

# ADRC Magazine



*Cultivate Joy*  
*We live our passion and share*  
*gratitude in everything we do!*

## **Planning for the Future**

Being prepared for the future provides you and your loved ones peace of mind. ADRC is here to help!

Read more on page 16





**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.

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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*



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Gather | Cater | Dine



Monday - Friday  
7 a.m. - 2 p.m.  
Farmer Market Saturdays  
7 a.m. - 12 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

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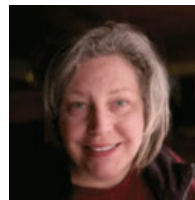
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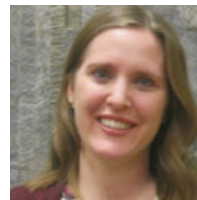
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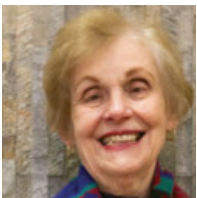
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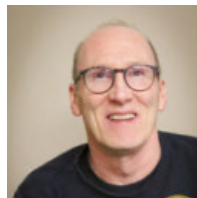
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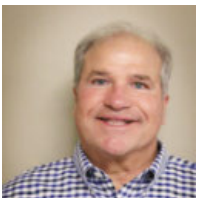
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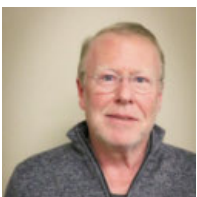
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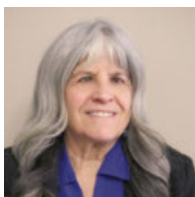
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## ADRC of Brown County *Answers & Solutions* *Start Here*

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

### **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

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

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

### **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

### **Stay Healthy, Stay Active: Come to ADRC**

- Falls prevention
- Health education
- Community cafe

Find us online:



# Alphabet Soup: HRAs vs. HSAs vs. FSAs



For Reprint by the GWAAR Legal Services Team

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



Health Reimbursement Accounts (HRAs), Health Savings Accounts (HSAs), and Flexible Spending Accounts (FSAs) all provide ways for consumers to save money on healthcare costs. However, there are some big differences between these types of accounts and it's important to understand these differences.

	Health Savings Accounts (HSAs)	Health Reimbursement Accounts (HRAs)	Flexible Spending Accounts (FSAs)
<b>How do you get it?</b>	You must have a high deductible health plan. The IRS sets the minimum deductible amount for a plan to qualify.	If your employer offers a plan with an HRA, you will get the HRA when you sign up for the plan.	FSAs are established through your employer when you enroll in benefits. It is not connected to a health plan.
<b>Who funds it?</b>	You can contribute pre-tax money via payroll deductions. The IRS sets contribution limits every year. Your employer and other people may also contribute if they choose. Unused money rolls over from year to year, and there is no limit to how much you can save over time.	An HRA is funded by your employer.	You contribute via payroll deductions. Some employers may also contribute. You generally have to use your FSA money within one benefits year - it does not roll over.
<b>How can you spend the money?</b>	You can spend the money on qualified medical expenses as defined by the IRS.	You can use your HRA for approved premium costs and out-of-pocket medical expenses.	You can spend the money on qualified medical expenses as defined by the IRS. There is a limit to how much you can spend in a benefits year.
<b>What happens when you leave your job?</b>	Once you open an HSA, the account is yours forever. You can take it with you when you leave your job.	The money in the HRA belongs to your employer, so you can't take an HRA with you when you leave your job.	Your employer keeps the funds when you leave your job or if you do not use the money within the benefits year.
<b>What are the tax advantages?</b>	Contributions and account interest are tax-free.	The HRA is tax-free for you and your employer.	The money you contribute to your FSA is tax-free.
<b>Are they affected by Medicare enrollment?</b>	You are no longer allowed to make contributions, and contributions may not be made on your behalf, once you enroll in Medicare. You may continue to spend the money that is already in your HSA after Medicare starts.	The HRA is not affected if you enroll in Medicare.	Your FSA is not affected if you enroll in Medicare.



# 2024 Senior Farmers Market Voucher Program

Available on a first-come, first-serve basis.  
Vouchers cannot be mailed.

## Important Notes:

- Vouchers will be distributed beginning in June.
- Please have your ID ready.

## To Qualify:

1. You must meet the household income, which is 185% of the federal poverty level or less (see chart below).
2. You must be 60 years of age or older (55 if Native American). Only one senior per household is eligible.
3. A resident of Brown County.

*You may be asked to show proof of residence and age.*

Household Size	Monthly Income	Annual Income
1	\$2,322	\$27,861
2	\$3,152	\$37,814
3	\$3,981	\$47,767
4	\$4,810	\$57,720
5	\$5,640	\$67,673
Each additional household member	+\$830	+\$9,953

## Locations for Farmers Market Voucher Pick-Up

### Appointments Required

**Thursday, 6/6/24**  
9 a.m. - 1 p.m.

**Monday, 6/10/24**  
12 - 2 p.m.

ADRC - 300 S. Adams St.

**Call (920) 448-4300 to schedule an appointment.**

### Walk-Ins Welcome - No Appointment Needed

**Friday, 6/7/24**  
9:30 - 11:30 a.m.  
East Library

**Tuesday, 6/18/24**  
10:30 a.m. - 12:30 p.m.  
Wrightstown Library

**Friday, 6/7/24**  
12 - 2 p.m.  
Pulaski Library

**Thursday, 6/20/24**  
11 a.m. - 1 p.m.  
Oneida Elder Services

**Tuesday, 6/11/24**  
10 a.m. - 12 p.m.  
Central Library

**Monday, 6/24/24**  
10:30 a.m. - 12:30 p.m.  
Southwest Library

**Wednesday, 6/12/24**  
3 - 4:30 p.m.  
Hmong Community Center

**Friday, 6/28/24**  
10 a.m. - 12 p.m.  
Kress Library

**Monday, 6/17/24**  
12 - 2 p.m.  
Ashwaubenon Library

**Tuesday, 7/16/24**  
11 a.m. - 12:30 p.m.  
YMCA - West

## Picking up vouchers for someone else?

You need to pick-up the vouchers in person or send a written proxy with a family member, friend, or neighbor.

### The proxy must include the following:

- Name
- Address
- Phone number
- Date of birth
- Race
- Ethnicity
- Primary language spoken
- County of residence

### The proxy must include this message:

"I have designated (insert their name) to be my authorized representative."

### The proxy must be signed and dated by the person that will be utilizing the vouchers.

*We cannot release the vouchers without all of this information.*





# Ask ADRC Specialists: Youth Transition



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

**Youth Transition**

**Question: My child is a junior in high school and has a disability. What are some things I need to think about and plan for as they become a legal adult? How does ADRC work with students with disabilities? What is the best way to connect with ADRC?**

**Answer:** The transition from school to the adult world is a significant milestone for any young adult. This transition takes on special importance to youth with disabilities. When high school ends, so does their entitlement to special education and related services.

Young adults with disabilities and their families must pursue and coordinate needed services and supports for themselves. Our services can be provided at the ADRC office, via telephone, virtually, or in your home, starting at 17 years and 6 months. Professionals involved in transition planning may use the Professional Referral on our website with your consent.

Some of the areas we can provide insight and resources on are:

- Discussion of rights and responsibilities when turning 18
- Decision making supports and guardianship
- Continuing education and/or employment
- Access to adult long-term care programs
- Information on applying and appeals for public benefits, including healthcare and disability
- Healthcare changes

The following is a list of other helpful resources for transition planning, including support for students under 17 year, 6 months old.

**TIG - Transition Improvement Grant**  
[witig.org](http://witig.org)

**WI FACETS - Wisconsin Family Assistance Center for Education, Training & Support**  
Information and referral, support groups, leadership development, individual assistance, and training opportunities: [wifacets.org](http://wifacets.org)

**Children and Youth with Special Health Care Needs**  
Dedicated to supporting families with children and youth with special health care needs. Contact (920) 969-5325 or (877) 568-5205. [northeastregionalcenter.org](http://northeastregionalcenter.org)

**Brown County Department of Human Services**  
Families can learn about the Children's Long-Term Support Waiver. Contact (920) 448-7884.

## **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



# Stay Sharp with ADRC

## SPOT THE DIFFERENCE

Find the 8 differences between the two pictures below!

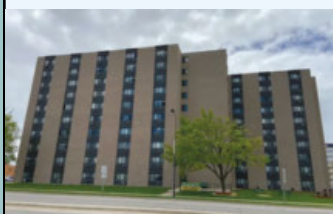


Answer on page 20





**WELCOME HOME!**



*We can help you complete your application!*

Restrictions Apply\*

# Looking for an Affordable Apartment?

## Great Central Location!!

# Monroe Plaza Apartments

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**Rent is based upon 30% of your adjusted gross income.**

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(844) 864-8987

Contact your local  
Aging and Disability Resource Center  
to learn about your long-term care options.

**Concerned about Medicare fraud?  
Give us a call...**

**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:  
888-818-2611**

[www.smpwi.org](http://www.smpwi.org)

WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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**Mary Rose (Geimer) Orcutt\***

\*Certified as an Elder Law Attorney by the National Elder Law Foundation

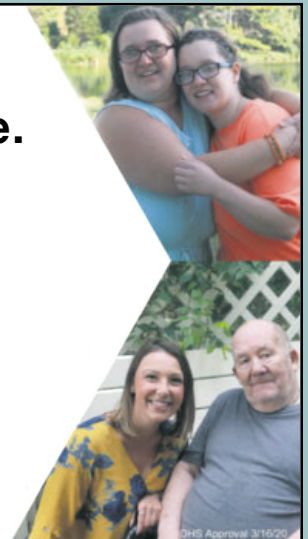
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Your Independence.  
Your Best Life.**

Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

[www.lakelandcareinc.com](http://www.lakelandcareinc.com)



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B 4C 01-1214



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Pasta w/ Meat Sauce</b> Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit	<b>4</b> <b>Seasoned Chicken Breast</b> Whole Grain Dinner Roll BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookies	<b>5</b> <b>Hamburger</b> Lettuce & Tomato Roasted Potatoes Carrots Rice Crispy Bar	<b>6</b> <b>Citrus Herb Pork Chop</b> Whole Wheat Bread Maple Mashed Sweet Potatoes Creamy Coleslaw Fudge Brownie	<b>7</b> <b>Cod Sandwich</b> Tater Tots Irish Vegetable Blend Mixed Fruit & Cottage Cheese
<b>10</b> <b>BBQ Shredded Pork Sandwich</b> Rice w/ Broccoli & Cheese Sauce Garden Salad Diced Pears	<b>11</b> <b>Hot Ham &amp; Swiss Croissant</b> Parsley Red Potatoes Carrots Coleslaw Vinaigrette Oatmeal Cookies	<b>12</b> <b>Chicken Stroganoff</b> Whole Grain Dinner Roll Egg Noodles Peas Pickled Beets Orange	<b>13</b> <b>Tacos</b> Shredded Lettuce & Diced Tomatoes Refried Beans Cinnamon Apples Yellow Cake	<b>14</b> <b>Cream of Broccoli Soup</b> Egg Salad Sandwich Lettuce & Tomato Hummus w/ Carrots String Cheese
<b>17</b> <b>Chicken &amp; Ham Jambalaya</b> Whole Grain Dinner Roll Corn Garden Salad Peach Fluff	<b>18</b> <b>BBQ Peach Roast Pork</b> Whole Wheat Bread Mashed Sweet Potatoes Irish Vegetable Blend Fresh Cantaloupe	<b>19</b> <b>Bratwurst on a Bun</b> Hot German Potato Salad Mixed Vegetables Garden Salad Poke Cake	<b>20</b> <b>Meatballs w/ Tomato Sauce</b> Garlic Herb Breadstick Whole Wheat Pasta Broccoli & Cauliflower Cucumber Tomato Salad Chocolate Chip Cookies	<b>21</b> <b>Ranch Crusted Chicken Sandwich</b> Lettuce & Tomato Home Fries Baked Beans Fruited Gelatin
<b>24</b> <b>Baked Fish</b> Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit & Cereal Bar	<b>25</b> <b>Sloppy Joe</b> BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies	<b>26</b> <b>BBQ Chicken Breast</b> Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce	<b>27</b> <b>Vegetable Soup</b> Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt	<b>28</b> <b>Country Meatloaf w/ Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie



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

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 Bob!



## 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:  
Lisa (920) 593-3564 (East GB)  
(920) 494-3385 (West GB)
- **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 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.

# Nutrition Before & After Surgery



Advocacy

Basic Needs

Caregivers

Dementia

**Healthy Eating**

Home Care

Housing

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Knowing what foods to include in your diet before and after surgery could help aid in the healing process. It requires a lot of energy from the body to heal, so by incorporating the most nutritious foods into your diet, your body may recover quicker!

### Before Surgery

Before surgery, be sure to eat a balanced diet. This way your body has enough nutrients to prepare for surgery. It is recommended to eat a balanced diet at least 7 - 10 days before your surgery date.

- Eat lots of fruits and vegetables as they are high in vitamin C, helping to promote wound healing, reduce inflammation, and increase muscle recovery. Citrus fruits, berries, yellow peppers, and cruciferous vegetables are all high in vitamin C.
- Whole grains have a lot of vitamins, minerals, and fiber. Try eating brown rice, oats, high-fiber bread, cereals, and whole grain pastas.
- Lean meats and plant sources are packed with protein. Protein is needed in our body for wound healing and to repair tissue. Try including chicken, beef, fish, eggs, milk, lentils, quinoa, black beans, and peas.
- Include healthy fats in your diet as they will help your body absorb vitamins and for strengthening your immune system. Include olive oil, avocados, coconut oil, nuts, and seeds.

Foods to avoid:

- Avoid sugary foods and beverages as well as foods that are high in fat. Foods that contain high amounts of sugar and salt should be avoided as they are

inflammatory foods and can increase the risk of complications.

- Alcohol and caffeine should be avoided since they can interfere with anesthesia and cause dehydration.

### After Surgery

It is very important to continue eating healthy to help your body heal and recover from surgery.

- Keep a diet high in protein, fiber, and antioxidants to boost your immune system and provide your body with much-needed energy.
- Continue eating plenty of fruits and vegetables, whole grains, and high protein sources.
- Drink plenty of water and other fluids to help prevent dehydration. Dehydration in recovery is common and staying hydrated can help you recover quicker. Try flavoring your water with fruits such as citrus or berries, eat foods that are a high liquid content such as soups, drink smoothies or protein shakes with extra liquid, or drink herbal teas.

Overall, it is best to consume a diet high in fruits, vegetables, whole grains, lean meats, and healthy fats 7 - 10 days before surgery. Continue to eat a healthy, balanced diet after surgery to help promote wound healing and so you can recover more quickly!

Source: [Orionhospital.in](http://Orionhospital.in)

*This article is provided for informational and educational purposes only. Consult your primary care provider with questions and concerns for best nutrition practices before and after a surgery.*

# ADRC on the GO



## We're taking our message on the road. We'll come to you - even virtually!

Have ADRC present to your group, organization, or business! ADRC on the Go meets older adults, adults with disabilities, and their caregivers where they live, socialize, and work. We are here to help you live your best possible life.

Offering presentations on a wide range of topics designed to meet your needs. These presentations are interactive, fun, and informative.

Topics include:

- Preventing Falls
- Brain Health
- Healthy Eating
- Caregiving
- Social Security
- And so much more!
- Dementia
- Medicare

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

## Upcoming ADRC on the GO presentations in the community:



**Town of Ledgerview Community Center**  
3700 Dickinson Rd  
Thursday, 6/6/24, 11:45 a.m.  
*Topic: Nutrition*

**Neville Public Museum**  
210 Museum Pl  
Friday, 6/14/24, 10:30 a.m.  
*Topic: Veterans Program*

**YMCA**  
380 Broadview Dr  
Tuesday, 6/18/24, 11 a.m.  
*Topic: Advance Directives for Healthcare*

**YMCA**  
601 Cardinal Ln  
Tuesday, 7/16/24, 11 a.m.  
*Topic: Food Truck Frenzy*

**Registration is required. To register, please call ADRC at (920) 448-4300.**

*If the ADRC on the GO presentations serve a meal:  
Brown County residents age 60 and older are invited to enjoy a meal for a voluntary contribution of \$5. If you're under 60, you are welcome to join us for \$11.35. Spouses/caregivers 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.*





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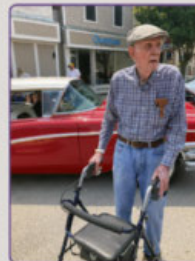
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JUNE'S THEME:

# PLANNING FOR THE FUTURE

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!

Planning for the future can be daunting; whether it's preparing for future health conditions, thinking about funeral arrangements, or anything in between, ADRC is here to help! This month, our big focus is on raising awareness of those living with dementia and their caregivers. June 20, 2024, is the longest day of the year, and we raise awareness on this day because EVERY day is often the longest for those with dementia.

## CHECK OUT THESE UPCOMING EVENTS:



### THE LONGEST DAY

#### Multiple events, days, & times

The longest day of the year is June 20, 2024. We raise awareness for dementia on this day because EVERY day is often the longest day for those not only living with dementia but also their loved ones. Join ADRC June 14 - 21 as we partner with the Alzheimer's Association and the Dementia Friendly Coalition for a week of activities and events. *Learn more on page 23.*



### FUNERAL PLANNING

#### Thursday, 6/6/24, 10 - 11 a.m.

*In person at ADRC*

By planning for funeral and cremation arrangements in advance, you gain peace of mind knowing that you have made the choices that are right for you and made a record of your preferences. This will also make the process easier for your loved ones.



### ADVANCE DIRECTIVES FOR HEALTHCARE & BEYOND

#### Thursday, 6/20/24, 10 - 11:30 a.m.

*In person at ADRC, online, or by phone*

Advance care planning, including power of attorney for health care, allows your preferences for medical care to be voiced even if you are unable to make decisions for yourself. When you put your wishes in writing, it helps put those you love at ease. Let us help you understand the common documents used and how to get started having conversations with your loved ones.

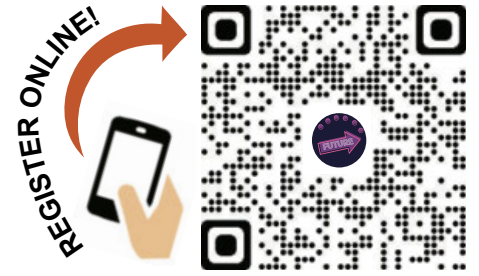
*Find more details and registration information starting on page 17*





# 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:

- Mon - 06/03 - Lunch Bunch
- Mon - 06/03 - Walk with Ease
- Tue - 06/04 - Destination Medicare: ABCD's
- Tue - 06/04 - Men's Support Group
- Thu - 06/06 - Funeral Planning
- Thu - 06/06 - Hand Sewing & Quilting
- Fri - 06/07 - LGBTQIA+ Social Group
- Mon - 06/10 - Friends of JOSHUA
- Tue - 06/11 - Jin Shin Jyutsu: Back Pain
- Wed - 06/12 - Current Affairs Discussion
- Wed - 06/12 - Mug Club
- Wed - 06/12 - Orphan Trains
- Wed - 06/12 - Parkinson's Support Group
- Thu - 06/13 - Mapping Medicare
- Thu - 06/13 - What is iCloud
- Fri - 06/14 - Healthy Living with MCI
- Fri - 06/14 - Legal Counseling
- Fri - 06/14 - Veterans Program
- Mon - 06/17 - Book Club
- Mon - 06/17 - Suicide Loss Support Group
- Tue - 06/18 - What is Dementia Friends?
- Wed - 06/19 - Dementia Experience
- Thu - 06/20 - Advance Directives for Healthcare
- Thu - 06/20 - Got Dementia on the Brain?
- Thu - 06/20 - Hand Sewing & Quilting
- Thu - 06/20 - Jin Shin Jyutsu
- Thu - 06/20 - Medicare Pit Stop
- Thu - 06/20 - What is Cloud Storage
- Fri - 06/21 - How Quick are YOU?
- Fri - 06/21 - LGBTQIA+ Social Group
- Tue - 06/25 - Jin Shin Jyutsu: Arthritis
- Tue - 06/25 - Medicare Plan-Finder Demo
- Thu - 06/27 - Destination Medicare: ABCD's
- Mon - 07/08 - Destination Medicare: ABCD's
- Fri - 07/12 - Legal Counseling
- Thu - 07/18 - Medicare Pit Stop
- Tue - 07/23 - Destination Medicare: ABCD's

## 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!

### Advance Directives for Healthcare & Beyond

**Thursday, 6/20/24, 10 - 11:30 a.m.**

*In person at ADRC, online, or by phone*

Advance care planning, including power of attorney for health care, allows your preferences for medical care to be voiced even if you are unable to make decisions for yourself. When you put your wishes in writing, it helps put those you love at ease. Let us help you understand the common documents used and how to get started having conversations with your loved ones.



### Book Club

**3rd Monday of the month (6/17/24), 1:00 p.m.**

*In person at ADRC*

We'll be discussing May's book, *Demon Copperhead* by Barbara Kingsolver. Next month's book is *The Four Winds* by Kristin Hannah.

### Current Affairs Discussion Group

**2nd Wednesday of the month (6/12/24), 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.

### Dementia Experience

**Wednesday, 6/19/24, 10 - 11 a.m. OR 11 a.m. - 12 p.m.**

*In person at ADRC*

Do you wonder what it might feel like to live with a type of dementia? Try the Dementia Experience where you will be outfitted with tools to simulate neuropathy of the hands and feet, vision limitations, and auditory changes. You will then be asked to complete a few simple tasks with a debriefing discussion to follow.



**REGISTRATION REQUIRED FOR ALL CLASSES**



## Destination Medicare: ABCD's of Medicare

*In person at ADRC*

**Tuesday, 6/4/24, 9 - 10:30 a.m.**

**Monday, 7/8/24, 2 - 3:30 p.m.**

*Online*

**Thursday, 6/27/24, 2:30 - 3:30 p.m.**

**Tuesday, 7/23/24, 1:30 - 2:30 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.*



## Friends of JOSHUA - Hungry for Justice Lunch

**Monday, 6/10/24, 12 - 1 p.m.**

*In person at ADRC*

Come learn more about JOSHUA, an advocacy group passionate about helping others. We will have lunch, socialization, and a presentation on housing.

Register online at [joshua4justice.org](http://joshua4justice.org).

## Funeral Planning

**Thursday, 6/6/24, 10 - 11 a.m.**

*In person at ADRC*

My goal as an Advance Planning Specialist is to help people help themselves by being prepared for an event we will all face at some point in our lives. By planning for funeral and cremation arrangements in advance, you gain peace of mind knowing that you have made the choices that are right for you and made a record of your preferences. This will also make the process easier for your loved ones. *Presented by Dona Schmitt, Newcomer Cremations, Funerals & Receptions.*



## Got Dementia on the Brain?

**Thursday, 6/20/24, 10 - 11 a.m.**

*In person at ADRC*

Join us for a presentation and discussion on dementia, brain health, and community supports. If you're wondering what can be done to help keep your and your loved one's brains healthy, this is the event to attend!



## Hand Sewing & Quilting

**1st & 3rd Thursday (6/6 & 6/20/24), 11 a.m. - 3 p.m.**

*In person at ADRC - \$2 suggested donation*

Join Tammy for hand sewing or quilting. Bring your own project to work on and sit and sew for a few hours. Tammy is able to help answer some questions on what you are working on. Open to all skill levels.

## Healthy Living with MCI - You Are More Than Your Diagnosis: Adapting to Life with MCI

**Friday, 6/14/24, 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.



## How Quick are YOU?

**Friday, 6/21/24, 12 - 1 p.m.**

*In person at ADRC*

Stop down at ADRC to test your visual processing speed and reaction time with our fun game using unique light pod sensors. While you're here, be sure to check out our café specials for the Longest Day!



## Jin Shin Jyutsu

**3rd Thursday of the month (6/20/24), 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: Arthritis & Stiff Joints

**Tuesday, 6/25/24, 1 - 2 p.m.**

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

Gentle Jin Shin Jyutsu self-care to help our joints be mobile and pain free. Helpful for rheumatism, flexibility, and more. Information provided on lowering inflammation. This ancient healing technique uses just a gentle touch and can be done anytime, anywhere.

## Jin Shin Jyutsu: Back Pain & Sciatica

**Tuesday, 6/11/24, 1 - 2 p.m.**

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

If you are troubled by back pain or sciatica, here is an easy technique you can do for yourself. Works for pain radiating down the leg and for any area of back pain - shoulders, mid-back, or low back. This easy self-care uses just a gentle touch and can be done anywhere, anytime.

## Legal Counseling

**2nd Friday of the month (6/14 & 7/12/24)**

*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

*There will be a brief pre-screening prior to setting the appointment. Counseling is limited to advising only and does not include other legal work.*



## REGISTRATION REQUIRED

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

## LGBTQIA+ Social Group

**1st & 3rd Friday of the month  
(6/7 & 6/21/24), 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 (6/3/24), 11:30 a.m.**

*In person at Village Grille (Hoffman Rd)*

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.

## Mapping Medicare: Medicare & Employer Sponsored Benefits

**Thursday 6/13/24, 5:30 - 6:30 p.m.**

*In person at ADRC*

Do you understand how your benefits work and the actions you need to take? This presentation is specifically about Medicare and employee sponsored insurance coordination and all the different options. It pays to know how all your benefits coordinate with each other - or how they don't!



## Medicare Pit Stop

**Thursday, 6/20/24, 1 - 1:30 p.m.**

*Topic: New to Medicare*

**Thursday, 7/18/24, 1 - 1:30 p.m.**

*Topic: Cost Saving Programs*

*Online*

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



## Medicare Plan-Finder Demonstration

**Tuesday, 6/25/24, 2:30 - 4 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

**1st Tuesday of the month (6/4/24), 9 - 10:15 a.m.**

*In person at Bay View Family Restaurant*

*1209 N Military Ave, Green Bay*

Join this group to share successes and challenges of caring for a loved one with Alzheimer's or other type of dementia.

## Mug Club for Family Caregivers

**2nd Wednesday of the month (6/12/24)**

**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.*

## Orphan Trains

**Wednesday, 6/12/24**

*In person at ADRC*

Hear the story of Orphan Trains and their journey across the United States. Several have settled in NE Wisconsin and many families remain today. *Presented by Don Youniss.*

## Parkinson's Support Group

**2nd Wednesday of the month (6/12/24), 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 (6/17/24), 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.*

## Veterans Program

**Friday, 6/14/24, 10:30 a.m.**

*In person at Neville Public Museum*

Kevin Hermening, Marine Veteran, will speak on his time as a POW in Iran. He was the youngest of the Americans held hostage for 444 days at the U.S. Embassy. This is an opportunity for veterans to gather, learn something new, and participate in an optional meal. *Brown County residents are invited to participate in the meal for a \$5 contribution.*

## Walk with Ease (Series)

**Monday, Wednesday, & Fridays, 6/3 - 7/19/24\*  
10 - 11:30 a.m.**

*In person at ADRC - \*Skipping week of July 4th*

*\$25 suggested donation*

Join us for this new program being offered here in our community! The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease. Walk With Ease can help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength, and stamina
- Reduce pain and feel great

*Presented by Michelle Erdmann & Amy Staniforth, ADRC.*

## What is Dementia Friends?

Tuesday, 6/18/24, 10 - 11 a.m.

In person at ADRC

Dementia Friends is an information session led by a Dementia Friends Champion. The session includes education on the basics of dementia, activities that help people understand what it might be like to live with dementia, and tips on how to better communicate with someone with dementia. You will leave being a dementia friend!



## What is Cloud Storage and How to Use It

Thursday, 6/20/24, 1 - 3 p.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

Thursday, 6/13/24, 1 - 3 p.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.

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, non-binding clothing.

## 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!

## Tai Chi

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

**\*Starting June 12, Tai Chi will be at Voyageur Park in De Pere. Meet on the hill overlooking the river\***

This is a slow-moving meditation exercise form that originated from martial arts. It helps to improve posture, body awareness, and balance, as well as pain and emotional wellness.

## 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!

## 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.

# SPOT THE DIFFERENCE ANSWERS



Puzzle on page 7

DANCE • GIVEAWAYS • PHOTO BOOTH • CORNHOLE • AND MORE

13TH ANNUAL

# D4D

DANCE FOR DISABILITY

**CELEBRATING THE DISABILITY COMMUNITY OF GREEN BAY**

Dance for Disability is a free community event celebrating the diverse disability community of Green Bay. D4D brings together people with disabilities and the organizations, families, and caregivers that support them. [Campdaniel.org/d4d](http://Campdaniel.org/d4d)

**YOU'RE INVITED**

**SATURDAY 1<sup>ST</sup>**  
**JUNE 2024**

**BAY BEACH PAVILLION 4-7PM**



(920) 448-4300

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



ADRC Magazine | June 2024 21



# Dementia Friendly Community

## Making Our Community a Better Place with Purple Angel Training!

The Purple Angel initiative, through the Brown County Dementia Friendly Community Coalition, trains businesses and organizations in our community to recognize, communicate with, and create a welcoming and safe environment for people living with dementia and their caregivers. This helps businesses become dementia friendly, letting the community know that they are accessible and safe for people with dementia.

## Thank You to our New Purple Angel Trained Businesses in 2024!

- Bank First - Denmark
- Cathedral Book Store
- City Deck Landing
- Downtown Green Bay, Inc.
- Grace Lutheran Church
- Heights Pub and Parlor
- Loco Wisco
- Los Arcos Mexican Restaurant
- NeighborWorks
- Quality Inn and Suites (Downtown GB)
- Rising Faith Prints
- Rosaries for a Reason
- Rummele's Jewelers
- SAGE Arts Advocacy
- Studio 1887

## Thank You to our Purple Angel Trained Businesses with Ongoing Training for New Staff!

- Advocate Aurora Hospice Volunteers
- Milo C. Huempfer Department of Veterans Affairs Outpatient Clinic Volunteers
- Kroc Center
- YMCA of Greater Green Bay

## Neighborhood Approach to Being Dementia Friendly!

Connecting with those around us can be helpful, especially when it's our neighbors who we may often see! With the help of a United Way grant, residents and businesses in Navarino and Downtown neighborhoods in Green Bay can learn more about dementia and how to help support those living with a type of dementia through training programs, provided at no cost. The idea is that providing education to neighbors and businesses will help create a very caring atmosphere for people and their families suffering from dementia. We have many newly trained businesses and are always looking for more help! If you would like to get involved, please reach out to ADRC at (920) 448-4300 and ask about volunteering for Dementia Friends or Purple Angel programs!



Learn More:





# The Longest Day

## Week of Events

### Get Involved!

Join ADRC June 14 - 21, 2024, as we partner with the Alzheimer's Association and the Brown County Dementia Friendly Community Coalition for a week of activities bringing awareness to dementia and its impact. June 20th is the longest day of the year, and we raise awareness because EVERY day is often the longest for those living with dementia and their loved ones. Interested in learning more about the Brown County Dementia Friendly Community Coalition? Reach out to ADRC at (920) 448-4300.

### Community Opportunities - All events in person at ADRC

#### Healthy Living with MCI

**Friday, 6/14/24, 9:30 - 11:30 a.m.**

Join us as we hear from Wisconsin Alzheimer's Disease Research Center's Dr. Adrienne Johnson as we learn tips and the latest research for adapting to life with Mild Cognitive Impairment. Register now and request a FREE Brain Check-Up after!

#### What is Dementia Friends?

**Tuesday, 6/18/24, 10 - 11 a.m.**

Dementia Friends is an information session led by a Dementia Friends Champion. The session includes education on the basics of dementia, activities that help people understand what it might be like to live with dementia, and tips on how to better communicate with someone with dementia. You will leave being a dementia friend!

#### Dementia Experience

**Wednesday, 6/19/24,  
10 - 11 a.m. & 11 a.m. - 12 p.m.**

Do you wonder what it may feel like to live with a type of dementia? Try the Dementia Experience where you will be outfitted with tools to simulate neuropathy of the hands and feet, vision limitations, and auditory changes. You will then be asked to complete a few simple tasks with a debriefing discussion to follow.

#### Got Dementia on the Brain?

**Thursday, 6/20/24, 10 - 11 a.m.**

Join us for a presentation and discussion on dementia, brain health, and community supports. If you're wondering what can be done to help keep your and your loved one's brains healthy, this is the event to attend!

#### How Quick are YOU?

**Friday, 6/21/24, 12 - 1 p.m.**

Stop down at ADRC to test your visual processing speed and reaction time with our fun game using unique light pod sensors. While you're here, be sure to check out our café specials for the Longest Day!

**Space is limited so  
be sure to register!**



Give us a call at  
(920) 448-4300  
or visit us online!



**JOIN  
OUR  
TEAM!**



# Volunteers Needed!

## Share your skills and give back to your community!

ADRC has so many ways for you to join our family. Check out the opportunities below.

### Bingocize® Facilitator

Bingocize® combines exercise and health information with bingo for a fun way to get moving and socializing! Bingocizers maintain or gain improved mobility and use health information focused on falls reduction all while engaging in a fun, social setting. The facilitator must be willing to make a 2-year commitment to the 10-week course (program is 1 hour twice a week).

### Walk With Ease Facilitator

Walk With Ease is designed to help people manage arthritis pain and make walking a regular habit. It is proven to increase balance, strength, walking pace, and build confidence to be physically active. The facilitator must be willing to make a 2-year commitment to the 6-week course (program is 1 hour three times a week).

### Healthy Living with Diabetes Facilitator

Healthy Living with Diabetes gives participants strategies for managing diabetes including communication techniques, practicing healthy eating and nutrition, goal setting, and much more. The facilitator must be willing to make a 2-year commitment to the 7-week course (program is 2.5 hours once a week).

### Stepping On Facilitator

Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety modifications, medication review, and more. Guest experts provide falls prevention information and strategies for avoiding a fall. The facilitator must be willing to make a 2-year commitment to the 7-week course (program is 2 hours once a week for 7 weeks).

### Brain Enrichment Facilitator

Brain Enrichment (BE) is an interactive, educational experience for older adults. The curriculum includes learning about the brain's processes, mental exercises to stimulate the brain, and lifestyle practices for brain health. The facilitator must be willing to make a 2-year commitment to the 10-week course (program is 1.5 hours once a week).

### Dementia Community Educator

The Dementia Community Education volunteer position works in conjunction with the Dementia Care Specialist to aid in outreach and community presentations in Brown County. Activities will take place during normal working hours (M-F) and can accommodate a variety of available hours from potential candidates.

### Powerful Tools for Caregivers Facilitator

Powerful Tools for Caregivers (PTC) is an evidenced-based class that provides family caregivers with the tools to take care of themselves while caring for a loved one. The facilitator must be willing to make a 2-year commitment to the 6-week course (program is 1.5 hours once a week) and provide a minimum of two, 6-week workshops in the first year following training, and at least 1 workshop every other year according to the PTC licensing organizations.

**Join Our Team Today!**

[www.adrcofbrowncounty.org/get-involved-volunteer](http://www.adrcofbrowncounty.org/get-involved-volunteer)





# ADRC Volunteer Spotlight:

## Cathy Speirs



Hello beloved ADRC Magazine reader and welcome to another edition of "Our Volunteers are Amazing," meet and greet! This month, we're happy to introduce to you Cathy Speirs.

Cathy is one of our dedicated meal delivery drivers, delivering meals every Monday to about 20 individuals around downtown Green Bay. The best part of this is the wonderful people she has met. She said she often takes too long on her route because she talks too long with many of them and it is a joy and blessing to spend time with them.

She also volunteers with Make-A-Wish as a Wish Granter. She says it is an honor to be able to work with the critically-ill children and their families to discover their wishes and deliver those wishes to them - what an incredible organization!

In addition, she is also the Chairman/Race Director for Kickin' It with the Cows, a 5K/10K run/walk and kids' run benefiting St. Jude Children's Research Hospital. She enjoys being a part of this event because it is humbling and heartwarming to watch hundreds of people join in support of desperately sick children and their families.

When Cathy is not volunteering, she is a loving grandma to three awesome grandchildren. Having retired four years ago, she likes to keep busy while her husband and oldest son manage their large dairy farm. She has one other son, a first-year medical student, and a daughter living in Canada - where Cathy and her family had moved from 21 years ago. Last but not least, they have a Boxer named Sammie.

Thank you so much, Cathy, for all of your amazing work with us and the community!

## April 2024 Volunteer Appreciation Event



*Thank you to all of our incredible volunteers!*



## Interested in Becoming a Volunteer?

We're always looking for new volunteers! Give us a call (920) 448-4300 or visit us online [adrcofbrowncounty.org/get-involved-volunteer](https://adrcofbrowncounty.org/get-involved-volunteer)



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For seniors and persons with disabilities.

**Lime Tree Terrace Apts.**

800-830 Lime Kiln Rd., Green Bay, WI 54302 ■ **(920) 432-6787**

For families with dependent children.

**Parkview Terrace Apts.**

1001-1031 Moraine Way, Green Bay, WI 54303 ■ **(920) 432-1707**

For families with dependent children.

**Trail Creek Apts.**

1900 Morrow St., Green Bay, WI 54302 ■ **(920) 432-1707**

[www.trailcreekseiorapts.com](http://www.trailcreekseiorapts.com)

**Woodland Park Apts.**

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[www.woodlandparkseiorapts.com](http://www.woodlandparkseiorapts.com)

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## Are High Energy Costs Putting the Squeeze On Your Limited Income?



# KEEP WISCONSIN WARM/COOL FUND

In cooperation with local energy assistance agencies may be able to help.

**2 Simple ways to apply for a WHEAP Energy Assistance Grant!**

### 1 Call **800-506-5596**

A) For questions or to schedule an appointment at our service center or outreach sites.  
B) To complete a WHEAP application by phone with our helpful and experienced staff.

**OR**

### 2 You may now also apply online at **HEAT.HELP**

For over 4 decades we have been responsible for providing government, utility supported and charitable energy assistance grants statewide to over **100,000 low income households annually.**

Working closely with County HHS, other basic service providers and utilities-fuel vendors serving the area, we are committed to providing the highest level of assistance and services possible for those in need.

2023 2024	NEW ENERGY ASSISTANCE GRANTS INCOME GUIDELINES FOR THE PREVIOUS ONE MONTH
	HOUSEHOLD SIZE (GROSS INCOME LIMIT (1 MONTH))
1	\$2,820.87
2	\$3,688.58
3	\$4,956.50
4	\$6,424.50
5	\$8,292.42
6	\$7,160.33
7	\$7,323.00
8	\$7,485.75



Our capable team is available to answer any questions you may have and assist you in applying for WHEAP or other resources that may be of help.



Don't delay,  
call us today!

# 800-506-5596



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**Jessie Marceau**  
Senior Care Advisor  
920-883-5081

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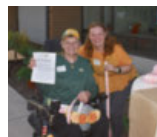


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Curative Connections provide 15 adult day programs to help people achieve their goals for independence and has been serving aging adults and people with disabilities for more than 75 years.



### Programs Include:

- Adult Day Services
- Brain Rehab and Wellness
- Dementia and Healthy Aging
- Home and Community
- Specialized Transportation
- Training and Employment

*Each program provides members with opportunities to build skills, improve their quality of life, live independently, and participate in enriching experiences.*



920-468-1161  
[www.curativeconnections.org](http://www.curativeconnections.org)  
Locations in East and West Green Bay,  
Shawano and Luxemburg



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

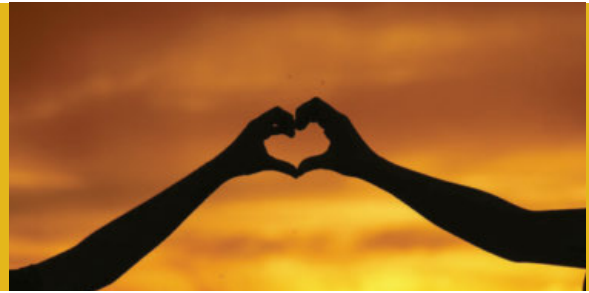
For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021





# Decision-Making Options Overview



## 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



Did you know Wisconsin is not a "next of kin" state? If something happens and you are no longer able to make safe decisions about your health and finances, your spouse or family do not automatically get to make those decisions for you. Having decision-making supports in place is crucial for individuals with disabilities transitioning into adulthood.

Let's talk about how to prepare yourself and your family if and/or when that time comes. It is important to have a plan before something happens!

### Supported Decision-Making:

Supported Decision-Making (SDM) can be a very valuable tool for individuals who can make their own decisions but may need additional support in doing so. This is a signed contract between the individual and their Supported Decision-Maker. This document can be presented during moments where a decision must be made to ensure their designated support is involved in that decision.

### Power of Attorney for Healthcare:

The Power of Attorney for Healthcare (POA-HC) document indicates who you would like to be able to make your health decisions if you are no longer able to. In this document, you name your "agent" that you trust to make your health decisions. This document is just a draft until two physicians evaluate the person and agree they are no longer able to cognitively make safe health decisions. This "activates" the POA-HC. If someone's POA-HC is active, there should be an "activation page" with two physician signatures.

### Power of Attorney for Finance:

The Power of Attorney for Finance (POA-F) document is different from the Healthcare document. The POA-F allows someone to name an agent to make financial decisions and access bank accounts, property, benefits, etc. This document is usually active upon being signed by a notary, except in specified situations. This document does not take away a power from the individual, but rather gives additional access if needed to help manage benefits and finances.

### Guardianship of Person & Estate:

Guardianship (limited or full) is established through the court system. If someone does not have advance directive documents in place at the time they require a decision-maker, guardianship is pursued. "Guardianship of Person" covers things like healthcare decisions whereas "Guardianship of Estate" covers things like finances, property, and benefits. Someone can petition for guardianship through the County's Probate office.

Though it can be overwhelming to review all of the options, it is crucial to think about these things ahead of time and plan for a smooth transition to adulthood, disability, or a decline in cognitive health. Set yourself and your loved ones up for future success!

If you need help locating these documents or want to have a further discussion about options, contact ADRC at (920) 448-4300.

# 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





## GREEN BAY FARMERS MARKETS

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# ADRC Wishlist

Looking for an easy way you can have a direct, positive impact on our programs and services? Check out our ADRC Wishlist!

Each item has been carefully selected to make the largest impact for both our staff and our customers. Find our wishlist at [www.adrcofbrowncounty.org/donate](http://www.adrcofbrowncounty.org/donate).

Every donation, big or small, brings us one step closer to creating a brighter future together.

Thank you!



## WE NEED YOUR FEEDBACK!

**Have you recently met with one of our staff members?  
Let us know how we did!**

There are 3 easy ways to do this:

- Call: (920) 448-7686
- Visit: [www.adrcofbrowncounty.org/customer-survey](http://www.adrcofbrowncounty.org/customer-survey)
- Stop by the front desk - they have paper copies on hand!



**Haven't met with anyone recently but still have feedback for us?**

Visit us online at [www.adrcofbrowncounty.org/feedback](http://www.adrcofbrowncounty.org/feedback) and let us know how we're doing!



*If you have any additional comments or questions, please call us at (920) 448-4300*

# 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 April 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.

### April Donations in Memory of:

William & Shirley Clancy  
Ruth Wapiszynski



*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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"Return Service Requested"



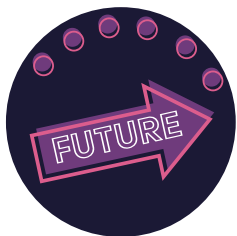
*JUNE'S THEME:*

# *PLANNING FOR THE FUTURE*

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!

Planning for the future can be daunting; whether it's preparing for future health conditions, thinking about funeral arrangements, or anything in between, ADRC is here to help! This month, our big focus is on raising awareness of those living with dementia and their caregivers. June 20, 2024, is the longest day of the year, and we raise awareness on this day because EVERY day is often the longest for those with dementia.

## *CHECK OUT OUR UPCOMING EVENTS:*



- *THE LONGEST DAY*
- *FUNERAL PLANNING*
- *ADVANCE DIRECTIVES FOR HEALTHCARE*

*Find more details starting on page 16*

## **ADRC Magazine Subscription**

- Subscribe by email
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