

AARC

Magazine



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

The Heat is Here!

Make sure to stay cool and safe during a heat wave.

Read more on [page 21](#)





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TTY: WI Relay 711

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adrcofbrowncounty.org



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Accommodations

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

Ad Disclaimer

ADRC Magazine is provided as an informational resource and not intended as professional advice. Readers should seek the counsel of legal, financial, medical, etc., professionals regarding your individual circumstances. ADRC of Brown County is committed to unbiased service and does not endorse nor assume responsibility for non-ADRC products and services that are advertised. Thank you to the advertisers who help to make the publication of ADRC Magazine possible. Advertisements can be found on pages 7, 8, 20, 23, & 24.

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:



How to Choose an Attorney

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

When the need for a private attorney arises, locating and hiring the right attorney can be intimidating and confusing. A potential client must balance his or her need for representation with the associated costs as well as expectations of strong advocacy, competence, and trust. Many times, the need for representation arises suddenly and unexpectedly, forcing the prospective client to locate an attorney on short notice.

It is important to remember that simply walking into an attorney's office does not mean that a prospective client is required, or even intends, to hire an attorney. The initial conversation with an attorney (or a member of his/her staff) should be used to ask questions, obtain information, and build trust between the client and the prospective attorney. Then, only if both parties are comfortable with the representation, should the client formally hire the attorney. Prospective clients should feel comfortable with the prospective attorney and should not hesitate to ask questions, request explanation, and demand answers. Some initial questions to ask:

- Does the attorney provide a free, initial consultation?
- Does the attorney handle cases of the type facing the client?
- Will the attorney require payment prior to the beginning of representation?
- What types of documentation and/or information will the attorney need for the initial office meeting?
- Has the attorney handled similar cases in the past?

ADRC of Brown County offers monthly appointments by phone or in person with Elder Law Attorneys. These attorneys volunteer their time to provide legal consultation on matters related to Elder Law issues such as long-term care, estate planning, advance directives, probate, wills, trusts, spousal impoverishment, and Medicaid. The appointments are limited to 30 minutes and the attorney will not generate any paperwork during the consultations. If you bring in any documents, the attorney can review and provide you with potential legal options. We ask that appointments are limited for each person to no more than two times per year for the same legal issue.

Keep in mind that some questions can be answered by the Benefit Specialist team at ADRC. Please call them at (920) 448-4300 to see if they can help or to be screened for a consult appointment with the volunteer Elder Law Attorney. Benefit Specialists can also provide other legal resources and an up-to-date listing of the Elder Law Attorneys in the area.

Other helpful legal resources include:

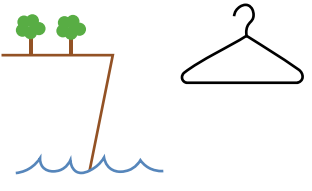
- Legal Action of Wisconsin (920) 432-4645
- Wisconsin State Bar Lawyer Referral Line (800) 362-9082
- Elder Rights Project (844) 614-5468
- Disability Rights Wisconsin (800) 928-8778
- Wisconsin Guardianship Support Center (855) 409-9410
- Oneida GTC Legal Resource Center (920) 496-5320
- Vivent Health (Aids Resource Center) (920) 437-7400

REBUS PUZZLE

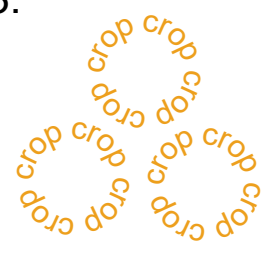
1.

ABCDEF	A WEEK
GHIJK	A WEEK
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WXYZ	


2.



3.




4.



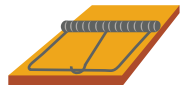
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M_CE
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M_CE

6.



7.



EEEEEE

8.

B1L1U1E
M1O1O1N

9.

BAD
wolf

Use the word and picture clues in each box to figure out the common sayings!

*ANSWERS ON PAGE 22

Ask I&A: Youth Transition



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

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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 daughter is currently a junior in high school and has a disability. She receives services through school, and during a recent meeting, the team suggested we call ADRC. How does ADRC work with students with disabilities? What is the best way for people to connect with ADRC?

Answer: ADRC can help you learn about and navigate community resources for people with disabilities. We can provide confidential options counseling, which involves help with transition planning. Taken from the Wisconsin Department of Public Instruction website, "transition planning is helping students with disabilities and their families think about their life after high school."

Our services can be provided at ADRC, via telephone, or through a home visit starting at 17 years, 6 months of age. Professionals involved in transition planning may use the Professional Referral link on our website with your consent.

When meeting with ADRC staff, the transition planning discussion can include topics such as:

- Rights and responsibilities when turning 18
- Legal decision-making supports
- Continuing education and/or employment
- Access to adult long-term care programs
- Information on applying for public benefits
- Health care provider changes

Transitioning to adulthood (turning 18) and leaving high school may not happen at the same time for a student with a disability. No matter when these transitions happen, learning about options may be helpful in alleviating the stress that results from these big life changes.

The following is a list of other helpful resources for transition planning, including support for students under 17 years and 6 months old.

- **TIG - Transition Improvement Grant:** www.witig.org/transition-planning/transition-programming-beyond-age-18
- **WI FACETS - Wisconsin Family Assistance Center for Education, Training, & Support:** They offer information and referral, support groups, leadership development, individual assistance, and training opportunities. [wifacets.org](http://www.wifacets.org)
- **Family Voices of WI:** Their work focuses on health care, community supports, education, information, and advocacy. [familyvoiceswi.org](http://www.familyvoiceswi.org)
- **Children and Youth with Special Health Care Needs:** Dedicated to supporting families with children and youth with special health care needs. Call (920) 969-5325 or (877) 568-2505. [northeastregionalcenter.org](http://www.northeastregionalcenter.org)
- **Brown County Department of Human Services:** Learn about the Children's Long-Term Support Waiver through Brown County. Call (920) 448-7884.
- **Before Age 18:** [beforeage18.org](http://www.beforeage18.org)

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WisconsinSeniorMedicarePatrol



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

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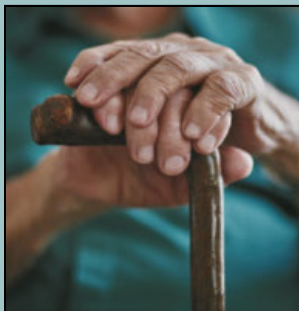
- Care Management
- Outpatient Mental Health
- Personal Care
- Residential Care
- Medical Supplies & Equipment
- In-Home Supportive Care

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
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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 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

Farmers Market Voucher Pick-Up Locations

- **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
- Gender
- 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.



Advocacy in Action



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Additional Information & Support

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"Wisconsin faces a critical shortage of direct care workers that leaves families and individuals struggling to meet care needs at the same time that the percentage of the population age 65 and older is increasing."

This quote, taken from the State of Wisconsin Budget in Brief, highlights a very serious challenge that Wisconsin, along with all states across the nation, face with regards to caregivers for our most vulnerable citizens.

Whether a professional role (direct care workforce) or a personal role (family, friend, informal support), caregiving is an extremely important job that has great consequences on the individual receiving care, the caregivers' lives, and the community as a whole.

The role of a caregiver is one that can come with much commitment, anxiety, and frustration along with personal gratification. Caregivers are compassionate people that give of themselves, often sacrificing time with their own family, their own personal agendas, and missed financial opportunities. The caregiver role is both under-appreciated and under-compensated. Caregivers are often overwhelmed and in need of support and advocacy.

The overall concept of caregiving, both paid and unpaid, has been under-prioritized given the impact it has on our society. This in turn has contributed to the caregiver shortage we now face. Additionally, and according to the Governor's Task Force on Caregiver

Issues, "A significant reason for the shortages is the changing population. It is projected that between 2015 and 2040, the population ages 65 and older will grow by 640,000 people - an increase of 72%. That rate is six times higher than the overall Wisconsin population growth projection of 12% for the same period. Those 65 and older comprised 15% of total population in 2015. By 2040, they are expected to make up 24%."

The caregiver crises resulted in Governor Evers creating a task force in order to strengthen the caregiver workforce in the state. The task force was divided into two primary subgroups, one to work on both family and paid caregiver issues, the other to focus on developing ideas for a home care provider registry. The task force passed 16 proposals. The Governor included 12 of the 16 proposals in his last state budget bill and 6 of those 12 have been removed from further budget discussion. The full report from the Governor's task force can be found at: www.dhs.wisconsin.gov/gtfc/gtfc-report.pdf

Although some of the proposals were adopted and included in the Governor's budget, many were removed prior to the passing of the 21-23 state budget. However, this should not end the conversation on these concerns. The same issues continue to impact our overall caregiver crises. A collaboration between AARP Wisconsin, The ARC Wisconsin, and GWAAR has put together a comprehensive report that

addresses:

1. The state of caregiving in Wisconsin.
2. The Governor's Task Force on Caregiver Issues.
3. Overview of direct care workforce and family caregiver proposals.
4. What can you do?

This last segment is extremely important, it takes all of us to be the difference in making a change and the report provides opportunities to engage in the process. One of ADRC's values is to Ignite Action - we drive the changes we want to see in our community. We are the spark that lifts people and ideas off the ground. We are the catalyst for change.

Find the full report issued by AARP/ARC/GWAAR by using the QR code below and clicking on "Education, Advocacy & Action."



Here are critical recommendations, taken from the Governor's task force, that advocates can focus on to affect change:

- Medicaid expansion.
- A pilot of the Tailored Caregiver Assessment and Referral protocol, an evidence-based care management protocol, designed to support family caregivers of adults with chronic or acute health conditions.
- Allow family caregivers of those with chronic conditions to use the Wisconsin Family Medical Leave Act for caregiving responsibilities and expand individuals covered to grandparents, grandchildren, and siblings.
- Codify in state law the requirements and standards for hospitals relating to caregivers.
- Invest in Aging and Disability Resource Centers to:
 - A) Expand caregiver support services to address the needs of caregivers of adults with disabilities who are age 19 - 59
 - B) Expand the tribal aging and disability resource specialist program
 - C) Expand the tribal disability benefit specialist program

- A pilot program to identify standards of practice for training options within the caregiving industry. In addition, implement a career ladder leading toward Certified Nursing Assistant.
- A pilot to create a one-stop shop for matching services providers with those seeking services.

"The Governor also recommends further investments into long-term care services that support Wisconsin's most vulnerable residents by expanding the successful Dementia Care Specialist program to all Aging and Disability Resource Centers. In addition to providing targeted funding to direct care workers in nursing homes and Family Care, the Governor also recommends providing \$77.8 million over the biennium to increase the rates paid to personal care workers. The Governor further recommends expanding eligibility for the Alzheimer's Family Caregiving Support Program by increasing the income limit from \$48,000 to \$55,000 and providing \$1 million during the biennium for the program."

ADRC will continue to advocate for all caregivers in Brown County. Please visit us online at adrcofbrowncounty.org and click on the "Advocacy in Action" tab for updates on important news topics as well as information on how you can become more active in becoming an advocate for issues that matter to you.

Thank you!

Sources:
Wisconsin Caregivers in Crises: Investing in our Future (Governor's Task Force on Caregiving)

Family Caregiving and Caregiver Workforce: WWC Webinar Series



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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:

- Tue - 07/05 - Men's Support Group
- Thu - 07/07 - ABCD's of Medicare
- Thu - 07/07 - Jin Shin Jyutsu: Self-Help Book 2
- Fri - 07/08 - Legal Counseling
- Mon - 07/11 - Lunch Bunch
- Mon - 07/11 - Art for the Heart Support Group
- Tue - 07/12 - Celebrating Abilities
- Wed - 07/13 - Parkinson's Support Group
- Wed - 07/13 - Mug Club
- Mon - 07/18 - Book Club
- Mon - 07/18 - Celebrate Abilities
- Tue - 07/19 - Medicare Minute
- Thu - 07/21 - Advance Directives for Healthcare and Beyond
- Thu - 07/21 - Jin Shin Jyutsu
- Wed - 07/27 - Got Dementia on the Brain?
- Thu - 07/28 - ABCD's of Medicare
- Thu - 08/04 - Story-Telling Group
- Tue - 08/09 - Medicare Minute
- Tue - 08/09 - Control Incontinence
- Fri - 08/12 - Legal Counseling
- Mon - 08/15 - ABCD's of Medicare
- Thu - 08/25 - ABCD's of Medicare
- Tue - 08/30 - Passwords 101
- Tue - 09/13 - Don't Wait Until You Break a Hip
- Wed - 09/14 - Keep Stepping

2022 Events by Name & Description:

In alphabetical order

ABCD's of Medicare

Online

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

Monday, 8/15/22, 10 - 11 a.m.

In person

At ADRC: Thursday, 7/28/22, 10 - 11:30 a.m.

At Ledgeview Community Center:

Thursday, 8/25/22, 1 - 2:30 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 available by appointment.

Advance Directives for Healthcare and Beyond

Thursday, 7/21/22, 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.

Art for the Heart Support Group

Mondays, 7/11 - 8/15/22

Women's Group: 11 a.m. - 12 p.m.

Men's Group: 12:30 - 1:30 p.m.

In person at ADRC

This support group is for anyone who needs and wants companionship and support in a casual environment while doing creative art projects each week. No supplies or experience needed. This group is drop-in, no commitment for the entire series required. Come check it out!

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

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

Book Club

3rd Monday of the month (7/18/22), 1:00 p.m.

In person at ADRC

June's book is *Unbroken* by Laura Hillenbrand. Books will be available at the front desk for sign out.

Celebrating Abilities

Tuesday, 7/12/22, 12:30 - 2:30 p.m.

In person at ADRC

See page 22 for more information.

Control Incontinence: Proven Steps to Bowel & Bladder Control

Tuesdays, 8/9, 8/23, & 9/6/22, 1 - 3 p.m.

In person at ADRC

Join us for the Mind Over Matter: Healthy Bowels, Healthy Bladder 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!

Don't Wait Until You Break a Hip: Reduce Your Risk of Falling

Tuesdays, 9/13 - 10/25/22, 9:30 - 11:30 a.m.

In person at Aurora Sports Medicine

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!

Got Dementia on the Brain? 10 Warning Signs of Alzheimer's

Wednesday, 7/27/22, 1 - 2:30 p.m.

Online

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and local resources. Register online at www.bit.ly/signs0727 or call the Alzheimer's Association at 1-800-272-3900.

Jin Shin Jyutsu

3rd Thursday of the month (7/21/22), 2:30 p.m.*

**Time change for this month only*

In person at ADRC

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

Jin Shin Jyutsu: Self-Help Book 2

Thursdays, 7/7 - 7/28/22, 1 - 2:30 p.m.

In person at ADRC

\$59 - payable to Barbara Bernard at first class

Explore this ancient technique and the 26 places to gently touch to restore the flow of energy which may become blocked due to injuries, shock, illness, emotional upsets, or daily stress. This gentle self-care can alleviate stress and pain. Completing Self-Help Book 1 is not required to attend.

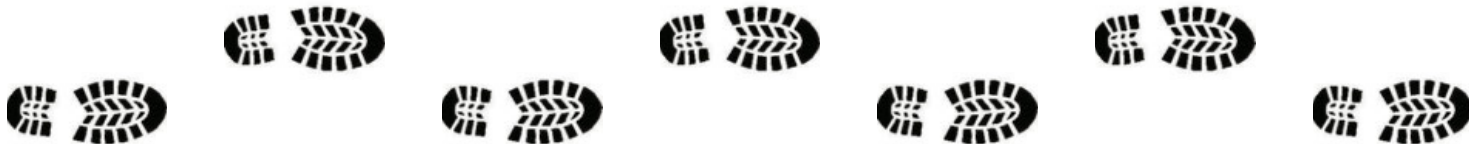
Keep Stepping

Wednesdays and Fridays, 9/14 - 11/11/22,

11:30 a.m. - 12:30 p.m.

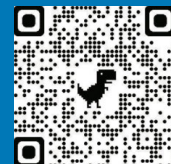
In person at NWTC

Keep Stepping is a program specifically created to pair a physical therapy assistant student with an older adult to assist the older adult in improving gait, strength and balance, and providing health education. Students in the NWTC Physical Therapist Assistant program will carry out the Keep Stepping program under the direction and supervision of NWTC faculty who are licensed as Physical Therapists and Physical Therapist Assistants. To register, contact Cheryl Neyrinck at (920) 498-6283.



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.)



Legal Counseling

2nd Friday of the month (7/8/22 & 8/12/22)

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.

Lunch Bunch

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

****Please note the date change for this month only***

In person at Village Grill

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

Tuesday, 8/9/22, 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 (7/5/22), 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.

Mug Club for Family Caregivers

2nd Wednesday of the month (7/13/22)

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 (7/13/22), 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. Special guest speaker this month: David Ferguson MD, Physician Life Care Planner, presenting on Exercise is Medicine. *This group is facilitated by Mary Beth Fumelle, Compassus Hospice.*

Passwords 101: Learning How to Manage Your Passwords

Tuesday, 8/30/22, 10 - 11 a.m.

In person at ADRC

Wanting to learn more about your smartphone? If you are a new owner or looking to refresh on the basics, join us for this upcoming training session! Learn:

- What makes a good password
- Password security processes
- Where to find password features in Settings
- Basic troubleshooting

Your Life, Your Words: Story-Telling Group

Thursdays, 8/4 - 9/1/22, 2 - 3 p.m.

Orientation: 7/25 - 7/29/22 by phone

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.

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, 12 - 3 p.m.

In person at ADRC

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

Tatting for Beginners

Wednesdays, starting 9/12, 9 - 11 a.m.

In person at ADRC

Tatting is a technique of handcrafting lace from a series of loops and knots. Join us to work on this craft as well as to socialize with others!

Walk Off Your Worries

Fridays, 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.)

Happy 4th of July!

ADRC, home delivered meals, and Grounded Cafe will be closed on Monday, July 4, 2022.

Have a happy and safe holiday!



4th of July - Is Your Plate Balanced?



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



When you think about the meal that's served for 4th of July celebrations, what comes to mind? Hamburgers, brats, hot dogs, pasta, potato salad, and of course, you can't forget about dessert! Although those foods sound delicious and can be part of a balanced plate, many other food groups are forgotten during the festivities.

Here's a goal of what your balanced plate should look like:

1. 20% of your plate should be protein

Try to choose lean meats such as chicken breast or lean cuts of beef or pork. Try a turkey burger (lower in fat than ground beef), veggie or bean burger, or grilled seafood. There are many healthier options for protein.

2. 30% of your plate should be vegetables

Summer is the perfect time to enjoy the fresh vegetables that are in season. Try grilled or oven roasted veggies such as zucchini, onion, mushrooms, and cherry tomatoes. Drizzle the vegetables with olive oil and add your favorite seasonings to give the veggies more flavor. Salads are also a great way to add more vegetables to your plate. Toss in some greens and add any seasonal veggies and your favorite dressing for a healthy side dish.

3. 20% of your plate should be fruit

Everyone loves dessert, so why not make fruit the main star? Try an easy fruit crisp, grilled peaches, pineapple,

or watermelon, fruit pizza, or try this recipe for a healthy and patriotic fruit salad.

Ingredients:

- 1/2 pineapple or apples, diced
- 1 small watermelon, cut into chunks
- 1 pint strawberries
- 3 tablespoons honey
- 1 lime, juiced
- 1 orange, juiced

Directions:

1. Rinse fruit if needed, then cut and toss fruit together in a large bowl
2. In a small mixing bowl, whisk together the honey, orange, and lime juice. Power over fruit, let stand for at least 15 minutes before serving

(lifemadesimplebakes.com)

4. 30% of your plate should be grains

By simply adding a whole grain bun to your meal, you will reach your whole grain goal! Also look for other whole grain dishes that include brown rice, wild rice, quinoa, farro, or buckwheat.

5. Serving of dairy

One of the best ways to get calcium in your diet is by drinking milk, but you can try other dairy sources such as yogurt or cheese. Try making a simple dip with Greek yogurt in place of sour cream.

Source: usda.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**
Mon - Fri from 11a - 1p
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No reservation needed
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Julie (920) 494-3385 (West GB)

Homebound Meals

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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.

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

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>Oven Baked Fish Rye Bread Sweet Potato Slices Sautéed Spinach Apricots Blueberry Sugar Cookie</p>
<p>Happy July 4th!</p>	<p>Hot Dog on a Bun Potatoes Irish Vegetable Blend Tropical Fruit</p>	<p>Chicken Fajitas Cilantro Lime Brown Rice Black Bean & Corn Salad Mandarin Oranges</p>	<p>Turkey & Cheese Sub Sandwich Potato Salad Banana Granola Bar</p>	<p>Sausage & Cheese Egg Bake Hash Browns Banana Muffin Square w/ Apple Jelly Warm Spiced Peaches</p>
<p>Vegetable Lasagna Whole Grain Dinner Roll Brussels Sprouts Garden Salad Cinnamon Apples Strawberry Yogurt</p>	<p>Hearty Vegetable Soup Seafood Salad Potato Salad Apple Cinnamon Muffin Fruited Gelatin</p>	<p>BBQ Pulled Pork Sandwich Mixed Vegetables Coleslaw Vinaigrette Peach Pie</p>	<p>Beef Teriyaki Whole Grain Dinner Roll Vegetable Fried Rice Peas Mandarin Oranges Lemon Cookies</p>	<p>Turkey Burger Baked Beans Glazed Carrots Berry Mix</p>
<p>Pasta w/ Italian Meat Sauce Garlic Herb Breadstick Italian Vegetable Blend Garden Salad Fresh Seasonal Fruit</p>	<p>Hamburger Oven Stripped Potatoes Carrots Fruit Crisp</p>	<p>Seasoned Chicken Breast Whole Wheat Dinner Roll BBQ Black Beans Mexi-Corn Mandarin Oranges Chocolate Chip Cookies</p>	<p>Braised Apple Pork Chop Whole Wheat Bread Sweet Potatoes Seasoned Steamed Green Beans Mixed Fruit</p>	<p>Breaded Cod Sandwich Baked Potato Wedges Irish Vegetable Blend Creamy Coleslaw Fudge Brownie</p>
<p>Southwest Chicken Salad Whole Wheat Dinner Roll String Cheese Cinnamon Apples</p>	<p>Beef Stroganoff Whole Wheat Dinner Roll Carrots & Green Beans Pickled Beets Orange</p>	<p>Lentil Soup Tuna Salad Sandwich Carrot Sticks w/ Hummus Vanilla Pudding</p>	<p>Chicken Breast w/ Mushroom Gravy Biscuit Brown Rice Irish Vegetable Blend Garden Salad Pears & Fig Newton Cookies</p>	<p>Hot Ham & Swiss Croissant Parsley Red Potatoes Orange Spiced Carrots Kidney Bean Salad Chocolate Mousse</p>

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

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

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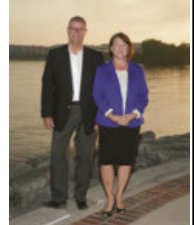
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C 4C 01-1214

Stay Safe as the Summer Heats Up!



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



Even though we spend nearly half the year in below-freezing temps and battling snow storms, it may surprise you to hear that heat waves cause more deaths in Wisconsin than any other weather condition. Sometimes the heat is unavoidable, especially in July and August. Prevent serious heat stroke or dehydration with these simple steps.

Step 1: Prepare

Now is the time to plan for periods of high temperatures.

- Keep a few bottles of water in your freezer. Should the power go out, you can move these to the fridge and keep the door shut.
- Purchase a wide-brimmed hat and loose clothing to wear on warm days. Don't forget your sunscreen (and check expiration dates!)
- If you like to spend time outdoors, consider installing awnings over a porch or patio. Special light-reducing shades may cut down on the heat coming in through windows, too.

Step 2: Stay Cool

The heat has hit!

- Drink at least 8 oz. of water, 8 times a day. Bring a water bottle wherever you go. Eat frequently and keep meals light and balanced.
- Always wear sunscreen, even on cloudy days. Sunburns slow down your body's ability to cool itself off.
- If you take diuretics, antihistamines, or mood-altering medications, check with your doctor about side effects with sun and heat exposure.
- Complete strenuous tasks in the early morning or late evening (cooler times of day).
- After coming in from outdoors, place cool, wet washcloths on your forehead, neck, and wrists. Suck on ice cubes to bring your internal body temp down.

Step 3: Watch for Signs

You can go from comfortable to crisis very quickly during heat waves. Older adults and adults with chronic conditions are at a higher risk of developing symptoms from heat exposure.

Signs of Heat Exhaustion:

- Heavy sweating
- Paleness
- Dizziness
- Nausea or vomiting
- Headache
- Muscle cramps

Move to a cool location and slowly drink a cool beverage/suck on an ice cube. If this does not help, seek medical treatment.

Signs of Heat Stroke:

- Extremely high body temperature
- Red/hot/dry skin
- Rapid and strong pulse
- Throbbing headache
- Dizziness
- Nausea

Get medical help immediately if you have these symptoms.

Caregivers - How to Help

Always have extra water and sun screen on-hand for your loved one. Keep cool, wet washcloths in an ice chest or insulated bag.

Traveling or going on an outing? Check ahead to see where you can rest in a cool, covered location. Cut the walking or activities in half from what you would do in normal temps. Be sure to take frequent breaks.

If your loved one lives alone, check in every day during heat waves. Look for (or ask about) signs of heat exhaustion or heat stroke.

For more information on heat waves plus tips and tricks, visit: [readywisconsin.wi.gov](https://www.readywisconsin.wi.gov)

Celebrating Abilities

Tuesday, July 12, 2022 ~ 12:30 - 2:30 p.m.

Come on down to ADRC! We will be hosting a FREE social event for adults with disabilities, ages 18 - 30. Spend time socializing, playing games, and creating crafts. Join us for lemonade and fun!

Caregivers welcome.

In addition to crafts and games, a beginner yoga class will be offered from 12:30 - 1:15 p.m. led by Katie Schumann. In this class we will break down foundational poses, bring mindfulness to your mat, and have fun while doing it!

**All yoga equipment provided*



Space is limited, so be sure to call to register: (920) 448-4300

REBUS PUZZLE ANSWERS

1. No TV for a week
2. Cliffhanger
3. Crop circles
4. Little house on the prairie
5. Three blind mice
6. Lounging around the house
7. Trapeze
8. Once in a blue moon
9. Big bad wolf

*PUZZLE ON PAGE 5

Public Notice of Meeting

ADRC BOARD OF DIRECTORS PUBLIC NOTICE OF IN-PERSON MEETING

Thursday, July 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



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



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Can We Talk About Caregiving?

Tips to Support Family Caregivers



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



Caregivers are an essential part of our healthcare system. Many people, though, don't see themselves as a "caregiver," and as a result, don't realize the critical role that they play. Here are five tips from the National Patient Advocate Foundation to help caregivers recognize their role, learn about the resources that can support their specific needs, and feel more prepared for the challenges of caregiving.

1. Recognize that you are a caregiver.

Many people step up to help a loved one who is sick because they believe that is what is expected of them as a family member or friend. However, being a caregiver and assuming that role is so much more than kinship or spending time together; it involves taking on many unplanned or extra action to help someone who is sick maintain their quality of life and well-being.

As a caregiver, you may help with activities of daily living (dressing, bathing, toileting), prepare meals, organize or administer medication, and accompany and/or drive your loved one to appointments. You may provide this help in person or handle the arrangements from afar.

2. Anticipate the total costs that come with caregiving.

Healthcare and the associated expenses for caring for a loved one can be costly for everyone involved. These costs may pop up to cover co-pays for prescription medication, durable medical equipment to keep your loved one safe in the home, hospital parking fees, and transportation costs. There may even be unexpected costs associated with helping to get your loved one's insurance claims and finances in order. Furthermore, caregiving duties may interfere with your ability to keep a regular job schedule and may result in reduced income.

3. Plan for your own needs and support.

Being a caregiver can take a toll on your own health and well-being. The reality of caregiving is that many people feel overwhelmed about the number and types of tasks they need to handle

and need guidance to learn the steps. Because caregivers are overwhelmed, many often put off their own preventive care and struggle to find the time to take care of themselves. Finding people to help you assist your loved one, getting training, and using available caregiving resources can help you stay strong and healthy so you can do a better job and feel more confident in your caregiving role.

4. Identify people who can support you.

Caregiving can be both a rewarding and isolating experience. To continue doing your best, it's important to think about and surrounding yourself with things that bring you comfort and joy. Much like you are there for your loved one, you should identify key people to call on for support or a friendly chat when you need it. People often want to help. Prioritizing simple steps that can bring you joy or ease your burden is a good way to give them guidance about the help they can provide. Support groups and respite services may also be available in your community.

5. Know where to find help.

Caregivers are often pressed into their roles without any guidance or training for the things they are supposed to do to care for their loved one at home or from afar. Knowing who to talk to or where to go in your community to get help is important to ensure that caregivers feel confident in carrying out their responsibilities. Area agencies on aging are located in every community and are a helpful place to start to find the support you need.

If you don't know where to start, connecting with ADRC is a great first step. Call us at (920) 448-4300 and start the conversation. We are here to support you.

Source: www.npaf.org/resources/can-we-talk-about-caregiving

Ask I&A: Ramps & Legal Resources



Advocacy

Basic Needs

Caregivers

Dementia

Healthy Eating

Home Care

Housing

Medicaid

Medicare/Health Insurance

Scams

Social Security

Transportation

Youth Transition

Question: I am in need of help getting a ramp built at my home and do not know where to start to look for assistance with this. Where can I go that might be able to help me out with not only having a ramp built but also help with the cost?

Answer: It sounds like you might be looking for help through Options for Independent Living, Inc. They are a non-profit organization that is committed to empowering people with disabilities to lead independent and productive lives in their community through advocacy, the provision of information, education, technology, and related services. As part of their philosophy of customer-directed services, their staff provides information so individuals with disabilities, family, and friends can make informed choices and achieve their goals. Learn more by visiting optionsil.org or by calling (920) 490-0500.

Another great resource to potentially help with the financial piece may be to contact CP Outreach Services. This service provides resources, referrals, and limited funding for individuals with physical, sensory, and communication needs to live as independently as possible. There is an application process that would need to be completed in order to be considered. You can contact CP Outreach Services at (920) 337-1122 to inquire further on the application process.

Question: I am in need of assistance with legal help and I do not have a lot of money to pay for services. Are there any programs available that may help me with reduced or free legal help?

Answer: Thank you for your inquiry. There are many resources that offer reduced fees or are free, depending on your needs.

General

- Legal Action of Wisconsin: (920) 432-4645
- Wisconsin State Bar Referral/Wisconsin State Bar Modest Means: (800) 362-9082
- Wisconsin Free Legal Answers: wi.freelegalanswers.org

Elder Abuse

- Elder Rights Project: (844) 614-5468

Person with a Disability

- Disability Rights Wisconsin: (800) 928-8778

Advance Directives & Guardianship

- Wisconsin Guardianship Support: (855) 409-9410 or email guardian@gwaar.org

Housing

- Fair Housing Council: (920) 560-4620

Tribal Members

- Oneida GTV Legal Resource Center: (920) 496-5320

Persons Living with HIV/AIDS

- Vivent Health: (920) 437-7400

Additional Information & Support

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Our Vision

All people are valued, celebrated, and connected to a life of possibilities.

Our Mission

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

ADRC is your source for unbiased, comprehensive information.

Support our Mission -

Be a part of valuing and celebrating older adults, adults with disabilities, and their caregivers.

Join us in empowering and enriching their lives. Your support helps us stretch services beyond the budget. Here are just a few examples:

- \$25** Provide meals for an older adult for one week
- \$100** Feed an older adult with 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

Your support makes a difference.

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

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"The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else."

To learn more, visit: adaanniversary.org

JULY

Happy Independence Day!

ADRC, home delivered meals,
and Grounded Cafe will be
closed on July 4, 2022.

Have a happy and safe holiday!



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