

AARC

Magazine



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

National Healthcare Decisions Day

Make sure you have your wishes documented - we can help!

Read more on [page 9](#)





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

Bus Routes: 6 Red (:50 & :20), 8 Green (:35), & 9 Gold (:05)
Downtown Green Bay, Corner of Adams and Stuart St.

Note: Hour restrictions for street parking do not apply to handicap parking

Phone: (920) 448-4300

Fax: (920) 448-4306

TTY: WI Relay 711

bc.adrc@browncountywi.gov

adrcofbrowncounty.org



Monday - Friday
8 a.m. - 4:30 p.m.
*Additional times available
by appointment.*

Home of



Grounded Café

Phone: (920) 448-4303

info@groundedcafegb.org

groundedcafegb.org

Gather | Cater | Dine



Monday - Friday
7 a.m. - 2 p.m.
*Order online for pick-up or
visit our walk-up window*

Table of Contents

ADRC OF BROWN COUNTY:
ANSWERS & SOLUTIONS
START HERE3

ASK I&A: PROGRESSIVE
ILLNESS4

PUZZLE PAGE5

GET OUT AND VOTE6

NATIONAL HEALTHCARE
DECISIONS DAY9

THE BASICS OF SOCIAL
SECURITY DISABILITY 10

DRUG TAKE BACK DAY &
VOLUNTEERS 11

ADRC CLASSES &
WORKSHOPS 12

NATIONAL MOVE MORE
MONTH 17

VETERANS LUNCH, PUZZLE
ANSWERS, & ADRC BOARD
MEETING 21

RECOGNIZE CAREGIVER
BURNOUT 22

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.

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

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

ADRC of Brown County
300 S. Adams St. Green Bay, WI 54301
(920) 448-4300
www.adrcofbrowncounty.org
ADRC is a nonprofit, 501(c)3 organization

Find us online:



Ask I&A: When Loved Ones are Diagnosed with a Progressive Illness



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 mother has recently been diagnosed with a progressive illness and things have very suddenly changed with our relationship and what she expects of me. I'm feeling lost about what steps I should be taking and where to turn to get information to best support my mother through this difficult time.

Answer: A new health diagnosis can be overwhelming both for you as the caregiver as well as for your loved one. It is an emotional time and can cause anxiety and fear of the unknown. It is important to take steps to take care of yourself when starting the journey as a caregiver.

You may wish to discuss if your mother would like to have you present for future medical appointments or list you as a person of contact with her medical provider. She may rely on you to advocate for her during upcoming appointment and follow through on treatment options. This would also be a great time to review your mother's wishes and discuss advanced directives to ensure she has completed power of attorney paperwork to assign someone to assist with decision making, if the need arises.

If you or your mother are interested in connecting with others with shared experiences, there are support groups (both in person and online) for you as a caregiver as well as your loved one. ADRC also has a class geared toward caring for yourself while caring for others called *Powerful Tools for Caregivers*

to help you navigate through your caregiver journey. This is a six-week course offered throughout the year. If you are interested in this or other opportunities, please contact ADRC to discuss upcoming classes. ADRC can also provide information on the options available to help address mental health and well-being for you and your mother during this difficult time.

Additionally, there are an abundance of both national and local organizations that provide informational materials such as symptoms and treatments, current research, and virtual events. Some even offer free mailings you can sign up for, if interested.

Please keep in mind that ADRC is here for you. Our staff are aware of the community resources and can help narrow down the options specific to your mother's needs. As your mother's health and abilities change, or if she begins having difficulty caring for herself in the home, ADRC is here to discuss options and resources to help address those needs. Staff can discuss possible grant programs, in-home care, adaptive aids or equipment, and more.

If you are interested in meeting with someone from ADRC, specialists are available Monday through Friday, 8:00 a.m. to 4:30 p.m. Help is available by phone at (920) 448-4300 or you can come to the ADRC and request to meet someone in person.



WISCONSIN FROG WORDSEARCH

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



AMERICAN TOAD
 BLANCHARDS CRICKET
 BOREAL CHORUS
 BULLFROG
 COPES GRAY
 GRAY TREEFROG
 GREEN FROG

MINK FROG
 NORTHERN LEOPARD
 PICKEREL FROG
 SPRING PEEPER
 TADPOLE
 WOOD FROG



Answers on page 21

Get Out and Vote!



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



There has been much in the news in the last few years about voting - where, when, and how it can be done legally - and some of the messaging can feel contradictory, confusing, and downright discouraging. At the same time, it's more critical than ever that every private citizen, regardless of age or ability, be able to exercise their right to vote and elect officials who are prepared to fight for and enact policies that reflect their priorities. For individuals with a disability, your right to vote is protected under the Americans with Disabilities Act (ADA), a federal civil rights law that requires state and local governments to ensure that people with disabilities have a full and equal opportunity to vote. With the upcoming election on April 5, ADRC wants to ensure that all community members are aware of how they can cast a ballot and the resources available to help them. Your vote counts!

Know Your Voting Rights

- You have the right to vote privately and independently.
- You have the right to access the polling place, including an accessible route to enter the building. Under federal law, all polling places for federal elections must be fully accessible to older adults and individuals with disabilities.
- You have the right to use an accessible voting machine. Each polling place is required to have an accessible voting machine. Note: early voting locations are not required to have accessible voting machines.
- You have the right to receive assistance with marking your ballot.
- You have the right to ask for reasonable accommodations at the polling place.
- If you are not able to state your name and address when requested to do so by the poll worker, Wisconsin law allows you to have poll workers or an assistor of your choosing state your name and address on your behalf prior to receiving a ballot. You can also provide your information in writing to poll workers or assistors.

- Curbside voting: If you can't enter your polling place due to a disability, WI law requires curbside voting be available to you. Individuals who are immunocompromised or have symptoms of COVID-19 are also eligible for curbside voting. Early voting sites are also required to have curbside voting available. Contact your Municipal Clerk in advance of election day to discuss how to access curbside voting.
- Voters with a disability cannot be turned away from the polls because a poll worker thinks they are not "qualified" to vote. Disability or medical diagnosis does not take away the right to vote, only the courts can take away that right.

To find contact information for your Municipal Clerk, visit www.browncountywi.gov/community/municipalities. If you need further assistance, please call ADRC at (920) 448-4300.

Voting Concerns or Questions

Do you have voting questions or concern? For help with disability related voting questions, including help to file a complaint, contact Disability Rights Wisconsin Voter Hotline at 1-844-347-8683 or visit them online at www.disabilityvote.org.

Assistance with Voting

Contact the Wisconsin Election Commission at their toll-free Helpline at 1-866-868-3947 or visit them online at www.elections.wi.gov.

To check your ballot, polling place, and voter registration information, visit www.myvote.wi.gov.

For more information about acceptable photo IDs you can use to vote, visit www.bringit.wi.gov.

Source:
www.disabilityvote.org



BAKA presents
EMERALD BAY

RETIREMENT COMMUNITY & MEMORY CARE



RETIREMENT LIVING
WORTH SMILING
ABOUT!

Immediate Availability
Call Today! (920) 544-5041

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

Tour Emerald Bay Retirement Community on or before 12/31/2021 to receive \$500 off your first three month's rent when you move in. Offer not valid with any other promotions or non-private pay residents. \$1,500 will be added to the last month's rent if residency is less than 12 months. Must reference CODE WPT2021 to redeem.

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



COLDWELL BANKER
REAL ESTATE GROUP

Home is Where the Heart Is!

Are you facing the difficult decision about leaving your home?

Let's discuss some options to help you and your family make the best housing decision for you. Whether it's a helping hand, home adaptations or a move; your needs are my priority. Contact me for **FREE CONSULTATION**.

Contact Matthew Norem
(Certified Senior Real Estate Specialist)
Phone/Text: (920) 360-6032
Email: mnorem@coldwellbanker.com

Spacious apartments for seniors or persons with a disability.

All apartments include: appliances, interior mail access, laundry room, patio/deck, community room, off street parking, utilities included.

Income limit - **one person** - \$51,300 | Income limit - **two persons** - \$57,850
Rent would be 30% of adjusted income if subsidy is available

DANISH VILLAS

141/150/160 Highridge, Denmark 1-Bedroom \$473.00 | 2 Bedroom \$495.00

Office Hours: Tues. & Thurs. 10:00 a.m. - 2:00 p.m.
(Stop by for information, a tour and an application)
If time doesn't work for you, contact us at:

DANISH VILLA: (920) 863-6643 or ALLEGIANT MANAGEMENT: 1-888-393-3282



Bornemann
SENIOR COMMUNITIES
A Legacy of Caring

We exist to deliver exceptional, personalized care and services. We are about life... quality, passion meaning and possibility... for each and everyone together. We provide skilled nursing, rehabilitation and assisted living services.

Thanking you for working with us.

226 Bornemann St., Green Bay, WI 54302
920-468-8675



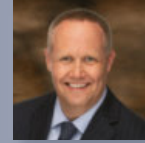
Preserving a lifetime of savings and protecting one's dignity requires a solid understanding of complex state and federal laws. Our elder law attorneys can help.



Attorney
Aric Burch



Attorney
Jessica Merkel



Attorney
Mark Munson

Ruder Ware

Wausau | Eau Claire | Green Bay
www.ruderware.com | Visit our blogs at blueinklaw.com



1229 S. Jackson
Green Bay

(920) 593-1850

Martinson Law Offices

Wills, Trusts, & Estate Planning
Elder Law & Guardianship

529 S. Jefferson St.
920-432-4303

martlawgb@gmail.com
www.martinsonlawoffices.com



HOME is where the HEART can stay.

Give her the Assistance she needs to help her stay in the home she loves.
Flexible and affordable caregiving services.



920.217.2961 | helpinghandswi.com



Covey

Respite Care
& Community Engagement

CREATING OPPORTUNITIES THAT FOSTER PERSONAL GROWTH.

EMAIL: INFO@COVEY.ORG | PHONE: 920.424.4071



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

Aging & Disability Resource, Green Bay, WI

A 4C 01-1214

For some, **self-direction** is a new idea.

At TMG, Wisconsin's 1st IRIS Consultant Agency, **it's all we do.**



Local. Experienced. Resourceful.
Ask your Aging and Disability Resource Center about your long-term care options.

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

PROTECT your personal information

DETECT suspected fraud, abuse, or errors

REPORT suspicious claims or activities

Toll-free Helpline:

888-818-2611

Email: smp-wi@gwaar.org

www.smpwi.org

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.



Golden Age Massage

Massage Therapy for Seniors
Katie Brewer
Licensed Massage Therapist

920-288-2317
GoldenAgeMassage.com

License No 13645-146



- Personal Taxes
- Business Taxes
- Business Payroll

Contact today at:
Holcombetaxservice@outlook.com
or 920-977-4916

SEEKING:
CARING LOW-INCOME
SENIOR VOLUNTEERS



Inquires call: 920-785-9710

GEIMER & ORCUTT
- LAW, S.C. -

**WILLS, TRUSTS,
ESTATE PLANNING**

A Family Firm Since 1990

Robert H. Geimer*
Mary Rose (Geimer) Orcutt*
**Certified as an Elder Law Attorney by the
National Elder Law Foundation*

920-432-4433
2333 Riverside Dr. • Green Bay, WI 54301



OSHKOSH • GREEN BAY
www.claritycare.org

Home Care Services

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

Day Services

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



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

Lakeland Care provides Family Care Supports throughout Northeast and North Central Wisconsin, serving members since 2000.



Some of the services we manage for you include:

- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about care management services available, contact the **ADRC of Brown County** at 920-448-4300. They can also assist you with information about Family Care eligibility and enrollment.

www.lakelandcareinc.com



DHS Approval 3/29/17



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

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



inclusa.org | 877-376-6113

Home Instead.
To us, it's personal



At Home

**DIGNITY.
COMFORT.
SECURITY.**

**Free In-Home
Consultation:**
920.965.1600
Each Home Instead® Franchise Office is
independently owned and operated.

ANDERSON LAW OFFICE

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

Attorney Jon D. Anderson

414 E Walnut Street, Suite 201
Green Bay, WI 54301
(920) 431-0790

www.gblawyer.com



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

B 4C 01-1214

National Healthcare Decisions Day



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

National Healthcare Decisions Day (HNDD) takes place on April 16 each year to educate and motivate our community about the importance of documenting your healthcare wishes.

Now more than ever with our current health crisis, people are thinking about the care they would want if they became seriously ill. You and your loved ones can have peace of mind by placing your healthcare wishes in writing by using documents called "advance directives."

Advance directives should be completed by everyone 18 and older to help healthcare providers and family members know what type of health care you would like in the case you were unable to speak for yourself.

Join us for a free session to learn about advance care planning options, designating a healthcare agent, completing a document, and where to go for more assistance.

"Before the workshop I knew nothing. After the workshop, I've learned the necessity of it... and what a joy and gift to give this to my family."

A conversation today about the care you want tomorrow!

**Thursdays,
April 21,
May 19, or
June 16, 2022
10 - 11:30 a.m.**

Join us by phone or online via computer, tablet, or smartphone.

Space is limited. Registration is required. Call ADRC at (920) 448-4300 to register.

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



Learn more:

www.adrcofbrowncounty.org/advance-care-planning



The Basics of Social Security Disability



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

If you are no longer able to work due to a severe and lasting illness or injury, it may be time to apply for disability. The Social Security Disability (SSDI) program is a monthly benefit payment that may be available to those individuals who have been determined disabled by the Disability Determination Bureau (DDB). SSDI eligibility is based on work credits, earned through employment. The SSDI payment amount is calculated based on contributions paid through FICA payroll taxes.

What you should know:

- The legal definition of "disability" is: The inability to do any job due to physical or mental conditions which are expected to result in death or which have lasted, or can be expected to last, for a continuous 12 month period.
- There is no temporary or partial disability benefit programs offered by the Social Security Administration or through the State of Wisconsin.
- Wage earners can apply for disability up to one year past full retirement age.
- The disability program was designed to replace some of a worker's income to help them meet their basic needs. The average

monthly Social Security disability benefit was \$1,280 in 2021.

- The Social Security Administration tries hard to prevent, detect, and help prosecute fraud. Disability fraud is investigated by the Social Security Administration Office of the Inspector General.
- There are programs designed to help people on SSDI return to work. Call Social Security at 1-888-562-4811 to learn more.
- Supplemental Security Income (SSI) program eligibility and rules are different from SSDI.

Call the ADRC Benefit Specialist team at (920) 448-4300 if you would like to discuss if applying for Social Security Disability is right for you.

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



Drug Take Back Day - April 30th

Collection Sites

Brown County Sheriff's Department

2684 Development Drive - Investigative Division
(920) 448-4200
Mon. - Fri. 8:00 am - 4:00 pm, except holidays

Ashwaubenon Public Safety

2155 Holmgren Way
(920) 492-2995
Mon. - Fri. 8:00 am - 4:30 pm

De Pere Police Department

325 S. Broadway St. | Drop box in lobby
Mon. - Fri. 8:00 am - 4:30 pm

Green Bay Police Department

307 South Adams St. | Drop box in lobby
(920) 448-3200
Sun. - Sat. 7:00 am - 10:00 pm

Hobart Village Hall

2990 S. Pine Tree Rd. | Drop box in business office lobby
(920) 869-1011
Mon. - Fri. 8:00 am - 5:00 pm

Howard Village Hall

2456 Glendale Avenue
(920) 434-4640
Mon. - Thu. 8:00 am - 5:00 pm
Fri. - 7:30 am - 11:30 am

Lawrence Town Hall

2400 Shady Ct.
(920) 336-9131
Mon. - Fri. 8:00 am - 4:00 pm

Oneida Police Department

2783 Freedom Rd. | Available 24/7
(920) 869-2239

Village of Wrightstown Police Department

352 High St.
(920) 532-5567
Mon., Wed., Thurs. 8:00 am - 4:30 pm
Tues. 8:00 am - 6:00 pm
Fri. 8:00 am - noon

Accepted materials include: pills, liquids, salves, powders, inhalers, pet meds.



Beyond Health
Healthiest Brown County
"Connecting Beyond Health Care"

Beyond Health is an initiative to improve the community's health through a process of community health needs assessments and health improvement planning.

For more info call

920-448-6400



DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN.

DoseOfRealityWI.gov

Volunteer Week is April 17 - 23, 2022

Thank You to all of our amazing volunteers!

Looking to Get Involved?

We're always looking for volunteers to:

- Decorate Homebound meal bags or make cards
- Deliver Homebound meals

Learn more about volunteering and all volunteer opportunities at www.adrcofbrowncounty.org/get-involved-volunteer or give us a call us at (920) 448-4300.

New Volunteer Opportunity

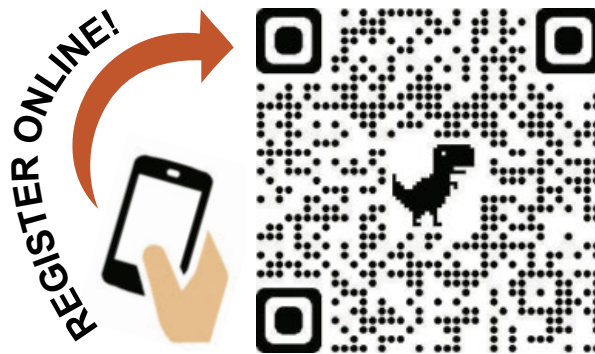
ADRC is excited to be part of NEW All-Star League's new Miracle League program. They are currently looking for adult volunteers for a number of positions.

For more information and to register, please contact Bay Community Church after April 1. Email newallstars@gbcc.me.



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:

- Mon - 04/04 - Healthy Living with Diabetes
- Mon - 04/04 - Lunch Bunch
- Tue - 04/05 - Men's Support Group
- Thu - 04/07 - Blood Pressure & Vision Screenings
- Thu - 04/07 - Proper Body Mechanics for Injury Prevention
- Fri - 04/08 - Legal Counseling
- Fri - 04/08 - Veterans Lunch
- Mon - 04/11 - Medicare Minute
- Wed - 04/20 - Mug Club
- Thu - 04/21 - Advance Directives for Healthcare and Beyond
- Thu - 04/21 - Jin Shin Jyutsu
- Mon - 04/25 - *Determined*: Documentary Screening
- Wed - 04/27 - Brain Enrichment Course
- Wed - 04/27 - Got Dementia on the Brain?
- Tue - 04/28 - ABCD's of Medicare
- Mon - 05/02 - Stepping On
- Thu - 05/05 - Wellness Wheel
- Tue - 05/10 - Mind Over Matter



2022 Events by Name & Description:

In alphabetical order

ABCD's of Medicare

Online:

Friday, 4/28/22, 12:30 - 1:30 p.m.

Tuesday, 5/24/22, 9 - 10 a.m.

In person at the Howard Library:

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

In person at ADRC:

Thursday, 5/12/22, 2 - 3:30 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, 4/21/22, 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, 4/7/22, 11 a.m. - 12 p.m.

Thursday, 5/5/22, 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 (4/18/22), 1:00 p.m.

In person at ADRC

February's book is *Today Will Be Different* by Maria Semple. Books will be available at the front desk for sign out.

Brain Enrichment Course

Wednesdays, 4/27 - 6/29/22, 11 a.m. - 12:30 p.m.

Online - \$25 includes workbook

An interactive, 10-week educational experience for older adults who are not experiencing memory loss or cognitive change. Learn:

- The brain's process of attention, working memory, long-term memory, reasoning, problem solving
- Mental exercises each week to engage and stimulate the brain
- Lifestyle practices for maintaining brain health
- Strategies for improving thinking and memory

Determined: Free Documentary Community Screening

Monday, 4/25/22, 5 - 8:30 p.m.

In person at Weidner Center for Performing Arts

Join us for this locally produced documentary that follows three Wisconsin women at high risk for Alzheimer's disease and doing all they can to find a cure. Audience Winner Best Documentary at the Green Bay Film Festival. Brought to you by Forget Me Not Fund, Inc. and Brown County Dementia Friendly Community Coalition. Sponsored by The Weidner. Reserve your seat online at www.forgetmenotfund.org/determined or by calling (920) 662-7500.

Exercise Classes

In person at ADRC

Chair Yoga

Wednesdays, 8:30 a.m.

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.

Gentle Yoga

Wednesdays, 10 a.m.

This yoga can be done on the floor or in a chair. Please bring a yoga mat, water, and wear comfortable clothing.

Slow Vinyasa Flow Yoga

Wednesdays, 11:30 a.m.

This yoga can be done on the floor or while standing. Please bring a yoga mat, water, and wear comfortable clothing. This class is good for beginners.

T'ai Chi

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

This is a slow-moving meditation exercise form that is done standing and incorporates dance-like postures performed in sets. This session is for beginners and those who have had some experience with the practice of T'ai Chi.

Got Dementia on the Brain? Effective Communication Tools

Wednesday, 4/27/22, 1 - 2:30 p.m.

Online

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Register online at www.bit.ly/ecs0427 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!

Jin Shin Jyutsu

3rd Thursday of the month (4/21/22), 1 p.m.

In person at ADRC

Come join other Jin Shin Jyutsu enthusiasts and bring any questions you may have.

Legal Counseling

2nd Friday of the month (4/8/22 & 5/13/22)

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 (4/4/22), 11:30 a.m.

In person at Pancake Place

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

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

Tuesday, 5/10/22, 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 (4/5/22), 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 (4/20/22), 6 - 7 p.m.

****Meeting the 3rd Wednesday only for April****

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



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

Mondays, 5/2 - 6/20/22, 9:30 - 11:30 a.m.

Skipping Memorial Day

In person at ADRC - \$25 suggested donation

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
- And more!

Veterans Lunch

Friday, 4/8/22, 10 - 11:30 a.m.

In person at Ledgeview Community Center

See page 21 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:

Call (920) 448-4300 or online at

www.schedulesplus.com/adrc

(Classes below minimum registration will be canceled)



Family-Owned & Operated



LYNDAHL Funeral Home & Cremation Services

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

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



830 Crest Dr.
Pulaski, WI
920-822-2040



THE Courtyard

at BELLEVUE

MEMORY CARE & ASSISTED LIVING

Camaraderie, Community
and **PERSONAL** Connection

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

"REAL VALUE. REAL CLOSE."

Furnitureland



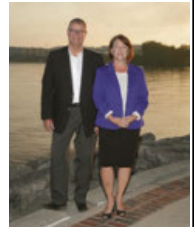
322 E Pulaski St.
Pulaski, WI 54162
Call 920-822-3266 or
toll free 877-543-8486
furniturelandpulaski.com

Ross Estate Planning, LLC

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

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

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



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



**\$5 Off
\$20 Purchase**

Offer not valid with other discounts or promotions. Not valid on prescription or nursing services, including compression stockings/vaccinations. Valid only in the Bay Natural Store. Cannot be combined with other offers. ADR2022

**FREE Delivery
MEDICINE-ON
TIME PACKAGING**



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

MONROE PLAZA APARTMENTS

400 N. Monroe Ave.
Green Bay, WI 54301



Section 8 Wait List
NOW OPEN for
1 Bedroom Apartments
62 years of age or older
or disabled*
Rent Based Upon
30% of Income*

Extremely low income persons are encouraged to apply

*Restrictions Apply



(920) 437-9553

monroeplaza@ppmil.com
PROFESSIONALLY MANAGED BY
PROFESSIONAL PROPERTY MANAGEMENT, LLC
AN EQUAL OPPORTUNITY PROVIDER



Cardinal Ridge Residential Care

... the quality of life you deserve

713 Cardinal Lane
Green Bay, WI 54313
Fran • (920) 434-9600

COMFORTING CARE IS OUR TOP PRIORITY

Heartland Home Health and Hospice
866.216.5708

<https://www.promedica Hospice.org/greenbay>

PROMEDICA | Heartland



Enhancing lives through
a passion for wellness.

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

Woodside Senior Communities

A Lutheran heritage. Serving all faiths.

920.499.1481
woodsideseniorcommunities.org



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

C 4C 01-1214



...SPECIALIZING IN MEMORY CARE

"A New Beginning"



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

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

www.AlphaSeniorConcepts.com

WI-500187663

Mason Manor



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

Check us out!

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

Call now! 920 492 3790 or 1 800 733 0874



Your stories
have become
our story.



920.468.4111

1630 E. Mason St.
Green Bay, WI 54302



CARE FOR ALL AGES

RESIDENTIAL
ASSISTED LIVING

1308 S. Norwood Ave.
Green Bay

(920) 432-8119

www.careforallages.com

Income Based Apartments De Pere



Nicolet
Terrace

850 Morning Glory Lane
Located in West De Pere

920-336-0755

www.dphousing.org

We Make Medicare Uplifting Call for an appointment today!

INFORMED CHOICE

INSURANCE AGENCY

920-347-4700

877-446-3676

2595 Development Dr - Suite 100 - Green Bay

www.informedchoice.com

MEDICARE



This is an advertisement for insurance. Neither Informed Choice or its agents are connected with the Federal Medicare program. IC111016

live well, age well, be well.

Age Well takes an entirely new and enthusiastic approach to senior living. In addition to offering larger-than-most 1 & 2 bedroom apartments and care options, Age Well also offers residents an engaging and award-winning lifestyle known as VIVA!

- Lifelong learning, sharing and leadership options
- Comprehensive care model that focuses on well care
- Three chef-prepared meals made from scratch daily



Centre for Life Enrichment
by Pathway Senior Living

246 BERGER STREET,
GREEN BAY, WI 54302

920-468-9174

www.PathwaySL.com

Unity Hospice Care



The end-of-life deserves as much care and respect as the beginning.

Providing you and your loved one with medical, emotional, and spiritual care, in the comfort of your home. It's never too soon to call.

920.338.1111 • www.unityhospice.org

A caring nonprofit partnership of Belling Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital

Honoring and
Remembering with Care.

COTTER

Funeral & Cremation Care

(920) 336-8702

cotterfuneralhome.com

Elder Law

Daniel J. Walsh
Attorney and Counselor at Law

2181 S Oneida Street
Green Bay, WI 54304
(920) 336-5766

Certified as an Elder Law Attorney
by the National Elder Law Foundation
Certified Public Accountant

Senior Home Care



Living at home as we age can be challenging.

Care Companions helps you live independently and with dignity, in the familiar comfort of home.

Our specially trained caregivers are carefully matched with your needs. Choose only the services you want and how frequently you wish to receive assistance.

- Bathing & Dressing Tasks
- Meal Preparation
- Light Housekeeping
- Laundry
- Companionship
- Home Safety Assessments
- Cognitive Support for Memory Related Conditions

Let us help.
920.338.1111



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

Aging & Disability Resource, Green Bay, WI

D 4C 01-1214

National Move More Month: Let's Move Every 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



It is so important for us, at any age, to get up and be active! Here are some great reasons to jump out of your seat and get moving.

Sharper Memory

When you exercise, endorphins are released, which can help you feel better. Endorphins can even help you think clearer and increase your concentration. Exercise can promote the growth of new brain cells and boost brain health. New research is showing a link between exercise and prevention of age-related cognitive decline!

Weight Loss & Maintenance

Exercise helps to boost your metabolism which naturally slows over time. Increasing your metabolism will help you to burn more calories and to maintain or lose weight.

Sleep Better

Did you know, the best way to get a good night's sleep is to stay active during the day? It can help you have more sound and restful sleep.

Healthy Muscles & Bones

Exercise can help to increase the strength of muscle and bone as we age. As little as 30 minutes of physical activity each day can help strengthen your bones and prevent osteoporosis. Increasing your muscle and bone strength can even help you prevent falls.

Start small with weight-bearing activities such as walking, lifting free weights,

and climbing stairs. When you feel comfortable, increase your physical activity to increase your muscle and bone strength even more.

Pain Reduction

Chronic pain can often be taxing and take a lot of energy. Moving around can reduce pain more than being sedentary can. Exercise can decrease inflammation, increase mobility, and decrease overall pain levels. It's best to stick to low-impact aerobic exercises like walking, cycling, and stretching, depending on your current health state. Be sure to talk to your primary care provider before starting an exercise regimen to make sure you find one that's right for you.

Better Mood

Remember the endorphins we mentioned earlier? Endorphins help to put us in a better mood, too! These chemicals give us feelings of happiness, calm, and well-being. They also have pain-relieving and immune-boosting qualities. People who may experience chronic pain and people with depression often have lower than normal levels of endorphins. By increasing your physical activity and choosing a healthy lifestyle, your mood can naturally increase over time.

Source: sunhealthwellness.org

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

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.

Apartment Complexes

Meal delivery only

- **Fort Howard (Tue & Wed)**
(920) 448-4544
- **Mason Manor**
(920) 492-4991

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.



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

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.



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>Tortellini w/ Tomato Sauce Garlic Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookies</p>
<p>4</p> <p>Chicken Noodle Soup Homestyle Egg Salad Sandwich Pea & Cheese Salad Tropical Fruit Strawberry Banana Yogurt</p>	<p>5</p> <p>Sloppy Joe Baked Potato Wedges Coleslaw Vinaigrette Fresh Seasonal Fruit White Cheddar Popcorn</p>	<p>6</p> <p>Country Meatloaf w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Ginger Honey Glazed Carrots Peaches & Strawberries Fudge Brownie</p>	<p>7</p> <p>BBQ Chicken Breast Whole Wheat Bread Baked Beans Mixed Vegetables Cinnamon Applesauce Chocolate Pudding</p>	<p>8</p> <p>Oven-Baked Fish Rye Bread Sweet Potato Slices Sautéed Spinach Pineapple Blueberry Sugar Cookie</p>
<p>11</p> <p>Hot Dog on a Bun Baked Tater Puffs Irish Vegetable Blend Tropical Fruit</p>	<p>12</p> <p>Sausage & Cheese Egg Bake Hash Browns Banana Muffin w/ Apple Jelly Warm Spiced Peaches</p>	<p>13</p> <p>Chicken Fajitas Cilantro Lime Brown Rice Black Bean & Corn Salad Pineapple & Mandarin Oranges</p>	<p>14</p> <p>Turkey & Cheese Sub Potato Salad Banana Sunchips</p>	<p>15</p> <p>Tuna Noodle Casserole Garlic Herb Breadstick Glazed Carrots Garden Salad Mixed Fruit Lemon Bar</p>
<p>18</p> <p>Vegetable Lasagna Whole Grain Dinner Roll Brussels Sprouts Garden Salad Cinnamon Apples Strawberry Yogurt</p>	<p>19</p> <p>Turkey Burger Baked Beans Glazed Carrots Berry Mix</p>	<p>20</p> <p>Hearty Vegetable Soup Seafood Salad Sandwich Potato Salad Apple Cinnamon Muffin Fruited Gelatin</p>	<p>21</p> <p>Beef Teriyaki Whole Grain Dinner Roll Vegetable Fried Rice Peas Mandarin Oranges Lemon Cookie</p>	<p>22</p> <p>Pulled BBQ Pork Sandwich German Potato Salad Mixed Vegetables Coleslaw Vinaigrette Peach Pie</p>
<p>25</p> <p>Pasta w/ Italian Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p>	<p>26</p> <p>Seasoned Chicken Breast Whole Grain Dinner Roll BBQ Black Beans Mexi-Corn Mandarin Oranges Chocolate Chip Cookie</p>	<p>27</p> <p>Hamburger Oven Stripped Potatoes Carrots Strawberry Crisp</p>	<p>28</p> <p>Braised Apple Pork Chop Whole Wheat Bread Maple Mashed Sweet Potatoes Seasoned Steamed Green Beans Mixed Fruit</p>	<p>29</p> <p>Breaded Cod Sandwich Baked Potato Wedges Irish Vegetable Blend Creamy Coleslaw Fudge Brownie</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.

NEED A RIDE?

CHECK OUT THE LATEST IN PUBLIC TRANSPORTATION

Three low cost transportation options:

- Regular Fixed Route Buses
- GBM On Demand
- Paratransit

Visit our website or call
to plan your next trip.

FREE TRAVEL TRAINING AVAILABLE

www.greenbaymetro.gov

(920) 448-3450

901 University Avenue

Green Bay, WI 54302

Green Bay
METRO



BLANEY FUNERAL HOME & CREMATORY



1521 Shawano Avenue
920-494-7447



www.BlaneyFuneralHome.com

Discover Affordable Independent Living AND Enjoy



BAY MANOR SENIOR APARTMENTS

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

CALL 920-469-2706 TODAY



Quiet, Convenient Locations
Spacious 1 or 2 Bedrooms

920-465-6894

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



2809 University Ave.
Green Bay, WI 54311

(920) 884-7360



www.remanagementwi.com

Badger Terrace Apts.

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

Lime Tree Terrace Apts.

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

Parkview Terrace Apts.

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

Trail Creek Apts.

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

Woodland Park Apts.

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

Serving patients and customers
for over 35 years!

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



GREEN BAY: 2021 Riverside Drive
MANITOWOC: 1651 S 41st Street
SHEBOYGAN: 1337 N Taylor Drive, Suite 103
Phone: 800.236.2619
www.HMEHomeMedical.com

Assisted Living For Now And Then



Patient Pines Assisted Living, Inc.
"Caring with patience..."

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

1715 & 1721 Westminster Drive, Green Bay, WI

Call today – 920.884.CARE (2273)



CONNECTIONS | LSS

YOUR VISION. YOUR PATH. YOUR PARTNER.
IRIS Consultant Agency (ICA)

A program of
Lutheran Social
Services

Call toll-free: 844-520-1712 | Email: connections@lsswis.org



We believe in the INFINITE
POSSIBILITIES of every person.

We support you to live your best life
at home, in your community and at work.

LET'S GET STARTED!

First, contact your county Aging and Disability Resource Center (ADRC).
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

VETERANS LUNCH

FRIDAY, APRIL 8, 2022

10 - 11:30 A.M.

AT LEDGEVIEW COMMUNITY CENTER

3700 DICKINSON RD. DE PERE

To kick off this month's Veterans Lunch, Joe Auylik from the Brown County Veterans office will be sharing some updates! We will also have Teri Bradford, ADRC Caregiver Support Specialist, presenting.

At the end of the presentation, Grounded Café will provide a boxed lunch!

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 4/5. Call ADRC at (920) 448-4300.



WISCONSIN FROG WORDSEARCH ANSWERS

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

Puzzle on page 5

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

Thursday, April 28, 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



Recognize Caregiver Burnout

By: Jane Mahoney, Older Americans Act Consultant (GWAAR)



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called caregiver burnout which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Ask others for help. You don't have to do everything. It's okay to ask for help.
- Get support. Find family and friends whom you can share joys and frustrations with. Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.
- Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please call ADRC at (920) 448-4300.

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



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 homebound 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

ADRC Magazine Subscription

(please fill out portion below)

- Subscribe by Email
- Mail a copy each month for \$20/year
*Make checks payable to ADRC Brown County

Or stop by and pick-up your free copy: ADRC of Brown County, any Brown County Library OR De Pere, Denmark & Pulaski Community Centers.

NOTE: Locations may not be open at the time of this publication. Please contact the location you wish to pick-up a copy at prior to stopping in.

Name: _____

Birthdate: _____

Phone: _____

Address: _____ Apt #: _____

City: _____ State: _____ Zip: _____

Email: _____

Give Today!

Donate via check: ADRC of Brown County.

OR - Online: adrcofbrowncounty.org/donate



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.



Your support makes a difference.

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

Anonymous
Arleen Hocker
Bette Manders
Betty Tilton
Catherine Vandomelen
Cavin Leske
Charlotte Arthur
Constant Vaness
Craig Lockard
David Olejniczak
Elaine Buchholz
Elizabeth Mazna
George Pearson, Jr.
James Krumpos
Jane LeRoy
Joan Cook
Joanne Smith

Kathryn Tillo
Larry Solway
Mark Faulkender
Molly Meyer
Quentin Gnadt
Randell Palubicki
The Benevity Community Impact Fund

In Memory of David Ropson:
Joanne Ropson

In Memory of Irene Larson & Nancy Beaudry:
Beverly Braun



300 South Adams Street
Green Bay, WI 54301

"Return Service Requested"

PRSR STD
U.S. POSTAGE PAID
UMS

ADRC



OUR VOLUNTEERS ARE

Shrimply

THE BEST!

**CELEBRATING VOLUNTEER WEEK
APRIL 17 - 23, 2022**

Thank You

**TO ALL OF OUR
AMAZING VOLUNTEERS!**