles, farmers markets are typically set up in wide open, outdoor spaces that require more walking. In addition, farmers markets generally do not have shopping carts, which means you will be carrying bags and items. Carrying bags of fresh produce, meats, and other products can serve as a form of light resistance exercise, helping to build strength and endurance. The added physical activity you get from visiting farmers markets is good for your *beet-ing* heart.

**Being with others, socializing, and lifelong learning are good for mental, emotional, and overall health.** Farmers markets provide a social atmosphere where you can interact with farmers, artisans, and other shoppers. It is a great place to meet people from your community, exchange recipes, gardening tips, and build connections. Farmers markets may also offer educational opportunities. Many farmers markets offer workshops, cooking demonstrations, or tastings that can educate you about food preparation, nutrition, and sustainable farming practices. Learning new things and socializing with new people can add a little *spice* to your life.

**Nutritious food, physical activity, and socializing are all wonderful for your overall health, and farmers markets can provide opportunities for these.** Shopping at farmers markets can also help your local economy *bloom*, by supporting local farmers and small businesses. Go out and explore farmers markets and have your healthy and fun adventures *blossom*.

# FIND AN OPPORTUNITY TO IMPROVE YOUR HEALTH HERE!



## Stepping On—Fall Prevention and Balance Class

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

In-person workshops:

**Fridays, August 30 to October 11, 10:30 a.m.—12:30 p.m.**

ProHealth Waukesha Memorial Hospital

To register, visit [www.ProHealthCare.org/classes](http://www.ProHealthCare.org/classes) or call 262-928-4059

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

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

Waukesha Schuetze Rec Center, 1120 Baxter St. Waukesha

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

## Helping with Love

(CLASS IS DELIVERED IN SPANISH ONLY)

Caring for a loved one with some type of dementia can be both physically and mentally exhausting. In this program, people who care for someone with dementia

Mondays, from August 12 to September 23 (6 sessions)  
10:00 a.m. - 12:00 pm.

Health Resource Center for the Hispanic Community

Registration at: 262-928-4181 with Martha or Elizabet

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**Walk with Ease**—A program to improve your physical health.

(CLASS IS DELIVEFRED IN SPANISH ONLY)

Our program goal is:

- Improve balance and strength
- Improve arthritis symptoms
- Increase strength
- Increase walking pace

**9:00 - 10:00 AM**

**Wednesdays**

\*\*Meeting: Frame Park, Waukesha, once a week.

We will walk 3 times a week.

Registration at: 262-928-4181 with Martha or Elizabet

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## **Mind Over Matter: Healthy Bowels, Healthy Bladders (MOM)**

A program that helps older women build the skills and confidence they need to avoid or improve symptoms of incontinence (bladder and bowel leakage). It is interactive, engaging women to work together to set and meet personalized goals. It is fun, incorporating social interaction, tasteful humor, and fiber-filled snacks. It is effective, 71% of participants report improved bladder symptoms and 55% report improved bowel symptoms. Participants will learn how the bladder, bowels, and pelvic floor muscles work together.

**Time Commitment:** 3 sessions, each lasting 2 hours, every other week for one month

**Class details:** Wed 9/11/24, Wed 9/25/24, & Wed 10/9/24; 1-3pm. Located at the Brookfield Parks, Recreation & Forestry Building, at 2000 N. Calhoun Rd, Brookfield 53005

**To Register:** <https://www.ci.brookfield.wi.us/1063/Online-Registration> or call (262)796-6675 to learn how to register in person

## **Healthy Living with Diabetes**

Online workshop

**Mondays, September 16 to October 21, 12 to 2:30 p.m.**

Diabetes is a chronic, lifelong condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. "Healthy Living with Diabetes" is a researched and proven program designed to help you.

**To register** visit [www.ProHealthCare.org/classes](http://www.ProHealthCare.org/classes) or call 262-928-4059

## **Ayudando con Cariño**

(En Español—Taller en persona)

Un ser querido con algún tipo de demencia puede ser agotador físicamente como mentalmente. En este programa, las personas que cuidan a alguien con demencia

**del 12 de agosto al 23 de septiembre (6 sesiones)**  
**10:00 a.m. - 12:00 p.m.**

Recursos de Salud para la Comunidad Hispana

Registro al: 262-928-4181 con Martha o Elizabet

**Gusto**—Un programa para mejorar su condición física  
(En Español—Taller en persona)

Nuestro objetivo del programa es:

- Mejorar el equilibrio y la fuerza.
- Mejorar los síntomas de la artritis.
- Aumentar la fuerza. Aumentar el ritmo de marcha

**9:00 - 10:00 AM**

**Miércoles**

Ubicación: Frame Park, Waukesha, una vez por semana.

Caminaremos 3 veces por semana.

Registro al: 262-928-4181 con Martha o Elizabet

## **Powerful Tools for Caregivers**

Online workshop

**Thursdays, September 12 to October 17,**  
**1:30 to 3 p.m.**

Caring for someone with a chronic illness can be physically, emotionally and financially exhausting. Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

**To register** visit [www.ProHealthCare.org/classes](http://www.ProHealthCare.org/classes) or call 262-928-4059

# 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 Screenings

When: Tuesday, August 20  
Time: 10:00am - 3:00pm  
Where: Pauline Haass Public Library (Sussex)

When: Tuesday, September 10  
Time: 10:00am - 3:00pm  
Where: Brookfield Public Library

To schedule your 30 min time slot, call Jennifer Harders at the ADRC of Waukesha County.  
262-548-7650



514 Riverview Avenue

Waukesha, WI 53188



# Dementia Resource Guide for Family Caregivers

A resource for those caring for an individual who is experiencing cognitive changes.



## Alzheimer's Disease Continuum



Early Warning Signs	Behavior person might be experiencing		What can I do?	Online Resources
Cognitive Changes Outside of Normal Aging that causes slow decline in memory, thinking and reasoning skills.	<ul style="list-style-type: none"> <li>Memory loss that disrupts daily life</li> <li>Challenges in planning or solving problems</li> <li>Difficulty completing familiar tasks</li> <li>Confusion with time or place</li> <li>Trouble understanding visual images and spatial relationships</li> </ul>	<ul style="list-style-type: none"> <li>New problems with words in speaking or writing</li> <li>Misplacing things and losing the ability to retrace steps</li> <li>Decreased or poor judgment</li> <li>Withdrawal from work or social activities</li> <li>Changes in mood and personality</li> </ul>	<ul style="list-style-type: none"> <li>Don't ignore the warning signs</li> <li>Schedule an appointment with your primary care provider</li> <li>Bring along trusted family member/friend</li> <li>Be prepared for a referral for additional testing/services</li> </ul>	<p>Know the 10 Warning Signs of Alzheimer's and how they differ from normal aging.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/10signs">www.alz.org/10signs</a></li> </ul>
Progression/Stages	What to Expect/Symptoms	Behavior person might be experiencing	What can I do?	Online Resources
<b>Preclinical Alzheimer's disease (AD)</b>	<ul style="list-style-type: none"> <li>No symptoms but possible biological changes in the brain</li> </ul>	May have measurable brain changes that indicate the earliest signs of AD, but they have not yet developed symptoms.	<a href="#">10 Ways to love your brain</a>	<a href="http://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour">www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour</a>
<b>Mild Neurocognitive Disorder- Mild Cognitive/Vascular Impairment (MCI)</b> (Due to probable Alzheimer's or another dementia)	<ul style="list-style-type: none"> <li>Slightly noticeable decline in cognitive abilities by the person and/or close family and friends.</li> <li>Changes could be confused with normal aging.</li> </ul>	<ul style="list-style-type: none"> <li>Decreased size of vocabulary</li> <li>Lack of ability to find the right word (s)</li> <li>Slower speed of processing information</li> <li>Difficulty maintaining a train of thought</li> <li>Difficulty remembering names, dates and other new information</li> </ul>	<ul style="list-style-type: none"> <li>Contact your primary care physician</li> <li>Contact the Alzheimer's Association</li> <li>Meet with an attorney to address legal and financial decisions</li> </ul>	<p>A person with MCI is at an increased risk of developing Alzheimer's or another form of dementia.</p> <p>Early detection is key.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/mci">www.alz.org/mci</a></li> <li><a href="http://www.alz.org/wi/helping-you/care-consultation">www.alz.org/wi/helping-you/care-consultation</a></li> </ul>
<b>Early-Stage Dementia (mild)</b>	<p>Person may still be functioning independently. They might still drive, take part in social activities, volunteer and even work.</p> <p>May experience a range of emotions such as denial, fear, confusion, stress/anxiety, anger/frustration, grief/depression.</p>	<p>Common difficulties:</p> <ul style="list-style-type: none"> <li>Keeping appointments</li> <li>Remembering words/names</li> <li>Recalling familiar people or places</li> <li>Managing money, planning and organizing</li> <li>Keeping track of medications</li> <li>Visual spatial changes</li> </ul>	<ul style="list-style-type: none"> <li>Help plan for the future</li> <li>Assess driving and other safety concerns</li> <li>Assist in healthy living and active lifestyle</li> <li>Learn about community resources available to keep individuals engaged</li> </ul>	<p>Care partners often start to feel more emotional ups and downs, feeling overwhelmed or anxious about the future.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/help-support/caregiving/stages-behaviors/early-stage">www.alz.org/help-support/caregiving/stages-behaviors/early-stage</a></li> </ul> <p>Free online education:</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/education">www.alz.org/education</a> or 800.272.3900</li> </ul>
<b>Middle-Stage Dementia (moderate)</b>	<p>Damage to the brain can make it difficult to express thoughts and perform routine tasks.</p> <p>Increasing episodes of confusion which may lead to anxiety and other behavioral and psychological changes.</p>	<ul style="list-style-type: none"> <li>Communication changes: Jumbled words, trouble dressing</li> <li>Behavioral changes: Unexpected anger or frustration</li> <li>Personal hygiene issues</li> <li>May need help with transportation</li> </ul>	<ul style="list-style-type: none"> <li>Be flexible and patient.</li> <li>Establish daily routines.</li> <li>Consider joining an in-person or virtual support group.</li> <li>Consider creating a behavioral health plan.</li> <li>Connect with a Dementia Care Specialist through the ADRC.</li> </ul>	<p>This stage is typically the longest; can last for many years. As it progresses, the person will require a greater level of care.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/help-support/caregiving/stages-behaviors/middle-stage">www.alz.org/help-support/caregiving/stages-behaviors/middle-stage</a></li> <li><a href="http://www.alz.org/help-support/caregiving/caregiver-health">www.alz.org/help-support/caregiving/caregiver-health</a></li> </ul>
<b>Late-Stage Dementia (severe)</b>	As the disease progresses, intensive around-the-clock care is usually required. May need alternative placement.	<ul style="list-style-type: none"> <li>Difficulty eating/swallowing</li> <li>Difficulty walking</li> <li>Requires help with all activities of daily living</li> <li>Vulnerable to infections; especially pneumonia</li> </ul>	<ul style="list-style-type: none"> <li>Focus on preserving quality of life and dignity.</li> <li>Take care of yourself, accept help from others.</li> </ul>	<p>This stage may last weeks or years.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/careoptions">www.alz.org/careoptions</a></li> <li><a href="http://www.alz.org/help-support/caregiving/stages-behaviors/late-stage">www.alz.org/help-support/caregiving/stages-behaviors/late-stage</a></li> </ul>

# August 2024 Menu

## Waukesha County Senior Dining and Home Delivered Meals

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</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>			<b>State Fair</b> BBQ Pulled Pork on a bun Baked Beans Buttered Sweet Corn Fresh Fruit Salad Cream Puff	Creamy Baked Chicken Breast Mashed Potatoes with gravy Seasoned Spinach Whole Wheat Bread/butter Cantaloupe
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Egg & Sausage Breakfast Bake w/ peppers, tomatoes, onions & Shredded Cheddar Tri-tater w/ketchup Banana Apple Bran Muffin	Seasoned Chicken on the bone Au Gratin Potatoes Green Beans Seasonal Fresh Fruit Multigrain Bread/butter Chocolate Pudding Alt: Diet Pudding	Hamburger on a Bun Ketchup/Mustard Diced Buttered Red Potatoes Corn & Edamame Salad Watermelon Wedge	Chicken Salad on Pita Bread Marinated Tomato Salad Fresh Cucumber Slices Cantaloupe Slice	<b>Brewers vs Reds</b> Cincinnati Chili over Spaghetti, Topped w/ Cheddar Cheese Steamed Broccoli Pear Half Oatmeal Raisin Cookie Alt: Diet Cookie
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Pork Chop Suey over Brown Rice Sugar Snap Pea Oriental Blend Veggies Pineapple Zucchini Bread/butter Chocolate Milk	Cheese Filled Lasagna Rollup with Marinara Sauce Italian Blend Veggies Mixed Greens salad with Kale & Italian dressing packet Italian Bread/Butter Mandarin Oranges	<b>Irish Fest</b> Corned Beef Sandwich on Rye Buttered Parslied Potatoes Dill Crinkle Cut Carrots Seasonal Fresh Fruit Brownie	<b>Zoo ala carte</b> Polish Sausage on a Bun Ketchup/mustard Baby Potato Pancakes Baked Beans Applesauce Ice Cream Sundae Cup	Shredded Turkey and Gravy over Mashed Potatoes Seasoned Green Beans Whole Wheat Roll/butter Watermelon
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Chicken Marsala with Mushrooms and Onions Mashed Potatoes with gravy Buttered Sweet Corn Multigrain Bread/butter Watermelon	Sliced Honey Ham Sweet Potatoes Venetian Blend Veggies 7-grain Bread with butter Seasonal Fresh Fruit Chocolate Milk	Pub Burger on Onion Roll with Provolone and Fried Onions Ketchup/Mustard Double Baked Potato Casserole Honey Glazed Baby Carrots Honeydew Slice Ice Cream Bar	<b>Mexican Fiesta</b> Mexican Chicken Breast Refried Beans Fresh Jicama with Ranch Flour Tortilla Seasonal Fresh Fruit	Crab Pasta Salad Marinated Vegetable Salad Peaches Wheat Dinner Roll with butter Frosted Cake Alt: Banana
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Meatloaf Patty Mashed Potatoes with gravy Three Bean Salad Whole Wheat Dinner Roll w/butter Fruit Cocktail	Turkey ala King over a Biscuit Pacific Blend Veggies Grape Tomatoes Mixed Fruit Cup Peanut Butter Cookie Alt: Diet Cookie	Swedish meatballs over Rotini Noodles Brussel Sprouts Romaine Salad with carrots & purple cabbage French Dressing Seasonal Fresh Fruit Chocolate Pudding Alt: Diet Pudding	Roast Pork w/ Thyme and Mushroom Gravy Herbed Stuffing Harvard Beets Cucumber Slices with Ranch Apple Pie Alt: Applesauce	Indian Butter Chicken Basmati Rice with Peas Winter Blend Veggies Cantaloupe Fruited Jello Alt: Diet Jello

# Senior Dining Centers in Waukesha County

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

## How Can I Eat at a Dining Center?

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



## What if I Need Transportation there?

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs **for \$1.00 each way**. This fare subsidy must be authorized in advance by calling the ADRC at (262) 548-7848.

## JOKE OF THE MONTH

I was going to buy a house completely made out of fungus...

But there wasn't mushroom



## PUBLIC HEARING ANNOUNCEMENT

The Waukesha County Health & Human Services Board invites Waukesha County residents and other interested parties to a Public Hearing to comment on the quality of Health and Human Services programs, perceived unmet human service needs, and improvement suggestions to the current system of Health and Human Services (HHS) in Waukesha County. All input will be considered by Health and Human Services Board members and HHS staff during preparation of the 2025 Department of Health and Human Services proposed budget process.

### PUBLIC HEARING

**Thursday August 15, 2024**

**8:30 a.m.**

**Waukesha County Department of Health and Human Services**

**Lower-Level Cafeteria**

**514 Riverview Avenue, Waukesha, WI 53188**

Each speaker will have a 3-minute time limit. Written input will be accepted at the Hearing or may be emailed or mailed for receipt by August 14, 2024. Send to the attention of Trista Mathisen, Departmental Executive Assistant, Waukesha County Department of Health and Human Services, 514 Riverview Avenue, Waukesha, WI 53188, [tmathisen@waukeshacounty.gov](mailto:tmathisen@waukeshacounty.gov)

Requests for accommodations for specialized transportation for eligible individuals, or language or hearing assistance must be made by Thursday, August 1, to Trista Mathisen, (262) 548-7223, [tmathisen@waukeshacounty.gov](mailto:tmathisen@waukeshacounty.gov)

A quorum of the County Board and/or its committees may be in attendance for the purpose of listening and gathering input, not for the purpose of conducting official business or taking action.

## DMV Offers Option to Add Emergency Contact Information to License Data

The Wisconsin Department of Transportation (WisDOT) Division of Motor Vehicles (DMV) now offers an option for motorists and individuals to add emergency contact information to their driver license or ID record. Adding the information is voluntary and will not appear on the card.

Governor Evers signed the "To Inform Families First" or "TIFF" law last year. It was put in place to provide law enforcement the ability to contact a family member or other loved one more quickly in the event of an emergency. Adding this information is not required. Only law enforcement, including police in other states, are able access the information.

To add emergency contact information to a DMV record, visit [wisconsin.dmv.gov/emergencycontact](https://wisconsin.dmv.gov/emergencycontact) for the convenient online self-service application. A visit to a DMV customer service center is not necessary.

# Feeling Lonely or Socially Isolated?



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

## Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

If you are feeling lonely or isolated, talk with your doctor about your concerns.

## Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.



# YOUR COMMUNITY HISTORY: BROOKFIELD



In 2020, the US Census Bureau reported that the population of Brookfield was 41,464, a far cry from 1820 when William Howe received a Presidential Land Grant giving him title to the area that was inhabited by the Potawatomi Native Americans. Other settlers soon followed including Robert Curen, who in 1836 bought a claim and established the area's first tavern and Inn. A notable event is that in 1839 Caroline Quiner was born in a log cabin in Brookfield. Many of you would recognize her as the mother of Laura Ingalls Wilder, author of the book series Little House on the Prairie.

By 1840 the population grew to 148 persons which led to construction of a schoolhouse, church and in 1848, the installation of the telegraph. In 1850, the railroad had laid its tracks, population exploded to 1944 inhabitants and in 1853 the Brookfield Junction depot was constructed. The area did remain mostly agricultural and in 1900, Waukesha County was dubbed "Cow County" because it was said that there were more cows than people. This was a bit of an inflated statement, but it did give way to Wisconsin being named the "Dairy State". Brookfield Junction had become the main commerce area for surrounding farms and due to the sheer volume of products being shipped from the area, a second depot was constructed in 1867 to meet the growing communities needs.

The early 1900's continued to bring growth to the area and one notorious resident, Al Capone had established a residence and distillery located on Brookfield Road. It wasn't until after WWII that the population grew exponentially with the well-known baby boom and the aid of government sponsored building grants. The continued growth led to several nearby communities being annexed and in 1954, Brookfield was incorporated. The first mayor was Franklin Wirth, and he oversaw the new city, which at the time had a population of 7,900 and covered an area of 17.5 square miles. Much of the land was still in agricultural use, so the city's founders encouraged orderly development of office and industrial areas to cause the community to function with strong industrial and commercial base.



Today, Brookfield encompasses 27 square miles and has an estimated population of 40,000 persons. While much of the agriculture is gone, Brookfield offers some of the state's best parks, shopping, entertainment and dining.

# "Where You Belong" Meet-Up

"Where You Belong" Meet-Ups give you the chance to meet with Waukesha Parks, Recreation, & Forestry (WPRF) staff and employees, connect with new people in your community, participate in activities together, make new friendships. We encourage everyone to come, whether you come on your own or with a friend, to help improve your social connections and overall health!

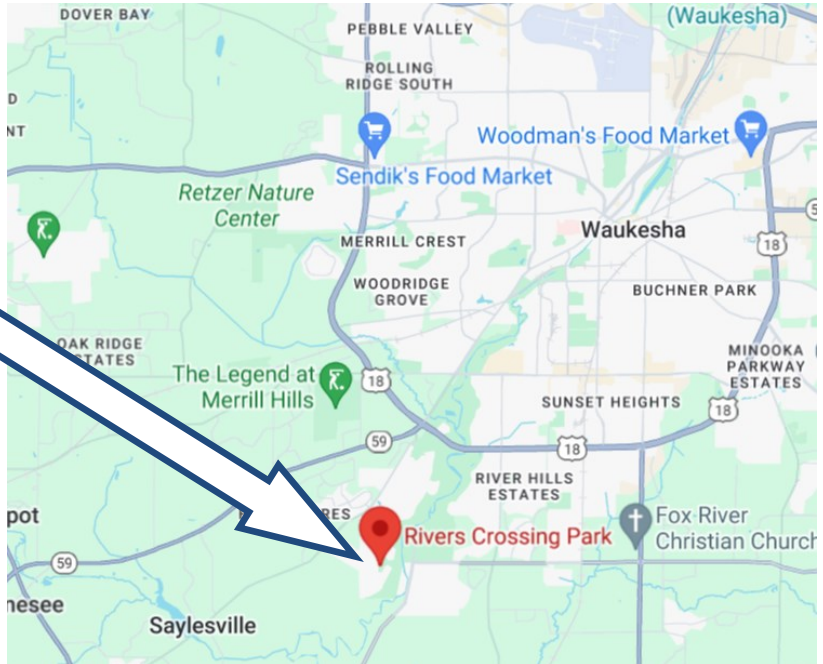


⇒ **Thurs., August 22:** Neighborhood Beer Garden, Rivers Crossing Park, 5:00pm meet by the shelter, bring a lawn chair.

For more information, please call WPRF at 262-524-3737 or visit [www.waukesha-wi.gov](http://www.waukesha-wi.gov)

## Where is Rivers Crossing Park?

Located at 3703 Rivers Crossing Dr, Waukesha, WI 53189, the park is located in a neighborhood off of River Road, south of Waukesha West High School and southeast of Saylesville Road.



Did you know that the Surgeon General Report issued in April 2023 identified an epidemic of social isolation and loneliness?

The physical health consequences of poor or insufficient connections include:

- 29% increased risk of heart disease
- 32% increased risk of stroke
- 50% increased risk of developing dementia
- 60%+ Increased risk of premature death



## 2022-2026 CHIP CYCLE STRATEGIC HEALTH PRIORITIES:

MENTAL HEALTH | SUBSTANCE USE | HEALTHY AGING

### What is CHIP?

Every five years, Waukesha County Public Health creates a Community Health Improvement Plan (CHIP) to improve health in the community. The CHIP process involves community members who gather and analyze health data. This data helps in making decisions, prioritizing health issues, and developing action plans to improve community health.

CHIP's vision is *an inclusive and well-connected community supporting all people, embracing diversity, ensuring equitable access to services, and creating social, physical, and economic environments that promote health, well-being and quality of life.*

The strategic health priorities for the 2022 - 2026 Cycle are: MENTAL HEALTH, SUBSTANCE USE & HEALTHY AGING. Each of these priorities has an action team.

The ADRC of Waukesha County is involved in CHIP and the Healthy Aging Action Team. The Healthy Aging Action Team is dedicated to promoting the well-being of older adults in Waukesha County through a focus on **preventing falls** and **enhancing social connections**. The team's initiatives are informed by data indicators and targeted strategies aimed at reducing emergency incidents and improving mental health among the elderly population.

### Key Goals and Data Indicators

#### 1. Fall Prevention

- ◆ **Reduce Emergency Department Visits**
- ◆ **Reduce Hospital Admissions**
- ◆ **Reduce 911 Calls**

#### 2. Enhance Social Connections

- ◆ **Reduce Loneliness and Isolation**
- ◆ **Improve Mental Health**

### Strategies

#### 1. Fall Prevention Strategies

- ◆ **Environmental Scan:** Conduct an environmental scan of evidence-based fall prevention programs (such as Stepping On and Ballroom

Basics) to expand their availability.

- ◆ **Centralized Resource Creation:** Create a centralized resource (data repository) for comprehensive fall prevention resources.
- ◆ **Collaborate with Coalition:** Collaborate with the Waukesha County Falls Prevention Coalition to forge partnerships, distribute resources, and ensure sustainability.
- ◆ **Educational Campaign:** Launch an educational campaign to share community resources, increase awareness, and reduce falls.

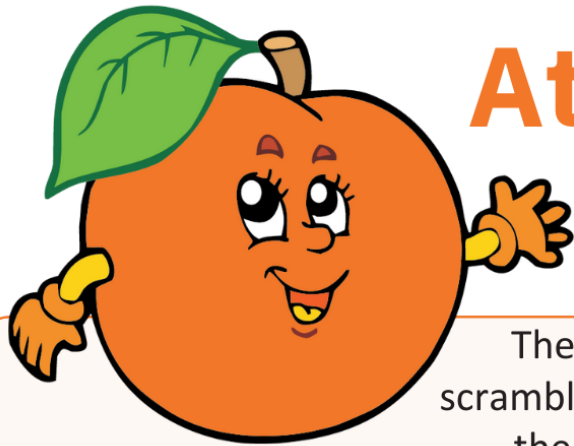
#### 2. Social Connection Strategies

- ◆ **Environmental Scan:** Conduct an environmental scan of available programs that facilitate social connections.
- ◆ **Centralized Resource Creation:** Create a centralized resource (data repository) for social connection opportunities.
- ◆ **Promote Intergenerational Skill Sharing:** Work with partners to promote and raise awareness of intergenerational skill sharing and adopt community connection models to create new opportunities.
- ◆ **Volunteer Engagement Campaign:** Create a volunteer engagement campaign to increase social connections and social opportunities.

By implementing these strategies, the Healthy Aging Action Team aims to foster a safer and more connected community for older adults in Waukesha County. Stay tuned for more from the Healthy Aging Action Team AND the Waukesha County Falls Prevention Coalition.



# Did You Know? August is National Peach Month!



## At the Fruit Stand

### Word Scramble

The wind blew through the farmer's market and scrambled the signs in all directions. Can you figure out the fruit names by unscrambling the letters?

PRACTIO \_\_\_\_\_

CEYRRH \_\_\_\_\_

ELPPA \_\_\_\_\_

APRE \_\_\_\_\_

PAYPAA \_\_\_\_\_

EPHCA \_\_\_\_\_

TUKMAQU \_\_\_\_\_

MENOL \_\_\_\_\_

TERANINCE \_\_\_\_\_

AANBNA \_\_\_\_\_

OWLETRMANE \_\_\_\_\_

EYEBRRBUL \_\_\_\_\_

RTEYRRSAWB \_\_\_\_\_

RPBESRYAR \_\_\_\_\_

RAEPG \_\_\_\_\_

EMIL \_\_\_\_\_

NRABEYRRC \_\_\_\_\_

RUTRANC \_\_\_\_\_

IPPEPEALN \_\_\_\_\_

OAERGN \_\_\_\_\_

COUONCT \_\_\_\_\_

WIJK \_\_\_\_\_



# VOLUNTEERS NEEDED



## We are looking for:

- ✓ Volunteers to reassess consumers receiving home delivered meals
- ✓ Home Delivered Meal Drivers
- ✓ Home Delivered Meal Packers
- ✓ Drivers for HHS client appointments
- ✓ Alcohol and Other Drug Abuse (AODA) Mentors
- ✓ Emergency Reception Center Volunteers

# MAKE A DIFFERENCE IN YOUR COMMUNITY!



Learn more at:  
**262-548-7848**



SCAN ME

[HHSvolunteers@waukeshacounty.gov](mailto:HHSvolunteers@waukeshacounty.gov)  
[waukeshacounty.gov/wcvolunteer](http://waukeshacounty.gov/wcvolunteer)



**Turning 65?  
Need Medicare?**



# Medicare

## “Welcome to Medicare” Presentations in your Area

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

Menomonee Falls Public Library, (262) 532-8900 —Thursday, August 8 at 2:00p

Sussex Public Library, (262) 246-5180 —Tuesday, September 10 at 1:00pm

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

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

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

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

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

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

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

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

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

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

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

**To register for the 2-Hour ADRC presentations visit:**

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



Navigating Medicare



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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