

ADRC Connections

Newsletter Date Summer 2018

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center of Racine County is the place to start when you need information and options. The Aging and Disability Resource Center (ADRC) is here to help older people and adults with disabilities, along with their families and caregivers, find services and resources to keep them living well and independently. The ADRC is dedicated to older adults and people with physical or developmental/intellectual disabilities, and caregivers, by providing the resources needed. We empower individuals to live with dignity and security, and achieve maximum

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Are you Living with a Physical Disability?

Sometimes as we age or perhaps if we experience an accident we can have physical limitations as a result. In those cases, you generally get on with everyday activities following healing or by making adaptations. Greater than a simple limitation, a physical disability can be a condition, including an anatomical loss, or musculoskeletal, neurological, respiratory or cardiovascular impairment, which results from injury, disease or congenital disorder and which significantly interferes with or significantly limits at least one major life activity of a person.

Major life activities are sometimes known as ADLs (activities of daily living) or IADLs (Instrumental activities of daily living). These include; self-care, performance of manual tasks unrelated to gainful employment, walking, receptive and



expressive language, breathing, working, participating in educational programs, mobility other than walking, and capacity for independent living.

Some examples of physical disability include but are not be limited to persons with: amputations, cancer, diabetes, stroke, heart disease, lung disease, multiple sclerosis, arthritis, muscular dystrophy, polio, spina-bifida, spinal cord injury and disease.

If you need assistance with information about programs, services and benefits to help those living with a physical disability contact the ADRC. *Continued next page*

ADRC
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page ...

independence
and quality of life.

Information and
assistance is
available at no
charge to you.
Elder and
Disability Benefit
Specialists are
also available,
upon request, for
benefit needs.

Call us Monday-
Friday 8:00am-
4:00pm at
262.833.8777.

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Resource Information from Wisconsin
Department of Health Services follows.
[https://www.dhs.wisconsin.gov/disabilities/
physical/index.htm](https://www.dhs.wisconsin.gov/disabilities/physical/index.htm)

Mentoring Resources for People with Disabilities

Are you interested in influencing the
life direction and future success of a
young person? Mentoring makes a
difference. You can change the course
of someone's life by sharing your
experience, insights, and talents. Please
visit **Great People Have Great
Mentors** ([https://
greatpeoplegreatmentors.org/](https://greatpeoplegreatmentors.org/)) to learn
about opportunities for being a mentor
and resources available for finding a
mentor.

Aging & Disability Resource Centers
[https://www.dhs.wisconsin.gov/adrc/
index.htm](https://www.dhs.wisconsin.gov/adrc/index.htm)

Alcohol and Other Drug Abuse
Resources [https://
www.dhs.wisconsin.gov/aoda/
index.htm](https://www.dhs.wisconsin.gov/aoda/index.htm)

Assistive Technology
[https://www.dhs.wisconsin.gov/
disabilities/physical/assistive.htm](https://www.dhs.wisconsin.gov/disabilities/physical/assistive.htm)

Benefits and Income Resources
[https://www.dhs.wisconsin.gov/
disabilities/physical/income.htm](https://www.dhs.wisconsin.gov/disabilities/physical/income.htm)

Blind and Visually Impaired, Office for
[https://www.dhs.wisconsin.gov/blind/
index.htm](https://www.dhs.wisconsin.gov/blind/index.htm)

Civil Rights, Voting Rights and
Resources
[https://www.dhs.wisconsin.gov/
disabilities/physical/voting.htm](https://www.dhs.wisconsin.gov/disabilities/physical/voting.htm)

College Resources for Students with
Disabilities
[https://
www.accreditedonlinecolleges.org/
resources/accredited-online-colleges-
and-disability-education/](https://www.accreditedonlinecolleges.org/resources/accredited-online-colleges-and-disability-education/)

Consumer Guide to Health Care –
Traumatic Brain Injury (TBI) Units
[https://www.dhs.wisconsin.gov/guide/
tbi.htm](https://www.dhs.wisconsin.gov/guide/tbi.htm)

Coordinator of Resources for Persons
with Physical Disabilities [https://
www.dhs.wisconsin.gov/disabilities/
physical/crppd.htm](https://www.dhs.wisconsin.gov/disabilities/physical/crppd.htm)

Council on Physical Disabilities
<https://cpd.wisconsin.gov/>

Deaf and Hard of Hearing, Office of
[https://www.dhs.wisconsin.gov/odhh/
index.htm](https://www.dhs.wisconsin.gov/odhh/index.htm)

Demographics of Disabilities in WI
[https://www.dhs.wisconsin.gov/
disabilities/physical/demographics.htm](https://www.dhs.wisconsin.gov/disabilities/physical/demographics.htm)

Employment Resources
[https://www.dhs.wisconsin.gov/
employment-skills/resources.htm](https://www.dhs.wisconsin.gov/employment-skills/resources.htm)

Family Care and Family Care
Partnership
[https://www.dhs.wisconsin.gov/
familycare/index.htm](https://www.dhs.wisconsin.gov/familycare/index.htm)

Governor's Committee for People with
Disabilities
<https://gcpd.wisconsin.gov/index.htm>

Health Care Benefits
[https://www.dhs.wisconsin.gov/
forwardhealth/index.htm](https://www.dhs.wisconsin.gov/forwardhealth/index.htm)

Housing and Architectural Accessibility
Resources
[https://www.dhs.wisconsin.gov/
disabilities/physical/housing-
resources.htm](https://www.dhs.wisconsin.gov/disabilities/physical/housing-resources.htm)

IRIS (Include, Respect, I Self-Direct)
[https://www.dhs.wisconsin.gov/iris/
index.htm](https://www.dhs.wisconsin.gov/iris/index.htm)

Independent Living Centers
[https://www.dhs.wisconsin.gov/
disabilities/physical/ilcs.htm](https://www.dhs.wisconsin.gov/disabilities/physical/ilcs.htm)

Long-Term Care & Support Resources
[https://www.dhs.wisconsin.gov/
long-term-care-support.htm](https://www.dhs.wisconsin.gov/long-term-care-support.htm)

Mentoring Resources... *continued*

Prevention Activities

<https://www.dhs.wisconsin.gov/disabilities/physical/prevention.htm>

Service Animals and Assistance Animals for People with Disabilities

<https://www.dhs.wisconsin.gov/disabilities/physical/service-animals.htm>

Spinal Cord Injury Project with Demographics

<https://www.dhs.wisconsin.gov/disabilities/physical/sci.htm>

Transportation and Parking Resources

<https://www.dhs.wisconsin.gov/disabilities/physical/transportation.htm>

Trauma Care System

[https://](https://www.dhs.wisconsin.gov/disabilities/physical/transportation.htm)

www.dhs.wisconsin.gov/disabilities/physical/transportation.htm

Trauma-Informed Care

<https://www.dhs.wisconsin.gov/tic/index.htm>

Wheelchair Lemon Law <https://www.dhs.wisconsin.gov/disabilities/physical/lemonlaw.htm>

If you do not have access to a computer and are interested in more information about any of these resources please contact the ADRC at 262-833-8777 and we will be happy to discuss these and other resources with you.



Caroline Ludka with the **Wisconsin Office of the Deaf and Hard of Hearing** has office hours at the ADRC the 2nd Friday of every month from 9:30- 11:30 a.m.

You can meet with Caroline to discuss a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents. She will meet with those who walk in, or you can contact her at: **262-565-6349** for an appointment.

See information about the Office at: <https://www.dhs.wisconsin.gov/odhh/index.htm>

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.racinecounty.com

Respite care refers to time off from both giving and receiving care, but it can also mean time away from your normal schedule. Activities that you do for enjoyment, taking a vacation, or just pausing in a daily routine for a moment to be in that moment, and other leisure activities all provide a bit of respite.

Many of the different ADRC directories offer a section on leisure activities:

Community Resource Directory—focused generally on seniors

Adult Disability Resource Directory—focused on those with a Physical disability

Resources for Adults living with an Intellectual or developmental disability—for those with an ID/DD.

Call for a paper copy or find them all online at the ADRC website: https://www.adrc.racinecounty.com/site/453/service_directory.aspx



Senior Nutrition Volunteer Recognition



Volunteer Center of Racine County. RCOC has been delivering Meals on Wheels for over 25 years. With an impressive estimated total of over 50,000 meals delivered. Melissa Brewer, Lead Coach said “We find delivering meals a rewarding experience!! It’s nice to be able to put a smile on someone else’s face and be greeted with a hug on occasion, because that meal made someone’s day!!” When the RCOC Consumers were asked what they liked about delivering meals Bob said, “I enjoy delivering meals because I feel good about being able to help others.” Jane K. said, “It’s

If you are interested in learning more about joining our excellent volunteer team, please call Ruth Stauersbol, Volunteer Coordinator 262-833-8766 or email ruth.stauersbol@racinecounty.com

Wednesday, April 25th we celebrated our volunteers with a Fiesta Appreciation Luncheon. We enjoyed lunch by Jose’s Blue Sombrero and entertainment by Alicia Villa.

During the celebration we thanked our volunteers for their total accumulated donated hours of 14,546. During those hours 126,710 meals were served. Jonathan Delagrave, Racine’s County Executive also extended his thanks to our volunteers. Reflecting on how our County could not serve all the meals to our seniors without our dedicated volunteers.

This year we nominated the Racine County Opportunity Center (RCOC) for a Good Neighbor award through the

fun.” Jeff P. said, “I like Meals on Wheels because I get to put meals together for delivery!”. While RCOC wasn’t chosen to win, we were honored to nominate them.

The participants we serve on Meals on Wheels as well as at our Nutrition Sites are so thankful for our volunteers. One participant wrote on a survey “I am so happy to have such nice people who deliver the meals and I look forward to seeing them 5 days a week.” Another person said “Thank you, I am very pleased with this service. A special thanks to all the volunteers.”

If you are interested in learning more about joining our excellent volunteer team, please call Ruth Stauersbol, Volunteer Coordinator 262-833-8766 or email ruth.stauersbol@racinecounty.com

Respite Comes in Many Forms

Maya, 57, is a caregiver for her mom, Patricia, 80 who has Parkinson's Disease. They live together, and Maya has been going stir crazy. She is able to get out for little bits at a time, to shop or go to the bank, but she feels so drained. She feels as though she hasn't had any time for herself in ages. Maya also feels a little guilty for wanting to just be away for a little while. She wouldn't mind taking her mom with her sometimes, but she doesn't know where to start.

As we all know, caregiving is a challenging process. You might get stuck in the everyday things that need to be done for your loved one and yourself, and be overwhelmed by what is going on. In between all of the difficult tasks of caregiving, however, there needs to be a little bit of space for you. We call this practicing self-care. If you don't take care of yourself, you will likely have a more difficult time caring for your loved one, or not be able to care for them at all!

During these beautiful Wisconsin summer months, we may want to get out and about but because of our caregiving, may have limited time or options. Looking at ideas and ways to get out and about in the nice weather can be an excellent way to take care of yourself. Fun is part of self-care! Recreation, which is defined as a pastime, diversion, exercise, or other resource affording relaxation and enjoyment, is something that everyone needs, and caregivers even more so.

There are programs through the Aging and Disability Resource Center of Racine County that can be thought of as recreational. They serve dual purposes. Here are two such programs to jumpstart your list of recreational ideas:

Memory Café: places where persons with MCI (Mild Cognitive Impairment), early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. A Memory Café has no real agenda or stated purpose except to enjoy each other's company. Cafés provide a time where you do not need to focus on the diagnosis, while having a great time connecting with each other as a family or creating new friendships. There are several in our area, for more information, please call the Alzheimer's Association: 1-800-272-3900.

Racine County Nutrition Program: provides nutritious food to older adults of Racine county. There are several dining sites throughout the county that provide an excellent opportunity for older adults to get out of the house and socialize with other people while having a good meal. It can be an excellent opportunity to meet other people in the community and create friendships. For more information please call: 262--833-8766.

If your caregiving situation means that your loved one needs

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Office for the Blind and Visually Impaired

Rehabilitation services are provided by the Office for the Blind and Visually Impaired (OBVI) to help individuals who are blind or visually impaired to achieve their own goals of independent living. These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible.

Contact for Racine County:

Arneetrice
Ellerman
PO Box 75
Somers, WI
53171

Phone:
414-281-6227

arneetrice.ellerman@dhs.wisconsin.gov



Medicare Workshops

The ADRC is offering Medicare Workshops for those over age 60 on the following dates/time.

June 15 10 am – Noon

July 20 2-4 pm

August 17 10 am – Noon

Sept 21 2-4 pm

Oct 12 10 am – Noon

Topics discussed :
Medicare 101
Medicare

Supplement vs.
Medicare Advantage
Plans

Prescription Drugs
Extra Help
Programs
Low Income Subsidy

Held at the ADRC
Offices—**Advance
Registration** is
required. \$5
donation.

Your Benefits

Important Numbers (Toll Free)

Social Security

Local: 866-270-8629

USA: 800-772-1313

Medicare

1-800– Medicare
(800-633-4227)

Wisconsin Medicaid—

Member services:

800-362-3002

Wisconsin Kenosha Racine Partners Consortium (WKRK)

888-794-5820

Deaf Disability Benefit Specialist

Need help with your benefits? The **Deaf Disability Benefit Specialist** provides statewide work incentives and disability benefit services to people who are Deaf, hard of hearing or Deaf-Blind. Some areas of assistance include:

Food Share, Housing and Utility Issues, Medicaid (Medical Assistance), Medicare, including Part D, Low-Income Tax Credits Prescription Drug Assistance, Program, Private Health and

Disability Insurance Issues, Social Security Disability Income (SSDI), Supplemental Security Income (SSI), Unemployment and Veterans' Benefits.
Contact:

Jennifer M. Koehn

Regional Office for the Deaf and Hard of Hearing

309 W Walworth Ave

Delavan, WI 53115

262-347-3045 Videophone/Telephone

262-728-7102 Fax

JenniferM.Koehn@wisconsin.gov

Apply for Disability Benefits from the Convenience of Home

**By Karyl Richson
Social Security Public Affairs
Specialist in Milwaukee, WI**

Have you been thinking about applying for Social Security disability benefits, but you are unable to visit a Social Security office to complete the interview? Or perhaps your disabling condition makes it difficult to visit

a Social Security office. We have good news: you can complete your application for Social Security disability benefits from the convenience of your home. Get started at www.socialsecurity.gov/disability.

The application process involves determining 1) whether you have sufficient work to be eligible for Social Security; 2) the severity of your

Apply for Disability Benefits... *Continued*

medical condition; and 3) your ability to work. Because we carefully review so many cases — more than three million each year — it can take us three to five months to determine whether you are eligible to receive benefits.

The amount of time it takes to make a decision on your application can vary depending on a number of factors, such as:

- the nature of your disability;
- how quickly we obtain medical evidence from you, your doctors, hospitals, or other medical sources; and
- whether we need to send you for a medical examination to obtain evidence to support your claim.

We have several important initiatives to speed up the process. For example, our Compassionate Allowances initiative allows us to fast-track certain cases of individuals with very severe disabilities. Two hundred different types of disabilities qualify for this expedited decision, and the list continues to expand. Since Compassionate Allowances began in 2008, the agency has fast-tracked more than 250,000 disability applications, getting benefits to people in a matter of days instead of months. Learn more about Compassionate Allowances at www.socialsecurity.gov/compassionateallowances.

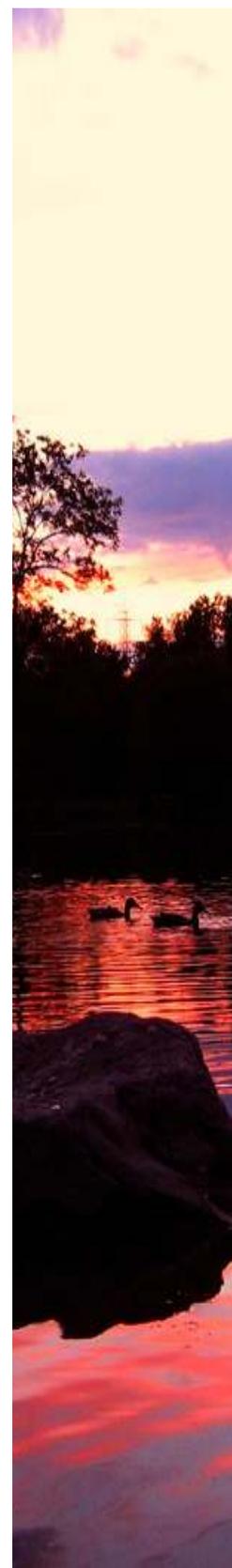
Another way we speed up decisions is with our Quick

Disability Determinations initiative, which uses technology to identify applicants who have the most severe disabilities and allows us to expedite our decisions on those cases. Read more about Quick Disability Determinations at www.socialsecurity.gov/disabilityresearch/qdd.htm.

There are things you can do to help speed up the decision process too. The more information you provide up front, the less time it will take us to obtain the evidence we need — and the faster we can make a decision on your application. The types of information we need include:

- medical records or documentation you have; we can make copies of your records and return your originals;
- the names, addresses, and phone numbers for any doctors, hospitals, medical facilities, treatment centers, or providers that may have information related to your disabling condition;
- the names, addresses, and phone numbers for recent employers and the dates you worked for each employer; and
- your federal tax return for the past year.

If you're not able to work due to a disability and getting to an office is troublesome, don't worry. You can apply online for Social Security disability benefits at www.socialsecurity.gov/disability.



Menus:
You can find the menus for coming months in your local newspaper, or online at: www.adrc.racinecounty.com

Racine County Senior Nutrition Program

Call **833-8766** to make a reservation at one of our Dining Sites. Please call before 9:00 a.m. at least one business day in advance.

Dining Sites:

Burlington Senior Center

587 E State St, Burlington,
Weekdays at Noon

Lake Oaks Apartments

1916 S Wisconsin Ave, Racine,
Weekdays at Noon

Lincoln Villas North Apartments

3919 Ruby Ave, Racine,
Weekdays at 11:30 am

Mount Pleasant Place

5820 Lincoln Village Dr. Racine,
Weekdays at 11:30 am

Living Faith Lutheran Church

2915 Wright Ave, Racine,
Weekdays at Noon

Salvation Army

1901 Washington Ave, Racine,
Weekdays at Noon

Union Grove Hometown Village

1415 13th Ave, Union Grove,
Weekdays at 11:30 am



The Olympian 5K Run/Walk and 10K Run

The **Wisconsin Senior Olympics** and **Real Racine** present:

The Olympian 5K Run/Walk and 10K Run

Saturday, August 11, 2018.

Held at General John J. Pershing Park, the Race starts at 9:00 am.

Open for all ages, it's a great intergenerational event.

Funds raised support the Wisconsin Senior Olympics mission to provide opportunities for those 50 and older to maintain and improve overall fitness and wellness through recreational, social and competitive events.

Call Cari at 262-898-3323 or see:

<http://www.wiseniorolympics.com>

Strawberries – The Queen of Fruits

Strawberries are an excellent source of vitamin C and other antioxidants and flavonoids. These may be beneficial in promoting better memory, lower cardiovascular disease, ease inflammation, promote bone health and promote eye health.

- Strawberries also provide potassium, magnesium, vitamin K and folate.
- Like most fruit, strawberries provide dietary fiber, both soluble and insoluble.
- A recent study in the American Journal of Clinical Nutrition, found that strawberries ranked in the top 10 foods for highest antioxidant content per serving.
- Strawberries are very low in calories-only 50 calories in 1 cup.
- They are very low in saturated fat, cholesterol, and sodium.

Selecting and Storing Strawberries

- Choose ripe strawberries-they will not ripen further after picking.
- They need to be firm, plump, and have a deep red color and green caps.
- Smaller strawberries tend to be sweeter and more flavorful.
- Check the entire package for mold, do not buy if any mold is apparent.
- Before using or storing, sort through the strawberries and

separate the soft ones from the firm, fully ripe berries. Discard any mushy or spoiled berries.

- Leave the caps on the strawberries until ready to eat or use in your recipes.
- For best flavor, do not wash the strawberries until you are ready to eat or use them. Moisture is the enemy when it comes to storing strawberries.
- Store fresh strawberries in a colander in the refrigerator. This allows the cold air to circulate around them. Do not cover them.
- Only refrigerate for 2-3 days for best freshness.
- When cleaning strawberries, avoid soaking them in water. Because they are so porous, strawberries will absorb the water, causing them to become waterlogged and lose some of their flavor.

Not just for pie.....

- Add to cereal & yogurt
- Make jelly or jams
- Toss into salads and sandwiches
- Add to pancake and waffle batters
- Add to lemonade and smoothies
- Freeze them for later use



ADRC
Connections is published Quarterly. If you have questions you would like to see addressed in the ADRC News please call us at 262-833-8777 or email: adrc@racinecounty.com





In Support of Support Groups

Research has shown that participating in caregiver support groups results in very real benefits that can significantly improve your quality of life.

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills
- Reducing distress, depression or anxiety and having lower rates of clinical depression
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Improving your caregiving ability and giving better quality of life for the older adult

*May I have...
Serenity to accept
the things I cannot
change,
Courage to change
the things I can,
and
Wisdom to know
the difference.*



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

Bethania Lutheran Church

4120 Wright Ave (enter at back of bldg.)

June 7 July 5 Aug 2

First Friday 12 Noon-1pm
"Caregiver Connection" Telephone Group
Call 262-833-8762 to pre-register

June 1 July 6 Aug 3

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)

Jun 19 July 17 Aug 21

Second Saturday 10:30 am-12 Noon
Living Faith Lutheran Church
2915 Wright Ave
Enter at back of building (on South side)

June 9 July 14 Aug 11

Third Wednesday 1:30-3:00 pm
Cross Lutheran Church
126 Chapel Ter, Burlington

June 20 July 18 Aug 15

Second Thursday 6:00-7:30 pm
Alzheimer's Association Group
For Families Dealing with Alzheimer's and other Dementias
Bethania Lutheran Church
4120 Wright Ave (enter at back of bldg)

June 14 July 12 Aug 9

Respite Comes in Many Forms ...continued from page 5

supervision so that you can have some time away for yourself this summer, learning about respite options can be an excellent idea. Whether you are looking for a company to come to your home, or a day program for your loved one to attend, the ADRC can help with resources to provide that respite.

It is an important part of self-care that you have time away just for yourself. A lot of people use that time for shopping or appointments, but it also might be a great time to do something fun to rejuvenate yourself. You could take a class, see what programs are available at your local gym or library, or take a walk through one of Racine County's many County or City parks. You could have lunch with a friend, play a round of golf, or have a spa day.

These ideas, and many others, can help to relax you, center yourself, and bring more joy to your life.

Maya calls the Aging and Disability Resource Center and asks about some of their community programs. She learns about Memory Café, which sounds neat. Her mom doesn't have memory issues, so she asks for the information to pass on to her cousin, whose father was recently diagnosed with dementia. She learns about the nutrition program, and Patricia likes the idea. Maya is going to drop Patricia off for lunch and social time three days a week, and take some time for herself to relax and read in the park. She also learns about some of the adult day programs available, and will be calling the programs to find out more information.



Summer Classes

If you are interested please contact Elizabeth for more information: 262-833-8762

Living Well Begins June 8th

Stepping On Classes to be held in:
August—Racine area location
September—Burlington area location
See enclosed Flyers

Dementia Care Corner

Upcoming classes presented by the Alzheimer's Association in the Racine Area. Call 800-272-3900 for info:

Effective Communication Strategies – July 10th, 10 am- Noon
 Join us in this 2-hour presentation to learn to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communication at each stage of the disease.

Living with Dementia: Middle Stage (Caregivers) – August 7th,

14th & 21st, 1-3 pm
 This three-part program includes many topics for caregivers of individuals with moderate Alzheimer's disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies, and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.



14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Consultations

The Alzheimer's Association has openings for care consultations that can be held at the ADRC offices. To arrange an appointment contact Felicia at 262-833-8761.

Memory Café Has Moved!

Share your stories and socialize with others concerned about their memory.

Third Thursday of each month 1:30—3:00 pm

Join us at: Parkside Café, 1400 Highway 11, Union Grove.—New attendees RSVP to 414-479-8800

Mark Your Calendar for November 2, 2018 for our Annual Caregiver Appreciation Day
“**A Recipe for Healthy Caregiving.**” to be held at Grace Church in Racine.

