

ADRC Connections

Newsletter Date Winter 2024

Connecting You to Your Community's Resources

DHS Marks 25 Years of Aging and Disability Resource Centers Serving Wisconsin Communities

The Wisconsin Department of Health Services (DHS) is celebrating the 25th anniversary of aging and disability resource centers (ADRCs) helping older adults and people with disabilities in our state to thrive. ADRCs were first piloted in 1998 in nine counties and have since expanded to cover all 72 Wisconsin counties and 11 federally recognized Tribal Nations in the state, providing connections to resources like adaptive equipment, dementia care services, meal delivery, and more. "ADRCs play a vital role in helping our friends, neighbors, and loved ones remain connected and engaged in their communities," said DHS Secretary-designee Kirsten Johnson.

"Wisconsin's person-centered, full-service approach to long-term care education and assistance has become a national standard. We look forward to continuing this important work and ensuring we will be able to provide the high quality, supportive community-based services people want and need for years to come."

The ADRC in Racine County opened in November 2006.



Image of birthday cake made of fruit

Transition Into Adult Status

When your child turns 18 years old, they legally become an adult. This is an important time to consider their financial future – especially if they need additional care into adulthood. Here are 5 things that you need to know to prepare for this milestone:

1. Health and Welfare Decision-making

When your child becomes a legal adult, you can no longer make certain decisions for them about their health and welfare. However, you can stay involved through:

A Representative Payee:

Social Security will determine who best serves as [Representative Payee](#) for your child's benefits.

Guardianship: This requires court involvement. It may be necessary if your child can't execute a power of attorney. Please consult an attorney for assistance. *Continued next page*

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Photo young disabled man and his mother sitting on a sofa looking at a tablet.
Credit: SSA.gov

*Need Help
with your
concerns about
turning 18?
Contact the
ADRC at age
17 1/2.*

continued from front page

2. Changes in Supplemental Security Income (SSI) Eligibility

[SSI](#) provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits.

When your child turns 18, Social Security will review their eligibility for continued SSI payments based on the disability rules for adults.

For more information, please review the publication, [What You Need To Know About Your Supplemental Security Income \(SSI\) When You Turn 18](#). We also encourage you to check out [Social Security's Youth Resources](#) page.

3. Education Transitions

If your child attended public school, they have a few options to continue their education after graduation, including:

- Diploma:** They may pursue further education in college or trade programs with [Individualized Education Program \(IEP\)](#).
- Certificate:** They may have the opportunity to continue in a transitional program in their high school even *after* they complete their senior year. Most are permitted to remain until they turn 22.
- Employment:** Local Vocational Rehabilitation Services can assist with employment options during pre-graduation IEP meetings.

4. Living Arrangements Supports

Once your child turns 18, they may choose or qualify for different living arrangements depending on the services they already receive. For example, if your child receives therapy services at school, how will they receive them once they

transition out of school? They could receive them through a [Medicaid Waiver](#) or private insurance.

Qualification for respite services may also look different. Respite services allow family caregivers time to step away from their duties. It is essential you understand all the benefits and options available to your child after they complete high school *before* deciding on living arrangements and services.

5. Financial Protections

Special Needs Trust: Update estate planning documents *before* your child turns 18. Otherwise, inheritance may terminate your child's governmental benefits.

ABLE Account: You can deposit funds into this account up to a certain limit each year; however, there are limits on what its funding covers.

Children receiving benefits on a parent's record may continue to receive those benefits until age 19 if they're a full-time elementary or secondary school student. People who have a qualifying disability that began before age 22 may also be eligible to receive child's benefits at any age. For more information, please review the publication, [Benefits for Children](#).

As your child turns 18, consider these issues while you navigate their financial future. For more information, please visit the [Social Security website](#) and contact the Special Needs Alliance.

Article is from SSA Blog Page: <https://blog.ssa.gov/5-things-to-know-when-your-child-with-disabilities-turns-18/>

October 26, 2023 • By [Margaret A. Graham, Esq., an attorney affiliated with Special Needs Alliance](#)

The posting of this blog does not constitute an endorsement or recommendation of any non-Social Security organization, author, or webpages.

RACINE COUNTY SPECIAL NEEDS RESOURCE FAIR

NEW LOCATION - Fox River Middle School,
921 W Main Street, Door 1, Waterford, WI 53185

COME AND LEARN ABOUT LOCAL DISABILITY SERVICES
AND RESOURCES AVAILABLE TO YOU AND YOUR FAMILY,
SUCH AS FINANCIAL RESOURCES, COMMUNITY-BASED
THERAPIES, RESPITE OPPORTUNITIES, RECREATIONAL
IDEAS, JOB/TRAINING SUPPORT, LIVING ARRANGEMENTS
BEYOND THE HOME, AND MUCH, MUCH MORE!

THIS FREE COMMUNITY EVENT PROVIDES AN
OPPORTUNITY TO ASK QUESTIONS, CONNECT WITH
OTHERS, AND FIND THE ANSWERS YOU NEED!

SCAN THE QR CODE FOR MORE INFORMATION

SAVE THE DATE



SCAN ME

MAY 7, 2024 4:30-6:30 PM

Made with PosterMyWall.com

Sponsored by multiple school districts in Racine County and ADRC

Self-Determination YouTube Channel

All of the
2023 Self-Determination
Conference
sessions are
available for free
online! See
[https://
www.youtube.co
m/playlist?
list=PLp9IK0k8L
KY7heX9KxKhsk
HtN476jGNDw](https://www.youtube.com/playlist?list=PLp9IK0k8LY7heX9KxKhskHtN476jGNDw)

Disability Vote Coalition -

2024 is a big
election year, and
the Disability
Vote Coalition
has webinars in a
series, and other
info to make sure
you're prepared
to vote in every
election.

They will get into
disability voting
rights and why
voting in every
election is
important.

[https://
disabilityvote.org/](https://disabilityvote.org/)

Community Resources

Accessible Cabin Reservations Open January 10th

[https://dnr.wisconsin.gov/topic/parks/
camping/adacabins/availability](https://dnr.wisconsin.gov/topic/parks/camping/adacabins/availability)

Wisconsin Department of Natural
Resources (DNR) accepts reservations
for accessible cabins at Wisconsin State
Park properties including Richard Bong
State Recreation Area in Racine County.
Online reservations, or those mailed or
dropped off will be accepted beginning
January 10th. Applications that are
mailed must be postmarked for the 10th
or later to be accepted.

Accessible cabins are available only to
people with disabilities and their guests
and must be reserved ahead of time. In
general, the cabins are available from
May to October every year.

Reservations fill up fast, so applicants
are encouraged to fill out the application
and prepare to mail it or drop it off at
the state park, forest or recreational
area if you wish to reserve for 2024.

Reservations can also be made
during the camping season, based on
availability, by calling the property.
Due to the high demand,
reservations will not be accepted
for more than four consecutive
nights and no more than four nights
per year.

Phone numbers for the parks can be
found online at the link above, or
you can call the DNR at 888-936-
7463 to request the direct number
of the park you are interested in.

- Blue Mound State Park
- Buckhorn State Park
- Copper Falls State Park
- Harrington Beach State Park
- High Cliff State Park
- Kettle Moraine State Forest –
Southern Unite (Ottawa lake)
- Kohler-Andrae State Park
- Mirror Lake State Park
- Potawatomi State Park
- Richard Bong State Recreation
Area.





Photo Snowman with red shovel. Credit: rawpixel.com

Snow Shoveling Safety

Protect yourself and others from falls and injury by keeping sidewalks around your home clear of snow and ice. If you choose to do this heavy work yourself, be sure to protect yourself from a shoveling injury. Remember that people get more tired, more quickly, when working in the cold.

Don't push yourself!

Do take more breaks than usual to avoid exhaustion. Exhaustion

can make you more likely to get frostbite, injuries or hypothermia.

Do use a sturdy lightweight shovel to push the snow out of the way. If you must lift the snow, take small scoops.

Stop immediately and get medical attention if you feel pain or heaviness in your chest, become dizzy, faint, or start sweating heavily!

Don't let pride keep you from asking others for help. Perhaps you can hire a student or young neighbor to shovel for you.

Guard yourself with the fundamental consumer protection tips at the right:

Article by:

Tiffany Schultz,
BBB SW WI
Regional Director

Check It Out!

See the new video by Social Security on How to spot a scam. [How to Spot a Scam \(youtube.com\)](https://www.youtube.com/watch?v=...)

National Consumer Protection Week March 3-9, 2024

- When someone you have not met asks you to send them money, especially by wire transfer, prepaid debit card, or gift card, don't do it.
- Never click on links or attachments in unsolicited emails or texts. That's how crooks can place malware on your device.
- Don't trust the legitimacy of something by its looks. Emails and websites are easy to fake with copied logos and graphics.
- Don't trust your caller ID. It can be spoofed to read any way the crook wants it to read.
- Buy online only from legitimate sources. Website addresses should start with https and not http. The "s" stands for secure. Also look for the padlock icon in the address bar. Look up any company you're unfamiliar with at BBB.org.
- Treat your personal information like gold. Don't give it to anyone who contacts you out of the blue. Your banking information, Social Security number, and insurance numbers should be closely guarded.
- Anyone pressuring you to act quickly could be a scammer who doesn't want you to have time to seriously consider the "offer." Get details in writing and read them thoroughly.
- Don't overshare on social media. Con artists can collect your information from such sources and use it to make you think they know you.
- Keep your travel plans to yourself and only share after your return.
- Shred junk mail, old documents, bills, and medical paperwork.
- Monitor your accounts and research unknown transactions, even for tiny amounts (crooks start with small amounts to see if you pay attention).
- Use strong passwords and keep software and virus protections updated constantly.

Program for Women

Researchers at the UW-Madison seek volunteers for improving bladder and bowel health

A study conducted by the Center for Disease Control (CDC) found that more than 60% of women experience incontinence (bladder and/or bowel leakage), showing these are common conditions in older women, but they don't have to be! According to Dr. Heidi Brown at the UW School of Medicine and Public Health, "It is possible to prevent or improve these problems, without medicine or surgery, but most women don't know that there are good solutions available. I take care of women in my clinic who have suffered for years before they end up getting help."

Dr. Brown is conducting a research study that is focused on how to best support women to prevent or improve bladder and/or bowel leakage. The goal of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of bladder/bowel leakage. Examples of information on the website include exercise suggestions (such as pelvic floor muscle exercises, also known as Kegels), how much and when to drink during the day, and how much fiber we should be eating every day. Women in the study will be asked to share a bit about their experience with incontinence and using the online program by responding to survey questions and one optional interview with the research study staff. The study

activities (online program and surveys) are all in English and take place over a 6-month period.

Who can join the study?

Women who are:

At least 50 years old

Have access to email

Have an Internet-connected device (like a computer, tablet, or smart-phone)

Able to read and write English because this study is conducted in English

What does being in the study involve?

Women in this 6-month study will be asked to:

Use a free online continence promotion program (on a computer, tablet, or smart-phone)
Complete 4 email surveys -- about 15 minutes each, spread over 6 months

Complete 1 optional phone or video interview -- about 30 minutes

Are women paid to participate in this study?

Yes, **participants will receive up to \$125** for their time and participation

Want to learn more or join the study? Please visit <http://www.obgyn.wisc.edu/womenonthego>.

If you have questions, you can also contact one of the lead researchers, Megan Piper, by phone (608-265-5472) or email (mep@ctri.wisc.edu).



Photo: 2 women walking in trees with a building in the background.

Note:

Email is generally not a secure way to communicate sensitive or health related information as there are many ways for unauthorized users to access email. You should avoid sending sensitive, detailed personal information by email. Email should also not be used to convey information of an urgent nature. If you need to talk to someone immediately or would prefer not to receive study communication by email, please contact Dr. Megan Piper, Lead Researcher at 608-265-5472.



Image of a scissors cutting a red tape.

Your Benefits—Important Numbers

Social Security

Local: 866-270-8629

National: 800-772-1313

Web: <https://www.ssa.gov/>

Medicare

1-800-Medicare (800-633-4227)

Web: <https://www.medicare.gov/>

Wisconsin Medicaid Member services: 800-362-3002

Web: <https://access.wisconsin.gov/access/>

Wisconsin Kenosha Racine Partners Consortium (WKRP) 888-794-5820

If you have a change of address to report, or would like to be removed from the ADRC Connections Newsletter mailing list, please contact the ADRC.
Phone: 262-833-8777
Email: adrc@racinecounty.com
Mail: 14200 Washington Ave, Sturtevant, WI 53177

Elder Benefit Specialist

An Elder Benefit Specialist (EBS) is trained to help 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. The EBS receives ongoing training and is 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 solutions are 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 DBS provides 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.

Benefits That Can Help You Save

Do you need Extra Help paying for Medicare prescription drug coverage?

If you have limited income and resources, you may qualify for Extra Help to pay your prescription drug costs. Visit

<https://secure.ssa.gov/i1020/start> to apply online. Or, call Social Security at 800-772-1213 and ask for form SSA-i1020.

TTY users can call 800-325-0778.

Note: You must be enrolled in a Medicare Prescription Drug plan to get this extra help. If you need information about Medicare Prescription Drug plans or how to enroll in a plan, call 1-800-MEDICARE (TTY 1-877-486-2048) or visit www.medicare.gov.

You can also contact the ADRC and request a referral to the benefit specialist.

Medicare Premium Assistance

You can get help from your state with paying your Medicare premiums. In some cases, **Medicare Savings Programs** may also pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.

See the information at: <https://www.dhs.wisconsin.gov/publications/p1/p10062.pdf>

or you can call the ADRC and request a Paper copy of this information or a referral to the benefit specialist - 262-833-8777.

Another resource for assistance with these programs is the Medigap Helpline part of the Wisconsin SHIP program. They can be reached at 800-242-1060.



Picture of a snow globe on leaves. Credit: PickPik

**One in four people age 65 and older
has a fall each year
Don't be one of them!**

Join us for a **STEPPING ON WORKSHOP**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love.

- To identify and remove or avoid fall hazards in your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get you back on your feet the right way if you do fall

ARE YOU 60 OR OLDER? JOIN US FOR STEPPING ON!

**WHERE: RACINE YACHT CLUB
1 BARKER STREET, RACINE**

**WHEN: TUESDAY MARCH 5TH - APRIL 16TH
10:00AM - NOON**

TO REGISTER CALL:

Ruth 262-833-8764 or email:
ruth.stauersbol@racinecounty.com

**SPONSORED BY: THE AGING & DISABILITY
RESOURCE CENTER OF RACINE COUNTY**

SUGGESTED CONTRIBUTION \$10.00



Menus:

You can find the menus for coming months in your local newspaper, or online at:

<https://adrc.racinecounty.com>

Or call
262-833-8766

Senior Nutrition Program

Racine County offers a nutrition program to anyone 60 years or older, and their spouse (any age).

Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals, whether in the comfort of the home or at a community dining site, provides tailored nutrition, social connection, safety and more.

Call us at: **262-833-8766**

toll free at: **1-866-219-1043**, or

email RCNutrition@racinecounty.com.

Dining Center Locations:

- ◇ Mount Pleasant Place
- ◇ Salvation Army
- ◇ Burlington Senior Center
- ◇ Bruno's –Restaurant Model location

Contact the program for specifics about these sites.

Beans and Soup



Image of dry Pinto beans

Beans and soup can go together, and can provide warmth, comfort and good nutrition. Especially during chilly weather. According to the USDA beans are both a protein and a vegetable. **As we age, we need protein at each**

meal to help keep muscles strong. We need vegetables too, so beans are a win-win. So, consider adding some to your next bowl or pot of soup.

Beans contain fiber and are an affordable form of protein. They contain iron, potassium, *continued page 9*

Racine County Senior Nutrition MY MEAL MY WAY

BRUNO'S

730 Cornerstone Crossing
Waterford

Serving 11:00am - 12:30pm

Every 2nd and 4th Friday

Adults age 60+



For more information call 262-833-8766

March is National Nutrition Month

Join the U.S. Food and Drug Administration (FDA) in recognizing National Nutrition Month® every March by learning how to make informed choices about your food. Start healthy habits this month by using FDA's tools and tips to help you make nutritious choices that last all year long!

Healthy Habits

Take advantage of available resources to help you start healthy habits and make informed food choices. [Resources from FDA and the U.S. Department of Agriculture \(USDA\)](#) are great tools to help you.

Consider these suggestions to kickstart healthy habits in your own life:

- ◆ Plan weekly meals ahead of time by writing out the ingredients you'll need for each meal. This will help you meet all five food groups and can double as a grocery list for easy shopping.
- ◆ Use FDA's [Nutrition Facts label](#) when grocery shopping to compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.
- ◆ Use [MyPlate.gov](#) to create healthy, complete meals that cover all five groups. Check the free [MyPlate Kitchen resource](#) for over 1,000 healthy, inexpensive, and tasty recipe ideas.

- ◆ Find out how [calorie labeling on menus](#) can help you make informed and healthful decisions about meals and snacks.
- ◆ Eat smart by monitoring calorie intake and portion sizes using the Nutrition Facts label alongside MyPlate.

Links:

- <https://www.fda.gov/food/nutrition-facts-label/using-nutrition-facts-label-and-myplate-make-healthier-choices>
- <https://www.myplate.gov/>
- <https://www.myplate.gov/myplate-kitchen>
- <https://www.fda.gov/food/nutrition-education-resources-materials/calories-menu>

Beans and Soup *continued from page 8*

calcium and magnesium.

Remember that rinsing canned beans reduces the sodium content by 40% or more.

For those who are concerned about the effects of beans, if you slowly add additional beans to your diet, the incidence of flatulence will reduce over time. There are so many varieties of canned beans, and different types may agree with you more than others. Don't be afraid to experiment.

Canned beans make it easy to add more plant-based food to your diet and reduce meat intake which can lower calories and cholesterol as well as save you money. Many varieties are gluten-free, dairy-free, and some are vegetarian. Be sure to read the labels. Canned beans are always in season, affordable and ready to use.



Logo for national nutrition month 2024 Copyright by Academy of Nutrition and Dietetics.

Below 3 images of different types of bean soup.



Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

**Second
Wednesday
1:00 - 2:30 pm
In Person**

Christ Church
United Methodist
5109 Washington
Ave Racine

**First Thursday
6:30 - 7:30 pm
Zoom/Call in**

See contact below
to connect

**Third Thursday
6:00 – 7:30 PM
In Person**

Christ Church
United Methodist
5109 Washington
Ave Racine

**For in person
registration, call
in or virtual
group
information
contact Ruth at
262-833-8764 or
email
[ruth.stauersbol@
racinecounty.
com](mailto:ruth.stauersbol@racinecounty.com)**

Assistive Technology - Another Type of Helper

Do you need equipment or a device that will assist you better in the home or help you remain more independent? You may benefit from Assistive Technology (AT).

AT is any device or equipment that is used by a person to increase or maintain their skills, independence, and provide safety. AT is used by people with many types of disabilities, people who are aging, people living with dementia or caregivers. AT devices available can be as simple as a hand-held magnifying glass to more complex items such as home alarms for the stove or door.

Wisconsin's Assistive Technology Program (WisTech) offers loans for assistive technology (AT) devices and equipment to people of all ages who have disabilities. The WisLoan and Telework programs assist with purchasing equipment such as hearing aids, vision equipment, wheelchairs, ramps, computer modifications, speech and language devices, and home accessibility and safety features.

Through the WisTech program, people will be able to borrow equipment and try out the item at home, work, or school. This will allow individuals the experience of using the equipment for a trial period, before purchasing it. Assistance is also available for selecting the most appropriate equipment that will work for you

and how to use it effectively.

Connect with staff at the Independent Living Center (Society's Assets) who are knowledgeable and trained on AT devices, their purpose, and functionality in a variety of settings, including home, school, work, and in the community. You can also access this website to learn about how devices have been refurbished and recycled and free items available.

Connect with The Independent Living Center at 262-637-9128 or for additional information on the WisTech Program and items available, search [https://
wisconsinat4all.com/](https://wisconsinat4all.com/)

Winter Safety: Fall Prevention

Falls are one of the most prominent threats to the health of elders throughout the year and the colder months present unique falling hazards both inside and outside the home. Make sure there are non-slip mats inside and outside of doors to prevent falls that can be caused by wet or snowy shoes or boots. Be sure that there is good lighting near entryways. Lighting could be on a timer to make sure lights come on before the early sunsets that occur in the winter months to make sure areas around doorways and walks are visible, and to avoid potential tripping or slipping hazards.

Book Club News

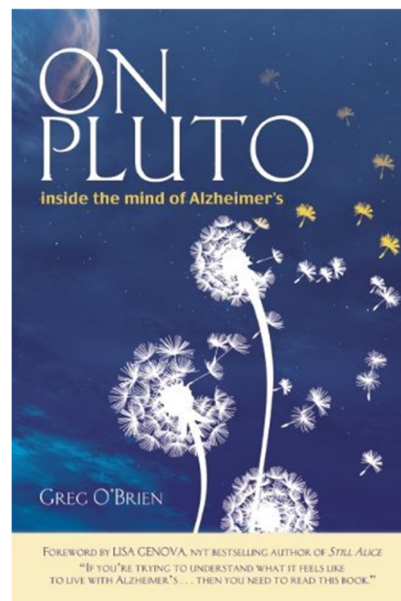
The Caregiver Book Club will be starting a new book beginning March 1st. This Virtual Caregiver Book Club meets the first Friday of every month from Noon – 1:30pm via Zoom. If you would like to join us, please call Ruth Stauersbol 262-833-8764 or email

ruth.stauersbol@racinecounty.com to register. There are a limited amount of books available.

This is a book about living with Alzheimer's, not dying with it. It is a book about hope, faith, and humor a prescription far more powerful than the conventional medication available today to fight this disease.

Greg O'Brien, an award-winning investigative reporter, has been diagnosed with early-onset

Alzheimer's and is one of those faceless numbers. Acting on long-term memory and skill coupled with well-developed journalistic grit, O'Brien decided to tackle the disease and his imminent decline by writing frankly about the journey. O'Brien is a master storyteller. His story is naked, wrenching, and soul searching for a generation and their loved ones about to cross the threshold of this death in slow motion. *On Pluto: Inside the Mind of Alzheimer's* is a trail-blazing roadmap for a generation both a how to" for fighting a disease, and a how not" to give up!



Classes for Age 60+

Coming soon to a location or computer near you!

Stepping On Tuesdays

March 5th—April 16th
10:00 am to Noon
Racine Yacht Club
1 Barker St.

Powerful Tools for Caregivers

Tuesdays
January 9th, 2024- February 13th,
2024, from 2:00-3:30 PM.
Virtual

Plan for a Healthy New Year...

Eat Smart, Move More, Prevent Diabetes Online &

Eat Smart, Move More, Weigh Less Online

Both of these free programs have classes starting every month

Questions on classes? Contact
Ruth Stauersbol
262-833-8764 or
Email
Ruth.Stauersbol@racinecounty.com

Sip and Swipe Tablet Training Program

2 Options
4 sessions each
Start dates:
January 17th in
Union Grove
and February
17th in Racine.
Interested?
Contact
Taylor S at
262-833-8777

See flyers online at:
[https://
adrc.racinecounty.c
om/site/470/
classes_and_semina
rs.aspx](https://adrc.racinecounty.com/site/470/classes_and_seminars.aspx)



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Book Club for Caregivers

1st Friday Caregiver Book Club – Noon – 1pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

Support Groups—See page 10

Memory Cafés

Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm

Grace Church, 3626 Highway 31,
Racine, WI 53405

For information contact 262-833-8777.

2nd Tuesday of each month 1:00—2:30 pm

Racine Public Library, 75 7th St, Racine, WI 53403
English and Spanish

For information contact 262-636-9217.

3rd Friday of each month 10:00am— 11:00am

Burlington Aurora Wellness Center,
300 McCanna Pkwy, Burlington, WI 53105

For information contact Chad at 262-212-3596



Photo of snow falling in a forest of trees.