

# A DRC Magazine



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*Inspire Innovation  
We disrupt the status quo to  
envision and create our future!*

## **Make Your Voice Heard**

Whether advocating for yourself or a loved one, be sure to make your wishes known and your voice heard!

Read more on page 16





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



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*Additional times available  
by appointment.*

*Home of*



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### Accommodations

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

### Ad Disclaimer

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# ADRC of Brown County

## *Answers & Solutions Start Here*



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

Here at ADRC, we provide advocacy, information, and access to services and opportunities that support independence and individual choice. Whether you're looking for help finding services, have questions or concerns about money matters, looking to improve your health, or wanting to connect to others in the community, we've got you covered. ADRC is committed to being a safe and welcoming place for everyone in our community, we're here for you!

### ***Decision Support: Plan for the Future***

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

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

### ***Benefit Questions: Start with a Check-Up***

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

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

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

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

### ***Stay Healthy, Stay Active: Visit ADRC***

- Falls prevention
- Health education
- Community cafe



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

ADRC is a nonprofit, 501(c)3 organization



(920) 448-4300

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



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# PREVENT MEDICARE FRAUD

# SMP Can Help!



## Prevent, Detect, Report

**Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse.**

Senior Medicare Patrol (SMP) can help you, your friends, and neighbors learn how to prevent, detect, and report Medicare fraud.

When you contact us, our trained team will answer your questions and provide guidance in how to resolve your problem. We will provide confidential support to address your concerns.

## Look Out For:



- Billing for services or medical supplies that were not provided.
- Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.
- Prescribing or providing excessive or unnecessary tests and services.
- Billing out of pocket for services covered by Medicare.



## Tips to Prevent, Detect & Report

- Only share your Medicare or Social Security number with those you trust.
- Only carry your Medicare card when you need it.
- Medicare will not call to get your personal information, they will never ask for money or threaten you.
- Keep a record of all your medical visits and procedures.
- Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- Call your health care provider, Medicare, or your local SMP if you see something suspicious.



**Wisconsin Senior Medicare Patrol**  
**Toll Free Helpline: (888) 818-2611**  
**[www.smpwi.org](http://www.smpwi.org)**



SMP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at [ACL.gov](http://ACL.gov).

# Stay Sharp with ADRC

Spring is in bloom! Each person owns a flowerpot in a certain spot that's a different color and design, made of a specific material, and growing unique flowers. Use the following clues, as well as the table, to figure out who owns each flowerpot.

- ~~Jill owns the blue flowerpot~~
- Sally grows tulips
- The terracotta flowerpot is next to the wood flowerpot
- Lilacs grow in the green flowerpot
- The purple flowerpot has paw prints
- James' flowerpot is made of cement
- The wood flowerpot has daisies
- The middle flowerpot has paw prints
- Sally's flowerpot is first
- Diana grows daisies
- The plaid flowerpot is next to the tulips
- The daffodils are in the flowerpot with spirals
- The yellow flowerpot is to the immediate right of the blue flowerpot
- Matt's flowerpot is ceramic
- The cement flowerpot is plaid
- Roses grow in the blue flowerpot
- The pink flowerpot has polka dots
- the blue flowerpot has leaves

## Einstein's Riddle



### How to Play:

- Start by reading through the clues and marking the basic ones. *The first clue is done for you.*
- Some clues will be indirect (ex: the person who owns the horse lives next to the person who drinks milk).
- After reading through the clues, you'll need to use logic to deduce the rest of the information to solve the riddle.
- The game ends when every clue is used and every line is filled.

	Purple	Blue	Green	Pink	Yellow	Lilacs	Daisies	Roses	Daffodils	Tulips	Terracotta	Plastic	Wood	Cement	Ceramic	Leaves	Plaid	Spirals	Paw Prints	Polka Dots	
James		X																			
Diana		X																			
Matt		X																			
Sally		X																			
Jill	X		X	X	X																
Leaves																					
Plaid																					
Spirals																					
Paw Prints																					
Polka Dots																					
Terracotta																					
Plastic																					
Wood																					
Cement																					
Ceramic																					
Lilacs																					
Daisies																					
Roses																					
Daffodils																					
Tulips																					



Flowerpot Color:					
Owner:					
Design:					
Material:					
Flower:					

\*Answer on page 20



# Ask ADRC Specialists: Aging Advocacy Day



## 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



**Question:** I am concerned about my quality of life while I age. I am not sure if, or how, I can make a difference. Is there any way I can get involved?

**Answer:** An extremely important role that all of us can take when it comes to aging issues, whether you are an individual, a coalition of concerned community members, or an agency that impacts older adults, is advocating for important issues that affect our lives. This is as true today as any time in recent history. That is why making your voice heard is so important and impactful.

There are many ways to advocate for issues important to you. One of those ways is attending events such as the Aging Advocacy Day, which occurs on Tuesday, May 14, 2024. On this day, citizens from around the state will gather in Madison for training, to meet with other constituents from their senate and assembly district, and for office visits with their legislators. The old saying, "There is power in numbers," is very true when it comes to advocacy issues and affecting change for the betterment of our communities.

The State Department of Administration expects the population of 65+ Wisconsinites to grow by nearly 500,000 by 2040, and comprise nearly a quarter of

the total population - up from 14% in 2010. This growth will certainly mean that topics near and dear to seniors will be one of the utmost importance.

Some critical issues that will have major impacts on this population include:

- Transportation services
- Nutrition and home delivered meal programs
- Caregiver issues (both formal and informal)
- Overall increase in funding for agencies such as ADRC so they can continue to provide support and programs for seniors and individuals with disabilities

These are just a few of the many topics you would be able to address with your legislators.

Aging Advocacy Day is a great way to see firsthand how our legislative process works. You can partake in a guided session where you can learn ways of effectively communicating with your legislators. The day is also a chance to network and collaborate with others who have similar concerns to yours. If you wish to get more information on Aging Advocacy Day, or to check into carpooling to the event, contact ADRC at (920) 448-4300.

Source: *wpr.org*



# Thank You

# for Giving BIG!

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Contact your local  
Aging and Disability Resource Center  
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**PROTECT** your personal information

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

**REPORT** suspicious claims or activities

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

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

WisconsinSeniorMedicarePatrol



Preventing Medicare Fraud



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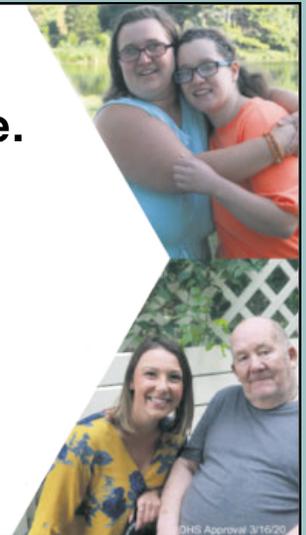
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B 4C 01-1214



Community Café & Home Delivered Meals Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Baked Fish</b> Rye Bread Roasted Potatoes Brussels Sprouts Apricots Fruit &amp; Cereal Bar</p>	<p><b>2</b></p> <p><b>Sloppy Joe</b> BBQ Black Beans Carrot Salad Fresh Seasonal Fruit Fig Newton Cookies</p>	<p><b>3</b></p> <p><b>BBQ Chicken Breast</b> Whole Wheat Bread Au Gratin Potatoes Peas Cinnamon Applesauce</p>	<p><b>4</b></p> <p><b>Vegetable Soup</b> Chicken Apple Walnut Salad on a Croissant Broccoli Vinaigrette Tropical Fruit Yogurt</p>	<p><b>5</b></p> <p><b>Country Meatloaf w/ Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches &amp; Strawberries Fudge Brownie</p>
<p><b>8</b></p> <p><b>Hot Dog on a Bun</b> Tater Tots Baked Beans Cherry Tomatoes w/ Ranch Lorna Doone Shortbread Cookies</p>	<p><b>9</b></p> <p><b>Sausage &amp; Egg Breakfast Sandwich</b> Hash Browns Warm Spiced Peaches Fruit Juice Granola Bar</p>	<p><b>10</b></p> <p><b>Chicken Alfredo</b> Whole Grain Dinner Roll Carrots Mixed Fruit Oatmeal Raisin Cookie</p>	<p><b>11</b></p> <p><b>Chef's Salad</b> Apple Cinnamon Muffin w/ Apple Jelly Banana Pudding</p>	<p><b>12</b></p> <p><b>Chicken Fajitas</b> Cilantro Lime Brown Rice Mexican Coleslaw Mandarin Oranges</p>
<p><b>15</b></p> <p><b>Swedish Meatballs</b> Whole Wheat Dinner Roll Whole Wheat Pasta Broccoli Mixed Fruit</p>	<p><b>16</b></p> <p><b>Hearty Minestrone Soup</b> Seafood Salad Sandwich Lettuce &amp; Tomato Garden Salad Fruited Gelatin</p>	<p><b>17</b></p> <p><b>Roast Beef w/ Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Mixed Berries</p>	<p><b>18</b></p> <p><b>Sweet &amp; Sour Chicken Stir Fry</b> Whole Grain Dinner Roll Vegetable Fried Rice Green Beans Pineapple &amp; Mandarin Oranges Lemon Cookies</p>	<p><b>19</b></p> <p><b>Glazed Ham</b> Whole Wheat Bread Baked Beans Cucumber &amp; Onion Salad Blueberry Pie</p>
<p><b>22</b></p> <p><b>Pasta w/ Meat Sauce</b> Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p>	<p><b>23</b></p> <p><b>Seasoned Chicken Breast</b> Whole Grain Dinner Roll BBQ Black Beans Roasted Corn Mandarin Oranges Chocolate Chip Cookies</p>	<p><b>24</b></p> <p><b>Hamburger</b> Lettuce &amp; Tomatoes Roasted Potatoes Carrots Rice Crispy Bar</p>	<p><b>25</b></p> <p><b>Citrus Herb Pork Chop</b> Whole Wheat Bread Maple Mashed Sweet Potatoes Creamy Coleslaw Fudge Brownies</p>	<p><b>26</b></p> <p><b>Cod Sandwich</b> Tater Tots Irish Vegetable Blend Mixed Fruit &amp; Cottage Cheese</p>
<p><b>29</b></p> <p><b>BBQ Shredded Pork Sandwich</b> Rice w/ Broccoli &amp; Cheese Sauce Garden Salad Diced Pears</p>	<p><b>30</b></p> <p><b>Hot Ham &amp; Swiss Croissant</b> Parsley Red Potatoes Carrots Coleslaw Vinaigrette Oatmeal Cookies</p>			
<p><b>Suggested Contribution: \$5/meal</b></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

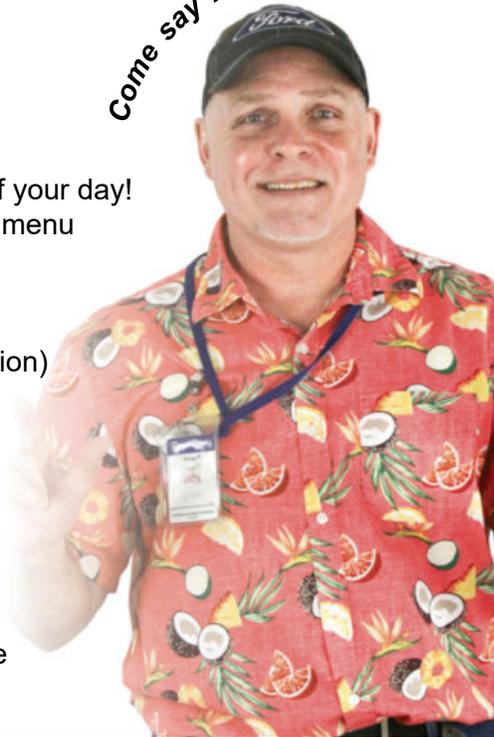
### What is the cost?

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:  
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.



# Test Your Salt Knowledge



Advocacy

Basic Needs

Caregivers

Dementia

**Healthy Eating**

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

**Many people know that we consume too much salt in our diets but aren't aware of other salt nutrition facts. See how much you know about salt!**

1. The Dietary Guidelines for Americans (2020-2025), recommends for most people 14 years and older, sodium intake should not exceed:  
A. 1,500 mg/day  
B. 2,300 mg/day  
C. 3,000 mg/day
2. What is the approximate average daily sodium intake for Americans 2 years and older?  
A. 1,500 mg  
B. 2,300 mg  
C. 3,400 mg
3. Which of the following are benefits from reducing the amount of sodium in our diets?  
A. Lowered blood pressure  
B. Reduced risk of heart disease  
C. Reduced risk of stroke  
D. All of the above
4. Approximately how much of our sodium come from processed foods?  
A. 45%  
B. 57%  
C. 65%  
D. 71%
5. Can foods be high in salt without tasting salty?  
A. Yes  
B. No

*Answers:*

1. B. 2,300 mg/day. Sodium intake should not exceed 2,300 mg per day.
2. C. 3,400 mg. This is about 1.5 teaspoons of salt per day.
3. D. All of the above.
4. D. 71%. The best way to decrease the amount of sodium in your diet is to limit processed foods.
5. A. Yes. Foods don't have to taste salty to be high in sodium. Check the nutrition facts label to know the amount of sodium per serving.

*Source: food.unl.edu*

## 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



# Local Adult Activity Centers

## Allouez

### Village of Allouez

1900 Libal St, Green Bay  
(920) 448-2800  
villageofallouez.com

## Ashwaubenon

### Ashwaubenon Community Center

900 Anderson Dr, Green Bay  
(920) 492-2331  
ashwaubenon.com

## Bellevue

### Bellevue Village Hall

2828 Allouez Ave, Green Bay  
(920) 468-5225  
villageofbellevue.org

## Denmark

### Denmark Senior Center

141 Highridge Ave, Denmark  
(920) 863-8097

## De Pere

### De Pere Community Center

600 Grant St, De Pere  
(920) 339-4097  
deperewi.gov

## Howard

### Village of Howard

2456 Glendale Ave, Green Bay  
(920) 434-4640  
(920) 434-5559 (Info Line)  
villageofhoward.com

## West Side YMCA

601 Cardinal Ln, Green Bay  
(920) 436-9570  
greenbayymca.org

## Green Bay

### Ray & Joan Kroc Center

1315 Lime Kiln Rd, Green Bay  
(920) 884-5007  
gbkroccenter.org

### Salvation Army Corps Community Center

626 Union Ct, Green Bay  
(920) 593-2362  
sagreenbay.org

## YMCA

(920) 436-9622  
greenbayymca.org

### Broadview YMCA

380 Broadview Dr

### East Side YMCA

1740 S Huron Rd

### Ferguson Family YMCA

235 N Jefferson St

## YWCA

230 S Madison St, Green Bay  
(920) 432-5581  
ywcagreenbay.org

## Oneida

### Elder Services

2907 S Overland Rd, Oneida  
(920) 869-2448  
oneida-nsn.gov

### Family Fitness

2640 W Point Rd, Green Bay  
(920) 490-3730  
greenbayymca.org

## Pulaski

### Pulaski Adult Activity Center (PAAC)

430 S St August Dr, Pulaski  
(920) 822-8100

### Pulaski Area Chamber of Commerce

(920) 822-4400  
pulaskichamber.org

### Pulaski Area Community Education (PACE)

(920) 822-6050  
pulaskischools.org/pace

## Suamico

### Municipal Services Center

12781 Velp Ave, Green Bay  
(920) 434-2212  
suamico.org



# PLEASE BE AWARE:

ADRC & Grounded Café are  
closing at 12:00 p.m. on  
Tuesday, April 16, 2024





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**Daniel J. Walsh**  
Attorney and Counselor at Law

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*APRIL'S THEME:*

# ***MAKE YOUR VOICE HEARD***

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!

Making your voice heard and advocating for yourself or a loved one is very important! Join ADRC to learn how you can speak up about the topics that are important to you, including Medicare, healthcare, and finances. Interested in learning more about advocacy opportunities and how you can play a role in making change for your community? Visit us at [www.adrcofbrowncounty.org/advocacy-opp](http://www.adrcofbrowncounty.org/advocacy-opp).

## ***CHECK OUT THESE UPCOMING EVENTS:***



### ***ADVANCE DIRECTIVES FOR HEALTHCARE & BEYOND***

**Thursday, 4/18/24, 10 - 11:30 a.m.**  
*In person at ADRC, online, or by phone*

Advance care planning, including power of attorney for health care, allows your preferences for medical care to be voiced even if you are unable to make decisions for yourself. Let us help you understand the common documents used and how to get started having conversations with your loved ones.



### ***YOUR VOICE, YOUR CHOICE: NATIONAL HEALTHCARE DECISIONS DAY***

**Thursday, 4/18/24, 3 - 4:30 p.m.**  
*In person at ADRC*

National Healthcare Decisions Day is April 16th. It is recognized annually to educate the public and healthcare providers about the importance of advance care planning and encourage you to have a conversation about your healthcare wishes. Join us as a group of professionals provide expertise and education to the community about advance care planning resources for learning and documenting your advance directive for healthcare.



### ***ROADMAP TO HEALTHY AGING***

**Wednesday, 5/22/24,  
6 - 7:30 p.m.**  
*Location TBD*

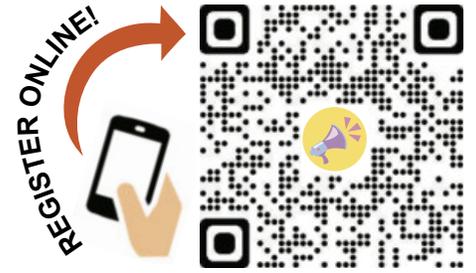
This presentation is for anyone who wants to learn more about navigating the twists and turns in the road as we get older. Hear from local community professionals at various pit stops along the way to learn how to navigate healthy aging. *Thank you to Portage County ADRC for creating the Roadmap Model in this presentation.*

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



# ADRC Classes & Workshops

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



## 2024 Events by Date:

- Mon - 04/01 - Lunch Bunch
- Tue - 04/02 - Destination Medicare: ABCD's
- Tue - 04/02 - Men's Support Group
- Wed - 04/03 - Powerful Tools for Caregivers
- Thu - 04/04 - Cannabis
- Thu - 04/04 - Don't Wait Until You Break a Hip
- Thu - 04/04 - Hand Sewing & Quilting
- Fri - 04/05 - Jin Shin Jyutsu: Self-Help Book 1
- Fri - 04/05 - LGBTQIA+ Social Group
- Mon - 04/08 - Medicare Plan-Finder Demo
- Mon - 04/08 - Supporting Your Diabetes Diagnosis
- Wed - 04/10 - Current Affairs Discussion
- Wed - 04/10 - Mug Club
- Wed - 04/10 - Parkinson's Support Group
- Thu - 04/11 - Spot the Scam
- Fri - 04/12 - Veterans Program
- Mon - 04/15 - Book Club
- Mon - 04/15 - Suicide Loss Support Group
- Wed - 04/17 - Garth Brooks Tribute with Adam Lee
- Thu - 04/18 - Advance Directives for Healthcare
- Thu - 04/18 - Hand Sewing & Quilting
- Thu - 04/18 - iPhone Workshop
- Thu - 04/18 - Jin Shin Jyutsu
- Thu - 04/18 - Medicare Pit Stop
- Thu - 04/18 - Your Voice, Your Choice
- Fri - 04/19 - Don't Wait Until You Break a Hip
- Fri - 04/19 - LGBTQIA+ Social Group
- Tue - 04/23 - Destination Medicare: ABCD's
- Tue - 04/23 - Jin Shin Jyutsu: Eye Health
- Thu - 04/25 - Android Workshop
- Mon - 05/06 - Harmonica for Beginners
- Tue - 05/07 - Lifelong Creativity with Fr. Nielson
- Thu - 05/09 - Destination Medicare: ABCD's
- Mon - 05/13 - Positive Aging
- Tue - 05/14 - Should I Eat That?
- Thu - 05/16 - Medicare Pit Stop
- Wed - 05/22 - Forest Bathing
- Wed - 05/22 - Roadmap to Healthy Aging
- Thu - 05/30 - Destination Medicare: ABCD's

## 2024 Events by Name & Description:

*In alphabetical order*

**Although many of our classes and events come at little or no fee to you, our operations do have a cost. To assure we can continue quality programming at ADRC, please consider donating towards these activities. Thank you!**

### Advance Directives for Healthcare & Beyond

**Thursday, 4/18/24, 10 - 11:30 a.m.**

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

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



### Android Workshop

**Thursday, 4/25/24, 1 - 3 p.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, bring your questions and your device and we will work with you slowly and patiently to get you up and running with your Android. *Presented by Kevin Bassett & Brett Baierl, Camera Corner*

### Book Club

**3rd Monday of the month (4/15/24), 1:00 p.m.**

*In person at ADRC*

We'll be discussing March's book, *Did Ye Hear Mammy Died?* by Séamas O'Reilly. Next month's book is *Two Steps Forward* by Graeme Simsion.

**REGISTRATION REQUIRED**

**FOR ALL CLASSES:**

**(920) 448-4300 or**

**[www.schedulesplus.com/adrc](http://www.schedulesplus.com/adrc)**

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



## 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 (4/10/24),  
1 - 3 p.m.

In person at ADRC

Join us for a discussion of current events. Some political topics may be discussed, all political views are welcome.



## Destination Medicare: ABCD's of Medicare

In person at ADRC

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

Thursday, 5/9/24, 2:30 - 4 p.m.

Online

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

Thursday, 5/30/24, 1 - 2 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.*



## 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 **\*\*FULL\*\***

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!

## Hand Sewing & Quilting

1st & 3rd Thursday (4/4 & 4/18/24), 11 a.m. - 3 p.m.

In person at ADRC - \$2 suggested donation

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

## Harmonica for Beginners (Series) **\*\*FULL\*\***

Mondays, 5/13 - 7/15/24, 10:30 - 11:30 a.m.

In person at ADRC - \$15 per person

Learn basic harmonica techniques and songs like: You are my Sunshine, Happy Birthday, Amazing Grace, and more. Research shows adults in group music-making activities report social, cognitive, and emotional health benefits. No music experience necessary. Supplies (harmonica and music) are included in the cost of the class.

## iPhone Workshop

Thursday, 4/18/24, 1 - 3 p.m.

In person at ADRC

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

**REGISTRATION REQUIRED  
FOR ALL CLASSES:**

(920) 448-4300 or

[www.schedulesplus.com/adrc](http://www.schedulesplus.com/adrc)

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



## Jin Shin Jyutsu

**3rd Thursday of the month (4/18/24), 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: Eye Health

**Tuesday, 4/23/24, 1 - 2 p.m.**

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

Easy Jin Shin Jyutsu self-care to keep our eyes healthy. Works wonderfully for both existing and preventing eye health issues. Just a gentle touch and a few minutes a day can make a huge difference.

## Jin Shin Jyutsu: Self-Help Book 1 (Series)

**Fridays, 4/5 - 4/26/24, 10 - 11:30 p.m.**

*In person at ADRC - \$65 paid to instructor*

A wonderful introduction to Jin Shin Jyutsu with the most essential information, this book gives simple self-help routines for easy daily self-care plus help for both acute or chronic, mental, and physical projects. You'll learn how to help stress, chronic pain, strengthen the immune system, and more. With just a gentle touch, we'll keep our energy channels clear and our body energetic, able to enjoy whatever we love best in our lives.

## Legal Counseling

**2nd Friday of the month (4/12, 5/9, & 5/10/24)**

*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 (4/5 & 4/19/24), 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 (4/1/24), 11:30 a.m.**

*In person at Oak Street Cafe (De Pere)*

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



## Medicare Pit Stop

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

*Topic: Medicare for Federal Employees & Retirees*

**Thursday, 5/16/24, 1 - 1:30 p.m.**

*Topic: Preparing for Future Health Care Needs*

*Online*

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

## Medicare Plan-Finder Demonstration

**Monday, 4/8/24, 10:30 a.m. - 12 p.m.**

*In person at ADRC*

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



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

**1st Tuesday of the month (4/2/24), 9 - 10:15 a.m.**

*In person at Bay View Family Restaurant*

*1209 N Military Ave, Green Bay*

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

## Mug Club for Family Caregivers

**2nd Wednesday of the month (4/10/24)**

**Online: 10 - 11 a.m.**

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

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

*Sponsored by the Brown County Caregiver Coalition*

**REGISTRATION REQUIRED FOR ALL CLASSES**



(920) 448-4300 |

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



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### Parkinson's Support Group

2nd Wednesday of the month (4/10/24), 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.

### Positive Aging: Changing Your Mindset About Growing Older

Monday, 5/13/24, 10 - 11 a.m.

In person at ADRC

How do you view your aging and aging in general? Do age-related jokes and the prominence of anti-aging products affect our outlook on adulthood? Dr. Nehr Korn-Bailey will discuss the importance of how we think about aging and adulthood, and the impact our mindset can have on our health. Presented by Abigail Nehr Korn-Bailey, Ph.D., Assistant Professor in Psychology, UW-Green Bay.

### 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.



### Roadmap to Healthy Aging

Wednesday, 5/22/24, 6 - 7:30 p.m.

Location TBD

Do you ever wish you had a roadmap to navigate life as you age? This presentation is for anyone who wants to learn more about navigating the twists and turns in the road as we get older. What's on the road ahead? What can you plan for? How can you plan for the unexpected? During this presentation, you will hear from local community professionals at various pit stops along the way and learn how each stop can help you navigate healthy aging. Thank you to Portage County ADRC for creating the Roadmap Model used in this presentation.

### 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.

### Spot the Scam

Thursday, 4/11/24, 2:30 - 4:30 p.m.

In person at ADRC

This presentation will touch on many common scams proliferated by technology and how to spot them. Topics will include social engineering, phishing, vishing, social media scams, and other hot-button issues. Presented by Jonathan Davis, Principal Security Architect.

### Suicide Loss Support Group

3rd Monday of the month (4/15/24), 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.

### 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.

### Your Voice, Your Choice:

### National Healthcare Decisions Day

Thursday, 4/18/24, 3 - 4:30 p.m.

In person at ADRC

National Healthcare Decisions Day is April 16th. It is recognized annually to educate the public and healthcare providers about the importance of advance care planning and encourage you to have a conversation about your healthcare wishes. Join us as a group of professionals provide expertise and education to the community about advance care planning resources for learning and documenting your advance directive for healthcare. One-on-one appointments will be available the week of April 22. Learn more on page 22.



**REGISTRATION REQUIRED FOR ALL CLASSES**



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

# ADRC Weekly Classes

All classes in person at ADRC

## Crochet & Knitting

**Mondays, 12:30 - 2 p.m.**

Bring your own projects and material. No experience necessary, we will teach you how to crochet/knit.

## Gentle Yoga

**Wednesdays, 10 a.m.**

Join Ginny for a gentle practice of mindfulness, stretches, gentle yoga poses, and movements coordinated with the breath and mantra. This practice may be done on the floor, sitting in a chair, or a combination of both, according to your body's needs. Bring a water bottle and wear loose, comfortable, non-binding clothing.

## Open Art Group

**Wednesdays, 12 - 3 p.m.**

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

## Tai Chi

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

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:**

**(920) 448-4300 or [www.schedulesplus.com/adrc](http://www.schedulesplus.com/adrc)**

*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, April 25, 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](http://www.adrcofbrowncounty.org/board-of-directors)

## Einstein's Riddle Answer



Pink #1	Green #2	Purple #3	Blue #4	Yellow #5
Sally	James	Diana	Jill	Matt
Polka Dots	Plaid	Paw Prints	Leaves	Spirals
Plastic	Cement	Wood	Terracotta	Ceramic
Tulips	Lilacs	Daisies	Roses	Daffodils

*\*Puzzle on page 7*



(920) 448-4300 |

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



ADRC Magazine | April 2024 21

# YOUR VOICE, YOUR CHOICE

## NATIONAL HEALTHCARE DECISIONS DAY

THURSDAY, APRIL 18, 2024

AGING & DISABILITY RESOURCE CENTER  
300 S ADAMS ST. GREEN BAY, WI

**3 - 4:30 p.m. Program Speakers**

**4:30 - 5 p.m. Registration for One-on-One Appointments (Week of April 22)**

*Registration required. Space is limited. (920) 448-4300*

National Healthcare Decisions Day is April 16th. It is recognized annually to educate the public and healthcare providers about the importance of advance care planning and encourage you to have a conversation about your healthcare wishes. Join us as a group of professionals provide expertise and education to the community about advance care planning resources for learning and documenting your advance directive for healthcare. One-on-one appointments will be available the week of April 22.

### Learn from these experts:

#### First Responder/Paramedic

The reality of the number of emergency responses in Brown County when little information is available about the patient's treatment preferences, seconds matter, and emotions are high. Why the need for completed and accessible information is important for current medications, health conditions, and indicator of DNR, and what happens when no paperwork is available as proof.

#### Social Worker

How to start the conversations with loved ones about your wishes and the person you want to designate as your agent for following through on your wishes - what to think about when selecting the person you want as your agent.

#### Medical Doctor

Providing every treatment option possible vs. limit to comfort care. When a patient's wishes are documented, they can be followed by the provider and family. When the patient's wishes are not documented, these can create difficult scenarios for the provider team and family. Families can struggle to come to an agreement which can impact medical cost, legal fees, family emotions, and quality time with family if near end of life.

#### Chaplain

Honoring spiritual and other wishes and preferences during a time when end-of-life nears.

#### Elder Law Attorney

Legal scenarios when these documents are not in place.

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

Registration required by 4/5/24



**BROWN COUNTY ADVANCE CARE PLANNING PARTNERSHIP**

*Supported by: ADRC of Brown County, Aurora Bay Care Medical Center, Bellin Health, HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, Unity, Prevea Health*



## We Value Your Input!

ADRC develops programs and services for older adults, adults with disabilities, and family caregivers throughout Brown County. Your responses will help us plan and improve or develop programs for residents of Brown County.

Completed surveys can be mailed to ADRC at  
 300 S. Adams St. Green Bay, WI 54301  
 They can also be completed over the phone or online  
 (920) 448-4300 | [adrcbrowncounty.org](http://adrcbrowncounty.org)



**1. Brown County is home to community members with diverse backgrounds. By providing self-identification, it helps ADRC create programs that best serve all. (Optional) Check all that apply:**

- Older adult                       BIPOC (*Black, Indigenous, People of Color*)                       Caregiver  
 Adult with disabilities                       LGBTQ+                       Other: \_\_\_\_\_

2. How would you rate Brown County as a place...	Very good	Good	Poor	Very poor	Comments you would like to share
...To grow older?					
...For persons living with memory loss or dementia?					
...For persons with disabilities to live?					
...For persons who identify as LGBTQ?					
...For persons of all races and ethnic groups?					

**3. What do you need to feel like you belong in Brown County?**

**4. What are some services or ideas you feel might make Brown County more enjoyable to live in?**

5. Please mark what you feel are the top 5 challenges in Brown County for older adults, adults with disabilities, and their caregivers.	Example	Challenges	Comments	Example	Challenges
Accessible and/or Affordable Housing			Receiving In-Home Care		
Access to Healthy Food / Poor Nutrition			Staying Fit and Healthy		
Legal Assistance			Managing Health Conditions	x	
Having Enough Money for Necessities	x		Access to Healthcare		
Community Safety			Finding Work		
Discrimination	x		Being Heard by Community Leaders		
Feeling Different or Unwelcome			Physical Barriers in the Community		
Abuse and/or Neglect			Access and/or Ability to Use Technology	x	
Isolation and/or Loneliness			Transportation		
Living with Memory Loss or Dementia			Other		
Stress due to Family Caregiving	x				

*Continued on back*

6. If you could create any program to address the above needs and help make Brown County a more livable community what would that look like?

---

7. Persons who care for someone who is older or has a disability, are referred to as family caregivers. What are the top 5 challenges you feel they struggle with?

- Education on Caregiving
- Emotional Support
- Employer Support, Flexibility or Accommodations
- Financial Support
- Knowledge of Available Services
- Legal Information
- Navigating the Health Care System
- Planning for the Future
- Respite when they need it
- Social Isolation
- Training on How to Provide Care for My Loved One
- Understanding Medical Condition of My Loved One
- Other \_\_\_\_\_

8. Do you feel confident in your ability to advocate for issues you care about?

- Yes
- No
- Other \_\_\_\_\_

9. Isolation and Loneliness has been a major issue for many – How often have you felt isolated or lonely in the last year?

- I feel the same
- Daily
- A few times a week
- Once or twice a month
- A handful of times over the last year
- I feel connected more than before
- Other \_\_\_\_\_

*Comments you would like to share*

---

10. As we look to the future, what kind of legacy do you think we (as a community in Brown County, or personally) should leave for the next generation?

11. How confident are you in your knowledge of the services ADRC of Brown County offers?

- Very confident
- Somewhat confident
- Not very confident
- I do not know what ADRC is

*Comments you would like to share*

---

12. We want to be available to you, can you identify a time when our phones were busy or we were closed when you needed us?

- Yes – unavailable during business hours
- Yes – before 8am, after 4:30pm, or on weekends
- No – ADRC was available whenever I needed support
- N/A - I have never contacted ADRC

*Comments you would like to share*

---

13. What does ADRC do best?

---

14. What could ADRC do better?

---

15. Is there anything else you would like to share?

**Thank You!**

# ADRC Volunteer Spotlight:

*Michelle Greenheck*



Hello beloved ADRC Magazine reader and welcome to "Our Volunteers Are Amazing" meet and greet! We shine this month's spotlight on Michelle Greenheck, Doctor of Physical Therapy.

Michelle has conducted many of the Body Mechanics classes here at ADRC. You may ask, "What is body mechanics?" It is a term used to describe the ways we move as we go about our daily lives. It includes how we hold our bodies when we sit, stand, lift, carry, bend, and sleep. Poor body mechanics are often the cause of back problems and other injuries. Michelle's class identifies the most common types of body mechanic problems and provides strengthening and stretching exercises to maintain health and decrease pain.

Michelle loves educating the community on ways to treat and prevent common areas of pain. She also volunteers on the Health and Wellness Board at St. Edward and Isidore Church.

When she is not busily working and volunteering, she enjoys playing with her two kids, Juliana and Jack, and spending time with her wonderful husband Dan, her parents, and her sister. Her hobbies include jogging, lifting weights, and baking.

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

ROLLING OUT THE  
**Red Carpet**  
FOR OUR **Volunteers!**

**April is  
Volunteer  
Appreciation  
Month!**

**Our volunteers are super stars!**  
So much of what we do is made possible because of them. From meal packers and drivers, class presenters, bakers, and so much more! If every month was volunteer appreciation month, it still would not be enough to show our sincere gratitude for these amazing people.

**THANK YOU!**

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



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 For families with dependent children.

**Parkview Terrace Apts.**

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

**Trail Creek Apts.**

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

**Woodland Park Apts.**

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



# KEEP WISCONSIN WARM/COOL FUND

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

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

**1 Call 800-506-5596**

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

**OR**

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

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

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

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



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



Don't delay,  
call us today!

**800-506-5596**



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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





# Caregiving & Advocacy



## 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



Informal caregivers, also called family caregivers, make up a large number of Wisconsinites. In fact, there are an estimated 58,000 informal caregivers in the state, and these individuals provide 80% of all care to older adults and adults with disabilities! These numbers show how you, as a caregiver, are in an excellent position to share your views on all the important issues that face families and their caregivers where you live.

Sharing your story with local, state, and federal representatives can make a difference as they debate issues that come up. They rely on communications from their constituents to make informed decisions, so advocating for yourself and your loved ones can be critical.

What's the best way to go about advocating? Here are some ideas:

### Connect with your Elected Officials

You can do this through a letter or email, making a phone call, or by scheduling a visit. Whichever way you choose, be sure to keep your message brief and to the point. Include your contact information and follow up with a thank you (especially if they support your position). You can find your local, state, and federal representatives and how to reach them at [www.usa.gov/elected-officials](http://www.usa.gov/elected-officials).

### Stay Informed

Keep up-to-date through organizations such as the Alzheimer's Association, AARP, the Rosalynn Carter Institute for Caregivers, Greater Wisconsin Agency on Aging Resources (GWAAR), or the Family Caregiver Alliance. Sign up for their newsletters or emails to keep up with current events and information.

### Make Your Voice Heard

Help raise awareness by writing a letter to the editor or an op-ed piece for your local newspaper or by testifying at a hearing or public listening session. Join a larger group organization that is visiting the capital (Madison or Washington D.C.) or a committee or board that focuses on caregiving, older adults, or adults with disabilities. Many voices together make a bigger impact!

Your story is a powerful one. As a family caregiver, you know both the challenges and the rewards of caregiving. By sharing your experiences, you can make a difference in the policies that affect you and all caregivers across the state and the nation.

Sources:  
[gwaar.org](http://gwaar.org)  
[usa.gov/elected-officials](http://usa.gov/elected-officials)  
[caregiver.org](http://caregiver.org)  
[wisconsin caregiver.org](http://wisconsin caregiver.org)



# Asparagus with Parmesan Butter



**By: Chef Selena Darrow,**  
Executive Director, Rooted In Inc.

Prep Time: 10 minutes || Cook Time: 5 - 6 minutes  
Serves: 4

Spring has sprung! Asparagus season is here. This easy recipe pairs well with your favorite roast chicken, pork loin, or salmon. Visit Rooted In's website for more local recipes: [rootedininc.org](http://rootedininc.org)

## Ingredients

- 1 pound local asparagus, ends trimmed
- 3 tablespoons local butter, room temperature
- 1/2 cup (packed) grated local Parmesan cheese
- 1 tablespoon chopped fresh local basil or 1 teaspoon dried basil
- 1 large local garlic clove, chopped
- 1 1/2 teaspoons fresh lemon juice

## Instructions

1. Cook asparagus in a large skillet of boiling salted water until just crisp-tender, about 3 minutes. Drain well.
2. Arrange asparagus on a broiler proof baking sheet. Preheat oven broiler.
3. Mix butter, cheese, basil, garlic, and lemon juice together in a small bowl. Season with salt and pepper.
4. Drop butter mixture by teaspoonfuls over asparagus. Broil asparagus until topping browns, watch closely to avoid burning, about 3 minutes. Serve hot.

*Serving suggestion: Arrange asparagus on toasted English muffins topped with poached local eggs.*

**Want to see your recipe in the magazine? Submit recipes by mail or email:**

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

[bc.adrc@browncountywi.gov](mailto:bc.adrc@browncountywi.gov)





# DRUG TAKE BACK



**APRIL 25**  
**10 - 1 PM**

**Location:**

Aging & Disability  
Resource Center  
(300 S Adams St)

**ACCEPTED MEDICATIONS INCLUDE:**



**Pills**



**Liquid in Bottles**



**Patches**

\*Sharps will not be accepted at this event\*

## For More Information

If you are unable to make it to this event, visit the website below for permanent drop box locations in Brown County.



<https://tinyurl.com/bcmedicationdisposal>

**Brown County**



(920) 448-6400

**Public Health**



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# PLEASE BE AWARE:

ADRC & Grounded Café are  
closing at 12:00 p.m. on  
Tuesday, April 16, 2024



# 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 February 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.

**February Donations in Memory of:**  
Ruth Wypiszynski



*Did you know? ADRC of Brown County is a nonprofit, 501(c)3 organization. We are your source for up-to-date, unbiased information. Donations are tax deductible.*

## Give Today!

Donate via check: ADRC of Brown County.  
OR - Online: [adrcofbrowncounty.org/donate](https://adrcofbrowncounty.org/donate)



## Volunteer With Us!

As a nonprofit organization, ADRC's mission would not be possible without the generous support from our volunteers.

Volunteers are always needed to lead classes, move our mission forward, serve up smiles, and much more!





300 South Adams Street  
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"Return Service Requested"



*APRIL'S THEME:* **MAKE YOUR VOICE HEARD**

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!

Making your voice heard and advocating for yourself or a loved one is very important! Join ADRC to learn how you can speak up about the topics that are important to you, including Medicare, healthcare, and finances. Interested in learning more about advocacy opportunities and how you can play a role in making change for your community? Visit us at [www.adrcofbrowncounty.org/advocacy-opp](http://www.adrcofbrowncounty.org/advocacy-opp).

**CHECK OUT THESE UPCOMING EVENTS:**



- Advance Directives for Healthcare & Beyond
- Your Voice, Your Choice: National Healthcare Decisions Day
- Roadmap to Healthy Aging

*Find more details starting on page 16*

**ADRC Magazine Subscription**

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