

THE ADRC CONNECTION

AGING & DISABILITY RESOURCE CENTER NEWSLETTER

*Calumet County Courthouse
206 Court St. Chilton, WI 53014
Chilton 849-1451 Appleton/Sherwood 989-2700
For Transportation 849-1440*

May - June 2015

Issue 53



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Calumet County ADRC provides services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home and community based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Contact the Calumet County ADRC office by calling 1-(920)-849-1451 or toll free 1-(888)-739-2372 to find ongoing opportunities to celebrate and support older Americans.



ADRC NEWS



From the Supervisor's desk.....Joann Dewhurst

It is time to start the process for the 2016-2018 Aging Plan. The purpose of the Aging Plan is to convey a clear understanding of the current and future service and support needs of older persons, and the issues, challenges and opportunities facing the county aging unit. The Aging and Disability Resource Center (ADRC), has the impressive task of developing this plan. In order for us to be successful, your help is **wanted, needed, and appreciated!** The following Statewide Focus Areas are to be addressed in the plan:

- 1) **Involvement of Older People in Aging-Related Program Development and Planning-** The purpose of this focus area is to address how the aging unit informs adults about their rights and duties in order to help them to participate actively in their communities? Is training provided to improve older people's understanding of local and national government policies? Are opportunities created for older people to speak for themselves and assert their interests in existing community initiatives, such as policy development groups, advisory committees, community programs and community development groups?
- 2) **The Elder Nutrition Program-** This is the largest program operated by the national and state aging networks, consisting of a senior dining program and home delivered meals. The plan should address the activities the aging unit will undertake to help improve the elderly nutrition program, including efforts to revitalize the program.
- 3) **Services in Support of Caregivers -** This area will focus on the tremendous demands placed on family caregivers and other informal caregivers who help older adults remain living at home or in the community. The purpose of these programs is to support and assist caregivers as they provide care and assistance to their older family members, friends and neighbors.
- 4) **Services to People with Dementia-** Dementia is a general term for deterioration in cognitive function severe enough to interfere with daily life. This focus area will include the activities the ADRC will undertake to help enhance services and supports to both persons living with dementia and to their caregivers. The goals are to incorporate areas identified in the Wisconsin Dementia Care Redesign Initiative, which was developed to provide a foundation for building a more dementia-capable system of care in Wisconsin. The overarching goal of the redesign is to support people with dementia so each person has the highest quality of life possible consistent with the persons' need for care, in the least restrictive setting. A copy of the redesign plan may be found at: <https://www.dhs.wisconsin.gov/publications/p0/p00586.pdf>
- 5) **Healthy Aging -** This area includes a wide range of programs and services aimed at maintaining and improving physical and mental health throughout the lifespan, preserving independence, and minimizing the need for costly medical interventions. The ADRC has successfully incorporated many evidence-based health promotion programs, including Strong Women, Stepping On and Living Well with Chronic Conditions, in communities throughout the county. What should the next steps be?

The Aging Plan must also have additional goals based on local priorities. In order to help us determine what those priorities may be, we need input from Calumet County residents. I will be attending meal sites and senior club meetings to gather information on what the local goals may be as well as to involve citizens to provide input for the Aging Plan in the areas listed above. In this newsletter, on page 4, there is an area where you can answer the following question: **What are the 3 most important issues facing older folks in your community?** Please take the time to thoughtfully response to this question and return to us by mail or in the boxes located at each Meal Site.

There will also be a public hearing to provide an opportunity to collect feedback and comments on the draft plan. (The date and time is yet to be determined.)

Thank you for any and all assistance with this important project! I look forward to hearing from you...

From the desk of Kathy Groeschel...

Benefit Specialist/Volunteer Coordinator

Wisconsin Medicare beneficiaries may be potentially eligible for extra help/low income subsidy (LIS) help with Medicare Part D and not receiving this benefit. While Wisconsin SeniorCare enrollments probably account for a large number of potentially eligible people, it does not account for all of them. Others may not have drug needs or are ignoring Part D altogether due to its complicated nature. The Extra Help/LIS assists eligible beneficiaries with the costs of Part D, including premiums, deductibles and co-payments. Depending on income and resources, you may qualify for a full subsidy or partial subsidy-see chart below. If you qualify for Extra Help/LIS, you may change plans at any time of the year. You can be enrolled in both Wisconsin SeniorCare and Medicare Part D. Please call me if you think you might be eligible or have questions. You can apply for help with Medicare Part D at any time throughout the year.

Assets:

Household Size	Full Subsidy	Partial Subsidy
1	\$ 7,280*	\$12,140*
2	\$10,930*	\$24,250*

*plus \$1,500 per person for burial expenses

Income:

(FPL=Federal Poverty Level)

(mo. = month and yr. = year)

Household Size	Below 100% FPL and dual eligible (Medicare & Medicaid) Subsidy for premium, no deductible \$1.20/\$3.60 co-payments	Below 135% FPL Subsidy for premium, no deductible \$2.65/\$6.60 co-payments	Below 150% FPL Partial subsidy for premium, \$66 deductible, 15% coinsurance
1	\$980.83 mo./\$11,770 yr.	\$1,324.13 mo./\$15,889.50 yr.	\$1,471.25 mo./\$17,655 yr.
2	\$1,327.50 mo./\$15,930 yr.	\$1,792.13 mo./\$21,505.50 yr.	\$1,991.25 mo./\$23,895 yr.

Premium Subsidy Amount:

<135% FPL: 100% subsidy 135% - 140% FPL: 75% subsidy
 140% - 145% FPL: 50% subsidy 145% - 150% FPL: 25% subsidy >150% FPL: no subsidy

A program that can help with Medicare Part B premiums and in some cases deductibles and co-pays are listed below.

MEDICARE SAVINGS PROGRAM:

(Assistance with Medicare Part B premiums and in some cases deductibles and co-pays.)

Asset Limits: single \$7,280/couple \$10,930

QMB (Qualified Medicare Beneficiary Program) - Coverage includes Medicare Part B premium, Part A and Part B deductibles & co-pays.
 Monthly Income Limit single <\$980.83/couple <\$1,327.50

SLMB/SLMB+ (Specified Low-Income Medicare Beneficiary Programs)- Coverage is for Medicare Part B premium (\$104.90 month).
 Monthly Income Limit single <\$1,324.13/couple <\$1,792.13

If you have a question about any of the above program, please don't hesitate to contact me at (920) 849-1451 or (920) 989-2700, ext. 219 or Toll Free at 1-866-739-2372.

Employment Opportunity

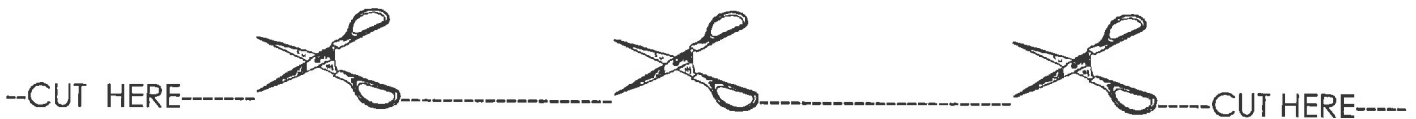


CALUMET COUNTY HEALTH & HUMAN SERVICES DEPARTMENT

Meal Site Manager (Casual)

Visit www.co.calumet.wi.us to apply with **required** application.
Applications accepted until position filled.

Personnel Department
206 Court Street
Chilton, WI 53014-1198
920-849-1611
Equal Opportunity Employer



2016-2018 COUNTY AGING PLAN

The development of the **County Aging Plan** for 2016-2018 requires input from older county residents. If you are able, please respond to the question below and forward your response to: **Joann Dewhurst, Aging and Disability Resource Center, 206 Court St. Chilton, WI 53014**. If you would like to send in your responses electronically, please send them to: Dewhurst.joann@co.calumet.wi.us. Thank you for your assistance with this planning process.

What are the 3 most important issues facing older folks in your community?

1 _____

2 _____

3 _____

Staying Hydrated....It's Important! By Khara Krueger, RD, CD

Summer is just around the corner, which means more time outside. Since you will be enjoying walks, gardening or other outdoor activities, it is important to remember to stay hydrated.



Look for these signs/symptoms of dehydration:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity
- Dizziness
- Increased weakness
- Labored Breathing with exercise

Be aware of conditions that increase your fluid loss through sweat:

- Air Temperature: The higher the temperature, the greater your sweat losses.
- Intensity: The harder you work out, the more you sweat.
- Body Size and Gender: Larger people sweat more. Men generally sweat more than women
- Duration: The longer the workout, the more fluid loss.

Remember, it is vital to be properly hydrated before, during and after physical activity. Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out.

<http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/hydrate-right>

Calumet County Family Caregiver Support Group

The **Calumet County Family Caregiver Support Group** will meet on **Thursday, May 28 and Thursday, June 25 from 1:30 p.m. to 3:00 p.m. in Room 301 of the Courthouse, located at 206 Court St. in Chilton. (this group meets the last Thursday of every month)** Parking is located in the west parking lot of the courthouse and you can take the elevator to the third floor and follow the room numbers to room 301.

Trained facilitators lead the Caregiver group at their monthly gatherings that focus on specific topics along with time for sharing at every session. On May 28th, there will be a speaker from the County Hospice program.

For more information on the group, transportation, or respite services please **contact the Aging & Disability Resource Center at (920) 849-1451 or (920) 989-2700.**

Office for the Blind & Visually Impaired A Lunch & Learn Opportunity



Having problems with your vision? Come and learn what services and supports the Office for the Blind and Visually Impaired (OBVI) offers to help individuals who are blind or visually impaired to achieve their own goals of independent living.

We encourage you to attend this informational "Lunch & Learn". Come for lunch as well.

When: Monday, May 18th

Lunch: 11:30/Presentation: 11:45 am

New Holstein Senior Center
1819 Park St.

When: Tuesday, May 19

Lunch & Presentation: 11:00

Stockbridge Village Hall
116 S. Military

When: Tuesday, May 19

Lunch: 11:30 am/Presentation to follow

Sherwood Community Center
W489 Clifton Rd.

When: Thursday, May 21

Lunch: 11:30 am/Presentation: 11:45

Chilton City Hall
42 School St.

When: Tuesday, May 26

Lunch: 11:45 am/Presentation: 12:00

Hilbert Village Hall
26 N. Sixth St.

When: Wednesday, May 27

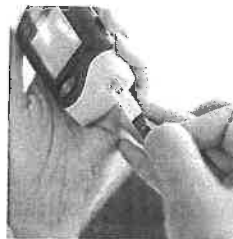
Presentation: 11:15/Lunch: 11:30

Brillion Community Center
120 Center St.

To order lunch, call the ADRC at 849-1451 no later than noon the day before the presentation you wish to attend. A donation of \$3.50 is appreciated to help cover our cost.

Success can make you go one of two ways. It can make you a prima donna, or it can smooth the edges, take away the insecurities, let the nice things come out. ~Barbara Walters

Diabetic Support Group



Are you a diabetic who is looking to learn more about living with your diagnosis? Or, perhaps a family member has been recently diagnosed and you'd like to become more informed in an effort to be supportive. Join the Diabetic Support Group at Affinity Medical Group, 1160 Service Rd., Kiel for their monthly meetings. No registration required.

May 21 5:30 PM – 6:30 PM Deb Pautz, RN, Certified Diabetes Educator *"Supporting and Understanding Diabetes"*

June 18 5:30 PM – 6:30 PM Willowdale Nursing/Rehabilitation presents: *"Cooking for Diabetes"*

TRUE or FALSE



1. Pakistan and India are neighboring countries.
2. The 2004 Olympic Games were hosted by Greece.
3. The Titanic sank in the year 1932.
4. Homer Simpson's mother is called Maria.
5. An average human heart will have beat approximately 1.5 billion times when it reaches the age of 66 years.

Advanced Directive:

When is the right time & What is it?

Libby's House of Chilton is hosting a special presentation by Asera Care Professionals that will help navigate the journey through determining and filling out Advanced Directives. All ages welcome.

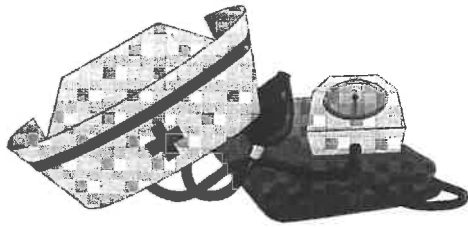
Who: Libby's House

Where: 323 Field Lane, Chilton

When: Thursday, May 21 5:30 pm.

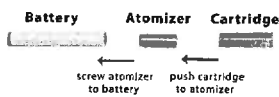
Refreshments & Appetizers

Please RSVP, Becki Kiefer at 920-948-4947 by May 18 if you plan to attend. Limited seating available. www.libbyshouse.com



Protecting Your Children: Liquid Nicotine and other Harmful Chemicals Used in E-Cigarettes

By Butch Markham & Sarah Borkowski, UW-Oshkosh Senior Nursing Students working under the directions of Calumet County Public Health



Electronic Cigarettes, commonly called “e-cigs”, imitate the actions and effects of real cigarettes. They come in different shapes and sizes and most are refillable with

“e-liquid” or “juice.”

In its liquid form, nicotine is highly toxic. It enters the body by being inhaled, swallowed, or absorbed through the skin. A few drops can send a child on a trip to the emergency room. Less than one third of an ounce can be fatal to children. For reference, that is less than the amount of creamer found in liquid creamers at restaurants. Most juice vials range from roughly one third to one full ounce.

Vials of juice can contain different nicotine strengths and assorted flavors. They are packaged using bright, colorful labeling very similar to the kind used for candy. Young children may be attracted to the bright colors and sweet smells, which presents a risk for accidental poisoning.

Nationally, calls to poison control centers about juice poisoning are rising drastically. In 2010, calls averaged one per month. By 2014, calls jumped to 215 in February alone. Federal regulation of e-cigs and e-liquid would force the use child-proof caps, and force packaging that no longer looks like candy. E-cig use is increasing and, without federal regulation, poisoning cases will continue to grow. Meanwhile, the best protection against accidental poisoning is educating people about the danger of e-liquid.

(References available by contacting Calumet County Public Health)

ACCESSIBLE OUTDOOR RECREATION IN WISCONSIN

As detailed in their guide, “Calumet Cares-Accessible Adventures”, there are several places in Calumet County that can be enjoyed by visitors with disabilities. Contact the Calumet County Resource Management Department at (920) 849-1442 to request a guide or visit their website at www.travelcalumet.com.



Perhaps you would like to venture out of Calumet County.

For individuals with mobility impairments, the Wisconsin Department of Natural Resources (DNR) offers many opportunities.

Our State Parks and Forests have 9 accessible cabins which are only available for visitors with disabilities and their guests. For more information, check out the State Park website at <http://dnr.wi.gov/topic/parks/camping/cabin.html>.

Perhaps you love to kayak, but have mobility impairments that make it challenging in a typical kayak. Buckhorn, Council Grounds, Devil’s Lake, Mirror Lake and Perrot State Parks have specialized kayaks available for those with disabilities, which are provided for rental by the DNR.

In addition, there are over 650 miles of accessible trails throughout Wisconsin. Also available are accessible canoe campsites in the Chippewa Flowage and Turtle-Flambeau Scenic Waters Area. For more information about these opportunities and about upcoming events offered by the DNR, check out their “Open the Outdoors” website at dnr.wi.gov/org/at/af/open/.

FOOT CARE CLINICS OFFERED



The Calumet County Home Health Care and Hospice Agency will once again be offering foot care clinics for citizens in our community that require assistance with their foot care due to physical or medical needs. The clinics consist of soaking a person's feet and trimming and filing his or her toenails. The clinics will be offered at the following locations:

Monday, May 4 from 1:00-3:00 p.m.
At Stanton Place

Wednesday, May 6 from 1:00-3:00 pm
At the Kiel Community Center

Thursday, May 7 from 12:30-2:00 p.m.
At the Sherwood Community Center

Monday, May 11 & June 8 from 1:00-3:30 p.m.
at the
Calumet County Courthouse Health Department
in Room 212

Tues., May 12 & June 9 from 1:00-3:30 p.m.
At the Brillion Community Center

Thursday, May 20 from 1:00 -3:00 p.m.
At St . Nazianz Senior Center

Mon., May 18 & June 15 from 1:30-3:30 p.m.
At Progressive Step Rehab Center
in New Holstein

The cost will be \$20 per person, payable at the time of the appointment. Each person is responsible to bring along two clean towels for his or her appointment.

**For an appointment time, please contact the Calumet County Health Department and Home Health Care/Hospice Agency at 849-1432.

TRIVIA ANSWERS

1. True
2. True
3. False. 1912
4. False. Mona
5. False. 2.5 billion times



Do You Have Health Insurance in 2015?

By Jenny Guarisco

Calumet County Disability Benefit Specialist

What happens if I go without insurance for a certain period of time? The Affordable Health Care Act includes the requirement to carry health insurance, otherwise known as the "individual mandate". As of January 1, 2014, most people were required to have health insurance coverage, unless they were under a select group of people who received an exemption. Acceptable types of healthy insurance include: Medicare, Medicaid, Cobra, Tri-Care, Employer Group Health and Individual Health Insurance, etc.

Am I penalized? The penalty for not having health insurance is the higher amount of either:

- 2% of your annual household income, but only the income that is above \$10,150/individual each year (That annual cutoff is known as the tax filing threshold.) OR
- \$325. Per adult and \$162.50 per child under 18 each year (The amount you pay for a penalty is capped at \$975 per family)

If you go without health insurance for more than three months in a row you can be penalized at tax time. The penalty is expected to increase each year. For example, the penalty was only 1% of annual household income in 2014, but double for 2015. (www.healthcare.gov)

Could I be exempt from being required to have health insurance? There are specific categories of people who are exempt, meaning they are not required to have health insurance. This includes: Incarcerated people, members of an Indian tribe, Religious Conscientious Objection (usually Mennonite and Amish groups), member of a health care sharing ministry, income less than the amount reflected as the tax filing threshold in the above paragraph about penalties, and if your out-of-pocket cost for health insurance is greater than 8% of your income. There are also exemptions for people who meet hardship rules such as those whose circumstances change drastically from events such as homelessness, domestic violence, disasters causing property damage, death of a close family member, eviction, utilities shut-off, large medical expenses from the last two year period and bankruptcy. Additional hardship exemptions are if your income is between 100 and 138% of the federal poverty level (Wisconsin includes this because they didn't take the Medicaid Expansion) and if an individual insurance plan is cancelled. There are numerous exemptions,

including some not listed here. For a more detailed look at the exemptions as well as the forms needed to apply for an exemption, go to <https://www.healthcare.gov/fees-exemptions/exemptions-from-the-fee/#hardshipexemptions>.

Aging & Disability Resource Center Month!

In 1998, Wisconsin became the **FIRST** state to develop Aging & Disability Resource Centers and has served as a model for national replication since 2003. Amazing isn't it?



All citizens desire the ability to be independent and to have the best quality of life possible. With the rising cost of health and long-term care, and limited resources, this becomes more and more difficult, particularly for the ever growing aging population.

The Aging & Disability Resource Centers provide our older adults and those with disabilities reliable and objective information, and assistance that is easily accessible at our "One Stop Shops". Individuals are able to explore, assess options, conserve personal resources, maintain self-sufficiency, make informed decisions and possibly prevent or delay more expensive long-term care.

Let's celebrate the month of May, with thanks that we live in Wisconsin!

Veterans Service Office

The purpose of the Veterans Service Office is to assist Veterans, their dependents, and survivors who are seeking benefits and services available to them through local, state and federal programs. If you have any questions, please feel free to contact the office at 920-849-1452.

Memorial Day, May 25, 2015, at 11:00 a.m. there will be a short ceremony commemorating the newly added names to the Calumet County Veterans Memorial located at Klinkner Memorial Park, 815 Memorial Drive, Chilton, WI

New this year!! The Calumet County Veterans Service Office, in conjunction with the Calumet County Parks Department, have worked together to offer Veterans a 50% discount on camping at Calumet County Park! The number to call for more information is 920-439-1008.

Monday, May 25, 2015 USO of Wisconsin, Inc. is sponsoring Milwaukee Brewers Military Appreciation Game 2015. The Brewers play the San Francisco Giants at 1:10 p.m. Veterans with current valid identification can receive free admission for themselves and up to 5 guests! For more information and to register, please go to <http://www.eventbrite.com/e/milwaukee-brewers-military-appreciation-game-2015-registration-16522078983>.

May 15, 2015, a Women Veterans Retreat is being offered in Eau Claire, WI. This free event is open to all women veterans, their families and friends. The evening before there will be a bonfire listening session with s'mores. There is also a block of rooms for those interested reserved at the Clarion Hotel in Eau Claire at the state rate under women veteran's event. For more information, visit www.WisVets.com.

July 5, 2015, the Milwaukee County Zoo is offering Military/Veterans Family Day from 9:00 a.m. to 5:00 p.m. Tickets for free admission and parking will be available at the Calumet County Veterans Service Office after May 25, 2015. Stop by to pick yours up!

Consumer Credit Counseling Service is offering assistance to Veterans (free of charge) needing help with anything from household budget planning to foreclosure prevention, and representative payee services. They can be reached by calling 1-800-350-2227 or www.CCCSoline.org.

May and June Dates of Interest and Remembrance:

May 8th: VE Remembrance Day (1945)

May 16th: Armed Forces Day

May 25th: Memorial Day Observance

May 30th: Memorial Day

June 3rd: Battle of Midway Began in 1942

June 6th: D-Day Allied Invasion of Europe in 1944

June 14th: Flag Day – U.S. Army Founded in 1775

June 22nd: Pledge of Allegiance Recognized by Congress in 1942

June 25th: Korean War Began in 1950



Caregiver Website: www.caregivers.com is a place for caregivers of aging adults to receive understanding, support, news and tips. This site focuses on Aging & Health, Caregiving and Caregiver Wellness.

FREE FRIDAY MOVIE MATINEES

Presented by Willowdale and Comfort Keepers



When: Friday, May 15 at 2:00 pm

Where: Chilton Cinema-26 N. Madison St. Chilton

Bonus: show includes a 16 oz soda and a 46 oz popcorn

“Seven Years in Tibet”

In the story, Austrians Heinrich Harrer and Peter Aufschnaiter are mountaineering in the north of India. When World War II begins, because of their German citizenship, they are imprisoned by the British in a POW camp in the Himalayan foothills. In 1944, Harrer and Aufschnaiter escape the prison, and cross the border into Tibet where they are welcomed at the holy city of Lhasa, and become absorbed into an unfamiliar way of life.

C.A.A.N.

(Calumet Area Aging Network) to Host BINGO!



Love BINGO? Meet us at the following locations for an afternoon of fun and, as a bonus, you might even win a prize!! FREE.

- May 12 – Hilbert Senior Center – 12:30 pm
26 N. Sixth St. Hilbert
- May 14 – Uptown Commons 1:30 pm
42 School St. Chilton
- May 20 – Chilton Senior Center - 12:00 pm
42 School St. Chilton
- May 20 – New Holstein Senior Center
1:00 pm
1819 Park St. New Holstein
- May 27 – Kiel Senior Center – 1:00 pm
510 Third St. Kiel
- June 9 – Hilbert Senior Center – 12:30 pm
26 N. Sixth St. Hilbert
- June 11 - Uptown Commons – 1:30 pm
49 W. Main St. Chilton

- June 17 – Chilton Senior Center – 12:00 pm
42 School St. Chilton
- June 17- New Holstein Senior Center
1:00 pm
1819 Park St. New Holstein
- June 24 - Kiel Senior Center – 1:00 pm
510 Third St. Kiel

MEMORY CAFÉ

NEW HOLSTEIN PUBLIC LIBRARY



Memory Cafés are for those experiencing early stage dementia, mild memory loss or cognitive impairment, and for family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments,

camaraderie, and lots of creative fun thrown in. We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared. Topics include:

June 16 – We will be celebrating Dairy Month and Flag Day for a fun afternoon of celebrating our patriotism, and enjoying ice cream. Dress in your “red, white & blue” and join us for patriotic songs, as well as a fun craft, all honoring the month of June!

August 18th – It's “Back to School” time!! We will be sharing school day memories, as well as pictures from the past. As always, there will be singing and a craft to start the school year off!!

October 20th – At today's café we will be celebrating the “Harvest Moon”. We will be enjoying caramel apples, decorating pumpkins and sharing in song.

December 15th – It's a Christmas celebration, with holiday memories of Christmases past and family traditions. We will be sharing in holiday spirit with music and crafts. And maybe, there will even be a “special guest” at the Café!!

- **Tuesday, June 16th**
- **New Holstein Public Library**
2115 Washington St. New Holstein
1:00 pm to 3:00 pm
- **Sponsored by CAAN AgeWell**
- **To register, please call Barb Weber at 920-898-5165.**



Senior Fest 2015

An event for both Seniors and.....their
Caregivers!

Thursday, June 11, 2015
8:30 – 3:30 PM

Chilton High School

(Use Entrance A in rear of High School)

FREE

Health Screenings
Exhibits
Demonstrations
Seminars
Bingo & Cards
Door Prizes

Dr. Peter Janu
~Keynote Speaker~



“Acid Reflux: Treatment Options”
12:30 – 1:30 p.m.

Watch the paper for more information.

Lunch

Contact Kaye Radder,
Community Bank & Trust at 849-8888
Catered from Calumet Medical Center for \$6.00

Transportation

Transportation to the Senior Fest is available through the
Calumet County Aging & Disability Resource Center.
Call them **before June 7th** at (920) 849-1440 or 989-
2700, ext. 440 to make a reservation.



Memories Dinner Theatre

(All shows \$60.00 and include
transportation, meal and show)

June 9 “Nana’s Naughty Knickers”

For more information contact:

R & J Trucking
N1538 Clark Drive
New Holstein, WI
(920) 898-5936 or (920) 418-5936



ADRC Consortium Advisory Committee Meeting

Thursday, May 14
Goodwill Industries, Obeya Rm.
1800 Appleton Rd. Menasha
2:00 p.m.

Aging & Disability Resource Center/ Long Term Support/Transportation Advisory Committee Meeting

Monday, June 1
Calumet Co. Courthouse-Chilton
206 Court St., Lower Level, Rm. 017
9:00 a.m.

CANVAS PAINTING WORKSHOP (for those 55 and older)

Learn to paint a piece of artwork under the
instruction of Tammy Bartel, from Paint U
Something.

Where: Willowdale Therapy Gym (use
outpatient entrance on Coolidge St.) 1609
Coolidge St. New Holstein

When: Wednesday, May 20 4:30 – 6:30 pm

Cost: \$25.00

RSVP: Wendy Jacobs at 920-209-1494 by
May 15th

Refreshments will be served. Seating will be
limited to 25 people.

"Happy Father's Day!"

B	Q	I	N	T	E	M	O	H	G	W	I	F	E	Y	B	R	N	S	S
N	O	K	G	G	E	P	R	A	C	B	H	U	A	C	U	E	E	I	T
Y	J	X	N	N	O	I	R	Y	P	O	J	D	S	H	L	K	I	E	E
R	X	R	I	T	I	D	U	I	U	A	H	S	R	E	C	O	G	S	A
E	K	L	H	N	E	L	P	Q	O	T	S	K	E	S	S	P	H	T	K
N	G	S	S	N	G	E	O	L	R	I	K	A	K	S	W	R	B	A	R
N	F	I	I	E	L	V	T	I	S	N	C	T	C	M	O	M	O	C	E
I	E	N	F	E	H	N	B	I	V	G	I	I	E	B	R	R	E	H	S
D	G	W	V	T	E	T	E	Z	E	E	R	N	H	R	D	C	S	L	T
R	S	A	S	K	S	G	E	R	C	S	T	G	C	I	N	C	I	P	P
V	R	P	A	P	F	B	N	A	D	B	A	S	E	B	A	L	L	Y	I
T	R	C	O	C	A	L	E	I	S	L	A	B	N	O	G	N	I	B	E
C	I	G	A	R	S	P	O	T	T	E	I	A	O	N	L	N	R	S	R
D	A	R	E	V	T	J	E	G	B	N	P	H	I	W	I	J	C	A	E
Z	D	L	O	J	M	S	L	R	I	T	U	C	C	G	L	E	C	E	K
S	A	L	L	A	B	T	O	O	F	A	N	H	H	E	N	I	F	Y	R
X	E	K	O	T	I	N	I	T	R	A	M	T	N	E	N	F	N	Z	O
H	W	T	E	N	N	I	S	G	D	V	C	I	R	G	O	J	X	G	W
N	O	I	S	I	V	E	L	E	T	A	W	Y	A	C	O	I	D	A	R
J	I	J	O	K	E	S	T	Q	P	C	R	O	Q	U	E	T	Y	I	Y

Baseball
Beer
Bingo
Birthday
Boating
Bowling
Boxing
Cake
Cards
Checkers
Chess
Children
Cigars
Club
Coffee
Croquet
Dancing
Dinner
Dog

Fishing
Football
Gardening
Gifts
Golf
Home
Horses
Hunting
Jokes
Martini
Mom
Nap
Neighbors
Newspaper
Nightcap
Peace
Picnic
Pie
Pipe

Poker
Quiet
Racing
Radio
Relax
Rest
Scenery
Siesta
Skating
Sports
Steak
Tease
Television
Tennis
Ties
Travel
Tricks
Violin
Wife

Wine
Work

STRAWBERRY ANGEL FOOD DESSERT

- 1 10" angel food cake
- 2 (8oz) pkg. cream cheese, softened
- 1 cup white sugar
- 1 (8 oz) container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 (18 oz) jar strawberry glaze



Crumble the cake into a 9 x 13 inch dish. Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake. In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer. Chill until serving.

THE ADRC CONNECTION CALENDAR



- May 10** Happy Mother's Day!
- May 14** ADRC Consortium Advisory Committee Meeting – See newsletter
- May 15** Free Movie Matinee- see newsletter for more information
- May 18-26** Blind/Visually Impaired Lunch & Learn-See newsletter for details
- May 21** Diabetic Support Group -See newsletter
- May 21** Advanced Directive Presentation- See newsletter
- May 25** Memorial Day (All nutrition sites closed- No Home Delivered Meals)
- May 28** Family Caregiver Support Group – See newsletter for more information.
- June 1** ADRC/LTS/Transportation Advisory Committee Meeting- 9:00 a.m. in Rm. 015 (lower level of courthouse)
- June 11** Senior Fest – See newsletter
- June 16** Memory Café Meets- See newsletter.
- June 17** Diabetic Support Group -See newsletter
- June 25** Family Caregiver Support Group- See newsletter for more information.

If you would like to contact the ADRC by email, our address is: adrc@co.calumet.wi.us.

For further information about services offered through the ADRC, please see our websites at: www.co.calumet.wi.us (under Human Services) or www.yourADRCresource.org

THE ADRC CONNECTION

Lynn Michels, *Editor*

The *ADRC Connection* is published bi-monthly by the Calumet County Aging & Disability Resource Center, Courthouse, Chilton, WI 53014. The Resource Center provides Information & Assistance services to the elderly population, in addition to persons with physical & developmental disabilities and those in need of mental health or substance abuse services. We are your "One-Stop Shop" for information and assistance.

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The mission of **United Way 2-1-1** is to provide easy, simple access to health and human services, to give callers an opportunity to give or get help, and to serve as a hub for community information in times of disaster.

2-1-1 phone service is free and confidential, available 24 hours a day, 7 days a week.