

ADRC Magazine



*We Build Connected Relationships
We foster partnerships through meaningful, sincere
interactions. Together we are stronger.*

Falling is for the Leaves

This September, prevent falls for you and your loved ones with ADRC!

Read more on page 16



September 2024

Volume 47 | Issue 9

Brown County, WI

Aging & Disability Resource Center



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

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

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



Phone: (920) 448-4300

Fax: (920) 448-4306

TTY: WI Relay 711

bc.adrc@browncountywi.gov

adrcofbrowncounty.org



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

*Additional times available
by appointment.*

Home of



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walk-up window*

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Accommodations

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

Ad Disclaimer

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



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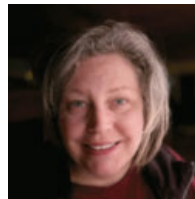
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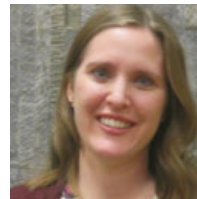
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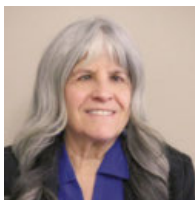
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ADRC of Brown County *Answers & Solutions* *Start Here*

“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

ADRC & Grounded Café are closed on Monday, Sep. 2, 2024



Hospital Inpatient & Outpatient: What's the Difference?



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



The difference between an inpatient and outpatient is very important because it determines how and if Medicare will cover your care. You must be formally admitted by a doctor to be considered an inpatient. If you have not been formally admitted to the hospital, you are considered an outpatient.

If you stay in the hospital overnight, it does not always mean that you are a hospital inpatient. In some cases, you may stay in the hospital overnight and be considered an outpatient. Such outpatient hospital stays are called "observation stays." Observation stays generally occur when you go to the emergency room and have symptoms that require hospital physicians to monitor you for an extended period of time.

If you are a hospital inpatient, Medicare Part A (hospital insurance) covers most of your care. If you are an outpatient, Medicare Part B (medical insurance) covers the care you receive even though you are staying in the hospital. Examples of outpatient services covered under Part B may include emergency room care and doctors' services. Keep in mind that Part B covers doctors' services whether you are an inpatient or outpatient.

If you have Original Medicare, the traditional Medicare program directly administered by the federal government, you may pay higher costs if Part B covers your hospital stay. If you have a Medicare Advantage plan, also known as a Medicare private health plan or Part C, you should contact your plan directly to learn what your hospital stay costs are under your plan.

Sometimes, it can be hard to tell whether the hospital considers you to be an inpatient or outpatient. However, this is very important to know since it determines the way Medicare covers your care. If you receive care at a hospital, it may be helpful for you or a family member to ask hospital staff whether you are an inpatient or outpatient. This will help you better understand the costs for your hospital stay.

Another thing to keep in mind is that Medicare will only cover the care you receive at a Skilled Nursing Facility (SNF) if you were a hospital inpatient for three days and entered a Medicare-certified SNF within 30 days of leaving the hospital.

Information collected from: Medicare Rights Center



Wisconsin Birds



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C O B M E J J T P F I R P L H H N G I P
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Answers on page 30

Ask ADRC Specialists: Reducing Falls



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

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Question: What can I do to reduce the risk of falling in my home?

Answer: Each year there are about 3 million emergency room visits and 1 million fall related hospitalizations among older adults. Fortunately, there are some simple steps you can take to reduce your risk of falling.

Talk to Your Doctor

When meeting with your health care provider, be sure to bring up the topic of fall prevention. Some medications have side effects or interact with other medications to increase your risk of falling. Your doctor can evaluate your situation and make changes as needed. Certain health conditions can also increase your fall risk. Your provider can help identify strategies to manage those symptoms safely.

Stay Active

With your health care provider's approval, consider some low impact activities such as yoga, walking, water aerobics, or strength training. This type of activity reduces your fall risk by improving your strength, balance, coordination, and flexibility. If you are worried that you will fall while engaging in physical activity, talk to your health care provider to see what activities they may recommend.

Choose the Right Shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers, and shoes with slick soles can contribute to a fall. Walking in stocking feet can have the same effect. Ideally, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes have the added benefit of potentially reducing joint pain.

Check Your Home

Look around your home and try to identify potential fall hazards. Make sure you have clear walkways throughout your house and remove potential tripping hazards such as electrical cords, phone cords, and clutter on the floor. Avoid using throw rugs and use double sided tape to secure larger rugs if removing them is not an option. Store necessities within easy reach and clean up spills right away.

Light Up Your Life

Having adequate lighting throughout your home will make it easier to see potential tripping hazards. Place nightlights in your bedroom, bathroom, and hallways. Have a lamp within easy reach of your bed (and a flashlight for emergencies). Be sure to turn lights on before moving around your home, especially when going up and down stairs.

Gear Up with Assistive Devices

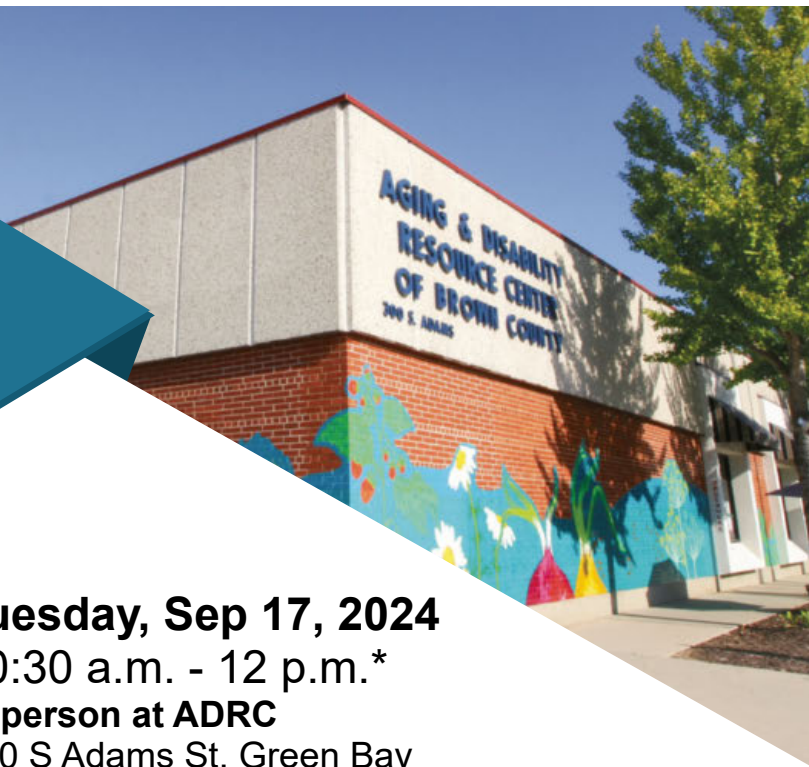
Assistive devices around the home are a great way to help in avoiding potential fall hazards. Handrails in stairways and hallways, nonslip treads on bare wood steps, a raised toilet seat, grab bars in the tub/shower, and a shower chair with a handheld shower nozzle can all aid in reducing your risk of falling. They provide support and stability as you move around your home.

Sources: cdc.gov | mayoclinic.org

Are You Deaf or Hard of Hearing?

We're Here for YOU!

Get to Know ADRC



Tuesday, Sep 17, 2024

10:30 a.m. - 12 p.m.*

In person at ADRC

300 S Adams St, Green Bay

**Optional lunch to follow*

ASL interpreters and CART (captioning) will be provided.

If other communication accommodations are needed, please contact the Office for the Deaf and Hard of Hearing at (715) 502-9355
jenniferj.anderson@wisconsin.gov
dhsodhh@dhs.wisconsin.gov



Questions?
Email bc.adrc@browncountywi.gov

Register Online:



Offered in partnership with ADRC and the Office for the Deaf and Hard of Hearing

What is an ADRC and what services are offered?

How do I access ADRC services?

How can I learn about the programs being offered?


Get answers to these questions and more!

This presentation for community members or individuals who are deaf or hard of hearing to learn about ADRC of Brown County's programs and services. Come get to know us and learn about ADRC then stay for lunch!

If you're joining us for lunch:

- Individuals 60+ are invited to join in the community café at a suggested contribution of \$5.
- Individuals under 60 are welcome to order from [Grounded Café](#) or purchase the community café meal at the full cost of \$11.35.

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
facebook.com/adrcbrowncountywi

Reasonable accommodations for disabilities are available, please request 5 days in advance.



Space is limited. Registration is required by 9/10.

Call ADRC
(920) 448-4300 to register.



(920) 448-4300 | adrcofbrowncounty.org |  [adrcbrowncountywi](https://facebook.com/adrcbrowncountywi)

ADRC Magazine | September 2024 7



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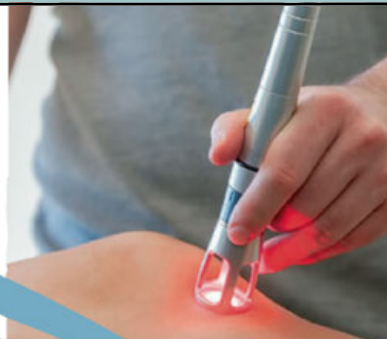
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Contact your local
Aging and Disability Resource Center
to learn about your long-term care options.

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DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

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

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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- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about the Family Care Program, contact your local Aging and Disability Resource Center (ADRC).

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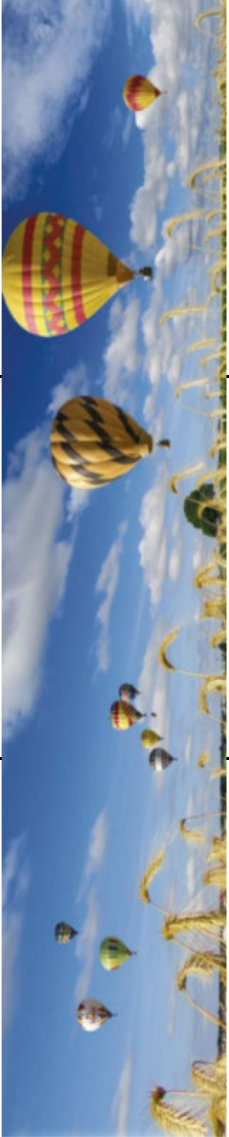


For ad info. call 1-800-950-9952 • www.lpcommunities.com Aging & Disability Resource, Green Bay, WI

B 4C 01-1214



Community Café & Home Delivered Meals Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>labor day</p>	<p>3</p> <p>BBQ Shredded Pork Sandwich Rice w/ Broccoli & Cheese Sauce Garden Salad Diced Pears</p>	<p>4</p> <p>Chicken Stroganoff Whole Grain Dinner Roll Egg Noodles Peas Pickled Beets Orange</p>	<p>5</p> <p>Tacos Shredded Lettuce & Diced Tomatoes Refried Beans Cinnamon Apples Yellow Cake</p>	<p>6</p> <p>Cream of Broccoli Soup Egg Salad Sandwich Hummus w/ Carrots String Cheese</p>
<p>9</p> <p>Chicken & Ham Jambalaya Whole Grain Dinner Roll Corn Garden Salad Peach Fluff</p>	<p>10</p> <p>BBQ Peach Roast Pork Whole Wheat Bread Mashed Sweet Potatoes Irish Vegetable Blend Fresh Cantaloupe</p>	<p>11</p> <p>Bratwurst on a Bun Hot German Potato Salad Mixed Vegetables Garden Salad Poke Cake</p>	<p>12</p> <p>Meatballs w/ Tomato Sauce Garlic Herb Breadstick Whole Wheat Pasta Broccoli & Cauliflower Cucumber Tomato Salad Chocolate Chip Cookies</p>	<p>13</p> <p>Ranch Crusted Chicken Sandwich Lettuce & Tomato Home Fries Baked Beans Fruited Gelatin</p>
<p>16</p> <p>Baked Fish Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit & Cereal Bar</p>	<p>17</p> <p>Sloppy Joe BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies</p>	<p>18</p> <p>BBQ Chicken Breast Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce</p>	<p>19</p> <p>Vegetable Soup Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt</p>	<p>20</p> <p>Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches & Strawberries Fudge Brownie</p>
<p>23</p> <p>Hot Dog on a Bun Tater Tots Baked Beans Cherry Tomatoes w/ Ranch Lorna Doone Shortbread Cookies</p>	<p>24</p> <p>Sausage & Egg Breakfast Sandwich Hash Browns Warm Spiced Peaches Fruit Juice Granola Bar</p>	<p>25</p> <p>Chicken Alfredo Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie</p>	<p>26</p> <p>Chef's Salad Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding</p>	<p>27</p> <p>Chicken Fajitas Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges</p>
<p>30</p> <p>Swedish Meatballs Whole Wheat Dinner Roll Whole Wheat Pasta Broccoli Mixed Fruit</p>				<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>

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

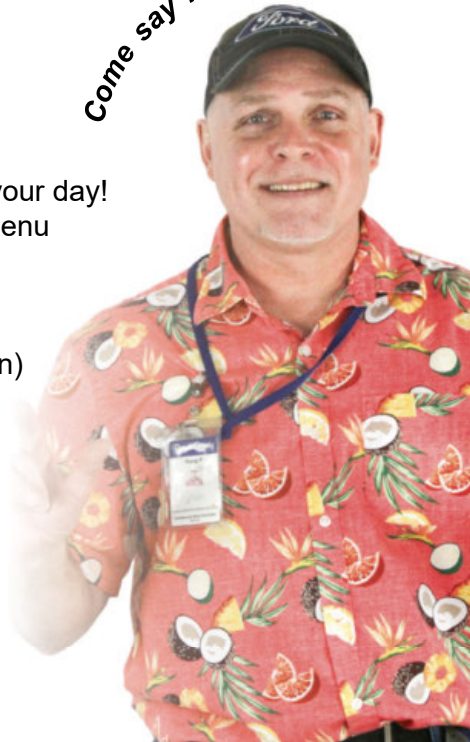
What is the cost?

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 Doug!



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

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.



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.

Choosing Healthy Foods Away from Home



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

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When eating away from home, it can be difficult to make healthy choices. Many times, restaurants offer items that are higher in calories, saturated fat, sodium, and added sugars than the foods you prepare at home. Here are some tips on making healthy choices when eating away from home.

1. Start your meal with a salad. Starting with a salad will help you reach your serving of veggies and will help you feel fuller sooner. Ask for dressing on the side and only use a small amount of it.
2. Share an entree with a friend or family member or ask the server to pack up half of your entree before it comes to the table. This way, you are controlling your portion sizes and aren't tempted to overeat.
3. Slow down, enjoy your meal, and listen to your body when you are feeling full. It's very easy to overeat with large portion sizes. When we slow down and enjoy our meal, it gives our stomach time to let our brain know we have had enough to eat. When our brain tells us we've had enough to eat, we know when to stop.
4. Choose an entree with a lot of veggies and protein. Salads, sandwiches with lots of veggies, stir fries, broth-based soups, baked chicken breasts, and baked salmon or other fish are great options. Select fruit as a side dish or dessert.

5. Review the nutrition facts. Many menus include nutrition information. Look for entrees that are lower in calories, saturated fat, and sodium. If you have access to the internet, many restaurants have their menu online. Take a look at the menu before heading to the restaurant so you have an idea of what you would like to order.
6. Choose water, unsweetened tea, and other drinks without added sugar. If you want a soda or a drink that contains alcohol with your meal, have one, then switch to water.
7. You don't have to eat all of the food on your plate. Many entree portions are much larger than what we should consume in one sitting. Take leftovers home and refrigerate within 2 hours. Reheat leftovers when you are ready to eat again. Leftovers are good in the fridge for about 3 - 4 days.

Overall, it's important to choose healthy meals when eating out, but still remember to enjoy yourself. Try things like starting your meal with a salad, choosing water or drinks without added sugar, and remember to slow down and enjoy your meal.

Source: myplate.gov



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

Our Mission:

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

If ADRC Presents includes a meal, Brown County residents age 60 and older are invited to enjoy the meal for a voluntary contribution of \$5. If you're under 60, you are welcome to join us for \$11.35.

Spouses residing with and accompanying an eligible individual are also eligible to receive the meal on a contribution basis. For more information on the meal, call ADRC at (920) 448-4300.



ADRC Presents:

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

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

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

Upcoming ADRC Presents in the community:

Southwest Library
974 9th St, Green Bay
Wednesday, 9/4/24
11:30 a.m.
Lunch & Learn

Weyers-Hilliard Library
2680 Riverview Dr, Green Bay
Tuesday, 9/10/24
11:30 a.m.
Lunch & Learn

Wrightstown Village Hall
352 High St, Wrightstown
Thursday, 9/12/24
12 p.m.
Topic: Everything ADRC

Kress Library
333 N Broadway, De Pere
Monday, 9/16/24
11:30 a.m.
Lunch & Learn

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

Is it time to make your life easier?



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- Carol, Lake Park Tenant



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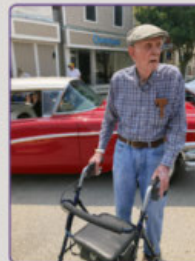
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SEPTEMBER'S THEME:

FALL PREVENTION

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

Fall prevention is key when it comes to the health and safety of older adults. Each day, there are 33 falls reported by Green Bay hospitals, emergency rooms, and EMS. ADRC is banding together with community partners to help reduce that number! We want to provide you with the tools to be able to prevent a fall, know what to do if you do happen to fall, and how to best communicate with your loved ones and health care professionals if you have fallen or have concerns about falling.



CHECK OUT THESE UPCOMING EVENTS:

DON'T WAIT UNTIL YOU BREAK A HIP: REDUCE YOUR RISK OF FALLING

3 Locations & Times!

The Stepping On workshop is for adults age 60 and older that have fallen or have concerns about falling. This workshop provides expert advice from a local physical therapist, pharmacist, vision specialist, and first responder.

FREEDOM FROM FALLS BROWN COUNTY

Tuesday, 9/10/24, 9 a.m.

In person at the Kroc Community Center

Falling is for the leaves, not for you or a loved one! Join us to learn from a team of experts. Learn more on page 23.

FALL PREVENTION AWARENESS DAY

Monday, 9/23/24, 10 a.m.

In person at ADRC

Come and join us for our Fall Prevention Awareness Day event! Learn about what you can do to prevent a fall from happening in your life and get local resources.

*REMEMBER, ONLY LEAVES
SHOULD BE FALLING
THIS TIME OF YEAR!*

*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:

- Tue - 09/03 - Don't Wait Until You Break a Hip
- Tue - 09/03 - Men's Support Group
- Thu - 09/05 - Hand Sewing & Quilting
- Thu - 09/05 - Powerful Tools for Caregivers
- Fri - 09/06 - LGBTQIA+ Social Group
- Mon - 09/09 - Lunch Bunch
- Tue - 09/10 - Destination Medicare: ABCD's
- Tue - 09/10 - Freedom from Falls
- Tue - 09/10 - Jin Shin Jyutsu: Self-Help Book 2
- Wed - 09/11 - Current Affairs Discussion Group
- Wed - 09/11 - Mug Club
- Wed - 09/11 - Parkinson's Support Group
- Fri - 09/13 - Healthy Living with MCI
- Fri - 09/13 - Legal Counseling
- Fri - 09/13 - StrongBodies
- Mon - 09/16 - Book Club
- Mon - 09/16 - Supporting Your Diabetes Diagnosis
- Tue - 09/17 - Men's Support Group
- Tue - 09/17 - Don't Wait Until You Break a Hip
- Tue - 09/17 - Get to Know ADRC
- Tue - 09/17 - iPhone Workshop
- Wed - 09/18 - Conversations with DCS
- Wed - 09/18 - Future Planning Services
- Thu - 09/19 - Hand Sewing & Quilting
- Thu - 09/19 - Jin Shin Jyutsu
- Thu - 09/19 - Medicare Pit Stop
- Thu - 09/19 - Suicide Loss Support Group
- Fri - 09/20 - LGBTQIA+ Social Group
- Mon - 09/23 - Fall Prevention Awareness Day
- Tue - 09/24 - Android Workshop
- Tue - 09/24 - Destination Medicare: ABCD's
- Thu - 09/26 - Brain Check-Up
- Thu - 09/26 - Herbs: Easy to Grow

Also find events coming up in October!

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!

America's Favorite Pastime: A Visual Representation of Baseball-Inspired Art & Images Thursday, 10/17/24, 3 - 4:30 p.m.

In person at ADRC

Join Fr. Nielson for an overview of baseball-themed artwork inspired by the memorable quote (attributed to the great Yogi Berra), "Love is the most important thing in the world but baseball is pretty good, too."

Android Workshop

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

In person at ADRC

Whether you just got your first Android, upgraded to a new Android, or transitioned from an iPhone, learning how to operate an Android can be challenging. We'll take you through the basics slowly and patiently. Bring your questions and your device and we will work with you to get you up and running with your Android. *Presented by Kevin Bassett & Brett Baierl, Camera Corner.*

BE! Brain Enrichment Course (10-Week Series)

Wednesdays, 10/2 - 12/11/24*, 10 - 11:30 a.m.

In person at ADRC - \$25

**Skipping week of Thanksgiving*

This is an interactive, educational experience for older adults who are not experiencing memory loss or cognitive change but want to continue exercising their brain. Learn:

- The brain's process of attention, working memory, long-term memory, reasoning, problem solving
- Mental exercises each week to engage and stimulate the brain
- Lifestyle practices for maintaining brain health
- Strategies for improving thinking and memory

REGISTRATION REQUIRED

FOR ALL CLASSES:

(920) 448-4300 or

www.schedulesplus.com/adrc



Book Club

3rd Monday of the month (9/16/24), 1:00 p.m.

In person at ADRC

We'll be discussing August's book, *After She Wrote Him* by Sulari Gentill. Next month's book is *Anxious People* by Fredrik Backman.

Brain Check-Ups

Thursday, 9/26/24, 10 - 11 a.m.

30-min appointments

In person at ADRC

Early detection is important! Treatment may be possible. Stay in control of your life. A brain check-up is a wellness tool that helps identify possible changes in memory and cognition. This tool creates a baseline of where you are right now, plus allows you to monitor future changes.

Control Incontinence: Proven Steps to Bowel & Bladder Control (5-Week Series)

Thursdays, 10/3, 10/17, & 10/31, 24, 10 a.m. - 12 p.m.

In person at ADRC - \$25 sugg. donation

Join us for the Mind Over Matter: Healthy Bowels, Healthy Bladder workshop proven to help you with your bladder and/or bowel health. This program is for women over the age of 50. We will work together and provide you with the tools to learn:

- How our bladder, bowels, and pelvic floor muscles work together
- Low-impact pelvic floor exercises
- How to adjust fluid and fiber intake
- Goal setting and tracking your progress
- Other options if symptoms are not improving through the workshop
- And more!

Conversations with the Dementia Care Specialist

Wednesday, 9/18/24, 1 - 2 p.m.

In person at ADRC

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

Current Affairs Discussion Group

2nd Wednesday of the month (9/11/24), 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 Ledgeview Community Center

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

In person at Weyers-Hilliard Library

Tuesday, 10/1/24, 5 - 6:30 p.m.

Online

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

Thursday, 10/24/24, 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.*

Don't Wait Until You Break a Hip: Reduce your risk of falling (7-Week Series)

In person at Prevea Clinic - 1727 Shawano Ave.

Tuesdays, 9/3 - 10/15/24, 1 - 3 p.m.

In person at Aurora - 1160 Kepler Dr.

Tuesdays, 9/17 - 11/5/24*, 9:30 - 11:30 a.m.

*No class Oct 29

In person at ADRC

Mondays, 10/7 - 11/18/24, 9:30 - 11:30 a.m.

Suggested Donation - \$25

Join this Stepping On workshop for adults age 60 and older that have fallen or have concerns about falling. This workshop provides expert advice from a local physical therapist, pharmacist, vision specialist, and first responder. Learn about these topics:

- Identify and avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises adapted to your individual level
- How to get back on your feet the right way if you do fall
- And more!

Fall Prevention Awareness Day Open House

Monday, 9/23/24, 10 a.m.

In person at ADRC

Come and join us for our Fall Prevention Awareness Day event! Learn about what you can do to prevent a fall from happening in your life, get local resources, and explore ADRC.

- 10 a.m.: Proclamation
- 10:30 a.m.: Balance Screenings by Aurora & Falls Free Wisconsin Home Safety Challenge by Green Bay Metro Fire Department
- 12 p.m.: Feet First presentation by ADRC

Financial Planning for Caregivers: Cost of Care

In person at YMCA Downtown - 235 N Jefferson St

Wednesday, 10/2/24, 10:45 - 11:45 a.m.

In person at YMCA East - 1740 S Huron Rd

Thursday, 10/17/24, 10:30 - 11:30 a.m.

Join us as we explore the financial challenges that today's caregivers face. Gain valuable information, tips, and resources to help navigate the key components of caring for someone you loved. **RSVP to Katie: (920) 436-1253.**

REGISTRATION REQUIRED FOR ALL CLASSES

Freedom from Falls Brown County

Tuesday, 9/10/24, 9 a.m.

In person at the Kroc Community Center

Falling is for the leaves - not for you or a loved one! Join us to learn from a team of experts on how you can help prevent falls for both you and a loved one. There are 33 falls reported each day by Green Bay hospitals, emergency rooms, and Brown County EMS. Let's work together to reduce that number! *Hosted by the Brown County Falls Prevention Partnership. Learn more on page 23.*

Future Planning Services: Financial Considerations for Caregivers

Wednesday, 9/18/24, 10 - 11 a.m.

In person at ADRC

Join us as we explore the financial challenges that today's caregivers face. Gain valuable information, tips, and resources to help navigate key components of caring for someone you love.

Get to Know ADRC

Tuesday, 9/17/24, 10:30 a.m. - 12 p.m.*

In person at ADRC

**Optional lunch to follow*

Are you deaf or hard of hearing? ADRC is here for YOU! What is an ADRC and what services are offered? How do I access ADRC services? How can I learn about the programs being offered? Get answers to these questions and more! This presentation is for community members or individuals who are deaf or hard of hearing to learn about ADRC of Brown County's programs and services. Come get to know us and learn about ADRC then stay for lunch!

If you're joining us for lunch:

- Individuals 60+ are invited to join the community cafe at a suggested contribution of \$5.
- Individuals under 60 are welcome to order from Grounded Cafe or purchase from the community cafe meal at the full cost of \$11.35.

ASL interpreters and CART (captioning) will be provided. If other communication accommodations are needed, please contact the Office for the Deaf and Hard of Hearing. Learn more on page 7.

Hand Sewing & Quilting

1st & 3rd Thursday (9/5 & 9/19/24), 11 a.m. - 3 p.m.

In person at ADRC - \$2 sugg. donation

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



Healthy Living with MCI -

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.

Herbs: Easy to Grow

Thursday, 9/26/24, 2:30 - 3:30 p.m.

In person at ADRC

What's better than dried herbs? Fresh herbs! Come learn some fun facts and useful information to some common herbs that are easy to grow and use in and around your home. *Presented by Donna Zellner.*

iPhone Workshop

Tuesday, 9/17/24, 9 - 11 a.m.

In person at ADRC

Whether you just got your first iPhone, upgraded to a new iPhone, or transitioned from an Android, learning how to operate an iPhone can be challenging. We'll take you through the basics slowly and patiently. Bring your questions and your device and we will work with you to get you up and running with your iPhone. *Presented by Kevin Bassett & Brett Baierl, Camera Corner.*

Jin Shin Jyutsu

3rd Thursday of the month (9/19/24), 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: Self-Help Book 2 (4-Week Series)

Tuesdays, 9/10 - 10/1/24, 1 - 2:30 p.m.

In person at ADRC - \$65 paid to instructor

Learn about the 26 places we hold to restore the flow of energy which may become blocked due to injuries, shock, illness, emotional upsets, or daily stress. This gentle self-care can alleviate stress and pain and fits into anyone's schedule. We'll learn which ailments or emotions each place can help and three different ways to unlock the energy and keeping it flowing for perfect health! *Book 1 is not a prerequisite.*



REGISTRATION REQUIRED FOR ALL CLASSES:
(920) 448-4300 or www.schedulesplus.com/adrc



(920) 448-4300

| adrcofbrowncounty.org



ADRC Magazine | September 2024 19

Legal Counseling

2nd Friday of the month (9/13 & 10/11/24)

By phone or in person at ADRC

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

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

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

LGBTQIA+ Social Group

1st & 3rd Friday of the month (9/6 & 9/20/24), 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 (9/9/24), 11:30 a.m.

In person at Pizza Ranch (East)

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

Medicare Pit Stop

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

Topic: Fall Open Enrollment Period

Tuesday, 10/17/24, 1 - 1:30 p.m.

Topic: Medicare and Immigration

Online

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

Medicare Plan-Finder Demonstration

Monday, 10/21/24, 4:30 - 6 p.m.

Tuesday, 10/29/24, 9 - 10:30 a.m.

In person at ADRC

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

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

In person at Bay View Family Restaurant

1209 N Military Ave, Green Bay

1st Tuesday of the month (9/3/24),

9 - 10:15 a.m.

**NEW TIME* In person at Oak Street Cafe*

926 Oak St, De Pere

3rd Tuesday of the month (9/17/24),

9 - 10:15 a.m.

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

Mug Club for Family Caregivers

2nd Wednesday of the month (9/11/24)

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 (9/11/24), 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 (6-Week 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.

StrongBodies (10-Week 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
- How to identify nutrients and foods that may be of particular concern for older adults

Facilitated by: UW-Madison Extension Food Wise



REGISTRATION REQUIRED FOR ALL CLASSES

Suicide Loss Support Group

3rd Monday of the month (9/19/24), 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.

Supporting Your Diabetes Diagnosis: Proven steps to self management (7-Week Series)

Mondays, 9/16 - 10/21/24, 1 - 3:30 p.m.

In person at ADRC - \$25 sugg. donation

This workshop will empower you to create healthy habits and build relationships (friendship and camaraderie) with others in a similar situation. The curriculum includes topics such as preventing low blood sugar, making decisions, navigating difficult emotions, positive thinking, communication, problem-solving, and dealing with stress. If you or someone you love has been diagnosed with pre-diabetes, type 2 diabetes, or is a caregiver for someone with a diagnosis, please join us for this interactive and supportive workshop.

Ukulele for Beginners (6-Week Series)

Wednesdays, 10/2 - 11/6/24, 4:30 - 5:30 p.m.

In person at ADRC

In this 6-session class, you will learn the basics of ukulele playing - fingering chords in different keys with easy strumming techniques - plus some elementary music theory and history of the ukulele. No prior musical experience needed. Led by Mary Prisco.

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

Thursday, September 26, 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 or by PC: Find the link at
www.adrcofbrowncounty.org/board-of-directors

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.

Green Bay Knitters, Crocheters, & Stitches

Tuesdays, 12 - 2 p.m.

In person at ADRC - \$2 sugg. donation

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

Open Art Group

Wednesdays, 12 - 3 p.m.

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

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



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



Freedom from Falls Brown County

Tuesday, September 10, 2024

Kroc Community Center ~ 1315 Lime Kiln Rd. Green Bay, WI

9 - 10 a.m. Resource Tables & Balance Screen Appointments (Aurora BayCare Rehabilitation)

10 a.m. - 12 p.m. Program Speakers

12 - 1 p.m. Balance Screen Appointments (Prevea Therapy Institute)

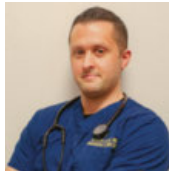
Registration required for both the program and the balance screenings. Space is limited.

Falling is for the leaves - not for you or a loved one! Join us to learn from this team of experts on how you can help prevent falls for both you and a loved one. There are 33 falls reported each day by Green Bay hospitals, emergency rooms, and Brown County EMS. Let's work together to reduce that number!

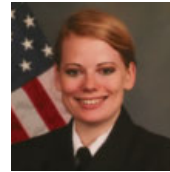
Learn from these experts:



Dave Taylor, Executive
Director/Founder, Fall
Prevention Alliance of
Northeast WI



Kyle McCarty, MD,
FACEP, Emergency Dept
HSHS St. Vincent Hospital,
HSHS St. Mary's Hospital



Lt. Shauna Walesh,
PIO/Life Safety Educator,
Green Bay Metro Fire
Department



Kiera Chesney, Pharm.D.,
Clinical Pharmacist,
Bellin Health



John Fritz,
Information & Assistance
Specialist, ADRC of
Brown County



Liz Lenzner, Physical
Therapist, Outpatient
Rehabilitation Services,
Aurora BayCare Orthopedic
& Sports Medicine Center

“Mugs for Rugs” Rug Collection Drive:

Loose/slippery rugs and mats in your home increase your risk for falls. Remove hazards by bringing in one or more used throw/scatter rugs (4x6 or smaller) to the event and receive a light-weight travel coffee mug in exchange!

Register today: Call ADRC at (920) 448-4300

Registration required by 9/3/24



BROWN COUNTY FALLS PREVENTION PARTNERSHIP

Supported by: ADRC of Brown County, Aurora Bay Care Medical Center, Bellin Health, De Pere Health Department, Green Bay Metro Fire Department, HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, Fall Prevention Alliance of Northeast Wisconsin, Prevea Health, Northeast Wisconsin Regional Trauma Advisory Council, Kroc Center, Greater Green Bay YMCA, Brain Center of Green Bay



2025 - 2027

ADRC Planning for the Future

Aging & Disability Resource Center of Brown County

***What do YOU want to see at YOUR local ADRC?
We value your input!***

Aging programs and services play a major role in the health of our community. ADRC of Brown County has gathered input and developed a draft plan in response to the feedback provided. Our goal is to provide the services that keep older people, adults with disabilities, and family caregivers connected and engaged in their communities.

You are invited to review our plan and share your feedback at our public hearing:

**Thursday, September 26, 2024
10:30 - 11:30 a.m.**

Online or in person at ADRC
300 S. Adams St.
Green Bay, WI 54301

Space is limited, so please RSVP by calling (920) 448-4300. Copies of the draft plan are available at ADRC or on our website.

Not able to join us?

Written comments will be accepted until Friday, October 4, 2024.

Please mail or email your feedback to:
Devon Christianson
300 S. Adams St. Green Bay, WI 54301
Devon.Christianson@browncountywi.gov



Visit us online for more information and to RSVP



ADRC Volunteer Spotlight:

Sandi Weber



Hello beloved ADRC Magazine reader. It is time once again for another edition of "Our Volunteers are Amazing," meet and greet. This month, we will call Sandi Weber to the main stage.

Sandi has been a home delivered meal driver for almost 11 years! She loves the people she visits and the conversations they have. Her favorite thing about volunteering in this role is getting to know all the wonderful customers. She used to volunteer at other places as well, but has since decided to slow down a bit.

When she has some free time, Sandi loves to take peddle bike rides with her dogs, reading, gardening, and going for rides in their 1929

Street Travel. She has a four-year-old beagle named Myli and an 18-year-old black cat named Tigger.

Sandi's favorite song is "Stronger" by Kelly Clarkson because it keeps her focused and in the moment. She has 2 daughters, 4 grandsons, and one great-grandson. Sandi says she loves people and loves to be as God would want her to be - kind, caring, and compassionate.

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

**JOIN
OUR
TEAM!**



Volunteers Needed!

Share your skills and give back to your community!

Data Entry Volunteer (Medicare)

Make a difference in the lives of our community members who receive Medicare by assisting our benefits program with data entry! Looking for volunteers to enter data received by email into the Medicare Plan Finder website.

- Training provided!
- No minimum commitment requirement
- Volunteers especially needed from October 1 to December 7

Please note:

You must pass a background check || You, or an immediate family member, are not an active insurance agent



Join Our Team Today! www.adrcofbrowncounty.org/get-involved-volunteer



Local Adult Activity Centers

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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



**ADRC & Grounded Café are closed
Monday, September 2, 2024, in
observance of the holiday.**



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ADRC Magazine | September 2024 25

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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?



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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.**

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2023	2024
1	\$2,820.67
2	\$3,688.58
3	\$4,656.50
4	\$5,424.42
5	\$6,292.33
6	\$7,160.25
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.



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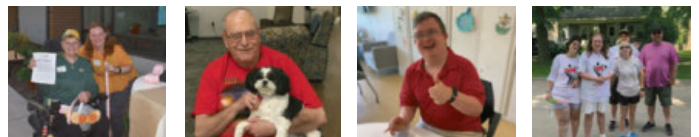


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Each program provides members with opportunities to build skills, improve their quality of life, live independently, and participate in enriching experiences.



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Aging & Disability Resource, Green Bay, WI

F 4C 01-1214

Importance of Early Detection:

Why would I want to know if I have dementia?



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



This question is asked often when people identify memory concerns. People may put off or avoid seeking out further testing for a variety of reasons. Whether this avoidance is out of fear, nervousness, anxiousness, or other reasons, there are many benefits of getting an early diagnosis.

It may not be permanent

If someone is having concerns with memory or cognition, one of the main reasons to get further testing is to find out if it's reversible. Many things can make us feel foggy, confused, or mimic the symptoms of dementia. These can include vitamin deficiencies, infections, depression, medication interactions or side effects, and more. For your peace of mind (and that of your loved ones), it may be helpful to put a name to or find the root cause of the issues.

Plan for the future

Do you know whom you want to make decisions for you when you are no longer able? How would you like your savings prioritized? How will you pay for care later in life? Would you be okay with living in an assisted living facility? These are questions we tend to push to the side until something startling or drastic happens. Planning by making and writing down answers to these difficult decisions now can save us (and our family) stress and worry in the future.

Help your family

Early diagnosis can also help your family and friends. It gives them the opportunity to become more educated about the disease and what to expect. It will also give you, your family, and friends the opportunity to maximize your time together. Have the difficult conversations about safety issues like driving and wandering ahead of time. You can let them know your exact thoughts on how you would like these situations handled when the challenges arise.

Use what is available to you

Another benefit of early diagnosis is a broader knowledge of community resources available to those with dementia and their caregivers. There are specific programs for those in the early stages and support for caregivers in all stages of the disease. These programs can help both you and your loved ones learn tips and strategies on how to better manage symptoms and expectations.

There are many benefits of seeking further testing if you or your loved ones are concerned about memory and cognition. Planning for the future and being able to make your wishes and wants known can give you (and your family) peace of mind and be more prepared for the future.

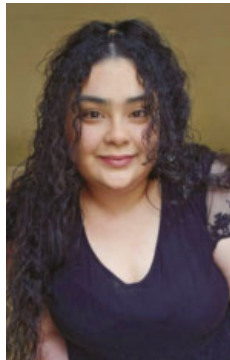
Sources: alzwissc.org | alz.org

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!

Desiree Delamora & Tara Lane



Meet Desiree, our Resource Specialist here at ADRC. She has been here for almost a year now. As the Resource Specialist, she updates and prints our resources, works closely with 211, and helps with our outreach process and events.

Her favorite part of the job is meeting with different organizations and finding new resources to help improve the lives of our customers.

If she were given a magic wand to create or change a community support or resource, she would create more services for people struggling with addiction and those facing mental health issues.

Fun Facts About Desiree:

My favorite food is tacos, I love my family (and elephants), and I'm a California girl.

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



Meet Tara Lane, one of our Elder Benefit Specialists. She has been here at ADRC for two years. As a Benefit Specialist, she answers customer questions via phone, in person,

and online. She advocates on behalf of customers to make sure they understand and have access to their benefits.

One of her favorite parts of the job is meeting new people!

If she were given a magic wand to create or change a community support or resource, she would love to have more open communication with the agencies we advocate for customers with. Everyone is there to help the customers, it would be great to help each other as well!

Fun Facts About Tara:

I love animals! I currently have two dogs, a cat, and a rabbit, but I would love to have a miniature cow some day. I enjoy a good karaoke night and a bucket list destination would be Hawaii.

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
- 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 and let us know how we're doing!



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

Wisconsin Birds Answers

Puzzle on page 5

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W D L C H I C K A D E E N F C O I D H M
R O U K N M S D M B G E U B L L G C E O
E H E G W I V N A K J H I A N D E B A J
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H E R O N D H V E S F C J G I P K C M J
M H O F I L B U P C N A C I L E P L U O

**ADRC &
Grounded Café are
closed Monday,
September 2, 2024,
in observance of
the holiday.**



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 July 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.

July Donations in Memory of:

Gary Austin
Herb Nieft



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.

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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.

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300 South Adams Street
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"Return Service Requested"



SEPTEMBER'S THEME:
FALL PREVENTION

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!

Fall prevention is key when it comes to the health and safety of older adults. Each day, there are 33 falls reported by Green Bay hospitals, emergency rooms, and EMS. ADRC is banding together with community partners to help reduce that number! We want to provide you with the tools to be able to prevent a fall, know what to do if you do happen to fall, and how to best communicate with your loved ones and health care professionals if you have fallen or have concerns about falling.

CHECK OUT OUR UPCOMING EVENTS:



- *DON'T WAIT UNTIL YOU BREAK A HIP*
- *FREEDOM FROM FALLS*
- *FALL PREVENTION AWARENESS DAY*

Find more details starting on page 16

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