



2020

SUSSEX SENIOR *resource* guide

in this issue >>>

- Caregiver Support Group
- Community Banquet
- Dementia Friendly Community
- Disposal Sites
- ERA's
- Katy's Kloset
- Living With Chronic Conditions
- SOS - Sussex Outreach Services
- St. James SOAL Program
- Sussex Historium
- Waukesha County Ride Line
- Volunteers

SUSSEX CIVIC CENTER

N64W23760 Main Street

Sussex, WI 53089

Phone: 262-246-5200 • Fax: 262-246-5222

www.villagesussex.org

info@villagesussex.org

General Office Hours

8 am to 5 pm Monday - Friday

Senior Advisory Committee

The Senior Advisory Committee brings ideas geared toward the senior citizens in our community to our Village Board. The committee encourages short and long-term planning for programs, events, trips and facility needs.

Meetings are at 4 pm on the 3rd Tuesday in odd months, unless otherwise stated on the agenda. The meetings are open to the public.

The next meetings are scheduled for:

March 17 • May 19 • July 21 • Sept 15 • Nov 17

Your Senior Advisory Committee members are:

Pat Magdic, Claire Moe, Roger Johnson, Shirley Johnson,
Art Rude, Jennifer Waltz, Gregory Zoellick (Trustee)



Senior Resources & Opportunities

COMMUNITY BANQUET

The Cooperating Churches of Sussex host a FREE dinner on the second and fourth Thursday of the month for anyone in the community who would like to attend. The meal is served at 5:30 pm in the Community Center at St. James Church, W220N6588 Town Line Road. The evening is filled with good food and good company. All are welcome. For more information, call (262) 251-0897.

Donations accepted, but not required.

KATY'S KLOSET

Katy's Kloset is a nonprofit lending library of used, durable medical equipment. Equipment can be borrowed for as long as needed at no charge. Typical items include: wheelchairs, walkers, strollers, toilet risers, bath chairs, hospital beds, canes, crutches and much more.

HOURS: Saturdays 10am - 1 pm, Wednesdays 3 - 5 pm

LOCATION: 404 Wilmont Drive, Unit D, Waukesha

Call Katy's Kloset at (262) 746-9034 or visit their website at

www.teamupwithfamilies.org

ST. JAMES SOAL PROGRAM

SOAL classes provide adults ages 50 and older a great opportunity to socialize and learn new skills. Participants enjoy sessions on spirituality, arts and crafts, health, contemporary issues and senior safety.

Volunteer instructors set the tone for fun and interesting classes.

Participants can choose to attend three classes each week and enjoy six lunches. For more information, call Mary Ann Ehr at (262) 253-2916 .

WAUKESHA COUNTY SENIOR DINING SUSSEX CIVIC CENTER FELLOWSHIP • FOOD • FUN

SENIOR DINING

includes both senior dining centers and home-delivered meals. The senior dining center provides low-cost nutritious meals to persons 60 years of and older. In addition to a hot noon meal, older adults receive nutrition education, health information and screenings, outreach and support for themselves and their families.

MONTHLY MENUS

are available at the Sussex Civic Center and on the Waukesha County website at www.waukeshacounty.gov/adrc. Reservations are required at least 24 hours in advance. Call (262) 246-6747 before 1 pm Monday - Friday or (262) 548-7848 anytime prior to 1 pm to make reservations.

SUSSEX OUTREACH SERVICES (SOS)

Located in the Civic Center building on Main Street
N64 W23760 Main Street Sussex, WI 53089
(262) 246-9860

Distribution Hours:

Mon (5:30 - 7pm) Wed (1 - 2:30 pm)
Saturday (10 am - 12 pm)

Donation Drop Off Hours

Monday - Friday
9 am to 12 pm

Donation Questions:

Please call Tracy at
(262) 246-9860

Sussex Outreach Services (SOS) is the social ministry arm of the Cooperating Churches of Sussex (CCOS). SOS serves all families and individuals in the Hamilton School District which includes Sussex, the Town of Lisbon, Lannon and parts of Merton, Butler, and Menomonee Falls. The mission of SOS is to meet immediate and long term needs by providing food, informational resources, client advocacy and general assistance. SOS builds community awareness and volunteerism to encourage our community members to support the mission in their own unique way.

In order to register for food pantry services, please present proof of residency (for example, a current bill or lease) and a picture ID to the Food Pantry worker during distribution hours. Clients can visit the pantry two times per month. If you are unable to visit the pantry during regular hours, you can contact us at (262) 246-9860 to make arrangements for another individual to shop for you.



Eras
SENIOR NETWORK

ENGAGING GENERATIONS, SUPPORTING SENIORS

Eras Senior Network (formerly Interfaith) is a nonprofit organization serving seniors in Waukesha County. It is Era's goal to keep seniors living as safe and independently as possible.

To Become a Client of ERAs Senior Network

Call (262) 549-3348 and ask to speak with someone who can sign you up to receive help with transportation. A staff member will do an Eligibility Screening. After your Eligibility Screening, an Eras assessor will contact you to set up a time and day for them to come and do an in-home assessment. You will then receive a confirmation call from Eras regarding your eligibility.

To Request a Ride Through ERAs Senior Network

1. Once you have been approved as an Eras client, you may call (262) 549-3348 to schedule a ride. Clients are

able to make one request per week to either a grocery store or food pantry, healthcare appointment, or other necessary stops such as the bank or post office. Please have ready:

The date and time of your appointment

The address of your destination

How long you think it will take

2. Once you have been matched with a driver, Eras will call to let you know your driver's name. Your driver will call you the day before your ride to arrange a pick up time.

3. If Eras is unable to find a match for your ride, a staff member will contact you the day prior to your ride to let you know and discuss possible options.

4. If you have an urgent need for a ride, Eras will do their best to provide you with the help that you need.

Rides are offered at no charge with donations encouraged to help support the program!

A DEMENTIA FRIENDLY COMMUNITY

A Dementia Friendly Community is a place where persons living with dementia:

- Are able to live good lives
- Have the ability to live as independently as possible
- Continue to be a part of the community
- Are met with understanding and given support when necessary

A Dementia Friendly Community is committed to creating a culture that not only supports, but takes the responsibility for ensuring the beneficial outcomes of services for persons living with dementia and their caregivers. The collaborative efforts of the community, as a whole, provide:

- Awareness of dementia
- Promotion of early detection
- Creation of dementia friendly environments
- Capacity for a crisis response system
- Development of dementia friendly businesses
- Services and support to have persons living with dementia have the highest quality of life.

Currently there are 5 Dementia Friendly Community Initiatives in Waukesha County: Oconomowoc, Pewaukee, Elmbrook (Elm Grove and Brookfield), Menomonee Falls, and Muskego.

If you are interested in learning more about Dementia or Dementia Friendly Communities, please contact Jennifer Harders, Dementia Care Specialist for the Waukesha County Aging and Disability Resource Center at 262-548-7650.

SUSSEX SUPPORT GROUP FOR CAREGIVERS

**4th Mondays at 12:45 pm
Sussex Civic Center
1st Floor Meeting Room**

Are you providing care and support for a family member or loved one with medical or dementia-related needs? Could you use some helpful suggestions or just a friendly face and support from someone who understands what a day is like for you? If you answered YES, join us for our monthly support group. Some months are social months and participants will meet for a social event outside of the regular schedule.

Waukesha County Ride Line



The Waukesha County Ride Line is available to Waukesha County residents 65 years of age or older. This is a door-to-door service with a handicapped accessible van. Transportation priorities are: Medical, Work-Related, Social, and Respite.

The Ride Line is available 6 am to 6 pm Monday - Friday at a cost of \$1 each way for meal site programs. Other fares are determined by origin, destination and ability to pay.

To apply for this program, call the Aging & Disability Resource Center (ADRC) of Waukesha County at (262) 548-7828.

*Find-a-Ride Waukesha
www.findaridewaukesha.org
A free website to help you find transportation in Waukesha County.*

DISPOSAL SITES

• MEDICATION •

Safely dispose of prescription and over-the-counter medications in the MedReturn drug collection box in the lobby of the Sussex Public Safety Building (N63W24335 Main Street, Sussex). The MedReturn unit is available from 8 am to 5 pm Monday - Friday.

• SHARPS •

AURORA PHARMACY

N95W18351 County Line Rd,
Menomonee Falls, WI

AURORA HEALTH CNTR WAUKESHA

W231N1440 Corporate Ct, Waukesha

COMMUNITY MEMORIAL HOSPITAL

EMERGENCY ROOM

W180N8085 Town Hall Rd, Meno. Falls

PICK 'N SAVE - SUSSEX

N65w24838 Main Street, Sussex

SUSSEX-LISBON HISTORIUM

The Sussex-Lisbon Area Historium and the Sussex-Lisbon Area Historical Society, Inc., are on the second floor of the Sussex Civic Center. SLAHS is an educational non-profit society dedicated to the collection and preservation of historical artifacts, pictures, stories, and similar materials from the Sussex, Lisbon and surrounding areas.

HOURS OPEN TO PUBLIC

10 am to 2 pm Monday and Wednesday
10 am to 2 pm 2nd and 4th Saturdays
FREE Admission; donations welcomed

OPEN BY APPOINTMENT

Call Fred Keller at 262-246-3603
Or Rita Hahn at 262-422-7890
slahsinc@yahoo.com

volunteer opportunities...

Sussex Park and Rec is always looking for youth and adult volunteers to support our yearly programming. If you are looking for a meaningful volunteer experience contact Chris Liedtke, Special Event Coordinator at cliedtke@villagesussex.org, or Jean Horner, Senior Program Coordinator at jhorner@villagesussex.org. Visit the Sussex village website, our Park and Recreation Activity Guide or the Civic Center Lobby display case for information about upcoming events and to view our new "Volunteer of the Year" Individual and Group Award winners for 2019. Congratulations to Lori Eichler, 2019 Individual Award Winner and the Sussex LEO'S Club 2019 Group Award Winner.

2020 Special Event Dates

- Sledding Party - Saturday, January 18
- Senior Dinner Party - Wednesday, February 5
- Bunny Lunch - Saturday, April 4
- Senior Dinner Party - Wednesday, April 29
- Rock-a-thon - Tuesday, May 19
- Cruise Night - Thursday, June 18
- 5K - Saturday, July 11
- Senior Picnic - Wednesday, July 22
- Block Party - Sunday, August 16
- Movie Night - Friday, August 28
- Senior Dinner Party - Thursday, October 1
- Spooky Sussex - Friday, October 23
- Holiday Swag - Wednesday, December 2
- Tree Lighting - Friday, December 4
- Senior Dinner Party - Thursday, December 10

Seniors & Students

Do you love to read? Do you love to write? Share that love of reading and writing with students in the Hamilton School District. Find out what makes your local school district so great. Become a Senior & Students volunteer! Several volunteer opportunities throughout the year are available including being a pen pal to a fourth-grader, reading stories with students in "Reader's Café" and helping out in the classrooms.

Currently, Templeton Middle School is looking for seniors to join students in their "Literacy Lounge." Volunteers are provided a novel to read and then participate in a weekly discussion with a small group of students.

Please contact **Jen Galang** for additional details or questions at 262-372-1245 or galaje@hamilton.k12.us

Volunteer Drivers Needed

The **Waukesha County Senior Dining Site in Sussex** needs volunteer drivers to deliver meals to homebound seniors living in the Sussex area. *Help Sussex-area seniors receive a well-balanced meal. A hot nutritious meal with a smile can do amazing things for a senior in need.* Drivers use their own vehicle, but are reimbursed for their mileage. Meals are delivered over the lunch hour, Monday-Friday, excluding holidays. If interested call (262) 246-6747 (M-F 10 am -1:30 pm) or (262) 548-7848 or visit www.waukeshacounty.gov/adrc.