

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri, 10 am - 4 pm Phone: (262) 235-5446
N78W17445 Wildwood Dr. #408
Menomonee Falls, WI

COMMUNITY DIRECTOR

Leslie Laak
Wildwood@ardenpropertygroup.com

RESIDENT SERVICES OFFICE

Ramona Perales - ACM
Delores Tessmer & Renee Littel - Admin Assts.
Wildwood@ardenpropertygroup.com

LEASING

Mon - Fri, 10 am - 5 pm
Phone: (262) 235-5446

LEASING SPECIALIST

Mary Beth Richardson

MAINTENANCE

Mon - Fri, 8 am - 4:30 pm
Phone: (262) 235-5446
Evenings & Weekends (AnSer)
EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Kevin Tesch, Perry Bartkiewicz & Curt Hanaman

HOUSEKEEPING TEAM

JoAnn Gordon

UPCOMING SPOTLIGHT EVENTS



Ice Cream Treats & Lawn Games

WEDNESDAY, AUGUST 5TH, AT 2 PM
BUILDING 4 PATIO

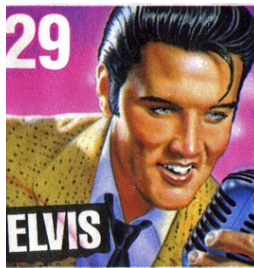
Cool off, connect, and have some fun! Join us for Ice Cream Treats & Lawn Games—enjoy sweet treats, friendly competition, and great company.



Craft: Scarecrow Door Hanger

TUESDAY, AUGUST 11TH, AT 2 PM
BUILDING 4 COMMUNITY ROOM

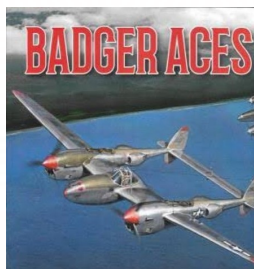
Welcome the transition to fall with a fun DIY Scarecrow Door Hanger craft! Create a festive decoration to bring autumn charm to your door.



Elvis Live!

THURSDAY, AUGUST 13TH, AT 2 PM
BUILDING 4 COMMUNITY ROOM

Celebrate Elvis Week with a special live performance! Enjoy an “Elvis Favorite Snack” while we shake our hips to all his best hits!



Presentation of Badger Aces Pilots

TUESDAY, AUGUST 18TH, AT 1 PM
BUILDING 4 COMMUNITY ROOM

Enjoy a discussion with author Mike O'Connor on his book, “Badger Aces,” about WI pilots who fought in WWI, WWII, & Vietnam. Don't miss this historic discussion.



Romero Tacos Food Truck

THURSDAY, AUGUST 27TH, AT 12 PM
BUILDING 4 PARKING LOT

Food Truck Lunch! Enjoy tacos, nachos, and more delicious favorites. Grab a quick bite, connect, and savor fresh flavors! Join us!

This event is self-pay.



RESIDENT REMINDERS

Reduce, Reuse, Recycle

Recycling facts are fun when you go to:
www.nrc-recycle.org/recyclingcalculator.aspx

Learn more and have some fun! Drag and drop an item into the “loopy” machine, and it will reward you with some fascinating statistics about how recycling saves our world. It even includes a calculator so you can add up your own recycling numbers and discover your positive impact on the planet.

Maintenance Moment - AC

Keep cool without shooting your electricity bill sky high:

- Use fans to circulate air through your home. This keeps rooms cooler longer and reduces the time your A/C runs.
- Keep the blinds or curtains closed. This helps keep the cool air in and the warm air out.
- Set the thermostat at 78° F; raise it to 80° or 82° when you aren't home. Do not turn your air-conditioning off when you leave—your home will store up the heat, and you're likely to make the air conditioner run for hours just to feel comfortable.

Comforting Décor

A small switch in décor that can make a big difference is changing your bedding to go with the seasons. Look for a reversible comforter with a bright, whimsical side for summer and a jewel-toned side for cooler months. Similarly, drape a lightweight blanket over the foot of the bed in warmer weather, replacing it with a thicker one as the nights get chilly.

Preventing Falls

Each year, more than a third of seniors will fall. Falling can cause bone fractures and other health problems. To prevent falls, the U.S. Department of Health and Human Services recommends that older adults exercise to improve leg strength, get regular eye exams and keep floors and stairs free of clutter such as books, papers and shoes.

ONSITE & LOCAL SERVICES

Free Wi-Fi

Bring your laptop or iPad to the Fireside Room, Bldg 4, and tap into the Wildwood Highlands FREE Wi-Fi. If you have any questions, please contact the Resident Services Office at 262-251-3584.

Pest Control Schedule

A pest control company visits WH the 1st week of every month. If you have a pest control need, please call the Resident Services Office so your unit can be added to the list.

David Keddie - Healthmarkets

10:15 am, Every 2nd Wednesday, Fireside Room
MEDICARE OPTIONS AND COVERAGE (262) 242-1498
Choosing the right Medicare coverage can be confusing. David Keddie can help you find the Medicare plan that's right for you and your budget. David is a Licensed Insurance Agent with Healthmarkets.

Hearing With Care

Margie Roman is a Wisconsin Licensed Hearing Instrument Specialist. Margie can test and dispense for hearing loss. Many hearing aid services are free of charge. Call (414) 315-3149 to schedule an individual appointment in your unit.

Spectrum Cable

FREE CABLE/INTERNET PACKAGE

CUSTOMER SERVICE (855) 326-5115 - You MUST let them know you are calling about BULK ACCOUNT SERVICES when you call.

We Energies

CUSTOMER SERVICE (800) 242-9137
POWER OUTAGE (800) 662-4797

Senior Center

LORI OERTEL, OLDER ADULT & VOLUNTEER SUPPORT

Phone: (262) 255-8469 Email: oertlor@sdmfschools.org
For Blood Pressure Testing, Hearing Checks, Toenail Trimmers and More!

WHAT'S COOKING

Simple, Sweet Energy Bites

Beat the heat with these delicious and nutritious no-cook snacks.

Ingredients:

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

Directions:

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Find more recipes at Culinary.net.

Enjoy!



To Your Health: Back to Basics

Simply reducing the amount of processed and packaged foods you eat could greatly improve your health.

Generally speaking, the fewer ingredients a food has, the better it is for you. Focus on eating fresh fruits and vegetables, whole grains, nuts and seeds, and lean meats and fish. Avoid what comes in boxes and bags. You will cut down on sodium, preservatives and other artificial ingredients.

SAVOR THE SEASON

August in Wisconsin is a special kind of sweet—warm days, golden evenings, and a gentle reminder that summer's peak is here. It's the perfect time to slow down and savor the simple pleasures that make our state shine.

Farmers markets are overflowing with fresh favorites—sweet corn, juicy tomatoes, and ripe berries—making it easy to enjoy healthy, seasonal meals. Whether you're picking up produce downtown or visiting a local farm stand, there's nothing quite like food grown close to home.

It's also festival season. From county fairs to music in the park, August offers countless opportunities to connect with neighbors, enjoy live entertainment, and celebrate community traditions. Take a stroll through an art fair, enjoy a scoop of custard, or simply relax under the shade of a big oak tree while listening to local musicians.

For those who love the outdoors, now is the time to take advantage of Wisconsin's lakes, trails, and scenic byways. Early mornings are ideal for a peaceful walk or a bit of birdwatching, while evenings invite porch sitting

and sunset appreciation.

As the days gradually begin to shorten, August gently nudges us to make the most of summer's final stretch. Whether you're staying active, reconnecting with friends, or simply enjoying a quiet moment, this month offers something for everyone.

So take it all in—the warmth, the flavor, the feeling. Wisconsin summers may be short, but they are certainly memorable.



PAST ACTIVITIES & RECREATIONAL EVENTS



JUST FOR FUN

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Successful Swim

In August of 1926, Gertrude Ederle became the first woman to swim the English Channel. The Olympic gold medalist completed the historic swim in 14 hours and 31 minutes, a record that stood until 1950.

CONGRATULATIONS

Who Won \$100?

Our lease renewal drawing winner is Joanne R.!

