

Your Ideas, Our Plans - Help us Shape the Future

We're reaching out to connect with older adults in our community who often face unique challenges and could benefit from our educational resources and support services. This survey helps us understand your interests and needs, allowing us to tailor offerings like our social activity groups, which provide a safe and welcoming space to connect, share experiences, and build camaraderie.

Please fill out the information below and return it to us. Your privacy is important to us—we never sell your information and only use it for our records.

First Name: _____ Last Name: _____
Nickname (Preferred Name): _____
Address: _____
City: _____ State: _____ Zip: _____
Business Name (if applicable): _____

Email: _____

Phone #: (_____) _____ Is this a cellphone or landline? Cellphone Landline
What is the best way to contact you? Phone Email Mail

If you would like to be contacted about upcoming events, presentations or resources, please indicate what you would be interested in below (check all that apply):

Activities:

- Arts, Crafts & Music
- Cards & Games
- Exercise & Fitness
- Social Groups

Support/Information:

- Advocacy
- Grounded Café
- Parenting Grandkids
- Support Groups
- Volunteer Opportunities

Education:

- Brain Health
- Budgeting/Finance
- Caregiver Education
- Caregiver Self-Care
- CPR/AED Training
- Dementia Education
- Diabetes Education
- Health/Wellness
- Housing Transitions

- Manage Incontinence
- Medicare Education
- Nature Education
- 1-on-1 Tech Assistance
- POA Finance
- POA Healthcare
- Preventing Falls
- Technology Education

Other: *Let us know what you would like to see at the ADRC in the future!*

*Prefer to answer online?
Scan the QR code*

