

ADRC Magazine



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Read more on [page 22](#)





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Fax: (920) 448-4306
TTY: WI Relay 711
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adrcofbrowncounty.org



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

Home of



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Monday - Friday
7 a.m. - 2 p.m.
Farmer Market Saturdays
7 a.m. - 12 p.m.
*Dine in | Order online | Visit our
walk-up window*

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Accommodations

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

Ad Disclaimer

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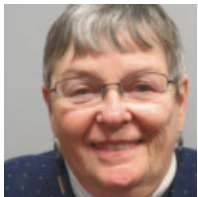
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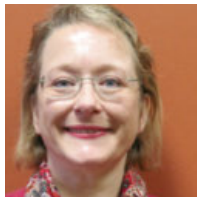
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ADRC of Brown County *Answers & Solutions* *Start Here*

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

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



2022 Senior Farmers Market Voucher Program

Available on a first-come, first-serve basis.
Vouchers cannot be mailed.

Call our automated information line for pick-up locations: (920) 448-4557

See page 9 for more information and qualifications.

Find us online:



Wisconsin Help for Homeowners

For reprint by GWAAR Legal Services Team



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Additional Information & Support

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

Wisconsin homeowners who need assistance with mortgage, utility, or other household bills as a result of the pandemic may be eligible for financial relief. A new statewide program, Wisconsin Help for Homeowners (WHH), is open to individuals and families who live in Wisconsin, have overdue housing-related bills, meeting income and other eligibility requirements, and have experienced a qualified economic hardship since January 21, 2020. WHH is funded by the Homeowners Assistance Fund established under the American Rescue Plan Act of 2021.

Eligible individuals must be Wisconsin homeowners living in a single-family home, duplex, condo, or factory-built home. The property must be their primary residence. In addition, the homeowner must have experienced a financial hardship since January 21, 2020. A financial hardship is a reduction in income or increase in living expenses due to the Coronavirus pandemic that has created or increased a risk of mortgage delinquency, mortgage default, foreclosure, loss of utilities or home energy services, or displacement for the homeowner. Finally, eligible individuals must have household income at or below 100% of the county median. 100% of the county median was \$79,900

or less for 1 person and 2 person households in 2021.

Eligible homeowners may be awarded up to \$40,000. Assistance below \$10,000 will be provided as a grant. Assistance over \$10,000 will be structured as a one-year, non-interest bearing, non-amortizing forgivable loan. If the homeowner remains in the home and does not sell or transfer the home or refinance a mortgage within one year, the loan will be forgiven. Any funding received from the program will go directly to financial institutions, local treasurers, utility companies, or other entities to pay for overdue bills.

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 newcap.org to see how they can help.

Wisconsin Fish Word Jumble

Unscramble the following words.
Then, unscramble the circled letters
for the secret word!



RENOGSUT

_____  _____


SYUMK

 _____

KMPUESDPINE

_____  _____


IFCTAHS

_____  _____

ERPHC

_____  _____

AEYWLEL

_____  _____

OTNRHKEPNEIR

_____  _____

ABKCSRSO

_____  _____

ISFNUHS

_____  _____


RPECAPI

 _____

IUBLEGLL

_____  _____

TEHSWIHFI

_____  _____

Secret word: _____



*Answers on page 26



Ask I&A: Thinking About a Move?



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 husband and I are considering selling our home and moving into another residence. I am a bit overwhelmed with all the choices out there and unsure where to start. How do we begin to make a decision about what option is best for us?

Answer: That is a great question, and you are not alone when trying to decide if you should move and what residential option is best for you. Making a housing choice is a huge decision and worrying about that choice can be extremely stressful. Let's take a moment to talk about things to consider and how one can go about educating themselves on their choices. One stop can certainly be ADRC. An ADRC Specialist can help to narrow down the choices based on your preferences, needs, and values.

First step is taking time to consider what your needs are moving forward. Ask yourself, are there certain factors that played into your consideration of a move in the first place? Has yard work become too much? Is a location near family, shopping areas, or medical appointments important? Or have you found that chores inside the home are overwhelming, including personal care such as bathing or mobility? Make a list of the top factors so that you can consider these when looking at alternative housing.

A second consideration may be which residential option provides the support you feel will best meet your needs as you "age in place." It's important to not only consider what has become

challenging about living in your home, but also how you view your needs changing over time. This can be difficult, especially since none of us know what the future holds. However, we can anticipate what features will be important to us as time passes. For instance, do you feel that moving to a location that has on-site meal options is important? Will you have access to in-home care within a residential option if needed, or would you prefer to hire help from outside of your new residence? These questions all may help determine if you prefer an independent setting or a setting that offers both independent living apartments as well as assisted living services.

Once you have established what is important to you in a new home, then it is a matter of educating yourself on the different options in each category of housing. If you prefer a completely independent setting, you may begin with the senior apartments, or federally subsidized housing if affordable housing is a concern. If you have decided that "aging in place" is more to your liking, then you may begin looking at a residential care apartment complex, which can include both independent or assisted living.

Visit us online at adrcofbrowncounty.org and go to the "Resource Library" for more information on housing options. For additional information and help in choosing a housing options that fits you best, give us a call at (920) 448-4300.

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Are you facing the difficult decision about leaving your home?

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

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Aging & Disability Resource, Green Bay, WI

A 4C 01-1214

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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.



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Mary Rose (Geimer) Orcutt*

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

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- Medical Supplies & Equipment
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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



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B 4C 01-1214



2022 Senior Farmers Market Voucher Program

Available on a first-come, first-serve basis.
Vouchers cannot be mailed.

Important Notes:

- Vouchers will be distributed beginning in June until they are gone.
- Call our automated information line for pick-up locations: (920) 448-4557
- Please have your ID ready.

To Qualify:

1. You must meet the household income, which is 185% of the federal poverty level or less (see chart below).
2. You must be 60 years of age or older (55 if Native American). Only one senior per household is eligible.
3. A resident of Brown County.

You may be asked to show proof of residence and age.

Household Size	Monthly Income	Annual Income
1	\$2,096	\$25,142
2	\$2,823	\$33,874
3	\$3,551	\$42,606
4	\$4,279	\$51,338
5	\$5,006	\$60,070
Each additional household member	+\$728	+\$8,732

Farmer Market Voucher Pick-Ups

Thursday, June 2, 2022
ADRC
300 S. Adams St.

Friday, June 3, 2022
ADRC
300 S. Adams St.

Call (920) 448-4300 to schedule an appointment for pick-up.
Appointments are required.
Please do not arrive before your scheduled appointment time.

Available at these locations starting June 13.

- **ADRC** - 300 S. Adams St.
Monday - Friday, 9 a.m. - 4 p.m.
- **CASA Alba Melanie** - 314 S. Madison St.
(920) 445-0104
- **Denmark Community Center** - 141 Highridge Ave. Lower Level
(920) 863-8097
- **Oneida Elderly Services Nutrition Site** - 2907 S. Overland Rd.
(920) 869-2448
- **Pulaski Adult Activity Center** - 430 S. St. Augustine
(920) 822-8100
- **Main Oriental Market** - 607 Pine St.
(920) 435-5271 - Call for availability

Picking up vouchers for someone else?

You need to pick-up the vouchers in person or send a written proxy with a family member, friend, or neighbor.

The proxy must include the following:

- Name
- Address
- Phone number
- Date of birth
- Race
- Ethnicity
- Primary language spoken
- County of residence

The proxy must include this message:

"I have designated (insert their name) to be my authorized representative."

The proxy must be signed and dated by the person that will be utilizing the vouchers.

We cannot release the vouchers without all of this information.





Grounded Cafe



Monday - Friday
7a - 2p

Open During
Saturday Farmers Markets!
7a - 12p



Looking for a quick pick-me-up? Visit us at Grounded Cafe! Try any of our wonderful coffee drinks, bakery, and breakfast or lunch items.

We're open Saturdays during the Farmers Market, so stop on in! Grounded is the perfect place to grab a coffee before heading to the market or to sit and grab a bite to eat after you've done your shopping!

Father's Day Special

Dad's Campfire S'mores Frappe!

Indulge in the perfect summer pastime encapsulated in one drink! Rich chocolate, creamy caramel, and toasted marshmallow are all blended together in a perfect trio of flavors. Made just for you!

To show appreciation to all fathers out there, fathers get 25% off 1 cafe beverage (per day) from 6/13 - 6/18/22.



300 S. Adams St.
Green Bay

(920) 448-4303
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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 - 06/06 - Harmonica for Beginners
- Mon - 06/06 - Lunch Bunch
- Tue - 06/07 - Men's Support Group
- Wed - 06/08 - Parkinson's Support Group
- Wed - 06/08 - Mug Club
- Fri - 06/10 - Veterans Lunch
- Fri - 06/10 - Legal Counseling
- Tue - 06/14 - Medicare Minute
- Wed - 06/15 - Dementia Friends
- Thu - 06/16 - Advance Directives for Healthcare and Beyond
- Thu - 06/16 - Funeral Planning
- Thu - 06/16 - Jin Shin Jyutsu
- Mon - 06/20 - Book Club
- Tue - 06/21 - Moment by Moment Mindfulness
- Wed - 06/22 - Apple iPad Basics I
- Wed - 06/22 - Got Dementia on the Brain
- Thu - 06/23 - ABCD's of Medicare
- Mon - 06/27 - ABCD's of Medicare
- Wed - 06/29 - Apple iPad Basics II
- Thu - 06/30 - Facebook Marketplace for Beginners
- Thu - 07/07 - ABCD's of Medicare
- Fri - 07/08 - Legal Counseling
- Tue - 07/19 - Medicare Minute
- Thu - 07/28 - ABCD's of Medicare

2022 Events by Name & Description:

In alphabetical order

ABCD's of Medicare

Online

Monday, 6/27/22, 2 - 3 p.m.

Thursday, 7/7/22, 1 - 2 p.m.

In person

Ashwaubenon Community Center: Thursday, 6/23/22, 1 - 2:30 p.m.

ADRC: Thursday, 7/28/22, 10 - 11:30 a.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, 6/16/22, 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.

Apple iPad Basics I

Wednesday, 6/22/22, 9 - 11 a.m.

In person at ADRC

Are you new to using iPads and want to learn the basics? This class will cover the essentials followed by time to ask questions. Feel free to bring your own iPad or watch ours on the big screen. *Please note: This course is designed for Apple iPad users running iOS 15 or higher. For questions on how to check which version of iOS your iPad is running, please contact the library at (920) 448-5824.*

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

(We contact those that registered to notify of any event changes or cancellations.)

Apple iPad Basics II

Wednesday, 6/29/22, 9 - 11 a.m.

In person at ADRC

Geared for those who have attended the iPad Basics I class or have some experience using an iPad. Learn how to get the most out of your iPad settings, back up your iPad using iCloud, and explore the Safari Internet browser. Bring your own iPad or watch ours on the big screen. *Please note: This course is designed for Apple iPad users running iOS 15 or higher. For questions on how to check which version of iOS your iPad is running, please contact the library at (920) 448-5824.*

Book Club

3rd Monday of the month (6/20/22), 1:00 p.m.

In person at ADRC

June's book is *A Gentleman in Moscow* by Amor Towles. Books will be available at the front desk for sign out.

Dementia Friends

Wednesday, 6/15/22, 9:30 - 10:30 a.m.

In person at ADRC

Become a Dementia Friend! Dementia Friends is an information session led by a Dementia Friends Champion. The session includes education on the basics of dementia, activities that help people understand what it might be like to live with dementia, and tips on how to better communicate with someone with dementia.

Facebook Marketplace for Beginners

Thursday, 6/30/22, 1 - 2 p.m.

In person at ADRC

Facebook Marketplace has become a popular social media platform for people in the community to buy and sell new or used items - it's become a common alternative to garage sales. Through this presentation, you will learn:

- How to post items for sale
- How to search for and purchase items
- How to communicate with potential sellers/buyers through Facebook Messenger
- How to avoid scams and stay safe when you're buying and selling through Marketplace

Funeral Planning

Thursday, 6/16/22, 12 - 1 p.m.

Online or in person at ADRC

Presented by Dona Schmitt: My goal as a Family Service Associate is to help people help themselves by being prepared for an event we will all face at some point in our lives. By planning for funeral and cremation arrangements in advance, you gain peace of mind knowing that you have made the choices that are right for you and made a record of your preferences. This will also make the process easier for your loved ones.

Got Dementia on the Brain? Healthy Living for Your Brain and Body

Wednesday, 6/22/22, 1 - 2:30 p.m.

Online

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Keep your brain and body healthy! Register online at www.bit.ly/hlybb0622 or call the Alzheimer's Association at 1-800-272-3900.

Harmonica for Beginners

Mondays, 6/6 - 8/15/22, 2 - 3 p.m.

In person at ADRC - \$10

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

Jin Shin Jyutsu

3rd Thursday of the month (6/16/22), 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 (6/10/22 & 7/8/22)

By phone or in person at ADRC

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

- Power of Attorney / Guardianship
- Estate Planning
- 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.

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

(We contact those that registered to notify of any event changes or cancellations.)



Lunch Bunch

1st Monday of the month (6/6/22), 11:30 a.m.

In person at Oak Street Cafe (De Pere)

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

Medicare Minute

Online

Tuesday, 6/14/22, 10 - 10:30 a.m.

Tuesday, 7/19/22, 10 - 10:30 a.m.

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 (6/7/22), 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.

Moment by Moment Mindfulness

Tuesday, 6/21/22, 10 - 11 a.m.

Online or in person at ADRC

Are you curious about all this talk about mindfulness? Could mindfulness be just the latest fad or a cliché within our culture? Or is there something about being mindful that can help us deal with life's stress and deliver inner peace in the midst of turmoil? Join us as we learn about being mindful, as we look into the benefits of mindfulness, and as we learn methods that will help us incorporate mindfulness into our daily lives.

Mug Club for Family Caregivers

2nd Wednesday of the month (6/8/22)

6 - 7:30 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

Parkinson's Support Group

2nd Wednesday of the month (6/8/22), 3 - 4 p.m.

In person at ADRC

This support group is geared for the person with Parkinson's as well as their caregiver. During our time together, we'll share stories, exercise, games, and more. *This group is facilitated by Mary Beth Fumelle, Compassus Hospice.*

Your Life, Your Words: Story-Telling Group

Date & Time TBD - Check back in July

In person at ADRC

For healthy aging, it's important for individuals age 65+ to share their experiences and leave their mark on the world. Narrative Gerontology is a field that explores the impact documenting personal life experiences has on the lives of older adults.

Share your experiences by participating in this story-telling group!

- Foster successful aging
- Document your story, which can then be shared with loved ones if you choose
- Better the lives of future older adults
- Leave your mark on the world by helping contribute to research
- Learn from each other

Participation in this group includes preparing a narrative/story about a life experience of yours according to a weekly prompt and sharing in a small group each week. The prompts are open-ended and have the potential to be funny, serious, and emotional - it's up to your interpretation.

Veterans Lunch

Friday, 6/10/22, 10 - 11:30 a.m.

In person at Veterans Manor

2900 St. Anthony Dr. Green Bay

We will kick off with a short update from Joe and then JP, ADRC Information & Assistance Specialist, will be presenting on Sober Green Bay. At the end of the presentation, Grounded Cafe will provide lunch!

**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: Call (920) 448-4300 or online at www.schedulesplus.com/adrc

(We contact those that registered to notify of any event changes or cancellations.)



ADRC Daily Classes

Crochet

Mondays, 12:30 - 2 p.m.

In person at ADRC

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

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.

Mahjong

Mondays, 9 - 11 a.m.

In person at ADRC

Mahjong is a game of skill, strategy, and luck. Come tease your brain and meet new people!

Painting

Wednesdays, 12:30 - 3:30 p.m.

In person at ADRC

Bring your own projects and materials. Great opportunity to socialize and be creative!

Rock Painting

Wednesdays, 11 a.m. - 2 p.m.

In person at ADRC

Paint rocks to be placed in the community and tracked on social media. Spread good vibes and socialize!

Walk Off Your Worries

Fridays, starting 6/3/22, 9 a.m. (meet at 8:50a)

In person at ADRC

Walking, like several other methods of exercise, offers many benefits for your body and spirit. Walking is also safer and puts less stress on the body than most other forms of aerobic exercise. Join us for our brand-new, weekly walking club. We plan to walk the Fox River Trail, near downtown Green Bay, and in close proximity to ADRC.

REGISTRATION REQUIRED:

Call (920) 448-4300 or online at

www.schedulesplus.com/adrc

(We contact those that registered to notify of any event changes or cancellations.)

SAVE THE DATE

Celebrating Abilities

Come on down to ADRC! We will be hosting a FREE social event for adults with disabilities to spend time socializing, playing games, and creating crafts. Join us for lemonade and fun!

Caregivers welcome.

*Check back in July for date and time!
Space will be limited so registration will be required.*



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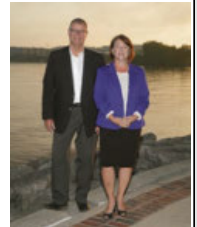
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Additional Information & Support

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



Dairy products are part of a well balanced meal. Adults should aim for three servings of dairy each day, including milk, yogurt, and cheese. The dairy group does not include food items made from milk due to containing low amounts of calcium and high fat content such as cream cheese, sour cream, cream, and butter.

Dairy products are rich in calcium, potassium, protein, vitamin D, vitamin B12, magnesium, and zinc. Dairy products are the main source of calcium in American diets.

- Calcium amounts needed for our bones increase as we age. This is due to losing more calcium more rapidly than in our younger years. Those who consume more calcium have a lower risk of developing osteoporosis.
- Potassium helps to maintain healthy blood pressure by regulating fluid and getting rid of excess sodium in our bodies. Milk and yogurt provide good amounts of potassium.
- Protein is important to build and repair muscles and bone while promoting healthy skin and hair. Our body also uses protein as an energy source.
- Vitamin D helps the body maintain proper levels of calcium and phosphorous, helping build and maintain bones and teeth. It supports health of our immune system, brain, and nervous system. It also helps regulate insulin levels and supports diabetes management.

- Zinc has been found to help support your immune system and metabolism. It is important for wound healing.

If you are someone who doesn't consume dairy products, try lactose-free milk or fortified soy milk. Other dairy milk alternatives made from plants such as almond, rice, coconut, oat, and hemp may contain some calcium but they are not considered part of the dairy group. Their nutrition content is not similar to dairy milk.

Try this healthy smoothie recipe for a serving (and then some) of dairy!

Strawberry Banana Smoothie

Ingredients:

- 2/3 cup milk
- 1 cup vanilla or plain yogurt
- 2 cups frozen strawberries
- 1 banana, peeled

Directions:

- Place all ingredients in a blender and process until smooth.

Add additional milk if you like a thinner smoothie. Try other fruits such as peaches or mixed berries as well as other healthy ingredients to make your own smoothie recipe!

Sources: unl.edu, myplate.gov

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**
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- **Curative Connections**
Lisa (920) 593-3564 (East GB)
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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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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.



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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
				
6 Pasta w/ Italian Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit	7 Hamburger Baked Potato Half Carrots Strawberry Crisp	8 Seasoned Chicken Breast Whole Grain Dinner Roll BBQ Black Beans Mexi-Corn Mandarin Oranges Chocolate Chip Cookie	9 Breaded Cod Sandwich Baked Potato Wedges Irish Vegetable Blend Creamy Coleslaw Fudge Brownie	10 Braised Apple Pork Chop Whole Wheat Bread Sweet Potatoes Seasoned Green Beans Mixed Fruit
13 Southwest Chicken Salad Whole Wheat Dinner Roll String Cheese Cinnamon Apples	14 Chicken w/ Mushroom Gravy Biscuit Brown Rice Irish Vegetable Blend Garden Salad Pears & Fig Newton Cookies	15 Hot Ham & Swiss Croissant Parsley Red Potatoes Orange Spiced Carrots Kidney Bean Salad Chocolate Mousse	16 Lentil Soup Tuna Salad Sandwich Carrot Sticks w/ Hummus Vanilla Pudding	17 Beef Stroganoff Whole Wheat Dinner Roll Carrots & Green Beans Pickled Beets Orange
20 Broccoli Chicken Divan Whole Grain Dinner Roll Mixed Vegetables Garden Salad Cinnamon Apples	21 Crusted Ranch Chicken Sandwich Baked Beans Potatoes Fruited Gelatin	22 Chicken & Ham Jambalaya Whole Grain Dinner Roll Creamy Corn Garden Salad Peach Fluff	23 Meatballs w/ Tomato Sauce Garlic Herb Breadstick Penne Pasta Carrots Cucumber Tomato Salad Chocolate Chip Cookie	24 BBQ Peach Pork Roast Whole Wheat Bread Sweet Potatoes Irish Vegetable Blend Fresh Cantaloupe Poke Cake
27 BBQ Chicken Breast Whole Wheat Bread Baked Beans Mixed Vegetables Cinnamon Applesauce Chocolate Pudding	28 Chicken Noodle Soup Homestyle Egg Salad Sandwich Pea & Cheese Salad Tropical Fruit Strawberry Banana Yogurt	29 Sloppy Joe Bake Potato Wedges Coleslaw Vinaigrette Fresh Seasonal Fruit Sunchips	30 Country Meatloaf w/ Gravy Whole Grain Dinner Roll Egg Noodles Ginger Honey Glazed Carrots Peaches & Strawberries Fudge Brownie	Suggested Donation: \$4/meal. Please pay as much as you can afford. We rely on donations to keep the program going.

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

E 4C 01-1214

Nutrition Staff Spotlight

This past March marked the 50th Anniversary of the Older Americans Act Nutrition Program, which includes our Homebound Meal and Community Cafe programs. In honor of this anniversary, we are highlighting our Rockstar staff that keep our programs running smoothly.

Meet Kim Baierl, she's been the Homebound Meal Coordinator for the past 17 years! What a dedication she has had to ADRC and our Nutrition Team. If you ask her why she loves working here, she will tell you "it's the people!" She loves knowing she's playing a part in helping people in the community as well as being able to meet and interact with our amazing volunteers. It's so wonderful knowing there are caring and giving people in the community who want to help others. Working with great people, both volunteers and her team, brings her joy and keeps her happy at ADRC.

Most people see the end result of a lot of hard work, a nice hot meal delivered to their door. Did you ever wonder how we manage to continue to serve 600 meals a day? Here's a typical day in the life of Kim:

- She starts the day checking the homebound meal voicemail, which can range anywhere from 6 to 28 messages (usually depending on holidays, the weather, etc.)
- From the messages, she updates the system they use to keep track of who's getting meals for the day.
- Once that's been done, she gets a total count of meals they'll need to package for the day and prints out a list of how many meals need to go with each of the 34 routes.
- All birthdays are highlighted so the meal-packing team places the meal in a special decorated birthday bag!
- With that complete, she turns to the clipboards that go out with the volunteers. They include the list of recipients in the order the meals are delivered, a map of the route, and any other special updates or notices, including a stack of ADRC magazines once a month.
- She takes extra time to mark any new people on the routes as well as birthdays, so the drivers are well informed.
- Once the drivers go out for delivery, she handles any problems that may arise, whether that's someone not home, missing meals, or anything else.
- While all of this is going on, she's still answering phones, checking her email, handling staff questions, and juggling the volunteer schedule - she really is a Rockstar!

Being the most senior member of the Nutrition Program, Kim has seen a lot of change in the Homebound Meal Program over the years, including multiple location moves. She said that one of the most positive changes she has seen has been being able to serve more people, provide more resources, and being able to take on the responsibility of checking on the people we serve. Another thing she mentions is feeling more

connected to ADRC. Many may not know, but the Homebound Meal Program used to be completely off-site at other locations before it moved across the street from the main ADRC building.

If we could give Kim a magic wand to change and improve the program in any way, she said she would have a large building, centrally located in the city, that would be self-sustaining. The building would have its own kitchen to prepare the meals, space for volunteers to congregate, meeting spaces, and ample parking spaces for staff and volunteers.

There is a special spot in her heart from the calls from families letting her know how helpful the program has been for their loved ones. Learning how the meals have allowed their parents/siblings/friends stay in their own homes as long as possible, motivates her to keep going. The volunteers and staff are able to be the families' eyes and ears when they can't be there for their loved one. It's amazing the impact the program has had on individuals in the community as well as their families. We know this program, after 50 years, would not be around without all of the amazing people involved!

***"Change the way you look at things
and the things you look at change."***

~ Wayne Dyer



Outside of work, baking and crafts are Kim's creative outlet and how she unwinds - she decorates cookies that are out of this world! She loves to spend time with her family and friends. If she could vacation anywhere, her dream would be to lay on a tropical beach at an all-inclusive resort, doing nothing!



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Grounded Café focuses on abilities through a job skills training program. The people serving you are either older adult mentors or adults with a disability gaining job skills.

Work is a place to belong, socialize, have purpose, and feel valued. At Grounded Café trainees are given the opportunity to work in every part of the café. To learn every task, builds confidence and discovers their strengths. It's been a resounding success – 15 Baristas-in-Training have taken their new skills to employers in the community.

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We're creating a beautiful space where everyone belongs - and it all started with a mural. Our garden mural tells the story that we feel a community responsibility to reach out and spread goodness. There is strength in diversity and everyone brings their own unique talents and energies to the table. The Brown County community helped to bring our concept to life and encouraged us to grow and branch out.



The next step was creating our parklet. Local artist, Kent Hutchinson, designed a comfortable space surrounded by a message of equity and inclusion. The parklet was installed in the beginning of May and is a wonderful new space for community members to gather and socialize.

Finally, we look forward to our food truck! This truck will allow us to bring our amazing food, information, and resources out into the community and meet people where they are at. As Wisconsin's first fully accessible food truck, we continue our mission of focusing on abilities and giving everyone the opportunity to discover their strengths. Grounded Cafe turns 5 in June, so we look forward to celebrating with everyone when our food truck arrives later this year!



**WE ARE BREAKING DOWN STEREOTYPES
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NEW*** From 3:00-5:00 PM, a cornhole tournament will take place outside the Bay Beach Pavilion. Visit campdaniel.org/d4d to sign up your team. From 5:00-8:00 PM, D4D will take place in the Bay Beach Pavilion, offering a free meal, dancing, dance competitions, cool giveaways, a fun photo booth, and exhibitor booths of disability-centered organizations.

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Ask I&A: Nursing Home Complaints



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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 is in a nursing facility. We have some concerns about her care and have talked to the staff here, but not gotten a satisfactory answer. Is there some other avenue we should explore for getting our concerns addressed?

Answer: It is always good to start with the nursing home staff. They would like the opportunity to address any concerns that you or your mother have regarding care. If you feel that you are at an impasse and the concerns are not being addressed, you have some options.

You could connect with the Long-Term Care Ombudsman program through the State of Wisconsin Board on Aging and Long-Term Care. Their brochure explains that an ombudsman's role is to provide advocacy to long-term care customers aged 60 and older who either reside in a long-term care facility or who are enrolled in a long-term care funding program like IRIS or Family Care. The ombudsman investigates and resolves complaints about care and treatment, investigates resident rights violations, and investigates when there is a reduction or denial of requested services. The ombudsman can provide consultation services to help avoid problems or to solve problems

before they become a crisis. A call to the ombudsman is kept confidential. You can connect with an ombudsman by calling 1-800-815-0015.

The other option is to file a complaint with the Wisconsin Department of Health Services Divisions of Quality Assurance. Per their website, they are responsible for assuring the health, safety, and welfare of persons using health and community care provider services in Wisconsin. If you believe that the nursing home staff have violated any state or federal laws, you have the right to file a complaint. The complaint can encompass issues revolving around quality of care or quality of life including; abuse, neglect, lack of staffing, unsafe conditions, poor care, mistreatment, transfers, discharges, and caregiver misconduct.

You can find more information at www.dhs.wisconsin.gov/guide/complaints. A complaint can be filed online through this site, or you can call 1-800-642-6552.

If you have any additional questions or concerns, call ADRC at (920) 448-4300 to speak to one of our specialists.

WE NEED YOUR FEEDBACK!

**Have you recently met with one of our staff members?
Let us know how we did!**

There's 3 easy ways to do this:

- Call: (920) 448-7686
- Visit: www.adrcofbrowncounty.org/customer-survey
- Stop by the front desk - they have paper copies on hand!



Haven't met with anyone recently but still have feedback for us?

Visit us online at www.adrcofbrowncounty.org/feedback
and let us know how we're doing!



If you have any additional comments or questions, please call us at (920) 448-4300

STURGEON
MUSKY
PUMPKINSEED
CATFISH
PERCH
WALLEYE
NORTHERN PIKE
ROCK BASS
SUNFISH
CRAPPIE
BLUEGILL
WHITEFISH

Wisconsin Fish Word Jumble Answers



LAKE MICHIGAN

**Puzzle on page 5*



ADRC Annual Report 2021

Read the 2021 ADRC Annual Report to learn more about how we continue to live our Mission, Vision, and Values, through our commitment to customers, partners, goals, and dreams!

After making it through 2020, in 2021 we began to really focus on the community and bringing people together!



View it online!



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 April 2022.

Arleen Hockers
Betty Tilton
Brown County United Way
Carol Kroscher
Carol Paider
Catherine Vandomelen
Charlotte Arthur
Connie Greiser
Crescendo Trade, Inc.
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Your Cause LLC Trustee for American Family Dream
Yvonne Kleuskens

In Memory of Mary Malach:
Judi Niesing

In Memory of David Ropson:
Joanne Ropson

In Memory of Pat Finder-Stone:
Teresa Stone-Gulyas



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JUNE HOLIDAYS

PRIDE MONTH

Celebrating all members of the
LGBTQ+ community

ID-DAY: JUNE 6

Remembering the invasion of
Normandy during WWII.

FATHER'S DAY: JUNE 19

Celebrating all fathers
and father figures in
our lives.

JUNETEENTH: JUNE 19

Celebrating the day
African Americans
were liberated from
slavery in Texas.

YOGA DAY: JUNE 21

Celebrating yoga! Join us at
ADRC for our yoga classes!

