

AARC Magazine



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

March for Meals

We're shining a spotlight on healthy eating for your brain and body this month!

Read more on page 16



March 2024

Volume 47 | Issue 3

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



Phone: (920) 448-4303

info@groundedcafegeb.org

groundedcafegeb.org

Gather | Cater | Dine



Monday - Friday

7 a.m. - 2 p.m.

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

Table of Contents

| | |
|--|----|
| MEDICARE ADS | 4 |
| PUZZLE PAGE | 5 |
| ASK ADRC SPECIALISTS | 6 |
| BRAIN AWARENESS WEEK, HELP FOR THE HOMELESS.. | 7 |
| TIPS TO MAKE HEALTHIER FOOD CHOICES..... | 12 |
| LOCAL ADULT ACTIVITY CENTERS | 13 |
| MARCH'S THEME: MARCH FOR MEALS | 16 |
| CLASSES & WORKSHOPS.... | 17 |
| WEEKLY CLASSES, PUZZLE ANSWERS | 21 |
| ADRC ON THE GO | 22 |
| NUTRITION PROGRAM | 23 |
| RESOURCE CORNER..... | 24 |
| GROUNDED CAFE | 25 |
| HEALTHY SNACKING..... | 28 |
| TECH TIPS..... | 30 |

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 BOARD OF DIRECTORS



Robert Johnson
(Chair)



Teresa Gulyas
(Vice Chair)



Michael
Conley-Kuhagen
(Secretary)



Dennis Rader
(Treasurer)



Amy Barhite



Amy Bushman



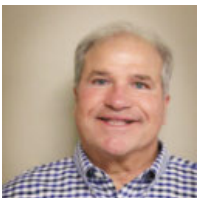
Eileen Littig



Eric Seubert



Greg Tilkens



Jim Pecard



Jose Garcia
Chevrestt



Marvin Rucker



Pat Hopkins

**The next Board Meeting
is on Thursday,
March 28,
at 8:30 a.m.**

ADRC of Brown County *Answers & Solutions Start Here*

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

Decision Support: Plan for the Future

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

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

Dementia Diagnosis: Help Along the Journey

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

Benefit Questions: Start with a Check-Up

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

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

Stay Healthy, Stay Active: Come to ADRC

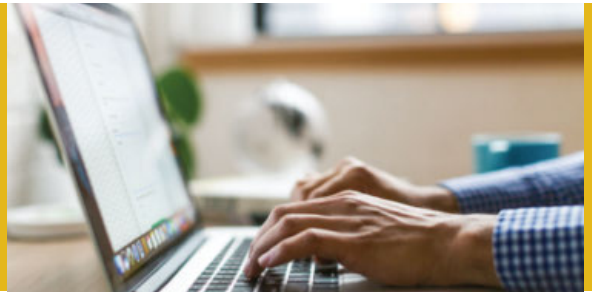
- Falls prevention
- Health education
- Community cafe

Find us online:



Medicare Ads

For reprint by GWAAR Legal Services Team



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Additional Information & Support

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



The Centers for Medicare and Medicaid Services (CMS) is asking consumers and beneficiaries to help identify misleading Advantage plan sales practices that violate new federal marketing rules. That includes television ads promoting benefits that may not be available in the consumer's service area, as well as printed materials and telephone marketing practices.

CMS is asking people to watch for marketing efforts that:

- Suggest benefits are available to anybody who joins the plan.
- Mention benefits that are not available in the service area where they are advertised.
- Claim that the plan advertised will provide the "most" or "best" benefits or coverage.
- Promise unrealistic savings that most consumers will not realize.
- Fail to identify the name of the plan being advertised.
- Use the Medicare name or images of the Medicare membership card or logo without approval of CMS.

- Contact Advantage or drug plan members who have already told a plan or issuer not to contact them.
- Pretend to be a representative of the government-run Medicare program.

The new marketing rules, which took effect September 30, 2023, require sales representatives to explain to consumers how any plan being offered differs from the consumer's current plan before making a switch. The rules also require insurers and third-party marketing companies to submit advertisements to CMS for review before going public. However, the sheer volume of Advantage plan advertising makes it unlikely that CMS will be able to catch every misleading sales pitch. CMS is asking consumers to report potentially misleading marketing efforts to 1-800-MEDICARE. Wisconsin residents can also report potential marketing violations to the Senior Medicare Patrol at 1-888-818-2611.

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

Learn more starting on page 17.



NATIONAL CRAFT MONTH

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

CANVAS
CARDBOARD
CLAY
CRAFTING

CREATIVITY
CROCHET
FABRIC
GLASS

GLUE
KNITTING
METAL
PAINT

PAPER
SEWING
WOOD
YARN

Ask ADRC Specialists: March for Meals



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



It's important to share the "meat and potatoes" about meal programming available throughout the area, as well as through ADRC. Why? Nutrition is one of the most important factors in living a healthy lifestyle and, in turn, an important part of ADRC services. Poor nutrition can lead to negative overall health, well-being, disease progression, and quality of life. The older we get the more important diet becomes. Food insufficiency is a reality for many, and there are many individuals that can neither prepare nor obtain even one adequate meal per day. This is where ADRC can be a tremendous resource for those in need of nutritional meals and much more.

To meet the nutritional food needs of the elderly within our community, ADRC boasts a wonderful Home Delivered Meal Program. This is an opportunity for anyone aged 60 and over, who may be unable to leave the confines of their home, to receive a fully cooked, delicious meal delivered right to their door! Deliveries go out between 11 a.m. and 12:30 p.m. on weekdays for an affordable \$5.00 suggested contribution per meal. It is important to note, a meal can still be received even if a recipient is financially unable to pay the suggested contribution.

The Home Delivered Meal Program has an added component; while the food is essential and nutritious, meal distribution also provides an opportunity for a "check-in" by the delivering ADRC volunteer. For those living alone, this is an important opportunity to ensure the meal recipient's safety and well-being. If

you or someone you know might benefit from the Home Delivered Meal Program, please call ADRC at (920) 448-4300 for more information.

Interested in dining out at a fraction of the price? In addition to our Home Delivered Meal Program, ADRC houses an amazing Community Café where a similar meal is offered. The Community Café serves as a splendid social gathering location for individuals 60 years and older to comfortably dine with family, friends, or friends not yet met, every Monday through Friday from 11 a.m. - 1 p.m. It's the perfect chance to get out, socialize, and care for both the body and the mind.

Apart from ADRC, there are other meal options available throughout Brown County at various times and locations:

- Salvation Army
Lunch: Mon - Fri,
11:15 a.m. - 12:15 p.m.
- Manna for Life
Lunch: Mon, Wed, Fri, 11 a.m. - 1 p.m.
- NEW Community Shelter
Lunch: weekends & holidays,
11:30 a.m. - 12:30 p.m.
Dinner: 7 days/week, 5 - 6 p.m.

If you are interested in learning more about food options in the area, including community meals, food pantries, how to obtain groceries, or information regarding other nutritional needs, feel free to contact ADRC at (920) 448-4300 to speak to an ADRC Specialist who can elaborate further on the many resources available. We're only a phone call or visit away - "March" on over and let's see how we can help!

Take
C H A R G E
OF YOUR BRAIN
IT'S KIND OF A BIG DEAL

Mark Your Calendar for the Brain Awareness Event 2024!

Join us for an engaging, free community event to promote awareness and understanding of our amazing brain and how best to care for it.

Date: March 13th, 2024

Time: 3 pm to 7 pm

Location: Green Bay Botanical Garden



www.braincentergb.org/brainawarenessweek

Brain Health Enrichment Demonstrations happening throughout the event!



**ADRC (300 S. Adams St.)
will have a collection box in the
Atrium to accept donations from
Monday, 2/12 - Friday, 3/1**

For a complete list of needed items &
more information, visit: thefamily.net

Most Needed Items:

- Cleaning supplies
- Feminine needs
- Face/bath soap
- Diapers/baby care
- Hair care
- Deodorant
- Dental care
- Body lotion
- Laundry soap
- Bathroom tissue
- Paper towels

Brown County programs benefiting: Brown County Human Services, Child Protective Services, Family Services Families First, Freedom House, Golden House, Green Bay Schools Dist. Homeless Program, Green Bay Community Church Circles & The Giving Tree, House of Hope, Howe Resource Center, NEWCAP (Motel Vouchers, Office of Victim Crimes CDC, Prevention, Shelter, EHH Rapid Rehousing, Permanent Support Housing BC, Youth Rapid Rehousing), St John the Evangelist Homeless Shelter, The Salvation Army Basic Needs, The Salvation Army Pathway of Hope Housing Support, Wellspring



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

ADRC Magazine | March 2024 7

ADRC is committed to unbiased service and cannot endorse or recommend nor assume responsibility for non-ADRC products and services advertised.



BAKA presents
EMERALD BAY
RETIREMENT COMMUNITY & MEMORY CARE

Immediate Availability
Call Today! (920) 544-5041

\$500 OFF **First three month's rent**

Tour Emerald Bay Retirement Community on or before 12/31/2022 to receive \$500 off your first three month's rent when you move in. Offer not valid with any other promotions or non-private pay residents. \$1,500 will be added to the last month's rent if residency is less than 12 months. Must reference CODE WPT2022 to redeem.

650 Centennial Centre Blvd. • Hobart, WI 54155
(920) 544-5041 • www.bakaenterprises.com



Country Villa Assisted Living in Pulaski...
offers Assisted Living, Enhanced Assisted Living and Memory Care.

- ✓ 35 private studio rooms
- ✓ Onsite salon
- ✓ Life enriching activities
- ✓ Home cooked meals
- ✓ 24-7 Trained Care Staff
- ✓ Secured Community

Pulaski, WI: **920-822-2040**

Make your home yours at Country Villa

Wisconsin **Laser Therapy**

WE CARE ABOUT YOUR HEALTH

LASER THERAPY TREATS:

- NECK PAIN
- BACK PAIN
- KNEE PAIN
- SCIATICA
- ARTHRITIS
- SPORTS INJURIES
- PLANTAR FASCIITIS
- SHINGLES
- NEUROPATHY
- TMJ
- HERNIATED DISCS
- SPRAINS/STRAINS
- SOFT TISSUE DAMAGE
- AND MORE!

1540 W Main Avenue, Suite B #2
De Pere, WI 54115
(920) 770-3720
www.WisconsinLaserTherapy.com

SCHEDULE YOUR FREE CONSULTATION!

STREU'S PHARMACY
Bay Natural
ADVANCING HEALTH • ELEVATING CARE

\$5 Off \$20 Purchase

Offer not valid with other discounts or promotions. Not valid on prescription or nursing services, including compression stockings/vaccinations. Valid only in the Bay Natural Store. Cannot be combined with other offers. *ADRC2023*

FREE Delivery
MEDICINE-ON
TIME PACKAGING

635 Main St., Green Bay
(920) 437-0206
www.StreusPharmacyBayNatural.com

Martinson Law Offices

Wills, Trusts, & Estate Planning
Elder Law & Guardianship

529 S. Jefferson St.
920-432-4303
martlawgb@gmail.com
www.martinsonlawoffices.com

Cardinal Ridge
Residential Care

... the quality of life you deserve

Allison Newkirk, Administrator
920-434-9600 EXT. 3
713 Cardinal Lane
Green Bay, WI 54313

CARE PLUS
Care Coordinated for You

Not eligible for public funding?
Care Plus can help you coordinate the programs and services you need to live independently.

Phone: 1-844-CARE-PLS (1-844-227-3757)
Email: info-request@careplus4you.com

Independence Doesn't Mean Going It Alone.
Local. Experienced. Resourceful.



tmgwisconsin.com
(844) 864-8987

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

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

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol



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.

**SUPPORT OUR
ADVERTISERS!**



**1229 S. Jackson
Green Bay**

(920) 593-1850

GEIMER & ORCUTT
- LAW, S.C. -

**WILLS, TRUSTS,
ESTATE PLANNING**

A Family Firm Since 1990

Robert H. Geimer*

Mary Rose (Geimer) Orcutt*

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

920-432-4433

2333 Riverside Dr. • Green Bay, 54301



OSHKOSH • GREEN BAY
www.claritycare.org

Home Care Services

- Medication Reminders
- Housekeeping
- Meal Preparation
- Shopping & Errands
- Personal Care Services

Day Services

- Community Involvement
- Gain Independence
- Individual & Group Activities
- Develop Daily Living Skills
- Flexible Scheduling

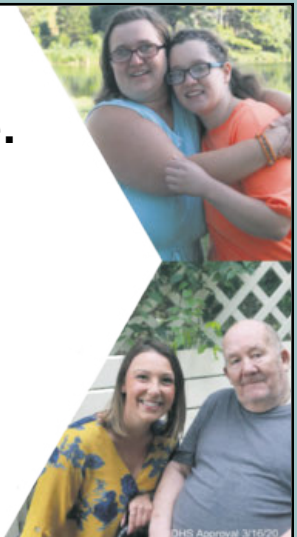


***If Compassion, Quality Care and Independence
is Important... Call us today! (920) 236-6560***

**Your Needs.
Your Independence.
Your Best Life.**

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

www.lakelandcareinc.com



LAKELAND CARE
Together, we build better lives.



"It's my life and they respect that."

Local long-term care supports and services
delivered with a focus on Life. Defined by you.



inclusa.org | 877-376-6113

**Free in-home
consultations!**
920.965.1600

We'll Be There
Care you can count on.

Home Instead.

24/7 Care | Dementia Care | Personal Care | More
HomeInstead.com/GreenBayWI

Each Home Instead® office is an independently owned and operated
franchise of Home Instead, Inc., an Honor Company.

ANDERSON LAW OFFICE

**Guardianship,
Estate Planning & Probate,
Wills, Trust, Powers of Attorney**

Attorney Jon D. Anderson

**414 E Walnut Street, Suite 201
Green Bay, WI 54301**

(920) 431-0790

www.gblawyer.com



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


Aging & Disability Resource, Green Bay, WI

B 4C 01-1214



MARCH 2024

Community Café & Home Delivered Meals Monthly Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| Suggested Contribution: \$5/meal. Please pay as much as you can afford. We rely on donations to keep the program going. |  | | | |
| 4 Chicken & Wild Rice Casserole Broccoli & Cheese Sauce Breadstick Peaches & Pears | 5 Pot Roast w/ Gravy Whole Grain Dinner Roll Parsley Red Potatoes Butternut Squash Three Bean Salad Mint Frosted Fudge Brownie | 6 Sloppy Joe Baked Beans Potato Salad Banana Granola Bar | 7 Chicken Booyah Whole Wheat Bread Garden Salad Pumpkin Bar | 1 Tuna Noodle Casserole Breadstick Irish Vegetable Blend Mandarin Oranges Pudding |
| 11 Beef Stew Whole Grain Dinner Roll Peas Peaches Fruit Juice | 12 Roasted Pork w/ Sauerkraut Whole Wheat Bread BBQ Pinto Beans Corn Oreo Cookies | 13 Meatballs w/ Tomato Sauce Whole Grain Dinner Roll Whole Wheat Pasta Mixed Vegetables Cucumber Salad Fruited Gelatin | 14 Chicken Cordon Bleu Brown Rice Broccoli Apple Coleslaw Pretzels | 15 Vegetable Alfredo w/ Pasta Whole Grain Dinner Roll Glazed Carrots Frosted Lemon Cake |
| 18 Bruschetta Chicken Whole Wheat Bread Lentils Beets Garden Salad Pudding | 19 BBQ Pork Ribs Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies | 20 Mushroom Swiss Burger Baked Potato Wedges Stewed Tomatoes Mixed Fruit | 21 Asian Beef Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges | 22 Baked Tilapia Rye Bread Roasted Garlic Potatoes Italian Vegetable Blend Fruited Gelatin |
| 25 Chicken Fajitas Shredded Lettuce & Diced Tomatoes Black Beans & Rice Applesauce Pudding | 26 Brown Sugar Glazed Ham Whole Wheat Bread Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake | 27 Meatballs w/ Gravy Whole Grain Dinner Roll Brown Rice Peas Carrot Raisin Salad Orange | 28 Chicken Parmesan Whole Grain Dinner Roll Whole Wheat Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookies | 29 Corn Chowder Egg Salad Sandwich Garden Salad Rice Crispy Treat Fruit Juice |
| 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

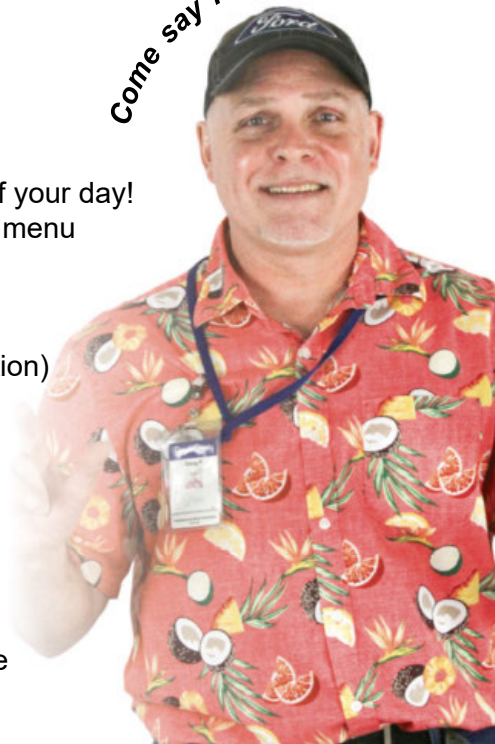
What is the cost?

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:
Lisa (920) 593-3564 (East GB)
(920) 494-3385 (West GB)
- **Mason Manor**
Mon - Fri, 11:30a - 12:30p
Call to reserve a meal:
(920) 492-4991

Home Delivered Meals

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

Stay in your home...stay independent.

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

It's more than just a meal.

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

Who is eligible for a meal*?

You may be eligible for meals if you are:

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

*Adults under age 60 may qualify.



How does someone sign-up for meals?

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

What is the cost*?

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

Home Delivered Meals

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

To Cancel a Meal:

Please call 24 business hours in advance to cancel a home delivered meal.

(920) 492-4999

Green Bay, Denmark,

De Pere, and Pulaski

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

Tips to Make Healthier Food Choices



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



Spring is the perfect time of year to start making small changes with healthier food choices. Here are some recommendations on where to start incorporating healthier food choices in your diet.

Find Balance in Your Meals

To be sure we are getting plenty of nutrients from each food group, look at your plate to see if it is balanced with foods from each food group. For an easy reference, check out [MyPlate.gov](https://www.myplate.gov). Choose whole grains, fruits and vegetables, protein, healthy fats, and dairy. An example of a balanced meal is chicken fajitas.

- Chicken is the source of protein. Be sure you are getting at least 3 ounces of chicken, or about the size of a deck of cards.
- Veggies in the fajitas are onions and bell peppers. Feel free to add more toppings, such as avocado, guacamole, tomatoes, or salsa.
- Serve with a side of fruit or have fruit as your dessert.
- Whole grains can come from flour or corn tortillas, or serve Mexican brown rice on the side.
- Drink a glass of milk with your fajitas or serve them with sour cream or plain Greek yogurt and shredded cheese for your dairy.

Understand Portion Sizes

Typically, the portion sizes we eat are much larger than what our body requires. When our portion sizes are too large, we consume more calories than our body needs, so it stores it as fat. Knowing how much a serving is of each food group is important to be sure our bodies are getting enough nutrients, but not in excess.

Read Nutrition Labels

Understanding nutrition labels can help you make healthy choices. The nutrition label breaks down the amounts of calories, carbs, fats, fiber, protein, and vitamins that are in a serving. With the information from the food label, you can compare two products to see which is the healthier option. It is also helpful to note the portion per serving, as it can be very easy to eat multiple portions of an item.

Plan Your Meals

Meal planning helps to make incorporating healthy options into your diet easier. Plan the meals you are having that week and shop for the ingredients on your list. Planning out your meals allows you to know you are getting enough from each food group while monitoring your calorie and fat intake. Meal planning also allows you to know exactly which items you need for the week.

Consult a Dietitian

If you would like more tips on how to make healthier choices, talking with a dietitian is a good place to start. They will be able to provide more tips on [MyPlate](https://www.myplate.gov) as well as portion sizes, reading nutrition labels, and meal planning.

Source: safetysservices.ucdavis.edu/units/occupational-health/health-well-being/nutrition/nutrition-corner-blog/mar-2022

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



DON'T FORGET!

Daylight Savings begins on
Sunday, March 10. Be sure to
spring ahead and set your
clocks forward an hour!



(920) 448-4300

adrcofbrowncounty.org



[adrcbrowncountywi](https://www.facebook.com/adrcbrowncountywi)

ADRC Magazine | March 2024 13



Is it time to make your life easier?

Only a short drive from Green Bay and the surrounding area. Find out why our personalized care is worth the short trip.

920-657-5144 | www.thecottagescare.com



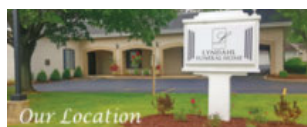
"REAL VALUE. REAL CLOSE."

Furnitureland



322 E Pulaski St.
Pulaski, WI 54162
Call 920-822-3266 or
toll free 877-543-8486
furniturelandpulaski.com

Family Owned and Operated Since 1946



LYNDAHL
Funeral Home
& Cremation Services

- Chapel seating up to 150 • Hospitality room for family and friends
- Pre-planning available with prepayment options

1350 Lombardi Ave • Green Bay, WI 54304 | 499-1223 • www.lyndahl.com



Like us on Facebook.

Woodside
Senior Communities

A Lutheran heritage. Serving all faiths.

1040 Pilgrim Way
Green Bay, WI 54304
920.499.1481

Enhancing lives through a
passion for wellness.

- Rehabilitation
- Skilled Nursing
- Assisted Living
- Memory Care
- Independent Living

For more info 920.499.1481 | woodsideseniorecommunities.org

THE **Courtyard** at BELLEVUE
MEMORY CARE & ASSISTED LIVING

Camaraderie, Community
and **PERSONAL** Connection

920-939-5139 | thecourtyardatbellevue.com
1600 Hoffman Road, Green Bay



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

C 4C 01-1214



...SPECIALIZING IN MEMORY CARE

"A New Beginning"



Howard Property
2723 Lineville Rd.
Green Bay, WI 54313
Ph: 920-393-4531
Fax: 920-393-4835

Suamico Property
13230 Velp Ave.
Suamico, WI 54173
Ph: 920-770-4601
Fax: 920-770-4603

www.AlphaSeniorConcepts.com

WI-500187663



Your stories
have become
our story.



920.468.4111

1630 E. Mason St.
Green Bay, WI 54302



CARE FOR ALL AGES

RESIDENTIAL
ASSISTED LIVING

1308 S. Norwood Ave.
Green Bay
(920) 432-8119

www.careforallages.com

Income Based Apartments De Pere



Nicolet
Terrace

850 Morning Glory Lane
Located in West De Pere

920-336-0755
www.dphousing.org



BUILD CONFIDENCE. LIVE
INDEPENDENTLY. ENJOY
PEACE OF MIND

Please Call
(920)-739-5156
for more information!



"Your Local Provider"

SUBURBAN TECHNOLOGY

Personal Emergency Response Systems

suburbantechology.com



146111



**DIMENSIONS
LIVING**
Green Bay

Senior Living Above and Beyond



Dimensions Living Green Bay offers the very best assisted living with all the comforts of home. We deliver caring, compassionate support and personalized programs that keep you active while still allowing you to remain as independent as you wish.

Featured Amenities:

- Private Balconies • Pet friendly community
- Washer and dryer in every apartment • Three daily meals included

Schedule a Tour and Have Lunch with Us!



246 Berger Street, Green Bay, WI 54302 | (920) 468-9174 | dimensionslivinggreenbay.com



ARE YOU...

- forgetting to take your medications?
- bathing less frequently?
- becoming less active?
- avoiding social interactions?
- feeling lonely, isolated, or bored?
- falling behind on household chores or daily tasks?
- wishing to live at home for as long as possible?

LET US HELP 920.338.1111

www.UnityHospice.org/CareCompanions

Honoring and
Remembering with Care.



(920) 336-8702

cotterfuneralhome.com

Elder Law

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

MARCH'S THEME:

MARCH FOR MEALS

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!

March on into this month as we highlight our meal program as well as the importance of healthy nutrition! We serve over 500 meals a day through our home delivered meal program, bringing a smile and a hot meal to individuals in the community. Looking for lunch? Join us at our Community Café (60+ individuals) or Grounded Café for a delicious meal and a chance to sit and chat with new and old friends!

CHECK OUT THESE UPCOMING EVENTS:



SUPPORTING YOUR DIABETES DIAGNOSIS: *PROVEN STEPS TO SELF MANAGEMENT*

Mondays, 4/8 - 5/20/24, 1 - 3:30 p.m.
In person at ADRC

In this workshop, you will be provided a space that not only provides proven curriculum based education, but empowers people to create healthy habits by building relationships with others in a similar situation.



GARTH BROOKS TRIBUTE DINNER & SHOW *WITH ADAM LEE*

Wednesday, 4/17/24, 5 p.m.
In person at ADRC - \$35 per person

Experience one of music's most influential icons: Garth Brooks. Join Adam Lee at ADRC for a night of Garth Brooks hits!



VETERANS PROGRAM

Friday, 4/12/24, 10:30 a.m.
In person at Neville Public Museum

Chris Henry, EAA Museum Manager, will be sharing stories of the Korean War M.A.S.H. units and their influence on the popular TV show.



SHOULD I EAT THAT?

Tuesday, 5/14/24, 1 - 2:30 p.m.
In person at ADRC

Learn the difference between edible and poisonous mushrooms that are found in our region. *Presented by Erik Hoyer, Ph.D., Cannabis Operations Program at Northern Michigan University.*

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



ADRC Classes & Workshops

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



2024 Events by Date:

Fri - 03/01 - LGBTQIA+ Social Group
Mon - 03/04 - Lunch Bunch
Tue - 03/05 - Men's Support Group
Tue - 03/05 - Jin Shin Jyutsu: Fatigue
Fri - 03/08 - Legal Counseling
Tue - 03/12 - Destination Medicare: ABCD's
Wed - 03/13 - Current Affairs Discussion
Wed - 03/13 - Mug Club
Wed - 03/13 - Parkinson's Support Group
Thu - 03/14 - Spotting Scams
Fri - 03/15 - LGBTQIA+ Social Group
Mon - 03/18 - Book Club
Tue - 03/19 - Jin Shin Jyutsu: Heart Health
Tue - 03/19 - Neurographic Art Drawing
Tue - 03/19 - The Dumb Side of Smart Homes
Wed - 03/20 - Disability Advocacy Day
Thu - 03/21 - Medicare Pit Stop
Wed - 03/27 - Attracting Songbirds
Thu - 03/28 - Destination Medicare: ABCD's
Thu - 03/28 - Suicide Loss Support Group
Tue - 04/02 - Destination Medicare: ABCD's
Wed - 04/03 - Powerful Tools for Caregivers
Thu - 04/04 - Cannabis
Thu - 04/04 - Don't Wait Until You Break a Hip
Mon - 04/08 - Supporting Your Diabetes Diagnosis
Fri - 04/12 - Legal Counseling
Fri - 04/12 - Veterans Program
Wed - 04/17 - Garth Brooks Tribute
Thu - 04/18 - Medicare Pit Stop
Fri - 04/19 - Don't Wait Until You Break a Hip
Tue - 04/23 - Destination Medicare: ABCD's
Tue - 05/07 - Lifelong Creativity: Fr. Nielson
Tue - 05/14 - Should I Eat That?
Wed - 05/22 - Forest Bathing

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 assure we can continue quality programming at ADRC, please consider donating towards these activities. Thank you!

Attracting Songbirds

Wednesday, 3/27/24, 3:30 - 4:30 p.m.

In person at ADRC

Interested in attracting songbirds to your yard? Join us to learn more about their habitats, migration patterns, and nesting needs.

Book Club

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

In person at ADRC

We'll be discussing February's book, *Becoming* by Michelle Obama. Next month's book is *Did Ye Hear Mammy Died?* by Séamas O'Reilly.

Cannabis: Science, Legalities, Uses, & Myths

Thursday, 4/4/24, 12:30 - 2 p.m.

In person at ADRC

Explore the differences between CBD, THCA, THC, Delta 8, and others as well as the biology behind them, their uses, laws, and dangers of these products. *Presented by Erik Hoyer, Ph.D., Cannabis Operations Program at Northern Michigan University.*

Current Affairs Discussion Group

2nd Wednesday of the month (3/13/24), 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.

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



Destination Medicare: ABCD's of Medicare

In person at ADRC

Tuesday, 3/12/24, 9:30 - 11 a.m.

Tuesday, 4/2/24, 9 - 10:30 a.m.

Online

Thursday, 3/28/24, 1 - 2 p.m.

Tuesday, 4/23/24, 2:30 - 3:30 p.m.

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

Disability Advocacy Day

Wednesday, 3/20/24, 10 a.m. - 3 p.m.

In person at the State Capitol

This event is focused on connecting Disability Advocates with their legislators to talk about the issues that matter to them. Attendees will participate in a morning briefing and then visit their legislators. Registration is required by Friday, March 1. You can register online at survivalcoalitionwi.org. If you're interested in carpooling opportunities, please call ADRC at (920) 448-4300.

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

In person at Aurora - 1160 Kepler Dr

Thursdays, 4/4 - 5/23/24*, 9:30 - 11:30 a.m.

**No class May 16*

In person at Prevea - 1727 Shawano Ave

Fridays, 4/19 - 5/31/24, 10 a.m. - 12 p.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

Forest Bathing

Wednesday, 5/22/24, 9 a.m. - 12 p.m.

In person at ADRC & Baird Creek

Forest bathing is the practice of intentionally spending time in nature to promote relaxation through observing your environment and practicing breathwork. Research shows that it can boost the immune system, promote improved cardiovascular and respiratory health, and support positive mental health. Join Crystal Brown (Inspired North) for a forest bathing experience that is accessible to individuals of all abilities along Baird Creek. Crystal, a psychiatric mental health nurse and outdoor ethnobotanical educator, will discuss the benefits of forest bathing and being connected to nature. We will meet at ADRC and travel to Baird Creek Parkway for connecting with the beautiful landscape, listening to the sounds of the flowing creek, and enjoying the beautiful cedar trees and plants. Herbal tea and refreshments will be provided.

Garth Brooks Tribute Dinner & Show with Adam Lee

Wednesday, 4/17/24, 5 p.m.

In person at ADRC - \$35/person (includes tax)

Experience one of music's most influential icons: Garth Brooks. Join Adam Lee at ADRC for a night of Garth Brooks hits! Enjoy an all-you-can-eat taco bar from 5 - 5:45 p.m. and then settle in for an incredible show at 6 p.m. You won't want to miss it!



Jin Shin Jyutsu: Fatigue

Tuesday, 3/5/24, 1 - 3 p.m.

In person at ADRC

If you lack energy, tire easily, suffer from chronic fatigue, or find it difficult to accomplish daily tasks, this class will help clear out causes of fatigue and tiredness. Easy and effective, Jin Shin Jyutsu self-helps will keep you going when life is getting you down and you can't find the energy you would like to have.

Jin Shin Jyutsu: Heart Health

Tuesday, 3/19/24, 1 - 3 p.m.

In person at ADRC

For prevention and to help existing heart health issues including arrhythmia, racing heart, cholesterol, and more. Even help for a broken heart or if you've lost your zest for life. Jin Shin Jyutsu uses just a gentle touch and fits into any busy schedule as it can be done anywhere and anytime.



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.)



Legal Counseling

2nd Friday of the month (3/8 & 4/12/24)

By phone or in person at ADRC

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

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

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

LGBTQIA+ Social Group

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

In person at ADRC

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

Lifelong Creativity:

Artists Who Never Stop Working with Fr. Nielson

Tuesday, 5/7/24, 3 - 4:30 p.m.

In person at ADRC

Join us for a visual survey of artwork created in the latter years of artists' lives, inspired by the memorable insight attributed to American icon, Grandma Moses, "Painting's not important...the important thing is to keep busy!"

Lunch Bunch

1st Monday of the month (3/4/24), 11:30 a.m.

In person at LongHorn Steakhouse (West)

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



Medicare Pit Stop

Thursday, 3/21/24, 1 - 1:30 p.m.

Topic: Part D Coverage Phases

Thursday, 4/18/24, 1 - 1:30 p.m.

Topic: Medicare for Federal Employees & Retirees

Online

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

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

1st Tuesday of the month (3/5/24), 9 - 10:15 a.m.

In person at Bay View Family Restaurant

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 (3/13/24)

Online: 10 - 11 a.m.

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

Create connections, learn together, share conversations, and offer care and support. Call or email Teri Bradford (920) 448-4320 or teri.bradford@browncountywi.gov if you are interested.

Sponsored by the Brown County Caregiver Coalition

Neurographic Art Drawing (Series)

Tuesdays, 3/19 - 4/9/24, 9 - 10:15 a.m.

In person at ADRC - \$10 per person

In this series of classes, you will learn the basic techniques required to create a neurographic style work of art. Neurographic art is a rather new art form developed in 2014 by Pavel Piskarev. This lesson will be a simplistic variation of neurographic art designed to be meditative while creating a relaxing and nourishing environment for your creative spirit. We will focus on one area of our lives that we would like to see positive change in and direct our thoughts towards that area as we work on our neurographic drawings. No art experience required.

Presented by Sue Grumann, ADRC Volunteer.

Parkinson's Support Group

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

In person at ADRC

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

Powerful Tools for Caregivers (Series)

Wednesdays, 4/3 - 5/8/24, 1 - 2:30 p.m.

In person at St. Anne's Episcopal Church

Suggested Donation - \$30

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 you are helping a parent, partner, spouse, adult child, neighbor, or friend.



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



Should I Eat That?

Tuesday, 5/14/24, 1 - 2:30 p.m.

In person at ADRC

Learn the difference between edible and poisonous mushrooms that are found in our region. Then, there will be a fall field trip to find these mushrooms. *Presented by Erik Hoyer, Ph.D., Cannabis Operations Program at Northern Michigan University.*



Spotting Scams

Thursday, 3/14/24, 3 - 5 p.m.

In person at ADRC

Far too many older adults fall prey to scammers who are looking to make a quick buck. In this presentation, we will cover phishing emails, scam texts and calls, social media messages, how to differentiate between real and scam accounts, and ways to report scams. *Presented by Tori Kostman, ADRC volunteer.*

Suicide Loss Support Group

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

In person at ADRC

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

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

Mondays, 4/8 - 5/20/24, 1 - 3:30 p.m.

In person at ADRC - \$25 sugg. donation

In this workshop, you will be provided a space that not only provides proven curriculum based education, but empowers people to create healthy habits by building relationships (friendship and camaraderie) with others in a similar situation. If you or someone you love has been diagnosed with pre-diabetes, type 2 diabetes, or is caregiving for someone with a diagnosis, please join us for this workshop. *Presented by Janice Clemens & Kathy Spevacek, ADRC Volunteers.*



The Dumb Side of Smart Homes

Tuesday, 3/19/24, 2:30 - 4:30 p.m.

In person at ADRC

"Smart" doesn't always mean a smart choice when it comes to home technology and security. Join us for an overview of why the Internet of Things (IoT) may have more risk than reward. We will talk about ways to keep you and your loved ones safe when it comes to technology in the home. The IoT refers to the rapidly growing network of connected objects able to collect and exchange data using embedded sensors. From Amazon Echo or Google Home to the Nest Thermostat, there are hundreds of products on the market that users can control with their voices to make their lives more connected than ever before. *Presented by Jonathan Davis, Principal Security Architect.*

Veterans Program

Friday, 4/12/24, 10:30 a.m.

In person at Neville Public Museum

Chris Henry, EAA Museum Manager, will be sharing stories of the Korean War M.A.S.H. units and their influence on the popular TV show. 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.*



**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.)*



Disability Advocacy Day 2024

**Wednesday, March 20, 2024
Madison, WI**

This event is focused on connecting Disability Advocates with their legislators to talk about the issues that matter to them. Attendees will participate in a morning briefing and then visit their legislators. **Registration is required by Friday, March 1.** You can register online at survivalcoalitionwi.org. If you're interested in carpooling opportunities, please call ADRC at (920) 448-4300.

Register Here:



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.

Handworks Quilting

1st & 3rd Thursday, 11 a.m. - 3 p.m.

\$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.

Open Art Group

Wednesdays, 12 - 3 p.m.

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

Tai Chi

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

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

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!

**REGISTRATION REQUIRED
FOR ALL CLASSES**



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

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

**Thursday, March 28, 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

PUZZLE ANSWERS

*Puzzle on page 5

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | Y | R | O | W | U | T | C | A | X | K | T | U | O | W | C | J | K | E |
| T | S | E | K | P | V | N | A | Y | S | Y | A | L | C | W | P | A | C | B | U |
| T | F | H | U | C | B | Y | G | X | R | E | Z | R | V | D | M | E | R | L | O |
| O | N | M | L | C | R | D | L | V | J | I | D | F | Y | L | A | T | E | M | Y |
| N | G | I | R | A | I | O | R | N | P | T | H | V | A | L | G | C | A | R | I |
| C | B | Z | A | W | Y | R | C | A | N | V | A | S | L | J | I | T | T | C | S |
| U | E | D | L | P | O | V | S | H | S | M | S | P | K | B | A | P | I | K | E |
| Y | I | C | K | F | U | X | J | L | E | H | I | Y | W | Y | F | N | V | O | D |
| M | J | R | V | H | R | P | P | X | A | T | Z | W | O | O | D | N | I | L | H |
| S | C | A | R | D | B | O | A | R | D | N | D | Z | U | X | C | G | T | N | Y |
| A | L | F | B | G | O | R | P | M | L | U | G | S | T | G | S | R | Y | M | Z |
| Y | O | T | C | A | E | W | E | V | O | E | L | Z | E | N | O | B | J | E | V |
| H | R | I | F | K | V | X | R | J | K | V | A | P | A | I | M | V | A | X | I |
| C | T | N | N | I | J | B | H | W | V | J | S | W | K | T | Y | L | W | F | R |
| I | I | G | M | W | N | R | A | Y | Z | R | S | I | C | T | S | G | Y | U | D |
| R | D | L | E | P | G | Z | L | J | U | X | H | L | D | I | R | O | L | J | W |
| B | Y | R | O | Y | T | S | I | D | R | A | E | W | X | N | H | H | W | U | L |
| A | Y | C | B | N | S | E | W | I | N | G | Y | M | U | K | K | I | S | M | E |
| F | F | P | H | A | L | G | V | S | F | P | C | G | Y | F | B | A | G | R | N |
| V | A | N | R | O | C | E | K | U | M | J | I | S | T | I | N | Y | U | O | E |

ADRC on the GO



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

Have ADRC present to your group, organization, or business! ADRC on the Go 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 interactive and fun, 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 on the GO and to set up a presentation!

Upcoming ADRC on the GO presentations in the community:

Parkway Landings

Friday, 3/8/24, 12:30 p.m.

Topic: Brain Games

Bellevue Community Center

Thursday, 3/21/24, 11:30 a.m.

Topic: Brain Games

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



If the ADRC on the GO presentations serve a meal:

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

ADRC NUTRITION PROGRAM

by the numbers



COMMUNITY DINING

At our Community Café, we served over 24,000 meals this past year. This gives individuals 60+ a chance to get out, eat a nutritious meal, and socialize with their peers in a warm, inviting atmosphere!

HOME DELIVERED

In 2023, we delivered over 123,000 meals to individuals in the community who are homebound. This program not only brings a hot, nutritious meal, but also a wellness check and peace of mind for their families.



IN TOTAL, WE SERVED 2,500+ people!



Resource Corner: FoodShare



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



FoodShare is a great resource in the community that helps people who are low-income. This program helps many people through difficult times by providing funds to pay for groceries. Many people do not know about the program or how to apply, and the process is simple. You can apply online, by filling out a paper application, or by simply giving the workers a call. Here is some information that can be helpful to those who are not familiar with FoodShare.

The amount you receive for FoodShare is based on your income and household size. Once you apply, the worker will request documents such as proof of income, a copy of your identification card, and a copy of your social security card. Depending on the information you provided, they may request additional documentation. Anytime the program needs additional information, they will mail a correspondence letter to you requesting the information that is needed.

Here are the different ways you can apply for FoodShare:

Online

1. Go online to access.wisconsin.gov or download the MyAccess app on your phone.
2. Click on "Apply Now"
3. Create an account if you don't already have one.
 - a. You will need to provide your first and last name.
 - b. Create a User ID and Password
 - c. You can add your email, but it is optional.
4. Fill out the application and hit submit.

Paper Application

1. Walk into your local agency.
 - a. For Brown County, it's located at 111 N. Jefferson St, Green Bay
2. Request a paper application.
3. Fill out the application.
4. Turn in your application to the local agency or mail it in.

Over the Phone

You can call the Bay Lake Consortium at 1-888-794-5747.

You can call from home or you can go into your local agency and ask to utilize the phone to speak to a worker.

If you would like to know more about the FoodShare program or have questions, please contact the Bay Lake Consortium at 1-888-794-5747.



Our Mission

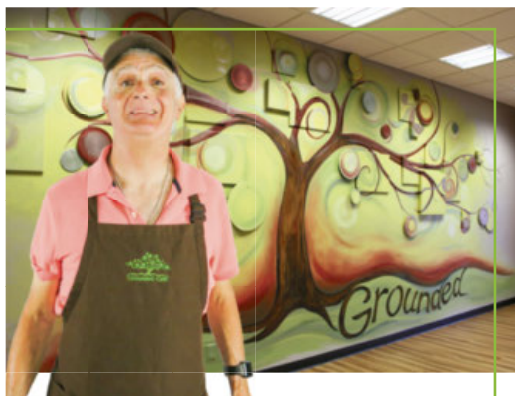
Grounded Café was built on the belief that all people have value. Within everyone are possibilities, given the right opportunities to succeed. Partnering with local agencies, school districts, and volunteers, Grounded Café was born to break down stereotypes and ageism. To shine a light on the strengths and abilities of seniors and persons with disabilities.



Everyone Welcome

ALL AGES – ALL ABILITIES

MONDAY – FRIDAY
7A – 2P



We are partnering with local agencies and school districts to provide onsite job training. This program helps build pride and dignity by providing opportunities to uncover and develop abilities.

We are all about changing the way people see people. We want our guests to feel like they belong to something big! Where people come together, share a meal and a story or two, each of them changed forever.

Work is a place to belong, socialize, have purpose, and feel valued. At Grounded Café, trainees are given the opportunity to work in every part of the café. To learn every task, build confidence, and discover their strengths. This empowers them to experience the pride and dignity of participating in the community. It's been a resounding success – more than half of our trainees have found jobs in the community!

Serving Up Food & Breaking Down Stereotypes

SINCE 2017

DRINKS

Whether you're into the classics or looking to spice things up, we've got a range of different coffee and espresso drinks to satisfy that caffeine (or decaf) craving.

BREAKFAST & CAFÉ CREATIONS

Start the day off right with one of our made-to-order breakfast sandwiches, burritos, flatbreads, or scramblers.

Forget your lunch at home and join us for our handcrafted sandwiches, wraps, flatbreads, paninis, salads, and soups.



GROUNDEDCAFEGB.ORG || 300 S. ADAMS STREET, GREEN BAY



(920) 448-4300

adrcofbrowncounty.org



[adrcbrowncountywi](https://www.facebook.com/adrcbrowncountywi)

ADRC Magazine | March 2024 25

NEED A RIDE?

CHECK OUT THE LATEST IN PUBLIC TRANSPORTATION

Three low cost transportation options:

- Regular Fixed Route Buses
- GBM On Demand
- Paratransit

**Visit our website or call
to plan your next trip.**

FREE TRAVEL TRAINING AVAILABLE

<https://greenbaywi.gov/231/Metro-Transit>

(920) 448-3450

901 University Avenue

Green Bay, WI 54302

Green Bay
METRO



Discover Affordable Independent Living AND Enjoy



BAY MANOR SENIOR APARTMENTS

1 + 2 Bedrooms Available NOW
We Offer Full Kitchens, Activities, & Elevators!

CALL 920-469-2706 TODAY

BLANEY FUNERAL HOME & CREMATORY



1521 Shawano Avenue
920-494-7447

www.BlaneyFuneralHome.com



Quiet, Convenient Locations
Spacious 1 or 2 Bedrooms

920-465-6894

Hamilton Gate Apts. on S. Fisk St. • Deerbrook & Deerfield on Lenwood Ave.
Starlite Apts. on Abrams St. • Riverbend Terrace on Bellevue St.



2809 University Ave.
Green Bay, WI 54311

(920) 884-7360



www.remanagementwi.com

Badger Terrace Apts.

130 Badger Ln., Green Bay, WI 54303 ■ **(920) 494-2060**
For seniors and persons with disabilities.

Lime Tree Terrace Apts.

800-830 Lime Kiln Rd., Green Bay, WI 54302 ■ **(920) 432-6787**
For families with dependent children.

Parkview Terrace Apts.

1001-1031 Moraine Way, Green Bay, WI 54303 ■ **(920) 432-1707**
For families with dependent children.

Trail Creek Apts.

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

Woodland Park Apts.

2809 University Ave., Green Bay, WI 54311 ■ **(920) 432-6787**
www.woodlandparkseiorapts.com

**Serving patients and customers
for over 35 years!**

- CPAP • Oxygen • Lift Chairs • Scooters
- Mastectomy/Lymphedema Care • Wound Care
- Bath Safety • Stair Lifts • Tub Cutouts
- Platform & Ceiling Lifts • Ramps • Much More!



GREEN BAY: 2021 Riverside Drive
MANITOWOC: 1651 S 41st Street
SHEBOYGAN: 1337 N Taylor Drive, Suite 103

Phone: 800.236.2619
www.HMEHomeMedical.com

Assisted Living For Now And Then



Patient Pines Assisted Living, Inc.

"Caring with patience..."

- Registered nurse
- 24 hour awake caregivers
- Local family owned & operated
- Located within the Village of Bellevue
- Age in place • Respite services
- Eight private rooms
- Medication administration
- Secure delayed egress exits
- Memory holding or enhancing activities
- Comfortable home-like atmosphere
- Dementia / Alzheimers care
- End of life
- Elderly or physically disabled

1715 & 1721 Westminster Drive, Green Bay, WI

Call today – 920.884.CARE (2273)



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Alex Nicholas

anicholas@lpicommunities.com

(800) 950-9952 x2538



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

Aging & Disability Resource, Green Bay, WI

E 4C 01-1214



2 Locations - Immediate Availability!

\$500 OFF **First three month's rent**

Tour Carrington Assisted Living or Marla Vista Assisted Living & Memory Care on or before 12/31/2023 to receive \$500 off your first three month's rent when you move in. Offer not valid with any other promotions or non-private pay residents. \$1,500 will be added to the last month's rent if residency is less than 12 months. **Must** reference CODE MVMCNSenior2023 to redeem.

Carrington Assisted Living
2626 Finger Rd.
Green Bay, WI 54302
(920) 469-2606

Marla Vista Assisted Living & Memory Care
1006 N Military Ave.
Green Bay, WI 54303
(920) 499-1119

www.cottagesal.com



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.



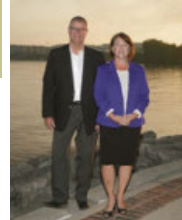
Jessie Marceau
Senior Care Advisor
920-883-5081

Ross & Liebmann Legal Group, LLC

218 North 14th Avenue
Sturgeon Bay, WI 54235
(920) 743-9117
www.rossstateplanning.com

- Wills & Trusts
- Power of Attorney
- Long Term Care Planning
- Medicaid Planning & Applications
- Special Needs Trusts
- Probate & Trust Administration
- Litigation

We believe in the team approach of caring professionals to ensure the client always comes first.



Call today to schedule a complimentary consultation with Attorney Robert A. Ross or Attorney Jane E. Seusy.

Mason Manor

Check us out!

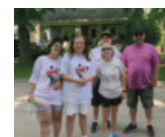
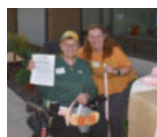


1424 Admiral Court
Green Bay, WI 54303
Jayme.Valentine@greenbaywi.gov
www.greenbaywi.gov

- ✓ Free Basic Cable TV and Internal Info Channel
- ✓ Social & Educational Opportunities
- ✓ Security Entrance
- ✓ In-house Noon Nutrition Program
- ✓ Visiting Clergy and Religious Services
- ✓ Administered by the City of Green Bay Housing Authority
- ✓ 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

Healthy Snacking



Facts About Snacking

1. Nearly 73% of Americans snack at least one time per day.
2. Snacking frequency has increased from 2021 - 2022.
3. Most people snack due to being hungry or thirsty and others see snacking as a treat.
4. The most popular time to snack for 71% of Americans is in the afternoon.

Pros and Cons of Snacking

Snacks can be a regular and important part of a healthy diet, but snacking can also lead to health problems. What determines if snacks are part of a healthy diet are what snacks you choose, the frequency of snacking, and how it fits into your meals throughout the day.

Pros:

1. Provides a source of nutrition and energy between meals.
2. Helps you to avoid over-eating at your next meal.
3. Adds supplemental nutrients for the day if choosing a nutrient-rich snack.
4. Can help with adequate nutrition in those that have a poor appetite or cannot eat full meals.

Cons:

1. If snacks are not healthy, they can provide excess calories and lead to unintentional weight gain.
2. Large snacks can prevent you from being hungry for your next meal.

Some healthy options for snacks:

1. Raw veggies such as carrots, celery, broccoli, cauliflower, cucumbers, or bell peppers with your favorite veggie dip
2. Fruit such as apples, bananas, oranges, berries, etc.
3. Trail mix with nuts, cereal, dried fruit, and chocolate for some sweetness
4. Cottage cheese, yogurt, hummus, or guacamole
5. Hard boiled eggs
6. Popcorn
7. Sliced cheese and crackers, nut butter on toast or crackers
8. Smoothies with yogurt, fruits, and veggies

How much to eat for a snack?

1. Be mindful of the portion size of your snack to be sure you aren't over-eating or getting too many calories.
2. A snack should be enough to satisfy your hunger but not so much that it interferes with your appetite for your next meal.
3. A snack should be about 150 - 250 calories.

Snacking True or False

1. Not snacking will help you lose weight.
2. Snacking doesn't spoil your appetite.
3. Snacking on foods that contain fat is bad for you.

1. FALSE - If you choose the right snacks with the correct portion size, snacks do not need to be cut out. In fact, they can be beneficial by adding nutrients to your daily intake.
2. TRUE - Snacking at the right time with the correct portion sizes and a healthy option won't spoil your appetite. Snacks can be beneficial when you're hungry between meals to help prevent you from over-eating at your next meal.
3. FALSE - We all need healthy fats in our diet as fat helps our body to absorb certain nutrients and vitamins. Foods that have naturally occurring fats are good for us in moderation.
 - Snacks that are higher in healthy fat are nuts, nut butters, and avocados.
 - Unhealthy fats are found in snacks such as baked goods like cookies and cakes, and processed snacks like chips.

Raspberry Yogurt Cereal Bowl

Ingredients:

1. 1 cup yogurt of your favorite flavor (choose a Greek yogurt or a yogurt that has between 6 - 9 grams of sugar)
2. 1/2 cup of mini shredded-wheat cereal or your favorite low-sugar cereal
3. 1/2 cup fresh raspberries or your favorite fruit
4. 2 teaspoons mini chocolate chips
5. 1 teaspoon pumpkin or chia seeds
6. 1/4 teaspoon ground cinnamon

Directions:

Place yogurt in a bowl and top with shredded-wheat, raspberries, chocolate chips, pumpkin seeds, and cinnamon.



Sources:

- hsph.harvard.edu/nutritionsource/snacking
- heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking
- foodinsight.org/survey-spotlight-snacking
- eatingwell.com



TECH TIPS



*With
Terry Tetra*

Talking Tackle Box

Smartphones are pretty incredible in this day and age. Not only do they provide a way to stay in touch with family and friends, hours of entertainment, and keep us current with everything going on in the world, but they also include a number of accessibility features to make using and interacting with the device a breeze. Today we'll be focusing on speech-to-text.

Speech-to-Text

Are the small on-screen keyboards frustrating? Is it just easier to speak what you want to say rather than trying to type it out? Speech-to-text is a great accessibility feature that anyone can use! For both Apple and Android devices, when your keyboard pops up, there is a small microphone icon you can press to be able to use your voice to type on the screen. The icon looks like this:

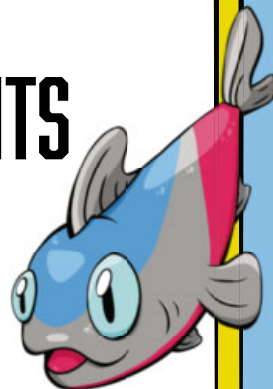


If this is the first time you're using speech-to-text, there will just be a pop-up asking if you'd like to enable it.



VIRTUAL ASSISTANTS

In addition to the speech-to-text feature, you can also use your voice to look things up, add to your calendar, check the weather, and more. Current smartphones have "virtual assistants" built-in (ex: iPhone has Siri). How you "activate" your assistant may be a little different between phones, depending on what type it is, but once you say the key phrase to activate it, you can use voice commands to navigate your phone hands-free. These virtual assistants can be set up under your settings on your phone.



ADRC

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 January 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.

**January Donations
in Memory of:**
George L Crabb



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"

PRSR STD
U.S. POSTAGE PAID
UMS

MARCH'S THEME:

MARCH FOR MEALS

Every month, we are 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!

March on into this month as we highlight our meal program as well as the importance of healthy nutrition! We serve over 500 meals a day through our home delivered meal program, bringing a smile and a hot meal to individuals in the community. Looking for lunch? Join us at our Community Café (60+ individuals) or Grounded Café for a delicious meal and a chance to sit and chat with new and old friends!

CHECK OUT THESE UPCOMING EVENTS:



- **Supporting Your Diabetes Diagnosis**
- **Veterans Program**
- **Garth Brooks Tribute Dinner & Show**
- **Should I Eat That?**

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

