

A DRC Magazine



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*We Put People First!
Every story matters.
We work to elevate each other.*

Stay Safe, Stay Strong!

This August, we want you to be safe, strong, and prepared for whatever life may bring your way.

Read more on page 16





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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



300 S. Adams St. Green Bay, WI 54301 || (920) 448-4300

ADRC is a nonprofit, 501(c)3 organization



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ADRC Magazine | August 2024 3

Marketplace "Unwinding SEP" Extended to Nov. 30, 2024

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

Last year, the Centers for Medicare & Medicaid Services (CMS) announced a new Marketplace Special Enrollment Period (SEP) for individuals losing Medicaid coverage due to the unwinding of continuous Medicaid enrollment following the end of the COVID-19 Public Health Emergency.

This "Unwinding SEP" allows individuals to enroll in Marketplace coverage when their Medicaid coverage ends. Marketplace-eligible individuals who submit a new application or update an existing application between March 31, 2023 and November 30, 2024 and say that they have lost Medicaid coverage at any point during this time period are eligible for the Unwinding SEP.

Individuals who are eligible for the Unwinding SEP have 60 days after they submit or update their Marketplace application to choose a plan with coverage that starts the first day of the month after they choose that plan. For example, coverage will begin on June 1 for someone who selects a plan in May.

You can find more information from CMS about this SEP here: www.healthcare.gov/medicaid-to-marketplace.

For general information about Marketplace, please visit: www.healthcare.gov.

If you would like assistance enrolling in a Marketplace plan, you can find local help here:

localhelp.healthcare.gov

or through Covering Wisconsin: coveringwi.org/enroll.

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



MEDICARE WORKSHOPS



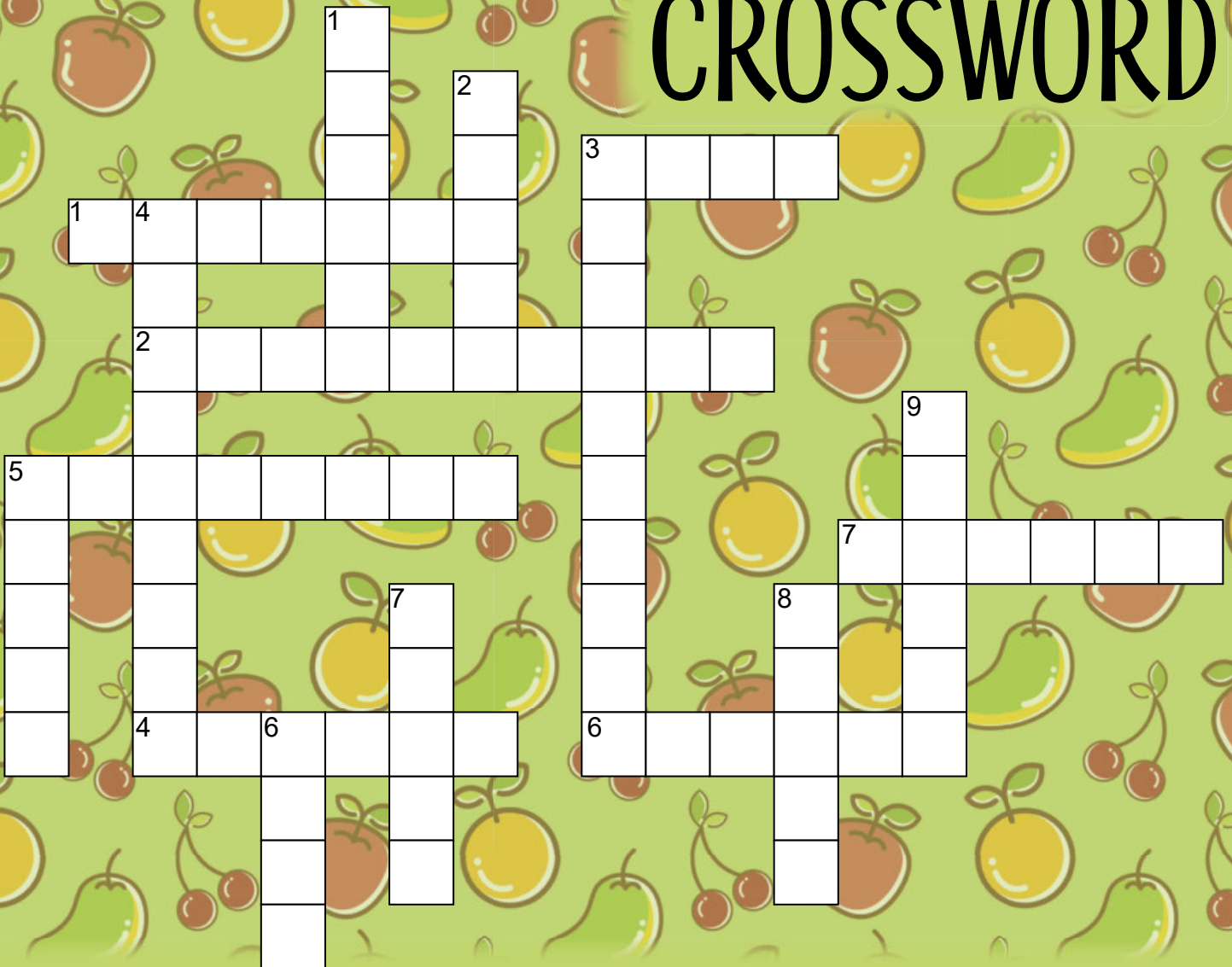
Join ADRC staff and specially trained volunteers at one of our Medicare workshops as they answer your questions about Medicare.

Upcoming Medicare Workshops:

- Destination Medicare: ABCD's
- Medicare Pit Stop
- Medicare Plan-Finder Demonstration

Learn more starting on page 17.

FARMERS MARKET CROSSWORD



Across:

1. Beautiful blossoms coming in many different shapes, sizes, and colors
2. Carrots, peas, and lettuce fall into this category of food
3. Animal product that's delicious when grilled or smoked
4. Drink made from a dark, roasted bean
5. Units of related individuals, relatives
6. Green, growing flora
7. Items made in an oven - pies, scones, muffins, cookies, etc.

Down:

1. Dairy product that comes in many different varieties
2. Dish that can be served with different sauces (marinara, alfredo, etc.)
3. Sticky, sweet substance obtained from trees
4. Entertainment performed in front of an audience
5. Naturally sweet foods, contain seeds
6. Come from the sea, can be baked, fried, smoked, or eaten raw
7. Sold as loaves, typically
8. Buzzing friend's product
9. Handmade items

Answers on page 21

Ask ADRC Specialists: Be Ready - Go Vote!



Advocacy

Basic Needs

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Let's get ready to exercise our voting rights! 2024 Partisan Primary: Tuesday, August 13 2024 Presidential Election: Tuesday, November 5

Get Registered

Are you registered to vote? Do you need to update your registration? To check your status or update your registration, visit [myvote.wi.gov/ RegisterToVote](https://myvote.wi.gov/RegisterToVote).

Have Your ID Ready

To vote in person or absentee, Wisconsin residents are required to show an acceptable photo ID to vote in upcoming elections. For a full list of acceptable IDs, visit bringit.wi.gov.

Vote Absentee

If it is difficult to get to the polls, use an absentee ballot with a copy of your photo ID. To obtain an absentee ballot, you can request one at myvote.wi.gov/vote-absentee-by-mail, call, or stop by your local Municipal Clerk's office.

If you cannot make it to the polls on election day, you can still vote absentee at your clerk's office up to two weeks before an election. Absentee voting closes at the end of the business day on the Friday before an election.

Know Your Rights & Responsibilities

You or a loved one may find that because of age, physical illness, infirmity, or disability it is difficult to travel to your polling place. This may

classify a person as "indefinitely confined" and there may be additional ways a person can vote without having to travel. This could apply to people living in their own home, an apartment, nursing home, or other care facility.

If in a facility, please speak with them directly to understand their process to assist their residents in voting. They may have a Special Voting Deputy (SVD) assigned to conduct voting in their facility. If an SVD is not available, the care facility may have an authorized representative who can provide information. If you live in your own home or apartment, you can contact your local Municipal Clerk to learn about other options.

Advocacy

The Advocacy page on the ADRC Website (adrcofbrowncounty.org) has more information on how to find your federal, state, and local representatives.

Visit myvote.wi.gov to see your voter information, polling location, and contact information for your local Municipal Clerk.

Phone Number Reference Sheet

General

911	Emergency Assistance
988	Suicide & Crisis Lifeline
(920) 436-8888	Crisis Center
(920) 391-7450	Green Bay Police Non-Emergency
211	United Way Resource Directory

ADRC

(920) 448-4300	Main Office
(920) 492-4999	Home Delivered Meals Cancellations
(920) 448-4303	Grounded Café

Brown County Offices

(920) 448-4000	General Information
(920) 448-4400	Central Library
(920) 448-4450	Veteran Services
(920) 448-6000	Human Services

Here at ADRC, it's our job to help community members who are looking for information.

We thought it would be helpful to publish the phone numbers we frequently provide to our customers as well as important phone numbers for you to remember for any situation. We'd like to save you one more phone call with this handy list.

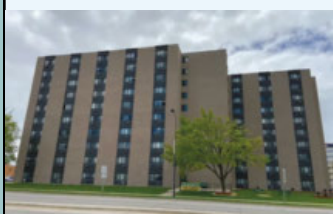
ADRC Resources

The ADRC website has lists of contact information for a variety of different services and resources in Brown County. Visit us online at www.adrcofbrowncounty.org and check out our "Resource Library" or "Explore Services" tabs to learn more. Not finding what you're looking for? Give us a call at (920) 448-4300 or email us at bc.adrc@browncountywi.gov

Don't forget to pick up a File of Life the next time you stop in to see us! File of Life informs emergency responders of your information, any health conditions, and emergency contact information in the event you can't communicate with them yourself.



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to learn about your long-term care options.

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REPORT suspicious claims or activities

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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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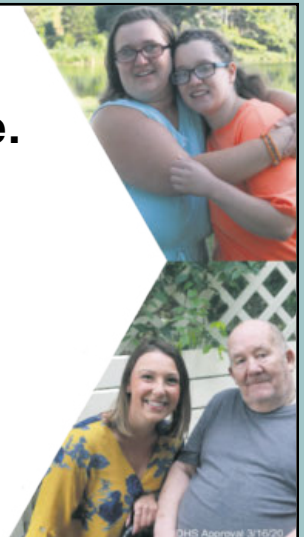
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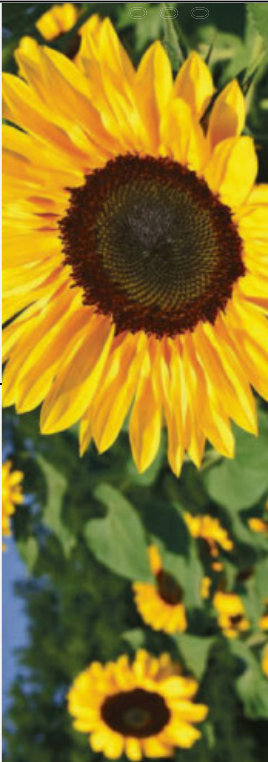


For ad info. call 1-800-950-9952 • www.lpcommunities.com Aging & Disability Resource, Green Bay, WI

B 4C 01-1214



Community Café & Home Delivered Meals Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Contribution: \$5/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>			<p>Meatballs w/ Tomato Sauce Garlic Herb Breadstick Whole Wheat Pasta Broccoli & Cauliflower Cucumber Tomato Salad Chocolate Chip Cookies</p>	<p>Ranch Crusted Chicken Sandwich Lettuce & Tomato Home Fries Baked Beans Fruited Gelatin</p>
<p>Baked Fish Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit & Cereal Bar</p>	<p>Sloppy Joe BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies</p>	<p>BBQ Chicken Breast Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce</p>	<p>Vegetable Soup Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt</p>	<p>Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie</p>
<p>Hot Dog on a Bun Tater Tots Baked Beans Cherry Tomatoes w/ Ranch Lorna Doone Shortbread Cookies</p>	<p>Sausage & Egg Breakfast Sandwich Hash Browns Warm Spiced Peaches Fruit Juice Granola Bar</p>	<p>Chicken Alfredo Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie</p>	<p>Chef's Salad Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding</p>	<p>Chicken Fajitas Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges</p>
<p>Swedish Meatballs Whole Wheat Dinner Roll Whole Wheat Pasta Broccoli Mixed Fruit</p>	<p>Hearty Minestrone Soup Seafood Salad Sandwich Lettuce & Tomato Garden Salad Fruited Gelatin</p>	<p>Roast Beef w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Berries</p>	<p>Sweet & Sour Chicken Stir Fry Whole Grain Dinner Roll Vegetable Fried Rice Green Beans Pineapple & Mandarin Oranges Lemon Cookies</p>	<p>Glazed Ham Whole Wheat Bread Baked Beans Cucumber & Onion Salad Blueberry Pie</p>
<p>Pasta w/ Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p>	<p>Seasoned Chicken Breast Whole Grain Dinner Roll BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookies</p>	<p>Hamburger Lettuce & Tomato Roasted Potatoes Carrots Rice Crispy Bar</p>	<p>Citrus Herb Pork Chop Whole Wheat Bread Maple Mashed Sweet Potatoes Creamy Coleslaw Fudge Brownie</p>	<p>Cod Sandwich Tater Tots Irish Vegetable Blend Mixed Fruit & Cottage Cheese</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 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:
(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.



Preventing Falls with Nutrition



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Additional Information & Support

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Nutrition plays an important role in falls prevention. Poor nutrition impacts your overall health and can cause frailty, which increases your risk of falling. Those who have fallen are more often malnourished than people who haven't fallen, one study finding that those who have fallen are almost twice as likely to be malnourished (NIH.gov). There are some things we can do to maintain good nutrition and help prevent falls.

Eat Balanced, Healthy Meals

My Plate is a good place to start when building a balanced plate. My Plate recommends:

- 1/2 of your plate should be fruits and vegetables. Fruits and vegetables contain a lot of vitamins and minerals to help us stay healthy and to help our bodies carry out every day functions. They also have high amounts of fiber and low in fat, calories, and sodium.
- 1/4 of your plate should be protein. Some examples of protein you can add to your plate are beef, poultry, seafood, eggs, beans, peas, lentils, nuts, and seeds. Protein helps to maintain and repair our muscles. It is also the building block for our muscles, bones, blood, and hormones.
- 1/4 of your plate should be grains and half of that should be whole grains. Whole grains provide many nutrients and fiber. Fiber may help reduce your cholesterol and lower your risk for heart disease.
- Add dairy such as milk, yogurt, and cheese for extra protein and calcium.

Eat Regularly - Try not to skip meals

Skipping meals can cause your blood sugar to become low. If it's been a long time between meals, your blood sugar can become low enough where it causes dizziness and light-headedness, which could lead to a fall. If you aren't hungry for a full meal, try a healthy snack such as cottage cheese, fresh fruits or vegetables, yogurt, oatmeal, 1/2 sandwich, hard boiled egg, or cheese with whole grain crackers.

Stay Hydrated

Becoming dehydrated due to not getting enough fluids can cause your blood pressure to decrease, causing dizziness and confusion, which can then lead to a fall. Try to drink 6 - 8 cups of water each day. Keep a refillable water bottle with you to refill when you need. Always having water with you makes it easy to remember to drink throughout the day.

Water-dense fruits and vegetables can contribute towards hydration. Some fruits and veggies that are high in water content are cantaloupe, strawberries, watermelon, bananas, grapes, oranges, pears, pineapple, lettuce, cabbage, celery, cucumbers, spinach, carrots, broccoli, and avocados.

Falls are prevalent among older adults and there are many things we can do to help prevent a fall, including being sure we are getting adequate nutrition, eating frequently, and staying hydrated.

Sources: myplate.gov, nhsinform.scot



ADRC *Presents:*

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

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/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.



Have ADRC present to your group, organization, or business. We're your local source for unbiased, comprehensive information and resources.

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.

We have presentations on a wide range of topics designed to meet the needs of your members and staff. Depending on the topic, presentations are fun and interactive, many with audience participation.

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 Presents and to set up a presentation!

Ask About Lunch!

Ask about how you can pair a delicious lunch with the presentation of your choice!



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Daniel J. Walsh

Attorney and Counselor at Law

2181 S Oneida Street
Green Bay, WI 54304
(920) 336-5766

Certified as an Elder Law Attorney
by the National Elder Law Foundation
Certified Public Accountant



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Aging & Disability Resource, Green Bay, WI

D 4C 01-1214

AUGUST'S THEME:

STAY SAFE, STAY STRONG

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!

This August, we want you to be safe, strong, and prepared for whatever life may bring your way. Not only can we focus on physical safety and strength, but mental as well! Focusing on your physical and mental safety and strength is incredibly important for a long and healthy life. Whether it's taking an exercise class, learning more about what to do in an emergency situation, or attending a support group, we hope that this August, you're focusing on YOU!



CHECK OUT THESE UPCOMING EVENTS:

SUPPORT GROUPS

- Tuesday, 8/6/24 - Men's Support Group
- Wednesday, 8/14/24 - Mug Club
- Wednesday, 8/14/24 - Parkinson's Support
- Monday, 8/19/24 - Suicide Loss Support
- Tuesday, 8/20/24 - Ostomy Support

POWERFUL TOOLS FOR CAREGIVERS IDENTIFY & REDUCE YOUR STRESS

Tuesday, 8/1/24, 10:30 - 11:30 a.m.

In person at YMCA East

Wednesday, 8/7/24, 10:45 - 11:45 a.m.

In person at YMCA West

Join us to experience what Powerful Tools for Caregivers has to offer as we work through one of the session topics: How to Identify and Reduce Your Stress.

LET'S MOVE SAFELY: MEDICAL ALERT

Thursday, 8/8/24, 3 - 4 p.m.

In person at ADRC

Join us to learn about safe ways to exercise through stretching, strengthening, and aerobic activity. Learn the warning signs for when to seek additional care.

MAKING THE CALL

Tuesday, 8/20/24, 9 - 10:30 a.m.

In person at ADRC

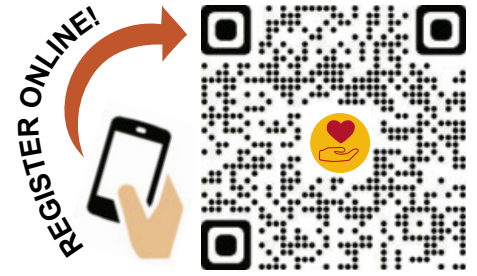
Dialing 9-1-1 for an emergency in your home can be scary, especially if it involves a loved one. Learn how to handle emergencies before first responders arrive as well as how to prevent and prepare for different incidents.

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:

- Thu - 08/01 - PTC - Identify & Reduce Your Stress
- Thu - 08/01 - Hand Sewing & Quilting
- Fri - 08/02 - LGBTQIA+ Social Group
- Mon - 08/05 - Lunch Bunch
- Tue - 08/06 - Destination Medicare: ABCD's
- Tue - 08/06 - Jin Shin Jyutsu: Strokes
- Tue - 08/06 - Men's Support Group
- Wed - 08/07 - PTC - Identify & Reduce Your Stress
- Thu - 08/08 - Let's Move Safely
- Fri - 08/09 - Legal Counseling
- Fri - 08/09 - Veterans Program
- Wed - 08/14 - Current Affairs Discussion Group
- Wed - 08/14 - Mug Club
- Wed - 08/14 - Parkinson's Support Group
- Thu - 08/15 - Advance Directives for Healthcare
- Thu - 08/15 - Hand Sewing & Quilting
- Thu - 08/15 - Jin Shin Jyutsu
- Thu - 08/15 - Medicare Pit Stop
- Fri - 08/16 - LGBTQIA+ Social Group
- Mon - 08/19 - Book Club
- Mon - 08/19 - Suicide Loss Support Group
- Tue - 08/20 - Green Bay Ostomy Support Group
- Tue - 08/20 - Jin Shin Jyutsu: Headaches
- Tue - 08/20 - Making the Call
- Thu - 08/22 - Medicare Plan-Finder Demonstration
- Tue - 08/27 - Destination Medicare: ABCD's
- Thu - 09/05 - Powerful Tools for Caregivers
- Tue - 09/10 - Destination Medicare: ABCD's
- Fri - 09/13 - Healthy Living with MCI
- Fri - 09/13 - Legal Counseling
- Fri - 09/13 - StrongBodies
- Thu - 09/19 - Medicare Pit Stop
- Tue - 09/24 - Destination Medicare: ABCD's
- Sat - 10/05 - Powerful Tools for Caregivers

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, 8/15/24, 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 (8/19/24), 1:00 p.m.

In person at ADRC
We'll be discussing July's book, *The Midnight Library* by Matt Haig. Next month's book is *After She Wrote Him* by Sulari Gentill.

Current Affairs Discussion Group

2nd Wednesday of the month (8/14/24), 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

Tuesday, 8/6/24, 4:30 - 6 p.m.

In person at Ledgeview Community Center

Tuesday, 9/10/24, 5 - 6:30 p.m.

Online

Tuesday, 8/27/24, 1:30 - 2:30 p.m.

Tuesday, 9/24/24, 2 - 3 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.

Green Bay Ostomy Support Group

Tuesday, 8/20/24, 6:30 p.m.

In person at ADRC

These meetings are open to everyone; those with ostomies, those facing ostomy surgery or continent diversion, family members, friends, healthcare professionals, and the general public.



Hand Sewing & Quilting

1st & 3rd Thursday (8/1 & 8/15/24), 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 -

Heart Health is Brain Health: Reducing Vascular Risk Factors for a Healthier Mind

Friday, 9/13/24, 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.

Jin Shin Jyutsu

3rd Thursday of the month (8/15/24), 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: Headaches & Migraines

Tuesday, 8/20/24, 1 - 2 p.m.

In person at ADRC - \$12 paid to instructor

This class is for you if you suffer from headaches and migraines, whether they are serious or just annoying. Help suggested for frontal, side, or back of the head pain. Also, what to do if you feel a headache coming on. Jin Shin Jyutsu uses just a gentle touch and can be done anywhere, anytime.

Jin Shin Jyutsu: Strokes

Tuesday, 8/6/24, 1 - 2 p.m.

In person at ADRC - \$12 paid to instructor

Information provided on risk factors and what you can do for yourself if there is a family history or you've already suffered from a stroke. Jin Shin Jyutsu is easy to do and can be done to fit into your schedule.

Legal Counseling

2nd Friday of the month (8/9 & 9/13/24)

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

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.

Let's Move Safely: Medical Alert

Thursday, 8/8/24, 3 - 4 p.m.

In person at ADRC

Join us to learn about safe ways to exercise through stretching, strengthening, and aerobic activity. We will review upper and lower body stretches as well as strengthening exercises. You will also learn how to keep yourself safe by learning the warning signs for when to seek additional care. *Presented by Shari Asher, Aurora BayCare Medical Center.*



LGBTQIA+ Social Group

1st & 3rd Friday of the month (8/2 & 8/16/24), 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 (8/5/24), 11:30 a.m.

In person at Oak Street Cafe (De Pere)

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.

Making the Call

Tuesday, 8/20/24, 9 - 10:30 a.m.

In person at ADRC

Dialing 9-1-1 for an emergency in your home can be scary, especially if it involves a loved one. Join the Brown County Sheriff's Office, Brown County Public Safety Communications, and Green Bay Metro Fire Department for an informational session on how to handle emergencies before first responders arrive as well as how to prevent and prepare for different incidents. *Presented by Dep. Bryanne Gawlik, Lt. Shauna Walesh, & Brown County 911 Public Education Team.*



REGISTRATION REQUIRED FOR ALL CLASSES

Medicare Pit Stop

Thursday, 8/15/24, 1 - 1:30 p.m.

Topic: Common Fall Open Enrollment Notices

Thursday, 9/19/24, 1 - 1:30 p.m.

Topic: Fall Open Enrollment Period

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

Thursday, 8/22/24, 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 (8/6/24), 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 (8/14/24)

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 if you are interested. Sponsored by the Brown County Caregiver Coalition.



Parkinson's Support Group

2nd Wednesday of the month (8/14/24), 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.



Powerful Tools for Caregivers (Series)

Thursdays, 9/5 - 10/10/24, 5:30 - 7 p.m.

Saturdays, 10/5 - 11/9/24, 9 - 10:30 a.m.

In person at ADRC - \$30 sugg. donation

Powerful Tools for Caregivers is a six week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.



Powerful Tools for Caregivers - Identify & Reduce Your Stress

In person at YMCA East - 1740 S Huron Rd

Tuesday, 8/1/24, 10:30 - 11:30 a.m.

In person at YMCA West - 601 Cardinal Ln

Wednesday, 8/7/24, 10:45 - 11:45 a.m.

Powerful Tools for Caregivers is a 6-week class that helps caregivers take better care of themselves while caring for a family member and/or friend. Join us to experience what this class has to offer as we work through one of the session topics: How to Identify and Reduce Your Stress.



StrongBodies (Series)

Tuesdays & Fridays, 9/13 - 11/22/24, 9 - 10:30 a.m.

In person at ADRC

Join us for this community exercise and nutrition program for adults aged 60 and older. This strength training curriculum helps maintain muscle mass, strength, and function as you age. The benefits of this program include:

- Increase balance, agility, and bone density
- Reduce risk of diabetes, heart disease, arthritis, depression, and obesity
- Increase social connectedness
- How to create healthy meals and snacks
- How to identify nutrients and foods that may be of particular concern for older adults
- And more!

Facilitated by: UW-Madison Extension Food Wise



Suicide Loss Support Group

3rd Monday of the month (8/19/24), 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, 8/9/24, 10:30 a.m.

In person at Neville Public Museum

Remembering Our Heroes - A Visual Tribute to Veterans: A slide-show collection of artwork inspired by those who have proudly served the nation by defending our country and protecting our freedoms. 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. Grounded on the Go Food Truck will be providing this month's meal, meal selection made at time of registration.

REGISTRATION REQUIRED FOR ALL CLASSES:

(920) 448-4300 or

www.schedulesplus.com/adrc

(We need to be able to contact those that are registered in case of any event changes.)



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

Wednesdays, 9:30 a.m.

Voyageur Park in De Pere

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.



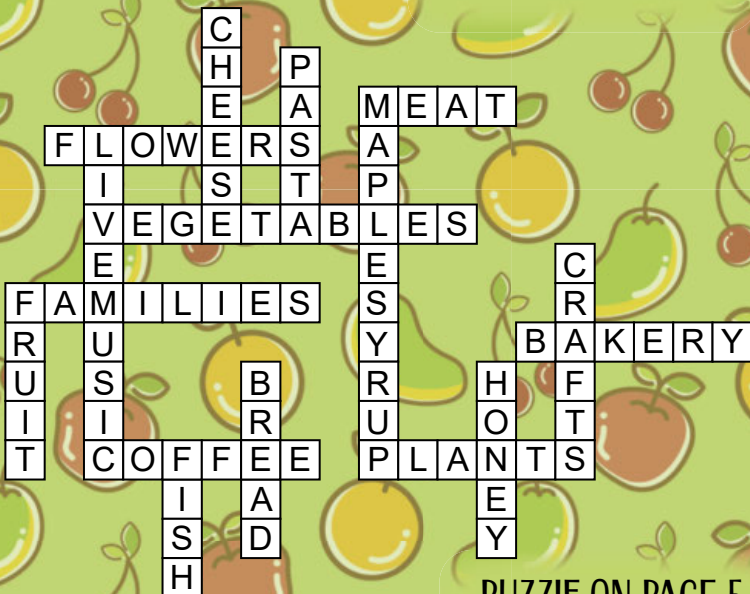
REGISTRATION REQUIRED FOR ALL CLASSES:

(920) 448-4300 or www.schedulesplus.com/adrc

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



CROSSWORD ANSWERS



PUZZLE ON PAGE 5

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

Thursday, August 22, 2024,

8:30 a.m. at:

ADRC of Brown County

300 S. Adams St. Green Bay, WI 54301

Optional Public Virtual Attendance Meeting

Instructions:

Join by Phone: Dial 1 (415) 655-0003

Enter Meeting Number:

2437 785 8927 || Press # #

Join by PC: Find the link at

www.adrcofbrowncounty.org/board-of-directors

CREDIT CARD PAYMENT UPDATE

Beginning Thursday, August 1, 2024, all credit card transactions with ADRC & Grounded Cafe will be charged a processing fee.

This processing fee helps us cover the cost associated with payments made with credit cards.



THANK YOU



2024 Senior Farmers Market Voucher Program

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

**Vouchers are available for pick up at ADRC*
300 S. Adams St. || 9 a.m. - 4 p.m.**

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.

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

*While supplies last.

This institution is an equal opportunity provider.



(920) 448-4300

adrcofbrowncounty.org



ADRC Magazine | August 2024 21

Medical Alert Month: Keeping You & Your Loved Ones Safe



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



Whether you are beginning to notice brain changes, or have a diagnosed type of dementia, there is plenty you can do to help keep yourself and your loved ones safe for Medical Alert Month!

Power of Attorney for Healthcare Document

Everyone age 18 and over should have completed their Power of Attorney for Healthcare document and have it on file with their primary care provider. Wisconsin is NOT a "next of kin" state. This means that if you are incapacitated for any amount of time, no one can automatically speak on your behalf and relay your healthcare wishes. For folks living with brain changes, it can be important to think ahead in the disease process about some of the "what ifs" and record them. For example, the care you may or may not prefer might differ depending on if you are able to eat solid foods or not.

File of Life

The File of Life is a tool to help share important information about yourself to first responders should you be unable to. This information may include allergies, emergency contact information, and more. At the Brown County ADRC, there is a dementia specific insert for the File of Life where you can record additional information such as if you or the person you help support wanders, drives, and more. You can obtain this magnet from ADRC.

Medical Alert / ID Bracelet

A medical alert or medical ID bracelet can help share a variety of information such as diagnoses, allergies, and medical preferences. For individuals living with a type of dementia, it can be helpful to have a medical ID bracelet with emergency contact information or your address. These can be ordered from a variety of sources as well as through your primary care provider.

Wisconsin Department of Transportation Emergency Contact Law

Starting June 1, 2024, Wisconsin Department of Transportation enacted an Emergency Contact Law. This law allows Wisconsin residents to add one emergency contact to their record. This may be a good way to get help from loved ones should you need it. You can find out more about this law on the Wisconsin Department of Transportation website or by contacting your local Department of Motor Vehicles.

Contact Your Local Police Department

Each police department may have a different process for alerting first responders if you or a loved one is living with changes to the brain that may sometimes cause confusion. Contact your local law enforcement and finding out what procedures and alerts they have in place is a great way to stay ahead of any potential emergencies!

Silver Alert

Wisconsin's Silver Alert program notifies subscribers and law enforcement statewide if a senior with a potential dementia or brain changes goes missing. The alerts go out by email and text messages through the Wisconsin Crime Alert Network. Should you ever need to utilize this program, immediately call 911.

Talk to Those Around You

It can be difficult to let those around us know that we may need extra assistance; however, most people WANT to help us but do not know how. Let others know what challenges you may be facing and what they can do to help. In the long run, it helps everyone.

If you have additional questions about any of these tips, call us at ADRC - we're happy to help keep you safe!

Sources: wisconsincrimealert.widj.gov
wisconsin.gov

ADRC Volunteer Spotlight:

Preston Taylor



Are you ready to step into another edition of "Our Volunteers are Amazing" articles? I'm betting if you asked Preston Taylor this very question, his response would be "Oh yeah! Lucky me!"

If you have ever had the joy of meeting Preston, you know his smile and energy will most definitely put a smile on your face and brighten your day! Stop by Grounded Cafe and you might see Preston busily chopping and prepping veggies for soups or making cookies. This is especially true on Saturdays during the Farmer's Markets. His favorite things about helping in the cafe are meeting new people, serving them delicious food, and being able to work with his friends.

I mean it when I say Preston is energetic! He not only gives his time to Grounded Cafe, but also volunteers at Neville Public Museum and the NEW Zoo. He plays baseball with the Miracle League and is involved in lots of activities with the Down Center Association of Wisconsin. He recently became the very first self-advocate for the Green Bay chapter. Preston is also currently writing a book on the history of Green Bay, Wisconsin and is hoping to do a reading of it at Grounded Cafe once it has been published.

When he's not giving back, he loves learning about Wisconsin and presidential history, singing (especially Luke Bryan songs), dancing, and playing the guitar and drums. Another favorite hobby of his is traveling to explore new places while camping with his mom, dad, older sister, and their Blue Heeler named Owen.



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

GROUNDED ON THE GO
MISSION IN MOTION

GROUNDED ON THE GO
FIND US OUT IN THE COMMUNITY!

Find the Food Truck:



groundedcafegeb.org

Get ready for a

THROWBACK!

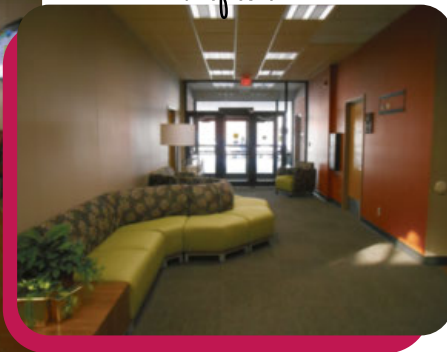
This year marks 10 years since our remodel! Take a peek into the past and check out our before and after pictures. Watch our Facebook page every Thursday in August as we #TBT (Throwback Thursday) and dig out photos from past years. Take a walk down memory lane with us!

FRONT ENTRANCE

Before



After



Before



KITCHEN/CAFE

After



ATRIUM

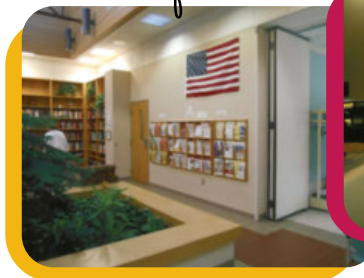
Before



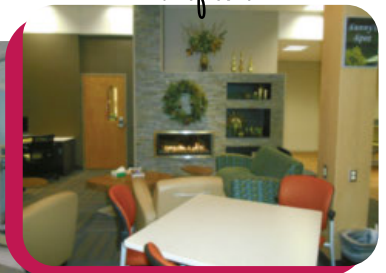
After



Before



After



facebook.com/adrcbrowncountywi

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



PLEASE BE AWARE:

ADRC & Grounded Café are
closing at 12:00 p.m. on
Tuesday, August 13, 2024



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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.

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Serving patients and customers
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MANITOWOC: 1651 S 41st Street

Phone: **800.236.2619**

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Patient Pines Assisted Living, Inc.

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- Registered nurse
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- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
- Flexible Scheduling



If Compassion, Quality Care and Independence
is Important... Call us today! (920) 236-6560



For ad info. call 1-800-950-9952 • www.lpcommunities.com Aging & Disability Resource, Green Bay, WI

E 4C 01-1214

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
1	\$2,820.87
2	\$3,688.58
3	\$4,956.50
4	\$5,424.50
5	\$6,292.42
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



920-883-5081 | greenbay.carepatrol.com

A no cost service dedicated to helping families.

Working to find safer senior living, assisted living, memory care options, and home care.



Jessie Marceau
Senior Care Advisor
920-883-5081

Free in-home consultation
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Care you can count on.

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Mason Manor

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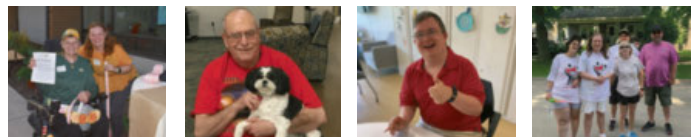


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Green Bay, WI 54303
Jayme.Valentine@greenbaywi.gov
www.greenbaywi.gov

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- ✓ Visiting Clergy and Religious Services
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- ✓ Smoke Free Living Environment

Call now! 920 492 3790 or 1 800 733 0874

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

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
1-800-963-0035

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

DHS Approved 4/22/2021



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Aging & Disability Resource, Green Bay, WI

F 4C 01-1214

ADRC Staff Spotlight



You may have called ADRC and spoke to a staff member over the phone or perhaps you stopped in and met with someone directly. Whichever form of communication you have used, you likely did not learn much about the individual assisting you. This is because our goal is to provide you with unbiased information and resources to assist you through life's changes. However, building relationships is also one of our goals – so meet our team!

Lori Hinz & Michele LaFond



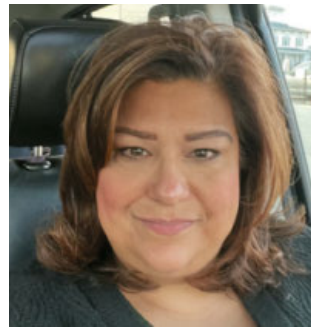
Meet Lori Hinz, one of our ADRC Specialists. She has been here at ADRC for 9 years. As an ADRC Specialist, she helps discover people's needs and then point them in the right direction for help in the community.

Her favorite part of the job is meeting with people in their homes to help them learn about all of the different resources and benefits available for them.

If she were given a magic wand to create or change a community support or resource, she would create more affordable transportation options as well as more affordable housing.

Fun Facts About Lori:

I love playing tennis, scrapbooking, and gardening!



Meet Michele LaFond, another one of our ADRC Specialists. She has been here at ADRC for just over a year. As an ADRC Specialist, she is usually busy

answering calls, providing referrals and information for customers.

One of her favorite parts of the job is that every day is different! She loves working with people and helping the community.

If she were given a magic wand to create or change a community support or resource, she would increase and improve mental health services in the area.

Fun Facts About Michele:

I love live music and attending music festivals! My favorite foods are seafood and pasta.

Our Staff are Here for You!

We are here to help you and your family with a wide variety of community resource options.

Contact us today: (920) 448-4300

PROJECT HEATS ON 2024



WHAT IS PROJECT HEATS ON?

Project Heats On is for Green Bay and surrounding area residents to have their furnaces inspected. The work is done by volunteers from the local 400 Plumbers & Steamfitters group. In addition to inspecting furnaces and replacing filters, they also change smoke detector batteries and check for a working carbon monoxide detector. The event will occur on Saturday, September 21, 2024.

WHO CAN APPLY?

1. Individuals who **live in and own** the **single family** residence where the inspection is to be done. The home cannot be for sale.
2. Are age 60 or older. If under 60, receiving disability income.
3. Live in Green Bay, Allouez, Ashwaubenon, Bellevue, De Pere, or Howard.
4. Has not had the furnace checked in the last 2 years.
5. Furnace is 10 years or older.
6. Did not participate in Heats On in 2023.

HOW TO APPLY

The application is available on the next page. They can also be picked up at ADRC or can be mailed out to you. Be sure to fill out the application completely. **Applications must be received on or before Friday, September 6, 2024.**

HOW HOMES ARE SELECTED

Participants are chosen based on:

- Income
- Age of heating unit
- Condition of equipment
- How many years since the last service

Applications must be filled out completely to be eligible. This is a one-day event, so there is no rescheduling or “rain checks.” Someone **must** be home on the day of the event. **Applicants who are selected will be notified the week of September 9.**

Applications can be mailed to:
ADRC, 300 S. Adams St.
Green Bay, WI 54301

Questions? Call Angela
at (920) 448-4560





PROJECT HEATS ON 2024 APPLICATION

First Name: _____

Last Name: _____

Address: _____

City: _____

Phone #: _____

Date of Birth: _____ Disabled: Yes No

If under age 60, you must be receiving disability income

Entrance Door: Front Back Side Garage Other: _____

Pets: Dog Cat *Pets must be behind closed door during appt.*

of Smoke Alarms: _____ # of Carbon Monoxide Detectors: _____

Type of Heating System: Forced Air Hot Water Space Heater

Type of Fuel: Natural Gas Electric Wood Oil

Furnace Make & Model: _____

Furnace Filter Size: _____

Age of Furnace: _____

Date of Last Service: _____

I certify that this is a **single family residence** and **is not for sale**. I understand that I must **live in and own** the home where the volunteers will work. As the owner of this home I agree that the above information is accurate and authorize the work to be done by the volunteers. I release from any and all liability the volunteers, the Aging & Disability Resource Center, and the Plumbers & Steamfitters Local 400 through my consent to participate in this program.

Homeowner Signature _____ Date _____

Contact Person to schedule Heats On appointment if different than homeowner

Name: _____ Phone: _____

Media Release:

Radio, newspaper, and/or TV media staff may ask to accompany volunteer teams. We encourage this as it honors our volunteers and gets the word out to the community about this program. **Do you give permission for media to accompany Local 400 volunteers to your home to interview you and take pictures of the inspection process?** Yes No

PLEASE READ: You must live in and own the single family residence where the volunteers will work. In the process of cleaning and inspecting your furnace, volunteers may uncover problems that require attention. Although some minor repairs may be completed, repairs are not part of this program. The volunteers will let you know what the problems are, if there are any, and what needs to be done to complete a repair, i.e.: parts, etc.

Completed applications can be mailed to ADRC or dropped off at the front desk.



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 June 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.

June Donations in Honor/Memory of:

Gene Hall
Eleanor Dickman
Pecard/Pedersen Family
Gary & Bridget Austin
2 Generations of Grams' Girls



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



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!





300 South Adams Street
Green Bay, WI 54301

"Return Service Requested"



AUGUST'S THEME:
STAY SAFE, STAY STRONG

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!

This August, we want you to be safe, strong, and prepared for whatever life may bring your way. Not only can we focus on physical safety and strength, but mental as well! Focusing on your physical and mental safety and strength is incredibly important for a long and healthy life. Whether it's taking an exercise class, learning more about what to do in an emergency situation, or attending a support group, we hope that this August, you're focusing on YOU!

CHECK OUT OUR UPCOMING EVENTS:



- *SUPPORT GROUPS*
- *IDENTIFY & REDUCE YOUR STRESS*
- *LET'S MOVE SAFELY*
- *MAKING THE CALL*

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

Name: _____

Birthdate: _____

Phone: _____

Address: _____

Apt #: _____

City: _____

State: _____

Zip: _____

Email: _____

Please fill out portion above and mail to:

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

