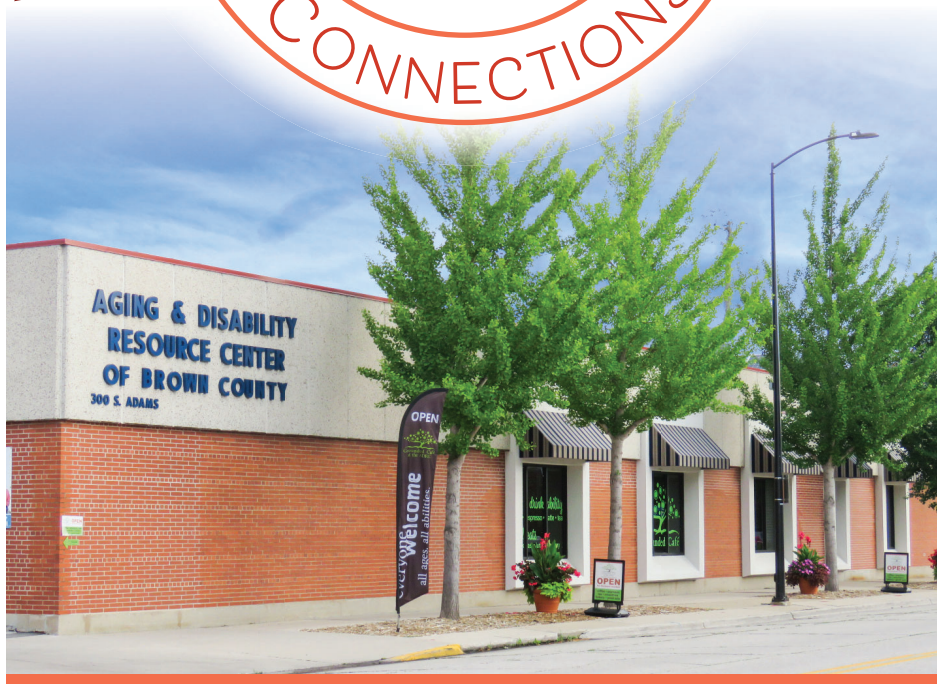


ADRC

ON the GO!

CONNECTIONS



**Aging & Disability Resource Center (ADRC)**

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

**bc.adrc@co.brown.wi.us | adrcofbrowncounty.org**

**Call ADRC for more details (920) 448-4300**



# ADRC on the GO

## What is ADRC on the Go?

“ADRC on the Go” enables our specialists to deliver ADRC resources to all Brown County seniors, adults with disabilities, and their caregivers where they live and socialize.

Our diverse presentation list continues to evolve to align with the needs of our growing community. Build your own package by selecting the topics that interest you, from short and sweet to more in-depth.

*Many presentations offer a donation based lunch to participants 60+.*

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# ADRC on the GO

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## Keeping You Informed

### Caregiving – Finding Support and Well-being

**30 & 60 min (1 hour)**

A caregiver is someone who cares for and/or is concerned about a spouse, parent, child, sibling, other relative, or friend. Every caregiving journey is unique and comes with its own joys and challenges. Learn where you can turn to for support and tips on how to better nourish your own well-being as a caregiver.

### Everything ADRC

**15, 30 & 60 min (1 hour)**

Empower yourself - join us for an informational session about ADRC programs and services. As an objective and unbiased agency, ADRC strives to improve the lives of older adults, adults with disabilities, and caregivers through education, exploration, and collaboration. Learn how we can help you prioritize evolving needs and navigate community supports.

### Isolation and Loneliness

**30 min**

We all need social connections to thrive. Learn how to extend your social circle and stay active in the community around you. Research has shown that chronic isolation and loneliness is harmful to your health and well-being. Awareness is key in taking the steps to maintain and strengthen your ties to family and friends.

### Long Term Care Continuum -

**Weigh Your Options!**

**30 & 60 min (1 hour)**

It's never too soon to plan for the future. Learn how ADRC can help you find the care you need where you want to live. Learn about in-home care options, housing options, respite care, and more.

### Long Term Care Programs -

**Am I Eligible?**

**30 & 60 min (1 hour)**

In Brown County, there are two publicly-funded program options: Family Care and IRIS. These programs are designed to provide you with the services you need to remain living in, or return to, the community. Learn more about Family Care and IRIS, including the functional and financial eligibility criteria.

### Transition -

**A New Beginning**

**30 & 60 min (1 hour)**

Transitioning from school to adulthood should be an exciting time, but can be overwhelming, confusing, and uncertain, especially for adults with disabilities. Find out how ADRC can help you and your loved ones navigate all of your options, every step of the way.



# For Your Benefit

## ABCD's of Medicare

**120 min (2 hours)**

An in-depth presentation about the full scope of the Medicare Program including an overview of the different parts of Medicare and explanation of the different coverage options.

*Designed for those new to Medicare as well as recipients, caregivers, and professionals wanting to learn about the full scope of the Medicare Programs.*

## Medicare Basics

**60 - 90 min (1 - 1.5 hours)**

Overview of the different parts of Medicare and explanation of the different coverage options.

*Designed for those already on Medicare, or those caring for someone on Medicare that would like to learn more.*

## Medicare Tools- Managing Your Benefits Online

**60 & 90 min (1 - 1.5 hours)**

Overview to help Medicare recipients understand and utilize the online tools. The tools discussed:

- MyMedicare.gov
- Medicare Plan Finder
- "What's Covered" App

## Medicare -

### Coordination of Benefits

**60 - 90 min (1 - 1.5 hours)**

Learn the importance of how Medicare works with other health and drug plans, whether you are still employed or retired. Understand how the rules decide who pays first, depending on your situation, and coverage options.

## Medicare Minute

**10 & 15 min**

Brief presentations on specific topics related to Medicare, such as:

- Preventive Care Services
- Inpatient vs observation stay
- Fall Open Enrollment

*Designed to be presented independently, or in conjunction with other scheduled speakers. Consider hosting a presentation monthly or quarterly. The timeline and topics can be personalized for your group or organization.*

## Open Enrollment Period (OEP): Seasonal Sep - Nov

**30 - 60 min (1 hour)**

Learn about why, how, and when to review your Medicare coverage options during OEP.

## Social Security & Medicare Overview

**90 - 120 min (1.5 - 2 hours)**

General overview of Social Security and Medicare Basics and a description of the different benefits and application processes.



# In Touch with Dementia

## Caregiving and Dementia

**45 min**

A caregiver is someone who cares for and/or is concerned about a spouse, parent, child, sibling, other relative, or friend. Caring for a person with dementia takes knowledge, patience, and a lot of support. Learn how to navigate special challenges and where to find help.

## Communication Strategies

**60 min (1 hour)**

What is your loved one trying to communicate through their behavior? Learn what can cause behavioral symptoms in people with dementia and the strategies you can use to support them.

## Dementia Friendly Community

**15 & 30 min**

According to the Alzheimer's Association, 110,000 Wisconsin residents 65 and older had Alzheimer's disease in 2018. With the increase in the number of people turning 65 it is projected that the number of people with dementia in Wisconsin will be 242,000 by 2040. Learn about what your community is doing to support people with dementia and their caregivers.

## Dementia Friends

**60 min (1 hour)**

Learn dementia basics and what it might be like to live with the disease. Change the way you think, act, and talk about dementia. Become a Dementia Friend and understand things you can do to help support someone in your community living with dementia. Every action counts!

## Jeopardy Games

**Can be any length of time**

Topics include:

- Dementia Friendly Community
- Dementia Basics
- Warning Signs
- Caregiving
- Brain Health and Activities

## Purple Angel

**30+ min**

Purple Angel training teaches employees of businesses and organizations how to be ready and confident to welcome and serve people with dementia and their caregivers. A Purple Angel certification can help your location become well-known and trusted in the community, which can increase business and customer loyalty!

## Warning Signs & Brain Health

**60 min (1 hour)**

Is it normal aging? Is it something to be concerned about? Learn about the warning signs of dementia and the importance of early detection as well as the elements that contribute to brain health.





# Nutrition Education

## Cooking for One or Two

**15 & 30 min**

Cooking for one or two people can be difficult. It doesn't have to be complicated. You will learn how to plan meals for the week, tips on reducing a recipe, and how to utilize your freezer.

## Cooking on a Budget

**15 & 30 min**

Looking to save some money? Learn ways to eat delicious meals on a budget by preparing before the shopping trip, how to shop smart, and how to utilize kitchen appliances to help save money.

## Don't Sugar Coat It - Overview of Healthy Living with Diabetes Workshop

**15 min**

Overwhelmed by a diagnosis of pre-diabetes or type 2 diabetes? Get a sample of how the Healthy Living with Diabetes workshop helps adults learn how to improve management of this medical condition.

## Food for Thought: Jeopardy

**30 min**

Fast, fun, and interactive game with helpful nutritional tips.

## Home Food Safety

**15 & 30 min**

Each year, millions of people contract a food borne illness. This presentation will cover steps to take in the kitchen to decrease your chances of getting sick, such as: proper cleaning, how to handle raw foods, cooking and chilling times, and food temperatures.

## Nutrition for a Healthy Brain

**15 & 30 min**

Brain health is important, so why not eat foods that help to prevent cognitive decline? Discover which foods are especially important to protect your brain from aging. Learn about a diet created to guide you to a healthy brain and tips to integrate it in your life.

## Organic vs. Nonorganic

**15 & 30 min**

There is much confusion surrounding the topic of organic foods. Learn what it takes for a food to be considered organic and what to look for on the food label. Discover the pros and cons of purchasing organic versus non-organic foods.

## Tips when Eating Out

**15 & 30 min**

Americans love eating out, but this can mean generous portion sizes and large amounts of calories and fat. Learn tips on how to read a restaurant menu, portion sizes, and dessert options.



## Stay Healthy, Stay Active

### Feet First - Preventing Falls Among Older Adults

**30 - 45 min**

Do you know someone who has recently fallen and incurred a serious injury? Learn why community professionals are partnering to help older adults reduce their falls risk. Learn about risk factors for falls as well as tips and community resources available to help you minimize your risk.

### Brain Boosters - Sharpen Your Pencils and Give your Brain the Edge

**30 min**

Learn impacts to brain health and experience a few, fun ways you can challenge your brain and get a taste of other ADRC brain health programs.

### Work Out for the Brain - Part I

**90 min (1.5 hours)**

Explore and participate in a variety of games that will help you engage, exercise, and challenge your memory skills. Learn some fun exercises using pen and paper. *Max cap of 40.*

### Work Out for the Brain - Part II

**90 min (1.5 hours)**

Learn ways to stay mentally sharp: learn the pillars to better brain health, test and train your brain with new and challenging brain games, optical illusions, and more. Provided in a small group environment. Learn some fun exercises using pen and paper. *Max cap of 40.*



## Volunteering with ADRC

### Let's Make A Difference! Volunteering with ADRC

**15 & 30 min**

A few benefits of volunteering: less stress, stronger relationships, new skills, and a longer, healthier life. Learn more about volunteering and how to join our team. With a wide range of opportunities, from community engagement to delivering meals to homebound recipients, we have the perfect fit for you!

### The Power of Advocacy

**45 min**

Learn about the power of advocacy and the tools you can use to let your elected officials know what is important to you. Be a part of the changes you want in your community, our state, and the country.



# Rent Space & Hold Your Meeting



*Looking for a bright, cheerful venue for your next meeting or event?*

Rent space at ADRC & Grounded Café for a comfortable, welcoming, and all inclusive atmosphere.

- **Drop-in Meetings**  
No reservations for small groups (10 max)
- **Large & Private Meetings**  
ADRC rents meeting rooms weekdays, evenings, and weekends (80 max)
- **Comfortable Atmosphere**  
Free WiFi, white board, smart board, microphone (handheld and lapel), easel, podium, etc.
- **Drink Ability & Good Eats**  
Individual purchases or order ahead catering available



# Grounded Café - Stop & Visit Us!



## Big Dreams

*Who knew big dreams could grow from a few little beans?*

**ALL** people have value.

**ALL** people have the ability to work & succeed.

**ALL** success is built on a community that celebrates & includes persons with disabilities.

With these seeds planted, we set off to create a warm and welcoming space for the whole community to come together.



## Help BREAKDOWN Stereotypes

Grounded Café provides job skills training to adults with disabilities. By coming together, we focus on **ABILITIES**.

Your support makes this possible.

*Thank YOU for helping our community grow.*



## Grounded Café at ADRC

300 S. Adams St., Green Bay  
(920) 448-4303  
Open Monday - Friday 7a - 2p  
Farmers Market Saturdays 7a - noon

[groundedcafe.gb.org](http://groundedcafe.gb.org)

  [groundedcafe\\_gb](https://www.instagram.com/groundedcafe_gb)



# Grounded Café - Catering



## Pick-Up & Go

- **Order & Pay - Skip the Line**  
Order catering for your offsite meeting (*48-hour notice required*)  
Your order will be ready at the pick-up window (in the café).

## Meet Here

- **Drop-in Meeting**  
No reservations for small groups (up to 10)
- **Comfortable Atmosphere**  
Free WiFi, white board, smart board, microphone (handheld and lapel), easel, podium, etc.
- **Drink Ability & Good Eats**  
Individual purchases or order ahead catering available
- **Large & Private Meetings**  
ADRC rents meeting rooms weekdays, evenings and weekends (up to 80 people )

**Let us cater your next event!**

(920) 448-4303  
[bc.groundedcafegb@browncountywi.gov](mailto:bc.groundedcafegb@browncountywi.gov)



**Call ADRC for more details (920) 448-4300**

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