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Celebrating 50 Years of the Nutrition Program

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Read more on page 6





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adrcofbrowncounty.org



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8 a.m. - 4:30 p.m.
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Accommodations

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

Ad Disclaimer

ADRC Magazine is provided as an informational resource and not intended as professional advice. Readers should seek the counsel of legal, financial, medical, etc., professionals regarding your individual circumstances. ADRC of Brown County is committed to unbiased service and does not endorse nor assume responsibility for non-ADRC products and services that are advertised. Thank you to the advertisers who help to make the publication of ADRC Magazine possible. Advertisements can be found on pages 7, 8, 15, 16, & 20.



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(Vice Chair)



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(Secretary)



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(Treasurer)



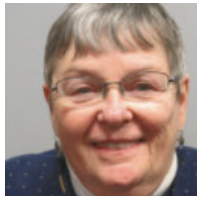
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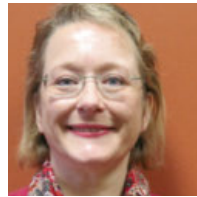
Pat Lassila



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Debi Lundberg



Amy Payne



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Amy Bushman

Not Pictured:
Amy Barhite

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

Thursday, March 24, 2022, 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 540 8401 - Press # #

Join by PC: Find the link at

www.adrcofbrowncounty.org/board-of-directors

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:



(920) 448-4300

adrcofbrowncounty.org



ADRC Magazine | March 2022

Ask I&A: When Parents Don't Want Assisted Living



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: My siblings and I have been trying to get my parents into assisted living, but they adamantly refuse to move out of their home. What should we do? They are struggling to care for themselves and the house.

Answer: Caring for your parents is a labor of love, but feelings of frustration can arise when there are differences in opinion. If it is important to your parents to remain in the home, you may want to ask why it is important to them. What do they like about it? What concerns do they have with moving to an assisted living facility? Perhaps they've lived in their home for a long time and have many memories there. Perhaps they are concerned about finances. Either way, speaking with them and learning their perspective is vital to helping them plan for their future care needs. Start with listening from a place of love and understanding, as you will find that they (just like any other adult) may not appreciate being told what to do. Having a family meeting where your siblings can listen to your parents can help everyone be on the same page. This allows your parents to express their opinion while also establishing what the family can do (or cannot do) to support them.

Adult children may worry that they cannot provide everything their parents need. It is important for families to keep in mind there are a variety of services that can be brought into the home. These services can range from personal emergency response systems, lawn care, help with cleaning, grocery shopping, and personal care. Many people can stay in their own home through the end of life and these

options are often less expensive than moving to assisted living. Learning the resources and services available can help set caregivers' minds at ease while also educating your parents on how they can safely remain in their own home. Your local ADRC is happy to discuss these options with you!

As caregivers and family members, it is vital to respect your parents' right to choose how they want to live. If you and your siblings are caregivers and struggling to meet their needs, talk to your parents about setting boundaries, as you need to balance your own needs with theirs. Having a family meeting to determine how the family can support your parents at home, as well as setting some ground rules, will allow everyone to share their concerns and can help set up a plan so your parents understand what the family can and cannot assist with. ADRC can help you and your parents understand what kind of services fill the gaps. ADRC also has a variety of support for caregivers, including funding for respite.

If your parents are competently choosing to live in a way that is different than you would like, they have a right to do so. However, if they are jeopardizing their immediate health and safety, you may want to consider calling Adult Protective Services or even 911. For more information on Adult Protective Services, visit: www.dhs.wisconsin.gov.

For more information and to explore resources, services, and caregiver supports, call ADRC at (920) 448-4300.

NUMBER PUZZLE



33					28			
		50			53			24
		47				43	56	
36				40				
5			2					
		70		74	81	78		
						77	60	
	67			64				18
9				13				



Complete the sequence of numbers in a continuous line from 1 - 81 on a vertical or horizontal path (not diagonal).

*Answers on page 21

50 years!

CELEBRATING



SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

This March, we're celebrating something special! March 2022 marks the 50th anniversary of the Older Americans Act (OAA) Nutrition Program - which includes our Homebound Meal and Community Café Programs. In 1972, the OAA was amended to include a national nutrition program for seniors 60 and older. For 50 years now, the nutrition program has provided support and independence for the country's senior population. The theme for this year's anniversary, chosen by the Administration for Community Living (ACL), is "Celebrate. Innovate. Educate."

Here at ADRC, we're so proud to serve over 600 meals a day to our homebound recipients as well as diners at our community café. We know that this is more than just a meal; not only does it provide balanced nutrition, but it provides socialization, a daily check-up, and a support for our homebound recipients to remain independent in their homes. Our goal is to reduce isolation and loneliness and provide education and resources to residents of Brown County.

We wouldn't be able to do what we do without our amazing volunteers who help package and deliver the meals, as well as those who donate their time in decorating meal bags and cards for our customers. New volunteers are always welcome, so if you're looking for a way to give back to your community or you're a teacher, scout leader, employer, or anyone else looking for a way to put a smile on someone's face, contact our Nutrition Department at (920) 448-4312 to see how you can get involved!

Sources: acl.gov, mealsonwheelsamerica.org



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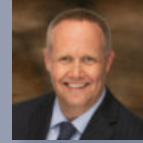
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WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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VETERANS LUNCH

FRIDAY, MARCH 11, 2022

10 - 11:30 A.M.

AT NEVILLE PUBLIC MUSEUM

210 MUSEUM PLACE

To kick off this month's Veterans Lunch, Joe Auylik from the Brown County Veterans office will be sharing some updates and welcoming you all back! We will also have a guest speaker from the Neville Public Museum.

At the end of the presentation, Grounded Café will have boxed lunches you can take to-go!

The boxed lunches are provided on a suggested donation of \$4. There is a registration form that will need to be completed in order to participate.

Registration required by 3/8. Call ADRC at (920) 448-4300.



What does fitness look like in the future to you?

We want to know more about what you would like to see in future fitness and exercise offerings at ADRC. Tell us more by answering this short, 5-question survey to help us plan for the future. You can mail this paper copy to ADRC at 300 S. Adams St. Green Bay, WI 54301, or visit us online by using the QR code at the bottom. Thank you!

1. What type of exercise class do you want to participate in? *(Select all that apply)*

- Yoga Strength & Flexibility
 Aerobic-Cardio Low-impact/Beginner
 Other: _____

2. What day of the week is best?
(Select all that apply)

- Monday Tuesday Wednesday
 Thursday Friday

Time of day: _____

3. How much would you be willing to pay to offset class costs?

- \$0 \$1-4 \$5-10 \$10-15

4. Why would you prefer to participate here and not elsewhere in the community?

- Cost
 I feel more comfortable at ADRC
 Location
 Other: _____

5. Would you like to be included on a list to hear about future ADRC exercise program opportunities?

- No
 Yes - Please write your name and email/phone below

Take the survey online here!



Wisconsin Emergency Rental Assistance (WERA)



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Wisconsin residents who are struggling with rent, security deposits, water bills, energy costs, and other housing expenses, due to the pandemic, may be eligible for the Wisconsin Emergency Rental Assistance Program (WERA).

The WERA program may assist qualifying households with up to 18 months assistance for current and/or overdue payments due, such as rent, lot fees, water bills, electrical bills, or other costs as outlined by a lease.

To be qualified, at least one or more individuals in the household must meet the following criteria:

- Qualified for unemployment benefits, experienced a significant reduction in income, incurred significant increase in expense, or experienced any type of financial hardship since 3/13/2020 due to COVID-19.
- At risk of experiencing homelessness or housing instability.
- Household income has to be 80%, or less, of the county's median income.

Households who are on a fixed monthly income and households already receiving housing assistance may still qualify for programs. Participants will need to document income information for the past

two months for all household members. Lease information will be needed and landlords will be asked to sign a Renter Verification form.

To start the application process, households are asked to go online and complete the intake form:

www.newcap.org/intake-form. If you need assistance, contact Newcap directly at 1-800-242-7334 or stop in their office at 1540 Capitol Dr. Green Bay.

Newcap offers a diverse collection of programs which are designed to move people from poverty to opportunities and economic security, while still enhancing community development. Call them today or visit them online at www.newcap.org, to see how they can help.

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



National Noodle Month

March

In honor of National Noodle Month, pasta salads will be returning to Grounded Café!

From farfalle to macaroni, penne to conchiglie, we love all different kinds of noodles and we can't wait to feature them in some amazing pasta salads!

Be on the lookout for:

- *Dilly Tuna*
- *Creamy Seafood*
- *Antipasto*
- *Curry Chicken*
- *And many more!*

This March, noodles are a sign of spring and warmer days to come - so celebrate noodle month with us here at Grounded!

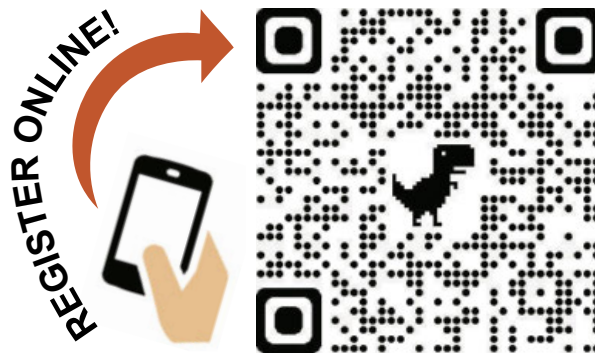
Don't forget to check out our coffee, specialty drinks, bakery, soups, sandwiches, and salads. Specials are posted daily on our Facebook page!

Monday - Friday
7 a.m. - 2 p.m.
(920) 448-4303
groundedcafegeb.org



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.



2022 Events by Date:

- Tue - 03/01 - Men's Support Group
- Thu - 03/03 - Blood Pressure & Vision Screenings
- Thu - 03/03 - Eating for a Healthier You
- Sat - 03/05 - Powerful Tools for Caregivers
- Mon - 03/07 - Lunch Bunch
- Tue - 03/08 - Medicare Minute
- Wed - 03/09 - Mug Club
- Fri - 03/11 - Legal Counseling
- Fri - 03/11 - Veterans Lunch
- Mon - 03/14 - ABCD's of Medicare
- Thu - 03/17 - Advance Directives for Healthcare and Beyond
- Mon - 03/21 - Book Club
- Wed - 03/23 - Got Dementia on the Brain?
- Thu - 03/24 - ABCD's of Medicare
- Tue - 03/29 - Stepping On
- Mon - 04/04 - Healthy Living with Diabetes
- Thu - 04/07 - Blood Pressure & Vision Screenings
- Thu - 04/07 - Proper Body Mechanics for Injury Prevention
- Fri - 04/08 - ABCD's of Medicare
- Mon - 04/11 - Medicare Minute
- Mon - 04/18 - ABCD's of Medicare
- Tue - 04/26 - Tech Sessions: iPhone 101
- Thu - 05/05 - Wellness Wheel
- Tue - 05/10 - Mind Over Matter

2022 Events by Name & Description:

In alphabetical order

ABCD's of Medicare

Online:

Thursday, 3/24/22, 1 - 2 p.m.

Friday, 4/8/22, 12:30 - 1:30 p.m.

In person at ADRC:

Monday, 3/14/22, 5 - 6:30 p.m.

In person at the Howard Library:

Monday, 4/18/22, 5 - 6:30 p.m.

Learn about the full scope of the Medicare program; including different parts of Medicare, enrollment information, and the coverage options.

ADRC is your source for unbiased, up-to-date Medicare information. Individual assistance is available.

Advance Directives for Healthcare and Beyond

Thursday, 3/17/22, 10 - 11:30 a.m.

Online or by phone

All too often, individuals and their families are not prepared to face a health emergency for a loved one. Experts help you document your personal wishes for healthcare for use at a time when you can't speak for yourself. If your healthcare wishes are not documented, our experts will help you take the next step.

Blood Pressure & Vision Screenings

Thursday, 3/3/22, 11 a.m. - 12 p.m.

Thursday, 4/7/22, 11 a.m. - 12 p.m.

In person at ADRC

Students from NWTC will be on hand to check your blood pressure and do basic vision screenings. These screenings will let you know if you should follow up with your primary care provider or eye doctor.

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

(Classes below minimum registration will be canceled)

Book Club

3rd Monday of the month (3/21/22), 1:00 p.m.

In person at ADRC

February's book is *The Narrow Road to the Deep North* by Richard Flanagan. Books will be available at the front desk for sign out.

Chair Yoga

Wednesdays, 8:30 - 9:30 a.m.

In person at ADRC

Want to feel better and have more strength and flexibility? Chair Yoga is a fun set of exercises that you can do from the comfort of your own chair, going at your own pace. Everyone is welcome - no prior yoga experience necessary. Wear comfortable clothing. Additional classes will be starting soon! Watch our Facebook page and website for details.

Eating for a Healthier You

Thursday, 3/3/22, 12 - 1 p.m.

In person at ADRC

Small changes in our diet can impact our cholesterol and blood pressure levels in a positive way and can help reduce our risk of cardiovascular disease. Learn about:

- The 4 types of cholesterol
- Food choices that impact cholesterol and blood pressure
- Salt content and alternatives to using salt
- Dietary fats

Got Dementia on the Brain?

Navigating Difficult Conversations

Wednesday, 3/23/22, 1 - 2:30 p.m.

Online

Get ideas regarding difficult conversations and decisions that need to be had with your loved one. This program facilitates discussion about convincing a family member to see a physician for cognitive screening or medical care, deciding when to stop driving, and legal and financial plans for future care needs. Register online at www.bit.ly/dcon0323 or call the Alzheimer's Association at 1-800-272-3900.

Healthy Living with Diabetes

Mondays, 4/4 - 5/16/22, 12:30 - 3 p.m.

In person at ADRC - \$25 suggested donation

Join us for this interactive workshop with proven outcomes that focuses on helping you improve your health so you can keep doing the things you love to do. Learn simple steps to help you achieve control with:

- Easy menu changes
- Stress management techniques
- Monitoring small changes for a lifelong impact
- Helpful fitness tips
- And more!

Legal Counseling

2nd Friday of the month (3/11/22 & 4/8/22)

By phone

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
- Trusts / Wills
- Medicaid Planning
- Estate Recovery Questions

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.

Lunch Bunch

1st Monday of the month (3/7/22), 11:30 a.m.

In person at Mackinaws

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 Minute

Tuesday, 3/8/22, 3 - 3:30 p.m.

Monday, 4/11/22, 10 - 10:30 a.m.

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 (3/1/22), 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.

Mind Over Matter:

Healthy Bowels, Healthy Bladder

Tuesdays, 5/10, 5/24, & 6/7/22, 9 - 11 a.m.

In person at Kroc Center - \$25 suggested donation

Join us for this small group workshop proven to help you with your bladder and/or bowel health. This program is for women over the age of 50. We will work together and provide you with the tools to learn:

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

Mug Club for Family Caregivers

2nd Wednesday of the month (3/9/22), 6 - 7 p.m.

Online or in person at ADRC

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

Powerful Tools for Caregivers

Saturdays, 3/5 - 4/9/22, 10 - 11:30 a.m.

In person at ADRC - \$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 helping a parent, partner, spouse, adult child, neighbor, or friend.

Proper Body Mechanics for Injury Prevention

Thursday, 4/7/22, 12 - 1 p.m.

Online or in person at ADRC

Proper body mechanics can help you avoid injuries and muscle fatigue as you bend over, lift objects, or perform other activities of daily living for yourself or a loved one you are caring for. Join us to learn:

- Proper body mechanics to avoid injury
- Muscle strengthening techniques
- Various transfers

Stepping On

Tuesdays, 3/29 - 5/10/22, 9:30 - 11:30 a.m.

In person at Aurora Sports Medicine

\$25 suggested donation

Join us for this interactive workshop for seniors age 60 and older that have fallen or have concerns about falling. The workshop covers these topics by local experts:

- Physical Therapist - will demonstrate, practice, and review strength and balance exercises, how to get up from a fall, walk safer, and cane use
- Community Safety Expert - environmental and home safety hazards
- Vision Expert - vision changes and devices to help with vision loss
- Pharmacist - medication risks known to cause falls
- Identifying home, clothing, and footwear hazards as well as strategies and devices to reduce your falls risk

T'ai Chi Therapy

Thursdays, 9:30 - 10:30 a.m.

In person at ADRC

This is a slow-moving meditation exercise form that originated from martial arts. It is done standing and incorporates dance-like postures performed in sets. 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 T'ai Chi.

Tech Sessions: iPhone 101 - Learning How to Operate Your iPhone

Tuesday, 4/26/22, 10 - 11 a.m.

In person at ADRC

Wanting to learn more about your smartphone? If you are a new owner of a smartphone or looking to refresh on the basics, please join us for these upcoming training sessions followed by the opportunity to sign up for a one-on-one appointment to receive help on the topics discussed. Learn:

- Basics of your iPhone
- Buttons/controls
- Understanding your phone's settings, such as brightness, Wi-Fi, and more
- Using the Apple Store - what an app is/how to download them
- iCloud
- Basic troubleshooting

Veterans Lunch

Friday, 3/11/22, 10 - 11:30 a.m.

In person at Neville Public Museum

See page 9 for details.

Wellness Wheel: A Guide to Help Improve Your Well-Being

Thursday, 5/5/22, 12 - 1 p.m.

Online or in person at ADRC

A wellness wheel is a tool with six dimensions: physical, emotional, intellectual, professional, social, and spiritual. These dimensions are interwoven and important to a well-rounded and balanced lifestyle. It reminds us we need to work in different aspects of our lives to increase our sense of well-being and that focusing on just one area is not enough. Join us to learn:

- About each of the 6 areas of wellness
- How these areas of wellness can impact anxiety and depression
- Where you personally are more focused and where you need more attention

REGISTRATION REQUIRED:
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Aging & Disability Resource, Green Bay, WI

D 4C 01-1214

National Nutrition Month: Celebrate a World of Flavors!



Advocacy

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Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

This year's theme for National Nutrition Month is: Celebrate a World of Flavors. "Celebrating the cultural heritage, traditions, and recipes from all people is a tasty way to nourish ourselves, learn about one another, and find appreciation in our diversity," said registered dietitian nutritionist Libby Mills, a national spokesperson for the Academy of Nutrition and Dietetics in Philadelphia, PA.

Exploring various cultures through food is a great way to learn more and be exposed to new food items and cuisines. Try these tips to diversify your palate and knowledge of other cultures.

Choose to eat at an ethnic restaurant

When dining out, try a new place that serves ethnic food to try new dishes. You may be surprised by how many different ethnic restaurants are in our area! Try traditional Chinese, Mediterranean, Indian, or Hispanic, just to name a few.

Chat with the restaurant servers or owners to learn more about the food and culture. They may be able to provide you with information about what is in the dish and other foods that are traditional in their culture and history.

Try recipes from other cultures at home

To learn how to make recipes at home from different cultures, purchase a cookbook with other ethnic recipes.

Search online for recipes by region. This will bring up many traditional recipes waiting for you to try! You may even come across new ingredients you have never used. Cooking cultural foods and using different ingredients creates great conversation with friends and family.

Visit international markets

There are many international markets around Brown County. Stop in to visit and learn more about ethnic foods and culture by looking at and purchasing different food items. If you have found a recipe you are wanting to make at home, gather all the ingredients you will need. It will give you a chance to find the items you need and maybe even spark a conversation with a worker who can tell you more about the culture and food within the culture.

Sources: eatrightpro.org
primroseschools.com

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**



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 \$4.00 (suggested donation) 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.



Community Cafés

Due to COVID19 there are changes made to the meal sites. Please check our website for updates adrcofbrowncounty.org

- **ADRC Community Cafe**
Mon - Fri from 11a - 1p
Dine-in and Carryout available
No reservation needed
- **Curative Connections**
Lisa (920) 593-3564 (East GB)
Julie (920) 494-3385 (West GB)

Homebound 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, for the most part homebound and unable to 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 receive meals for a \$4.00 suggested donation. Persons will not be denied a meal based on ability to donate.

Homebound Meals

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

Cancel a Homebound Meal:
Please call 24 business hours in advance to cancel a homebound meal.

(920) 492-4999

Green Bay, Denmark, De Pere, and Pulaski

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

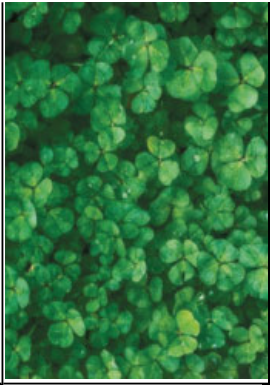
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- **Mason Manor**
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Community Café & Homebound Meals Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donation: \$4/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>	<p>1</p> <p>Chicken Booyah Whole Wheat Bread Garden Salad Pumpkin Bar</p>	<p>2</p> <p>Vegetable Egg Bake Hash Brown Warm Cinnamon Apples Cinnamon Coffee Cake Fruit Juice</p>	<p>3</p> <p>Turkey & Cheese Sub Potato Salad Banana Granola Bar</p>	<p>4</p> <p>Bean Chili Loaded Potatoes Broccoli Warm Spiced Peaches Chocolate Chip Cookies</p>
<p>7</p> <p>Shepherd's Pie Whole Grain Dinner Roll Mashed Potatoes Cabbage & Carrots Peaches</p>	<p>8</p> <p>Chicken Cordon Bleu Confetti Brown Rice Broccoli & Cauliflower Apple Coleslaw Pretzels</p>	<p>9</p> <p>Roasted Pork with Sauerkraut Whole Wheat Bread BBQ Pinto Beans Seasoned Corn Banana Pudding w/ Wafers</p>	<p>10</p> <p>Meatballs w/ Tomato Sauce Whole Grain Dinner Roll Penne Pasta Mixed Vegetables Garden Salad Fruited Gelatin</p>	<p>11</p> <p>Tuna Noodle Casserole Whole Grain Dinner Roll Green Beans Lemon Frosted Cake Fruit Juice</p>
<p>14</p> <p>Hearty Lasagna Garlic Breadstick Italian vegetable Blend Garden Salad Cinnamon Apples NutriGrain Bar</p>	<p>15</p> <p>Beef Pot Roast w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Peaches Devils Food Cake</p>	<p>16</p> <p>Bruschetta Chicken Whole Grain Dinner Roll Lentils Garden Salad Pudding</p>	<p>17</p> <p>Mushroom Swiss Burger Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p>18</p> <p>Pesto-Crusted Pollock Rye Bread Roasted Garlic Potatoes Seasoned Green Beans Fruited Gelatin</p>
<p>21</p> <p>Sweet & Sour Meatballs Whole Wheat Bread Confetti Brown Rice Peas & Carrots Pickled Beets Orange</p>	<p>22</p> <p>Chicken Parmesan Whole Grain Dinner Roll Penne Pasta Winter Vegetable Blend Pears Oatmeal Raisin Cookies</p>	<p>23</p> <p>Spanish Rice w/ Chicken Fiesta Corn Refried Pinto Beans Applesauce Pudding</p>	<p>24</p> <p>Brown Sugar Glazed Ham Whole Wheat Bread Mashed Sweet Potatoes Irish Vegetable Blend Mixed Fruit Carrot Cake</p>	<p>25</p> <p>Minestrone Soup Egg Salad Sandwich Garden Salad Rice Crispy Treat</p>
<p>28</p> <p>Chicken Pot Pie Biscuit Mashed Potatoes Carrots Pears</p>	<p>29</p> <p>Roasted Herbed Turkey w/ Gravy Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie</p>	<p>30</p> <p>Chili Homestyle Cornbread Whole Grain Macaroni Garden Salad Peaches</p>	<p>31</p> <p>Pork Chop Suey Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin</p>	

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

Suggested Donation: \$4/meal | Please pay as much as you can afford, as we rely on donations from participants to keep the program going.

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FIND YOUR ADRC: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>



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

E 4C 01-1214

SAVE THE DATE

Disability Advocacy Day 2022

Wednesday,
March 16, 2022

Disability Advocacy Day will be a virtual event this year, focused on connecting disability advocates with their legislators to talk about issues that matter to them.



Disability Advocacy Day 2019

Call ADRC to register:
(920) 448-4300

We will be in touch with further details as we receive them.



NUMBER PUZZLE ANSWERS

33	32	31	30	29	28	27	26	25
34	49	50	51	52	53	54	55	24
35	48	47	46	45	44	43	56	23
36	37	38	39	40	41	42	57	22
5	4	3	2	1	80	79	58	21
6	69	70	73	74	81	78	59	20
7	68	71	72	75	76	77	60	19
8	67	66	65	64	63	62	61	18
9	10	11	12	13	14	15	16	17

*Puzzle on page 5



American Red Cross Blood Drive

Friday, 4/15/22, 10 a.m. - 3 p.m.

At ADRC - 300 S. Adams St. Green Bay

Register here: www.redcrossblood.org



Resource Corner:

Transportation Options - Getting You Where You Want to Go



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



Need a Ride?

Are you looking for ways to get to places you want to go? Are you no longer driving and have difficulty finding transportation? This guide, located on ADRC's website, provides transportation advice and options for people with physical limitations, older adults, and their families. It will help you create a plan, know the types of transportation available, and a "how-to" with modifying your vehicle or purchasing an accessible vehicle.

There are various transportation services available in Brown County and surrounding areas. It's easy to become overwhelmed when trying to sort out all the options.

Where Should You Begin?

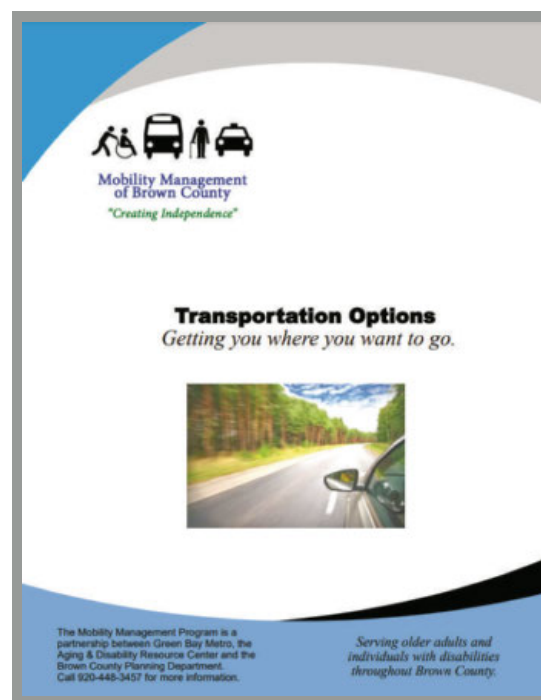
Take a look at your situation:

- Are you unable to drive a car due to loss of vision or physical mobility?
- Is it challenging to get to the grocery store or doctor's office?
- Do you have concerns about an aging parent's ability to drive safely?

For more assistance, specialists at ADRC of Brown County can help. Give us a call! (920) 448-4300

To access the transportation guide, visit us online at www.adrcofbrowncounty.org.

Go to "Explore Services" and click on "Transportation." This page will give you more information about creating your personalized transportation plan as well as going over some of the local transportation options. At the bottom of the page, you will find the Transportation Options booklet.



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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:

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- Extend building hours to serve more community groups
- Increase falls prevention education reducing injury and hospitalization

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Thank you to all who made donations to ADRC in January 2022.

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Michael Ashford
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"Return Service Requested"



This March, we're celebrating something special!

March 2022 marks the 50th anniversary of the Older Americans Act (OAA) Nutrition Program - which includes our Homebound Meal and Community Café Programs!

Learn more on page 6!

