

# THE ADRC CONNECTION

AGING & DISABILITY RESOURCE CENTER NEWSLETTER

Calumet County Courthouse - 206 Court St. Chilton, WI 53014  
Hours: Monday-Friday, 8:00 am to 4:30 pm, or by appointment  
Chilton 920-849-1451 Toll Free (833) 620-2730  
For Transportation 920-849-1440



September/October 2025

Issue 114

## What Fall means to you?

Beautiful and nostalgic, the meaning of Fall encompasses several traditions and ideas from a variety of cultures over hundreds of years. Change and transformation fills the air as leaves change color and fall to the ground below. The red, orange, and yellow foliage is there to remind us that change can be scary but it is also a beautiful thing.



Fall, also referred to as Autumn, occurs between the end of September and into December. Fall represents a time for transformations both personal and environmental. The temperatures drop, leaves fall, and your wardrobe is dominated by clothing that will keep you warm. It is the favorite season for those that love cooler weather, boots, and Halloween. A season drenched in tradition, Fall is the perfect time to reflect and embrace change. We leave the Summer heat behind and the blooming flowers are replaced by crisp leaves.

The meaning of Fall is different to everyone. Some find a spiritual connection with the season while others get nostalgic over the memories. For others, it is the holidays that allow us to be whoever we want to be and eat whatever we want. Fall is almost the perfect season because it has everything we want and need to end happily and being again. Embrace the change and embrace Fall!

<https://www.thelivingurn.com/blogs/news/fall-has-arrived-what-does-it-mean-to-you>

## Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT



TECTHUNS

LAVEES

AUMUTN



BEEESTRMP

ATOLFLOB

SVRTAEH



Q. What do you get when you drop a pumpkin?



## Important Information

As September nears, we at the ADRC warmly invite you to the "Live Well: Learning to Live, Care, and Age Well" event on September 16, from 10:45 AM to 2:00 PM, at Chilton Fox Valley Technical College. Representatives from various area agencies, alongside our ADRC and Adult Protective Services staff, will be available to share valuable information on supporting individuals and caregivers. More details can be found in this newsletter.

In March, the Wisconsin Department of Health Services unveiled an interactive resource database. Accessible at "[ADRC: Find Local Resources | Wisconsin Department of Health Services](#)" or by searching "ADRC local resources," this comprehensive tool was developed with input from all state ADRCs. It encompasses categories such as caregiver assistance, assistive technology, financial assistance, dementia support, housing, transportation, and in-home care. Many listings include direct links to agencies' websites and contact information. This database is especially handy if you are seeking support for family members or friends residing in different counties. For instance, if your grandparents retired up north and require in-home support, you can use this resource to select their county and search for relevant services. Additionally, calling the local ADRC can provide further help. The State's new statewide call center at 844-WIS-ADRC (844-947-2372) can connect you with the desired county, and all county ADRC contact information is available at "[ADRC: Contact Information | Wisconsin Department of Health Services](#)."

We also want to emphasize the importance of completing your Advance Directives. Every adult should complete a Power of Attorney for Health Care and a Power of Attorney for Finance to ensure a trusted person can make decisions on your behalf when necessary. While private lawyers can prepare these documents, WI documents are available at "[Advance Directives | Wisconsin Department of Health Services](#)." Our ADRC Specialists are happy to mail you the forms and assist with any questions about completing them.

Wishing you wellness and enjoyment of the cooler temperatures and stunning autumn colors.

*The Aging and Disability Center of Calumet County will be Closed Monday, September 1st for Labor Day. There will be no dine in, or home delivered meals available.*

*Transportation will also not be provided.*



**Aging and Disability Resource Center / Long Term Support Advisory Committee**

**MONDAY, October 6**

**8:30 am**

**LOCATION: Calumet County Courthouse  
Room 017 (located in the lower level)**

# Live Well Event

Tuesday, September 16  
Fox Valley Technical College  
1200 E Chestnut St, Chilton  
10:45 am – 2:00 pm

## ***Live Well (Learning to Live, Care and Age Well) Event***

Previously Age Well, Live Well was held in June and the Caregiver Event held in September have been combined into one new event – LIVE WELL EVENT!

### **SEMINARS**

- 11:00 am - 11:45 am - **Women's Health:** Pelvic Floor and Pilates, Jenna Packer, Occupational Therapist, MOT, OTR/L, and Bryanna Blochowiak, PT from Orthopedic and Spine Therapy
- 11:00 am – 11:45 am - **Men's Health:** Golf Well – a wellness approach to improving your game and preventing injury. Presented by John Olson, MA, PT, CMTPT from Back-In-Action Rehabilitation, S.C.
- 12:30 pm - Safety Panel including Firefighters, EMS, Police and Calumet County Aging and Disability Resource Center

### **10:45 am – 12:30 pm—Resource Information/Booths and Screenings**

- Blood Pressure checks by Almost Family Home Care/LHC Group & Calumet County Public Health
- Hearing screening by Hearing Life – Call (920) 849-3090 to schedule an appointment and tell them it is for the Live Well event.
- Vision screening & Magnified Reader demo by the Chilton Lion's club
- Eye glass cleaning by Packerland Eyecare – Dr Sarah Dierks

For details, call Aging & Disability Resource Center  
**(920) 849-1451 ext 4300**, or Toll Free **(833) 620-2730**.

Respite Care is available for FREE, register with Fox Valley Memory Project at  
(920) 225-1711 to schedule care. Care is available for all!



Pre-register and attend this Live Well event for a chance to receive one of many gift cards by calling Calumet County ADRC at **(920) 849-1451**.

# Healthy Living with Chronic Pain

## Does ongoing pain keep you from doing the things you love? Healthy Living and Chronic Pain may be for you!

*The Calumet County Aging and Disability Resource Center Offers  
Program to Help Alleviate and Cope with Ongoing Pain Symptoms*



Pain is something we all encounter from time to time, whether it's a headache or a muscle strain. However, many individuals live with ongoing, persistent pain, known as chronic pain, stemming from injuries or conditions like arthritis, fibromyalgia, nerve damage, and more. According to the Centers for Disease Control and Prevention (CDC), 20.9% of the U.S. adult population experiences chronic pain. For those affected, joining a "Healthy Living with Chronic Pain" workshop can significantly enhance health and well-being. It's crucial to discover solutions customized for you!

In just six weekly sessions, each lasting 2 to 2.5 hours, the "Healthy Living with Chronic Pain" program empowers participants with strategies for managing chronic pain. Participants will learn to communicate effectively with family, friends, and healthcare professionals; practice healthy eating; engage in relaxation techniques and fitness activities for both exercise and fun; cope with stress and depression; evaluate medication usage and treatments; and manage quality sleep and fatigue. Additionally, the workshop emphasizes goal setting and problem-solving. Developed at Stanford University, this evidence-based program has a track record of success. Participants report better health, increased confidence in managing their pain, improved mental health, enhanced vitality or energy, and more!

**Interested in attending?** Healthy Living with Chronic Pain will be offered in New Holstein at St. John's UCC, 2111 Church St., starting Tuesday September 23. Class will meet each Tuesday September 23 - October 28 starting at 9:00 am. For questions or to register for the program, contact Nancy Krueger at 920-849-1451 x4306 or email [nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org).

**NEW**

### **NEW Class coming to the Chilton Library!**

#### ***Mind Over Matter—Healthy Bowel, Healthy Bladder***

If you have issues with bladder or bowel control, you are not alone. More than half of women ages 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms, now, it's never too early or too late to think about your bladder and bowel health!

**Mind Over Matter; Healthy Bowels, Healthily Bladder** is a 3-session workshop for women that includes information, group activities, and simple exercises to do at home.

**MUST ATTEND ALL THREE SESSIONS**—limited space!  
Join us! REGISTER SOON—This class always fills quickly!

**Location:** Uptown Commons, 49 W Main St, Chilton

**Dates:** Wednesday, October 1  
Wednesday, October 15  
Wednesday, October 29

**Time:** 12:30 pm—2:30 pm

**Registration and More  
Information:** Contact  
Nancy Krueger at  
920-849-1451x4306 or  
email  
[nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)



## **Strong Bodies offerings in Calumet County**

The StrongBodies Program, sponsored by the Aging and Disability Resource Center, is a safe and effective evidence-based strength training program designed by Dr. Miriam Nelson out of Tuft's University. The StrongBodies Program helps middle aged and older adults build muscle, strengthen bones, prevent frailty, improve balance and increase overall physical and mental health. This educational and strength training program meets for 60 minutes, two times per week.

**Dates:**

Tuesday/Thursday—Starting Thursday, September 18  
Kiwans Park Community Center, New Holstein  
4:00 pm—5:00 pm

Tuesday/Thursday—Starting Tuesday, September 2  
Kiwans Park Community Center, New Holstein  
9:00 am—10:00 am

Tuesday/Thursday—Starting Tuesday, September 2  
Chilton Library, Chilton  
12:00 pm—1:00 pm

**Registration and More Information:** Contact Nancy Krueger at  
920-849-1451x4306 or email [nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)

Anyone over 60 who has fallen or is concerned about falling should consider taking a Stepping On workshop.



There will be an upcoming class at:

**Location:** Village of Harrison Town Hall  
W5298 State Hwy 114, Menasha

**Dates:** Thursdays September 4<sup>th</sup>-  
October 16<sup>th</sup>, 2025

**Time:** 9:00am-11:00am

**Registration and More Information:**

Contact Nancy Krueger at  
920-849-1451 x4306 or email

[nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)



## TAI CHI

*Tai Chi consists of fluid, gentle, and relaxed movements that are suitable for anyone and can be practiced anywhere. Learn what Tai Chi is all about, the basic principles in a fun and friendly environment.*

### CHILTON

**Mondays starting**

**September 8— November 24**

8:45 am—9:30 am

**Calumet County Courthouse—206 Court St,  
Chilton Room 17** (located in the lower level)

### SHERWOOD

**Mondays starting**

**September 9—November 24**

12:00 pm—12:45 pm

**Sherwood Village Hall Gym  
W482 Clifton Rd, Sherwood**

To register: Contact Nancy Krueger at 920-849-1451 x4306 or [nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)

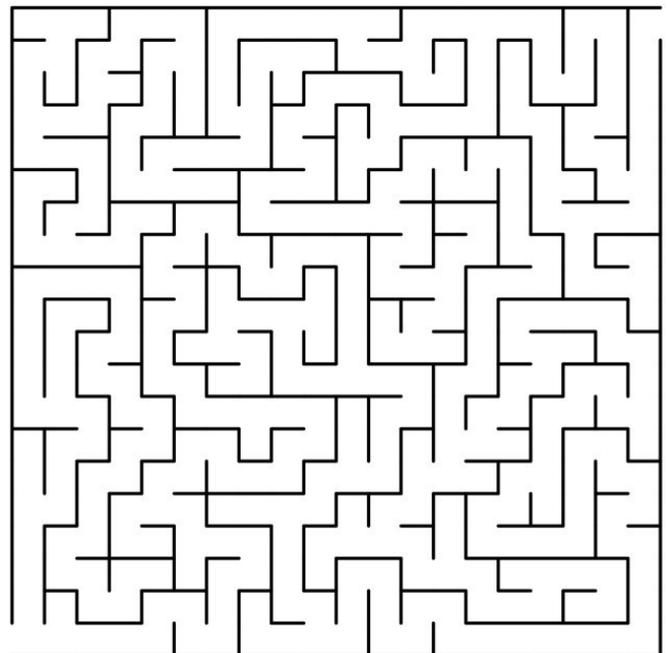
## Yahtzee on Tuesdays

New activity at our Chilton and Hilbert meal sites, and it's called "Yahtzee". Yahtzee is a dice game that was marketed in 1956. The game will begin after lunch on Tuesdays at Hilbert and Chilton. If Yahtzee sparks your curiosity or it's a game you've played before and would like to enjoy it again, please consider attending one of these meal sites. Remember, it doesn't matter what community you live in you can join in the fun!



*If Yahtzee appeals to you or you have questions, please call our office at 920-849-1451.*

## Maze for your enjoyment!



What do you call the best maze ever?

Why did the corn maze go back to school?

Be sure to always whisper while in a corn maze? Answers page 16

Jokes from upjoke.com Maze from YoFreeSamples.com Copyright 2017

## Mindworks Class in Calumet County

Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health and social connections through classroom activities, community engagement, service projects, and physical activity.

### Tuesday & Thursday

11:00 am— 2:00 pm

Lunch will be provided

Cost is \$15 per session

Fox Valley Technical College (FVTC)

1200 E Chestnut St, Room #144 Chilton

Mindworks provides respite care for caregivers while people with memory loss enjoy a fun, social afternoon!



To register for Mindworks call 920-225-1711 or visit our website for more information!

[FoxValleyMemoryProject.org/Mindworks](http://FoxValleyMemoryProject.org/Mindworks)



*This project is supported, in part by grant number goADPI0068, from the US administration for Community Living DHHS, Washington, DC. 20201.*

## Memory Café



Participants enjoyed the Patriotic Party at the Chilton Library in July. They enjoyed games, snacks and got creative with star making. Would you like to join Memory Café? A Memory Café is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. Questions? Contact Nancy Krueger at 920-849-1451 ext 4306

# Memory Café!

## Temporary Location Change

### Chilton Library

221 Park St., Chilton

**Wednesday, September 10**

**1:30 pm - 3:00 pm**

**Don't Trip, get tips!**

**Leaves are supposed to FALL, people are not**

Join us at this Memory Café to learn how to stay safe and upright in the home and community.



## No Memory Café in October

Questions? Contact Nancy Krueger at 920-849-1451 x4306 or [nancy.krueger@calumetcounty.org](mailto:nancy.krueger@calumetcounty.org)

## Calumet Lunch Bunch

Step out for a delightful meal while connecting with fellow caregivers and their loved ones experiencing dementia and memory loss, all while supporting local restaurants in the Calumet Count area.

**Friday, September 12**

**Hilde's Deli**

**Friday, October 10**

**Cobblestone Creek**

11:00 am to 1:00 pm

Cost is \$10 Registration is required, please call 920-225-1711 or email

[www.FoxValleyMemoryProject.org](http://www.FoxValleyMemoryProject.org)

# Medicare Information



I've noticed some trees beginning to change color, signaling that fall is just around the corner. In October, the 2026 Medicare Advantage and Medicare Part D plans will be released. As I did last year, I will send out forms to everyone for whom I completed a Medicare Advantage or Medicare Part D comparison. Once completed and returned, I will carry out the comparison and send the results back via mail. If you prefer to meet in person for a comparison, please contact the office to schedule an appointment. Additionally, the "ABC and D's of Medicare" presentation will be offered for new Medicare beneficiaries or anyone needing Medicare updates.

A common question arising is how the recently passed "One Big Beautiful Bill" will impact Medicaid and Medicare. Currently, we know there will be budget cuts, but it's unclear where these will occur. If you have questions or need assistance, please reach out to the ADRC at (920) 849-1451.

*Jodi Kautzer, Elder Benefits Specialist*

## Get Outdoors with Adaptive Assistance

Looking for some outdoor fun but need some adaptive assistance in doing so? Here is a list of resources you may find useful that was shared at a recent Aging and Disability and Independent Living meeting.



### Device Demonstrations and Loans

Access [WisconsinAT4ALL](#) : WisTech's online inventory for equipment to try out and for reuse.

**Need more information in your area? Options will be attending the Live Well Event at Fox Valley Tech College in Chilton—Tuesday, September 16.**

**Wisconsin Department of Natural Resources provides Wisconsin DNR Open Outdoors**

- Accessible cabins and camping
- Track Chairs and other adaptive equipment
- Trails
- Permits and licenses
- Beach access
- Disability Advisory Committee

**Recreation categories — Biking, Trails, Fishing, Water, Hunting & Skiing that can provide different events and accessibility.**

### Accessibility Considerations

- Ease of access to the location/events itself
- Navigating the location/event
- Restroom access (for the individual, for caregivers)
- Communication and instructions
- Available assistive technology solutions or strategies



## Calumet County Family Caregiver Support Group

People caring for a loved one often feel alone, stressed, overwhelmed and helpless. Please join us for one hour a month where you can join others who are on the caregiver journey to discuss common concerns, struggles and triumphs. We understand the importance of having a community of support with those on a similar path. Together we will share, interact, listen and learn in a supportive and safe environment.



**First Thursday of each month**  
**Fox Valley Technical College Chilton Campus**  
**1200 E Chestnut St—Room 126**  
**1:00 pm—2:00 pm**

For more information or help with transportation/respite—  
Contact Calumet County ADRC at 920-849-1451.

## Struggling With Caregiver Burnout?

Join a community of caregivers and experts who offer practical advice, compassion, and encouragement to help you provide the best care. For more information visit <https://wisconsin-caregiver.trualta.com> or call Calumet County Aging and Disability Resource Center at 920-849-1451.



Trualta supports families managing care for loved ones at home via online learning platform.

Prescription drug costs are an expensive necessity for many. You don't have to go without your prescriptions. There are charitable or state-funded organizations that can help Wisconsin residents get their prescription drugs without incurring significant costs. The list below features prescription drug assistance programs that offer a variety of assistance levels to help ensure everyone has access to the prescriptions they need. For further assistance with your drug coverage or benefits, contact your local ADRC at: <https://www.dhs.wisconsin.gov/adrc/index.htm>.

## Extra Help

- The Extra Help program is a prescription drug coverage savings program for individuals enrolled in Medicare drug coverage. This program helps to lower the costs associated with monthly premiums, annual deductibles, and prescription co-payments. You will need to fill out an application for Extra Help with Medicare to see if you are eligible. The application will request information about your financial situation, including available resources and income sources. Find more information about this program at <https://www.ssa.gov/pubs/EN-05-10508.pdf>.

## SeniorCare

- SeniorCare is a program that helps pay for prescriptions. This program is designed for Wisconsin residents aged 65 or older. The benefits will start the month after you apply. This will count as creditable coverage to avoid late enrollment penalties for Medicare Part D drug coverage. There is a \$30 yearly enrollment fee. You will need to fill out an application to qualify. There are four levels of eligibility depending on your income and resource amount. For more information, please visit <https://www.dhs.wisconsin.gov/seniorcare/index.htm>.

## Medicare Prescription Payment Plan

- This plan works with your stand-alone Medicare Part D or Medicare Advantage plan drug coverage. It will help to lower your monthly out-of-pocket costs by distributing your monthly prescription drug costs throughout the year, creating smaller payments upfront. You will still pay the same amount for your prescriptions, but your monthly prescription costs will be lower. Since there is a \$2000 out-of-pocket cap for Part D prescription drug costs, you will not pay more than that for covered prescription drugs. You will receive a bill from your plan instead of paying for the prescriptions at the pharmacy. This program would be most helpful for individuals who incur higher prescription drug costs earlier in the year; however, it is available at any point in the year. For more information, visit <https://www.cms.gov/medicare/health-drug-plans/medicare-prescription-payment-plan>.

## Wisconsin HIV Drug Assistance Program

- Residents of Wisconsin can receive help accessing health insurance and medications for HIV. You could be eligible for this program if you live in Wisconsin, have a household income at or below 300% of FPL, and if you live with HIV, and your doctor has confirmed this diagnosis. For more information about this program, please visit <https://www.dhs.wisconsin.gov/hiv/hdap-clients.htm>.

## National Organization for Rare Disorders

- This program helps individuals with rare disorders find medications, receive financial help with insurance premiums and copays, get diagnostic testing assistance, help with travel for clinical trials or consultations with specialists and much more assistance and support to ensure people with rare disorders receive the care they need. For more information, please visit <https://rarediseases.org/patient-assistance-programs/>.

## Drug Repository Program

- Wisconsin residents with cancer or long-term or chronic conditions, who cannot afford their medicines, can use this program to find needed medications or supplies. This program offers prescription drugs that were previously donated to participating pharmacies or medical facilities. Some pharmacies charge up to a \$15 fee for processing the drugs. To determine if your prescription drug is available, you can contact participating pharmacies and medical facilities. Controlled substances cannot be donated or received under this program. A priority order for dispensing these drugs can be found at <https://www.dhs.wisconsin.gov/guide/cancer-drugrepo.htm> along with additional information about this program and the participating facilities.

## Medicine Assistance Tool

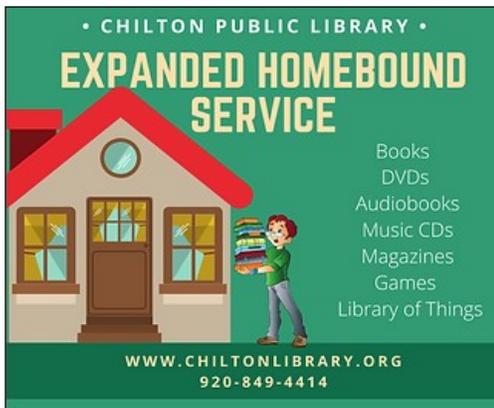
- This tool is not direct assistance for prescription drug costs, but a database that can be utilized to search for prescription drug cost savings. The tool provides information on available biopharmaceutical industry programs for that specific medication, as well as those available in your area. These will most likely be prescription drug saving cards or discounts that can be used to lower your prescription drug costs. You can find this tool at <https://medicineassistancetool.org/>.

### Needy Meds

· Needy Meds is another tool to help individuals find prescription drug savings. This tool utilizes four databases for its operations. They provide help finding affordable health clinics, diagnosis-based assistance, information on free or discounted medications, and printable coupons, rebates, and savings cards. The databases can be found at <https://www.needymeds.org/>.

### RX Outreach

· RX Outreach is an online non-profit pharmacy that offers many common medications for discounted prices. They offer delivery of common prescriptions right to your door at affordable prices. You can look up your medication availability and price on their website. You can visit their website at <https://rxoutreach.org/> to find more information about the process.



• CHILTON PUBLIC LIBRARY •  
**EXPANDED HOMEBOUND SERVICE**  
 Books  
 DVDs  
 Audiobooks  
 Music CDs  
 Magazines  
 Games  
 Library of Things

Visit your local library for activities and/or loan out a large variety of items—adventure passes, outdoor games, board games, small kitchen appliances, craft supplies, home, auto & misc. and many video gaming equipment and games.

WWW.CHILTONLIBRARY.ORG  
 920-849-4414

## Do you like to assist others?



## Join our team of Calumet County van drivers!!

Drivers provide safe, courteous, and on schedule transportation to our Calumet County clients. This paid casual van driver position allows for flexible work schedule—Monday thru Friday.

Visit [www.calumetcounty.org](http://www.calumetcounty.org) to apply with required online application.



Department of Administration  
206 Court St., Chilton, WI 53014  
**Question call 920-849-1611**  
 Equal Opportunity Employer

## Social Security turn 90 this year!



President Franklin D Roosevelt signed the Social Security Act of 1935—to create a foundation of financial security for millions of Americans.

### Who is receiving Social Security benefits?

- More than 1 in 5 (22.5%) Wisconsinites is a current beneficiary of Social Security’s OldAge, Survivors, and Disability Insurance (OASDI) program, including over 1.1 million adults age 65 or older.
- Retired workers make up over 1 million (78%) of Wisconsin’s 1.3 million Social Security beneficiaries and an additional nearly 139,000 of the beneficiaries are disabled workers.
- Over \$2.4 billion in Social Security benefits were paid to Wisconsin residents, which generated \$28.2 billion in total economic output.
- Nationally, the average income from Social Security was \$25,500/year (2023). The federal poverty level in 2023 was \$13,590 for an individual.



# Veterans Voice



Hello Calumet Veterans and Veterans' Dependents,

On Tuesday, November 11, 2025, we celebrate Veterans Day. This is a day when we honor all service members who have metaphorically signed a blank check to our nation. For those of you who have served, the Calumet County Veterans Service Office extends a heartfelt "Thank You." Veterans Day is a valuable opportunity for us to reflect on and celebrate America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. The earliest national celebration of veterans was Armistice Day, which commemorated the end of World War I on November 11, 1918. In 1954, President Dwight D. Eisenhower, a commander of the Allied Forces in World War II, officially proclaimed November 11 as Veterans Day.

If you have any questions, please contact the Calumet County Veterans Service Office at (920) 849-1452 or via email at [michelle.wynveen@calumetcounty.org](mailto:michelle.wynveen@calumetcounty.org)

**Michelle Wynveen, Veterans Service Officer**

## VA Health Care Log-In Changes:

Logging into the MyHealthVET website (<https://www.myhealth.va.gov/>) is undergoing significant changes soon. Currently, many users access the Veterans Affairs Health Care Application online using the DS Login option. However, this feature will be removed as of September 30, 2025. To continue accessing your providers, medication lists/ordering, messaging, and virtual access to your CAPRI medical records within the VA Health Care System, please ensure your ID.me account is properly set up. To update or create your ID.me account, you will need two forms of government identification. If you do not remember your password, utilize the "Forgot Password" option.

To create an ID.me account, follow the link provided, where step-by-step instructions will guide you through successful profile creation. Be prepared for a video call with a help desk representative. During this call, you'll verify your identity by holding your identification up to your face for real-time validation. If you have any questions about setting up the login, contact the help desk using the number provided during the setup process. It is anticipated that many will be setting up their login in September and October 2025, so please be patient as hold times may be longer than usual. Link: <https://api.id.me/en/registration/new>

The Calumet County Veterans Service Office is here to guide you through the application and claims process with ease. For more details or to schedule an appointment, don't hesitate to reach out to us at (920) 849-1452 or via email at [CalumetVets@calumetcounty.org](mailto:CalumetVets@calumetcounty.org).

## Are You Prepared?

Sign up for our free  
community emergency alerts!

Simply text the keyword

**CALUMET to 38276**

or scan this QR code and register  
directly through our county website:



**Calumet**  
County  
Emergency Management

# SCAM Spotlight

## “New” Medicare Card

**Do you know what isn't new? Your Medicare card.**

Medicare beneficiaries are not receiving new cards, but scammers may try to convince you otherwise. For example, scammers may falsely tell you that Medicare is issuing new cards—perhaps a card that is plastic, or a card that has a chip in it. The scammers may tell you that for them to send your new card, you need to verify your identity, which could include your Medicare number. This is an attempt to get your personal or financial information.



**Here are some red flags to look for:**

- Unsolicited calls from anyone claiming to be from Medicare
- Anyone needing your personal information so that they can send you an updated Medicare card
- Anyone saying your card is expiring, and they need to send you a new one or you will be charged a fine
- Anyone stating Medicare is issuing new cards and you need to verify your number



Wisconsin Senior Medicare Patrol has a toll-free hotline to report any Medicare fraud. Call 888-818-2611 to report fraudulent activity. For more information, please call or go to [www.smpwi.org](http://www.smpwi.org)

This project was supported, in part, by grant number 90MPPG0102, from the US Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

## Top Elderly scams

When it comes to scams, officials say it is important to know the red flags. The following are some of the most common 'too-good-to-be-true' tactics scammers use to get a victim's money or personal information:



- “Free,” “low cost,” or “buy one, get one” deal
- Request for unusual payment types (i.e. prepaid debit cards or wired funds)
- Claims that you only pay postage or administrative fees
- Pressure to act now and/or aggressive tones
- Deals that must be secured with a credit card or bank account information
- Sure-fire investment opportunities
- Charities that send 100% of your donation directly to the victims

## Grandparent Scam

That late-night call makes your heart stop. A crying voice claims to be your grandchild, arrested or hospitalized abroad. They need money wired immediately. Don't panic. Real emergencies rarely demand instant cash transfers. Hang up and call your grandchild directly using a number you know. Contact their parents, too. Scammers count on your emotional reaction overriding logic. Your actual family won't mind the verification.

## Tech Support Scam

Your screen freezes with alarming messages about viruses. A phone number appears, promising quick fixes. Microsoft and Apple never monitor individual computers this way. These fraudsters want remote access to steal your information or demand payment for nonexistent problems. Close your browser or restart your computer. If you need tech help, contact a trusted local service or ask a family member for a referral.



# The A B C and D's of MEDICARE

## *Presented by:*

Calumet County Aging & Disability Resource Center  
Elder Benefit Specialist, Jodi Kautzer  
Disability Specialist, Jenny Guarisco

## Who Should Attend?

This is an excellent introductory seminar for anyone becoming eligible for Medicare to familiarize themselves with the various benefit programs and available resources.

## Thursday, October 16

9:30 am to 11:30 am OR

5:00 pm to 7:00 pm

**Location:** Calumet County Courthouse  
206 Court Street Chilton, Rm 025

(Use West Entrance—located in the lower level)

## REGISTRATION IS REQUIRED

(no charge)

If you would like to attend one of the above sessions, you may register by



## Choosing Between Original Medicare and Medicare Advantage

Learn the difference between Original Medicare and Medicare Advantage. Join Jodi Kautzer, Elder Benefit Specialist, in learning about these 2 options.

### Brillion Community Center

120 Center Street, Brillion

**Monday, September 8**

Presentation 11:45 am

Meal 11:30 am

### Stockbridge Village Hall

175 S. Military Road, Stockbridge

**Tuesday, September 9**

Presentation 11:00 am

Meal 11:00 am

### Chilton Community Properties, LLC

312 Bonk Street, Chilton

**Wednesday, September 10**

Presentation 11:20 am

Meal 11:30 am

### Hilbert Village Hall

26 N. Sixth Street, Hilbert

**Friday, September 12**

Presentation 11:30 am

Meal 11:45 am

If you wish to attend a lunch and learn, call the ADRC at 920-849-1451 no later than noon the day before the presentation to order a meal. A meal isn't required to attend the Lunch and Learn. If you are calling to attend a Monday's presentation, please call the Friday before by noon. The suggested donation for the meal is \$3.75 **\*\*Lunch and Learns are for those who are 60 years of age or older.\*\***



1. What fast food chain introduced the McNuggets in September 1983?
2. Which singer, known for "Try a Little Tenderness," died in a plane crash on September 9, 1967?
3. What's a scarecrow's favorite fruit?
4. Why was the jack-o-lantern afraid to cross the road?
5. What day do we turn our clocks back in the fall for Daylight Saving Time?
6. What is the name of the phenomenon where certain trees lose their leaves annually?
7. What is the collective noun for a group of geese, often seen flying south in the fall?
8. In which US state is the "Pumpkin Capital of the World," Morton, located?

# Volunteer Corner

## Welcome the following new volunteers:

### Meals on Wheels Driver/Transportation Program

*Margie Gruett*- Chilton Meal Site

*Kay Brandt*- Brillion Meal Site/Meals on Wheels Driver

*Sharon Adamski*- Transportation Driver

*Kevin Pulley*- Hilbert Meal Site

We are very happy that you have joined our team of volunteers! Welcome aboard!

## Retirement:

*Pet Stenson*, a Transportation Driver volunteer, has retired after many years of volunteering. We would like to thank Pat for her 12 years of volunteer service to Calumet County.

## Remembrance:

*Arlene Meier*, a former volunteer for the transportation program, passed away on July 16, 2025. Arlene started volunteering in September 2001 and volunteered for 22 years. Arlene was a wonderful volunteer. Our condolences go out to Arlene's family and all that have known her.



*Fred Leverenz*, a Meals on Wheels delivery volunteer, passed away on June 22, 2025. Fred volunteered for the Meals on Wheels Program for the last 2 years. Fred brought a smile to everyone that he met. Our condolences go out to Fred's family and all that have known him.

## Meals on Wheels Drivers

Volunteers deliver meals to homebound individuals and can receive mileage reimbursement at \$0.70 per mile. Meal pickups occur around 11:00 a.m. at the following locations:

- Brillion, Chilton, Hilbert, and Stockbridge dining centers.
- In New Holstein, meals are picked up at Willowdale.
- In Appleton, meals are collected from the Mary Beth Nienhaus Activity Center on East College Ave.

We are always seeking substitute drivers. The time commitment is approximately 1 to 2.5 hours, depending on the route. As an additional benefit, Meals on Wheels drivers receive a free meal on the day they volunteer.

## Nutrition Volunteer

Many opportunities are available at each dining center, and participants are encouraged to get involved. Volunteers can assist the dining center manager with tasks such as:

- Packaging meals for Meals on Wheels.
- Serving congregate participants.
- Setting and clearing tables.
- Helping participants become better acquainted.

**We are actively seeking volunteers for the Chilton nutrition sites.**

Nutrition sites are located in the following communities: Brillion, Chilton, Hilbert, and Stockbridge. The volunteer commitment is approximately from 9:00 a.m. to 12:30 p.m. As a thank you, Meal Site Volunteers receive a complimentary meal on the day they volunteer.

## Volunteer Driver

Volunteers generously donate their time and use their own vehicles to provide both local and long-distance medical or personal transportation. They are reimbursed for mileage at the federal rate of \$0.70 per mile. Additionally, applicable expenses such as parking fees and lunch are covered. For transport requests under 10 miles, a flat fee is calculated as 10 times the federal mileage reimbursement rate.

## Friendly Visitor Program

This program offers homebound seniors and adults with disabling conditions the chance to connect face-to-face or over the phone with a volunteer, aiming to reduce isolation, depression, and loneliness. Each Friendly Visitor volunteer undergoes an orientation and must complete a background and reference check to ensure the safety of participants. Volunteers are thoughtfully matched with individuals requesting this service.

The primary goal of the Friendly Visitor Program is to foster companionship and, ideally, develop lasting friendships. Volunteers are not expected to provide personal care or transportation, and there should be no exchange of money for services. Visits should occur at mutually agreed-upon times.

***If you're interested in these rewarding volunteer opportunities, please contact the Aging and Disability Resource Center at: 920-849-1451 or Toll-Free 833-620-2730***

# The Delicate Balance of Potassium for the Elderly

Your body needs potassium for almost everything it does, including helping your kidneys, heart, muscles, and nerves work properly. You can eat healthy foods with potassium every day. It helps your nerves to function and muscles to contract and keeps your heartbeat regular. Potassium can help lower blood pressure and maintain a proper fluid balance in the body.

Maintaining optimum potassium blood levels can be a balancing act for the elderly. High levels of potassium in the blood can cause irregular heartbeats and can be life threatening. A low blood level can cause severe muscle weakness and cramps.

## Risks associated with potassium imbalances:

### Hyperkalemia (high potassium):

- \***Causes:** Reduced kidney function, certain medications (like some diuretics and ACE inhibitors), and high potassium intake from diet.
- \***Symptoms:** Muscle weakness, fatigue, nausea, and in severe cases, heart palpitations or arrhythmia.
- \***Risks:** Increased risk of heart problems and hospitalization.

### Let's Dig Deeper

- \***Kidney Function.** As people age, kidney functions change. Once blood flow starts decreasing, the kidneys' ability to filter the incoming blood also decreases. The result is a slower excretion of potassium, which can lead to hyperkalemia. In patients who experience acute or chronic kidney disease or kidney failure, the problem becomes even more severe.
- \***Excessive Intake.** Another cause of increased potassium levels could be an excessive intake of potassium. Potassium-rich foods like bananas, yogurt, boiled potatoes, and tomatoes are soft and often easy for elderly people with dental problems to chew. Older people tend to eat more prunes and raisins, which are also both high in potassium.
- \***Supplements.** The use of supplements that are high in potassium or using salt substitutes can also cause an increase in potassium levels. Some people use potassium chloride salt substitutes, which are helpful at lowering blood sodium levels, but they can be dangerous for someone with problems excreting potassium.
- \***Medications.** Medications can also be the cause of higher potassium levels. It's not uncommon for elderly patients to be put on diuretics which can cause potassium excretion to decrease. Watch out for nonsteroidal anti-inflammatory drugs like ibuprofen or aspirin, as they can make the body struggle with removing potassium from the bloodstream. There are a number of other medications that can impact potassium levels, like angiotensin-converting enzyme inhibitors, which is why it's important to speak with your doctors to determine whether any of your medication is contributing to your higher potassium levels.

## How to Manage High Potassium

Eat a low-potassium diet, which includes foods such as apples, berries, cabbage, cauliflower, celery, chocolate, eggplant, kale, lettuce, noodles, onions, pasta, peppers, rice, and watermelon.

Avoid certain salt substitutes, herbal remedies, and supplements.

Ask a doctor about water pills or potassium binders

### Hypokalemia (low potassium):

- \***Causes:** Certain medications (like some diuretics), excessive sweating, vomiting, diarrhea, and poor dietary intake.
- \***Symptoms:** Muscle cramps, weakness, fatigue, and in severe cases, heart rhythm problems.
- \***Risks:** Increased risk of falls, muscle damage, and heart issues.

### Let's Dig Deeper

**Malnutrition and dehydration.** Eating unhealthy foods, or not eating at all, can deplete your body of vitamins and minerals. Lack of hydration can also lead to a loss of potassium in cells.

**Diuretics.** Diuretics are medications that increase the excretion of salt and water content in your urine. Some diuretics can cause very low potassium levels in elderly adults due to the excretion of too much potassium.

**Diarrhea and excess vomiting.** Diarrhea and vomiting can lead to dehydration, low sodium levels, and hypokalemia, which is a condition of low potassium levels. Vomiting can also trigger potassium loss from urine, which makes prolonged vomiting result in low potassium levels

### How to Manage Low Potassium

Eat a high-potassium diet, which includes foods such as avocados, bananas, broccoli, spinach, granola, beans, milk, nuts, oranges, peanut butter, potatoes, pumpkin, raisins, tomatoes, and tuna.

- Ask a doctor about potassium supplements. These contain potassium chloride and potassium bicarbonate.

In emergency situations, monitor your heartbeat.

**The Bottom Line:** Know your potassium levels! Ask to get your level checked if not already done at your next doctor's appointment, especially if experiencing any symptoms. Then, work on management if needed.

Potassium related recipes will be on page 15.

Resources: Nutrition Care Manual, National Kidney Foundation, "Eating Well, MyPlate.gov, Griswoldcare.com-Author Jeremy Rodriguez

**Barb Carlson, Nutrition Educator**

# DRIVER SAFETY

**AARP** Real Possibilities

Keep saving on your auto insurance with AARP's Smart Driver™- refresher course. Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver™ course, the Smart Driver™ refresher course could help you extend your discount. Plus, you'll refresh your driving skills so you and your family can stay on the road. Register Now!

#### The AARP Smart Driver Course teaches:

- *Defensive driving techniques, new traffic laws and rules of the road*
- *How to deal with aggressive drivers*
- *How to safely navigate adverse weather conditions*
- *Useful information on automobile technology and more*

**Date:** Tuesday, October 14, 2025

**Time:** Registration 12:00 pm—12:30 pm  
Class 12:30 pm—4:30 pm

**Location:** Calumet County Courthouse  
206 Court Street Chilton, WI 53014  
Enter West Entrance, Room 025  
(basement level)

#### Registration Required: Call 920-849-1451

\$20.00 AARP Member (bring AARP card)

\$25.00 Non Member

*(Payable day of class via cash or check to AARP)*

For additional local information or to volunteer,  
call TOLL -FREE at 1-888-227-7669

(1-888-AARP-NOW) or visit [www.aarp.org/drive](http://www.aarp.org/drive)

**LUNCH  
& LEARN**

## Choosing MyPlate

for a healthy meal-understanding the reality!  
Tips and tricks to use MyPlate practically.

### Hilbert Village Hall

26 N. Sixth Street, Hilbert

**Tuesday, September 23**

Presentation 11:30 am

Meal 11:45 am

### Brillion Community Center

120 Center Street, Brillion

**Wednesday, September 24**

Presentation 11:15 am

Meal 11:30 am

### Chilton Community Properties, LLC

312 Bonk Street, Chilton

**Monday, September 29**

Presentation 11:15 am

Meal 11:30 am

### Stockbridge Village Hall

175 S. Military Road, Stockbridge

**Tuesday, September 30**

Presentation 11:15 am

Meal 11:00 am

If you wish to attend a lunch and learn, call the ADRC at 920-849-1451 no later than noon the day before the presentation to order a meal. A meal isn't required to attend the Lunch and Learn. If you are calling to attend a Monday's presentation, please call the Friday before by noon. The suggested donation for the meal is \$3.75 **\*\*Lunch and Learns are for those who are 60 years of age or older.\*\***

## Foot Care Clinics Offered



The Calumet County Home Health Care and Hospice Agency will be offering foot care clinics for citizens in our community that require assistance with their foot care due to physical or medical needs. The cost will be \$35 cash or check per person, payable at the time of the appointment. Each person is responsible to bring along two clean towels for his or her appointment. The clinics consist of soaking a person's feet, trimming and filing his or her toenails, and applying lotion. The clinics will be offered at the following locations, by appointment only:

### New Holstein Community Center

1725 Silver Moon Lane, New Holstein WI 53061  
Monday, September 8, Monday, October 6  
and Monday, November 3

### Uptown Commons

49 W. Main St, Chilton, WI 53014  
Monday, October 13 and Monday, December 8

### Kiel Community Center

510 3<sup>rd</sup> Street, Kiel WI 53042  
Tuesday, September 9, Tuesday, October 7  
and Tuesday, November 4

### Brillion Community Center

120 Center Street, Brillion WI 54110  
Tuesday, September 16, Tuesday, October 14  
and Tuesday, November 11

**For an appointment time, please contact the  
Calumet County Home Health Care/Hospice  
Agency at 920-849-1432**

**Ext. 4500 or toll free: 1-833-620-2730.**

## CALUMET COUNTY HOSPICE *Volunteers Needed*

**Do you want to make a positive  
difference in someone's life?**

### Consider These:

- Give caregivers time for themselves
- Ease someone's loneliness
- Bring the joy of music, sewing, or baking
- Reading to others or discussing the news

### Interested in Joining Us?

Call Calumet County Home Health Care  
and Hospice at (920) 849-1432.

Must be 18+ with a  
valid driver's license  
and access to a vehicle.

WISCONSIN  
**Calumet  
County**  
Home Health Care and Hospice  
*Local People Caring for Local People*

# ANSWERS



### Maze Jokes

1. A-maze-ing!
2. It was tired of working in a dead end field.
3. The walls have ears.

### Fall Word Scramble

SOLUTION

1. McDonald's
2. Otis Redding
3. Straw-berries
4. He had no guts!
5. The first Sunday in November
6. Deciduousness (or leaf senescence)
7. A gaggle (on land) or a wedge/skein (in flight)
8. Illinois

ULQIT

Q U I L T

LAVEES

L E A V E S

BEEESTRMP

S E P T E M B E R

SVRTAEH

H A R V E S T

TECTHUNS

C H E S T N U T

AUMUTN

A U T U M N

ATOLFLOB

F O O T B A L L

Scramble Answers from page 1  
Maze Answers from page 5  
Trivia Answers from page 12

Q. What do you get when you drop a pumpkin?

S Q U A S H

# Aging and Disability Resource Center Programs and Services Offered

**Benefits Counseling:** Benefit specialists offer accurate and up-to-date information about private and government benefits and programs. They assist you in navigating the "red tape" and resolving issues with Medicare, Social Security, and other benefits.

**Dementia Care Services:** The ADRC Dementia Specialist helps connect persons living with dementia and their caregivers, to resources and activities related to dementia, including screenings, caregiver information, support groups and more.

**Elderly Nutrition Program:** We offer seniors aged 60 and older delicious and affordable nutritious meals. Our congregate sites provide well-balanced meals and a friendly environment to socialize with peers. Join us on various days of the week at locations in Chilton, Brillion, Hilbert, and Stockbridge. For homebound seniors, we deliver meals right to your door five days a week across the entire county.

**Evidence-Based Health Promotion Classes:** We offer a variety of classes designed to help seniors enhance their strength and balance, while also providing education on important life skills such as home safety, medication management, and managing chronic health conditions. For a complete list of class offerings, please visit the "Health and Wellness" section on our website: [www.calumetcounty.org/ADRC](http://www.calumetcounty.org/ADRC).

**Family Caregiver Support Group:** Connect with other caregivers to find support, share concerns, and celebrate the joys of caregiving!

**Friendly Visitor/Telephone Reassurance Program:** To help reduce isolation and loneliness, this program provides companionship for those who are homebound and living independently.

**Information and Assistance:** Specialists offer expert knowledge about services, programs, and solutions for disability and long-term care challenges. Topics include living arrangements, health care options, adult protective services, and various publicly funded programs.

**Transportation:** We offer transportation services with the help of volunteers and county-operated, handicap-accessible vans. Individuals aged 60 and older, as well as those living with disabilities, can rely on this program for convenient rides to doctor appointments, dentist visits, optometrist check-ups, shopping, church services, banking, our nutrition program, and various community outings.

**Volunteer Opportunities:** Seniors and others are always welcome to join our team of volunteers supporting our nutrition program, transportation services, and friendly visitor/telephone reassurance initiatives.

If you're interested in any of the programs or services listed, please call the Calumet County Aging and Disability Resource Center at 920-849-1451 for more information.



*Permanent drug drop boxes open year-round—bring your unused or expired medications to one of Calumet County's collection sites; it's the easiest and most convenient way to safely dispose of your medications!*

**Bring your unused or expired medications to one of the Calumet County's collection sites:**

**Brillion Police Department**

130 Calumet St, Brillion  
M-F 8:00 am—4:00 pm

**Menasha Police Department**

430 1st St, Menasha  
24/7

**Calumet County Sheriff's Office**

206 Court St, Chilton  
M-F 8:00 am—4:30 pm

**New Holstein Police Department**

2110 Washington St,  
New Holstein  
M-F 8:00 am—4:00 pm

# WORD SEARCH



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

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

patch school acorn ghost mums spider gourd leaves school  
hayride pencil haunted autumn harvest scream football sweater  
backpack jack o lantern costume pumpkin trick or treat scarecrows  
spooky lantern apples festival orange baking bonfire crayon  
party cider coffin corn chilly fall rake owl

## White Bean Soup (Fassoulatha)



Also known as fasolada, this simple, rich stew is popular in Greek cuisine. Cook Time 2 hrs 30 minutes. Servings: 8

### Ingredients

1 lb dried white beans, soaked overnight  
2 T extra virgin olive oil  
2 lg onions, finely chopped  
2 lg carrots, finely chopped  
1 qt water  
2 lg ripe tomatoes, peeled and mashed, or 1 T tomato paste  
2 t dried oregano  
1 t salt  
1/8 t cayenne pepper  
Freshly ground pepper, to taste  
Drain beans and cook them, covered, in a large pot of boiling water until tender, about 1 1/2 hours. Drain  
Heat oil in a Dutch oven or soup pot over medium heat. Sauté onions, celery, and carrots for 3-5 minutes. Add the remaining ingredients. Simmer until vegetables are tender, about 20 minutes. Taste and adjust seasonings.

## Minestrone Soup

Low potassium recipe. Prep 15 minutes, Cook 30 minutes, Servings 9



### Ingredients

14 ounce diced tomatoes, no salt added  
1 1/2 cup elbow macaroni, dry  
4 c chicken broth  
1 t ground black pepper  
1 t oregano—dried  
1 t basil—dried  
1/2 c zucchini, diced  
1 lg carrot  
2 lb celery stalks  
2 cloves garlic  
1/2 lg onion  
2 T olive oil  
1 can green beans, no salt added  
Dice onion, garlic, and zucchini. Shred the carrot. Rinse the canned green beans or use 1 1/2 cups fresh beans cut into 1/2 inch pieces.  
Heat olive oil in a large pot or Dutch oven on medium heat. Add onions and cook 2-3 minutes until translucent. Add garlic, celery, carrot, and zucchini. (add green beans is using fresh). Cook about 5 minutes until the vegetables soften.  
Add canned green beans, basil, oregano, and black pepper. Add 1 can diced no salt tomatoes and chicken broth. Bring to a boil then reduced to simmer. Simmer for 10 minutes.  
Add pasta and cook for 8-10 minutes or according to package directions. Garnish with a sprig of fresh basil. Ladle into a bowl and enjoy!

Resources: Nutrition Care Manual, National Kidney Foundation, "Eating Well, MyPlate.gov, Griswoldcare.com-Author Jeremy Rodriguez

## THE ADRC CONNECTION

Michele Brickl, *Editor*

The **ADRC Connection** is published bi-monthly by the Calumet County Aging & Disability Resource Center, located at the Courthouse in Chilton, WI 53014.

The Resource Center offers Information & Assistance services to seniors, individuals with physical or developmental disabilities, and those seeking mental health or substance abuse support. We are your "One-Stop Shop" for information and assistance.

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**ADRC phone:** 920-849-1451 or (833) 620-2730

**Calumet County ADRC**

**206 Court St.**

**Chilton, WI 53014**