

# AARC Magazine



*Ignite Action*  
*We drive the change that we*  
*want to see in the community.*

## **National Family Caregiver Month**

This month, we're celebrating YOU, the family caregiver!

Take some time for yourself to relax and recharge.

Read more on page 16



# Aging & Disability Resource Center



**300 S. Adams St.  
Green Bay, WI 54301**

Bus Routes: 6 Red (:50 & :20), 8 Green (:35), & 9 Gold (:05)  
Downtown Green Bay, Corner of Adams and Stuart St.

*Note: Hour restrictions for street parking do not apply to handicap parking*

Phone: (920) 448-4300

Fax: (920) 448-4306

TTY: WI Relay 711

[bc.adrc@browncountywi.gov](mailto:bc.adrc@browncountywi.gov)

[adrcofbrowncounty.org](http://adrcofbrowncounty.org)



Monday - Friday

8 a.m. - 4:30 p.m.

*Additional times available  
by appointment.*

*Home of*



**Grounded Café**

Phone: (920) 448-4303

[info@groundedcafegeb.org](mailto:info@groundedcafegeb.org)

[groundedcafegeb.org](http://groundedcafegeb.org)

Gather | Cater | Dine



Monday - Friday

7 a.m. - 2 p.m.

*Dine in | Order online |  
Visit our walk-up window*

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### Accommodations

Reasonable accommodations will be made for disabilities. If you require an accommodation, please contact ADRC five days prior to the need for the accommodation.

### Ad Disclaimer

ADRC Magazine is provided as an informational resource and not intended as professional advice. Readers should seek the counsel of legal, financial, medical, etc., professionals regarding your individual circumstances. ADRC of Brown County is committed to unbiased service and does not endorse nor assume responsibility for non-ADRC products and services that are advertised. Thank you to the advertisers who help to make the publication of ADRC Magazine possible. Advertisements can be found on pages 8, 9, 14, 15, 26, & 27.

# ADRC of Brown County

## *Answers & Solutions Start Here*



**“Empower and enrich the lives of older adults, adults with disabilities and their caregivers.”**

Here at ADRC, we provide advocacy, information, and access to services and opportunities that support independence and individual choice. Whether you're looking for help finding services, have questions or concerns about money matters, looking to improve your health, or wanting to connect to others in the community, we've got you covered. ADRC is committed to being a safe and welcoming place for everyone in our community, we're here for you!

### ***Decision Support: Plan for the Future***

*Stay independent at home  
Considering a facility  
Caring for a loved one*

- Transition age:
  - Students with disabilities
- In-home care
- Housing options
- Transportation

### ***Benefit Questions: Start with a Check-Up***

*Understand the programs  
See all available options  
Make an informed decision*

- Medicare
- Medicaid
- Social Security
- Pensions
- Health Insurance

### ***Dementia Diagnosis: Help Along the Journey***

- Brain health
- Signs, symptoms, treatment
- Memory screens
- Community programs
- Help a loved one

### ***Stay Healthy, Stay Active: Visit ADRC***

- Falls prevention
- Health education
- Community cafe

**ADRC & Grounded Cafe are closed on Thursday, 11/28, & Friday, 11/29/24.  
Have a happy and safe Thanksgiving!**



# Can I Work and Also Get Disability Benefits?



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

**Social Security**

Transportation

Youth Transition

## Additional Information & Support

We are here to help you and your family with a wide variety of community resource options. Contact us today. (920) 448-4300



Many people receiving Social Security or SSI disability benefits call to ask what happens to their benefits if they go to work. The Social Security Administration has many programs that encourage people to return to work. A summary of some of the incentive programs follows:

### Social Security Disability Work Incentives:

- Trial Work Period (TWP) - You can test your ability to work for at least nine months. You continue to receive your regular benefits during this nine-month period. A TWP continues until you have worked nine months in a 5-year period. A trial work month is any month in which you earn at least \$1,110.
- Continued Medicare - If your disability benefits stop because you have successfully returned to work, your Medicare benefits can continue for at least 93 months.
- Extended Period of Disability - If you finish the TWP and your disability benefits stop, for any month you earn less than "substantial" earnings, you can receive your disability check for that month. "Substantial" earnings are defined as \$1,550 or more in 2024. The extended period lasts for 3 years, and no new application is needed.
- Expedited Reinstatement - If you are unable to continue working because of your medical condition and your benefits have stopped, you have a 5-year period to ask Social Security to start your benefits immediately. You will be paid benefits while Social Security reviews your medical condition.

### Supplemental Security Income Work Incentives:

- Benefit Continuation - Your benefits will continue until your earnings, along with other income, make you ineligible to receive a cash benefit. If your only income is from work, in 2024 you can earn up to \$1,913 for a single person and \$2,827 for a couple and still receive an SSI benefit.
- Continued Medicaid - If your SSI benefits stop because of earnings, you can still receive Medicaid coverage until your earnings exceed \$46,545 in a year.
- Expedited Reinstatement - This works the same as described under the Social Security disability work incentive.
- Deducting Work Expenses - The amount of your monthly earnings can be decreased if you must purchase certain items and services that make it possible for you to go to work.
- Plan to Achieve Self-Support (PASS) - If you have a work goal that will reduce your need for SSI, money you use for this purpose will not count when Social Security figures out your income or resources. Your current payment amounts would not be affected.

## SUDOKU

### How to Play:

Fill in the grid with numbers so that every row, every column, and every 3x3 box includes the numbers 1-9, without repeating any.

1	9		6		8	5		2
		6				8		
		3	7	4	2	1		9
8	3	9		6		4	1	
2			4	1	9			6
6		1		5		9		7
	1	8	5		6		9	4
4				2				
	6		3		4	7	5	

\*ANSWER ON PAGE 30



# Ask ADRC Specialists: Caregiver & Dementia Resources



Advocacy

Basic Needs

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We are here to help you and your family with a wide variety of community resource options. Contact us today. (920) 448-4300



**Question: My elderly father was recently diagnosed with dementia. It is early in the disease process. What is something I should know as I walk alongside him and provide support?**

**Answer:** While your dad's needs may not be high right now, they will likely increase over time due to the progressive nature of his disease. The caregiving journey is rewarding, but not without its challenges. Thank you for your willingness to support him.

It is good that you are reaching out now to learn about things to consider as you and he move forward. You may not view yourself this way, but if you are providing any level of assistance to your father, then you are a caregiver for him. Whenever someone is providing support to another individual in some capacity whether it is getting groceries, paying bills, providing rides to appointments, taking the trash cans to the street, or any number of things, they are considered a caregiver.

An important thing to be aware of as a caregiver is the potential for caregiver burnout. This can manifest in many ways including fatigue, irritability, depression, feelings of isolation, anxiety, and withdrawal from things you enjoy. The strain of providing support to another person can be emotionally, financially, and physically challenging.

An ADRC Specialist can talk with you about the range of supports that are available to caregivers. This includes a conversation with you to identify areas where you might need help as well

as discussion about resources available in our community to potentially meet those needs. A few of the resources most frequently discussed with caregivers in your situation include:

- Support Groups: ADRC of Brown County offers a support group for caregivers called the Mug Club, which is facilitated by our Caregiver Specialist. Support groups create an opportunity to be with people who have a common purpose and understand one another. There are also support groups specifically for caregivers of individuals with dementia.
- Classes: ADRC also offers a class called Powerful Tools for Caregivers. This is a six-week class for caregivers to learn how to reduce stress, deal with guilt, depression, or anger, increase their ability to make tough decisions, and share ideas and problem solve with other family caregivers. It is offered several times a year.
- Specialist Services: We also have a Dementia Care Specialist who can provide individual consultations on managing symptoms and challenging situations as a caregiver.

An ADRC Specialist can also explore funding sources that might be available to help you in your role. ADRC offers some caregiver grants and can help caregivers access other grants outside of ADRC. All have eligibility criteria, but the specialist can provide information on the most appropriate options for your situation.

ADRC is here to support you on this caregiving journey. You can contact us at any point along the way by calling us at (920) 448-4300.

# Green Bay Holiday Parade

SATURDAY, NOVEMBER 23, 2024

Grounded Café will be open for the parade from 7 - 11 a.m. Stop on in before the parade starts to warm up and grab a hot drink or a snack!



**GROUND  
CAFE CREATION**

- SLT - \$12
- CAPRESE PANINI - \$12
- CHICKEN BACON RANCH W
- CHIPOTLE CHICKEN WRAP -
- HENRIETTA YOUR WAY - \$11
- GRILLED CHEESE - \$8

**GROUND  
ON THE GO**

**MISSION IN MOTION**

**FOOD TRUCK**

## NOW BOOKING FOR 2025!

Join our Mission in Motion -  
and break down barriers one bite at a time!

Why Grounded on the Go? We're not just any food truck, we're one of the first fully accessible food trucks coming to your neighborhood. If you're looking for a fun and unique catering experience for your event in 2025, visit us online or give us a call and let's talk!

[GROUNDCAFEBG.ORG](https://groundedcafegb.org) || (920) 448-4303



(920) 448-4300

[adrcofbrowncounty.org](https://adrcofbrowncounty.org)



[adrcbrowncountywi](https://adrcbrowncountywi)

ADRC Magazine | November 2024

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**Community Café & Home Delivered Meals Monthly Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>Suggested Contribution: \$5/meal.</b> Please pay as much as you can afford. We rely on donations to keep the program going.</p>				
<p><b>4</b> <b>Chicken a la King</b> Whole Grain Dinner Roll Glazed Carrots Peaches</p>	<p><b>5</b> <b>Roasted Pork w/ Sauerkraut</b> Whole Wheat Bread BBQ Pinto Beans Corn Oreo Cookies</p>	<p><b>6</b> <b>Meatballs w/ Tomato Sauce</b> Spaghetti Whole Grain Dinner Roll Mixed Vegetables Cucumber Salad Fruited Gelatin</p>	<p><b>7</b> <b>Chicken Booyah w/ Crackers</b> Whole Wheat Bread Garden Salad Pumpkin Bar</p>	<p><b>1</b> <b>Beef Pot Roast w/ Gravy</b> Whole Grain Dinner Roll Parsley Red Potatoes Butternut Squash Three Bean Salad Mint Frosted Fudge Brownie</p>
<p><b>11</b> <b>Baked Tilapia</b> Rye Bread Roasted Garlic Potatoes Beets Fruited Gelatin</p>	<p><b>12</b> <b>BBQ Pork Rib</b> Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies</p>	<p><b>13</b> <b>Cheeseburger</b> Lettuce &amp; Tomato Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p><b>14</b> <b>Asian Beef</b> Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges</p>	<p><b>15</b> <b>Bruschetta Chicken</b> Whole Wheat Bread Lentils Italian Vegetable Blend Garden Salad Pudding</p>
<p><b>18</b> <b>Meatballs w/ Gravy</b> Whole Grain Dinner Roll Brown Rice Peas Carrot Raisin Salad Orange</p>	<p><b>19</b> <b>Beef Fajitas</b> Shredded Lettuce &amp; Diced Tomatoes Shredded Cheddar Cheese &amp; Sour Cream Black Beans Applesauce Pudding</p>	<p><b>20</b> <b>Brown Sugar Glazed Ham</b> Whole Grain Dinner Roll Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake</p>	<p><b>21</b> <b>Chicken Parmesan</b> Whole Grain Dinner Roll Penne Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookie</p>	<p><b>22</b> <b>Chicken Noodle Soup w/ Crackers</b> Egg Salad Garden Salad Rice Crispy Treat Fruit Juice</p>
<p><b>25</b> <b>Chicken Pot Pie</b> Buttermilk Biscuit Garlic Mashed Potatoes Carrots Diced Pears</p>	<p><b>26</b> <b>Pork Chop Suey</b> Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin</p>	<p><b>27</b> <b>Turkey w/ Gravy</b> Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice</p>	<p><b>28</b> </p>	<p><b>29</b></p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

**Suggested Contribution: \$5/meal | Please pay as much as you can afford, as we rely on donations from participants to keep the program going.**

## Dine with Us

Meals are served Monday - Friday.

### What are the meals like?

- Healthy and tasty\*
- Complete - make it the main meal of your day!
- Plan ahead - check out the monthly menu
- \*Special diets are not available

### What is the cost?

Meals are \$5.00 (suggested contribution) if you are:

- Age 60 and older
- The spouse of someone age 60 and older
- Living in an apartment complex listed to the right

Anyone else is welcome to dine at the full cost - \$11.35.

Come say Hi to Jose!



## Community Cafés

- **ADRC Community Cafe**  
Mon - Fri from 11a - 1p  
Dine-in available  
No reservation needed
- **Curative Connections**  
Mon - Fri, 11:30a - 12:30p  
Call to reserve a meal:  
(920) 468-1161
- **Mason Manor**  
Mon - Fri, 11:30a - 12:30p  
Call to reserve a meal:  
(920) 492-4991

## Home Delivered Meals

Enjoy a hot, nutritious lunch from the comfort of home!

### Stay in your home...stay independent.

Persons receiving a meal say it helps them continue living in their home.

### It's more than just a meal.

Along with lunch, recipients get a wellness check and links to other services and support.

### Who is eligible for a meal\*?

- You may be eligible for meals if you are:
- Age 60 or older, and for the most part, unable to leave your home and safely prepare meals on your own
  - The spouse of someone who is eligible for meals
  - Adult with a disability living with an eligible person who is receiving meals

\*Adults under age 60 may qualify.



### How does someone sign-up for meals?

Call ADRC (920) 448-4300 to start an application. Approved applicants often start receiving meals in two days.

### What is the cost\*?

Eligible individuals can dine for a \$5.00 suggested contribution. Persons will not be denied a meal based on ability to donate.

## Home Delivered Meals

Home delivered meals are delivered weekdays  
11 a.m. - 12:30 p.m.

**To Cancel a Meal:**  
Please call 24 business hours in advance to cancel a home delivered meal.

**(920) 492-4999**

Green Bay, Denmark,  
De Pere, and Pulaski

For details on Home Delivered Meals and eligibility, please call ADRC at (920) 448-4300.





# National Family Caregiver Month: Nutrition for Caregivers



Advocacy

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Caregiving is an incredibly important role. It involves many responsibilities to be sure the best care is provided for the one you are caregiving for. Proper nutrition and cooking for your loved one can be a daunting task - they may have a special diet, they may not have much of an appetite, or maybe you are running out of energy to make meals. It is important to remember that a healthy and well-balanced diet helps many things, such as reducing risk for chronic diseases like heart disease. Here are some tips to quick and healthy meals.

1. Prep protein such as chicken, beef, fish, and eggs ahead of time. Protein tends to be the most time-consuming to cook, so by having already cooked protein on-hand, it's easy to reheat for a well-balanced meal.
  - Rotisserie chicken is great shredded to use on salads, make chicken salad, meal prep chicken burritos, or soup with chicken.
  - Prepare a large batch of chicken, pork, or beef and freeze to thaw when ready to eat.
  - Canned tuna, salmon, or chicken are very versatile. Use on salads, as a quick snack with crackers, or on a sandwich.
  - Precooked chicken breast can be reheated in the microwave for a quick protein source. Reheat and use in a wrap, in a stir fry, or make tacos or quesadillas.
  - Hard boiled eggs are easy to cook in large batches and have on-hand for a protein-rich snack, make an egg salad sandwich, or add on top of a salad.

- Also try meals in the freezer section that are already prepared, you just have to heat, such as stir fry packets or lasagna.
2. Convenient fruit and veggie options.
    - Frozen or canned fruits and veggies are quick and easy. Just thaw frozen fruit and add to yogurt or oatmeal. Frozen fruit is also great in smoothies. Frozen veggies can be popped in the microwave for a quick side. Be sure to purchase fruit that's in fruit juice or light syrup and veggies with no salt added.
    - Salad kits are convenient to have on-hand as they have all the toppings and include the dressing, just put all the ingredients in a bowl. You could even add some protein for added nutrition.
    - Precut fruit and veggies trays are handy for an easy and nutritious snack!
  3. Here are some other cooking tips:
    - Plan ahead by meal prepping. Plan which meals you are making for the week and prepare a grocery list. Meal prepping takes the guess work out of what to buy at the grocery store and saves on time trying to think of what to make for meals.
    - To save time, look for recipes that use one pot, are 30 minutes or less, use a crockpot, or are easy to freeze.
    - When preparing meals, try limiting sodium by using herbs and spices.
    - If your loved one is able, ask them to help you prepare the meals with you. It is great bonding time and for them to be involved with preparing meals.

Source: [heart.org/en/health-topics/caregiver-support/top-10-cooking-tips-for-caregivers](https://heart.org/en/health-topics/caregiver-support/top-10-cooking-tips-for-caregivers)







**ADRC Presents is a traveling program of ADRC of Brown County. We bring our information and resources to you!**

**Our Mission:**  
*Empower and enrich the lives of older adults, adults with disabilities, and their caregivers.*

*If ADRC Presents includes a meal, Brown County residents age 60 and older are invited to enjoy the meal for a voluntary contribution of \$5. If you're under 60, you are welcome to join us for \$11.35. Spouses residing with and accompanying an eligible individual are also eligible to receive the meal on a contribution basis. For more information on the meal, call ADRC at (920) 448-4300.*



# ADRC Presents:

**WE'RE TAKING OUR MESSAGE ON THE ROAD.  
WE'LL COME TO YOU - EVEN VIRTUALLY!**

ADRC Presents was developed to meet older adults, adults with disabilities, and their caregivers where they live, socialize, and work. We are here to help the people we serve live their best possible life.

**Call ADRC at (920) 448-4300 today to learn more about ADRC Presents and to set up a presentation!**

## Upcoming ADRC Presents in the community:

**Southwest Library**  
**974 9th St, Green Bay**  
**Wednesday, 11/6/24**  
**11:30 a.m.**  
*Lunch & Learn*

**Weyers-Hilliard Library**  
**2680 Riverview Dr, Green Bay**  
**Tuesday 11/12/24**  
**11:30 a.m.**  
*Lunch & Learn*

**Kress Library**  
**333 N Broadway, De Pere**  
**Monday, 11/18/24**  
**11:30 a.m.**  
*Lunch & Learn*

Registration is required. If you'd like to register for one of these events, please call ADRC at (920) 448-4300.

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# November is National Family Caregiver Month!



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## Additional Information & Support

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November is National Family Caregiver Month. It's a time we recognize all that our family caregivers do, the sacrifices they make, and to thank them for the care they provide.

In the Powerful Tools for Caregivers class, our very first class covers "Managing Self-Care Principles." As family caregivers, to manage our self-care we must:

- **Take responsibility for our personal well-being** and for getting our needs met. We need to maintain activities and friendships that are meaningful to us.
- **Have realistic expectations.** We fully understand our loved one's medical condition. We are realistic about what the person can do, and we are realistic about what we can do. We don't try to do the impossible.
- **Focus on "what I can do."** Have a clear picture of what we can and cannot change. We accept or "let go" of what we cannot change. We are willing to seek solutions to what we can change.
- **Communicate effectively with others.** This includes family members, friends, health care professionals, and the care receiver. Don't expect others to know what we need. We recognize that if we have a problem and don't tell people about it, we can't expect them to do anything about it.
- **Deal with our emotions.** We realize there will be emotional ups and downs. We find ways to manage our emotions. We manage our emotions; they don't control us.
- **Set goals and work toward them.** Every week during the 6-week session, we touch on setting goals, both long and short-term goals.

Taking care of yourself so you can continue to care for your loved one may sound selfish. Consider this, when taking a flight, before the plane takes off, we are told, "if the oxygen mask drops, put yours on first before helping

anyone else." If you pass out due to lack of oxygen, who will help the person next to you? You are no good to anyone if you are running on empty.

### Other Ways to Take Care of Yourself

Join us Saturday, November 2, 2024, for the Guiding Caregivers to Wellness event at Curative Connections. This is a free event with free on-site respite provided. Enjoy a great keynote speaker, breakout sessions, a catered lunch, door prizes, and more. See page 24 for more details

Download one of the many caregivers apps such as:

- **Care Angel**  
Applies AI (artificial intelligence) to healthcare, not to replace the human touch, but to enhance the way we care. A daily check-in by the program can alert a person's support system of any concerns and see past medical history for trends and areas to watch.
- **CaringBridge**  
Connects multiple caregivers through a single app, providing easy access to appointment dates, changes in health, and other essential information. Allows family and friends the opportunity to stay connected through journal entries or photos posted by the caregivers.
- **CareZone**  
A worry-free way to organize health information and access vital health services. This includes a symptom tracker, calendar, journal, contacts, notes, to-dos, photos, and community contacts. Your information is kept private and secure.

Source: *The Caregiver Handbook, 3rd ed., Powerful Tools for Caregivers, 2013*







# NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH

This month, we're celebrating YOU! Below is a listing of events in November geared towards our family caregivers, to support you (and your loved one) through your caregiving journey.

## START THE MONTH OFF RIGHT -

Relax and let us take care of you for the day.

### **GUIDING CAREGIVERS TO WELLNESS** **SATURDAY, 11/2/24, 10 A.M. - 2 P.M.** **AT CURATIVE CONNECTIONS**

Enjoy our keynote speaker, Joy Jordan, informative break-out sessions, lunch, door prizes, and a special thank you gift for all caregivers in attendance. Free on-site respite available, courtesy of Curative Connections. **Registration required. Call (920) 448-4300.**

#### **DE" MEN" TIA CAREGIVER SUPPORT GROUP**

**Tuesday, 11/5/24, 9 a.m.**

*Bay View Family Restaurant - 1209 N Military Ave.*

**Tuesday, 11/19/24, 9 a.m.**

*Oak Street Cafe - 926 Oak St. De Pere*

No RSVP needed, just ask for Eric's group.

#### **CAN HAPPY HOLIDAYS AND DEMENTIA CO-EXIST? YES!**

**Wednesday, 11/6/24, 10:30 - 11:30 a.m.**

*Curative Connections - 2900 Curry Ln.*

Free on-site respite available, courtesy of Curative Connections. RSVP at (920) 593-3575.

#### **CAREGIVERS' OASIS**

**Monday, 11/11/24, 10 - 11:30 a.m.**

Text "Oasis" to (920) 932-1471 to RSVP.

#### **BROWN COUNTY MEMORY CAFE**

**Tuesday, 11/12/24, 1 - 3 p.m.**

*The Automobile Gallery - 400 S Adams St*

No RSVP needed.

#### **THE LANGUAGE OF DEMENTIA & FINDING SUCCESS**

**Tuesday, 11/12/24, 1:30 - 2:30 p.m.**

*Bank of Luxemburg - 630 Main St. Luxemburg*

RSVP to Kelly at (920) 905-5117.

#### **MUG CLUB FOR FAMILY CAREGIVERS SUPPORT GROUP**

**Wednesday, 11/13/24**

*Online: 10 - 11 a.m.*

*In person at ADRC: 5:30 - 7 p.m.*

#### **SPOUSAL SUPPORT GROUP**

**Wednesday, 11/13/24, 10:30 a.m. - 12 p.m.**

*Curative Connections - 2900 Curry Ln.*

Respite care may be available upon request.

RSVP to Tina at (920) 593-3517.

#### **CONVERSATIONS WITH THE DEMENTIA CARE SPECIALIST**

**Wednesday, 11/30/24, 1 p.m.**

*ADRC - 300 S Adams St.*

RSVP at (920) 448-4300.

*NOVEMBER'S THEME:*

# ***FAMILY CAREGIVERS***

Every month, we'll be highlighting a particular theme with articles and events that focus on that theme. Be sure to keep an eye on the magazine, website, and Facebook page as we celebrate and educate on something different each month!

November is National Family Caregiver Month! Every day, more than 53 million Americans provide care and support for loved ones with disabilities or chronic conditions. This November, we want to raise awareness about the critical need to support the family caregivers who provide about 80% of all care in the U.S., recognize the important role of family caregivers, and thank them for their dedication.



## ***CHECK OUT THESE UPCOMING EVENTS:***

### ***GUIDING CAREGIVERS TO WELLNESS***

**Saturday, 11/2/24, 10 a.m. - 2 p.m.**

*In person at Curative Connections*

Join us for keynote speaker Joy Jordan, informative break-out sessions, lunch, door prizes, and a special thank you gift for all caregivers in attendance! This is a free event and free on-site respite courtesy of Curative Connections.

### ***DEMENTIA CAREGIVER SUPPORT GROUP***

**Tuesday, 11/5/24, 9 a.m.**

*In person at Bay View Family Restaurant*

**Tuesday, 11/19/24, 9 a.m.**

*In person at Oak Street Cafe*

### ***MUG CLUB FOR FAMILY CAREGIVERS***

**Wednesday, 11/13/24**

*Online: 10 - 11 a.m.*

*In person at ADRC: 5:30 - 7 p.m.*

Create connections, learn together, share conversations, and offer care and support.

### ***CONVERSATIONS WITH THE DEMENTIA CARE SPECIALIST***

**Wednesday, 11/20/24, 1 p.m.**

*In person at ADRC*

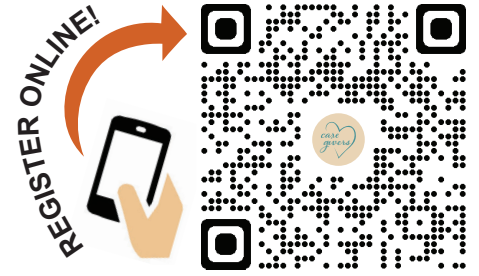
Join ADRC's Dementia Care Specialist for education about various brain health and dementia topics. Come with questions and learn about how we can care for our health and each other!

*Find more details and registration information starting on page 17*



# ADRC Classes & Workshops

Ready to sign up? Registration is a breeze! With your smartphone, use the QR Code to the right or give us a call at (920) 448-4300. Keep an eye out for the different color events that match our monthly theme!



## 2024 Events by Date:

- Fri - 11/01 - LGBTQIA+ Social Group
- Sat - 11/02 - Guiding Caregivers to Wellness
- Mon - 11/04 - Destination Medicare: ABCD's
- Mon - 11/04 - Lunch Bunch
- Tue - 11/05 - Men's Support Group
- Wed - 11/06 - Food, Fun, Drugs, & a Shot
- Thu - 11/07 - Hand Sewing & Quilting
- Mon - 11/11 - Destination Medicare: ABCD's
- Mon - 11/11 - POA & Guardianship
- Tue - 11/12 - MS Support Group
- Wed - 11/13 - Ballet, Tap, & Jazz for Beginners
- Wed - 11/13 - Current Affairs Discussion Group
- Wed - 11/13 - Jin Shin Jyutsu: Change
- Wed - 11/13 - Medicare Plan-Finder Demo
- Wed - 11/13 - Mug Club
- Wed - 11/13 - Parkinson's Support Group
- Thu - 11/14 - Acrylic Painting
- Fri - 11/15 - LGBTQIA+ Social Group
- Mon - 11/18 - Book Club
- Mon - 11/18 - Suicide Loss Support Group
- Tue - 11/19 - Men's Support Group
- Tue - 11/19 - What is iCloud
- Wed - 11/20 - Conversations with the DCS
- Thu - 11/21 - Hand Sewing & Quilting
- Thu - 11/21 - Jin Shin Jyutsu
- Thu - 11/21 - Medicare Pit Stop
- Fri - 11/22 - Medicare Plan-Finder Demo
- Tue - 11/26 - What is Cloud Storage
- Tue - 11/26 - Destination Medicare: ABCD's
- Wed - 11/27 - Current Affairs Discussion Group
- Thu - 12/05 - Estate Planning 101
- Mon - 12/09 - Destination Medicare: ABCD's
- Mon - 12/09 - Hmong Cultural Meal @ Grounded
- Wed - 12/11 - Country Christmas Dinner & Show
- Fri - 12/13 - Healthy Living with MCI
- Tue - 12/17 - Destination Medicare: ABCD's
- Tue - 12/17 - Holiday Sing-Along
- Thu - 12/19 - Medicare Pit Stop

## 2024 Events by Name & Description:

*In alphabetical order*

Although many of our classes and events come at little or no fee to you, our operations do have a cost. To ensure we can continue quality programming at ADRC, please consider donating towards these activities. Thank you!

### Acrylic Painting

**Thursday, 11/14/24, 11 a.m. - 1 p.m.**

**Thursday, 11/14/24, 1:30 - 3:30 p.m.**

*In person at ADRC - \$25 per class, paid to instructor*  
Come discover what can be created by using recycled materials for your painting. No skill needed. It's simple and fun - come and try your hand at something new! *Led by Karen Konshak.*

### Ballet, Tap, & Jazz for Beginners

**Wednesday, 11/13/24, 11:30 a.m. - 12:30 p.m.**

*In person at ADRC*

Dance supports overall physical, emotional, and social well-being through its artistry and physicality. Regular dance also helps develop skills and confidence, enriching daily life through creative expression. This fun, encouraging session for beginners will teach the basic steps of ballet, tap, and jazz dance. *Presented by DeeDee Kaplan, ADRC Volunteer.*

### Book Club

**3rd Monday of the month (11/18/24), 1:00 p.m.**

*In person at ADRC*

We'll be discussing September's book, *Anxious People* by Fredrik Backman. Next month's book is *The Book Woman's Daughter* by Kim Michele Richardson.

### Conversations with the Dementia Care Specialist

**Wednesday, 11/20/24, 1 - 2 p.m.**

*In person at ADRC*

Join ADRC's Dementia Care Specialist, Heather, for education about various brain health and dementia topics. Come with questions and be ready to learn about how we can care for our health and each other!



## REGISTRATION REQUIRED

*Please call to cancel if you are no longer able to attend class(es) you're registered for*

## Country Christmas Dinner & Show with Adam Lee

**Wednesday, 12/11/24, 5p Dinner - 6p Show**

*In person at ADRC - \$35/person*

Join Adam Lee at ADRC for a night of all your favorite country holiday classics! Enjoy a hearty dinner of pot roast with gravy, roasted potatoes, side salad, dinner roll, and finish it off with a Christmas cookie.

## Current Affairs Discussion Group 2nd & 4th Wednesdays of the month (11/13 & 11/27/24), 1 - 3 p.m.

*In person at ADRC*

Join us for a discussion of current events. Some political topics may be discussed, all political views are welcome.

## Destination Medicare: ABCD's of Medicare

*In person at ADRC*

**Monday, 11/4/24, 10 - 11:30 a.m.**

*In person at East Branch Library*

**Monday, 11/11/24, 5 - 6:30 p.m.**

*In person at ADRC*

**Monday, 12/9/24, 10 - 11:30 a.m.**

*Online*

**Tuesday, 11/26/24, 9 - 10 a.m.**

**Tuesday, 12/17/24, 3 - 4 p.m.**

Learn about the full scope of the Medicare program; including the ABCD's of Medicare, enrollment information, and the coverage options. *ADRC is your source for unbiased, up-to-date Medicare information.*

## Energy Assistance Appointments

**Thursday, 11/7/24, 9 a.m. - 3 p.m.**

**Thursday, 11/21/24, 9 a.m. - 3 p.m.**

*In person at ADRC*

Do you need help with your heating and electric bills? See if you qualify for and get help applying for energy bill payment assistance, weatherization, furnace services, and crisis assistance. **Schedule your appointment by calling (833) 646-0823 or by visiting [www.partners4cd.com/energy-assistance](http://www.partners4cd.com/energy-assistance).**

## Food, Fun, Drugs, & a Shot!

**Wednesday, 11/6/24, 10:30 a.m. - 1:30 p.m.**

*In person at ADRC*

Join us at ADRC for an afternoon of fun and information! Grab lunch with your friends and meet new ones at our Community Cafe or at Grounded Cafe. Sign up for a free, 20-minute Medicare Plan Comparison so you're ready for 2025. Participate in our exciting scavenger hunt and get your flu shot! **Registration required by 11/1/24.**

## Future Planning Series:

### Estate Planning 101 - Wills vs Trusts

**Thursday, 12/5/24, 10 - 11 a.m.**

*In person at ADRC*

By attending this class, you will learn about the essential tools and strategies needed to protect your assets and regain control over decisions that will impact you and your family's future.

*Presented by Dan Walsh, One Law Group, S.C.*

### Future Planning Series: POA & Guardianship

**Monday, 11/11/24, 10 - 11 a.m.**

*In person at ADRC*

Join us to discuss what financial power of attorney versus guardianship is. Learn more about when it can become effective (immediate power, springing power), what type of authority it covers, when/how the power expires, how to choose an agent, and the fiduciary responsibility. *Presented by Mary Rose Orcutt, Geimer & Orcutt Law, S.C.*

### Guiding Caregivers to Wellness

**Saturday, 11/2/24, 10 a.m. - 2:30 p.m.**

*In person at Curative Connections*

Join us for keynote speaker Joy Jordan, informative break-out sessions, lunch, door prizes, and a special thank you gift for all caregivers in attendance! This is a free event and free on-site respite is available courtesy of Curative Connections. *Learn more on page 24.*



### Hand Sewing & Quilting

**1st & 3rd Thursday (11/7 & 11/21/24), 11 a.m. - 3 p.m.**

*In person at ADRC - \$2 Sugg. Donation*

Join this group for hand sewing, wool work, quilting, or any other hand work. Bring your own project to work on and sit and sew. Experienced members may be able to help answer your questions. Open to all skill levels.

### Healthy Living with MCI - Sharpen Your Mind, Amplify Your Life: Empowering Strategies for Managing Hearing Loss and MCI

**Friday, 12/13/24, 9:30 - 11:30 a.m.**

*In person at ADRC*

Healthy Living with Mild Cognitive Impairment (MCI) is a support and educational series for people with MCI and their care partners. Classes offer attendees guidance and science-backed strategies for living and coping with a diagnosis of MCI.



### Hmong Cultural Meal at Grounded Cafe

**Monday, 12/9/24**

*In person at ADRC & Grounded Cafe*

Join us for a special meal at Grounded Cafe! Enjoy Chicken Pho Noodle Soup at both Grounded and our Community Cafe. *Available while supplies last. For individuals age 60+, you are invited to join us for this meal on a suggested contribution of \$5. A Nutrition Registration form will need to be completed prior to meal service.*

**REGISTRATION REQUIRED FOR ALL CLASSES**



## Holiday Sing-Along

**Tuesday, 12/17/24, 2 - 4 p.m.**

*In person at ADRC*

Join us for an afternoon of merry-making! Our very own ukulele group will lead us in classic holiday tunes you can sing along with. There will be cookies and cocoa for all to enjoy! *This is a dementia-friendly event. There will be "quiet rooms" available for those who need a break.*

## Jin Shin Jyutsu

**3rd Thursday of the month (11/21/24), 1 - 2 p.m.**

*In person at ADRC*

Jin Shin Jyutsu is a very powerful form of energy work. Using just a gentle touch, you can clear your energy for better health and longevity. Most importantly, you can easily do it for yourself anywhere and anytime. Join us to learn more and experience healing energy for yourself.

## Jin Shin Jyutsu: Change & Adaptability

**Tuesday, 11/12/24, 1 - 2 p.m.**

*In person at ADRC - \$12 paid to instructor*

Change is constantly occurring. We'll look at ways to adapt smoothly and easily, finding fun ways to enjoy change and be happy. Feeling happy is contagious! Jin Shin Jyutsu helps soothe and open our minds and hearts and nourish your soul. Let's spread joy and happiness by living our best, true self.

## Legal Counseling

**2nd Friday of the month (11/8 & 12/13/24)**

*By phone or in person at ADRC*

ADRC offers 30-minute, one-on-one legal consultations with a volunteer Elder Law Attorney to consult on topics such as:

- Power of Attorney / Guardianship
- Estate Planning / Estate Recovery
- Trusts / Wills
- Medicaid Planning

*Counseling is limited to advising only and does not include other legal work. Prior to scheduling an appointment, there will be a brief pre-screening to determine if there are other resources available. Appointments are not guaranteed.*

## LGBTQIA+ Social Group

**1st & 3rd Friday of the month (11/1 & 11/15/24), 12 p.m.**

*In person at ADRC*

The Pride Center of Northeastern Wisconsin is hosting a 50+ LGBTQIA+ and ally social group. Come meet new people and old friends in a cafe with a great menu and affirming location. Donations accepted to provide support for using the Grounded Cafe space! Questions? Check out more information at Pride Center of Northeastern Wisconsin Facebook page.

## Lunch Bunch

**1st Monday of the month (11/4/24), 11:30 a.m.**

*In person at Longhorn (West)*

Join the Lunch Bunch to build community and ignite conversation as you connect with others. Staying active and social is key to maintaining your health.

## Medicare Pit Stop

**Thursday, 11/21/24, 1 - 1:30 p.m.**

*Topic: Medicare Preventive Services*

**Thursday, 12/19/24, 1 - 1:30 p.m.**

*Topic: Supplementing Medicare*

*Online*

The Medicare Minute provides accurate, up-to-date, and easy to understand information. Please join us to learn more about Medicare benefits.

## Medicare Plan-Finder Demonstration

**Thursday, 11/14/24, 5 - 6:30 p.m.**

**Friday, 11/22/24, 1:30 - 3 p.m.**

*In person at ADRC*

Join us for a demonstration of the 2024 Medicare Plan-Finder Tool. Bring your own device and after the demonstration, staff/volunteers will be available for assistance. *ADRC is your source for unbiased, up-to-date Medicare information.*

## Men's Support Group: Support for Men Caring for Loved Ones with Dementia

*In person at Bay View Family Restaurant - 1209 N Military Ave, Green Bay*

**1st Tuesday of the month (11/5/24), 9 a.m.**

*In person at Oak Street Cafe - 926 Oak St, De Pere*

**3rd Tuesday of the month (11/19/24), 9 a.m.**

Men often have different perspectives and experiences as caregivers. Join this group, specifically designed and led by men, to share successes and challenges of caring for a loved one with Alzheimer's or other dementias. Men of all ages are welcome!

## MS Support Group

**2nd Tuesday of the month (11/12/24), 10 a.m.**

*In person at ADRC*

Caring and sharing with others and any new information you may need to know.

## Mug Club for Family Caregivers

**2nd Wednesday of the month (11/13/24)**

**Online: 10 - 11 a.m.**

**In person at ADRC: 5:30 - 7 p.m.**

Create connections, learn together, share conversations, and offer care and support. Call or email Teri Bradford (920) 448-4320 or [teri.bradford@browncountywi.gov](mailto:teri.bradford@browncountywi.gov) if you are interested. *Sponsored by the Brown County Caregiver Coalition.*

**REGISTRATION REQUIRED FOR ALL CLASSES**



(920) 448-4300 |

[adrcofbrowncounty.org](http://adrcofbrowncounty.org) |



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## Parkinson's Support Group

2nd Wednesday of the month (11/13/24),  
3 - 4 p.m.

*In person at ADRC*

This support group is geared for the person with Parkinson's as well as their caregivers. During our time together, we'll share stories, exercise, games, and more.



## Suicide Loss Support Group

3rd Monday of the month (11/18/24),  
6 - 7:30 p.m.

*In person at ADRC*

Open to anyone that has lost a loved one to suicide. *Facilitated by Brown County Coalition for Suicide Prevention.*

## What is Cloud Storage and How to Use It

Tuesday, 11/26/24, 9 - 11 a.m.

*In person at ADRC*

You may have heard people using terms like "the cloud" or "cloud storage." But what exactly is the cloud? Simply put, the cloud is the internet. More specifically, it's all the things you can access remotely over the internet. When something is in the cloud, it means it's stored on internet servers instead of your computer's hard drive. We'll explore cloud storage services such as Google Drive, iCloud Drive, and Microsoft OneDrive, and how to access cloud storage services with apps or a browser. *Presented by Kevin Bassett & Brett Baierl, Camera Corner.*

## What is iCloud and How to Use It

Tuesday, 11/19/24, 9 - 11 a.m.

*In person at ADRC*

Learn how iCloud can be used to synchronize your data such as events, contacts, photos, notes, and more across multiple devices. We'll explore how iCloud Backup safeguards your important data.

Topics covered include:

- iCloud Photo Library
- iCloud Keychain
- Managing iCloud storage

*Presented by Kevin Bassett & Brett Baierl, Camera Corner.*

# ADRC Weekly Classes

**All classes in person at ADRC**

## Crochet & Knitting

**Mondays, 12:30 - 2 p.m.**

Bring your own projects and material. No experience necessary, we will teach you how to crochet/knit.

## Gentle Yoga

**Wednesdays, 10 a.m.**

**\*Class ends after 11/20/24 - returning 1/22/25\***

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses, and movements coordinated with the breath and mantra. This practice may be done on the floor, sitting in a chair, or a combination of both, according to your body's needs. Bring a water bottle and wear loose, comfortable clothing.

## Green Bay Knitters, Crocheters, & Stitchers

**Tuesdays, 12 - 2 p.m.**

*In person at ADRC - \$2 Sugg. Donation*

Bring your own supplies. This is a fun group where everyone is welcome!

## Open Art Group

**Wednesdays, 12 - 3 p.m.**

Bring your own projects and materials (rock painting, painting, diamond dots, paper crafts, etc.). Painted rocks will be placed in the community and tracked on social media. Great opportunity to spread good vibes, socialize, and be creative!

## Tatting for Beginners

**Mondays, 9 - 11 a.m.**

Tatting is a technique of handcrafting lace from a series of loops and knots. Join us to work on this craft as well as to socialize with others!

## Tai Chi

**Thursdays, 8:30 a.m. OR 9:30 a.m.**

This is a slow-moving meditation exercise form that originated from martial arts. It helps improve posture, body awareness, balance, cardiovascular and respiratory function, as well as pain and emotional wellness. This session is for beginners and for those who have had some experience with Tai Chi.

## Ukulele Jam

**Fridays, 10 - 11:30 a.m.**

A happy ukulele group that gets together to play and sing, so grab your ukulele and join us!

## Woodcarvers

**Tuesdays, 8 - 11 a.m.**

All are welcome! Bring your own supplies and projects to work on. Basic mentoring available.

**REGISTRATION REQUIRED  
FOR ALL CLASSES:**

**(920) 448-4300 or**

**[www.schedulesplus.com/adrc](http://www.schedulesplus.com/adrc)**

*Please call to cancel if you are no longer able  
to attend class(es) you're registered for*



# Local Adult Activity Centers

## Allouez

### Village of Allouez

1900 Libal St, Green Bay  
(920) 448-2800  
villageofallouez.com

## Ashwaubenon

### Ashwaubenon Community Center

900 Anderson Dr, Green Bay  
(920) 492-2331  
ashwaubenon.com

## Bellevue

### Bellevue Village Hall

2828 Allouez Ave, Green Bay  
(920) 468-5225  
villageofbellevue.org

## Denmark

### Denmark Senior Center

141 Highridge Ave, Denmark  
(920) 863-8097

## De Pere

### De Pere Community Center

600 Grant St, De Pere  
(920) 339-4097  
deperewi.gov

## Howard

### Village of Howard

2456 Glendale Ave, Green Bay  
(920) 434-4640  
(920) 434-5559 (Info Line)  
villageofhoward.com

## West Side YMCA

601 Cardinal Ln, Green Bay  
(920) 436-9570  
greenbayymca.org

## Green Bay

### Ray & Joan Kroc Center

1315 Lime Kiln Rd, Green Bay  
(920) 884-5007  
gbkroccenter.org

### Salvation Army Corps Community Center

626 Union Ct, Green Bay  
(920) 593-2362  
sagreenbay.org

## YMCA

(920) 436-9622  
greenbayymca.org

### Broadview YMCA

380 Broadview Dr

### East Side YMCA

1740 S Huron Rd

### Ferguson Family YMCA

235 N Jefferson St

## YWCA

230 S Madison St, Green Bay  
(920) 432-5581  
ywcagreenbay.org

## Oneida

### Elder Services

2907 S Overland Rd, Oneida  
(920) 869-2448  
oneida-nsn.gov

## Family Fitness

2640 W Point Rd, Green Bay  
(920) 490-3730  
greenbayymca.org

## Pulaski

### Pulaski Adult Activity Center (PAAC)

430 S St August Dr, Pulaski  
(920) 822-8100

### Pulaski Area Chamber of Commerce

(920) 822-4400  
pulaskichamber.org

### Pulaski Area Community Education (PACE)

(920) 822-6050  
pulaskischools.org/pace

## Suamico

### Municipal Services Center

12781 Velp Ave, Green Bay  
(920) 434-2212  
suamico.org



# DAYLIGHT SAVINGS ENDS

Don't forget to "fall back" and set your clocks back an hour on Sunday, November 3, 2023!



# Guiding Caregivers to Wellness



10 AM - 2:30 PM

Saturday, November 2nd



Whether new or seasoned to caring for a loved one, let us guide your journey.

Curative Connections, 2900 Curry Lane, Green Bay

Lunch provided

10-10:30 AM

Check-In and Resource Fair

10:30 AM - 11:30 AM

Key Note – Joy Jordan

11:40 AM - 12:30 PM

1st Breakout Session

12:30 PM - 1:20 PM

Lunch and Resource Fair

1:20 PM - 2:10 PM

2nd Breakout Session

2:10 PM - 2:30 PM

Resource Fair + Gift 4 U

## FREE event!

Call ADRC 920-448-4300

Request FREE on-site care for your loved one @ registration.

Respite registration deadline: October 18, 2024

Event registration closes Nov. 1, 2024



[adrcofbrowncounty.org/events-calendar/](https://adrcofbrowncounty.org/events-calendar/)





## KEYNOTE Joy Jordan, Born Joy Mindfulness

Is there a healthy balance between what you do for yourself and what you do for others? Consider one small step toward balance.

# Break Out Sessions

### Session 1

11:40 AM - 12:30 PM

#### Financial Considerations for Caregivers

Explore the financial challenges that today's caregiver face. Gain valuable information, tips and resources to help navigate the key components for caring for someone you love.

#### Hospice vs Palliative Care

Both programs focus on the comfort and quality of life of people with serious illnesses. However, they differ in when care begins, where it takes place, and the treatment options available. Learn the difference and when it might be appropriate to consider each type of care.

#### Caregiver Panel

Caregivers share their stories, insight and experience before taking questions from the audience.

### Session 2

1:20 PM - 2:10 PM

#### Communication Tips for Dementia Caregivers

As dementia progresses, it may become more difficult for your loved one to communicate and understand what others are communicating. Hear techniques that may help you keep your communication lines open.

#### What Does Respite Look Like to You?

Taking a break to recharge your batteries is important for any caregiver. Experience several easy self-care options and create your own grab-n-go list.

#### The Art of Asking for Help

Asking for help should be simple enough but for some reason, it's something a lot of people struggle with it. Evaluate the obstacles, how and when to ask for help and why asking for help is important.



# ADS

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When submitting:

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Range 1 - 7, 10 - 13, 16 - 25, 28 - 32

# ADS

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When submitting:

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Range 1 - 7, 10 - 13, 16 - 25, 28 - 32



ADRC is a 501(c)3 nonprofit organization

**In 2023, ADRC of Brown County hosted over 1,600 events, welcoming more than 15,000 attendees, and served an average of 587 meals daily. Your generous donation enables us to continue empowering seniors, adults with disabilities, and their caregivers through our vital programs and services.**

Your generosity is a catalyst that cultivates joy by living our shared passion for our community and expressing gratitude in every step we take. Together, we play a crucial role in enhancing the well-being of our community. Your donation is not just a gift, but a powerful way to make a lasting difference. Together we are changing the way people see people. Thank you!

*Interested in learning more about donating to ADRC? Contact Kimberly at (920) 448-4334*

**Donate Today** ♥  


Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \_\_\_\_\_

I would like my gift to go to:

*Please send with check to:*  
 300 S Adam St  
 Green Bay, WI 54301

- Where it's needed most
- Specific program:

Or visit us online at:  
[www.adrcofbrowncounty.org/donate](http://www.adrcofbrowncounty.org/donate)

\_\_\_\_\_  
 \_\_\_\_\_

# NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

## DID YOU KNOW?

- Over 6 million Americans are living with Alzheimer's disease
- Dementia is not a normal part of aging
- Alzheimer's is the 6th leading cause of death in the U.S.
- There are over 11 million unpaid caregivers for family members or friends living with dementia

Source: alz.org

## ARE YOU HAVING MEMORY CONCERNS?

### Early detection is important - get a free Brain Check-Up!

A Brain Check-Up is three short activities to test how different parts of your brain are functioning. Though not a diagnostic tool, this screen can identify if you should take the next steps for further assessment.

## ARE YOU CARING FOR SOMEONE WITH ALZHEIMER'S OR OTHER DEMENTIA?

### The Dementia Care Specialist is here for you!

The Dementia Care Specialist (DCS) serves as a support to ADRC Specialists and can help caregivers understand more about dementia, problem-solve difficult behaviors, and more.

Let ADRC be your first step in planning and guiding you along your journey.



For more information on Alzheimer's and other dementias,  
contact ADRC at (920) 448-4300



(920) 448-4300

| [adrcofbrowncounty.org](http://adrcofbrowncounty.org)



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## SUDOKU ANSWERS

1	9	4	6	3	8	5	7	2
7	2	6	1	9	5	8	4	3
5	8	3	7	4	2	1	6	9
8	3	9	2	6	7	4	1	5
2	7	5	4	1	9	3	8	6
6	4	1	8	5	3	9	2	7
3	1	8	5	7	6	2	9	4
4	5	7	9	2	1	6	3	8
9	6	2	3	8	4	7	5	1

\*PUZZLE ON PAGE 5

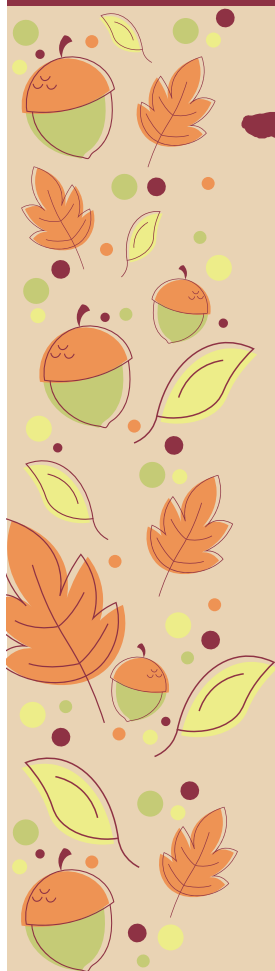
## Preparing for Winter: Inclement Weather Notice

ADRC home delivered meals will be cancelled when there is inclement weather. Home delivered meal recipients will be notified by a phone call. Cancellation of home delivered meals can also be found on our website, Facebook page, and WBAY News, or by calling

**(920) 492-4999**

If ADRC presentations are cancelled, participants will also be notified by phone or email.

We are still available to help you get connected to services and resources over the phone, call us at (920) 448-4300.



# HAPPY Thanksgiving

**ADRC & GROUNDED CAFE  
ARE CLOSED THE  
FOLLOWING DATES:**



- Thursday, November 28
- Friday, November 29
- Closing early  
Tuesday, December 10 (12 p.m.)
- Tuesday, December 24
- Wednesday, December 25
- Tuesday, December 31
- Wednesday, January 1, 2025

*Have a wonderful holiday season!*

# Connect with ADRC



## Our Vision

All people are valued, celebrated, and connected to a life of possibilities.

## Our Mission

Empower and enrich the lives of older adults, adults with disabilities, and their caregivers.

*ADRC is your source for unbiased, comprehensive information.*

## Support our Mission -

Be a part of valuing and celebrating older adults, adults with disabilities, and their caregivers.

Join us in empowering and enriching their lives. Your support helps us stretch services beyond the budget. Here are just a few examples:

**\$25** Provide meals for an older adult for one week

**\$100** Feed an older adult with home delivered meals for one month

**\$400** Cover a week of meals for an entire route (average 20 people / day)

- Expand Grounded Café job training for persons with disabilities
- Extend building hours to serve more community groups
- Increase falls prevention education reducing injury and hospitalization

# Thank You

## Your support makes a difference!

Thank you to all who made donations in September 2024. Your support helps us stretch services beyond the budget!

ADRC is a nonprofit organization dedicated to moving our community forward. With your help, we are creating real change for real people in our community.

**September Donations in Memory of:**  
Gary Austin



*Did you know? ADRC of Brown County is a nonprofit, 501(c)3 organization. We are your source for up-to-date, unbiased information. Donations are tax deductible.*

## Give Today!

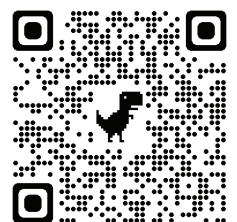
Donate via check: ADRC of Brown County.  
OR - Online: [adrcofbrowncounty.org/donate](https://adrcofbrowncounty.org/donate)



## Volunteer With Us!

As a nonprofit organization, ADRC's mission would not be possible without the generous support from our volunteers.

Volunteers are always needed to lead classes, move our mission forward, serve up smiles, and much more!





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Green Bay, WI 54301

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NOVEMBER'S THEME:

# FAMILY CAREGIVERS

Every month, we highlight a particular theme with articles and events. Keep an eye on the magazine, website, and Facebook page as we celebrate and educate on something different each month!

November is National Family Caregiver Month! Every day, more than 53 million Americans provide care and support for loved ones with disabilities or chronic conditions. This November, we want to raise awareness about the critical need to support the family caregivers who provide about 80% of all care in the U.S., recognize the important role of family caregivers, and thank them for their dedication.

## CHECK OUT OUR UPCOMING EVENTS:



- GUIDING CAREGIVERS TO WELLNESS
- DEMENTIA CAREGIVER SUPPORT GROUP
- MUG CLUB
- CONVERSATIONS WITH THE DEMENTIA CARE SPECIALIST

Find more details starting on page 16

## ADRC Magazine Subscription

- Subscribe by email
- Mail a copy each month for \$20/year  
*\*Make checks payable to ADRC Brown County*

Or stop by and pick up your free copy at: ADRC, any Brown County Library, OR De Pere, Denmark, & Pulask Community Centers

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