

ADRC Connections

Newsletter Date Winter 2015

Connecting You to Your Community's Resources

Aging and Disability Resource Centers (ADRCs) are the first place to go to get free, accurate, unbiased information on all aspects of life related to aging or living with a disability. ADRCs are friendly, welcoming places where anyone - individuals, concerned families or friends, or professionals working with issues related to aging or disabilities- can go for information tailored to their situation. The ADRC provides information on a broad range of programs and services, helps people understand the various long term care options available to them, helps people apply for programs and benefits, and serves as the access point for publicly-funded long term care. These services can be provided at the ADRC via telephone or through a home visit, whichever is more convenient to the individual seeking help. ADRC's are available to people regardless of their income or asset levels and are available in all counties in Wisconsin.

- “My son/daughter is living with a disability and is turning 18. What options do they have as an adult?”

The Powerful Caregiver

Traditions and Transitions

Dwight and Beverly fell in love and married many years ago. That first Christmas was just heavenly.



Beverly made the most delicious rum cake in the world. She created beautiful decorations for their cozy home and she knitted a special Packers stocking, lovingly labeled “Darling Dwight”. She hung it on the mantel, and filled it with all sorts of delectable goodies for Dwight’s sweet tooth. They danced together to holiday music and made “forever” promises to each other.

As Christmases came and went, the children arrived, they grew up, and they returned with children of their own. Rum cake, decorations, and the Dwight’s special stocking were there for every yuletide celebration. Several years ago, changes

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General and common scenarios we encounter:

- “I have become ill and unable to care for myself, what options do I have?”
- “I am getting older or living with a disability and want to know how to plan for the future.”
- “I am caring for someone and I need a break, is there assistance for this?”



Caregiver article

by

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Traditions and Transitions

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happened as Beverly began to suffer from dementia. Bonnie, their daughter, now makes the rum cake, and helps the grandchildren decorate and hang Grandpa's tattered stocking. Beverly doesn't remember how to do these things. She is often restless and asks repeatedly to "go home." A month ago Beverly ran out of the house and down the sidewalk. With two ailing knees, Dwight was unable to reach her before she fell and broke a hip.

Now she is in a care facility, and Dwight is missing her terribly. He longs for the days they spent at home together. He feels that he has lost a purpose in life. He's not interested in anything, not even Packer games. Some days he doesn't want to get out of bed. His daughter brings meals, but he doesn't have much of an appetite. After he visits Beverly, he sits tearfully in his chair, remembering better times.

Caregivers live with change on a regular basis. When that change involves a loved one residing away from home, it can seem devastating. One daughter, even though caregiving had caused her great stress and serious health problems, said when her mother went to a care facility "I feel like I've been fired!" It is said that every change is accompanied by a transition – a period of adjustment for our minds, bodies, emotions and souls. Change is an external event often beyond our control. Transition is an internal process. It can seem like a wilderness where we wander, aimless and alone. So we move from letting go of the old to a time of "wandering in the wilderness" to reaching a new beginning, settling into things as they are, even though we may not like them. Let's look at these three phases:

I. Endings - Letting go of what was

For caregivers this often means letting go of going solo. Accepting your limits actually improves your caregiving and helps you regain some of the original relationship that you have had with your loved one over the years.

You may have to argue with an inner voice that says "Hang in there. Don't allow change." You may need to remind yourself, "I'm not in control of everything. Something has changed, and I need to respond to it. Recognizing a change does not mean you approve of it or that you have failed.

II. The Wilderness

Feeling lost and profoundly sad doesn't mean something's wrong with you. It means you need time, support, and patience with yourself to get used to one more loss. Then you can modify your life accordingly. Dwight will still help monitor and manage Beverly's care. When he is with her, he can be fully present, hold her hand, and be her husband. One caregiver said when her mother went to live in a nursing home, "Only the location of my devotion has changed."

The holiday season can seem especially cruel for caregivers in transition. Many, many families gather with high hopes of finding peace, love, perfection, even lost youth in their holiday traditions. Beverly created symbols of love and peace in the home she shared with Dwight. This Christmas Eve may find Dwight feeling very lonely. Visions of past winter holidays may bring profound sadness and twinges of self-doubt. This may well be the most difficult time in Dwight's life. He is at risk of slipping into depression. He'll need the support of family, friends, his faith community and other caregivers whom he knows from his Support Group.

Tools for Navigating the Wilderness

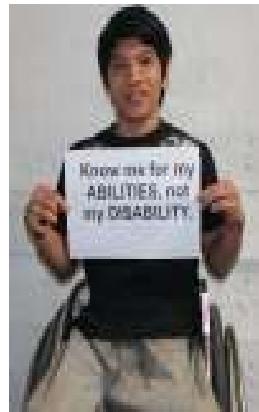
- Maintain structure and order in your life. Set small goals every day.
- Take care of yourself. Stay in touch with supportive people and continue enjoyable activities.
- Identify the reasons you feel troubled. Feeling distressed doesn't necessarily mean something is wrong; it means things are changing

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Transition to Adulthood in Racine County

Turning 18 is a milestone for many people. For people living with a disability, it can also mean a time of other changes as well. The ADRC is a source of assistance to help young adults with disabilities and their families consider options as early as age 17 1/2 who are transitioning into adulthood. Whether you are considering moving out on your own and may need assistance in your new home, or are considering post-secondary education and want to know which schools have accommodations for people with disabilities or if you are looking for assistance in knowing what benefits you may be entitled to as an adult with a disability, the ADRC can help you understand your options. Guardianship, vocational skills, education, health insurance, social

security, recreational activities, transportation and in-home assistance are all topics that someone living with a disability may consider seeking knowledge about at some point in life. The ADRC is a free and unbiased source of this information tailored to suit your individual needs. Consider contacting the ADRC to begin your relationship with a friendly ADRC specialist today.



See other Transition information at:
https://www.adrc.racineco.com/site/46/transition_to_adulthood.aspx

The ADRC also has information and resources to assist adults with physical and intellectual disabilities who are not in the transition process.

Preparing for graduation and thinking about the future beyond high school is a very exciting time in anyone's life. The possibilities are endless.

Community Resources

This column highlights some of the many resources in our community. For more, see the Community Resource Directory available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racineco.com.

There are a variety of targeted resource materials available on the ADRC Website. We can also be found on Facebook. See the link on the bottom of our website:
<https://www.adrc.racineco.com/site/>

Resource Directories are now available in a PDF format to download. To view the Resource Directory you will need [Adobe Acrobat Reader](#).

General Resources:

[Community Resource Directory](#)

[Living Options in Racine County](#)

[Access the document "Choosing An Assisted Living Facility"](#)

Additional Helpful Resource Guides:

[Mini Resource Directory](#)

Info on programs and services for people seeking mental health, alcohol or drug addiction, or basic assistance and services.

[Resources for People Living with Developmental Disabilities](#)

[Resources for People Living with Physical Disabilities](#)

Transition Resources (Disabled ages 17 1/2 to 21) Please contact the ADRC 262-833-8777 or your school to request a copy.

[Emergency Resources - Brochure](#)





Balsamic Roasted Green Beans (Serves 10)

2.5 lbs. Fresh Beans (any color)
3 Tbsp. Olive Oil
2 Tsp. Lemon Pepper
2 Tsp Granulated Garlic **or**
1 Tbsp. Fresh Garlic (minced)
1/4 Cup of Balsamic Vinegar

- 1) Pre-heat oven to 425°
- 2) Wash and dry beans
- 3) Trim ends and cut beans into bite size pieces (1.5 in)
- 4) In stainless steel or plastic bowl, mix all ingredients except beans
- 5) After all ingredients are incorporated, add beans and toss until coated
- 6) Spread on baking sheet and bake for 10-15 minutes or until tender.

Portion and freeze leftovers, or make a smaller amount. Add other vegetables or nuts as desired.

Racine County Senior Nutrition Program

Call 833-8766 To
make a reservation at
one of our Dining Sites
Please call before 3:00
p.m. a day in advance.

- Dining Sites:**
- Atonement Lutheran Church**
2915 Wright Ave
Racine, WI 53405
Monday - Friday at **Noon**
- Burlington Senior Center**
201 N Main St
Burlington, WI 53105
Monday - Friday at **Noon**

Lake Oaks Apartments
1916 S Wisconsin Ave
Racine, WI 53403
Monday - Friday at **Noon**

Lincoln Villas North Apartments
3919 Ruby Ave
Racine, WI 53406
Monday - Friday at
11:30 am

Lincoln Villas South Apartments
5820 Lincoln Village Dr
Racine, WI 53406
Monday - Friday at **Noon**

Salvation Army
1901 Washington Ave
Racine, WI 53403
Monday– Friday at **Noon**

Union Grove Hometown Village
1415 13th Avenue
Union Grove, WI 53182
Monday - Friday at
11:30 am

Menus

You can find the menus for coming months in your local newspaper, or online at: <https://www.adrc.racineco.com/>

Who We Are...

The Senior Nutrition Program actually has two components, but both components have one goal: Make Sure No Senior Goes Hungry in Racine County.

The Meals on Wheels component of the program has been serving meals to homebound seniors for 50 years. The meal is delivered to their door Monday through Friday between the hours of 11am and 1 pm. MOW has an average of 120 volunteer drivers who

share their time by delivering the meals and visiting with the homebound seniors. It is also a safety check for the senior, because if they do not answer the door, we will contact an emergency contact to check on them. Qualifications for Meals on Wheels are: 60 years or older and unable to leave their home under normal circumstances. All Meals on Wheels Participants will need an in-home visit within 30 days of starting. You can set up an appoint-

ment when you call to arrange Meals on Wheels, or you will be contacted to arrange this. All meals are provided on a donation basis which the program depends on to continue to serve meals.

The second component of the program is for the seniors who can still get out for lunch. We have 7 Dining Centers in Racine County where seniors can have lunch Monday through Friday. They
(continued pg 11...)

Holiday Food Safety

If you have any questions or concerns about food safety during the holiday season, contact:

The USDA Meat & Poultry Hotline 1-888-674-6854

Monday through Friday 10-4 ET

Some food safety answers:

Question: "I just discovered I cooked the turkey with the package of giblets still inside the cavity. Are the turkey and giblets safe to eat?"

Answer: If giblets were left in the cavity during roasting, even though this is not recommended, the turkey and giblets are probably safe to use. However, if the packaging containing the giblets has changed shape or melted in any way during cooking, do not use the giblets or the turkey because harmful chemicals from the packaging may have penetrated the surrounding meat.

Question: "I baked some pumpkin pies

over the weekend to serve tomorrow for the Holiday. They've just been sitting on the counter. Should I have refrigerated them?"

Answer: Yes, Foods made with eggs and milk, such as pumpkin pie, custard pie, and cheesecake, must first be safely baked to a minimum internal temperature of 160 degrees F. Then, they must be refrigerated after baking. Eggs and milk have high protein

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Rolo Pretzel Bites

- Place small square or other shaped pretzels on a baking sheet lined with foil or parchment and top with a chocolate covered Rolo caramel.
- Bake at 350° for 4 to 5 minutes.
- Remove from oven and press a pecan in the center.

8 Ways to Lower the Fat in Your Diet

1. Cook more meals at home. Make them low in fat by adapting your recipes and learning new ones.

2. Buy skim or fat-free dairy products instead of the full fat versions. These include milk, yogurt, sour cream and frozen yogurt.

3. Consume less cheese and foods that contain cheese, like pizza and deli

sandwiches. Cheese is the number one source of saturated fat in the American diet.

4. Choose leaner cuts of meat and poultry and limit portion sizes to no more than 3 ounces per meal (about the size of a deck of cards.)

5. Eat more salads and vegetables. Did you know that you should be eating at

least 2.5 cups per day according to My Pyramid?

6. Eat more fruits instead of packaged snacks like chips and crackers.

7. Limit baked goods and fatty desserts.

8. Use oil, margarine and fatty dressings sparingly.

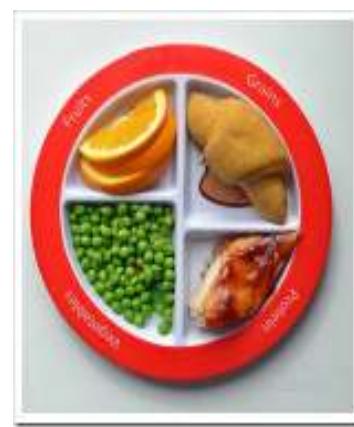


Image from:
<http://www.hersheys.com/rolo/recipes.aspx?id=8631>

Your Benefits



Important Numbers

(Toll Free):

Social Security

Local: 866-270-8629
USA: 800-772-1313

Medicare

I-800– Medicare
(800-633-4227)

Wisconsin Medicaid—Member services:

800-362-3002

Wisconsin Kenosha Racine Partners Consortium (WKRP)

888-794-5820

Elder Benefit Specialist

**If you have
questions you
would like to
see addressed in
the ADRC News
please call us at**

262-833-8777

or email:

**adrc@goRacine
.org**

An elder benefit specialist is a person trained to help older persons over age 60 who are having a problem with their private or government benefits. They are often called red tape cutters because they are experts at helping older persons with the extensive and complicated paperwork that is often required in benefit programs. They help older persons figure out what benefits

they are entitled to and tell them what they must do to receive them. Elder benefit specialists receive ongoing training and are monitored by attorneys knowledgeable in elder law. The attorneys are also available to assist older persons in need of legal representation on benefit matters, on a case by case basis.

What Can Benefit Specialists Do?

- Provide accurate and

current information on your benefits.

- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solution is required.
- Refer you to an appropriate attorney when necessary.

Disability Benefit Specialist

The Disability Benefit Specialist (DBS) program is a service of the Wisconsin's Aging & Disability Resource Centers. The DBS works closely with information and assistance, options counseling, and other

resource center services.

The Disability Benefit Specialists provide services to people age 18 to 59 with physical disabilities, developmental disabilities, mental illness and

substance use disorder.

The Disability Benefit Specialists provide information and assistance with public and private benefit programs including application and appeal procedures.

Medicare Savings Programs

Medicare Savings Programs help qualified low-income Medicare beneficiaries pay their Medicare out-of-pocket costs. These programs are administered through the Medical Assistance program, and individuals should apply with their Consortium. State Buy-In programs are also known as “Medicare Premium Assistance” programs, “Medicare Savings Programs,” or “Medicare Buy-In.”

Currently, there are several types of State Buy-In programs including: Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Specified Low-Income Medicare Beneficiary Plus (SLMB Plus). Each program has different coverage and eligibility requirements. In most cases, an individual must also meet non-financial eligibility requirements for Medical Assistance (i.e., must be Elderly, Blind, or Disabled) and be entitled to or receiving Medicare Part A. To qualify for the QMB, SLMB, or SLMB Plus programs, an applicant must be at least 65 years of age or disabled and must be currently receiving Medicare Part A. Income requirements

vary by program. If your income is close to those listed, you should apply because there are some income deductions that might help you qualify even if your income is over the limits listed below. For example, everyone gets a \$20 deduction.

Qualified Medicare Beneficiary (QMB):

To qualify for QMB, an individual or couple must have income at or below 100% of the Federal Poverty level. The income limit is \$980.83 per month for a single person and \$1,327.50 per month for a couple. The gross income amount from all sources is used, including the amount of the Social Security check, before premiums are deducted. The asset limit is \$7,280 for a single person and \$10,930 for a couple. The QMB benefit pays for Medicare Part A & B deductibles, Medicare Part A & B co-insurance and Medicare Part A & B premiums, including late enrollment penalties. QMB beneficiaries receive a *Forward* card that they show at hospitals and clinics along with their Medicare cards.

Specified Low Income Medicare Beneficiary Program: SLMB

To qualify for the SLMB program, income must be below \$1,177.00 per month for a single person or \$1,593.00 per month for a couple. The asset limits are \$7,280 for a single person and \$10,930 for a couple. The SLMB Program only pays for Medicare Part B premiums, including late enrollment penalties.

Specified Low Income Medicare Beneficiary Plus (SLMB Plus)

To qualify for the SLMB Plus program, income must be below \$1,324.13 for a single person and \$1,792.13 per month for a couple. The asset limits are the same as for QMB and SLMB. SLMB Plus pays for Medicare Part B premiums for eligible individuals. In addition to the other financial and non-financial requirements, an applicant for SLMB+ must be determined *ineligible* for Medical Assistance (also called Medicaid, Title 19 or T-19). This includes Community Waivers like Family Care, BadgerCare, QMB, and SLMB. Contact your county's Aging and Disability Resource Center or Economic Support Unit for more information or for help with applying for one of these programs.



Please Note that program eligibility information and guidelines often change from year to year. Be sure to ask for the most current eligibility guideline information.



Be Prepared When Disaster Strikes

**By Bob Trotter
Social Security Public
Affairs Specialist in
Milwaukee, WI**

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

**"Many people
don't think of
disability as
something that
could happen
to them.
Statistics show
the chances of
becoming
disabled are
greater than
most realize."**

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at www.socialsecurity.gov/planners/disability.

Social Security pays benefits to people who worked and paid Social Security taxes, but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person

from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, *Disability Benefits*, available at www.socialsecurity.gov/pubs.

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member — or need to plan for disability yourself — visit www.socialsecurity.gov/disability.

Wisconsin Dental Association's Donated Dental Services Program

It can be difficult to find affordable dental care. However, the Wisconsin Dental Association offers the Donated Dental Services Program, which may provide help to qualified applicants. There is usually no cost to qualified applicants, but those who have the ability to pay something may be asked to do so.

The following criteria must be met to be eligible:

- A person must live in the county where the services would be received; and
- The applicant must be disabled or 65 or older; and
- A person cannot have dental insurance of any kind (including Medicaid, a Medicare plan, or private insurance)

- The applicant must have limited income.

To start the process, an interested person should complete and submit the application. Applications can be downloaded from the WDA website at www.wda.org. You can also call 414-755-4188 to have an application sent to you. Sending an application does not guarantee treatment. A phone interview will be conducted after a completed application is received. You will be asked questions to determine your financial situation and dental needs. If accepted into the program, you will be put on a waiting list until a volunteer dentist becomes available. The number of people on a waiting list varies by county.

The dentists are volunteers. They can decide to accept or reject patients who have been referred to them. The patient may be asked to schedule a face to face appointment to assess their dental needs before they are accepted as a patient. There is no guarantee that services will be provided. The dentist will determine the treatment plan; once the agreed upon services are completed, the dentist is under no obligation to provide further services as the program does not provide lifetime dental care. The dentists do not donate routine cleanings or examinations after the initial treatment plan is completed.

**Call the ADRC for other dental resources
262-833-8777.**

Did you know that your oral health can offer clues about your overall health — or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

Mayo Clinic News



Know The Person's Wishes

When caring for an elderly friend or relative:

- Know the location of the will, birth certificate, marriage and divorce certificates, Social Security information, life-insurance policies, financial documents, and keys to safe deposit box or home safe.
- Ask the person's wishes about funeral arrangements, organ donation, and burial or cremation.
- Have the person complete an advance directive, including a living will, which specifies wanted and unwanted procedures. The person should also

appoint a health-care proxy to make medical decisions if he or she becomes incapacitated.

- Have a do-not-resuscitate order drawn up if the person desires. That tells health-care professionals not to perform CPR if the person's heart or breathing stops and restarting would not result in a meaningful life.
- Make sure the person gives copies of the documents to his or her doctor and a few family members or friends. Take the documents to the hospital if the person is admitted.

Traditions and Transitions Continued from pg 2...

- Express your feelings and describe problems to someone who understands.
- Look for the positive in the change.
- Avoid making other big changes during this time.
- Get help with symptoms of depression.
- Learn from past transitions. What helped you through other difficult times? How could you modify what was useful to your present circumstances?

May I have...

Serenity to accept the things I cannot change,

Courage to change the things I can, and

Wisdom to know the difference.



III. New Beginnings—
These can be vague and unimpressive. A beginning may occur so subtly that we don't notice it at first. But one morning we realize that we are emerging from our wilderness and participating in life again. Dwight may notice this when he plays with a great-grandchild or becomes engrossed in a Packer game again. He may notice when he laughs with friends at Support Group.

The losses will not go away. But the human heart is designed to heal and go on if it is nurtured with patience and love.

Support Groups for Family Caregivers

First Thursday 10:30 am-12 Noon

Alzheimer's Association Group

For Families Dealing with Alzheimer's and other Dementias
2000 Domanik Dr - 1st Floor United Way conference room

Dec 3, Jan 7, Feb 4

First Friday 12 Noon-1pm

"Caregiver Connection" Telephone Group

Call 262-833-8762 to pre-register (* change due to holiday)

Dec 4, Jan 8*, Feb 5

Third Tuesday 1:30-3:00 pm

Yorkville United Methodist Church
17645 Old Yorkville Rd. (3 Miles West of I-94, Just north of Highway 20)

Dec 15, Jan 21, Feb 16

Second Saturday 10:30 am-12 Noon

Atonement Lutheran Church

2915 Wright Ave

Park and enter in back of building (on South side)

Dec 12, Jan 9, Feb 13

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

Dec 16, Jan 19, Feb 17

Third Thursday 6:00-7:30 pm

Alzheimer's Association Group

For Families Dealing with Alzheimer's and other Dementias
Atonement Lutheran Church, 2915 Wright Ave
Park and enter in back of building (on South side)

Dec 17, Jan 20, Feb 18

Continued from pg 4... Who We Are

can come with friends or come alone and make new friendships at these centers. The Centers also have information on nutrition education, other senior services in Racine, and many centers have activities, such as card playing and Bingo.

Lunch is served at 12 noon, but two sites serve lunch at 11:30, you need to make a reservation a day in

advance. Anyone 60 or older and a spouse of any age are welcome to attend. All meals are served for a donation; a \$3.50 donation is suggested.

See the list of sites on page 4.

Lunches are cooked and packaged in our own kitchen by our own staff. Menus are made a month in advance and approved by a registered dietician.

You can view a menu on line at:
<https://www.adrc.racine.co.com> or you can find a copy in local newspapers. Choose to eat 5 days a week or pick and choose the days you want.

Please be sure to Follow the ADRC of Racine County on Facebook!



Program Information:
833-8766

Volunteer Opportunities:
898-1370

We share information, resources, current events, and other items of interest.

You can find us - and like us -at:

<https://www.facebook.com/mAging-and-Disability-Resource-Center-of-Racine-County-182368485167077>

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Continued from pg 5... Holiday Food Safety

and moisture content and when these baked products are left at room temperature, conditions are ripe for bacteria to multiply. It's not necessary to refrigerate most other cakes, cookies, or breads unless they have a perishable filling or frosting.

Question: “The instructions on the ham said it would take about 4 hours to cook, but the thermometer read 160° F after

3 hours, the problem is that we won't be eating for another 2 hours. Can I leave it out on the counter covered with foil?”

Answer: That's not a good idea. Bacteria that cause food borne illness can contaminate safely cooked food left out at room temperature. Scientists have found that after 2 hours at room temperature, bacteria can multiply on foods to high enough levels

to cause illness. Since the ham will be out extra time for carving and serving, it's better to cover it and keep it in a 200° F oven until you're ready to serve it. Check the ham with a food thermometer to make sure it doesn't go below an internal temperature of 140° F while it's in the oven.





14200 Washington Ave
Sturtevant, WI 53177

Caregiver Opportunities

How to Find Support Group Information

Please see page 10 for information on Caregiver Support Groups- there is a listing of support group dates for the 3 month newsletter period. You can find information about upcoming groups in other ways:

- Call the ADRC 262-833-8777
- Check the website at www.adrc.racineco.com under the calendar.

Mark your calendar and see you at the Support Group!

Caregiver Consultations:

Tasha Orr-Holmes of the Alzheimer's Association has openings for care consultations between 10:00 a.m. to 12:30 p.m. on one Thursday each month. We will schedule 2 one hour appointments during that time period. For upcoming dates, or to arrange an appointment with Tasha contact Felicia at 262-833-8761.

Upcoming Classes 2016:

For more information about class specifics see the Calendar at:

<https://www.adrc.racineco.com/site/460/calendar.aspx> or call Elizabeth at 262-833-8762

Living Well—Beginning May 20th in Racine

Powerful Tools— Classes in Racine; July and October, in Burlington; May and Mt Pleasant in August

Stepping on— Classes in Racine; March, in Burlington February and April